

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:

Starting point: Bus route 951 – Matrei i. O. Süd stop End point: Bus route 951 – Prägraten a. G. Ströden stop

**parking:**

**starting point:** Car park Matreier Goldried Bergbahnen  
**destination point:** Parkplatz bei der Matreier Goldried Bergbahn  
**best season:** Umbalfälle  
MAY, JUN, JUL, AUG, SEP, OCT

## arrival

**Stop**

Matrei in Osttirol 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 Isplitzer Alm).