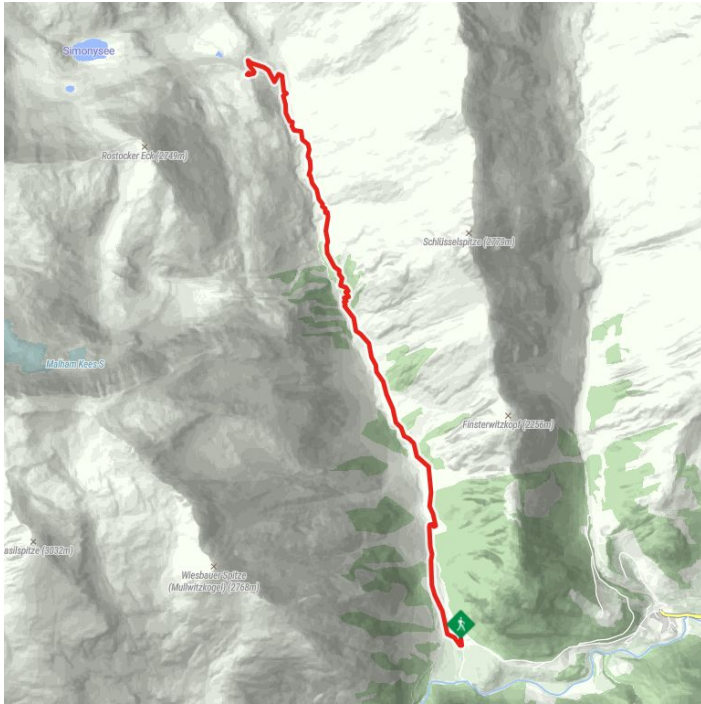
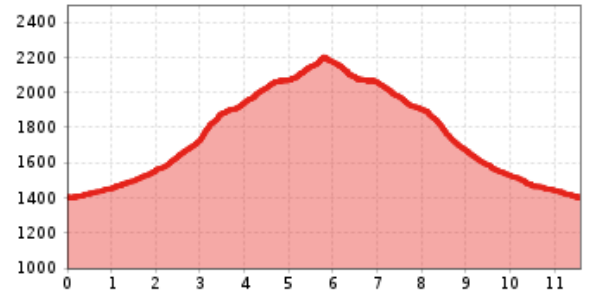


# Hiking tour to Essener Rostocker Hütte 2.208m

Towards the ice giants



## Altitude profile



## The most important at a glance

<b>distance</b> 11.58 km	<b>altitude meters uphill</b> 795 m	<b>altitude meters downhill</b> 795 m	
<b>walking time uphill</b> 2:30 h	<b>walking time downhill</b> 1:30 h	<b>total walking time</b> 4 h	<b>highest point</b> 2208 m
<b>difficulty</b> average			

**fitness:**

\* \* \* \* \*

**technique:**

\* \* \* \* \*

**public transport:**

**parking:**

Prägraten a.G. Ströden

**starting point:**

Car park Ströden

**destination point:**

Car park Ströden 1.400m

**best season:**

JUN, JUL, AUG, SEP

## arrival

**Stop**

Prägraten am Großvenediger Hinterbichl Edelweiß

**Parking spot**

Car park Ströden 1.400m

**Gpx file**

**Interactive map**

[download>](#)

[open>](#)

## Description

The hiking trail leads from Ströden carpark right into Maurertal Valley, passing by Stoanalm until you reach the lower terminal of the goods cable lift. From here on, walk on into the valley through steep woodland area, which later gets flatter again, until you reach a water catchment that you cross using the bridge. The last section of the hike is moderately steep and leads across a glacial moraine to the mountain lodge.