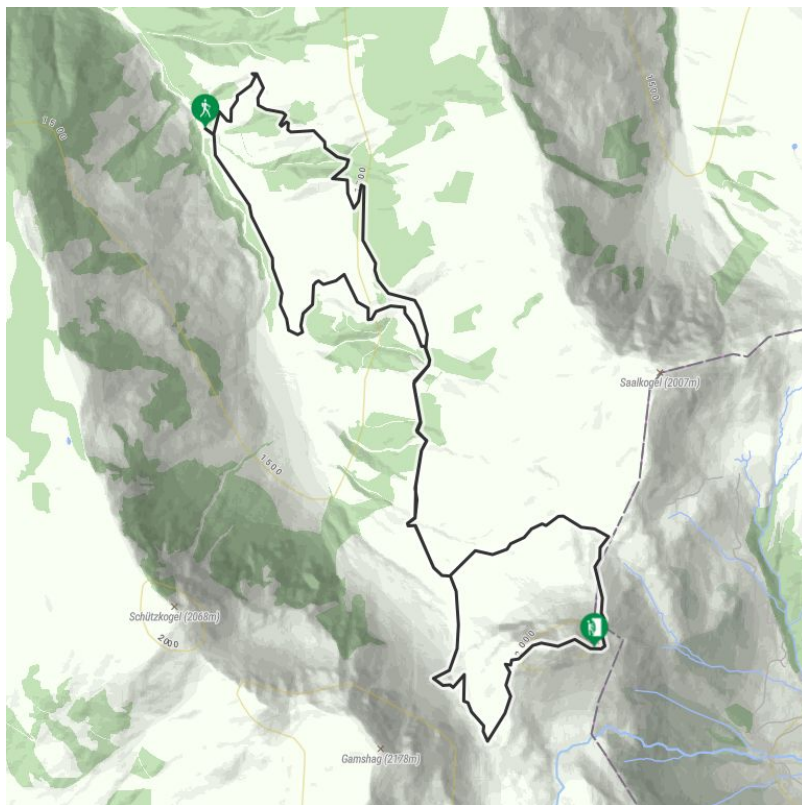


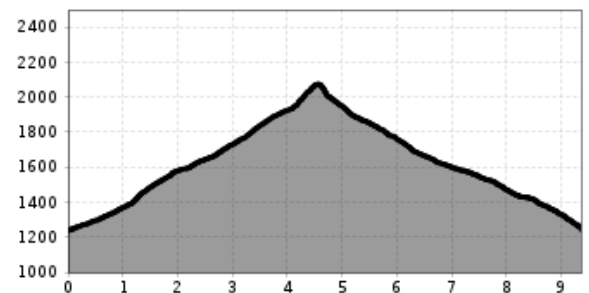
# KitzTrail Adrenaline

The KitzTrail ADRENALINE takes us on a challenging but thrilling via ferrata hike up the Tristkogel to an elevation of over 2,000 metres. Steel cables and ladders are on hand to assist us throughout the entire tour, which passes through two points with difficulty grades C and D.

<b>total walking time</b>	5 h	<b>walking time uphill</b>	3 h	<b>walking time downhill</b>	2 h
<b>distance</b>	8,4 km	<b>difficulty</b>	difficult		
<b>altitude meters uphill</b>	835 m	<b>altitude meters downhill</b>	1082 m	<b>highest point</b>	2056 m
<b>starting point:</b>	Carpark Pochwerk				
<b>destination point:</b>	Carpark Pochweg				
<b>road quality:</b>	Gravel path				
<b>route typ:</b>	circuit				



Altitude profile



## Description

- :: Well-equipped with climbing gear and helmets, we set off from Gasthof Hechenmoos on the outskirts of Aurach towards the Kelchalm. We take a forest path to Pochwerk car park where we park above the ruins – and head up.
- :: A signposted path leads us to our intermediate goal, the Oberkaseralm – an elevation of 1,750 m.
- :: We go past the Alm to a spring, where there is a sign telling us how long the route is overall: at an elevation of 1,870 metres, the via ferrata 4 itself now awaits us.
- :: Right at the start, we have to make our way up two short ladders and a smooth, vertical wall. There are metal posts to assist with the climb. A cord running between more posts leads to a spot where we can take a rest before proceeding to the main section. A windswept ladder leads up to a crossing with a slight overhang and on to an exposed passage. At the end of the passage is another steep ladder that takes us to the Gamsband plateau.
- :: From here, we take a very steep path over grassy terrain to the final upward incline. It's only a few minutes' walk from the exit to the peak, which offers amazing views of the Hohe Tauern, the Wilder Kaiser, the Leogang Mountains, the Lofer Mountains and the Dachstein.
- :: We begin the return leg by traversing the Tristkogel; we head towards the Oberkaseralm and along a fascinating historical path that leads us to the Kelchalm via the Saaljoch.
- :: At the Kelchalm also called Bochumer Hut, we replenish our energies with Tyrolean specialities on the delightful sun terrace before heading back to the car park.

TIP: Don't forget your specialist climbing gloves! These keep your hands and fingers safe and ensure you have sufficient grip for the via ferrata.

## Route

Carpark Pochwerk - Oberkaseralm - Via Ferrata start - Via Ferrata exit. Gipfel Tristkogel - Saaljoch - Kelchalm - Car park Pochwerk

## equipment

Sturdy, ankle-high footwear, functional mountain clothing, waterproofs, sun protection, plenty to drink, a comfortable rucksack, hiking poles, snacks

## arrival

**Parking spot**  
Parking Bochumerhütte

## hut/alpine hut

[Kelchalm | Bochumer Hütte](#) closed

## downloads

[GPX FILE](#)

[INTERACTIVE MAP](#)



