



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

arrival

Parkplatz

Car park valley Kristeiertal 1.530m

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

Through Kristeiertal 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.