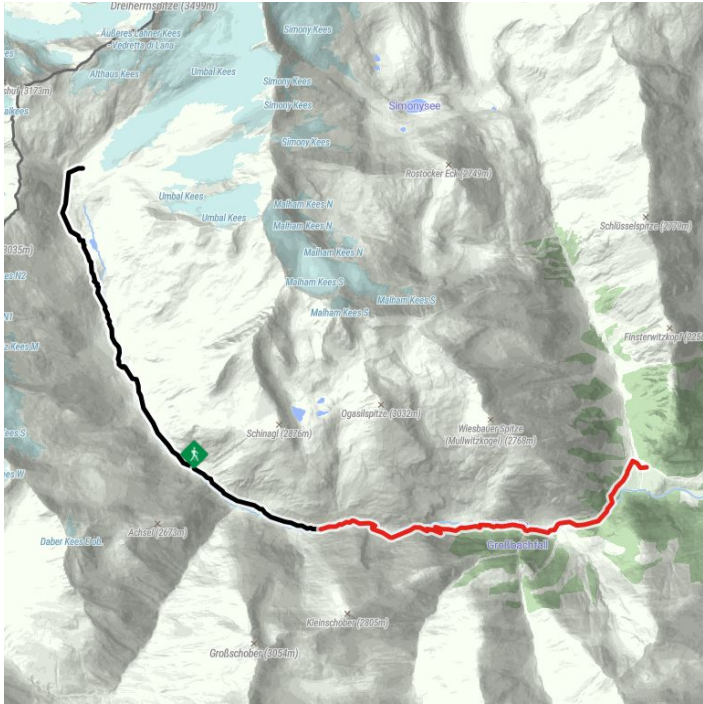
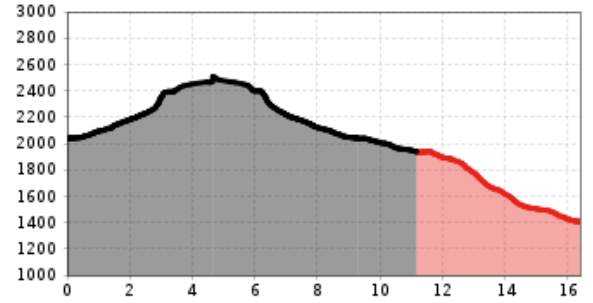


The queen stage on the Iseltrail



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 Dreiherrnspitze (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.