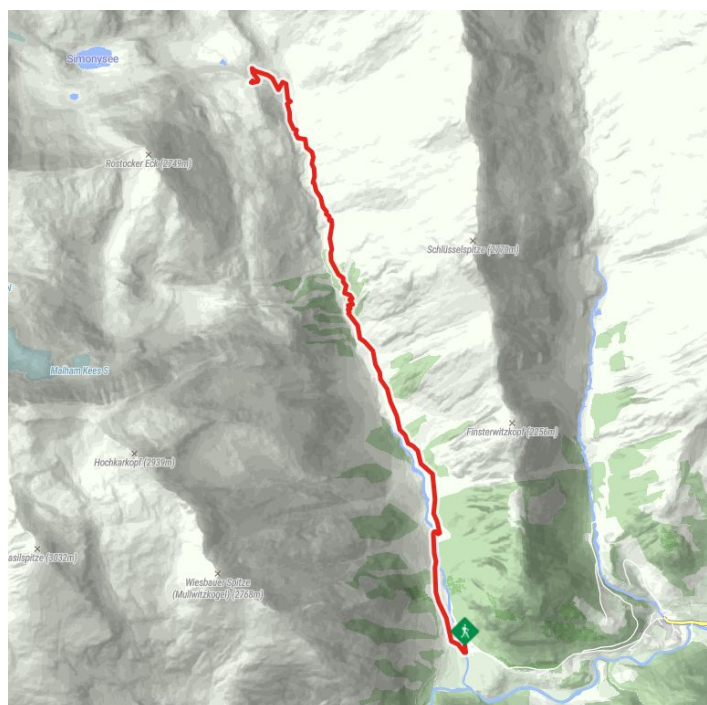
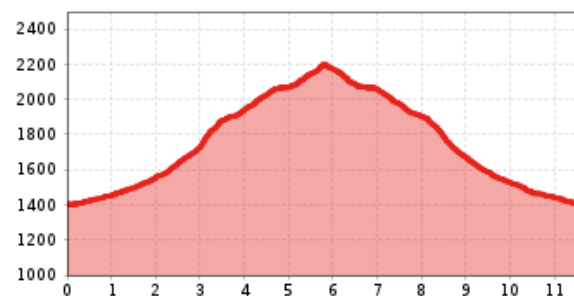


Hiking tour to Essener Rostocker Hütte 2.208m



Altitude profile



The most important at a glance

distance
11.6 km

altitude meters uphill
800 m

altitude meters downhill
800 m

walking time uphill
2:30 h

walking time downhill
1:30 h

total walking time
4 h

highest point
2200 m

difficulty
average

fitness:

* * * * *

technique:

* * * * *

public transport:

Prägraten a.G. Ströden

parking:

starting point:

Parkplatz Ströden

best season:

Parkplatz Ströden
JUN, JUL, AUG, SEP

arrival

Stop

Prägraten a. G. Hinterbichl Edelweiß

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.