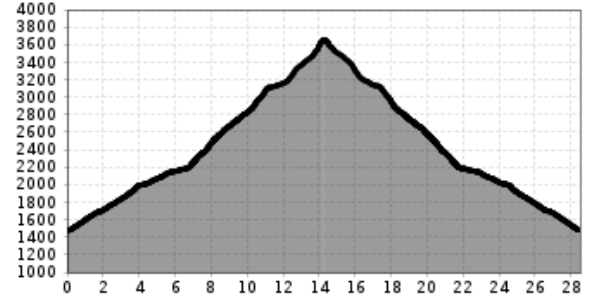


Challenging tour to the ancient majesty.



### Altitude profile



## The most important at a glance

distance  
28.5 km

altitude meters uphill  
2166 m

altitude meters downhill  
2169 m

walking time uphill  
9 h

total walking time  
15 h

highest point  
3657 m

difficulty  
difficult

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Prägraten am Großvenediger Hinterbichl bus stop

parking:

starting point: Wiesenkreuz car park  
destination point: Wiesenkreuz car park  
best season: JUL, AUG, SEP

## arrival

Stop

Prägraten am Großvenediger Hinterbichl

Parking spot

Car park Wiesenkreuz (Wanderparkplatz Johannishütte/Defreggerhaus) 1.490m

Car park Hinterbichl 1.380m

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

The route begins in Hinterbichl and follows the alpine road into the Dorfertal valley to the Johannishütte (2,121 m). The taxi shuttle service shortens the ascent. To the Defreggerhaus (2,964 m) with a view up to the white shimmering firm of the wide glacier. Below the Mullwitzaderl (3,244 m), the glacier ascent begins.

Crampons, rope and the accompaniment of a mountain guide provide safety. The trail leads over the Rainer Törl to the ice summit of the Großvenediger (3,657 m).

A fantastic panoramic view of the Hohe Tauern National Park and its surrounding mountains, including the Dolomites, the Dachstein Mountains and many others.