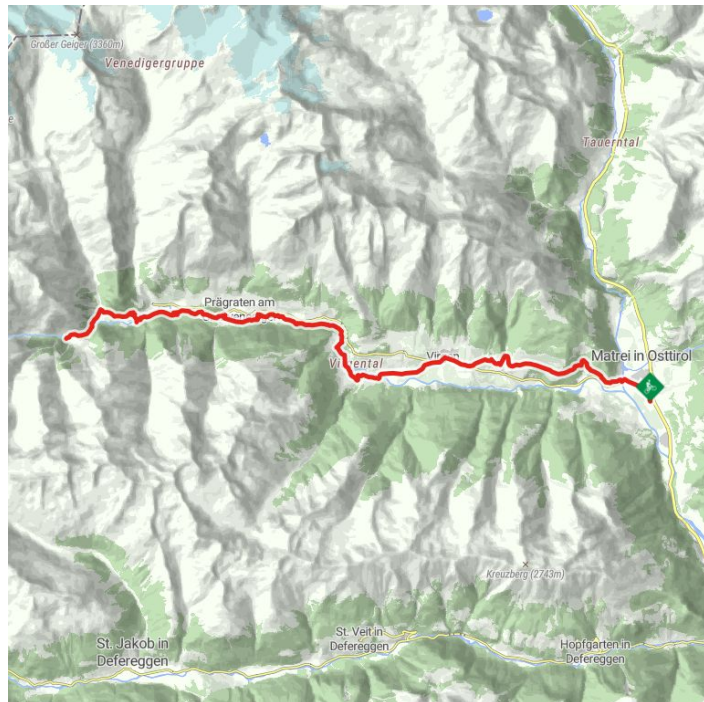


Mountain bike tour to the Umbal water falls



Höhenprofil



The most important at a glance

distance 48.2 km	altitude meters uphill 1090 m	altitude meters downhill 1090 m	highest point 1500 m
difficulty average	circuit no		

fitness: * * * * *

technique: * * * * *

public transport:

Ausgangspunkt: Buslinie 951 - Haltestelle Matrei i. O. Süd Endpunkt: Buslinie 951 - Haltestelle Prägraten a. G. Ströden

parking:

starting point: Parkplatz Matreier Goldried Bergbahnen
destination point: Parkplatz bei der Matreier Goldried Bergbahn
best season: Umbalfälle
MAY, JUN, JUL, AUG, SEP, OCT

arrival

Bus stop
Matrei i. O. Süd

Car park
Car park cable car station 920m
Car park Ströden 1.400m

hut/alpine hut

[Islitzer Alm 1.513m](#) closed

Gpx file

[download>](#)

Interactive map

[open>](#)

Beschreibung

Start this wonderful bike tour from the cable car Matrei i. O via Zedlach, along the sunny side of the Virgental-valley to Virgen futher on to Niedermauern, from there beside the Isel (river). You will never forget the impressive view into the thunderous waters of the Isel gorge. It leads quiet moderate an varied forward to Prägraten, Hintelbichl and parking area Ströden. Here begins the "last mile" to the Umbal waterfalls. Enjoy the well deserved cooling and wild nature at Umbalwater falls after about 24 km on the bike. (Battery charge station at the Islitzer Alm).