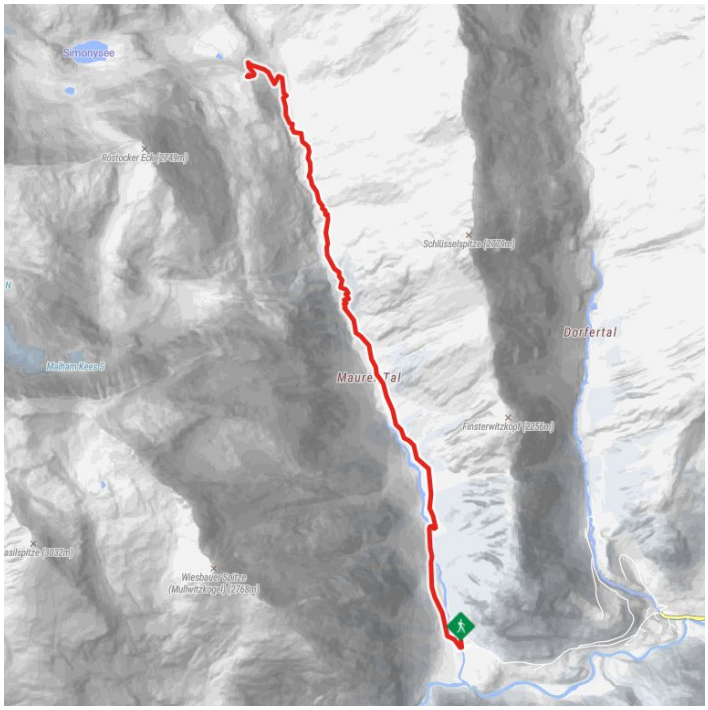
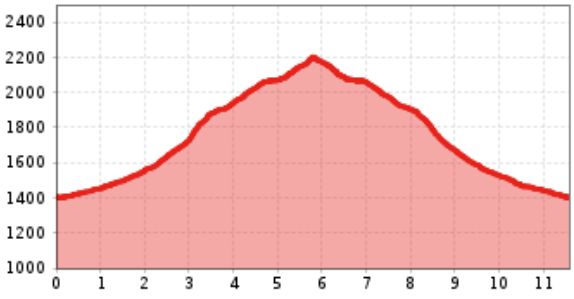
# Hiking tour to Essener Rostocker Hütte 2.208m

Towards the ice giants




## Altitude profile



# Hiking tour to Essener Rostocker Hütte 2.208m

## The most important at a glance

| distance | altitude meters uphill | altitude meters downhill |
|---|---|---|
| 11.58 km | 795 m | 795 m |

| walking time uphill | walking time downhill | total walking time | highest point |
|---|---|---|---|
| 2:30 h | 1:30 h | 4 h | 2208 m |

**difficulty**
average

**fitness:**

* * * * *

**technique:**

* * * * *

**public transport:**

**parking:** Bus stop Prägraten a.G. Ströden

Follow the L24 Virgentalstraße from Matrei through Virgen to Prägraten. Drive as far as the last hamlet, Hinterbichl, cross the bridge at Gasthof Islitzer and continue on to Ströden. Follow the road signs to the Ströden car park. From there, the journey into the Maurertal valley and to the Essener Rostocker Hütte begins.

Car park Ströden
**starting point:** Car park Ströden 1.400m
**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>

# Hiking tour to Essener Rostocker Hütte 2.208m

## 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.