

Dear Visitor to the National Park

The Hohe Tauern National Park is one of the most splendid mountain landscapes on Earth. It is a Noah's Ark for thousands of species of animals and plants and entices one to make a journey of discovery through nature, which radiates majestic power here and yet at the same time gives visitors an impression of great calm. Carinthia, Salzburg and Tyrol share the 1,800 km² protected area with countless mountains way above 3,000 m. Among them is the Großglockner, the highest mountain in Austria and possibly also the most varied in its shape.

Broad glaciers, deep green mountain lakes and imposing waterfalls with thunderously flowing glacial streams are the jewels of nature that distinguish the Hohe Tauern.

The cultural landscape surrounding the Tauern massif is also wonderfully beautiful. For centuries, the people dwelling here have formed and cultivated the natural environment from the valley locations up into the pasture region in harmony with nature.

But it is not only the big sights that are fascinating - the small and unassuming one is also waiting to be discovered. Many things become all the more impressive, when one looks into them and knows more about them. Walking in Hohe Tauern National Park will bring you recuperation and also fun, and become an unforgettable experience.

The walking destinations described are only a small selection of countless route options that the Hohe Tauern National Park offers visitors.

Hikes/Trekking

Within the hiking programmes which take place in the winter and summer months the qualified park rangers show the visitors the varied diversity of the landscape, fauna and flora of the Hohe Tauern.

At the same time they inform visitors about the importance and mission of this national park, in order to develop an understanding of its specific conservation and protection idea. If a visit to the Hohe Tauern National Park takes place within a guided tour it becomes a special and unforgettable experience! (All up-dated offers are indicated at www.hohetauern.at/erlebnis or you can request our promotional material by phone calling +43 (0)4875 5112-0.)

Nature Trails

Plates, interactive stations and pocket guidebooks with orientation points on nature trail routes convey interesting details on the natural and cultural special features that remain hidden to the uninformed eye.

National Park hiking bus and other means of transport

We take you to your hiking destinations! With the National Park hiking bus you reach the most enchanting walking and excursion destinations within the park area in a relaxed, comfortable and climate-friendly way. In cooperation with the ÖBB Postbus GmbH and the SLB Pinzgauer local train company in the summer months we offer you an extraordinary transport network which takes you to the most beautiful hiking destinations.

This way you can cross the entire national park without using your own car! Also numerous taxi services take you to the various park valleys. Some municipalities of the National Park area also offer E-Bike rental points! At the numerous information points visitors receive all relevant information and timetables.

Hiking Maps

Mountain hikers who do not wish to find themselves on pathless terrain can best find their bearings with hiking maps on the scale 1:50,000. The large-area map sheets of the "Österreich Karte" [Austrian Map] with printed routes in 1:50,000 scale, published by the Federal Office for Metrology and Surveying, are of very good quality. Also to be recommended are the hiking maps from the renowned map publishers Freytag&Bernd or Kompass-WK, who also offer brochures to accompany their regional maps, featuring valuable tips. The Hohe Tauern National Park also offers its own regional hiking maps. For mountaineers and climbers who prefer the high mountains and plan their tours right down to the smallest detail, the mountain-group maps of the Austrian Alpine Association are ideal. The 1:25,000 scale versions with excellent portrayal of terrain and 20-m contour lines fulfil every requirement. The Österreich-Karte and the Alpine Association maps are also available in digital form.

Selected Literature (only in German)

E. Stüber, N. Winding: "Experiencing Hohe Tauern National Park". A guide for activity holidays, for preparation for hiking and excursions; 3 volumes: Carinthia, Salzburg and Tyrol

H. Hartl, D. Peer: "The Plants of Hohen Tauern". Practical guide with many pictures of almost all types of plants of the Hohen Tauern, 199 pages

E. Stüber, N. Winding: "The Animals of Hohen Tauern". A documentation of the several kinds of vertebrates and their habitat, 203 pages

K. Krainer: "The Geology of Hohen Tauern". The creation of the Alps and the geological structure of the Hohen Tauern, with many pictures, 199 pages

M.Jungmeier, J. Drapela: "Alpine Pastures in Hohe Tauern National Park". Their creation and cultivation in the Hohen Tauern, 190 pages

Further pocket guides about the park nature and culture hiking trails are available at

www.hohetauern.at

Note: updating 2011 (subject to modifications)



National Park Information offices Carinthia

Nationalparkverwaltung Kärnten
9843 Großkirchheim, Döllach 14
Tel. 04825 / 6161, Fax DW-16
e-mail nationalpark@ktn.gv.at

Heiligenblut Information point Heiligenblut, Tel. 04824 / 2700
Wilhelm Swarovski Observation point, Tel. 04824 / 24625
Exhibitions Kaiser-Franz-Josefs-Höhe, Tel. 04824 / 24612

Mallnitz BIOS Nationalparkzentrum Mallnitz
Tel. 04784 / 701, Fax DW-21, e-mail bios@ktn.gv.at

Obervellach Tourist office Obervellach, National Park information point
Tel. 04782 / 2510, Fax 2505, e-mail info@obervellach.at

Malltal Information point Malta, Tel. 04733 / 220-15

National Park hike bus central, Tel. 0664 6202 325

National Park Information Offices Salzburg

Nationalparkverwaltung Salzburg
5730 Mittersill, Gerlos Straße 18,
Tel. 06562 / 40849-0, Fax DW-40
e-mail nationalpark@salzburg.gv.at

Krimml OeAV Information point Krimml waterfalls,
Open air exhibition: waterfalls
Exhibition and information Wasser/WunderWelt

Bramberg National Park emergency and crystals exhibition
Felberhaus birds of prey exhibition

Hollersbach Klausnerhaus National Park workshop

Mittersill National Park Center Hohe Tauern, Open daily 9a.m. - 6p.m.
Felberturmuseum Exhibition "Tauern trails"

Fusch "Alpine nature show" Oberraßfeld/Wilfried Haslauer Haus
Nationalparkhaus/Tourist office Fusch
exhibition "Swamps and wetlands"

Ferleiten National Park pavilion "Life under water"

Rauris Nationalparkhaus "Kings of the air",
adventure exhibition and information
Hut Zimmererhütte Kolm Saigurn Information and exhibition
Voglmairhaus town centre Rauris information

Hüttschlag Talwirth exhibition "Secrets of the mountain forests"

Muhr Information point Muhr, exhibition "Wild life"

Information hubs at the valley accesses

Staffed from mid July till mid September.

