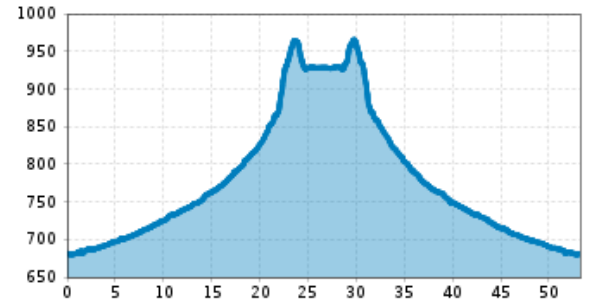


**Altitude profile**



## 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

## arrival

Stop

Lienz (Tirol) Hochstein/Schloss Bruck

Parking spot

Car park Klambrückl

## Gpx file

[download>](#)

## Interactive map

[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.

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.

