

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



### Altitude profile



## The most important at a glance

distance  
41.9 km

altitude meters uphill  
2641 m

altitude meters downhill  
2138 m

total walking time  
19 h

highest point  
2120 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

**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>](#)

## Description

The Virgentaler Sonnseitenweg trail leads from Matri 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 Matri 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!](#)