National Park information Hohe Tauern Salzburg Tel. 06562/40849

National Park Information Offices in Tyrol

Matrei i. O. Nationalparkhaus, 9971 Matrei in Osttirol, Kirchplatz 2
Tel. 04875 / 5161-10, Fax DW-20
e-mail nationalparkservice.tirol@hohetauern.at

Iselsberg Iselsberg Information Office, on-site, Tel. 04852 / 64117

Kals a. G. Kals am Großglockner Information Office, Glocknerhaus
Permanent exhibition "Großglockner", Tel. 04876 / 8370

Virgen Virgen Information Office, on-site, Tel. 04874 / 5750

St.Jakob i. D. Handlhaus, St. Jakob in Deferegggen, on-site
Permanent exhibition "Zirbe" (Swiss pine)

Hopfgarten i. D. Hopfgarten Information Office, on-site, Tel. 04872 / 5356

Tourist Organisations in the Regions

Info: accommodation, lodge opening times, bus links, mountain railways

National Park Region Hohe Tauern Carinthia
9843 Großkirchheim, Döllach 1
Tel. 04825 / 20049, Fax DW-4
e-mail tourismus@nationalpark-hohetauern.at

Salzburger Land Holiday Region Hohe Tauern National Park GmbH
5730 Mittersill, Gerlos Straße 18
Tel.: +43(0)6562/40939-0, Fax 20
e-mail: ferienregion@nationalpark.at

National Park Region Hohe Tauern East Tyrol
9971 Matrei in Osttirol, Sauterplatz 1
Tel. 050212 / 500, Fax DW-2
e-mail matrei@osttirol.com

Nationalparkrat Hohe Tauern

Kärnten, Salzburg, Tirol

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www.hohetauern.at

www.facebook.com/hohetauern

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Walking Destinations

english

www.hohetauern.at



Correct Behaviour

The Hohe Tauern National Park is not only dedicated to the protection of nature, but also to the "well-being of people". The National Park administration trusts visitors to show respect for nature and to behave accordingly. You will not encounter prohibition notices in the protected areas. Good, sturdy footwear and weatherproof clothing are certainly necessary in the mountains. Pay attention to the weather report and the recommendations of the local people and do not overestimate your own abilities.

Alpine Weather:

OeAV/DAV personal advice: Tel. 0512 / 291 600
Answering machine: Ostalpen: Tel. 0450 / 199 000 018
Regional Alpine Weather: Tel. 0450 / 199 000 019

Alpine Emergency Hotline:
Mountain Rescue Tel. 140, Emergency Doctor Helicopter Tel. 144





Hiking destinations Carinthia

1
Nature Trail Gamsgrube
CARINTHIA
Unique panoramic route that is reached from the Kaiser Franz Josef peak through the so-called "treasure tunnel" (exhibition on the subject of water, gold and crystal). Without any steep slopes, the path leads above the largest glacier in the Eastern Alps, the Pasterze, giving a magnificent view of the Großglockner to the Gamsgrube. There is an ecologically sensitive drifting sand areas with vegetation that resembles that in central Asia or the Arctic (it is forbidden to leave the path). After one has passed the splendid resting place at the waterfall spot, the path ends immediately at the glacier edge of the waterfall Winkelkees. (National Park hike bus)
Starting Point: Car park Kaiser-Franz-Josefs-Höhe (2.369 m)
Approach: Via the Großglockner High Alpine Road (toll road)
Walking Time: 2 hours to the Winkelkees waterfall

2
Pasterze Glacier Trail
CARINTHIA
Starting from the Glocknerhaus Alpine Centre, the glacier trail leads to the ecologically very interesting area before the Pasterze glacier, the largest glacier in the eastern Alps. Here, there are all the shapes left behind by the freezing, such as round stools, moraines and slabs of rock ground smooth by the glacier. After passing past a goatvein, one finally reaches the still impressive glacier tongue of the Pasterze! WARNING: the glacier should only be entered in the area approved for this purpose, danger of falling into a hidden split in the ice! (National Park hike bus)
Starting Point: Parking area of the Glocknerhaus Alpine Centre (2.131 m)
Approach: Via the Großglockner High Alpine Road (toll road)
Walking Time: 3 hours from the Glocknerhaus to Kaiser-Franz-Josefs-Höhe

3
Göbnitz Falls - Kachmoor
CARINTHIA
Göbnitz Falls is among the mightiest waterfalls in the whole national park and lies in the middle of an impressive ravine at the start of Göbnitz valley. This grandiose spectacle of nature is revealed by following a nature trail to a panoramic viewpoint. The Kachmoor is another of the highlights of this easy trail. This swamp, which was formed due to an avalanche after the receding of the late-ice-age Pasterze, is now a very important habitat for amphibians (grass frogs, yellow-bellied toads) in the Hohe Tauern. (National Park hike bus)
Starting point: Retschitzbrücke parking area (1.260 m) in Heiligenblut
Approach: municipal road, some 100 metres from the town centre of Heiligenblut
Walking time: 2 hours

