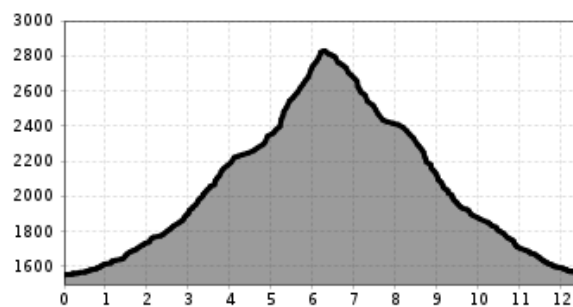


## Altitude profile



## 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:**

**destination point:**

**best season:**

Parkplatz Kristeinertal

Parkplatz Kristeinertal

Gölbner

JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

Through Kristeintal 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 slippery to the summit cross on the Gölbner.