



### Altitude profile



### The most important at a glance

<b>distance</b> 16.1 km	<b>altitude meters uphill</b> 556 m	<b>altitude meters downhill</b> 199 m	<b>walking time uphill</b> 5 h
<b>total walking time</b> 5 h	<b>highest point</b> 1317 m	<b>difficulty</b> average	

**fitness:** \* \* \* \* \*

**technique:** \* \* \* \* \*

**starting point:** Matri in Osttirol  
**destination point:** Prägaten am Großvenediger  
**best season:** MAY, JUN, JUL, AUG, SEP

**Gpx file**

**Interactive map**

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### Description

After the Matri basin, the valley narrows and the Isel shows its impetuous side: massive cataracts and partly inaccessible gorge wilderness under steeply towering mountains. The Iseltrail initially leads you mainly through forests on the shady side of the valley, which promises pleasant, cool forest and mountain air on hot summer days. Again and again you can refresh yourself at the crystal-clear streams that cross the path.

An impressive, lonely forest gorge hides below Virgen, where the Virgen cataract thunders down to the valley over several steps. This wild place is currently not accessible by hiking trail and is to be made experiential from 2020 with a branch path and a viewing platform.

The mountain village Virgen nestles into the southern slope of the valley "Virgental" (which is still the Iseltal) dominated by meadows and hedges. A detour through the village is definitely worthwhile: picturesque vantage points, historic farms, the pilgrimage church of Maria Schnee (in the district Obermauern) and delicacies in the local inns will reward you handsomely. Virgen also offers camping facilities.

The trail up the valley then leads you to the edge of the dramatic and pathless gorge Iselschlucht between Welzelach (inn) and Bobojach (catering, accommodation). The almost one-kilometre-long canyon is of extraordinary scenic beauty. Deep down in the gorge you can hear the Isel raging. The Iseltrail offers some insights into this remote primeval landscape. To make it even easier to experience this grandiose wilderness, a new trail is planned along the edge of the gorge with viewing platforms and suspension bridges.

Above the Iselschlucht, the river (temporarily) calms down again. Meadows line its course on the sunny side.

Shortly before Prägraten you can relax at a "Gries", a stretch of beach, and dip your feet in the water ...

The mountain village Prägraten offers refreshment stops and overnight accommodation. You can also walk on to Hinterbichl (inn, camping site, room rental).

On the shady side, a little above the trail south of Prägraten, the stream Zopatnizenbach falls through a steep ditch. Millions of water drops fill the air. The waterfall can be reached via a spur trail.