4
Briccius Chapel
CARINTHIA
The Briccius Chapel (1,629 m) is a place steeped in history because the chapel, the first documentary evidence of which goes back to the year 1271, is regarded as the place where the Holy Briccius died. According to the saga, he is meant to have brought the blood of Christ to Heiligenblut. The chapel is the end-point of the "Briccius healing water trail". This leads past the botanical gem of the "Sattelalpe alpine flower slope" and by a breathtaking viewing platform to the chapel and its healing spring, which is meant to ameliorate eye complaints among other things. (National Park hike bus)
Starting Point: Kräuterwandstüberl parking area (1.421 m) in Heiligenblut
Approach: Municipal road, approx. 3 km from Heiligenblut town centre
Walking Time: 1.5 hours to the Briccius Chapel

5
Göbnitztal - Langtalseen
CARINTHIA
With the Göbnitz waterfall (see Tour 3) as an impressive "guardian" at the entrance to the valley, the Göbnitz Valley is one of the most beautiful alpine valleys in Hohe Tauern. This long tour (it is recommended that you stay overnight in at the Eberfelder Hütte) leads over the large, still-grazed alpine pastures to the Eberfelder Hütte (2.346 m) where the valley ends in high mountains and glaciers. Then it's back into the heights, with plenty of views, on a trail that connects three alpine lakes, the Long Valley Lakes. At the Wirtsbauner pasture, one rejoins the main path leading down to Heiligenblut. (National Park hike bus)
Starting Point: Retschitzbrücke parking area (1.260 m) in Heiligenblut
Approach: Municipal road, a few 100 metres from Heiligenblut town centre
Walking Time: 12 hours (overnight stay at the Eberfelder Hütte is recommended!)

6
Great Fleiß valley
CARINTHIA
Taking the local cableway you first reach the Schiäreck peak - here you start the ascent on a well prepared trail upwards to the Seppen pastures. The route continues still along a sign-posted trail up to Weißebach, then towards the valley up to a stream called Großer Fleißbach. At the valley bottom you walk along the trail up to the end of the valley, past the "Fleiß" ski lifts until you reach the turn-off at the old vires; here you must take the right, in the direction of the ledge "Fleißwirt". Shortly before you reach this place, turn to the right again, cross the Fleiß hamlet and finally walk back to Heiligenblut. (National Park hike bus)
Starting point: valley station of the Großglockner lifts in the centre of Heiligenblut
Walking Time: approx. 3 hours

7
Großes Zirknitztal
CARINTHIA
The Große Zirknitztal was incorporated into the protected area in 2001. Quite rightly so, because one could hardly hope to see a more beautiful glacier-formed, U-shaped valley. For centuries, there was also gold mining in the valley. A splendid hiking trail includes the pine-covered valley up to the historic "pay table" (2.114 m), where the miners were once paid for their hard work underground! Then one walks up to the soft corner pastures, with a view of the Großglockner, to then turn via the "Färber Kaser" to the starting point. (National Park hike bus)
Starting Point: Großes Zirknitzal parking area (1.700 m) at the end of mountain road
Approach: Exit from the Möltal main road in Döllach and onto mountain road via the village of Zirknitz into Große Zirknitzal
Walking Time: 4 hours via "Zahitsch" and the Eokalmen

8
Stanzwurten
CARINTHIA
Thanks to the recent opening of the track on the Mittner mountain pastures it is now possible to reach the fantastic Stanzwurten (2.707m) panoramic peak on a pleasant all-day hike. The ascent begins at the mountain village Mitten (accessible either from Heiligenblut or from Döllach) on a pleasant, well prepared road up to the new parking area Mittner Almen. From here the hike continues on a wonderful path through an impressive landscape with panoramic view to the Großglockner and the Schober group towards the small Tröger mountain pastures. The last stretch of the path becomes a bit steeper up the first small peak dominated by a big cross, then in a few minutes you reach the main peak. The descent through the Südkamm is more direct.
Starting Point: Mittner Almen parking area
Approach: from Mitten along the Mittner Almen track
Walking time: 5 hours (ascent and descent)

9
Loop hiking route Ranach - Gartlital
CARINTHIA
Starting from the idyllic mountain hamlet of Ranach you first wander along a pasture trail, then you keep on walking upwards on a path along the Moosgraben crossing the Gartl stream until you finally reach the Gartl pastures (1.763 m). From the area called "Fleckmoos" take the mule track until you get to the Wetterkreuz peak (2.120 m). Once here, experienced mountain hikers should not miss a prolongation of the route to the Gartlkopf peak (2.458 m; 1 hour). You then continue upwards crossing the Schober pastures (1.740 m) and finally walk back to Ranach.
Starting point: Ranach (1.353 m)
Access: Döllach (Großkirchheim) – hamlet Kraß – road to Ranach
Walking time: approx. 4.5 hours (ascent and descent)

10
Winklerner Alm - Strasskopf
CARINTHIA
The Winklerner Alm is a gentle pastoral landscape just above the forest limit. From here the Strasskopf (2.401 m), the southernmost peak in the National Park, can be easily climbed via the Veshalm pasture. Here the easy route leads above the idyllic Winklerner takes up to the marvellously spectacular views from the peak, where you can admire a magnificent panorama of the mountain world of the National Park, but also as far as the Dolomites.
Starting Point: Winklerner Alm parking area (1.905 m)
Approach: Exit from the Iselsberg main road, directly to the border and on the mountain road via the Penzberghamlet to the Winklerner Alm
Walking time: Strasskopf to the Winklerner lakes: 4 hours ascent and descent



