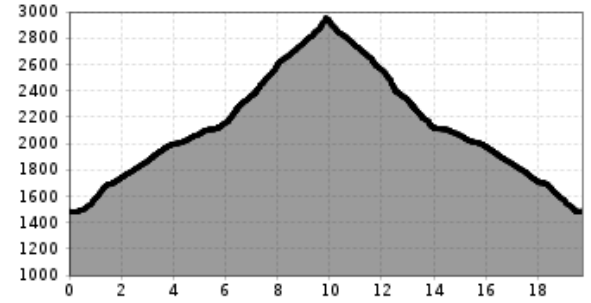


Challenging tour in the shadow of the Großvenediger



## Altitude profile



## The most important at a glance

<b>distance</b> 19.7 km	<b>altitude meters uphill</b> 1476 m	<b>altitude meters downhill</b> 1476 m	<b>walking time uphill</b> 6:15 h
<b>walking time downhill</b> 4:15 h	<b>total walking time</b> 10:30 h	<b>highest point</b> 2964 m	<b>difficulty</b> difficult

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**public transport:**

Prägraten a.G. Hinterbichl

**parking:**

**starting point:** Car park Wiesenkreuz  
**destination point:** Car park Wiesenkreuz 1.490m  
**best season:** JUN, JUL, AUG, SEP

## arrival

**Stop**

Prägraten am Großvenediger Hinterbichl

## Gpx file

## Interactive map

[download>](#)

[open>](#)

## Description

Starting point for this challenging hike is the parking place Wiesen. Here, you can either take a Hüttentaxi (taxi shuttle) to the hut Johannishütte or walk up the broad driveway for about 2.5 hours. After the Johannishütte a narrow path leads towards "Mullwitzkees" to the hut Defreggerhaus at 2.964 m. This section requires surefootedness and takes about 3 hours. The Defreggerhaus is the ideal starting point for mountain tours to the most 3.000m peaks of the mountain massif Venedigergruppe and an ideal starting point for guided tours to the Großvenediger (3.658m).