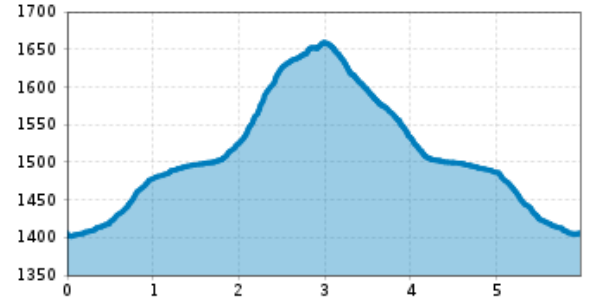


Themed trail at the largest waterfalls in Osttirol



## Altitude profile



## The most important at a glance

distance  
5.97 km

altitude meters uphill  
257 m

altitude meters downhill  
257 m

walking time uphill  
1:30 h

walking time downhill  
1 h

total walking time  
2:30 h

highest point  
1665 m

difficulty  
easy

fitness:



public transport:

Prägraten a.G. Ströden

parking:

starting point: Car park Ströden  
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 Iskitzeralm.

Access is not possible during the winter months!