11
Mohar - Asten
CARINTHIA
The Mohar (2.604 m) is one of the most beautiful peaks with a commanding view in whole Carinthia. From its summit there is a truly unique view, reaching from the Felsburgen of the Schober group to the Großglockner and Sonnblick to far into the South, to the Dolomites! The summit is easy to climb from the mountain restaurant "Glocknerblick" and can be added to a round trip: via the Görzitzer Törl, close to the "Waschgang", where the traces from the goldmining period are unmistakable, one enters the secluded high-valley valley of the Asten. Here, the Sadnighaus invites you to take a well-earned rest. (National Park hike bus)
Starting Point: Mountain restaurant Glocknerblick parking area (2.047 m)
Approach: Exit from the Möltal main road in Döllach and onto the mountain road via the village of Sagritz and the Allas hamlet to the Glocknerblick mountain restaurant
Round trip: Mohar to Waschgang and Sadnighaus: 5 hours

12
Tauern Valley - Cultural Hiking Trails On Roman Roads
Even back in the Roman Empire, the Alps were overcome by means of well-built roads. The "Korntauern" and the "Mallnitzer Tauern" were two of these crossings and the traces of the old Roman roads can still be discovered here. The route onto the Mallnitzer Tauern (2.446 m) is the easier of the two and also offers a welcome alpine support point in the form of the Hagener Hütte, situated directly in the Scharthenhöhe. Shortly before the pass, one passes the "Alten Tauernhaus", with its interesting exhibition on historic hem trading. (National Park hike bus)
Starting Point: Parking area beneath the lammig pasture (1.700 m) at the end of the mountain road into the Tauern Valley
Approach: Exit from the centre of Mallnitz into the Tauern Valley and on good mountain roads up to the parking area
Walking Time: To the Hagener Hütte and back 3.5 hours

13
Seebachtal - Stappitzer See
CARINTHIA
The Long Seebachtal shows the hiker two entirely different faces: the front part of the valley is flat and easy to get around on a nature trail, whereas behind the open "Schwüener Hütte" an imposing and trackless alpine wilderness begins. But hiking on the nature trail is rewarding enough in any case, because of such outstanding natural features as the Stappitzer See, a true paradise for birds of passage (nature information and birdwatching tower!), and the "Praying Forest". (National Park hike bus)
Starting Point: Parking area at the valley station of the Ankogel cable car (1.260 m), at the end of the road into the Seebachtal
Approach: Turn-off from town centre in Mallnitz into the Seebachtal to the parking area
Walking Time: On the nature trail to the Schwüener Hütte and back: 2.5 hours

14
Dösental - Dösener See
CARINTHIA
The Dösen Valley is towered over by the Felstrapez of the Säuleck (3.086 m) and leads past the Konradsklücke to a periodically dry little lake and over two prominent escarpments to a splendid tarn, the Dösener See (2.270 m). The "Arthur von Schmid See", a place rich in tradition, stands on its shores. From the Schutzhaus you can wander along the south bank to the mighty block glacier, a jewel of nature that is as hidden as it is interesting. (National Park hike bus)
Starting Point: Parking area in the Dösen Valley (1.448 m)
Approach: Turn-off from the station in Mallnitz into the Dösen Valley and on the mountain road to the parking area
Walking time: 6 hours (there and back)

15
Auernrig
CARINTHIA
Thanks to its central location, the rocky Auernrig summit (2,130 m) with its large Gipefekreuz dominates the National Park borough of Mallnitz. At first glance jagged and off-putting, the Auernrig is surprisingly easy to climb. The route that goes directly from the town centre into Mallnitz first leads through a steeply sloping mountain forest and is a little strenuous. For this, however, the hiker is rewarded by an extensive panoramic view of the summit lake of the eastern Hohe Tauern and a fascinating insight into Mallnitz! The descent is over soft pastures to the Wollgiger Hütte, open to the public, and back to Mallnitz. (National Park hike bus)
Starting Point: Town centre of Mallnitz (1,191 m)
Approach: Main road to Mallnitz
Walking Time: Up to Auernrig and back via the Wollgiger Hütte: 5 hours

16
Kaponigtal - Moosboden
CARINTHIA
In 2005 the wonderful wildly romantic Kaponig valley became part of the National Park area. While climbers are fascinated by the numerous, not very much climbed rock peaks, the paths in the valley bottom to the Moosboden offer hikers unforgettable impressions. From the parking area Kaponigtal, which has been recently restructured, the trail leads past the pleasant, very cosy mounitin resting place Gattermighütte to the typical glacier-formed end of the valley. The destination of this hike is the picturesque swamp area called "Moosboden". On the way back you really deserve a break at the Gattermighütte!
Starting point: Kaponigtal parking area
Approach: from Obervellach through the Pfaffenberg track
Walking time: 3 hours (there and back)

17
Malteiner waterfalls
CARINTHIA
The "Malteiner waterfalls" nature trail path leads to the impressive ravines and waterfalls of the valley. At several panoramic points scattered along the trail you can enjoy a great view on the "Blue basin" which has been forged and washed down in the rocks by the water in thousands of years. Along the eighteen stations of the nature trail path you can learn a lot about the history of the Malta valley and the importance of the water for this valley. In proximity of the nature trail path "Malteiner Waterfalls" you can admire the impressive high-waterfalls in Carinthia - the Fallbach, with a fall height of 200 metres. (National Park hike bus)
Starting point: Malta, toll gate of the Alpine road Malta-Hochalmstraße at the lodge Gasthof Falleralm
Walking time: approx. 4 hours - Hint: National Park hiking bus available!

