



## The most important at a glance

distance  
8.4 km

altitude meters uphill  
642 m

altitude meters downhill  
642 m

walking time uphill  
2:50 h

total walking time  
4:20 h

highest point  
2588 m

difficulty  
difficult

fitness:



technique:



starting point: Adler Lounge (2.421m)  
destination point: Adler Lounge (2.421m)  
best season: JUN, JUL, AUG, SEP

## arrival

Stop

Kals am Großglockner Großdorf

Parking spot

Car park Großdorf

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

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).