

# Lasörling 3.098m (Aufstieg Prägraten)

Challenging mountain tour to one of the most beautiful panoramic mountains in the Virgen Valley



## Altitude profile



## The most important at a glance

distance  
18.6 km

altitude meters uphill  
1823 m

altitude meters downhill  
22 m

walking time uphill  
7:15 h

total walking time  
12 h

highest point  
3098 m

difficulty  
difficult

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Prägraten a. G. Gemeindeamt

parking:

starting point: Freizeitzentrum Gries  
destination point: Parkplatz Freizeitzentrum Gries  
best season: Lasörling 3.098m  
JUN, JUL, AUG, SEP

## arrival

Stop

Prägraten am Großvenediger Gemeindeamt

Parking spot

Car park Freizeitzentrum Gries 1.300m

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

You start at the car park at the Freizeitzentrum Gries. From there, follow the yellow signposts labelled "Lasnitzenhütte". The tarmac road leads into a forest path, which you follow to the Lasnitzenhütte. From the hut, you follow the hiking trail no. 314, which splits relatively far back in the valley and now you follow the black mountain trail (no. 82). This trail is partially marked and the last few metres up to the Lasörlingscharte are secured by ropes. The two ascent variants (Virgen ascent & Prägraten ascent) meet at this saddle.

This last section leads past imposing boulders and finally ends at the summit of the Lasörling. The eponymous, highest peak of the Lasörling group offers one of the best views of almost all 3,000 metre peaks in Osttirol and the peaks of the Südtiroler Dolomites.