

Time (hours)	Number of people
0	1400
1	1500
2	1550
3	1650
4	1800
5	1950
6	2200
7	2500
8	2700
9	2500
10	2200
11	1950
12	1800
13	1650
14	1550
15	1500
16	1400

The most important at a glance

distance
16.1 km

altitude meters uphill
1310 m

altitude meters downhill
1310 m

walking time uphill
4:15 h

walking time downhill
3:15 h

total walking time
7:30 h

highest point
2700 m

difficulty
difficult

fitness:

★ ★ ★ ★ ★

technique:

★ ★ ★ ★ ★

public transport:

Bus stop Prägraten a. G. Ströden

parking:

starting point: Car park Ströden
destination point: Parkplatz Ströden 1.400m
best season: Hohe Grube 2.680m
JUN, JUL, AUG, SEP

arrival

Parking spot

Car park Ströden 1.400m

Gpx file

Interactive map

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Description

If you are looking for unknown paths and uniquely beautiful mountain lakes, this tour is just right for you. From the car park Ströden, first take the wide gravel path to the Iskitzeralm. There past the Umbal falls in the direction of the Clarahütte. Above the Upper Umbal falls you cross the Umbal river and shortly thereafter you turn right, in the direction of Wiesbauerspitze (Mullwitzkogel). From here the path becomes very steep. Absolute concentration is required here and the path should in no case be walked in wet conditions, as the high grass is enormously slippery. In numerous serpentine you quickly gain altitude here. At just under 2,300 meters, you then turn left into trackless terrain. From here it is an alpine route. A slight trace indicates the ascent - if you do not recognize this, it is best to keep to the right of the stream, always going in the direction of Malhamhorn or Quirl. After about 4.5 hours of walking you will reach the rewarding destination - the Hohe Grube also called "Hohe Gruben". From here, further summit tours are possible (Steinbrubenkogel, Ogasilspitze, Hohe Grubenscharte, Quirl (climbing tour). The descent is via the same path, or you cross the Hohe Grubenscharte and descend via the Hochkar to the ascent path.