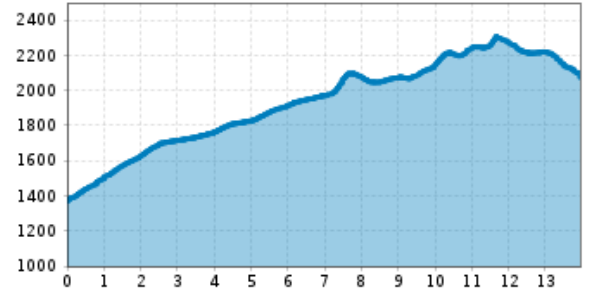




### Altitude profile



## The most important at a glance

distance  
13.94 km

altitude meters uphill  
1077 m

altitude meters downhill  
372 m

total walking time  
6 h

highest point  
2313 m

difficulty  
average

fitness:



technique:



**starting point:** St. Oswald bei Kartitsch  
**destination point:** Connyalm  
**best season:** JUN, JUL, AUG, SEP  
**route typ:** family tour

## arrival

**Parking spot**

Car park St. Oswald

## Gpx file

[download>](#)

## Interactive map

[open>](#)