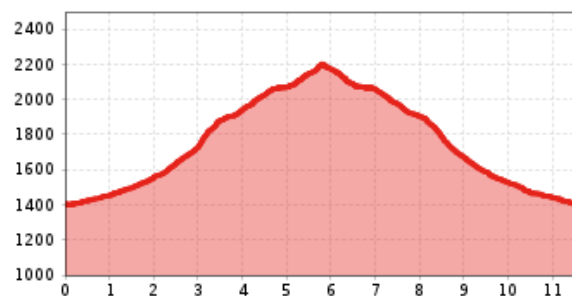


## Hiking tour to Essener Rostocker Hütte 2.208m



### 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.