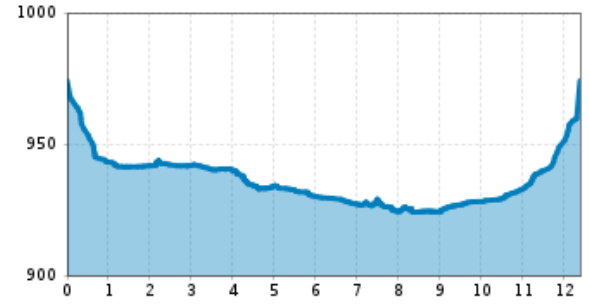


Walk "Dammrunde"

Leisurely walk along the Tauernbach stream and the Isel river



Altitude profile



The most important at a glance

distance
12.4 km

altitude meters uphill
45 m

altitude meters downhill
45 m

total walking time
3 h

highest point
970 m

difficulty
easy

fitness:

* * * * *

starting point: Parkplatz Freibad Matrei in Osttirol
destination point: Parkplatz Freibad Matrei in Osttirol
best season: APR, MAY, JUN, JUL, AUG, SEP, OCT
route typ: circuit family tour

arrival

Stop

Matrei in Osttirol Korberplatz

Parking spot

Parccheggio swimming pool Matrei i. O. 940m

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

From Rauterplatz, the easy hike first leads to the Tauernbach stream. Follow this to Proßegg.

There you cross the bridge and follow the path on the other bank to the former Matrei i. O. swimming pool. Here you will also find the confluence of the Tauernbach and Isel rivers. After a short stretch to the west, you cross the Isel and follow the riverside path on the other side. Below Matrei, you pass an archery course and a small biotope before crossing the Isel again at the Felbertauern road. The way back leads along the path on the orographic left-hand side back to Rauterplatz.

TIP: Use the narrow path right by the water for even more adventure. On hot summer days, the deciduous trees provide shade.