

## "Tauren Worlds"

Exhibit at the National Park House Matrie i. O.



1 Austria's highest peaks, waterfalls which are amongst the most impressive in Europe, vast glaciers and alpine meadows in full bloom – National Park Hohe Tauern is a high altitude landscape of extraordinary beauty and offers a wonderful retreat for thousands of animal and plant species in the Alps' largest nature reserve. **Amerites**, multimedia exhibition with audio-guide system on the nature and culture of the Hohe Tauern at Park House Matrie i. O. Shop, Special exhibitions, information. Info: Tel. +43 4875 5161-10

## Exhibition: "Into the Open"

150 years Alpine Association - Kesselstadel Matrie in East Tyrol



2 The mystical power of the mountains fascinated and inspired the pioneers of the Alpine Association, who began building trails and shelters 150 years ago, just as much as those who have campaigned for the creation of the Hohe Tauern National Park. And the cool climbing community too, who, with their thirst for freedom, climb upwards on the Fallersteiner, are obviously also attracted by this mysterious force. Permanent exhibition on the 150th anniversary of the Austrian Alpine Association. Open during the summer from June 1st to Oct. 30th, Mon-Sat 10 a.m. to 6.30 p.m. During the winter from Dec. 20th to April 30th.

## Großglockner Resort Kals-Matrie

60 Three-Thousand Metre Peaks at One Glance



3 With its viewing platform on the Cimrossa the spectacular "Aster Lounge" is a breathtaking experience. Easily accessible from Kals am Großglockner with the cable car, visitors are offered a magnificent view of the Panaroma World 3000 with over 40 peaks over three thousand metres. Culinary delicacies, modern architecture, combined with quality art and culture are further highlights. Starting point for numerous hikes and climbing tours such as the summit tour to the Falersteinerkogel or the Eisassigste. Europe Panorama Route for families to the mountain station Blaupristl, the Südosteindliche Hütte or the valley hike with natural trail "Life in Snow and Ice" and the herbal nature trail.

## Stüdlhütte

The Space Station on the Grossglockner



4 On the Grossglockner, Austria's highest mountain, in the heart of National Park Hohe Tauern lies the architecturally unique Stüdlhütte (2,802 m). On a hike through picturesque pine forests, 2.5 h from the Lucknerhaus parking lot through the Kochitz valley, or 3.5 h through the Teichnitz valley you can reach the mountain hut on high mountain pastures. Organically formed products are the basis of the delicious food served in the Stüdlhütte. Magnificent dinner buffets. Also open in the spring from early March to mid-May for ski tours on and around the Grossglockner (overnight accommodation available). Contact: Fam. Oberhofer Georg, Tel. +43 4876 8200, www.stuedlhuette.at

## Virgental Valley – Hiking Valley

Virgental Valley mountain huts



5 Mountain hut magic on the Laasdling and the Venediger mountain trail. Set the world from above, day after day. From the easily reached Alpine pasture to the high-altitude mountain hut at the edge of the glacier. Stunning views, shimmering lakes, waterfalls, meadows... Hike through spectacular natural scenery with countless flowers, enjoy the warm hospitality of the lodge hosts and the delicious local delicacies. The Virgental Valley mountain huts await you.

## Zedlacher Paradises

A nature trail under mighty larches



6 When the large expanse of larches, some of which are up to 500 years old, turns a golden yellow in the autumn, this is when the Zedlacher Paradise is at its most beautiful. But even in the spring and summertime, a walk through the "paradise" – and to the popular Nosteran mountain pasture – lives up to this name. The nature trail Zedlacher Paradise above Matrie teaches the nature lover everything worth knowing about the forest and its creatures. And under one or the other powerful larch tree you may find one of the over-dimensional cast iron animals by the Matrie artist Erich Trost, created especially for this nature trail.

## Pilgrimage Church Maria Schnee

Late Gothic architecture on historic ground



7 The pilgrimage church "Maria Schnee" in Obermauern built in the 15th century in a late Gothic style is very interesting from an art history point of view. The perfectly preserved and impressive frescoes are by Simon von Taisten, the court painter of the Görzor counts. Due to a view from the 17th century – when the plague was raging in the valley – the symbolic offering of a sacrificial ram is practiced 2 weeks after Easter every year to this very day. A popular way of the cross with 15 highly expressive stations leads directly to the pilgrimage church. Free cultural and historical tours every Friday at 5 p.m. from early July to early September. Info: www.osttirol-nationalpark.at

## Cultural and Historic Treasure

The Church of St. Nicholas in Matrie East Tyrol



8 The small church in the district Bichl near Matrie East Tyrol, with its rare double choir and the famous Renaissance frescoes, is one of Austria's and the Alps' most important sacral buildings. The frescoes in the choir tower are a monument to important Italian culture before the onset of the Gothic period. The paintings in the lower choir (Adam & Eve – fall of mankind) are by a local artist. The highly symbolic figures and scenes in the upper choir were created by a master from Padua under "influence of Venice" and a touch of the artist. Info: Tourismserformation Matrie i. Osttirol, Tel. +43 50 212 500, www.matrieosttirol.com

## So close to the king – Kals Valley Tour

Exploring the garden of giants



9 The region around Kals at the foot of the "king" Grossglockner is one of Austria's most pristine landscapes, in the heart of the National Park Hohe Tauern. The 19.25 km long Kals Valley tour, which has been awarded the Austrian hiking seal, takes about 8 hours of solid hiking time to complete. However, it can be broken down into separate stages with several entry and exit opportunities. Rest areas at a number of lookout points are furnished with rustic Glockner chairs, numerous fountains provide crystal clear drinking water. The route is easy with only slight ascents and descents, fantastic vistas and exciting features, the highlight being the 55 m long and 28 m high suspension bridge. Info: www.kals.at

## Kalsler Glocknerhaus

A museum dedicated to Austria's highest mountain



10 Large mineral exhibit & national park "nature" in the exhibition "Kals under the spell of the Alps" in the Kals Glockner house! Particularly beautiful crystal groups from the Glocknerwand are displayed for the first time and the adventures of their recovery is shown on film. In a further 5 rooms, visitors can experience the unique culture and landscape, the colonization and customs around Austria's highest mountain. The story of the first ascent, alpinism, the various ascent routes and the panoramas of the Grossglockner are placed in the spotlight. Info: Tel. +43 50 212 540, www.kals.at. Opening hours: June + October, Friday, 2.30-5.30 p.m. – July, August, September: Monday, Wednesday, Friday, 3-6 p.m.

## Happiness on Horseback ...

Go horseback riding on National Park Hohe Tauern



11 ORTNERHOFF – gourmet restaurant, horse ranch Eldorado Prägraten by the Grossvenediger – riding arena Matrie i.O. Guided trail rides. Alpine trekking in high valleys over 2,000 m. Day ride on the Alpine pastures. Covered walkways and riding arena. Horse riding training. Team animals to pet. Winter Riding adventures in the snow. Family Kratzer. Western terrain. Horse trekking guide. Reservations: Tel. +43 664 3527180, info@ortnerhof.at, www.ortnerhof.at, www.ortner-tirol.com, www.facebook.com/ortnerhof.tirol

## Nature Energy Path Umbalfälle

Water Vista Trail – Prägraten am Grossvenediger



12 In late spring and early summer in particular, when the melting water flows from the glacier to the valley, you can experience the famous natural spectacle taking place at the Umbal waterfall. Europe's first water vista trail (1976) has been completely refurbished. New platforms were created using steel and larch wood, bringing the visitors closer to the Umbal waterfall. The tour overlooking the Grossbach waterfall is an easy hike also suitable for children and older people. Starting point: Shobden parking lot (charges apply) in Hirtentich/Prägraten. Path information: letter- and Robellien. Info: local tourist office Prägraten/Großvenediger, Tel. +43 50 212 530

## Most Beautiful Valley Head of the Eastern Alps

Innerschloß - Matrie i. O.



