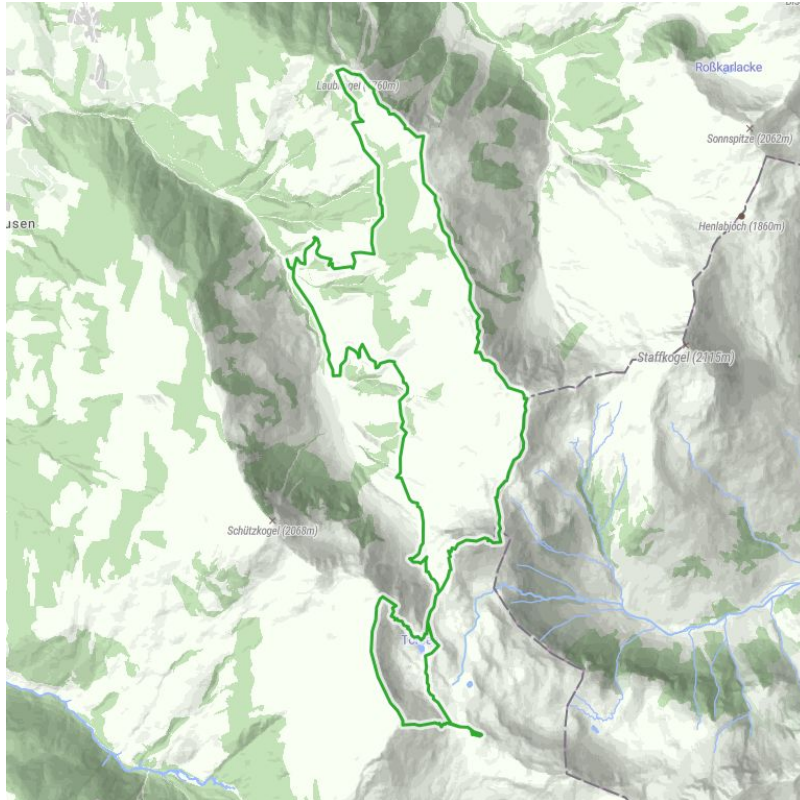


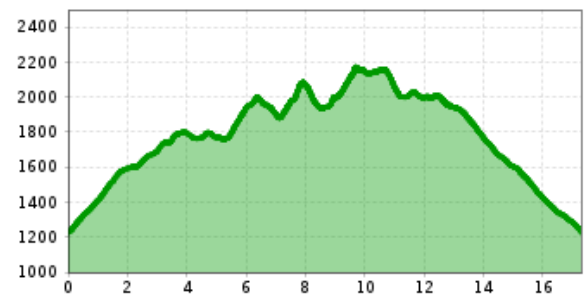
# Tristkogel Variation to Mittagskogel

A technically and physically demanding tour to the 'Tristkogel'. The reward is one of the most beautiful trails in the Kitzbühel South Mountains.

|                        |                         |                          |           |                         |
|------------------------|-------------------------|--------------------------|-----------|-------------------------|
| distance               | 17,2 km                 | difficulty               | difficult |                         |
| altitude meters uphill | 1380 m                  | altitude meters downhill | 1380 m    | highest point<br>2148 m |
| best season:           | JUN, JUL, AUG, SEP, OCT |                          |           |                         |



Altitude profile



## Description

The starting point for this historic loop is the "Pochwerk" parking lot, where traces of Kitzbühel's mining past can still be found. Follow the signs to "Kelchalm" (Bochumer Hütte), ascending steeply on a forest road. Just past the alm, turn onto a trail. The trail begins steeply, then becomes gentler and more flowy before a short climb to "Laubkogel." Enjoy a beautiful view of Kitzbühel as you traverse a scenic ridge trail.

The trail is flowy with beautiful views. If you wish, you can tackle the small ascents to "Rauber" and "Saalkogel" before reaching "Saaljoch." From here, turn towards "Tristkogel" and after about 200 meters, turn right onto the steep path leading to the summit. This section is very steep and exposed, requiring sure-footedness and a good head for heights. The reward is one of the most beautiful peaks with a 360-degree panoramic view.

Cross the summit and head towards Tor, then turn towards "Torsee." Pay attention here; after about 200 meters, a marked, steep trail ascends to "Torsee," a beautifully situated natural lake nestled between "Gamshag" and "Tristkogel," offering a lovely view towards Geisstein. Continue climbing to "Gamshag," the highest point of the route, then along a stunning trail towards "Teufelssprung" and "Mittagskogel."

From here, return along the path to "Tor," then descend through the alpine pastures back to the valley, following signs towards "Hechenmoos" to reach the starting point.

## downloads

[GPX FILE](#)

[INTERACTIVE MAP](#)

