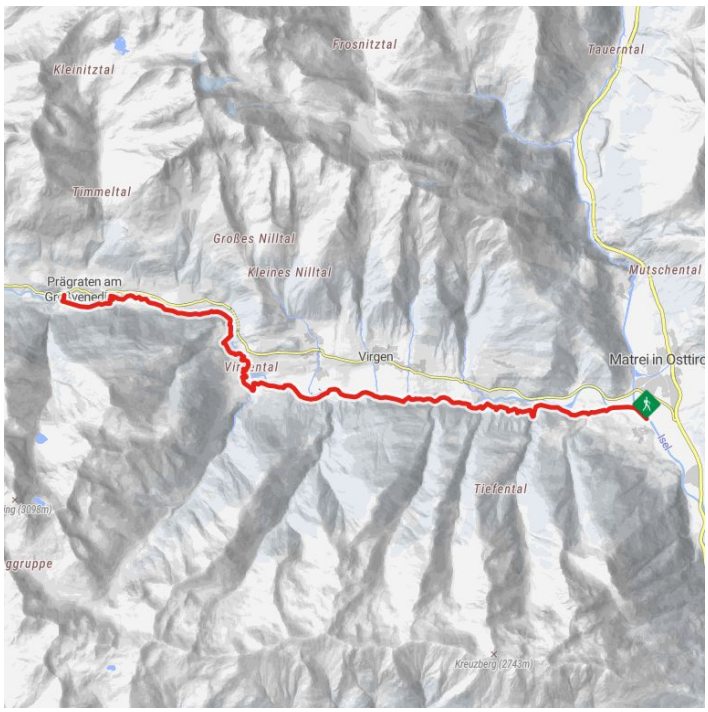
Iseltrail Stage 3

The third stage boasts the largest suspension bridge of Osttirol, viewing platforms and thundering waterfalls



Altitude profile



Iseltrail Stage 3

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	total walking time
16.9 km	668 m	316 m	5:30 h

highest point	difficulty
1318 m	average

fitness:

* * * * *

technique:

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public transport:

Take bus 951 towards ‘Prägraten a. G.’ to the ‘Matrei i. O. - Auerfeld’ stop. Cross the bridge to reach the starting point of stage 3.

parking:

Car park Goldried Bergbahnen

starting point: Matrei in Osttirol
destination point: Prägraten am Großvenediger
best season: MAY, JUN, JUL, AUG, SEP

Gpx file

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Interactive map

open>

Description

After the Matrei basin, the valley narrows and the Isel shows its impetuous side: massive cataracts and partly inaccessible gorge wilderness under steeply towering mountains. The Iseltrail initially leads you mainly through forests on the shady side of the valley, which promises pleasant, cool forest and mountain air on hot summer days. Again and again you can refresh yourself at the crystal-clear streams that cross the path.

An impressive, lonely forest gorge hides below Virgen, where the Virgen cataract thunders down to the valley over several steps.

The mountain village Virgen nestles into the southern slope of the valley "Virgental" (which is still the Iseltal) dominated by meadows and hedges. A detour through the village is definitely worthwhile: picturesque vantage points, historic farms, the pilgrimage church of Maria Schnee (in the district Obermauern) and delicacies in the local inns will reward you handsomely. Virgen also offers camping facilities.

The trail up the valley then leads you to the edge of the dramatic and pathless gorge Iselschlucht between Welzelach (inn) and Bobojach (catering, accommodation). The almost one-kilometre-long canyon is of extraordinary scenic beauty. Deep down in the gorge you can hear the Isel raging. The Iseltrail offers some insights into this remote primeval landscape. To make it even easier to experience the magnificent wilderness, a new suspension bridge was built over the Isel Gorge, complete with a photo point and a viewing platform.

Above the Iselschlucht, the river (temporarily) calms down again. Meadows line its course on the sunny side.

Shortly before Prägraten you can relax at a "Gries", a stretch of beach, and dip your feet in the water ...

The mountain village Prägraten offers refreshment stops and overnight accommodation. You can also walk on to Hinterbichl (inn, camping site, room rental).

On the shady side, a little above the trail south of Prägraten, the stream Zopatnitzenbach falls through a steep ditch. Millions of water drops fill the air. The waterfall can be reached via a spur trail.