13 At the foot of the Grossvenediger lies the valley head recognised as the most beautiful of the Eastern Alps. Innerschloß is accessible by foot from the Matrie Tauernhaus via a level forest road or on a romantic walkway on the other side of the glacier stream. Another charming and comfortable option is getting there by horse-drawn carriage. The "picture book" mountain village Aussergeschloß lies on the way with its Berghaus Aussergeschloß (refreshments available) and a lovely cliff chapel. The alpine inn Venedigerhaus awaits you in Innerschloß (1,691 m), starting point for the breathtaking glacier scenic path. In 2015 the Geschloßstal was voted the most beautiful place in Tyrol.

## Alpine delicacies in the heart of Gschloess

Alpengasthof Venedigerhaus Innerschloß, 1.691 m



14 The Venedigerhaus lies at the very end of the Gschloßstal valley. Surrounded by impressive mountain scenery and views of the "most beautiful valley of the eastern Alps" the house has offered rest and relaxation to generations of hikers, climbers and fresh air fanatics at a level that exceeds the standard of an average Alpine inn. You will be spoilt with traditional, typical East Tyrolean cuisine with fresh produce from the farm next door. The Venedigerhaus is the starting point of many tours in the area. For those who want to stay the night or even longer – rooms and mountaineers' camps are available. Info: Tel. +43 4875 8820 oder 6771, www.venedigerhaus-innerschloess.at

## Kalsler Glocknerstrasse Experience

The most beautiful view of the Grossglockner



15 An unforgettable experience on Austria's highest mountain! The 7 km long toll road (toll free in winter!) branching off in the district Kals/Burg, is accessible to buses and takes you to the picturesque Ködnitz Valley, amongst the most beautiful mountain valleys of Tyrol. Directly from the parking lot Lucknerhaus, enjoy the most beautiful view of the Grossglockner. This is the starting point for many hikes, mountain and ski tours to the Grossglockner- and Schober- mountain ranges as well as the nature trail "Glocknerpur - Bergöberrasch", for nature and alpine history of the Grossglockner. Info: www.kalsler-glocknerstrasse.at

## Lucknerhaus - Stunning Glockner View

So close to Austria's highest mountain



16 Ideal destination in summer and in winter, at the very end of the Kalsler Glocknerstrasse. Hot meals served all day, offering a rich selection of local specialties. Over 200 seats in the restaurant. Sun deck, children's playground next to the house. 30 beds available in rooms with shower/WC. 16 camp beds. New: sauna/steam room, TV, Wi-LAN. Inns in open from early February to late October and over Christmas. Info: Fam. Johann Oberhofer, 9981 Kals, Glor-Berg 16, Tel. +43 4876 8555, info@lucknerhaus.at, www.lucknerhaus.at, (livecam Grossglockner)

## Lucknerhütte, 2,241 m

A popular destination at the foot of the Grossglockner



17 Can be reached by foot path from the Kalsler Glocknerstrasse car park in 1 hour. Our kitchen will spoil you with its organic specialties. Sun terrace with stunning views of the Grossglockner – watch wildlife such as ibex, eagles, bearded vultures and marmots. For kids there is a playground. We offer accommodation for 40 people in mountaining/camping with a communal shower, as well as rooms with shower and toilet, which allow for a longer stay. Webcam with a view of the Grossglockner www.grossglockner-wetter.at. Info: Fam. Florian Oberhofer, G. Nr. 9981 Kals am Großglockner, Tel. +43 4876 8221, Tel. Hütte: +43 4876 8455, info@lucknerhuette.at, www.lucknerhuette.at

## Climbing Park Großvenediger

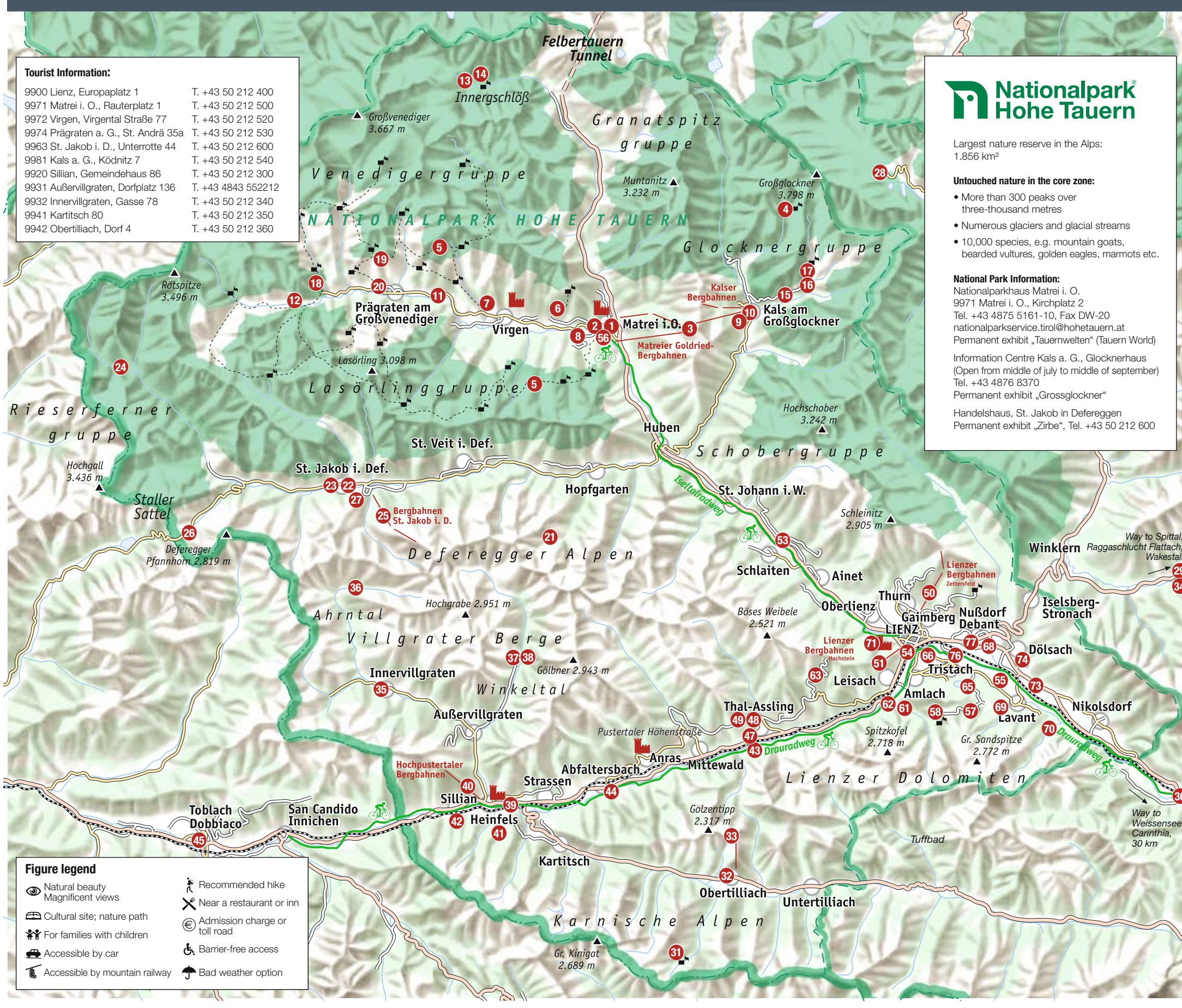
Unique adventure in one of the most beautiful spots in the world!



