

Bei den Sennerinnen in Grassau

HIKING TOUR

Hiking from alp to alp through lush meadows and green forests, that is enjoyment of life. This tour appeals to all the senses. The fresh scent of the forest and the water on the ascent to the Staffnalm beguiles the sense of smell, as does the scent of the Kaiserschmarren on the Hefneralm. The eye enjoys the distant views of Lake Chiemsee. Eye and stomach enjoy the wonderful snack plate. The ringing of the cow bells is a constant companion. And what about the sense of touch? Simply stroke the fresh tips of the spruce trees or feel the freshness of the meadows under your feet. All this at the gates of Grassau. From the village, the path leads through a beautiful forest, accompanied by the rushing water and small waterfalls, it goes up to the Rachlalm and Staffnalm. On the descent, the Moieralm and the Hefteralm greet you - simply pure alpine enjoyment.

*Starting point*

 *distance:*  
**13.8** kilometres

 *maximum altitude:*  
**1200** meters

 *altitude difference:*  
**666** ascending

*Location*

**grass sow**

 *duration:*  
**00:00** hours

 *minimum altitude:*  
**534** meters

 *altitude difference:*  
**666** descending

**Tip:** This hike is also possible with public transport. Which bus, which stop, where to go? That's below. All public transport tips were subjected to a practical test.

This hike leads from the center of Grassau to four alpine pastures and their milkmaids. On the way towards Staffnalm, it first goes through the Oberdorf district with old farmhouses, then across fields and finally through the shady Thorgraben at the foot of the mountain, before heading uphill towards Staffn. The first Alm is the Rachlalm, then the Staffnalm - it is more of a mountain inn at the mountain station of the Hochplattenbahn. Continue on the Staffnrundweg until you reach Alm numbers three and four at the end - the Moieralm and the Hefteralm.

**By public transport to Grassau**

**How to get there :** Line 9505 from Prien am Chiemsee train station to Reit im Winkl

**Exit :** Grassau Kirchplatz stop

**Travel time:** approx. 20 minutes by bus

To the timetables

