



### 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

**Parking spot**

Car park valley Kristeiertal 1.530m

**Gpx file**

**Interactive map**

[download>](#)

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## 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.