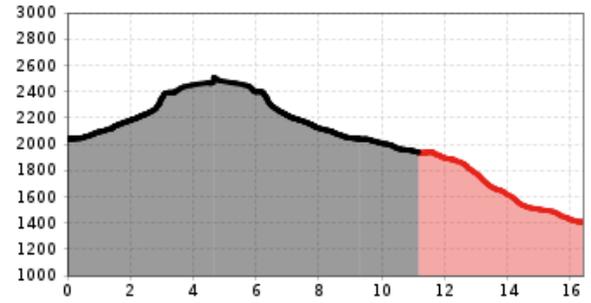


Altitude profile



The most important at a glance

distance 16.1 km	altitude meters uphill 475 m	walking time uphill 2:30 h	walking time downhill 4 h
total walking time 6:30 h	highest point 2500 m	difficulty difficult	

fitness:



technique:



starting point: Hut Clarahütte
destination point: Glacier tongue at the Umbralkees
best season: JUN, JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[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 finally reach the "birthplace" of the Isel at the glacier tongue of the Umbalkees, below the Dreiherrnspitze (3499m).

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.