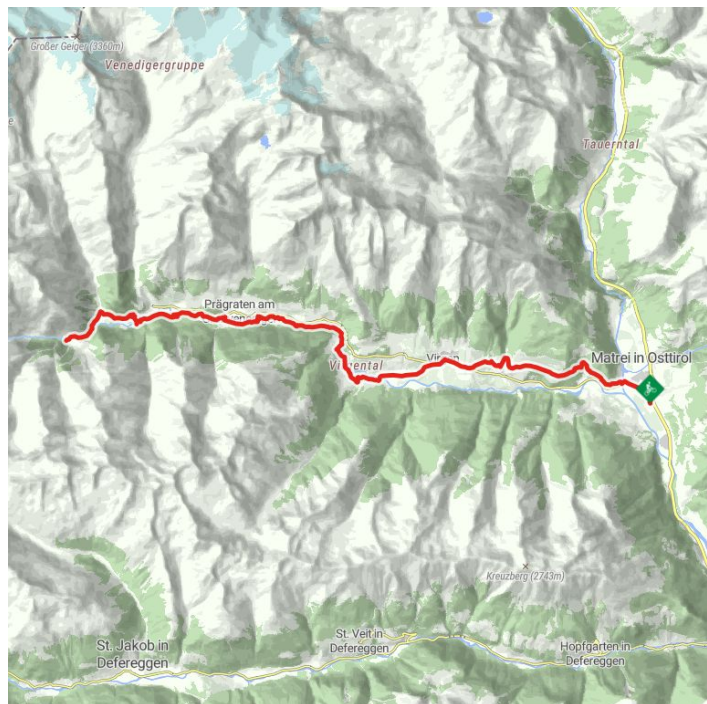
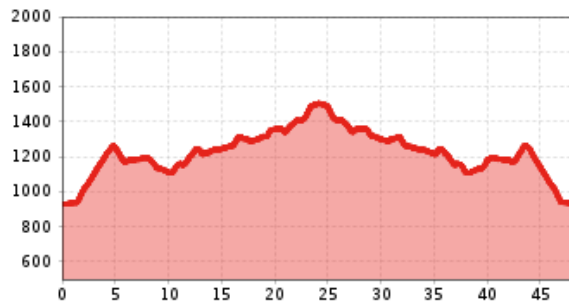


Mountain bike tour to the Umbal water falls



## Altitude profile



## The most important at a glance

distance  
48.2 km

altitude meters uphill  
1090 m

altitude meters downhill  
1090 m

highest point  
1500 m

difficulty  
average

circuit  
no

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Ausgangspunkt: Buslinie 951 - Haltestelle Matrei i. O. Süd Endpunkt: Buslinie 951 - Haltestelle Prägraten a. G. Ströden

parking:

starting point:

destination point:

best season:

Parkplatz Matreier Goldried Bergbahnen  
Parkplatz bei der Matreier Goldried Bergbahn  
Umbalfälle  
MAY, JUN, JUL, AUG, SEP, OCT

## arrival

Stop

Matrei i. O. Süd

Parking spot

Car park Ströden 1.400m

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

Start this wonderful bike tour from the cable car Matrei i. O via Zedlach, along the sunny side of the Virgental-valley to Virgen futher on to Niedermauern, from there beside the Isel (river). You will never forget the impressive view into the thunderous waters of the Isel gorge. It leads quiet moderate an varied forward to Prägraten, Hintelbichl and parking area Ströden. Here begins the "last mile" to the Umbal waterfalls. Enjoy the well deserved cooling and wild nature at Umbalwater falls after about 24 km on the bike. (Battery charge station at the Iskitzer Alm).