



### Altitude profile



## The most important at a glance

<b>distance</b> 11.6 km	<b>altitude meters uphill</b> 620 m	<b>altitude meters downhill</b> 620 m	<b>highest point</b> 2120 m
<b>difficulty</b> average	<b>circuit</b> no		

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**starting point:** Parkplatz St. Veit i. D.  
**destination point:** Parkplatz St. Veit i. D.  
**best season:** MAY, JUN, JUL, AUG, SEP, OCT

## arrival

**Stop**

St. Veit in Deferegggen Kirche

**Parking spot**

Car park St. Veit

## Gpx file

## Interactive map

[download>](#)

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## Description

The route starts at the municipal parking lot in St. Veit in Defereggental and initially runs along the municipal road to the Gsaritzen Oberholz parking lot. This is where the forest road begins, which winds uphill in long hairpin bends to the Gritzer Alm junction. To the left, the route leads via a short detour to the Gritzer Alm. The main route continues winding uphill to the Speikbodenhütte and then to the Hohe Tauern National Park viewpoint. The return route follows the same route.