18 On over 100 stations with varying degrees of difficulty, you can experience exciting, thrilling and air action with a breathtaking glacier backdrop. Prepare a varied and unforgettable day of adventure for the whole family! With over 700 m of flying Fox routes! The ultimate KOC: 20 m long giant swing! Find us at the starting point of the famous Umbal falls in Prägraten/Hirtentich at the foot of the Grossvenediger. Family Sign! Hatzler and team look forward to seeing you! Open daily. Info: www.grossvenediger-adventures.at, Tel. +43 680 1452075

## ONLINE NOW DEIN BERG TIROL . AT

East Tyrol offers a variety of activities and a holiday with a quality that is hard to match. The new online tourism platform [www.deinbergtirol.at](http://www.deinbergtirol.at) takes you to the most interesting holiday destinations and sights, points you towards real adventure highlights, looks into the cooking pots of the best chefs in the country, visits craft and ordinary shops and exceptional craftsmen, shows you the most dreamily beautiful pictures of the region and tells you about the most popular hotels and restaurants. For a relaxing, enjoyable and active holiday in the East Tyrolean mountains.



## New Sajat Hütte • 2,600 m

The castle in the mountains



19 The Sajatöhütte located in the beautiful Virgen Valley at an altitude of 2,600 m offers highest comfort. Two dining rooms with open fireplaces, two sun terraces with stunning views, 10 m indoor climbing tower, well equipped playground next to the house. 30 beds available in rooms with shower/WC. 16 camp beds. New: sauna/steam room, TV, Wi-LAN. Inns in open from early February to late October and over Christmas. Info: Fam. Johann Oberhofer, 9981 Kals, Glor-Berg 16, Tel. +43 4876 8555, info@lucknerhaus.at, www.lucknerhaus.at, (livecam Grossglockner)

## Venediger-Taxi Prägraten

... so close to the Grossvenediger (3,659 m)



20 Take the **Hüttentaxi** right into the mountains. • From Hirtentich (1,312 m) to the Johannishütte (2,121 m) • Shortest and easiest ascent to the **Grossvenediger** (3,659 m) • From 6.30 a.m. hourly as required; requests from 3.30 a.m. • Starting point to the Sajatöhütte (2,578 m) • Eisassigste (2,578 m) • Essener-Rostockertette (3 hrs) • Defereggeralm (2.5 hrs) • Registration required! **Kratzer Siegfried**, Bichl 8, 9974 Prägraten am Grossvenediger, Tel. **+43 4877 5369**. • Regular taxi service and patient transport also available!

## The Bloshütte • 1,800 m

That little bit closer to the sky!



21 The Bloshütte is a popular destination for hikers, mountain bikers, nature lovers and gourmets. All the amenities you need for a comfortable stay are available here. The Bloshütte is a popular destination for hikers, mountain bikers, nature lovers and gourmets. All the amenities you need for a comfortable stay are available here. The Bloshütte is a popular destination for hikers, mountain bikers, nature lovers and gourmets. All the amenities you need for a comfortable stay are available here.

## National Park Exhibition

The largest enclosed stone pine forest of the Eastern Alps



22 The National Park Hohe Tauern has been presenting the exhibit "Erbtöne Zrbe" ("Pine Experience") in the trade house in St. Jakob (an old listed mine's house in the center of town for 16 years. This exhibit has now been completely revised and expanded. The stone pine museum aims to encourage hands-on discovery and to motivate its visitors to seek out the fascinating Oberauer Pine Forest in the National Park Hohe Tauern - the largest such forest in the Eastern Alps – to experience it first hand. The very slow-growing pine trees can reach up to 1,000 years of age. Regional wood carvers almost exclusively use the soft stone pine wood for their handicraft. From stone pine cones fine sprigs and liquors are produced. Tel. +43 50 212 600.

## Exhibition Time Travel Defereggeral

Travel back in history in the Talschaftsmuseum



23 The exhibition "Time Travel Defereggeral" in the archaeological valley museum in St. Jakob town centre is divided into two rooms. In the first room the visitors go on an interactive journey from the ice age through the millennia. The 1000 year old dug-out canoe, conserved in a glass show case, is the centre of the exhibition. In the second room articles found tell stories from the Jägerstation on Hirschtich to the flourishing days of mining and wandering tradesmen. Info: Tourismserformation St. Jakob, Tel. +43 50 21 0200.

## Austria's Oldest Mountain Pastures

Jagdhäusalmen & Präuenaugalm in Defereggeral



24 The pastures in Defereggeral, at 2,000 metres sea level, in the heart of the National Park Hohe Tauern, look like a Himalayan village. Built of stone, Austria's oldest mountain pastures – the Jagdhäusalmen - were first mentioned in the 13th century. From the parking lot Alpengasthaus Oberma, accessible from Erbsbach via a toll road, you follow a track into the valley through a pine and larch wood and reach the Jagdhäusalm after a 2 hour walk. Above the Jagdhäusalm, hidden behind a moraine wall, lies a small, circular lake – the Präuenaugalm (eye on the peacock's tail).

## Pleasure Hike on the Brunnalm

Ski Centre St. Jakob i. Def.



25 Hiking in Defereggeral is a very special experience. Amidst impressive mountain scenery you can forget about everyday life. In summer as well as winter you can take the cable car and the chair lift up to 2,300 m sea level, an ideal starting point for many easy to moderate hikes. Go up to mountain peaks of over 2,900 m. At a number of mountain restaurants you can enjoy a well deserved snack and a stunning panoramic view of many mountain peaks of three thousand metres or more. Info: Skizentrum St. Jakob i. Def., Tel. +43 4873 5274

## Obersee & Staller Sattel

Border between Austria and Italy



26 The Staller Sattel is a mountain pass in the Eastern Alps at 2,052 metres above sea level, which connects the East Tyrolean Defereggeral Valley with the South Tyrolean Antholz Valley. Motorcyclists and motorists driving over the Staller Sattel usually have a short wait due to traffic light regulated hours of use on the Italian side. These can be passed pleasantly with a walk to the lake and by visiting the information point where you can always find the latest information on the Deflegger and Antholz Valleys. The road to Antholz is open from May to November (closing closed in the winter).

## Deferegger Healing Water

Iodinated sodium chloride thermal spring



27 Just outside of St. Jakob, in the midst of an artfully constructed place of myths, lies the filling facility of Deferegger healing water, which in summer and winter can be reached by a short walk. Deferegger healing water is pumped to the surface from a depth of almost two kilometers at which it has matured for many million years. Unique worldwide in its composition, repeated bathing in it has a measurable mobilising effect and it is also excellent for the treatment of skin diseases. Booking tours: at the tourist office St. Jakob i. Def. or at [www.heilwasserquelle.at](http://www.heilwasserquelle.at)

## Grossglockner High Alpine Road

High alpine experience for nature lovers, and a scenic drive



28 The Grossglockner High Alpine Road is one of the most fascinating scenic roads in Europe. On 48 kilometres it leads directly into the heart of the National Park Hohe Tauern. High above the Pastozzer Glacier the Grossglockner appears close enough to touch. Changing exhibits, themed trails, children's playgrounds and a marvelous view all make for an unforgettable day.

