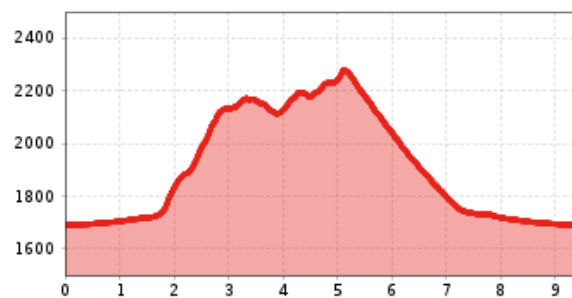


## Altitude profile



## The most important at a glance

distance  
9.4 km

altitude meters uphill  
680 m

altitude meters downhill  
680 m

walking time uphill  
2:30 h

walking time downhill  
2:30 h

total walking time  
5 h

highest point  
2280 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Matreier Tauernhaus

parking:

starting point: Matreier Tauernhaus  
destination point: Alpine inn Venedigerhaus Innergsschlöss  
best season: Schlatenkees  
JUN, JUL, AUG, SEP  
route typ: circuit

Gpx file

Interactive map

[download>](#)

[open>](#)

## Description

The Innergsschlöss glacier trail takes visitors right into the centre of the "eternal ice" in the core zone of the national park "Nationalpark Hohe Tauern". You have to start your trip at the Matreier Tauernhaus in Matreier in Osttirol. It is possible to take the "[local train Gschlösser Panoramazug](#)", take a [taxi](#) or walk in the direction of the most beautiful valley head of the Eastern Alps - the Gschlössstal. The glacier trail starts at the valley head on the left side of the mountain with an ascent of approx. 500 metres.

After this ascent, you will first reach the lake "Salzbodensee". Continue to the so-called "Auge Gottes" and finally to the glacier snout of the Schlatenkees at the foot of the Großvenediger. You will be provided with exciting insights on the glacier trail into the landscape-forming force of the glaciers in the alps and be able to enjoy the change in climate and receding glaciers close up.