Gerlos (1.250 m) - Arbiskogel (2.048 m) - Kirchspitze (2.312 m) - Stackerlalm (1.850 m) - Lackenalm (1.405 m)- Nr. 7

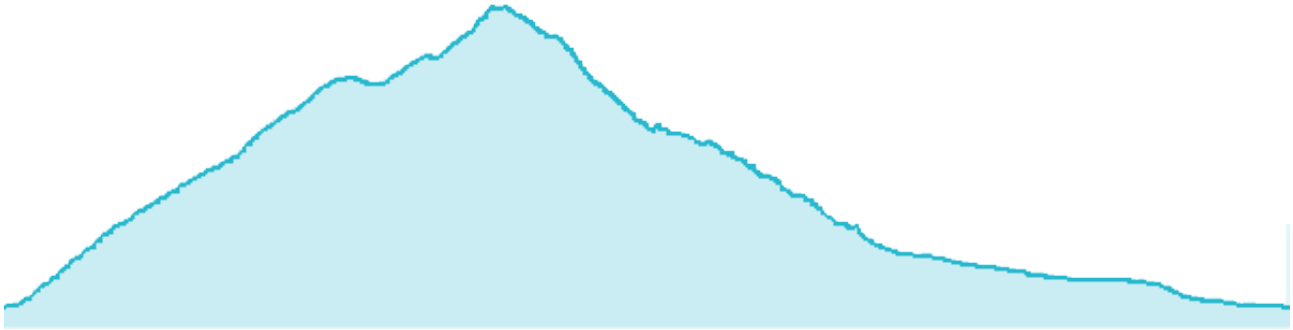
Day Mountain tour with two summit ascents and Magnificent Panoramic views across the Zillertal and Kitzbüheler Alps.

Behind the bandstand in Gerlos take the marked hiking trail no. 7 for approx. 3 hours, always heading uphill, through a wood, until you reach the first peak at Arbiskogel. From here, you head south to the dip between Arbiskogel and Braunnelenkopf, before the trail ascends at the foot of the Kirchspitze. Crossing rocky terrain, you will ascend over the back of the Kirchspitze to its summit. Enjoy the fantastic panoramic view! Hiking trail no. 7 leads downwards over a ridge to Inkarhöhe, where you continue left through Stackerlalm. Here you will have a wonderful viewpoint over the Schönachkees. From here trail no. 7 takes you on a hiking trail, partly on a freight route, over 300 meters down to the Issalm where you turn left and then follow the trail in direction to the Lackenalm (1.405 m). Now you have to walk 3 km through the idyllic Schönach valley, back to Gerlos (1.250 m).

Walking time	07:15 h
Time Uphill	04:00 h
Time downhill	03:15 h
Route Length	17 km
Difficulty	Hard
altitude meters uphill	1616 hm
altitude meters downhill	1038 hm
highest point	2277 m
Stamina	
Skills	
Public transport	With the bus 4094 to Gerlos. Exit point: GH Oberwirt
Parking	With your own car or with the bus 4094 to Gerlos.

	Exit point: GH Oberwirt At the music pavilion or at the Isskogelbahn.
Route Start	Music pavilion Gerlos (1.250 m)
Route End	Music pavilion Gerlos (1.250 m)

Altitude Profile





Kartenausschnitt