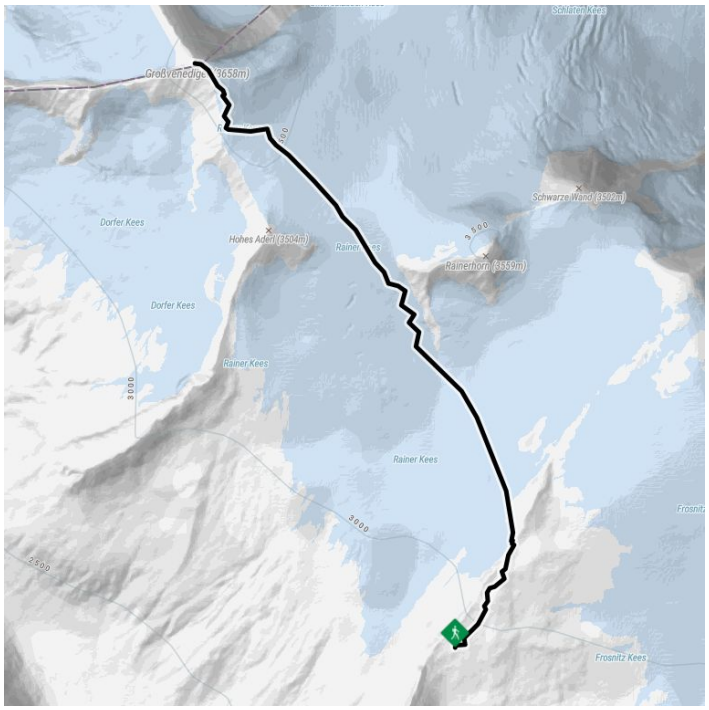
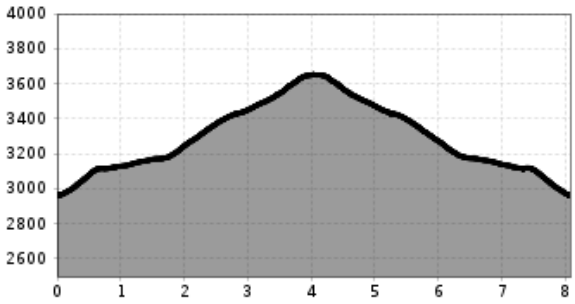
Hike Großvenediger 3.657 m (Defregger Haus)

‘Whilst several villages boast the description “situated at the foot of the Großvenediger”, from a tourist perspective this applies most accurately to Prägraten, which undeniably offers the shortest and easiest route to the highest peak in the range.’ (Prof. Louis Oberwalder)



Altitude profile



Hike Großvenediger 3.657 m (Defregger Haus)

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	walking time uphill
8.1 km	680 m	680 m	2:30 h

walking time downhill	total walking time	highest point	difficulty
1:30 h	4 h	3657 m	difficult

fitness:

★ ★ ★ ★ ★

technique:

★ ★ ★ ★ ★

public transport:

Bus stop Prägraten a. G. Hinterbichl

parking:

Virgental - Prägraten am Großvenediger - Hinterbichl - Dorfertal Grossvenediger - Parkplatz Wiesenkreuz (Parkautomat!)
Car park Wiesenkreuz

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

Gpx file

download>

Interactive map

open>

Description

The route begins in Hinterbichl and follows the Alpine cart track to Dorfertal and the Johannis 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 Mullwitzaderl (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!