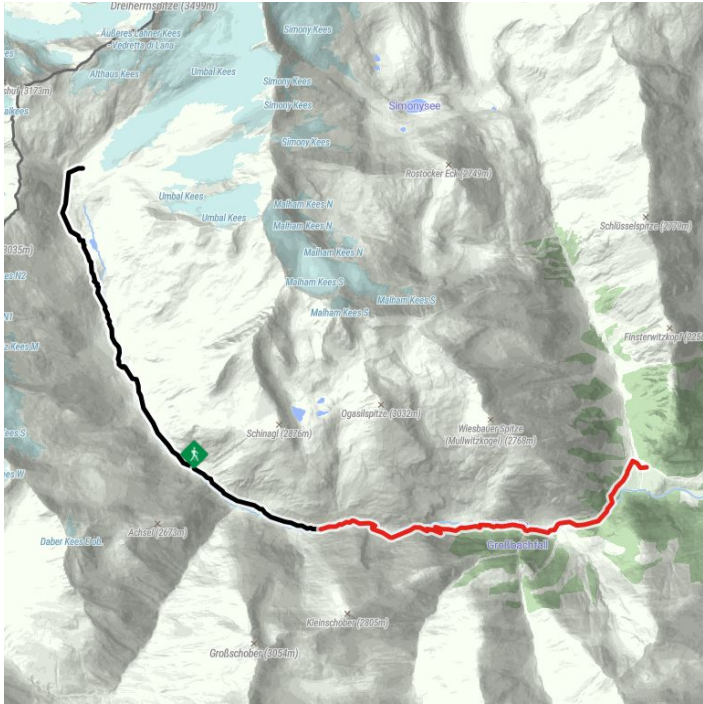
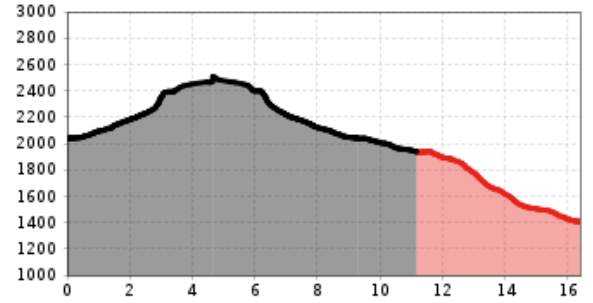


The queen stage on the Iseltrail



**Altitude profile**



## The most important at a glance

distance  
16.4 km

altitude meters uphill  
532 m

altitude meters downhill  
1170 m

walking time uphill  
2:30 h

walking time downhill  
4 h

total walking time  
6:30 h

highest point  
2530 m

difficulty  
difficult

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**public transport:**

Take bus 951 towards 'Prägraten a. G.' to the 'Ströden' stop. From here, you can only continue on foot to the hut Clarahütte.

**parking:**

**starting point:** Parking lot in Ströden  
**destination point:** Hut Clarahütte  
**best season:** Glacier tongue at the Umbalkees  
JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

The hut Clarahütte is already in the middle of the alpine wilderness of the Hohe Tauern National Park. The mighty Rötspitze (3495m) towers over the valley.

The Iseltrail first runs across wide, flowery alpine meadows. Over a steep step, which was covered by glaciers only a few decades ago, you reach the arctic climate zone. You can reach the source of the Isel directly at the glacier tongue of the Umbalkees below the Dreiherrns Spitze (3499 m).

The way back to the parking place Ströden (free bus connection) should not be underestimated: For the 12 kilometres and 1000 metres of altitude difference on the way down, you should calculate a good three hours of walking time.