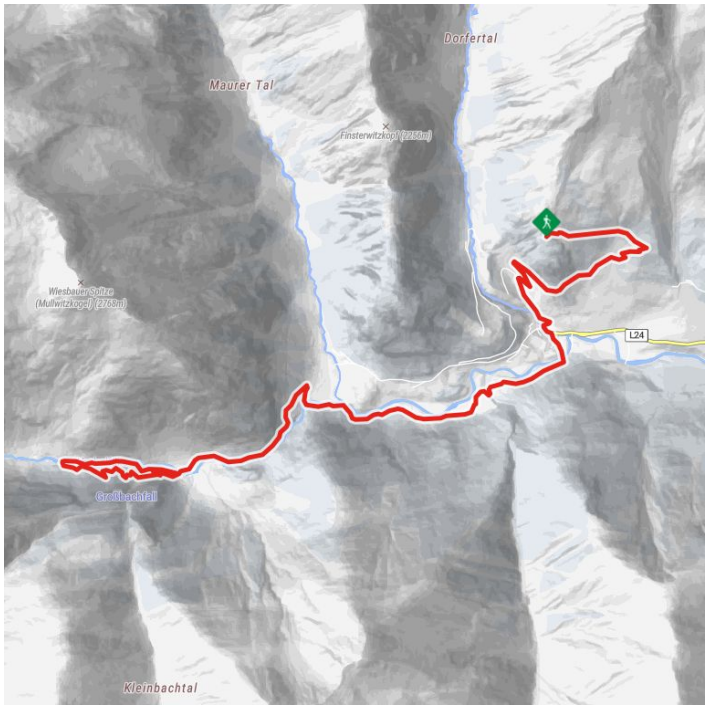
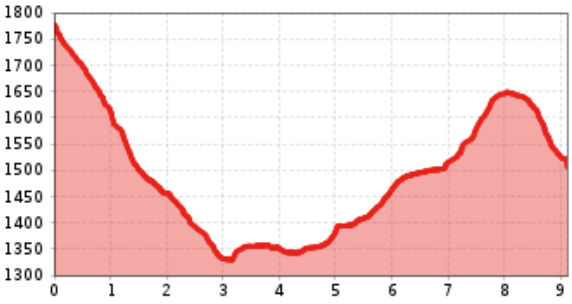
Trail Virgentaler Sonnseitenweg Stage 4

From the Sonnseitenweg to the NaturKraftWeg Umbalfälle



Altitude profile



Trail Virgentaler Sonnseitenweg Stage 4

The most important at a glance

distance	altitude meters uphill	altitude meters downhill	walking time uphill
9.1 km	353 m	617 m	3:30 h

total walking time	highest point	difficulty
3:30 h	1780 m	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>

Trail Virgentaler Sonnseitenweg Stage 4

Description

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