



### Altitude profile



## The most important at a glance

distance 13.94 km	altitude meters uphill 1077 m	altitude meters downhill 372 m
total walking time 6 h	highest point 2313 m	difficulty average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

**starting point:** St. Oswald bei Kartitsch  
**destination point:** Connyalm  
**best season:** JUN, JUL, AUG, SEP  
**route typ:** family tour

## arrival

**Parking spot**

Car park St. Oswald

## Gpx file

[download>](#)

## Interactive map

[open>](#)