InfoCenter: Grossglockner Hochalpenstraße AG, Tel. +43 662 873673-0, M. info@grossglockner.at, www.grossglockner.at

## The Wildly Romantic Raggschlucht

An adventure for the whole family



29 In millennia of work the Raggschlucht brook created one of the most beautiful gorges in the Alps. Vertical rock walls narrow the romantic gorge; the sound of the water's roaring fills the air. A themed walk, on which you learn everything about the structure and the special features of the gorge, leads you through the natural monument on artistically crafted footbridges. On the way back, on a shady forest path, you can enjoy magnificent views of Flachtau and the surrounding mountains. Opening times: 07/05-11/06/2016, daily 10 a.m.-4 p.m., 12/05-03/09/2016, daily 9 a.m.-5 p.m., 04/09-09/10/2016, daily 10 a.m.-4 p.m. Info: at [www.flachtau.at](http://www.flachtau.at) Contact: At the cash at Raggschlucht, Tel. +43 4788 9331 or 15, info@flachtau.at

## Boat trip on the Weissensee

A trip to Carinthia to the Alps' cleanest swimming lake



30 In the neighbouring province of Carinthia, 54 km from Lienz, lies the untouched and environmentally protected Weissensee Lake. Like a fjord with white shores, Austria's cleanest swimming lake is situated among beautiful meadows and woods. Four boats of Weissenseeschiffahrt will take you to the lake's most beautiful spots. Looking for sea air in a unique natural setting. In addition to the daily boat trips we offer charter trips between April and October. We have offers even for small groups. Info: Tel. +43 678 6703 7108 and Tel. +43 4713 2267, www.weissenseeschiffahrt.at, winkler@techednord.at

## Porzehütte, 1,942 m

Popular destination on the Carnic ridge



31 A forestry road, which can be traveled by car, leads out of Obertillach on a moderate slope through the Dorfer valley to the idyllic Klappsee lake which lies under the rocky summit of the Porze. From there the Porze cabin can be reached in about an hour's walk on an easy path suitable for children and seniors. It is located just below the Tillacher Joch (30 minutes walk) where the border of the Italian province Belluno runs. The cabin is also a popular destination for mountain bikers. Info: Tel. Hütte: +43 664 4039293, www.alpenverein.at/porzehuette

## Carriage and Heritage Museum

A historical journey through time in Obertillach



32 The newly renovated carriage and heritage museum in the "Lugger-Stadl", located in the historic village centre of Obertillach is host to a grand collection of carriages and sleighs from several eras, from rural craftsmans-hip to wedding carriages to hearsees. Opening times: Beginning of July to middle of September, Mondays, Wednesdays and Fridays from 4-6 p.m. Other times available to groups upon request. Info: Tourismusamt Obertillach, Tel. +43 50 212 360 or Gernot Vinterter, Tel. +43 6664 3176559

## Vantage Point Golzentipp

Mountain Railway Obertillach



33 With the new 10-seater gondola Golzentipp you can float from the village to the hiking area Golzentipp, which offers an incomparable 360° mountain panorama, in about 5 minutes! This hiking area is particularly beautiful in the early summer, when blue azurns, anemones and other mountain flowers line the path. Ideal for walkers of all ages, a wide path with a slight incline leads to just below the Golzentipp summit. Launch seats for paragliders to enjoy special rates here, right by the mountain station! Info: Obertillacher Bergbahnen, Tel. +43 4847 5300, www.obertillacher-bergbahnen.com

## Life is better on a Wakeboard

Stall im Mölltal / Carinthia



34 The wake park with its 2-pole system at Gössentzone is unique in Austria. Wakeboarding is a combination of water skiing and surfing. You can also use this facility for water skiing, surfing, wakeboarding or whitening across the lake on a kneeboard. There are several obstacles in the water e.g. a barbox with a 22 m long jumping platform. Various boards, life jackets, wetsuits and helmets can be rented on site. Contact: Tel. +43 664 3304400, www.wakefall.at

## Vilgrater Nature Experience

A trip to the Virgental Valley



35 In "Vilgraten", where the air is still clean and the streams carry drinking water, we treasure environment-friendly production – in harmony with nature. From the sleeping systems and cuddly blankets to insulation materials, we make everything from pure new wool. Visit us in the Vilgrater Natur Haus and experience the very best wool products of a company tour. Guided company tours from 10 persons by prior arrangement. Vilgrater Natur Haus, 9932 Innevilgraten 116, Tel. +43 4843 5520, office@vilgraternatur.at. Open: Monday to Friday 7:30 am – midday and 1:30 pm to 6 pm, Saturday 9 am to midday. Extended opening times from July to September Monday to Friday 7 am to 6:30 pm, Saturday 9 am to 12 pm.

## Unique Mountain Village

Oberstaler Alm and viewing platform in Vilgrateralm



36 An impressive village with 18 sun-bathed and history-charged alpine cabins and a chapel. First mentioned in 1675, the alpine cabins today are a popular and easily accessible destination. The starting point for the short hike is the Unterstaleralm at the rear of Vilgrateralm. The newly constructed viewing platform Klappbach Waterfall, part of a walking tour, is within about 10 minutes walking distance from the Unterstaleralm mountain tavern. From the viewing platform you get a wonderful view of the highest mountains in the region, the Oberstaleralm and the Unterstaleralm as well as the Karmelstein and the Vilgrater mountains. Info: Tourismserform Innevilgraten, Tel. +43 50 212340.

## Reiterstube

Enjoy an idyllic alpine pasture



37 The "Reiterstube" in the Winkeltal is about 5 km from Aussevilgraten. Cozy rooms, terrace, Vilgrater and Tyrolean specialties, homemade pastries, lamb and game dishes. Individual wishes are always possible if requested in advance. In wintertime the "Reiterstube" is a popular meeting place after school and seniors. It is located just below the Tillacher Joch (30 minutes walk) where the border of the Italian province Belluno runs. The cabin is also a popular destination for mountain bikers. Info: Tel. Hütte: +43 664 4039293, www.alpenverein.at/porzehuette

## Rent a Bike • Shop • Service

probike Lienz • Professionals for your bike



46 Whether family bike, electric bike, racing bike or mountain bike – "probike" like East Tyrol itself, is a Mecca for cyclists and the stations (new, stone pine renovation point, playground, shop with high-quality care products by Untervogel, special exhibition "Purist Essential Olds since 1880"...) – East Tyrolean trip destination Open: daily from May to October 10 a.m. to 5 p.m., July to August 9 a.m. to 6 p.m., package deals for teams/groups, guided tours on request, bus/camping parking; shop open year round, Tel: +43 485 81006, www.vitalpinum.com, office@vitalpinum.com

## First Tyrolean Vitalpinum

Discover, learn, experience • Well-being from the Tyrolean mountains!



