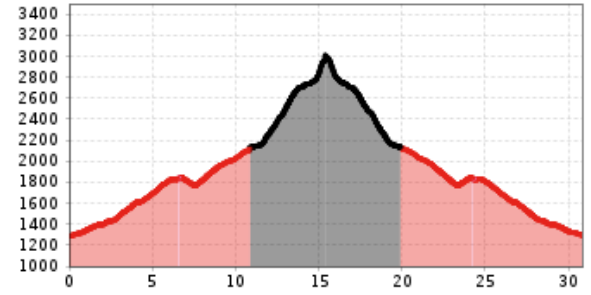


One of the most beautiful bike & hike tours in the Venediger region



### Altitude profile



## The most important at a glance

difficulty

bike  
average

hike  
difficult

distance (in KM)

total distance  
30.8 km

bike  
22.9 km

hike  
10.9 km

altitude meters uphill

total altitude  
1850 m

bike  
1000 m

hike  
850 m

total tour time

total tour time  
6 h

bike  
3 h

hike  
3 h

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

starting point:

Freizeitzentrum Gries

destination point:

Seewandspitze 3.024m

best season:

JUN, JUL, AUG, SEP

## arrival

Stop

Prägraten am Großvenediger Gemeindeamt

Parking spot

Car park Freizeitzentrum Gries 1.300m

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## **Beschreibung Bike**

The starting point of this medium-difficulty mountain bike trail is the car park at the Freizeitzentrum Gries. From there it goes through Prägraten am Großvenediger, past the municipal office in a northeasterly direction, via Wallhorn, to the last farm. There continue in switchbacks to the turnoff Zuchetal. Through the forest past 2 cattle gates to a resting bench (end of the road). Here you follow the hiking trail in a westerly direction over the "Zuchetalgraben" for about 300m further (pushing section) onto the goods road, past the Bodenalm and on to the Wallhorneralm.

## **Beschreibung Wanderung**

From the Wallhorneralm you cross the bridge of the Timmelbach stream. Trail no. 26 leads over several terrain steps along the stream to the Eissee hut at 2,521m. There you follow the signs to the Eissee. A short cool down before the last 300 meters of altitude is very welcome, as these lead over quite steep, gravelly rocky terrain. The summit proudly towers over the Eissee at 3,024m.