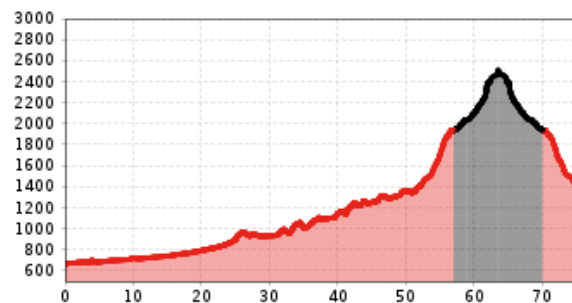


Pleasure hike along the longest still free-flowing glacier river in the Alps. Unique adventure route through a magical water wonderland with individually selectable sections.



## Altitude profile



## The most important at a glance

distance  
75.3 km

altitude meters uphill  
2348 m

altitude meters downhill  
1634 m

walking time uphill  
22 h

walking time downhill  
4 h

total walking time  
23 h

highest point  
2500 m

difficulty  
average

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**public transport:**

Alle Busse führen zum Bahnhof Lienz.

**parking:**

**starting point:**

Bahnhof Lienz

**destination point:**

Lienz

**best season:**

Gletscherzunge am Umbalkees

MAY, JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

From the sunny Dolomite's town of Lienz in the green valley floor to the arctic glacier gate in the National Park Hohe Tauern. From lovely cultivated landscape to secluded alpine wilderness. Always accompanied by the refreshing primal element of water, past floodplains, gravel banks, gorges, rapids and waterfalls: The Iseltrail exposes the pulsating lifeline of Osttirol as a conveyor belt of fabulously unspoiled natural beauty. And nature enthusiasts - even without alpine experience - a magnificent mountain world at the feet. Sometimes calmly rushing past picturesque sceneries, sometimes dramatically roaring in unbridled temperament, sometimes mysteriously gushing, the river shows itself with many faces. Whether nature lover, pleasure hiker, wilderness fan or heat seeker: follow your river.

The Iseltrail is divided into sections of varying lengths, each of which runs between villages with opportunities for refreshments and overnight stays. The Iseltrail can therefore be walked quite flexibly - depending on your mood, condition, need for recreation or joy of riding out. Below you will find a suggestion for 5 stages!

**The suspension bridge over the Isel Canyon is currently closed for the winter!**