





FRUTT - ÄLGGI

Melchsee-Frutt – Abgeschütz – Seefeldsee – Älggi Mittelpunkt – Bachegg – Innenbach – Stöckalp

 14.58 km

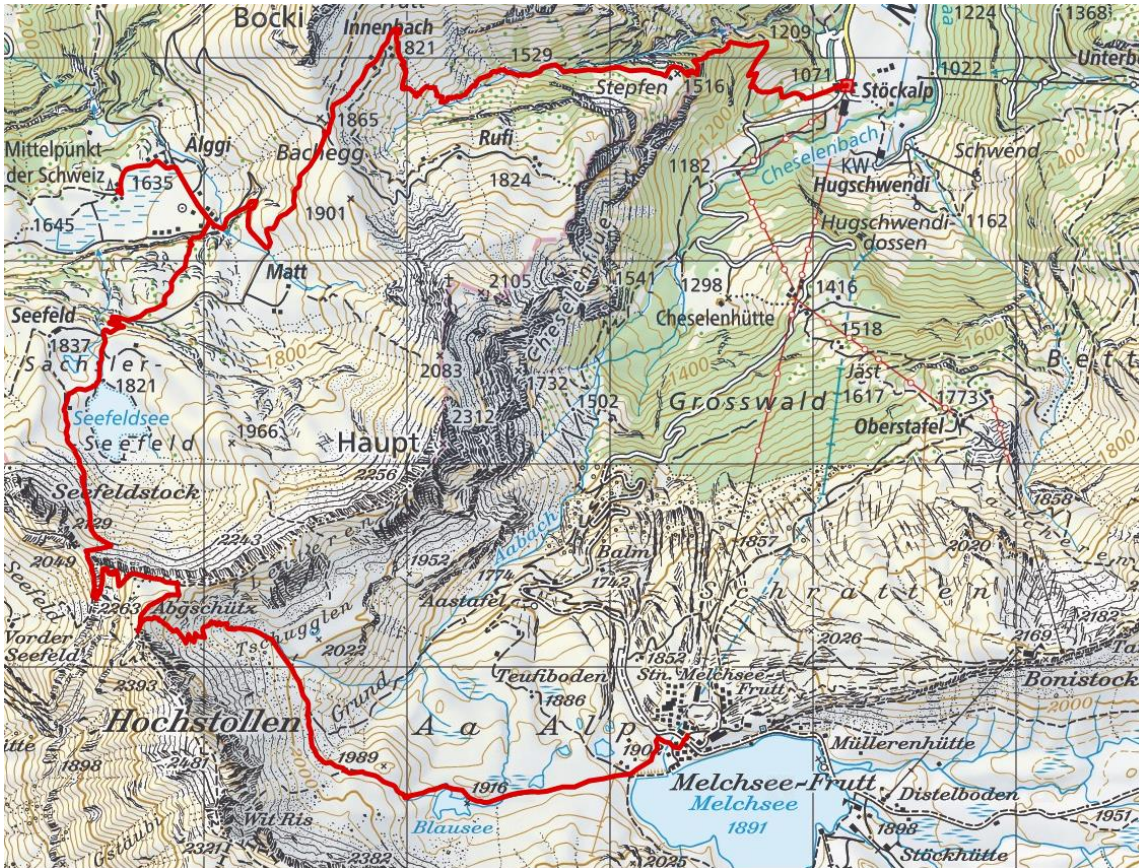
 5h 45 min

 735

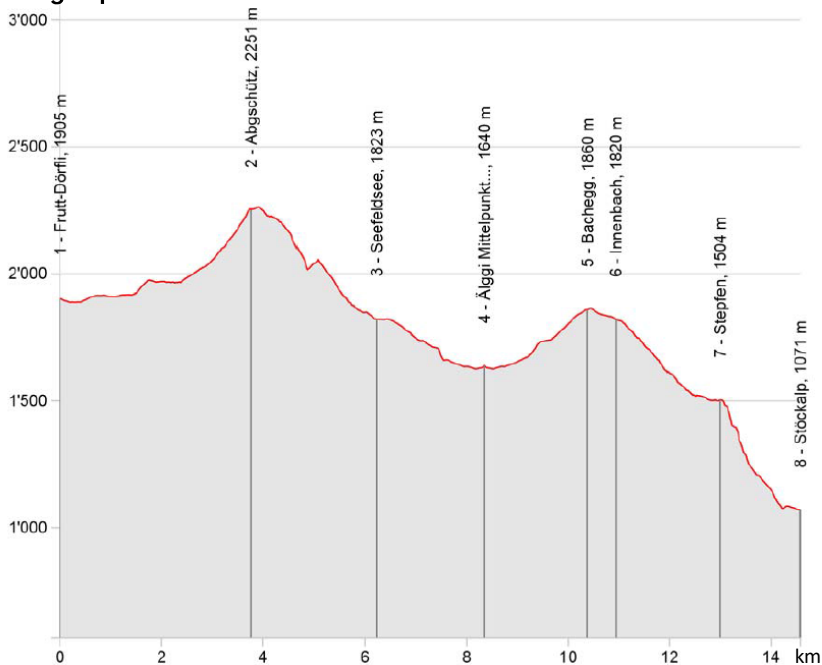
 1'569



Map section



Height profile



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Route description

An unforgettable hike in the heart of Switzerland! From Frutt-Dörfli, you set off at a leisurely pace towards Lake Blausee. You soon reach the first ascents with a view of your intermediate destination, Abgschütz. This is located in the centre of the two mountain massifs Hochstollen and Brünighaupt and is also a vantage point with a breathtaking view of the Frutt plateau, Lake Seefeldsee and Älggi as far as Lake Sarnen.

The descent from Abgschütz takes you along the challenging but well-secured mountain trail to Lake Seefeldsee and on to Älggialp. Be sure to visit the centre of Switzerland here. The stone border forms the outline of Switzerland and the Swiss people of the year are immortalised on the memorial stone by the pyramid.

Return uphill to Bachegg, continue across lush alpine meadows to the hamlet of Innenbach and via Alp Stepfen to Stöckalp.

Variant Descent from the Abgschütz via the Europaleiter to Lake Seefeldsee (climbing harness and safety equipment required).

Hiking map Nr. 411 Höhenwanderung 1 : 25'000

Tip As a round trip from Melchsee-Frutt, return journey with the cable car Stöckalp - Melchsee-Frutt (note operating times).

Contact Sportbahnen Melchsee-Frutt, melchsee-frutt.ch, 041 669 70 60



Lake Blausee on the way to Abgschütz