

The Rinnennieder 2900 m

DURATION

3 h

DISTANCE

4 km

ASCENT

760 m

Descent 10 m

HIGHEST POINT

2900 m

from 2150 m

DIFFICULTY

Trail T3

SAC hiking scale
(Franz-Senn-Hütte –
Abzweigung
Höhenweg)

START / FINISH

Franz-Senn-
Hütte

Finish: Rinnennieder

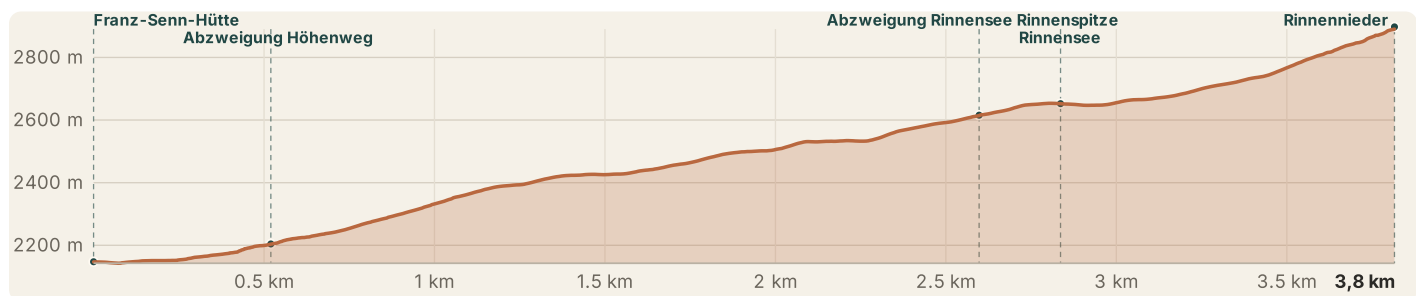
Route points: Franz-Senn-Hütte 0,0 km, 2150 m – Abzweigung Höhenweg 0,5 km, 2200 m –

Abzweigung Rinnensee Rinnenspitze 2,6 km, 2620 m – Rinnensee 2,8 km, 2650 m – Rinnennieder 3,8 km, 2900 m



Map · Track length 3.8 km

Base map: basemap.at



Elevation profile

2143 m – 2897 m

The Rinnennieder, a small col at just under 2900 m beside Rinnenspitze and west above the Rinnensee, is the crossing from the Oberbergtal to the Lüsener Ferner. For walkers it is a quiet, worthwhile objective: from the saddle the view opens out suddenly onto the broad, white Lüsener Ferner and Lüsener Fernerkogel. The path is straightforward as far as the lake; the final climb leads through a boulder field and requires sure-footedness.

Route description

■ Franz-Senn-Hütte → Abzweigung Höhenweg

0,0–0,5 km · 0,5 km · ↑ 60 m ↓ 0 m · 15 min · Summer · T3 (SAC hiking scale)

Behind the hut, cross the bridge over the Alpeiner Bach and immediately turn right onto the marked path towards the Starkenburger Hütte. After about 10 minutes you reach the junction.

■ Abzweigung Höhenweg → Abzweigung Rinnensee Rinnenspitze

0,5–2,6 km · 2,1 km · ↑ 410 m ↓ 0 m · 1 h 10 min · Summer · T2 (SAC hiking scale)

From the junction, climb at first quite steeply through the grassy slopes above the hut, then more gently across the sunny, grass-covered south side, steadily gaining height. Higher up the path becomes stonier and crosses a boulder field, but remains well constructed. After about 1 to 1½ hours you reach the junction for Rinnenspitze on the right at around 2600 m.

■ Abzweigung Rinnensee Rinnenspitze → Rinnensee

2,6–2,8 km · 0,2 km · ↑ 40 m ↓ 0 m · 5 min · Summer · Red mountain trail (ÖAV mountain trails)

From the turn-off for Rinnenspitze, reach the north shore of the Rinnensee in 10 minutes.

■ Rinnensee – Rinnennieder

2,8–3,8 km · 1,0 km · ↑ 250 m ↓ 10 m · 1 h 30 min · Summer

Follow the path past the Rinnensee through a boulder field below the Rinnennieder. Climb in switchbacks to the col.

<https://franzsennhuetten.at/en/touren/das-rinnennieder-2900m> As of 31.10.2026

All details without guarantee. Check weather, conditions and avalanche situation yourself and plan the tour on your own responsibility.