47 Relaxation, vitality, pampering: located directly on the Drauzwies 100 in the alpine park of well-being (6.500 m<sup>2</sup>) of the First Tyrolean mountain bike distillery of the Untervogel brothers awaits you. Discover the vital power of the mountains with all your senses: show distillery, wellness garden with many "senses" stations (new, stone pine renovation point), playground, shop with high-quality care products by Untervogel, special exhibition "Purist Essential Olds since 1880"...) – East Tyrolean trip destination Open: daily from May to October 10 a.m. to 5 p.m., July to August 9 a.m. to 6 p.m., package deals for teams/groups, guided tours on request, bus/camping parking; shop open year round, Tel: +43 485 81006, www.vitalpinum.com, office@vitalpinum.com

## Toboggan through the Wildlife Park

Summer toboggan run Wildlife Park Assling



48 Located in Wildlife Park Assling, nestled in a beautiful natural landscape, the summer toboggan run provides endless fun. The ride with views of the Lienz Dolomites, past grazing elk and deer is an unforgettable experience for the whole family. A small cable lift takes you to the mountain station. The route of approximately 950 metres has a height difference of 100 metres. In the "Bärenwelt" in hungry tobogganers can enjoy regional delicacies.

Off season: Mon-Fri 1-5 p.m., Sat., Sun, public holidays 11 am-5 p.m. Closed weekdays in April, May and October. Peak season: 11 a.m.-5 p.m. daily. Tel: +43 664 1212287, www.ferienwelt-assling.at

## Adventure World Assling

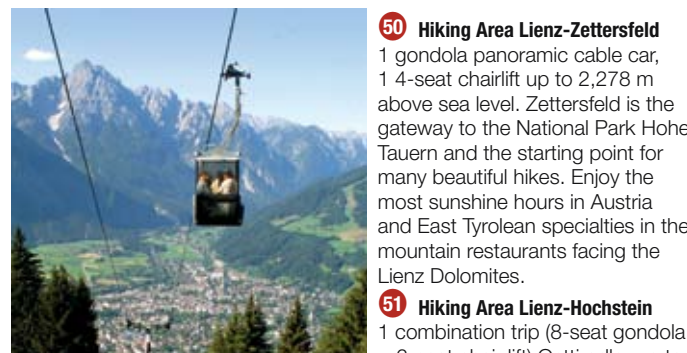
Deer park • restaurant • summer toboggan run • playground • model railway



49 Dive into the world of indigenous species. Experience nature and animals in the 1 1/2 hour tour of the wildlife park – amongst deer and lynx, past raccoons, owls, mountain goats and bison, and many more. Leave everyday life behind you. And afterwards choose a souvenir from the "Bärenwelt". You can also sample regional specialties in the restaurant "Bärenwelt". A new 800 m<sup>2</sup> large lynx enclosure. **Grandpa's model railway has been expanded!** Wildlife Park Assling, playground and farm shop open daily from 9 a.m. to 7 p.m., dogs admissible on leads, stroller-friendly. Tel: +43 664 4207282, +43 4855 20474, www.wildparkassling.at, www.ferienwelt-assling.at

## Summer Gondola where the Sun Shines

Lienz Bergbahnen



50 Hiking Area Lienz-Zettlerfeld 1 gondola panoramic cable car, 14-seat chairlift up to 2,278 m above sea level. Zettlerfeld is the gateway to the National Park Hohe Tauern and the starting point for many beautiful hikes. Enjoy the most sunshine hours in Austria and East Tyrolean specialties in the mountain restaurants facing the Lienz Dolomites.

51 Hiking Area Lienz-Hochstein 1 combination trip (8-seat gondola + 6-seat chair lift) Osttiroler up to 1,000 m above sea level. Petting zoo, woodland playground, excellent refreshments, nordic walking trails and great mountain tours await you on the Lienz Hausberg Hochstein. Tel: +43 4852 63975, info@lienz-bergbahnen.at

## Rental bike with service

With Papi in Austria's most popular bike path



52 Papi Sport features more than 5,000 new and modern bikes. In addition, the rental shops offer anything a cyclist's heart may desire: city bikes, mountain bikes, trekking bikes, electric bikes, bikes for children, tandem bikes, various trailers and essential accessories such as helmets, child seats, locks, bags, etc. You can borrow your ideal bike at the train stations Toblach, Imnichen, Sillian or Lienz, cycle along the beautiful Drauzwies bike path and then easily return it. The starting point can be reached by train, comfortably and stress-free. Papi Sport, Rental, Shop, Tel: +39 0474 913450, +43 720 445566, info@papisport.com, www.papisport.com

## RAFTING-CLUB AKTIV OSTTIROL

Adventures with professionals



53 Rafting on the island – pure action, fun and excitement. Whether it is your first time in a boat, or whether you know all the tricks when it comes to rafting: everybody will get their money's worth. Highest level of professionalism is the motto! As pioneers of outdoor sports – especially of rafting and canyoning – Osttirol (East Tyrol) Rafting has set significant standards in the last 25 years. The highest level of safety and professionalism is thus guaranteed. Daily from May 15<sup>th</sup> to September 30<sup>th</sup>. Hotline: +43 676 5596019, Osttirolrafting, 9951 Ainet, 143 www.osttirolrafting.at

## With Bow and Arrow

Archery in East Tyrol



54 Walking through East Tyrol's beautiful landscape carrying bow and arrow is a very special holiday experience. There are numerous options for archers – archery hunting course at the Iselberg with the special offer "bow hunting" for groups of 3 or more people, "Bogensport Zentrum Lienz", "Pfeiler" – indoor facility, BOGENSPORT MOSEER in Lienz, archery range "Loach" in Bichl near Matrei, "Proseggalinger" range in Matrei. Range at the sports grounds St. Veit in the Defereggeralm. Info from the tourism offices in each region and from Bogensport Moser in Lienz – Tel: +43 664 1000735

## Dolomitengolf • an Echo with Every Strike

One of Austria's most beautiful golf courses in Lavant



55 At the foot of the breathtaking backdrop of the Lienz Dolomites in Lavant, GC Dolomitengolf welcomes you with one of Austria's most beautiful 27-hole championship courses. The level course offers three different and distinctive 18-hole course variations. The practice course with open or roofed tee boxes, sand bunkers, chipping greens and putting greens offers the best training facilities. The Akademie Dolomitengolf is amongst the most professional Austrian golf schools.

56 Located in Wildlife Park Assling, nestled in a beautiful natural landscape, the summer toboggan run provides endless fun. The ride with views of the Lienz Dolomites, past grazing elk and deer is an unforgettable experience for the whole family. A small cable lift takes you to the mountain station. The route of approximately 950 metres has a height difference of 100 metres. In the "Bärenwelt" in hungry tobogganers can enjoy regional delicacies.

## National Park Nature Trails

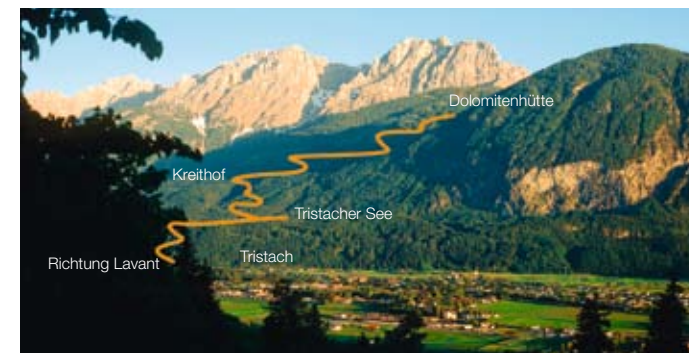
A window to nature



56 The National Park Hohe Tauern offers a series of nature trails, which convey many things worth knowing about nature and the cultural area. With interactive points, information boards and brochures, those with an interest in nature can experience the real thing. Nature trails are a window to nature, they point out things that usually remain hidden from the hasty moving eye. Some of the trails are in the valley and are an easy walk, others lead through mountain pastures up to the glaciers. With extensive mountaineering experience, an education in natural history and great regional knowledge our ranger team offers you an interesting and varied hiking and nature adventure program. Info: www.hohetauern.at/lehrgaenge

