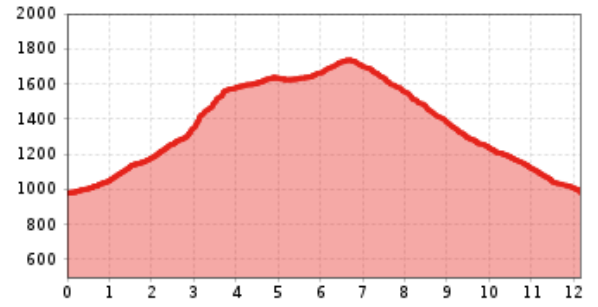




**Altitude profile**



## The most important at a glance

distance  
12.2 km

altitude meters uphill  
800 m

altitude meters downhill  
800 m

total walking time  
5:40 h

highest point  
1754 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

Matrei i. O. Mittelschule

parking:

starting point: Matrei in Osttirol Kirchplatz  
destination point: Matrei i. O. Center 960m  
best season: MAY, JUN, JUL, AUG, SEP, OCT  
route typ: circuit

## Gpx file

[download>](#)

## Interactive map

[open>](#)

## Description

The torrent hike starts in the centre of Matrei in Osttirol and hike up between the walls of the stream Bretterwandbach. Follow the path across the curling rink to the level of the chapel Bach Kirchl and cross the bridge. Follow the ditch path, always along the orographic (flow direction) right bank of the stream Bretterwandbach. You will pass numerous torrent obstructions, such as the imposing Kalkofensperre.

Take the turnoff to the district Preßlab. The steep trail leads you to the highest district of Matrei in Osttirol, called Preßlab. Follow the wide path over Lichtegg until reaching the hiking trail Goldriedriese. 15 minutes uphill, the huts Jagatee Stub'n and Kuenzer Alm invite you to take a break. Via the Goldriedriese and Innerklaunz you will find your way back to Matrei in Osttirol.