18
Nature Trail Elendtäler
CARINTHIA
Although a very good condition is required for the route over the so-called Zwischenelendscharte (2.692 m), which connects the Kleinenelental with the Grobeleental, this round hike has developed into a true classic. After all, you receive ample reward for your efforts: the fantastic alpine environment in the Kleinenelental and the almost unbelievably spectacular view from the Zwischenelendscharte over the two Schwarzhorn lakes onto the "Queen of the Tauern", the "Hochalmspitze", are only two of the numerous highlights. And one has a superb base, the Osnabrücker Hütte! (National Park hike bus)
Starting Point: Parking area at the Kölnbreinsperre reservoir (1,951m) at the end of Malta Hochalmstraße
Approach: From the village of Malta to the Malta Hochalmstraße (toll payable)
Walking Time: For the entire round trip: 7 - 8 hours



Hiking Destinations Salzburg

19
Leitenkammerklamm, Wildgerlostal
Extremely interesting eroded shapes with several ulivations, well signposted and provided with viewing points. From above the gorge in the area of the Trissell Alm (1,584 m), there is a beautiful view into the Wildgerlostal.
Starting Point: parking area at the Finkau restaurant (1,409 m)
Approach: From the Gerlos pass 5 km to the east bank of the Durlassboden reservoir
Walking Time: 25 minutes to the start of the gorge.

20
Krimmler Waterfalls
SALZBURG
The Krimmler falls are among the most impressive and highest waterfalls in Europe, with the three steps of the falls adding up to a total height of 380 metres. A hiking trail equipped with viewing platforms makes this magnificent natural experience accessible. The Council of Europe has already awarded the Krimmler waterfalls the "European Diploma for Protection of Nature" in 1967, and this distinction was renewed in 1999.
Starting Point: Krimml, waterfall parking area (1,076 m)
Approach: Coming through the Satzachtal to the National Park district of Krimml or from Zillertal via the Gerlospass.
Large parking areas in the vicinity of the toll point of the Gerlosstraße (toll payable)
Parking:
Approach:
Walking Time: 1 hour to above the 3 steps of the falls.

21
Krimmler Achenental Valley End
SALZBURG
The rear part of the Achenental is dominated by a magnificent backdrop and boasts a pronounced moorain landscape. The Krimmler Kees - a characteristic, sloping glacier (around 5.5 km²) with many crevasses - reaches down 2,300 metres. Approaching the glacier, one can find age-old Swiss pines.
Starting Point: Krimml, waterfall parking area (1,076 m)
Approach: Coming through the Satzachtal to the National Park district of Krimml or from Zillertal over the Gerlospass.
Large parking areas in the vicinity of the toll point of the Gerlosstraße (toll payable)
Parking:
Walking Time: From Krimml on the waterfall path and through the Achenal to the edge of the glacier (vicinity of inner Kessalm, 1,806 m) around 5 hours. Taxi from Krimml to the Krimmler Tauernhaus at particular times of day. The walking time is then reduced to 2.5 hours.

22
Seebachsee - Obersulzbachtal
SALZBURG
Distinct cirque lake below the border ridge between Obersulzbachtal and Krimmler Achenatal. During the vegetation periods, the protected flora on the bank zones is especially varied.
Parking area at Hopfeld area
From the National Park district of Neukirchen around 1.5 km in a westerly direction to the Sulzbachtal turn-off, over the Salzach into the Obersulzbachtal until the parking area at the Hopfeldboden.
Walking Time: From the Hopfield area into the valley on the road way (marking no. 914) until shortly before the Estrifbrücke Obersulzbachsee (taxi service from Neukirchen at particular times of day, time saved from Hopfeldboden approx. one hour); Turn sharply right branching onto the initially rather steep route No.41 past the Seebach pasture to the lake (2,083 m), approx. 3 hours.



23
Obersulzbachtal Glacier Trail
SALZBURG
This nature trail shows the hiker finding out more about nature and glaciers an impressive part of the Obersulzbachkees in the approach to the glacier and gives an insight into its development from the Ice Age to the present.
Starting Point: Hopfeldboden parking area
Walking Time: From Hopfeldboden into the valley on the road way past the restaurants Berndalalm and Postalm to the Obersulzbachhütte (1,742 m), around 3 hours. (Taxi service up to here from Neukirchen at particular times of day). The nature trail begins here, and requires 2 to 3 hours of walking.

24
Untersulzbach Waterfall - Hochfeld Mining Museum
SALZBURG
The natural monument "Untersulzbach Waterfall" lies at the entrance to the Untersulzbach Valley. The waterfall gorge, about 80 m deep, is accessed by a loop road with a viewing platform. The luminous lichens on the rock faces are especially remarkable. 1 hour on foot behind the Untersulzbach waterfall is the historic Hochfeld copper mine, which has been developed into one of the most interesting mining museums in Austria. A guided tour through the hard world of work of bygone times lasts approx. 1 hour.
Starting Point: parking area at the Schüttöfl restaurant (849 m)
Approach: From the National Park district of Neukirchen approx. 1.5 km to the west to the Sulzbachtal turn-off, after crossing the Salzach left at the Schüttöfl restaurant.
Walking Time: Approx. 4 hours for the entire loop road with mining museum.

