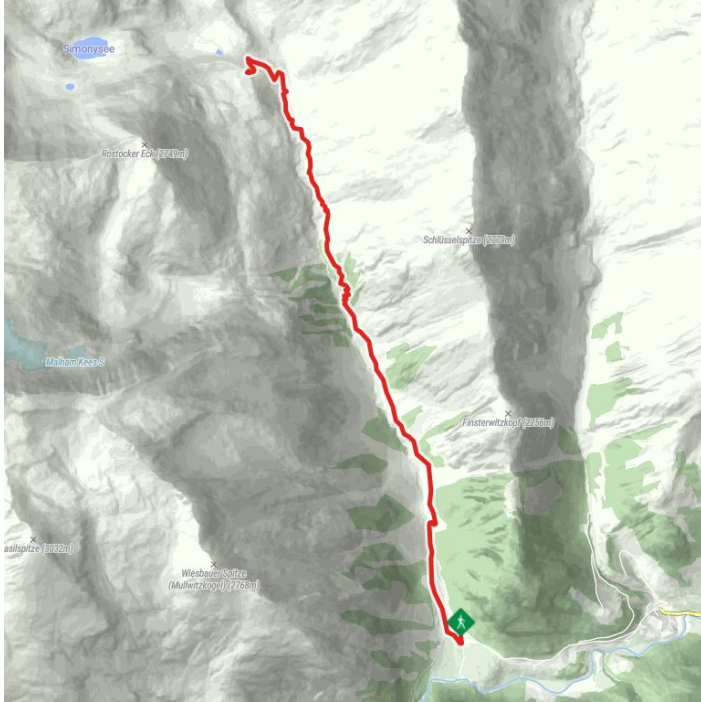
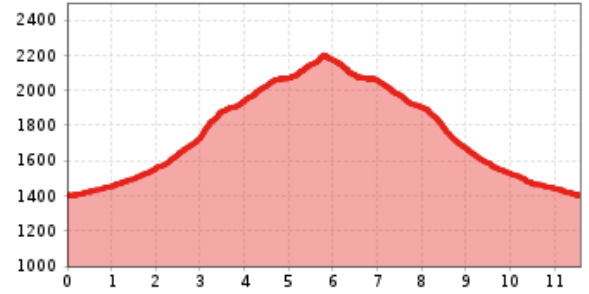


# Hiking tour to Essener Rostocker Hütte 2.208m

Towards the ice giants



## Altitude profile



## The most important at a glance

distance  
11.58 km

altitude meters uphill  
795 m

altitude meters downhill  
795 m

walking time uphill  
2:30 h

walking time downhill  
1:30 h

total walking time  
4 h

highest point  
2208 m

difficulty  
average

fitness:

\* \* \* \* \*

technique:

\* \* \* \* \*

public transport:

parking:

Prägraten a.G. Ströden

starting point:

Car park Ströden

destination point:

Car park Ströden 1.400m

best season:

JUN, JUL, AUG, SEP

## arrival

Stop

Prägraten am Großvenediger Hinterbichl Edelweiß

Parking spot

Car park Ströden 1.400m

## Gpx file

[download>](#)

## Interactive map

[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.