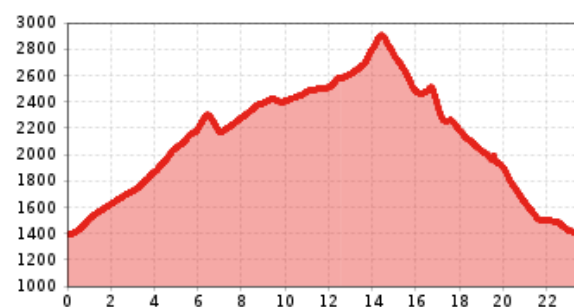


Altitude profile



The most important at a glance

distance
23.1 km

highest point
2854 m

difficulty
average

fitness:



technique:



public transport:

parking:

Bushaltestelle St. Jakob i. D. Gemeindeamt

starting point:

im Ortskern von St. Jakob in Deferegggen

destination point:

St. Jakob - Handelhaus

best season:

Ströden (Prägraten)

JUN, JUL, AUG, SEP

arrival

Parking spot

Car park Ströden 1.400m

Gpx file

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Interactive map

[open>](#)

Description

Stage 1:

The journey into the past starts in the centre of St. Jakob i.D. village at the traditional trading house which is almost 400 years old and from where the hikers set off on the trail of miners in the East Tyrol mountains. You will pass the mining pits in Trojeralp valley on the way to the Neue Reichenberger hut.

The destination of this first stage is the Neue Reichenbergerhütte. After ample refreshments in the evening, you will have another opportunity to climb one of the wonderful panoramic mountains around the hut, the Backlenkenkopf (2,762 m).

Overnight accommodation: Neue Reichenbergerhütte

Stage 2:

After a relaxing breakfast, the second stage will begin at the Reichenbergerhütte. The first destination is the towering Gösleswand (2,913 m). The journey takes the hiker across the Rote Lenke and Kleinbachboden to the wild and romantic Kleinbach mountain pasture. You will no doubt discover something special at the Hohe Tauern on the way there.

The last part of the journey then takes you through the lowest part of the Kleinbach valley to the Umbal waterfalls. Here you will learn interesting facts about the formative strength of the water on the Umbal waterfalls nature force trail and get to see the powerful waterfalls on what is probably the most impressive part of the Isel close up. After a final stop at the Pebell or Iskitzer mountain pasture, the last part of this tour will take you along Forststraße to Ströden.

In order to save you from having to take your car, you can also travel to and from here with the National Park Hiking Bus (Transfer Virgen valley - Deferegggen valley). You can receive information on the travel times from the East Tyrol tourist association offices (+43 50 212 212)