

# Walk "Dammrunde"

Leisurely walk along the Tauernbach stream and the Isel river



## Altitude profile



## The most important at a glance

distance  
12.4 km

altitude meters uphill  
45 m

altitude meters downhill  
45 m

total walking time  
3 h

highest point  
970 m

difficulty  
easy

fitness:

\* \* \* \* \*

**starting point:** Parkplatz Freibad Matrei in Osttirol  
**destination point:** Parkplatz Freibad Matrei in Osttirol  
**best season:** APR, MAY, JUN, JUL, AUG, SEP, OCT  
**route typ:** circuit family tour

## arrival

### Stop

Matrei in Osttirol Korberplatz

### Parking spot

Parccheggio swimming pool Matrei i. O. 940m

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

From Rauterplatz, the easy hike first leads to the Tauernbach stream. Follow this to Proßegg.

There you cross the bridge and follow the path on the other bank to the former Matrei i. O. swimming pool. Here you will also find the confluence of the Tauernbach and Isel rivers. After a short stretch to the west, you cross the Isel and follow the riverside path on the other side. Below Matrei, you pass an archery course and a small biotope before crossing the Isel again at the Felbertauern road. The way back leads along the path on the orographic left-hand side back to Rauterplatz.

TIP: Use the narrow path right by the water for even more adventure. On hot summer days, the deciduous trees provide shade.