25
Emerald hiking trail Habachtal
SALZBURG
This family-friendly hiking trail leads to the Moaralpin area. In addition to the detailed information about the wonderful landscape very comprehensible mineralogy information about this particularly interesting Tauern valley is also provided.
Starting point: Habachtal parking area (867m)
Approach: approximately half-way between Bramberg and Neukirchen a turn-off southwards in the direction of the Habach valley leads from the Gerlos State road up to the parking area (approx. 2 Km), approx. 2 hours up to the edge of the Moaralpin area. (taxi services are available in certain hours)

26
Hollersbachtal Stream Nature Trail
SALZBURG
The hiking trail set up in 1988 leads to the eastern bank of the stream and along to the Wirts-Alm. Information plates are set up at distinctive places, giving the hiker interested in nature detailed descriptions of the special features of the Hollersbachtal.
Starting Point: parking area at the beginning of the Hollersbachtal valley
Approach: Around 1 km on the Schättlberg-Güterweg from the National Park district of Hollersbachtal until a short distance before the reservoir. From the reservoir to the end of the stream nature trail (Wirts pasture, 1,086 m) 1.5 hours.

27
Hollersbachtal - Kratzenbergsee
SALZBURG
The Hohe Tauern National Park's largest mountain lake, roughly 24 ha, lies just below the Fürther Hütte at 2,162 metres above sea level. West of the Kratzenbergsee lough the Larmkogel (3,022 m) and the Kratzenberg (3,023 m), the glaciers of which, together with the firm fields of the Abretterkopf, form the main inflow of the lake.
Starting Point: parking place at the beginning of the Hollersbachtal.
Walking Time: From the parking area into the valley on the marked route No. 916 to Ross-Sedl (1,888 m) and on to the Fürther Hütte (2,201 m) 5 to 5.5 hours. Taxi from Hollersbach to the Oherboden at particular times of day. This saves 3 to 3.5 hours of walking time.

28
Felbertal - Hintersee
SALZBURG
Picturesque lake in the rear part of the Felbertal. Splendid view of the misty waterfall with a drop of around 80 metres. South of the lake is the Tauernkogel (2,989 m), a well-known mountain vantage point. It is also worth visiting the Schöwendellkamm and the forest nature trail directly behind the Hintersee.
Starting Point: Hintersee parking area
Approach: Felbertauernstraße from the National Park district of Millersill southward to the premises of the company Wolfram, turn-off the street to the right at the Hintersee.
Walking Time: 5 minutes to the lake from the parking area

29
Ödenwinkel Glacier Trail and Sonnblückkees - Stubachtal
SALZBURG
The family-friendly alpine hiking trails lead over the preceding areas to the ice tongues of the two glaciers. As well as various alpine flora, the mountain wanderer can observe Ice-Age formations.
Rudolfshüttel alpine centre
18 km from the National Park district with one's own vehicle or by regular bus to the end of Stubachtalstraße to Enzingerboden.
Enzingerboden parking areas
From Enzger Boden (1,479 m) with the cablecar to Rudolfshütte (2,315 m). From there to the edges of the glaciers around 1 hour in each case.

30
Glacial Fields - Kapruner Tal
SALZBURG
Several strikingly shaped glaciers flow between the Wiesbachhorn and the Kapruner Täl in the direction of Mooserboden. The hiker can observe ice-breaks, glacial arches and many varied traces of glacier activity from close up.
Starting Point: Hednische Kirche bus stop
Approach: From the National Park district of Kaprun through the Kapruner Tal to the Kesselfall parking area. Travelling further by public bus to Mooserboden. Parking at the Kesselfall parking area
Over the Moosersperre and Drossensperre (2,045 m) dams and on the "Austriaweg" No. 717 on the eastern bank of the reservoir Mooserboden along to its southern end in 1 to 2 hours.

31
Fuschertal Valley - Game Park and Red Moss
SALZBURG
The Fuschertal offers a whole range of rewarding hiking destinations. The Ferletan game park is located directly next to the Glocknerstraße toll point. There are also large parking spaces here. The Rotmoos, a limestone swamp, is among the largest and most important swamps in the central Hohe Tauern. Among the many plants to be seen here, the broad-leaved anacamptis is particularly noteworthy. This splendid orchid species blooms in early summer in a thousand varieties and gives the lower swamp a marvelous red colouring. Especially striking are the deposits of boulders for marking out pastures (so-called stone heaps), which are still present here in large numbers.
Starting Point: Ferleten toll gate of the Großglockner high alpine road (1,150 m)
Approach: From the National Park district Fusch in a southern direction to the toll point. Parking at the Ferleten toll point (toll payable).
Walking Time: West from the parking area via the Fuschler Ache, then south on a goods route to the Rotmoos in about 1 hour.



32
Rauriser Urwald
SALZBURG
The natural landscape reurer with more than eighty swamp pools is accessed by an easily walked nature trail. A small forest museum provides information on the geological creation of the area and about the flora and fauna.
Starting Point: Kolm parking area -Saigurn, Lenzenager parking area
Approach: From the National Park district Rauris 17 km into the valley to the Lenzenager parking area (from Bodenhaus Mautstraße), during the summer season there are daily public buses.
Walking Time: 20 minutes on the goods route to the Ammerhof restaurant, further on the Durchgangsalm goods route around 20 minutes to the turn-off of the nature

33
Rauris - Tauernogel Round Walk
A round walking trail leads from the Naturfreundehaus Neubau through an area that is extremely interesting from a cultural-historical perspective. It leads one to old tunnel entrances and partially ruined miner's houses. During the heyday of gold mining up to the middle of the 16th century, around 2,000 miners toiled here in search of the desirable precious metal.
Starting Point: Kolm parking area - Saigurn, Lenzenager parking area
Approach: 17 km into the valley from the National Park district of Rauris up to the Lenzenager parking place (from the Bodenhaus toll road), public bus service every day during the summer season.
Approach: About 1hour from Kolm-Saigurn via the steep alpine foothpath (marking No. 122) to the Naturfreundehaus building (2,175 m). The Tauernogel round walk begins here, and requires 1 to 1.5 hours of walking time.

