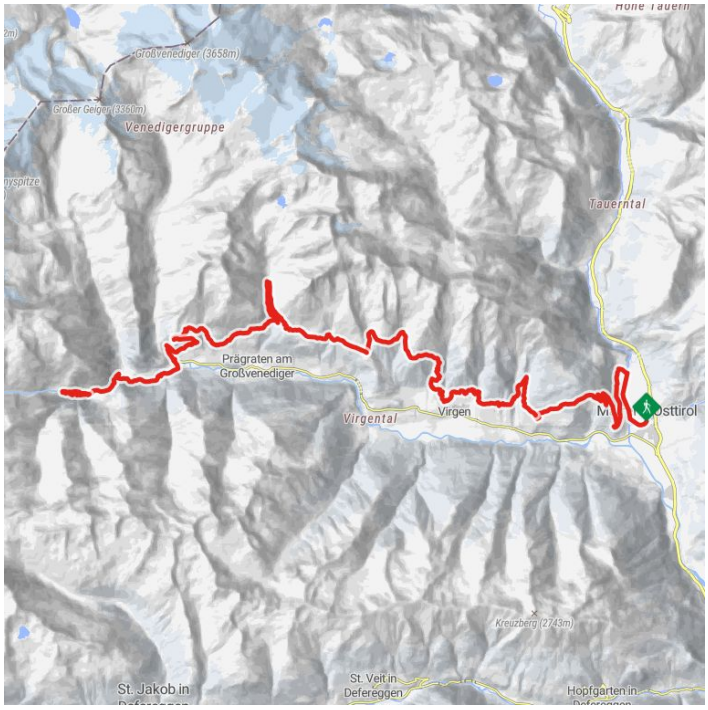
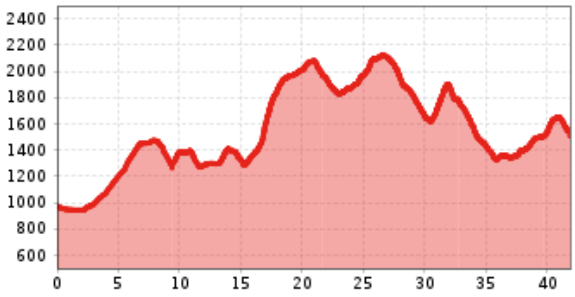
Trail Virgentaler Sonnseitenweg

One of the most beautiful hikes in several stages through the Virgen Valley.



Altitude profile



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The most important at a glance

distance	altitude meters uphill	altitude meters downhill	total walking time
41.9 km	2641 m	2138 m	19 h

highest point	difficulty
2120 m	average

fitness:

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technique:

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starting point: Matrei in Osttirol
destination point: Prägraten am Großvenediger
best season: JUN, JUL, AUG, SEP, OCT
route typ: family tour

arrival

Stop

Matrei in Osttirol Süd

Matrei in Osttirol Korberplatz

Parking spot

Car park Zedlach 1.260m

Car park Ströden 1.400m

Car park Zedlacher Paradies 1.420m

Gpx file

download>

Interactive map

open>

Trail Virgentaler Sonnseitenweg

Description

The Virgentaler Sonnseitenweg trail leads from Matrei in Osttirol via Virgen to Prägraten am Großvenediger and connects a number of rustic huts and mountain pastures. As the name suggests, the trail is perfect for sun lovers. There is hardly another long-distance hiking trail that can guarantee you as much sunshine as this one. The famous Umbal Falls are the crowning destination of the long-distance hiking trail, which leads from Matrei i.O. to this natural monument created by water in four days in the middle of the National Park Hohe Tauern. The Virgentaler Sonnseitenweg is particularly suitable for families who want to try a long-distance hike for the first time.

Further information on the stages incl. detailed route description is available here!