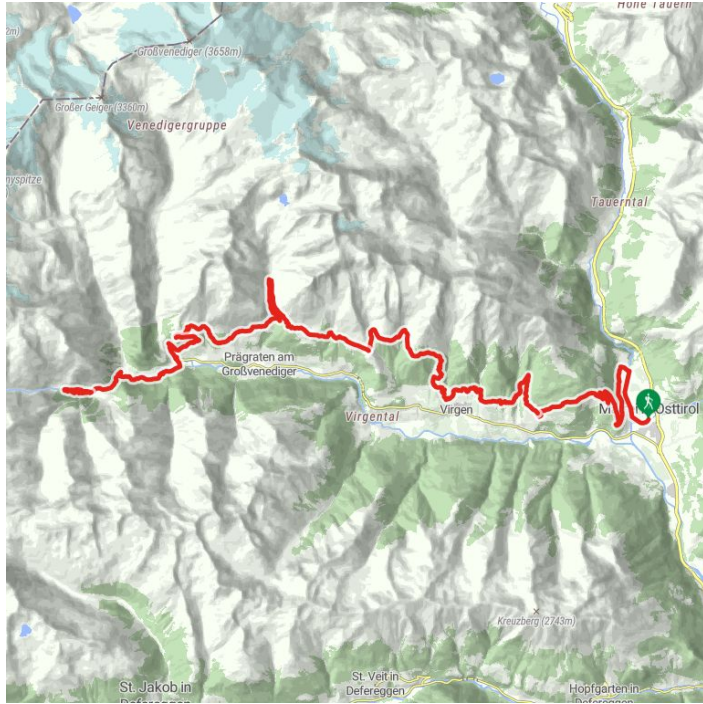
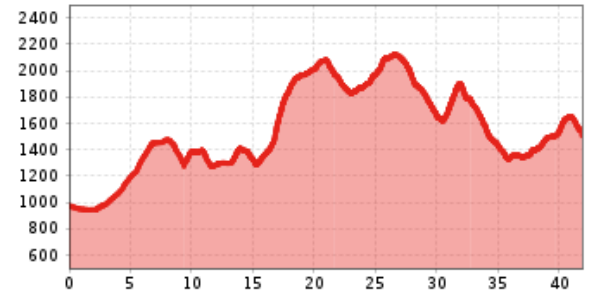


The trail Virgentaler Sonnseitenweg combines the adventure of the Alps with the experience of legends and customs of our valley. The trail of this unique hike takes in pasture life, haymaking, historic resting spots of the alpine farmers to the Maria Schnee pilgrimage church.



Altitude profile



The most important at a glance

distance
43.3 km

altitude meters uphill
2650 m

altitude meters downhill
2140 m

walking time uphill
18 h

highest point
2120 m

difficulty
average

state:
closed

fitness:

* * * * *

technique:

* * * * *

starting point:

destination point:

best season:

route typ:

Prägraten a.Gr.

Prägraten a.Gr.

JUN, JUL, AUG, SEP, OCT

circuit family tour

arrival

Stop

Matrei i. O. Süd

Parking spot

Car park Zedlach

Car park Ströden 1.400m

Gpx file

[download>](#)

Interactive map

[open>](#)

Description

The trail Virgentaler Sonnseitenweg includes a number of traditional alpine huts and inns along the route on the sun terrace of the Virgental valley. It leads from Matrei in Osttirol via Virgen to Prägraten am Großvenediger - always along the sunny side of the valley.

Stage1:

Matrei in Osttirol 975 m – Prossegg (71) Thiemeweg (54) , Strumerhof (1445m) – Zedlach 1.260 m

Walking time: 5 hrs

Stage 2:

Zedlach car park 1260 m – direction Lahntaleralm (42) Obersonnberg (42) – Rabensteinweg (35) – Marin – All Saints Chapel – Gotschaunalm (15) – Schmiedleralm (34,34b) – Nilljochhütte 1975 m (overnight accommodation)

Walking time: 5.5 – 6 hrs

Stage 3:

Nilljochhütte 1975 m - Bodental (20) – Liegstätten circuit trail in Timmeltal (28) – Wiesachweg (20) – Katinweg (23) – Redler Stein – Hell Maurach (22a) – Stabanthütte 1777m

Walking time: 4.5 to 5 hrs – depending on the stop at Liegstätten

Stage 4:

Stabanthütte – road (22) – turn at Lumalm (22b) – Hinterbichl alpine path (20) – Alter Dorfertalweg - Hinterbichl – Gasthof Isplitzer – Ströden trail (67) – Pebellalm road - and Isplitzeralm (911) – Water Experience Trail

Walking time: 3 to 3.5 hrs – depending on stop at the Water Experience Trail

[Further information on the stages incl. detailed route description is available here!](#)

Note: The Zedlacher Paradies forest nature trail is closed!