

# Kaunergrat Trail – extreme trail



Uphill ascent  
1430 m



Descent  
1670 m



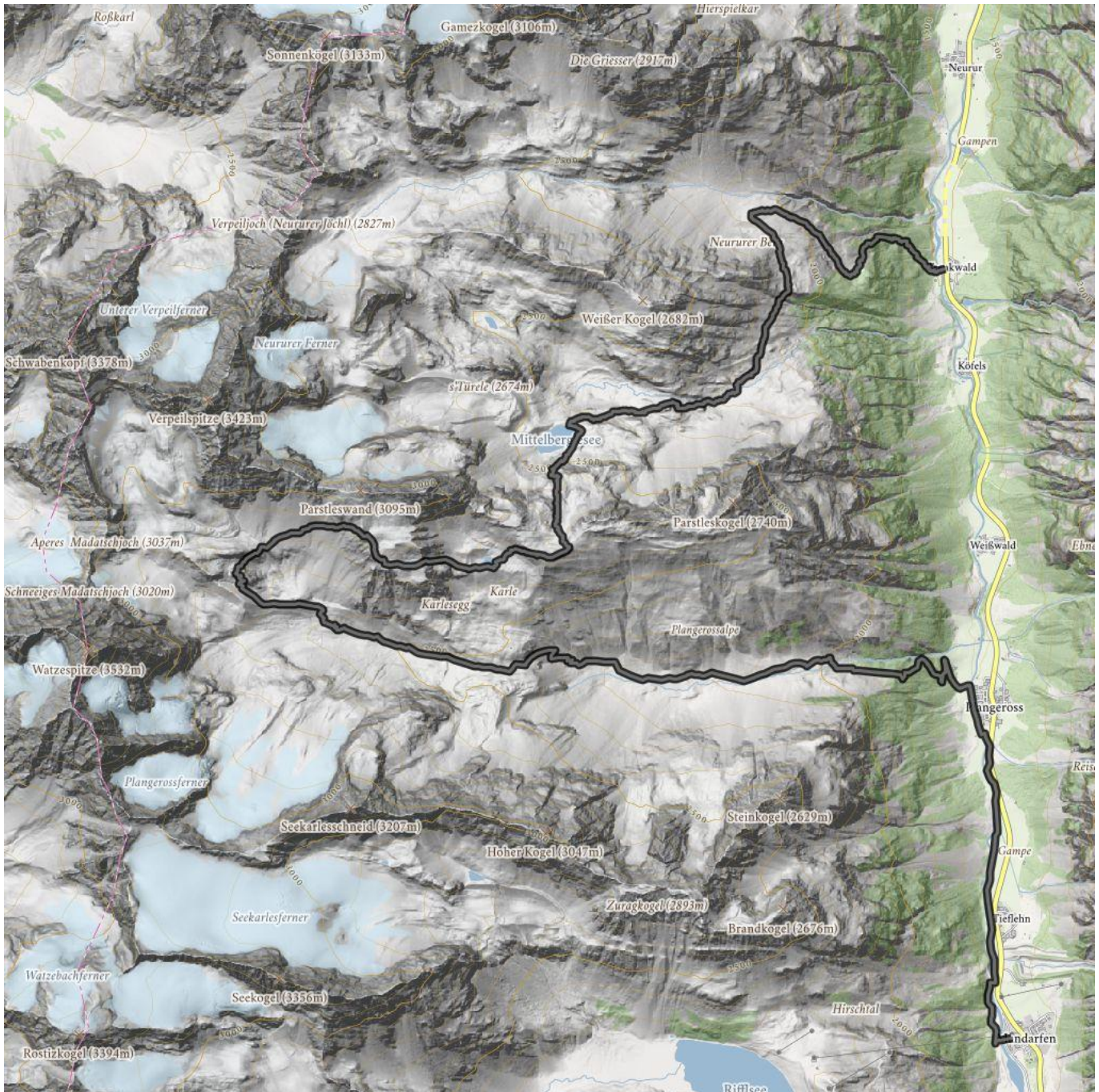
Highest point  
2935 m



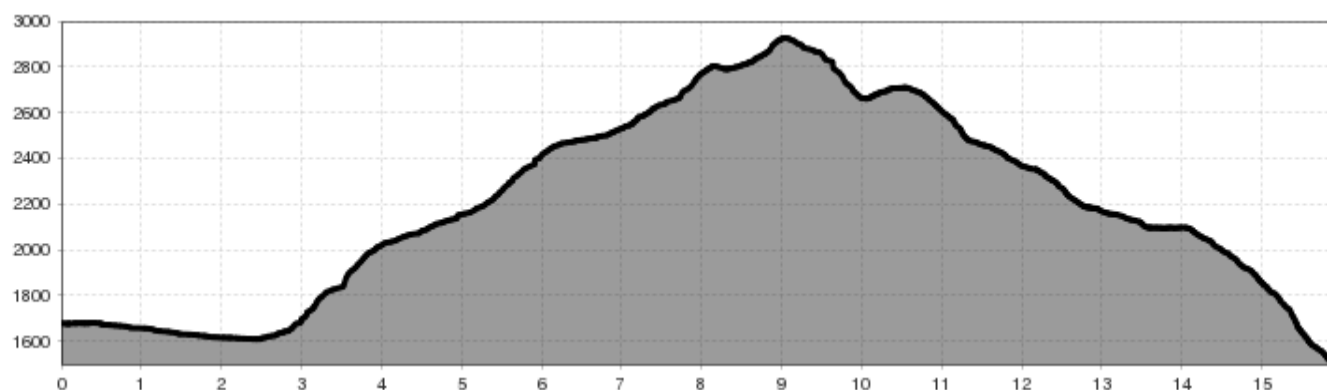
Duration  
8:00 h



Route length  
15,9 km



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### Information

Starting point **Mandarfen**  
Destination point **Trenkwald**

### Description

Starting in Mandarfen, follow the agricultural road down the river to Plangeross. Once there, there is a steep ascent past the non-catered Plangeroß Alm vorbei, to the catered mountain hut Kaunergrathütte (2,817 m). Once there, continue to run in a North-Easterly direction to the Steinbockjoch, the highest point of this tour at 2,950 metres. Then continue passing a mountain lake and on to "auf den Sassen". Then turn left to the emerald green Mittelerglesee Lake and once you've passed the lake turn right and run downhill in the direction of Neururer Alpe/Trenkwald and NOT up to the Verpeiljoch! Follow the alpine brook down the valley, then run along the "Almenweg" until you reach Neururer Alpe. Once there, follow the steep path down the valley to Trenkwald. Take the bus (or run an extra 5 km) to get back to your starting point in Mandarfen. Caution: this is a very demanding and long trail with an ascent of almost 3,000 metres. It is absolutely essential to carry full equipment!

 Impressions

