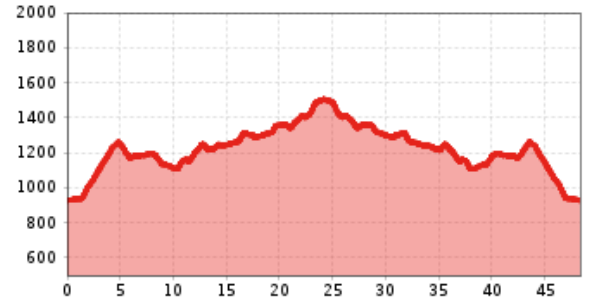


Mountain bike tour to the Umbal water falls



Altitude profile



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:

Starting point: Bus route 951 – Matrei i. O. Süd stop End point: Bus route 951 – Prägraten a. G. Ströden stop

parking:

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

arrival

Stop

Matrei in Osttirol Süd

Parking spot

Car park Ströden 1.400m

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

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 Isplitzer Alm).