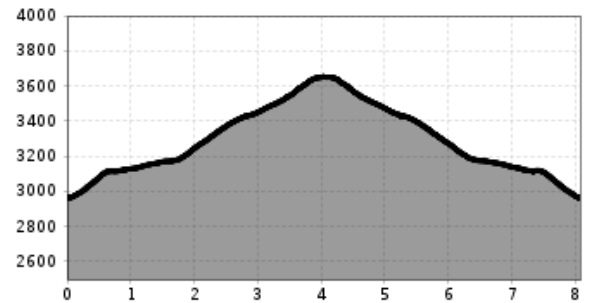


"Wenn sich mehrere Dörfer mit dem Beisatz schmücken, 'am Fuße des Großvenedigers gelegen', so trifft dies touristisch am ehesten für Prägraten zu, das unstreitbar die kürzeste und leichteste Anstiegsroute zum Hochgipfel der Gruppe vermittelt."  
(Prof. Louis Oberwalder)



**Altitude profile**



**The most important at a glance**

<b>distance</b> 8.1 km	<b>altitude meters uphill</b> 680 m	<b>altitude meters downhill</b> 680 m	<b>walking time uphill</b> 2:30 h
<b>walking time downhill</b> 1:30 h	<b>total walking time</b> 4 h	<b>highest point</b> 3657 m	<b>difficulty</b> difficult

fitness:



technique:



**starting point:** Defreggerhaus  
**destination point:** Großvenediger  
**best season:** JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

The route begins in Hinterbichl and follows the Alpine cart track to Dorfertal and the Johannes Hütte (2121 m). The [taxi shuttle service](#) shortens the ascent. To Defreggerhaus (2964 m) with views up to the shimmering white firn snow of the widely glaciated area. After the Mullwitzerl (3241 m) the ascent of the glacier begins. Crampons, rope and being accompanied by a mountain guide will provide you with safe passage. The route proceeds via Rainer Törl to the icy summit of the Großvenediger (3666 m). Enjoy a dreamy all-round view across the Hohe Tauern National Park and the surrounding mountains including the Dolomites, the Dachstein mountains and many others. Educational trail (pocket guide available).

**The ascent with a mountain guide is highly recommended!**