



Altitude profile



The most important at a glance

distance 10.6 km	altitude meters uphill 1430 m	altitude meters downhill 1430 m	walking time uphill 3:30 h
walking time downhill 3 h	total walking time 6:30 h	highest point 2918 m	difficulty difficult

fitness:



technique:



parking:

starting point: Parkplatz Kristeinertal
destination point: Parkplatz Kristeinertal
best season: JUN, JUL, AUG, SEP

Gpx file

Interactive map

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Description

Through Kristeinertal to the car park. From here, hike to the left for another 20 minutes on a gravel road to Gölbnerblickhütte. From there across Alpine pastures and meadows at the head of the valley and via a steep section to the Seealpe and to a lake (partially dried out) – continue into a large corrie – in part across a boulder area to another steep section and across large boulders to the wide yet steep northern ridge of the Gölbner – very steep and slippy to the summit cross on the Gölbner.