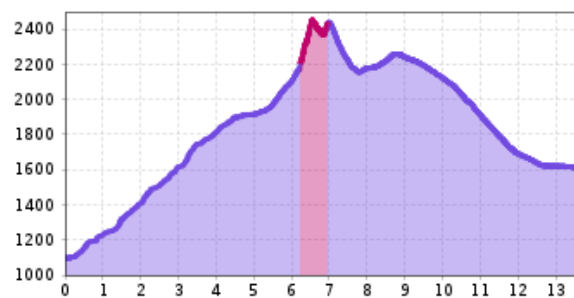


## Altitude profile



### The most important at a glance

difficulty  
C

length  
650 m

duration  
3:30 h

exposition  
S

sea level starting point  
2488 m

sea level highest point  
2425 m

access time to the entry point  
3 h

walking time descent  
2:30 h

state: open

**best season:** JUN, JUL, AUG, SEP

**access:**

Starting point at the gorge bridge – to the ÖTK bothy Kerschbaumer Alm – from there bear left heading for Kerschbaumer Törl – from the upper edge of the mountain pine area bear left across a scree slope to the entrance ('Große Gamswiesenspitze' signposts) — or from the car park at Dolomitenhütte via the standard route to Karlsbader Hütte – after 'Marcher Stein' bear right and head up to Kerschbaumer Törl – from where there is a short descent to the entrance area located on the south side.

**descent:**

From the summit of the Kleine Gamswiesenspitze on the south-east side down to Kerschbaumer Törl (with secured rocky sections) – and from there continue on the signposted route either to Kerschbaumer Alm bothy or to the Dolomitenhütte.

### Gpx file

### Interactive map

[download>](#)

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### Description

The highlights of this two-part route are the eponymous 'Virgin of the rocks' and a 16 m suspension bridge. A 650m steel cable spans the Große and Kleine Gamswiesenspitze (2488 m and 2454 m), whose summits provide super panoramic views to the mountains in East Tyrol.

Equipment: Complete via ferrata equipment and helmet (in spring possibly even crampons, ice picks and an additional safety rope)

**Topos**

