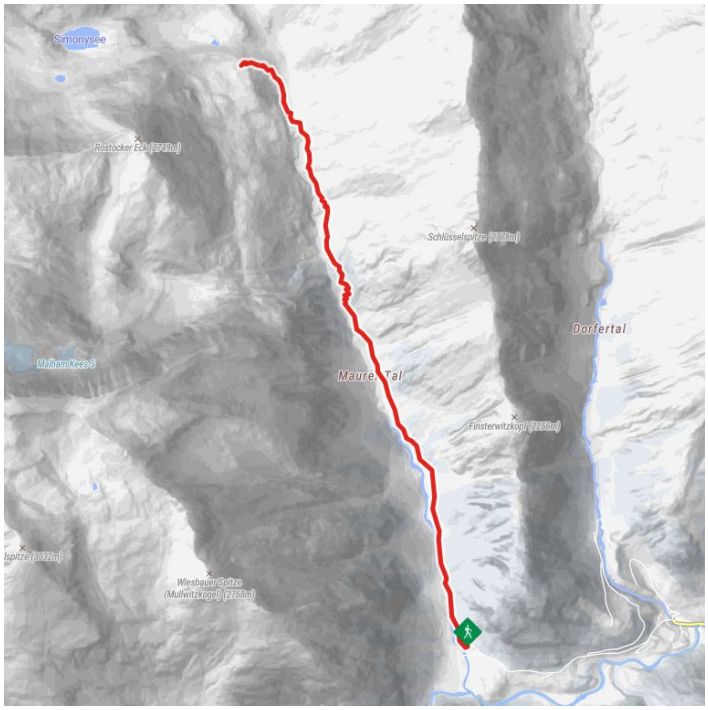
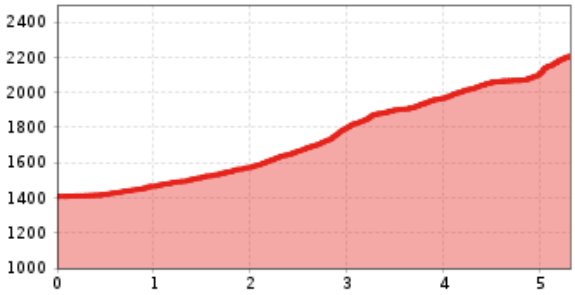
Venediger Altitude Trail Stage 1

A gentle start to the Venediger altitude trail



Altitude profile



The most important at a glance

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

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

download>

Interactive map

open>

Venediger Altitude Trail Stage 1

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!