

Sonnenalm next to Kampenwand

HIKING TOUR

Beautiful alpine hike with flora and fauna highlights and a great panorama

*Starting point*

**Mettenham hiking car park**


↔ *distance:*  
**19.0** kilometres

 *maximum altitude:*  
**1516** meters

 *altitude difference:*  
**1035** ascending

*Location*

**Schleching**

 *duration:*  
**06:45** hours

 *minimum altitude:*  
**571** meters

 *altitude difference:*  
**1035** descending

Alpine hike. Refreshment options: Vordere Dalsenalm (Huber Kaser) (\*); Hofbauernalm (\*); Sonnenalm (\*) typical alpine snack during the alpine grazing season. Special features: great panorama; “Ochsensprung” and “Floderer” waterfalls; for eagle eyes – lady's slipper flowers (orchids) on the side of the path to the Dalsenalm; marmots on the alpine grazing area of the Steinbergalmen. Description: The hike starts at the Mettenham / Mühlau hiking car park. A forest road takes you along the Dalsenbach past the “Floderer” waterfall to the Dalsen Almen. The trail continues a little steeper to the Hofbauernalm, which is open to the public. A beautiful path then leads along the Bauernwand and Scheibenwand to the Sonnenalm on the Kampenwand, which is also open to the public. On this section you can admire the variety of alpine flora. The descent is via a path to the quietly located Steinbergalmen. If you're lucky, you might spot some marmots there. After a last look up at the Kampenwand massif, you continue back to Mühlau and Mettenham. Alternatively, you can walk or take the cable car to the valley station of the Kampenwand cable car. Achantaler hiking badge checkpoints: Vordere Dalsenalm (Huber-Kaser); Steinlingalm

