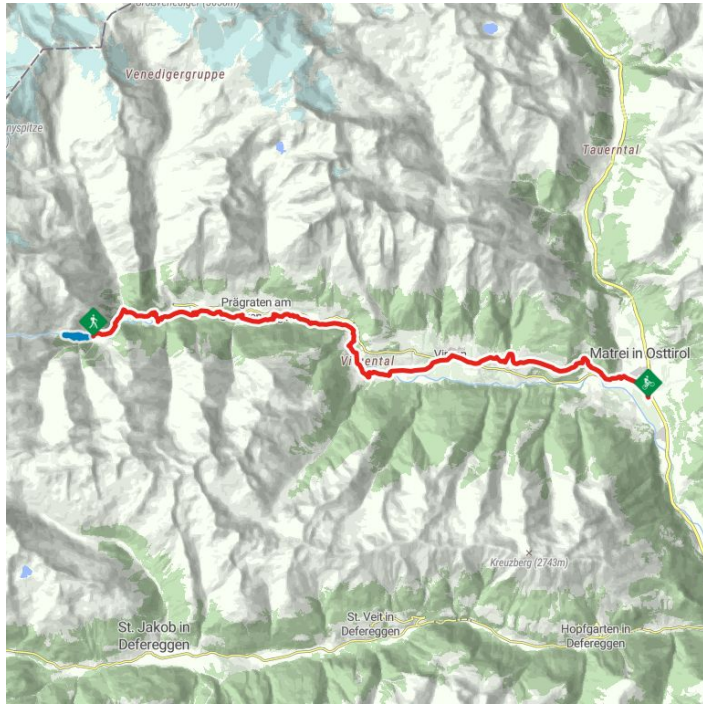
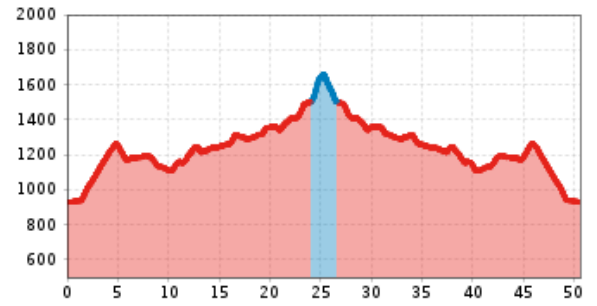


On two wheels to the largest waterfalls in Osttirol



### 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:

Car park Matreier Goldried Bergbahnen 960m

destination point:

Umbalfälle 1.520m

best season:

MAY, JUN, JUL, AUG, SEP, OCT

## arrival

Stop

Matrei in Osttirol Süd

## Gpx file

[download>](#)

## Interactive map

[open>](#)

### **Beschreibung Bike**

Starting point is the car park of the Matreier Goldried Bergbahnen in Matri 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 Islitzeralm 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.