## Getaway Tip Dolomitenstrasse

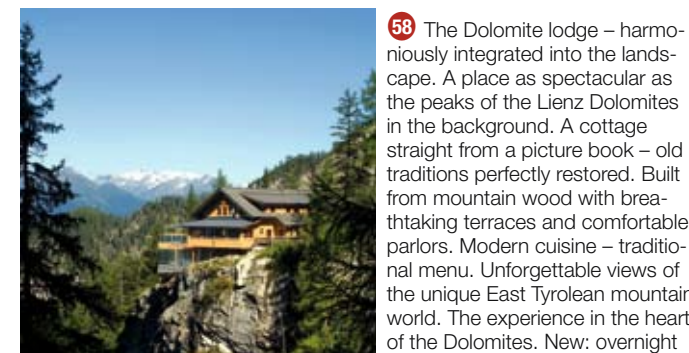
In the heart of the Lienz Dolomites



57 On a paved toll road you can take your own car right into the heart of the famous Lienz Dolomites. The destination is the large parking lot of the Dolomitenhütte at 1,620 metres, the starting point for many beautiful hiking trails and great mountain tours. Past an old farmhouse known from movies, through a light larch forest to a parking lot just below the Hochsteintörl at 1,900 m sea level. From here you have the best views of Lienz. Our tip: Dolomites. Let yourself be carried away by the fascination of high altitude mountains. Info: Tel: +43 676 6181300 or +43 4852 61700, www.dolomitenhutte.at

## Dolomitenhütte ... be amazed & enjoy

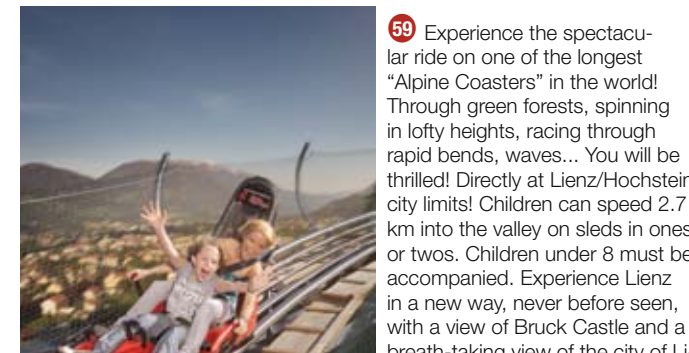
Unforgettable views in the heart of the Dolomites



58 The Dolomite lodge – harmoniously integrated into the landscape. A place as spectacular as the peaks of the Lienz Dolomites in the background. A cottage straight from a picture book – old trailers and essential accessories such as helmets, child seats, locks, bags, etc. You can borrow your ideal bike at the train stations Toblach, Imnichen, Sillian or Lienz, cycle along the beautiful Drauzwies bike path and then easily return it. The starting point can be reached by train, comfortably and stress-free. Papi Sport, Rental, Shop, Tel: +39 0474 913450, +43 720 445566, info@papisport.com, www.papisport.com

## Osttiroler on the Lienzer Schlossberg

The Alps' most spectacular Alpine Roller Coaster



59 Experience the spectacular ride on one of the longest "Alpine Coasters" in the world! Through green forests, spinning in lofty heights, racing through rapid bends, waves... You will be thrilled! Directly at Lienz-Hochstein city limit! Children can speed 2,7 km into the valley on speeds in ones or twos. Children under 8 must be accompanied. Experience Lienz in a new way, enjoy before seen, with a view of Bruck Castle and a breath-taking view of the city of Lienz. Opening times: 7.5.-8.5.2016 (Sat-Sun), 10-17, 14.5.-17.5.2016 (Sat-Tue), 10-17, 19.5.-26.6.2016 (Thu-Sat), 10-17, 30.6.-18.9.2016 every day 9-17, 23.9.-23.10.2016 (Fri - Sun), 10-17. Info: Tel: +43 4852 63975, www.lienz-bergbahnen.at

## Petting Zoo Moosalm

The children's world at the Lienz Schlossberg



60 One of Austria's most modern cable cars comfortably takes the whole family to a height of 1,000 metres sea level. The fenced in petting zoo is located in a plenty of meadow area with various stables and a pond. There are plenty of animals that cannot get enough of the children's attention and caresses. The forest adventure playground is shaded by enormous trees. Among many other things, a huge zip line awaits brave little adventurers. Admission is free. A restaurant with large sun terrace is in close proximity. Info: Moosalm, Lienz, Tel: +43 4852 63937

## Water Vista Trail Galitzenklamm

With stone ball mill in Lesach near Lienz



61 A track and bridge construction enables the visitors to experience a magnificent view of the imposing waterfalls and allows them to feel the elemental force of the Galitzenbach. The cliff mass of the Lienz Dolomites is an attraction for visitors from around the world. In addition one can watch the climbers as they approach the summit on the sheer rock wall. As a souvenir we recommend a stone ball from the only stone ball mill in southern Austria, where hydrocarved sculptures of stone and marble into beautiful spheres. Info: Tel: +43 664 1567457, +43 50 212 400, www.galitzenklamm.info, Opening hours: 14.-16.5., 21.-22.5., 26.5. - 30.6. 10 a.m.-5 p.m., 1.7.-31.8. 9 a.m.-6 p.m., 1.9.-2.10. 10 a.m.-5 p.m.

## Adventure Park Galitzenklamm

Water playground – forest ropes course – via ferrata



62 Beginners can try the gorge via ferrata, experienced mountaineers take on the challenges of the difficult "via ferrata" routes and the more, via ferrata children as young as 10 years can climb independently. The necessary equipment can be rented at the cash desk. Splash around in the water park with its brook, cable ferry, water maze, mud area, "wobbly bridge" and more. Balance, dexterity and courage are needed on the three courses with 35 elements of the forest rope parks and on the flying fox trail over the Galitzenbach. The Galitzenklamm is a cooling alternative in hot weather. For opening times see Water Vista Trail Galitzenklamm. Info: www.galitzenklamm.info

## Hochsteinstrasse Bannberg

100 "moments" to marvel at



63 Starting at Lesach near Lienz, you reach the mountain village Bannberg, where the Hochsteinstrasse branches off. On this spectacular, sunny ride, amongst other things, the best views of the beautiful Spitz-Iselalm towers await you. Past an old farmhouse known from movies, through a light larch forest to a parking lot just below the Hochsteintörl at 1,900 m sea level. From here you have the best views of Lienz. Our tip: Dolomites. Let yourself be carried away by the fascination of high altitude mountains. Info: Tel: +43 676 6181300 or +43 4852 61700, www.dolomitenhutte.at

## Hiking Bus

An easy ride to the best hikes



64 A hiking bus, starting off at the Lienz train station, facilitates the ascent of the mountains around Lienz from beginning of July to beginning of September 2016. We safely take you to the Dolomitenhütte, to Klammbrücke, to Seckauer Alm and to the Hochsteintörl. If you want to walk the Pustertaler Almweg trail, we will pick you up at the finishing point, the Predetzerhose in the late afternoon. Departure and return trip times and more information: Tourisminformation Lienz Dolomiten, Europaplatz 1, 9900 Lienz, Tel: +43 50 212 400, info@bstirol.com