34
Kötschachtal - Bad Gastein
SALZBURG
A walk into the Kötschachtal Valley is among the most rewarding excursion destinations in the area surrounding Bad Gastein. It reveals wonderful views of the thundering Kötschach stream and the end of the valley at Hinterer Prosaus impresses with magnificent waterfalls, which fall down from the Tischlerkar and its glacier.
Starting Point: Parking area at the hotel Grüner Baum (1,100 m)
Approach: From Bad Gastein to the Hotel Grüner Baum
Walking Time: Around 2 hours from the starting point to the Prosaus restaurant (1,279 m) and approx. 1 extra hour to the end of the valley.

35
Hüttschlag - Schödertal
SALZBURG
The Schödertal valley, located at the Großerlarer valley-end, is a wild and romantic alpine valley in which the attentive hiker can, with a little luck, observe indigenous wild species. The hike ends at the Schöderrsee, a periodic lake, which mostly dries up during summer, and is then filled with melt water again the following spring.
Starting Point: Talwirt National Park Information Centre (1,045 m)
Approach: On the road from Hüttschlag around 5 km into the valley
Parking: Talwirt parking area
Walking Time: On the marked walking path No. 512 through the Schödertal valley to the Schöderrsee (1,440 m) 1 bis 2 hours

36
Lower and Upper Schwarzsee - Murr
The Unterer Schwarzsee is among the deepest alpine lakes, with a depth of 57 m. The Obere Schwarzsee, which has been declared a natural monument, lies in the middle of an unspoilt mountain landscape. Particularly noteworthy is the large number of different protected alpine flowers in the banking area.
Starting Point: Muritzen parking area
Approach: From the National Park district Murr, about 8.5 km into the valley. Around 45 minutes to the Stickerhütte (1,752 m) taxi at certain times of day). From here, on path No. 711 through the Schmalzngrube and over the Schmalzscharte (2,444 m) to the lower (2,221 m) and/or upper Schwarzsee (2,339 m) around 4 to 4.5 hours. From the Schmalzscharte, this tour is only allowed for experienced and non-dizzy mountain hikers.



Hiking Destinations in Tyrol

37
Glacier hiking trail
TYROL
One of the most beautiful hikes in the Venediger area leads into the heart of the National Park. From the Matreier Tauernhaus, one can at first go by foot, by alpine taxi or by horse-drawn carriage on an alpine path to the alpine villages of Außer- und Innergschlöß (mountain chapel). From there, one must then procede by foot to the valley-end and then steeply upwards over the shoulder of the slope to the famous "Auge Gottes" (2,240 m). The piece of trail that now follows, over the big moraine to the glacier Schiffl and glacier-edge of the Schlatenkees, is especially impressive. A detour to the Alte Prager Hütte (2,489 m) takes 30 minutes. The way back into the valley leads over the mountain flank of the Kesselkopf. (National Park hiking bus)
Starting Point: Matreier Tauernhaus (1,501 m)
Approach: From Matrei i. O. via the Felbertauernstraße
Parking: parking at the Matreier Tauernhaus (fee payable)
Walking Time: 6 hours.

38
Froßnitztal valley - Löbbentör Innergschlöß
TYROL
A particularly long, but also very rewarding tour leads from Gruben up over a steep trail past the Almdorf Katal to the Mitteldorfer and Zedlacher alps (1,842 m) and further to the Badener Hütte (2,608 m). Three secured escarpments must be overcome on the path up to the Löbbentör (2,770 m). At the Löbbentör, there is one of the most beautiful views in the entire Hohe Tauern: the perpendicular wall of crystal, the Venetian roof with seven ice-covered peaks, cracked, broad glacier surfaces and hardy vegetation on the very edge of existence. The descent into Innergschlöß is especially steep and strenuous. From Innergschlöß to the Matreier Tauernhaus by taxi/carriage, and from here back to Gruben with the National Park hiking bus.
Starting Point: Gruben bei Matrei i. O. (1,164 m)
Approach: From Matrei i. O. via the Felbertauernstraße to the village of Gruben
Parking: In Gruben
Walking Time: Crossing total approx. 13 hours.

39
Kaiser Dorfertal - Dorfersee
TYROL
The Dorfertal valley was once the symbol for the resistance of the women of Kals against the plans of a large E-Economy power station.The Dorfertal offers an easy interesting hike stretching along the valley bottom which is ideal especially for families with small children
Numerous interactive nature trail stations give information about the history of the valley. The Dorfersee lake at the end of the valley originated from an enormous rockfall.
Starting point: Taurer parking area 1.521m)
Approach: from Kals am Grtl. By car or Postbus up to the Taurer
Walking time: from the Taurer to the Kaiser Tauernhaus 1 ½ hours and from here approximately 1 hour to the Dorfersee lake

40
Edelweißwiese - Sudetendutsche Hütte - Kaiser Dorfertal
TYROL
The Edelweißwiese lies high above Matrei and is home to fantastically blooming alpine flora, especially in July. On an easy hike, one reaches the Äußere Steiner Alm (1,914 m) after 1 hour. From there, one goes to the valley-end and then on steep, winding roads up to the Sudetendutsche Hütte (2,656 m) and past the Gradötz Sattel (2,856 m) to the Mümlanzitz down to the Kaiser Tauernhaus and further out from the valley to the Tauerwirt (mail van stop). The second part of the hike is characterized by loneliness and quiet, framed by a wonderful backdrop.
Starting Point: Matrei i. O., village of Glanz (1,447 m)
Approach: Mountain road from Matrei to the parking area of Glanzer Berg (taxi)
Walking Time: valley crossing, total of 7 hours.

