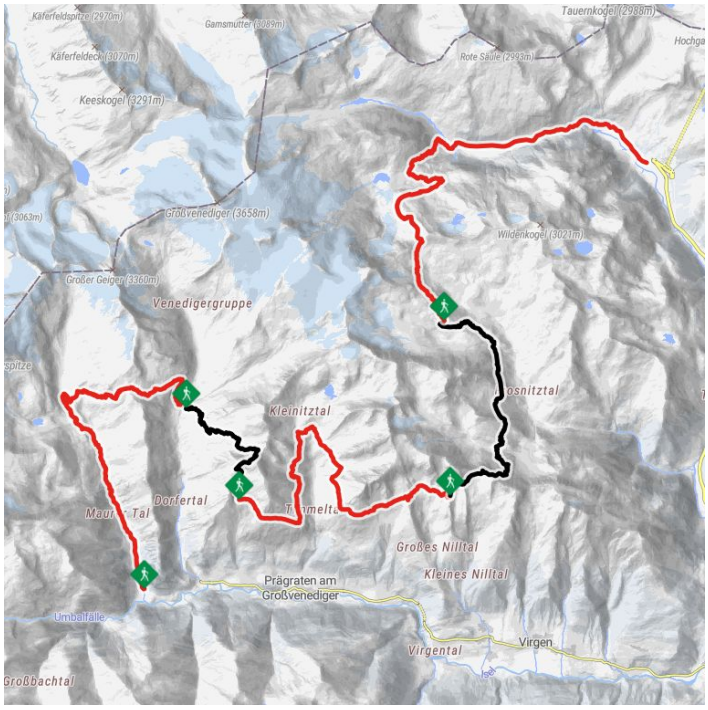
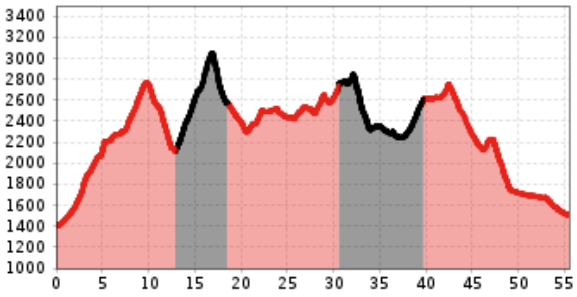
# Venediger altitude trail

Long-distance hiking experience in the face of the Grossvenediger




## Altitude profile



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## The most important at a glance

| distance | altitude meters uphill | altitude meters downhill | total walking time |
|---|---|---|---|
| 55.5 km | 3975 m | 3870 m | 27 h |

| highest point | difficulty |
|---|---|
| 2900 m | difficult |

**fitness:**

* * * * *

**technique:**

* * * * *

**public transport:**

Prägraten a.G. Ströden

**parking:**

Matrei i.O. Tauernhaus

Parkplatz Ströden

**starting point:** Parkplatz Matreier Tauernhaus
**destination point:** Car park Ströden / Prägraten a.G. 1.450m
**best season:** Matreier Tauernhaus 1.512m
JUL, AUG, SEP

## arrival

**Parking spot**

Car park Ströden 1.400m

## Gpx file

download>

## Interactive map

open>

## Description

Feel the fresh breeze at the foot of a glacier, feel free as a bird simply breathe freely. The Venediger Altitude Trail lets you forget any ballast of everyday life.

Starting from the car park Ströden in Prägraten am Großvenediger, it goes along the road to the Maurertal to the valley station

of the material cable car. (Luggage transport possible!) The trail leads through larch and spruce forests along the Maurerbach stream. After the upper Ochsnerhüttet, you reach the Essener-Rostocker Hütte via a former lateral moraine of the Simonykees: a small detour to the Simonysee with a magnificent view of the glacier world is worthwhile!

Continue along the Schwerinerweg into the Maurertal Valley, and then quickly gain altitude in serpentines up to the Türmljoch (2,772 m). The descent leads evenly, well marked with stone markers, and in the lower section of the path becomes increasingly steeper, to the oldest hut in the Eastern Alps, the Johannishütte (built in 1857, expanded in 1999). You can reach this hut also with the hut taxi.

Before starting this stage, the decision must be made whether to take the normal route via the "Schernesscharte" to the Neue Sajat Hütte, or the alternative via the "Zopetscharte" to the Eisseehütte.

The normal route over the Sajatscharte had to be abandoned years ago because of the danger of falling rocks. In the meantime there is a new connecting path (black mountain path!) which is signposted as the "Kreuzspitz-Höhenweg" and leads over the "Schernesscharte", which runs along the ridge below the Kreuzspitze. The Kreuzspitze (3,155m) can be reached from there in ½ hour. As a reward for the ascent, a magnificent view of the highest mountains of the Venediger Group awaits. The descent to the Neue Sajathütte then leads over a "rocky path" secured with steel ropes. (demanding!)

A less challenging and shorter transition leads from the Johannishütte on a direct path over the Zopatscharte (2,951 m) to the Eisseehütte. (red mountain path!) You leave the hut in an easterly direction, and climb up in some serpentines to a prominent "stone man". From there across the wide mountain meadows of the "Zopat" to the fork "Kreuzspitze" (2,750 m) and further east along the foot of the Zopetspitze to the Zopetscharte. The descent takes place the first 100 Hm in steep hairpin bends (rope-secured!), and then leads down to the valley floor of the "Kleinitzalm". After crossing the Timmelbach you will reach the Eisseehütte in a short time.

From there you hike, staying more or less at the same altitude, below the Großer Hexenkopf, the Hoher Eichham and around the Wunspitze, over the Eselsrücken to the Bonn-Matreier-Hütte.

Via the Kälberscharte (2.791m) and the Galtenscharte (2,871 m) the route continues to the Badener Hütte. This section is, depending on snow conditions, often only accessible in high summer. A short section is also secured with a rope, but can be easily climbed without a via ferrata set. Due to the danger of falling rocks, however, this section should only be climbed in dry conditions. The rest of the route leads through the picturesque and rustic Frosnitztal valley to the Badenerhütte.

From the Badenerhütte you climb up to the Löbbentörl, one of the best places regarding panoramic view, and then down towards the Salzbodensee. Shortly before you turn left and follow the signs Gletscherweg, direction Neue Prager Hütte. The view to the left in the direction of Schlatenkees invites you to take a short break. For brisk hikers, a short detour to the glacier is also an option. On the descent, follow the signs to Venedigerhaus Innergschlöß. In many serpentines you reach the Venedigerhaus Innergschlöß after about 4.5 hours. From there on foot, by hut cab or panorama train to the Matreier Tauernhaus.

Alternatively, you can continue on the path from the Badener Hütte to the new Prager Hütte and the St. Pöltner Hütte.