## Experience Osttirol from 04/06 to 25/09/2016 with the OSTTIROL's Glockner-Dolomiten Card.



7 days Adults: Children (born 2002-2010) Children (2011 or younger, or from 3 or more children) New: 3 days (valid 3 days from first use) Adults: Children (born 2002-2010): Children (2011 or younger, or from 3 or more children) (Passport or identity card required) Deposit per card: EUR 49,50 EUR 25,00 FREE EUR 38,00 EUR 17,50 FREE EUR 5,00

Mountain Railways	Lienz Bergbahnen	Tel. +43 4852 63975
Hochpustertaler Bergbahnen	Tel. +43 4842 6890	
Matreier Goldried Bergbahnen	Tel. +43 4876 6067	
Kaiser Bergbahnen	Tel. +43 4876 8233	
Bergbahnen St. Jakob i. Def.	Tel. +43 4873 52740	
Oberilltalcher Bergbahnen	Tel. +43 4847 5300	
Multifair Gletscherbahnen	Tel. +43 4878 81100	
Ankogel Bergbahnen	Tel. +43 4784 632	
Sextner Dolomiten AG	Tel. +39 0474 710355	

Swimming Pools	Strandbad Tristachersee	Tel. +43 4852 65601
Freizeitanlagen Virgen	Tel. +43 4874 52117	
Schwimmbad Matrei i. O.	Tel. +43 4875 6455	
Schwimmbad Dölsach	Tel. +43 4852 68233	
Aquafun Imnichen	Tel. +39 0474 916200	
Freibad Lienz	Tel. +43 4852 63820	

Culture	Römerstadt Aguntum	Tel. +43 4852 61550
Schloss Bruck Lienz	Tel. +43 4852 6258083	
Farmhouse Wurzerhof	Tel. +43 4843 5481	
Carriage and Heritage Museum Oberflösch	Tel. +43 50 212 360	
First Tyrolean Vitalpinum	Tel. +43 4855 81009	
Train museum Lienz	Tel. +43 664 7347536	

Natur	Wildpark (deer park) Assling	Tel. +43 664 4207282
Nationalpark Hohe Tauern	Tel. +43 4875 5161-10	
Adventure Park Galitzenklamm	Tel. +43 664 1567457	
Summer Toboggan Run Assling	Tel. +43 664 1212287	
Defegger Heil- und Thermalwasser	Tel. +43 676 841560406	

**Bonus partner Großglockner night alpine road:** With the OSTTIROL's Glockner-Dolomiten Card EUR 12,00 reduction on the toll from EUR 35,00

The deposit is refunded to you when you return your OSTTIROL's Glockner-Dolomiten Card. 26 activities are available to you once a day without additional charge. Valid for 7/3 days from first use. The OSTTIROL's Glockner-Dolomiten Card is available at all East Tyrolean information offices and at all East Tyrolean mountain railways. Info-Hotline +43 50 212 212

## Swimming and Fun at the Tristachersee

Natural swimming lake at the foot of the Lienz Dolomites



65 Surrounded by woods and meadows, lies East Tyrol's only swimming lake. A popular beach with a beach volleyball court, a children's playground, a diving tower, a lawn area and a café. A shady, 1 km long trail leads along the lake, past the Parkhotel Tristacher See with its award winning gourmet restaurant zum Naturerlebnis "Alte See" in the West. The camping ground Seewiese with its shaded restaurant offers a magnificent view of the lake which is the home of rain pants and birds. Open late May to early September. From early July to late August a free bus service runs several times daily from Lienz to the parking lot Seewiese. Info: Tel: +43 4852-63820, www.stadt-lienz.at/treizeit

## Dolomitenbad Lienz

Swimming with view on the Lienz Dolomites



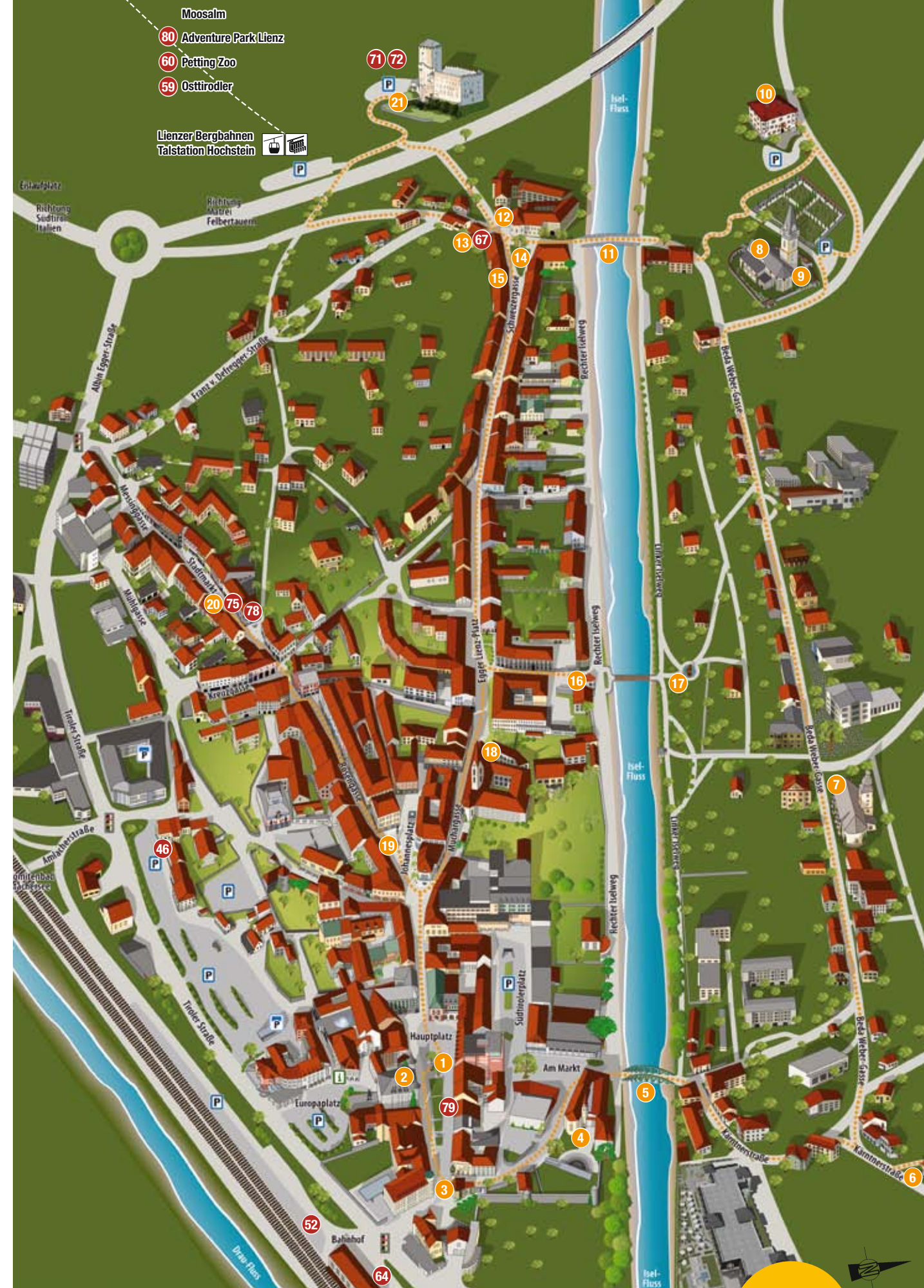
66 For lovers of swimming Lienz offers generous swimming facilities with a large lawn, a 50 m sports pool, a diving platform, a multi-purpose pool with a 60 m water slide, a family area with a children's paddling pool, a small water slide, a tower and a climbing tower. Shower: lawn with children's area, 2 beach volleyball courts. Buffet Restaurant Badwirt open daily. Outdoor pool open daily (excluding rainy days) from 11<sup>th</sup> June to early September. Info: Tel: +43 (0)4852 63820 oder www.stadt-lienz.at/treizeit

