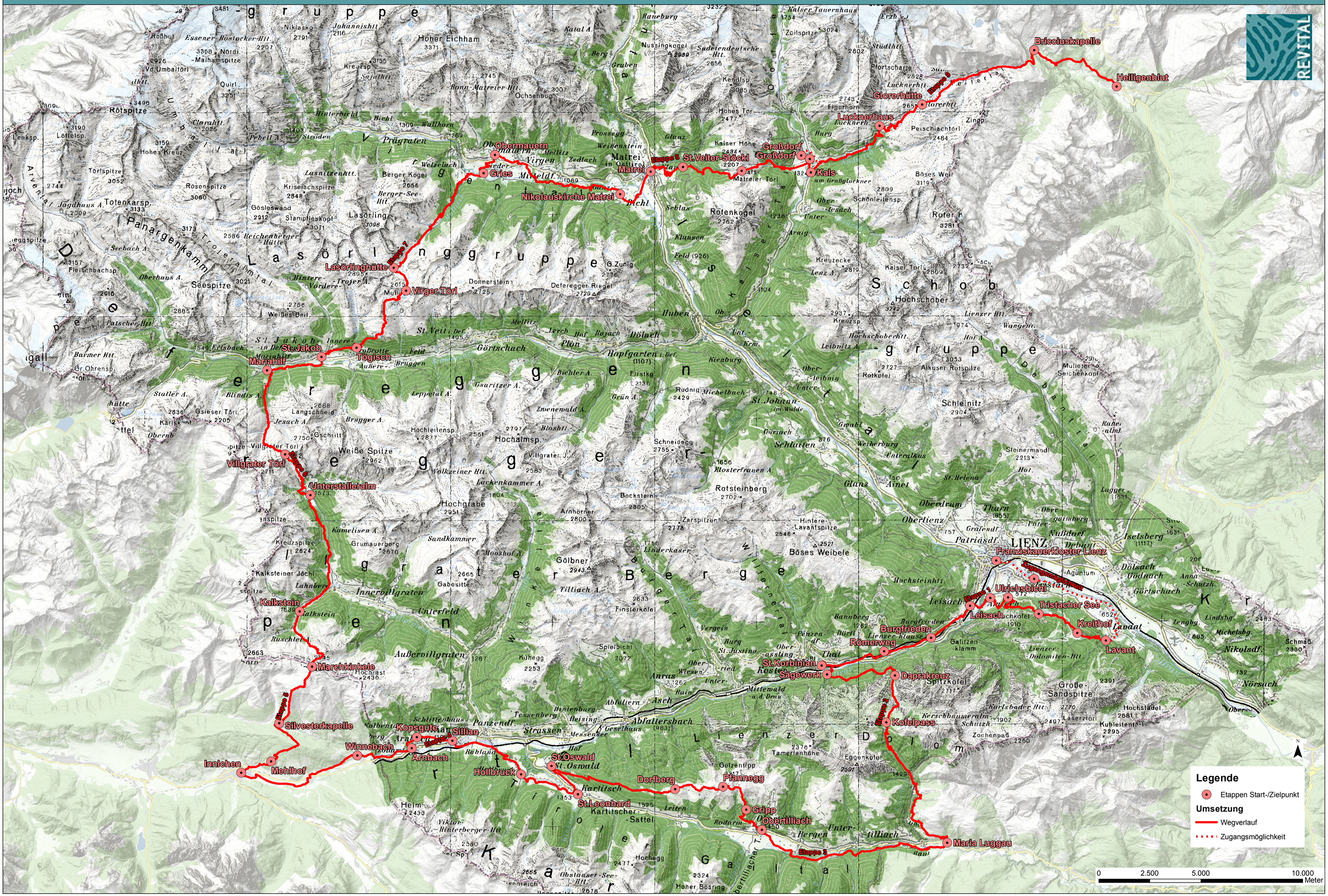Osttiroler Pilgerweg: Übersicht Etappen