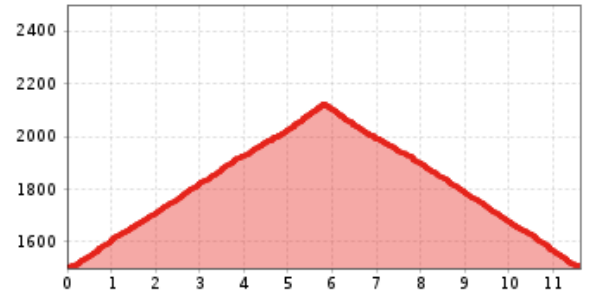


Altitude profile



The most important at a glance

distance 11.6 km	altitude meters uphill 620 m	altitude meters downhill 620 m	highest point 2120 m
difficulty average	circuit no		

fitness:

* * * * *

technique:

* * * * *

starting point: Parkplatz St. Veit i. D.
destination point: Parkplatz St. Veit i. D.
best season: MAY, JUN, JUL, AUG, SEP, OCT

arrival

Stop

St. Veit in Deferegggen Kirche

Parking spot

Car park St. Veit

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

The route starts at the municipal parking lot in St. Veit in Defereggental and initially runs along the municipal road to the Gsaritzen Oberholz parking lot. This is where the forest road begins, which winds uphill in long hairpin bends to the Gritzer Alm junction. To the left, the route leads via a short detour to the Gritzer Alm. The main route continues winding uphill to the Speikbodenhütte and then to the Hohe Tauern National Park viewpoint. The return route follows the same route.