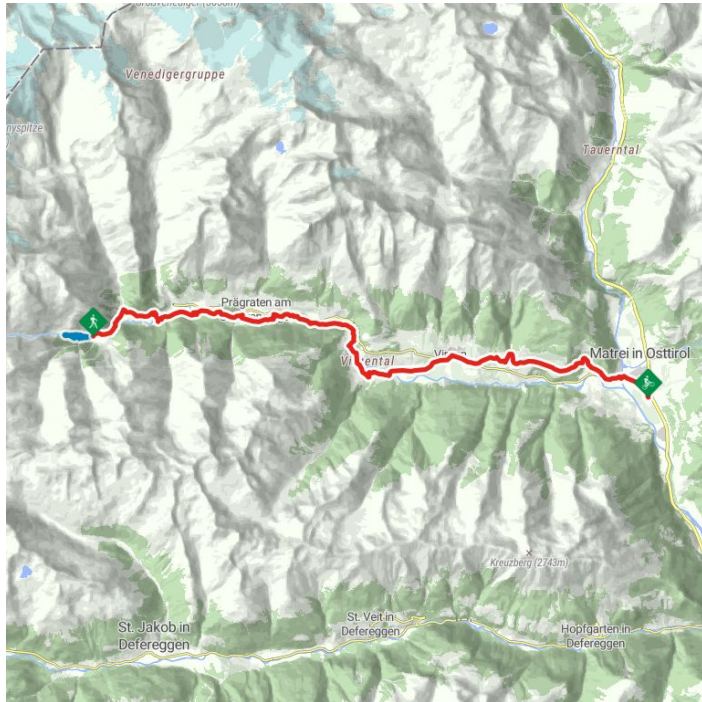
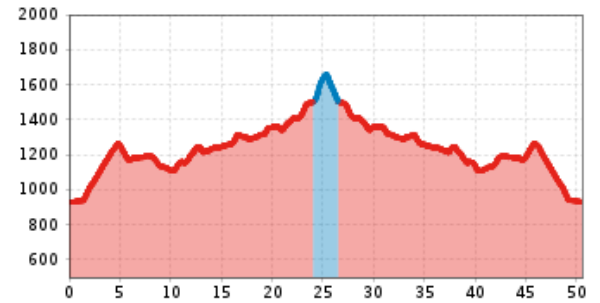


On two wheels to the largest waterfalls in Osttirol



Altitude profile



The most important at a glance

difficulty

bike
average

hike
easy

distance (in KM)

total distance
50.6 km

bike
48.1 km

hike
2.5 km

altitude meters uphill

total altitude
1250 m

bike
1100 m

hike
150 m

total tour time

total tour time
6.5 h

bike
5.5 h

hike
1 h

fitness:

* * * * *

technique:

* * * * *

starting point:

destination point:

best season:

Car park Matreier Goldried Bergbahnen 960m

Umbalfälle 1.520m

MAY, JUN, JUL, AUG, SEP, OCT

arrival

Stop

Matrei i. O. Süd

Gpx file

Interactive map

[download>](#)

[open>](#)

Beschreibung Bike

Starting point is the car park of the Matreier Goldried Bergbahnen in Matrei in Osttirol. From there, the route goes via Zedlach, first along the sunny side of the Virgental valley. In the namesake community of Virgen, you turn off in the direction of Niedermauern and from now on you can enjoy the bike tour directly along the glacier river Isel. The view into the thundering waters of the Isel Gorge provides lasting memories. The route then continues in a moderate and varied manner south of Prägraten a. G. to Hinterbichl and the car park Ströden. Here begins the final ascent to the Umbal Falls. At the Iskitzeralm you can park your bike and tackle the NaturKraftWeg Umbalfälle.

The times are for E-Bikers.

Beschreibung Wanderung

The NaturKraftWeg Umbalfälle in the rear Virgental valley leads very close to the origin of the glacier river Isel and shows its landscape-forming effect in an impressive way. Especially in the summer months when the glacier melts, impressive masses of water thunder down the cataracts (waterfall steps) into the valley. Along the circular route, not only interesting information boards provide information, but viewing platforms make the incredible natural force of the water directly tangible, whether high above the gorge or up close to the water.