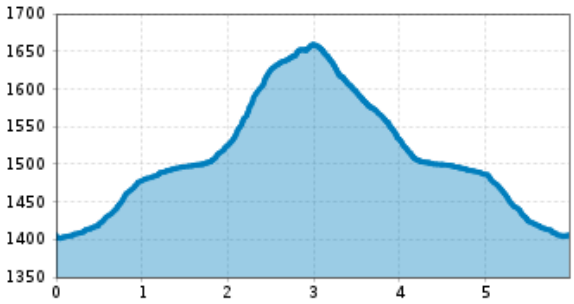
Umbal waterfalls nature force trail

Themed trail at the largest waterfalls in Osttirol



Altitude profile



Umbal waterfalls nature force trail

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	walking time uphill
5.97 km	257 m	257 m	1:30 h

walking time downhill	total walking time	highest point	difficulty
1 h	2:30 h	1665 m	easy

fitness:

* * * * *

public transport:

Bus stop Prägraten a.G. Ströden

parking:

Matrei i.O. - Virgental - Prägraten - Hinterbichl - Parkplatz Ströden (gebührenpflichtig);
Car park Ströden

starting point: Car park Ströden 1.400m
destination point: Car park Ströden 1.400m
best season: MAY, JUN, JUL, AUG, SEP, OCT
route typ: circuit family tour
cachet: Österreichische Wander Medalie

arrival

Parking spot

Car park Ströden 1.400m

Gpx file

download>

Interactive map

open>

Description

The nature trail "**NaturKraftWeg Umbalfälle**" at the end of the valley Virgental leads very close to the source of the glacier river Isel and shows its landscape-forming effect and its character in an impressive way. Especially in the summer months, when the glacier melts, impressive masses of water thunder down to the valley. Along the circular route, there are not only interesting **information boards**, also **visitor platforms** make the unbelievable natural force of the water directly tangible, whether high above the gorge or up close to the water.

During the summer months, you can take the **Umbal shuttle** from Ströden to the Islitzeralm.

Access is not possible during the winter months!