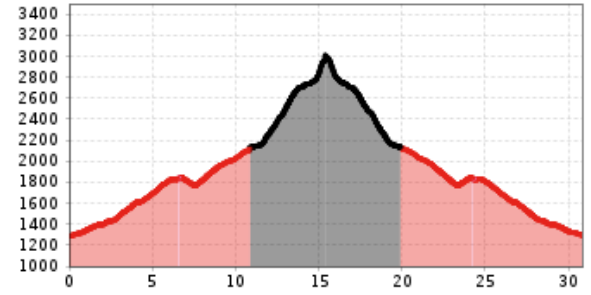


One of the most beautiful bike & hike tours in the Venediger region



Altitude profile



The most important at a glance

difficulty

bike
average

hike
difficult

distance (in KM)

total distance
30.8 km

bike
22.9 km

hike
10.9 km

altitude meters uphill

total altitude
1850 m

bike
1000 m

hike
850 m

total tour time

total tour time
6 h

bike
3 h

hike
3 h

fitness:

* * * * *

technique:

* * * * *

starting point:

Freizeitzentrum Gries

destination point:

Seewandspitze 3.024m

best season:

JUN, JUL, AUG, SEP

arrival

Stop

Prägraten am Großvenediger Gemeindeamt

Parking spot

Car park Freizeitzentrum Gries 1.300m

Gpx file

[download>](#)

Interactive map

[open>](#)

Beschreibung Bike

The starting point of this medium-difficulty mountain bike trail is the car park at the Freizeitzentrum Gries. From there it goes through Prägraten am Großvenediger, past the municipal office in a northeasterly direction, via Wallhorn, to the last farm. There continue in switchbacks to the turnoff Zuchetal. Through the forest past 2 cattle gates to a resting bench (end of the road). Here you follow the hiking trail in a westerly direction over the "Zuchetalgraben" for about 300m further (pushing section) onto the goods road, past the Bodenalm and on to the Wallhorneralm.

Beschreibung Wanderung

From the Wallhorneralm you cross the bridge of the Timmelbach stream. Trail no. 26 leads over several terrain steps along the stream to the Eissee hut at 2,521m. There you follow the signs to the Eissee. A short cool down before the last 300 meters of altitude is very welcome, as these lead over quite steep, gravelly rocky terrain. The summit proudly towers over the Eissee at 3,024m.