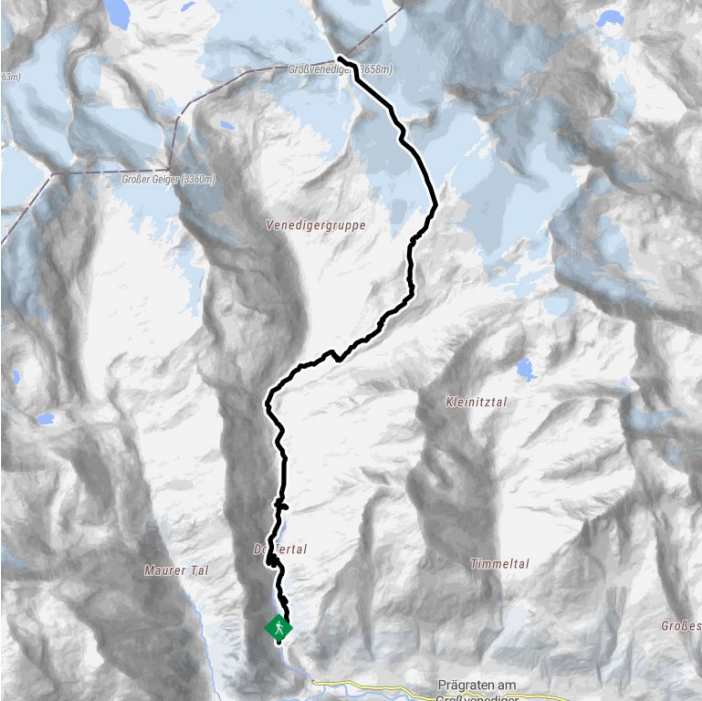


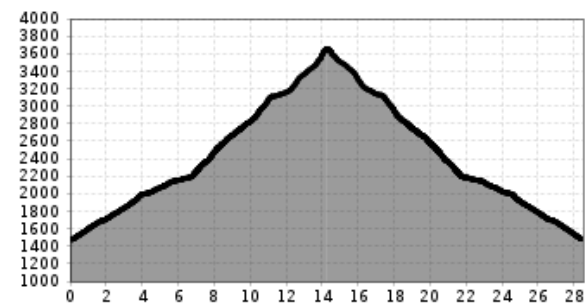
Challenging tour to the ancient majesty.

Hike to the Großvenediger

3.657m



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:

Bus stop Prägraten a. G. Hinterbichl

Optional extra: Take the 'Venediger Taxi' to the Johannishütte to save walking time

parking:

Follow the L24 Virgentalstraße from Matrei through Virgen to Prägraten. Continue as far as the hamlet of Hinterbichl, then turn right onto the path to Ströden, heading towards the Wiesenkreuz car park. The hike to the Großvenediger begins from here.

Wiesenkreuz car park

starting point: Car park Wiesenkreuz

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 1.340m

Gpx file

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Interactive map

[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.