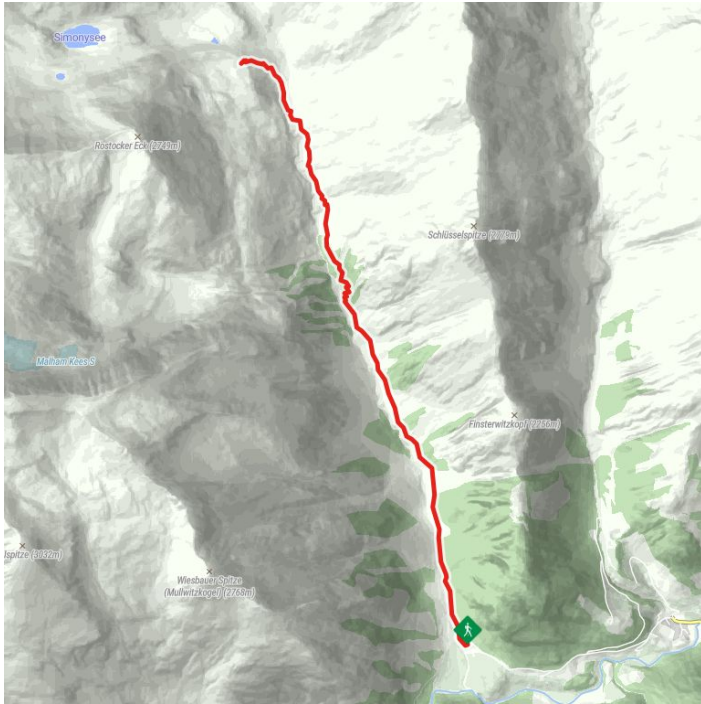
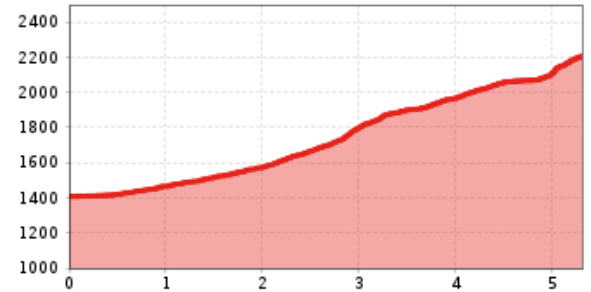


A gentle start to the Venediger altitude trail



Altitude profile



The most important at a glance

distance 5.3 km	altitude meters uphill 800 m	total walking time 3:10 h	highest point 2208 m
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difficulty average

fitness:



technique:



starting point: Car Park Ströden 1.450m
destination point: Essener-Rostocker-Hütte 2.208m
best season: JUL, AUG, SEP

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

Starting from the **car park Ströden in Prägraten am Großvenediger**, it goes along the road to the Maurertal to the valley station of the material cable car. (Luggage transport possible!) The trail leads through larch and spruce forests along the Maurerbach stream. After the upper Ochsnerhüttet, you reach the **Essener-Rostocker Hütte** via a former lateral moraine of the Simonykees: a small detour to the **Simonysee** with a magnificent view of the glacier world is worthwhile!