41
Matrei-Goldried - Kals-Matreier-Törl - Kals
TYROL
The journey with the Goldried mountain railway only lasts a few minutes but takes you up to 2,156 m. The "Europa Panooramaweg" runs from the station to Kals-Matreier-Törl: over 60 three-thousand-metre mountains can be seen from here, including the famous Großglockner, Großvenediger and Hohegall peaks. The hike is easy and comfortable and is even suitable for smaller children. The descent to Kals/Großdorf lasts 2 hours (post office bus stop). Valley descent alternatively by cable car.
Starting Point: Matrei i. O. (1,000 m) parking area at Goldried mountain railway station
Approach: Edge of Matrei i. O.
Walking Time: 3 hours.

42
Glorerhütte - Geo Nature Trail - Salmhütte
TYROL
The Eichstätt section of the German Alpine Association owns the Glorerehütte (2,642 m) and has published an interesting brochure on the geology of the area and of the Hohe Tauern as a whole. Individual stations are marked in the landscape so that geology can be experienced close up with the guide. But the hike is also especially interesting. The geological situation permits an extraordinary view of alpine flora. It is also worth making a half-hour detour to the Medl Sattel, where one has a fantastic view of the nearby Großglockner. (National Park hiking bus)
Starting Point: Lucknerhaus parking area (1,918 m)
Approach: From the Ködnitz district in Kals a. G. via the Kaiser Glocknerstraße (toll payable) in Ködnitztal
Walking Time: 6 hours there and back

43
Erlebnisweg "Glocknerspur" Stüdlhütte
TYROL
The way up to Stüdlhütte provides an easy hiking tour up into the mountains. Always accompanied by the jagged summit of Austria's highest mountain, the trail first goes along the Ködnitzbach into the valley and has beautiful areas as well as interesting information on the world of mountains. From the valley-end up on to a trail to the Lucknerhütte (2,241 m) and then further on winding paths to the Stüdlhütte (2,802 m). The heaps of rock and debris in the area surrounding the modern high-alpine accommodation hide an abundance of interesting alpine plants. A rewarding descent leads over the Mürtzaler park path back into the valley. (National Park hiking bus)
Starting Point: Lucknerhaus parking area, 1.918 m
Approach: From the Ködnitz district in Kals a. G. via the Kaiser Glocknerstraße (toll payable) into Ködnitztal
Walking Time: 1 hour to the Lucknerhütte, 2 hours further to the Stüdlhütte.

44
Forest Nature Trail, Zedlacher Paradies
TYROL
Zedlacher Paradies is an age-old cultural landscape, developed by mining - a larch forest with centuries-old, gnarled and giant trees, which provide an impressive natural spectacle with the yellow colour of their needles, especially in late autumn. A round trip lined with natural history information and furnished with imaginative metal figures made by the ornamental locksmith Erich Trost leads to the most beautiful trees in the Zedlacher forest. Detours onto the Wodenalm (1 hr.) or to the Strumerhof (30 minutes) are very worthwhile. The Zedlacher Paradies is among the most beautiful larch forest areas in Austria.
Starting Point: Matrei i. O., village of Zedlach (1,350 m)
Approach: From Matrei in direction of Virgen, turn-off to Zedlach after 1km
Parking: Just before Jösenhof, above Zedlach
Walking Time: Round walk, 1.5 hours.

45
Trojeralmtal - Reichenberger Hütte - Umbaltpal
TYROL
The walk through the wildly romantic Trojeralmtal to the Reichenberger Hütte is steeped in history. An alpine path ascends gently up to the Durfeldalm at 2,295 m. Here, it is worth making the 20-minute detour to the historic "Blinds" mining works - up to 1750, mostly copper ore was obtained here in gallery mining. The trail climbs gently further to the Reichenberger Hütte (2,586 m). The descent through the Kleinbachtal valley finally leads down through a totally secluded alpine valley to the Umbalfällen (Pebel!litzertalm). It is then another 30 minutes to Ströden (post office bus stop). Overnight accomodation at the Reichenberger Hütte is recommended.
Starting Point: St. Jakob i. D. parking at the entrance to the Trojeralmal
Approach: Area of St. Jakob (post bus)
Walking Time: Crossing, approx. 8 hours.

46
Virgertörl - Lasörlinghütte - Virgen
TYROL
Speikboden - a name that refers to the numerous patches of primula. It is the "Ross-Speik" and also the primrose, however, and not the true primula that here settle upon the damp mats of grass in their thousands, and delight walkers after the melting of the snow with their splendid violet blooms. From the Speikbodenhütte (2,001 m), one can walk to the wildly romantic Gritzer Lakes with splendid panoramic view in around 2-3 hrs. From the Virger Törl (2,616 m) and then down to the Lasörlinghütte (2,350 m) one requires an hour of walking time. The descent to Virgen/Niedermauern lasts 2-3 hours (post bus stop).
Starting Point: Parking space at the Speikbodenhütte (2,001 m)
Approach: From St. Veit via Almetraße by private car or taxi
Walking Time: Crossing, total 6 hours

47
Umbaltpal - Clarahütte (2.036 m)
TYROL
The Isel falls with primal force down over the cascades on warm summer afternoons. The Umbal Falls became famous when it was planned to use them to produce energy and many people resisted this. The first water show trail in Europe was also created here. The walk leads from the parking area on an alpine path to the Isltzter and Pebel alps (1,513 m). The trail to the cascades of the Isel then follows. Mighty bog pools bear witness to the landscape shaping force of the water. Display boards give information on the plants and geology of the Umbal Valley. The Klarahütte is reached after 3 hours. A further hour of walking to the source of the Isel, the mighty Umbalkees in the valley end.
Starting Point: Weiler Ströden (1,403 m) - post van stop to the Ströden parking area (charge payable)
From Prägeräten into the valley to Ströden
Approach