

From the Sonnseitenweg to the NaturKraftWeg Umbalfälle



Altitude profile



The most important at a glance

distance 9.1 km	altitude meters uphill 353 m	altitude meters downhill 617 m	walking time uphill 3:30 h
total walking time 3:30 h	highest point 1780 m	difficulty average	

fitness:

* * * * *

technique:

* * * * *

public transport:

Prägraten a. G. Hinterbichl

parking:

Prägraten a. g. Ströden

Parking lot "Ströden"

starting point:

Parking lot "Hinterbichl"

destination point:

Hut Stabanthütte

best season:

Water trail Umbalfälle

JUN, JUL, AUG, SEP, OCT

arrival

Parking spot

Car park Ströden 1.400m

Car park Hinterbichl 1.380m

Gpx file

Interactive map

[download>](#)

[open>](#)

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.