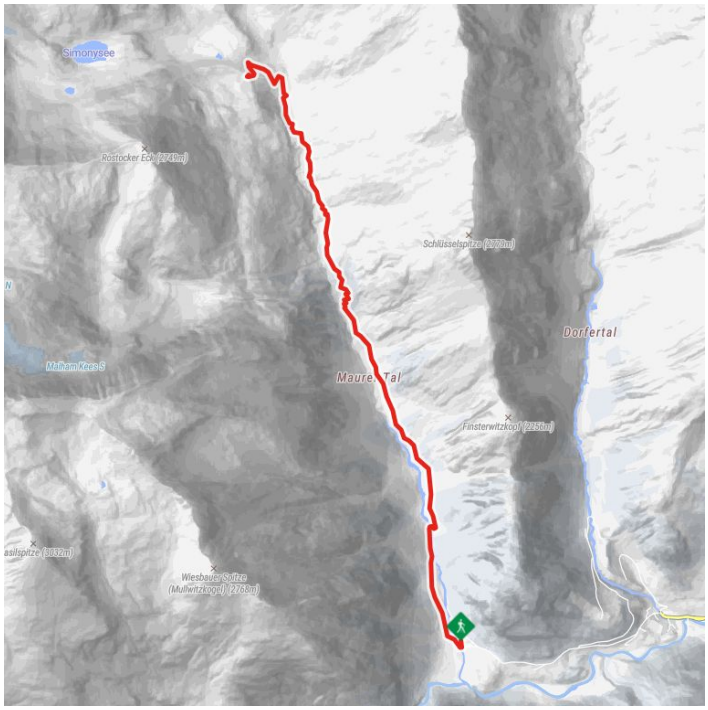
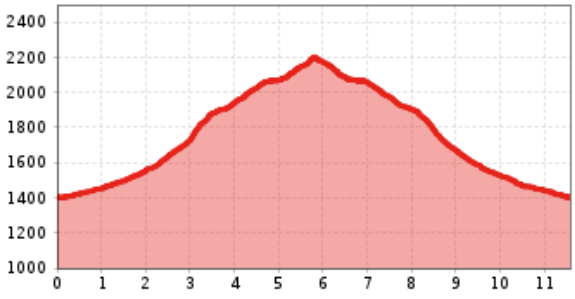
Hiking tour to Essener Rostocker Hütte 2.208m

Towards the ice giants



Altitude profile



Hiking tour to Essener Rostocker Hütte 2.208m

The most important at a glance

distance	altitude meters uphill	altitude meters downhill
11.58 km	795 m	795 m

walking time uphill	walking time downhill	total walking time	highest point
2:30 h	1:30 h	4 h	2208 m

difficulty
average

fitness:

* * * * *

technique:

* * * * *

public transport:

parking: Bus stop Prägraten a.G. Ströden

Follow the L24 Virgentalstraße from Matrei through Virgen to Prägraten. Drive as far as the last hamlet, Hinterbichl, cross the bridge at Gasthof Islitzer and continue on to Ströden. Follow the road signs to the Ströden car park. From there, the journey into the Maurertal valley and to the Essener Rostocker Hütte begins.

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

arrival

Stop

Prägraten am Großvenediger Hinterbichl Edelweiß

Parking spot

Car park Ströden 1.400m

Gpx file

download>

Interactive map

open>

Hiking tour to Essener Rostocker Hütte 2.208m

Description

The hiking trail leads from Ströden carpark right into Maurertal Valley, passing by Stoanalm until you reach the lower terminal of the goods cable lift. From here on, walk on into the valley through steep woodland area, which later gets flatter again, until you reach a water catchment that you cross using the bridge. The last section of the hike is moderately steep and leads across a glacial moraine to the mountain lodge.