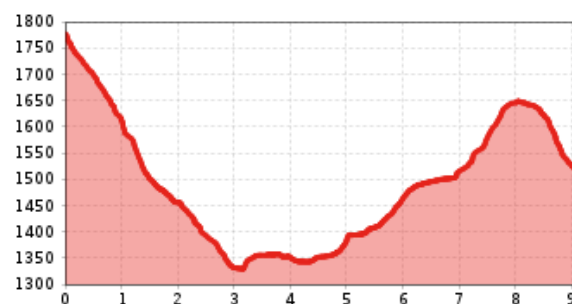


From the Sonnseitenweg to the NaturKraftWeg Umbalfälle



## Trail Virgentaler Sonnseitenweg Stage 4

### Altitude profile



## The most important at a glance

distance  
9.1 km

altitude meters uphill  
353 m

altitude meters downhill  
617 m

walking time uphill  
3:30 h

total walking time  
3:30 h

highest point  
1780 m

difficulty  
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>](#)

## Description

From the Stabanthütte, take the road past the Lumalm to Hinterbichl and Gasthof Isplitzer. Cross the rushing Isel and continue to Ströden. A wide, mostly flat track takes you to the Isplitzeralm, where you can stop for refreshments. The Isplitzeralm 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.