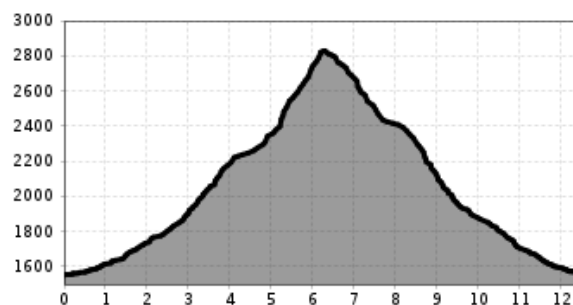


Altitude profile



The most important at a glance

distance
10.6 km

altitude meters uphill
1430 m

altitude meters downhill
1430 m

walking time uphill
3:30 h

walking time downhill
3 h

total walking time
6:30 h

highest point
2918 m

difficulty
difficult

fitness:

technique:

parking:

starting point:

Parkplatz Kristeiertal

destination point:

Parkplatz Kristeiertal

best season:

Gölbner
JUN, JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

Through Kristeinertal to the car park. From here, hike to the left for another 20 minutes on a gravel road to Gölbnerblickhütte. From there across Alpine pastures and meadows at the head of the valley and via a steep section to the Seealpe and to a lake (partially dried out) – continue into a large corrie – in part across a boulder area to another steep section and across large boulders to the wide yet steep northern ridge of the Gölbner – very steep and slippery to the summit cross on the Gölbner.