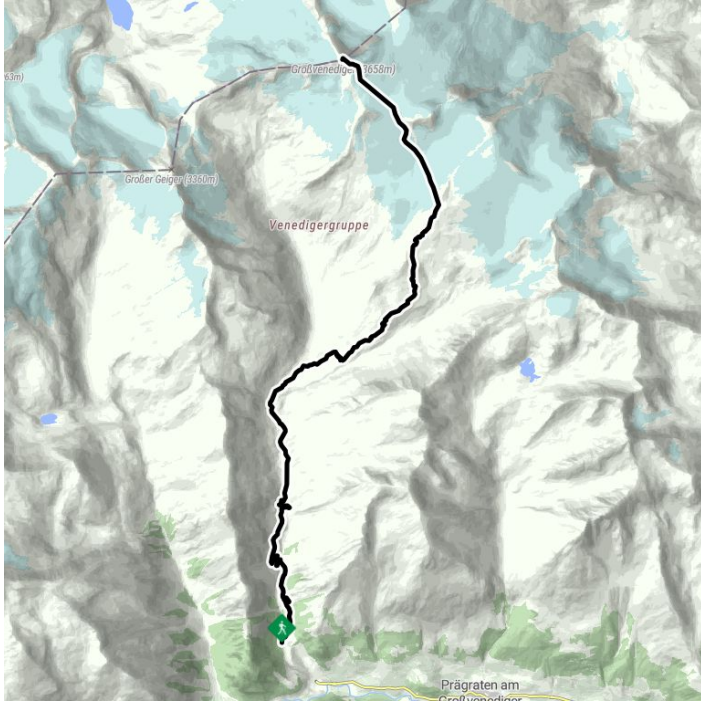
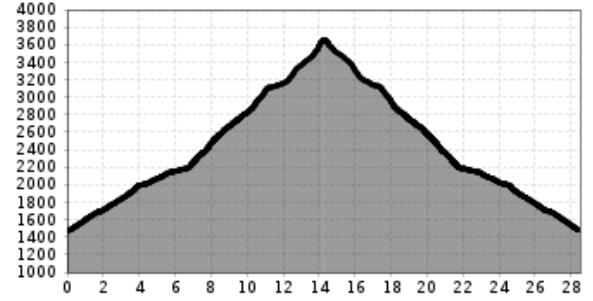


Challenging tour to the ancient majesty.



Altitude profile



The most important at a glance

distance
28.5 km

altitude meters uphill
2166 m

altitude meters downhill
2169 m

walking time uphill
9 h

total walking time
15 h

highest point
3657 m

difficulty
difficult

fitness:

* * * * *

technique:

* * * * *

public transport:

Prägraten am Großvenediger Hinterbichl bus stop

parking:

starting point: Wiesenkreuz car park
destination point: Wiesenkreuz car park
best season: JUL, AUG, SEP

arrival

Stop

Prägraten am Großvenediger Hinterbichl

Parking spot

Car park Wiesenkreuz (Wanderparkplatz Johannishütte/Defreggerhaus) 1.490m

Car park Hinterbichl 1.380m

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

The route begins in Hinterbichl and follows the alpine road into the Dorfertal valley to the Johannishütte (2,121 m). The taxi shuttle service shortens the ascent. To the Defreggerhaus (2,964 m) with a view up to the white shimmering firm of the wide glacier. Below the Mullwitzaderl (3,244 m), the glacier ascent begins.

Crampons, rope and the accompaniment of a mountain guide provide safety. The trail leads over the Rainer Törl to the ice summit of the Großvenediger (3,657 m).

A fantastic panoramic view of the Hohe Tauern National Park and its surrounding mountains, including the Dolomites, the Dachstein Mountains and many others.