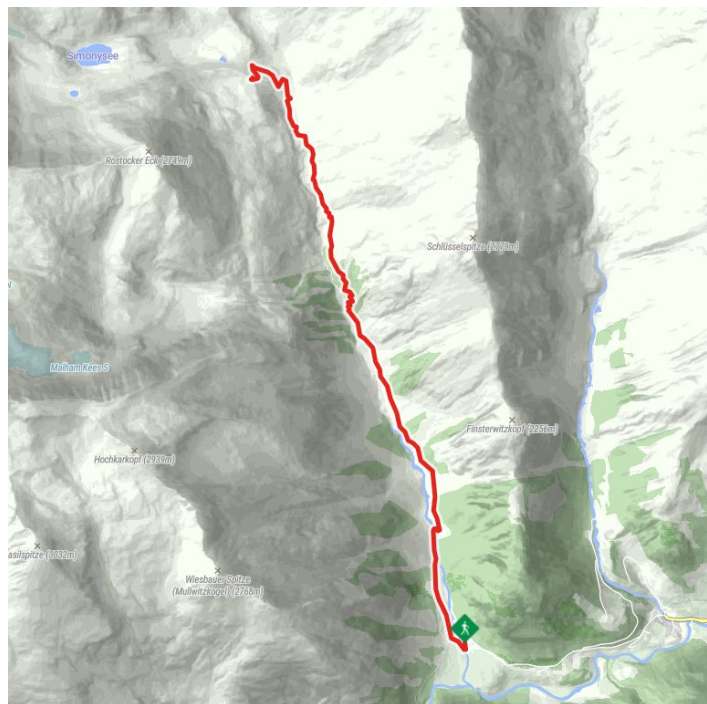
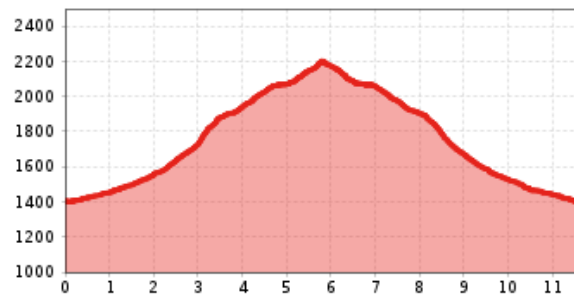


# Hiking tour to Essener Rostocker Hütte 2.208m



## Höhenprofil



## The most important at a glance

distance 11.6 km	altitude meters uphill 800 m	altitude meters downhill 800 m	walking time uphill 2:30 h
walking time downhill 1:30 h	total walking time 4 h	highest point 2200 m	difficulty average

fitness: \* \* \* \* \*

technique: \* \* \* \* \*

public transport:

parking: Prägraten a.G. Ströden

starting point: Parkplatz Ströden  
best season: Parkplatz Ströden  
JUN, JUL, AUG, SEP

## arrival

Bus stop  
Prägraten a. G. Hinterbichl Edelweiß

## hut/alpine hut

[Essener-Rostocker Hütte 2.208m](#) closed

## Gpx file

## Interactive map

[download>](#)

[open>](#)

## Beschreibung

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.