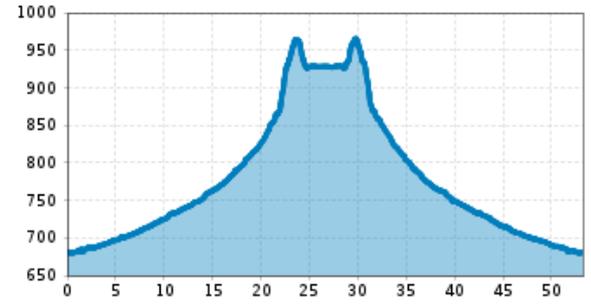


Altitude profile



The most important at a glance

distance
53 km

altitude meters uphill
300 m

altitude meters downhill
300 m

highest point
810 m

difficulty
easy

circuit
no

fitness:

* * * * *

technique:

* * * * *

public transport:

Lienz Hochstein/Schloss Bruck

parking:

Hochsteinbahn car park

starting point:

Lienz (675m)

destination point:

Matrei (980m)

best season:

JUN, JUL, AUG, SEP, OCT

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

With a length of about 29 kilometres and an average gradient of one percent, the Iseltal Cycle Path is a great way to leave the vibrant town of Lienz behind for a little while and to just cycle towards Matrei. Most of the cycle path is paved and only a short section of rural road to the terminus Matrei is to be travelled. If you only want to travel by bike in one direction, you can take advantage of the all-day bus service to get back to your starting point comfortably and safely.

From Lienz to St. Johann im Walde (14 km) you uninterruptedly stay on the incline-free paved cycle path along the Isel. From St. Johann i. W. to Huben (6 km) you will ride on the old road, past the Kienburg Ruin to Huben. From Huben to Feld (4 km), you'll ride slightly uphill on a country road with not much traffic. From Feld to Matrei (5 km) the cycle path leads through a shady wooded area and then along to Matrei in Osttirol, the principal town of Iseltal Valley.