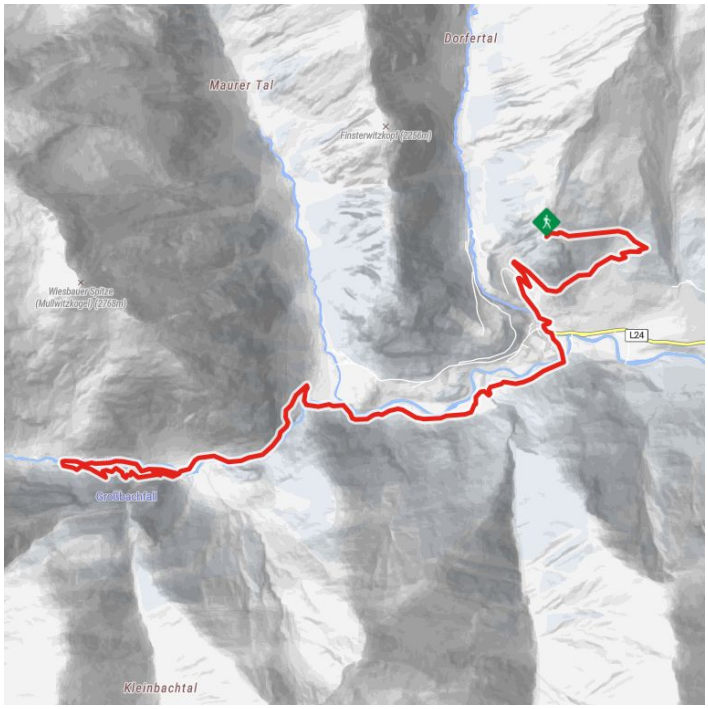
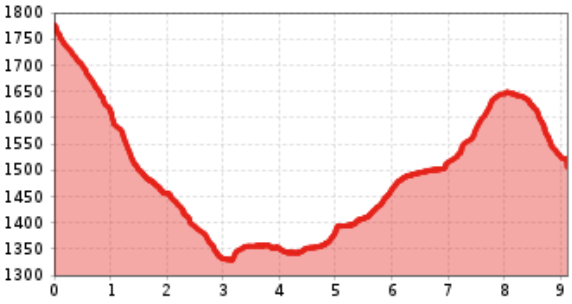
# Trail Virgentaler Sonnseitenweg Stage 4

From the Sonnseitenweg to the NaturKraftWeg Umbalfälle




## Altitude profile



# Trail Virgentaler Sonnseitenweg Stage 4

## The most important at a glance

| distance | altitude meters uphill | altitude meters downhill | walking time uphill |
|---|---|---|---|
| 9.1 km | 353 m | 617 m | 3:30 h |

| total walking time | highest point | difficulty |
|---|---|---|
| 3:30 h | 1780 m | average |

**fitness:**

* * * * *

**technique:**

* * * * *

**public transport:**

Bus stop Prägraten a. G. Hinterbichl

or

Bus stop Prägraten a. G. Ströden

**parking:**

Car park Hinterbichl

or

Car park Ströden

**starting point:** Hut Stabanthütte
**destination point:** Water trail Umbalfälle
**best season:** JUN, JUL, AUG, SEP, OCT

## arrival

**Parking spot**

Car park Ströden 1.400m

Car park Hinterbichl 1.340m

## Gpx file

download>

## Interactive map

open>

# Trail Virgentaler Sonnseitenweg Stage 4

## Description

From the Stabanthütte, take the road past the Lumalm to Hinterbichl and Gasthof Islitzer. Cross the rushing Isel and continue to Ströden. A wide, mostly flat track takes you to the Islitzeralm, where you can stop for refreshments. The Islitzeralm is located at the foot of the Umbal Falls, the stage destination, where the water show trail takes you up close to the thundering waterfalls. A detour to the viewing platforms is an unforgettable experience.