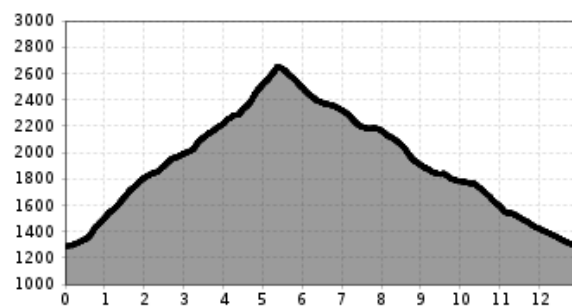


Altitude profile



The most important at a glance

distance
13 km

altitude meters uphill
1360 m

altitude meters downhill
1400 m

walking time uphill
4:30 h

walking time downhill
3:30 h

total walking time
8 h

highest point
2650 m

difficulty
difficult

fitness:

* * * * *

technique:

* * * * *

public transport:

Prägraten a.G. Dorf

parking:

starting point: Parking place Losach
destination point: Parking place Sägewerk
best season: Berger Kogel
JUL, AUG, SEP

arrival

Parking spot

Car park Freizeitzentrum Gries 1.300m

Gpx file

Interactive map

[download>](#)

[open>](#)

Description

Starting from the car park at the sawmill (bridge Dorferbrücke) follow a short section on an asphalt road initially which goes across a bridge and then opens into a gravel trail, which you then leave after around 150 m (signposts) keeping to the left and following the signposts for "Berger Kogel". The hiking trail now proceeds very steeply through larch and spruce forest and then above the treeline on Alpine pastures to the "Prägratner Wetterkreuz" (junction). The final third of the summit climb to the Berger Kogel is somewhat more difficult. Just before the highest point, the ascent becomes more exposed, and there are now a few short climbing sections to concentrate on. Having reached the summit you are rewarded with a wonderful view to Virgental after a very tiring ascent.

The descent proceeds then in a southerly direction down to the Bergeralmscharte (2500 m) From there follow the steep path to the west and in a good hour you will get to the Bergerseehütte. The direct descent to Prägraten winds initially down in serpentines, crossing the Zopatnizenbach twice, and then proceeding flat on a somewhat narrow path to a small hunters' lodge, which is located above the trail in a rock shelter to provide protection against avalanche. From here the track then proceeds steeply through the forest into the valley, until it opens up into a forest trail, which you hike for a short while in a westerly direction, then bearing right on to the hiking trail. After a short while you get to the actual trail to the Lasnizenhütte, via which, after some 15 minutes, you get back to your starting point again – the car park at the sawmill.

