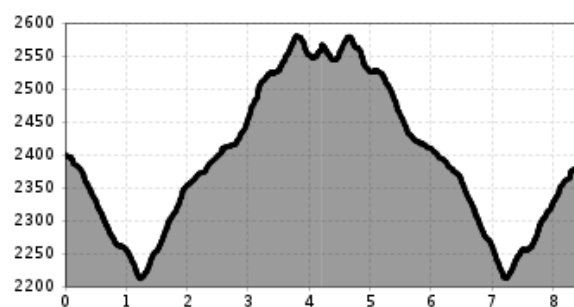


Höhenprofil



The most important at a glance

distance 8.4 km	altitude meters uphill 640 m	altitude meters downhill 640 m	walking time uphill 2:50 h
total walking time 6 h	highest point 2575 m	difficulty difficult	

fitness: * * * * *

technique: * * * * *

starting point: Adler Lounge (2.421m)

destination point: Adler Lounge (2.421m)

best season: JUN, JUL, AUG, SEP

arrival

Bus stop

Kals a. G. Großdorf

Car park

Car park Großdorf

hut/alpine hut

[Adler Lounge 2.421m](#) closed

[Kals-Matreier-Törl Haus 2.207m](#) closed

Gpx file

[download>](#)

Interactive map

[open>](#)

Beschreibung

Adlerlounge (2.405m) - Kals-Matreier-Törl (2.207m) - Kalser Höhe (2.434m) - Blauspitze (2.575m)

Ascent with the gondola lift to the Adlerlounge; for experienced hikers- up to the Kalser Höhe an easy hiking trail, from there a marked trail with several rope belays leads in a northerly direction in the direction of "Weißer Knopf" and up to the "Blauspitze" (unconditional requirement of freedom from vertigo and surefootedness!);

a descent option runs in a northerly direction down to the Aussig-Teplitzerweg (AV 516), in the direction of the Panoramarestaurant Blauspitz, Bergrestaurant Glocknerblick and to Kals/Großdorf - duration of this descent option approx. 2.5 to 3 hours;

beautiful panoramic location, can also be combined as a circular tour, botanically very versatile (herb and flower trail on the descent into the valley).