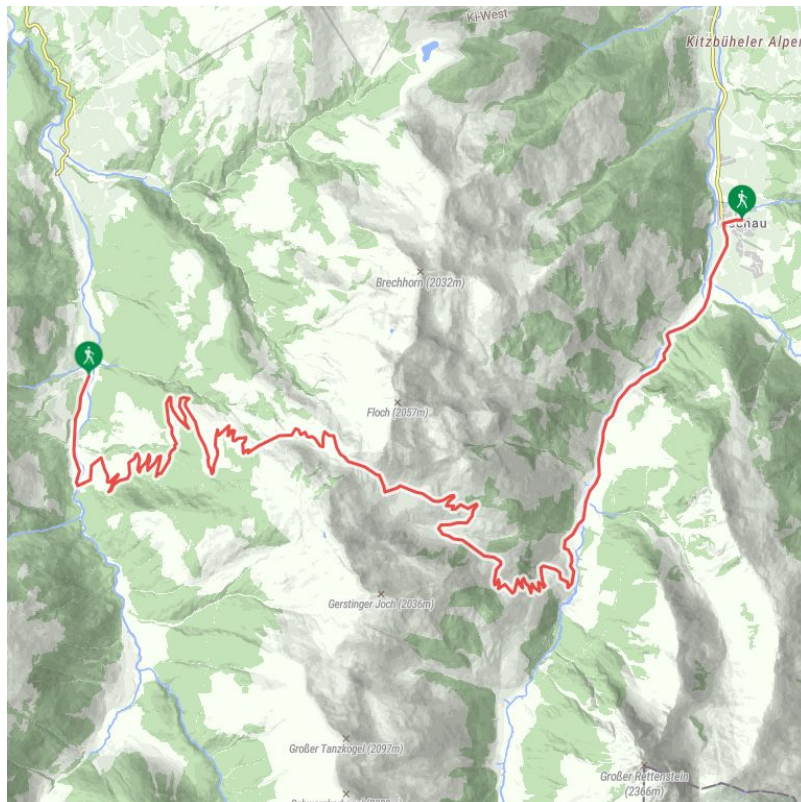


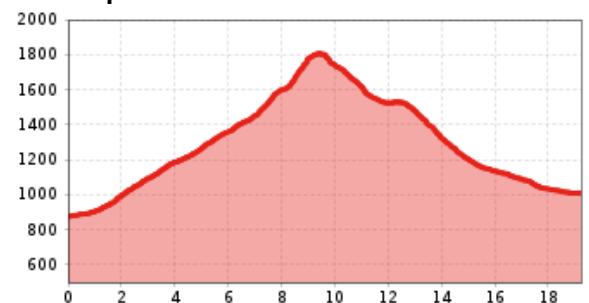
# KAT Walk Alpine stage 3

Stage 3: Windau - Aschau

total walking time	7:30 h	distance	19,0 km	difficulty	average
altitude meters uphill	1050 m	altitude meters downhill	900 m	highest point	1829 m
stamina:      ★ ★ ★ ★ ★					
skill:      ★ ★ ★ ★ ★					
public transport:      - taxi only -					
starting point:      Gasthaus Steinberg - Windautal valley - Westendorf					
destination point:      Aschau bei Kirchberg					
road quality:      Asphalt road, forest paths, mountain path (medium difficulty - marked in red), alpine hiking trails					
best season:      JUN, JUL, AUG, SEP, OCT					



Altitude profile



## Description

*A variety-packed hike in absolute tranquillity, passing several historic Alpine buildings and a high Alpine moor close to the Hintenkarscharte along with a waterfall near the end of the stage. Distinctive area of Alpine roses above Scheibenschlag Hochalm. Dreamy views to the surrounding mountains, the ice giants of the Hohe Tauern, which look like you can just reach out and touch them, impressive peaks of the Großer Rettenstein. Paths are for the most part not too difficult, only the area to both sides of the Hintenkarscharte is classified as being moderately difficult. Due to the length – some nineteen kilometres – you need a decent level of fitness.*

From **Gasthaus Steinberg** hike **into the valley** for a good kilometre, bear **left** at the **2nd bridge** (end of the asphalt route) heading for **Scheibenschlag Alm / Hintenkarscharte**.

The path proceeds in **several bends**, alternating between **forest** and **Alpine terrain**, until you come to **Scheibenschlag Niederalm** (1,446 m, 1 hour 45 minutes from Steinberghaus). The path now branches to the **right** on a steeper **cart path** (**Scheibenschlag Hochalm, Gerstinger Joch**). **Scheibenschlag Hochalm** is located in a wide **trough**, where the rough path ends.

The access point to the steep **path** is somewhat difficult to find since it has been well-trodden by cattle. It starts directly **behind** the **pasture** and proceeds through an area of Alpine roses, another few metres **above** the **trough**. **Pay attention to the ground markings!**

Some **three-hundred metres** after the **pasture** the **path** branches off to the **left** and you come to a **flat ridge** with a **signpost** that can be seen from quite far away. From here, it is still a few hundred metres to the impressively deeply cut in **Hintenkarscharte** (1,829 m, 3 ½ hours from *Steinberghaus*). There is the **option** here to continue hiking for another 20 minutes up to the **Gasssnerkogel** to get to a **summit** on today's hike.

On the other side, hike on a **path** that proceeds somewhat gently **downhill**, past a small moor, to **Hintenkar Hochalm** (1,722 m). From here continue on the **approach path** to **Hintenkar Niederalm** (1,546 m). At the **junction** under the **Alm**, **do not continue to head into the valley**, rather head for **Haglangeralm** on a short section to the **stream**.

Cross this and change over on to a small **path** that runs **parallel beneath** the **pasture path out of the valley**. Now follow a **short counter-climb** on the aforementioned **path**, through a lovely area of mixed **forest**, before you come to the **Haglangeralm**, which is not open for business.

A short section downhill on the **forest path** leads to a **pastureland path** to the **left**, taking you to **Labalm**. Proceed **down** in **several serpentines** to the **Labalm** (1,263 m, 1 1/2 hours from *Hintenkarscharte*) which can be seen far and wide. After a **refreshment stop**, proceed for a short section into the **valley** and along a **stream** to **Aschau** (1,013 m, approx. 1 hour from *Labalm*).

## equipment

Breathable outdoor clothing, sufficient food and drinks, first aid equipment, mobile phone with full battery & charger, hiking map & guide books, possibly GPS device or load the GPS data onto the mobile phone, sun protection (sunglasses, sunscreen & hat), rain cover, cash

## downloads

[GPX FILE](#)

[INTERACTIVE MAP](#)

