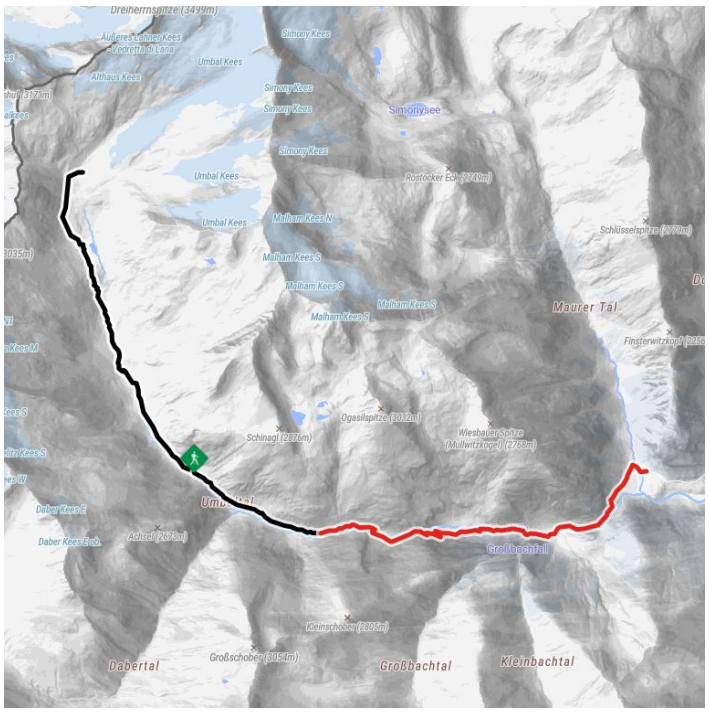
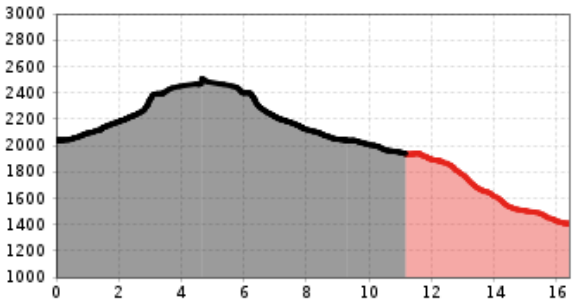
Iseltrail Stage 5

The queen stage on the Iseltrail



Altitude profile



Iseltrail Stage 5

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	walking time uphill
16.4 km	532 m	1170 m	2:30 h

walking time downhill	total walking time	highest point	difficulty
4 h	6:30 h	2530 m	difficult

fitness:

★ ★ ★ ★ ★

technique:

★ ★ ★ ★ ★

public transport:

Take bus 951 towards ‘Prägraten a. G.’ to the ‘Ströden’ stop. From here, you can only continue on foot to the hut Clarahütte.

parking:

Through the Virgental valley to Ströden. Then on foot through the Umbaltal valley to the hut Clarahütte. Parking lot in Ströden

starting point: Hut Clarahütte

destination point: Glacier tongue at the Umbalkees

best season: JUN, JUL, AUG, SEP

Gpx file

download>

Interactive map

open>

Description

The hut Clarahütte is already in the middle of the alpine wilderness of the Hohe Tauern National Park. The mighty Rötspitze (3495m) towers over the valley.

The Iseltrail first runs across wide, flowery alpine meadows. Over a steep step, which was covered by glaciers only a few decades ago, you reach the arctic climate zone. You can reach the source of the Isel directly at the glacier tongue of the Umbalkees below the Dreiherrenspitze (3499 m).

The way back to the parking place Sröden (free bus connection) should not be underestimated: For the 12 kilometres and 1000 metres of altitude difference on the way down, you should calculate a good three hours of walking time.