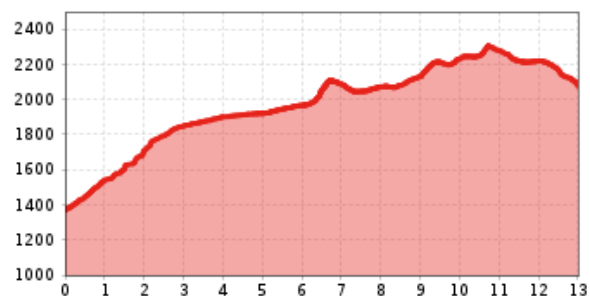




### Altitude profile



## The most important at a glance

**distance**  
13 km

**altitude meters uphill**  
1084 m

**altitude meters downhill**  
371 m

**walking time uphill**  
5:15 h

**walking time downhill**  
45 min

**total walking time**  
6 h

**highest point**  
2317 m

**difficulty**  
average

**fitness:**

★ ★ ★ ★ ★

**technique:**

★ ★ ★ ★ ★

**starting point:**

**destination point:**

**best season:**

**route typ:**

St. Oswald bei Kartitsch

Connyalm

JUN, JUL, AUG, SEP

family tour

**Gpx file**

**Interactive map**

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