## Hammer and Sparks

Riepler blacksmith and nailer Lienz



67 A fascinating glimpse of the middle ages. The smell of smoke and fire, the mallet ringing on the anvil, the fascinating stories from long ago will inspire you. The blacksmith's trade has had its place in history for centuries. In the original Riepler blacksmith's and nailer's workshop the sparks fly in weekly performances. At the Riepler Nagelstock you can nail your own good luck charm to the door post with a wish. Your wish will become true. You will find opening times in the brochure "Holiday Ideas" or at Tourisminformation Lienz, Europaplatz 1, Tel: +43 50 212 400



**SONNENSTADT LIENZ**  
Bei uns beginnt der Süden

## Roman Town Aguntum

Archaeological park and museum in Dölsach



68 The new museum in Aguntum offers a comprehensive look at Roman everyday life. Take an exciting and informative trip to Tyrol's only Roman town. A highlight of the exhibition is the large marble basin in the luxurious alium house. The extensive excavation area with thermal baths, forum and antique shopping centre (Maeum) can be viewed from an 18 m high observation tower. Virtual tour and shop are located directly in the Museum. Opening hours: 1<sup>st</sup> - 31<sup>st</sup> May (Mon - Sat, 9.30 am - 16 pm), 1<sup>st</sup> June - 20<sup>th</sup> September (daily, 9.30 am - 16 pm), 21<sup>st</sup> September - 29<sup>th</sup> October (Mon - Sat, 9.30 am - 16 pm). Info: Tel: +43 4852 61650, www.aguntum.info

## Lavanter Kirchbichl

A sacred mountain in East Tyrol



69 2 km east of the Roman town of Aguntum lies the Lavanter Kirchbichl with excavations from pre-Christian times and the pilgrimage churches St. Ulrich and St. Peter and Paul. Temples have been in this place as early as in Celtic times. Separated from the valley by a gorge and two brooks, Kirchbichl has always offered a natural defence from enemies. Within a fort dating back to the 5<sup>th</sup> century an Episcopal church was built. A collection of antiquities from the excavation are on display in a museum at the foot of the Kirchbichl. The majority of the items, however, are in the archaeological museum of the Schloss Bruck Lienz. Info: Tel: +43 4852 62826, +43 676 4738811, www.kunstwerklienz.at

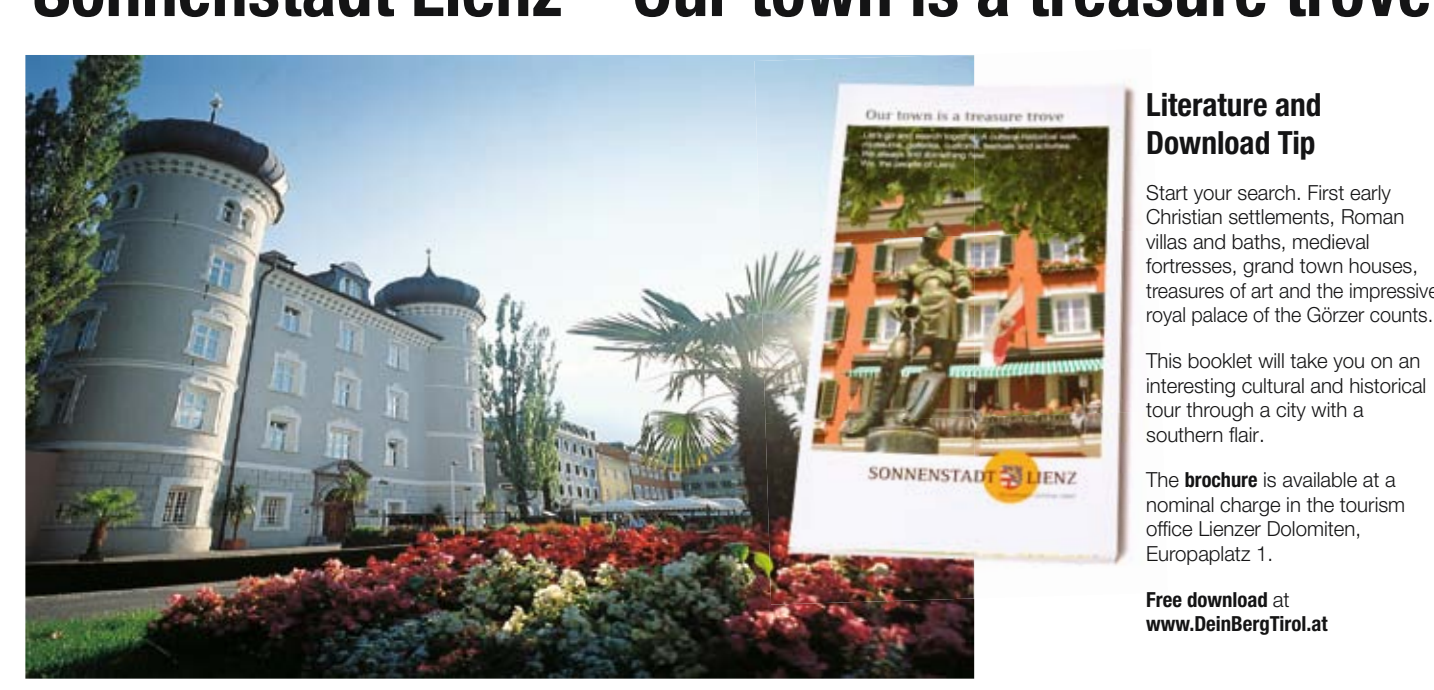
## Frauenbach-Wasserfall

Breathtaking Viewing Platforms at Lavant



70 The Frauenbach brook at the foot of the mighty Hochsteintörlwand, the third highest rock face of the Eastern Alps, is a special kind of natural jewel. A new, easy trail ending on a spectacular viewing platform enables even families with small children to gain insight into the world of gorges and thundering waterfalls. You can also take a hiking trail that leads you alongside the stream part of the way. A forest path is also part of the route. Here you will find interesting information on the flora and fauna of the recreation area "Forest". Admission only possible at certain times! Info: Tel: +43 50 212 400

## Sonnenstadt Lienz – Our town is a treasure trove



### A little tour of the town - Lienz in 2 hours ...

Starting point is the 1 Florianbrunnen fountain on Lienz' main square.

The 2 Lieburg with its two distinctive onion domes was built in the 17<sup>th</sup> century as a residential castle by the baron von Wolkenstein-Podenegg. After two fires and many different assignments, since its renovation in 1988 it now serves the town of Lienz as a magnificent city hall.

The 3 Antoniuskirche is situated at the east side of the main square. For a while this was the meeting place of the Greek Orthodox community in Lienz. The exterior of the chapel was renovated by the citizens of Lienz in 1976 and holds a worthy spot in the Lienz main square.

We continue our stroll in a northwesterly direction across the Kärntnerstrasse to the 4 Spitalkirche church. Built in the 13<sup>th</sup> century it was later transformed to become Lienz's most important baroque building. At present the church provides a beautiful location for various events.

Continue to the 5 Spitalbrücke bridge, which owns its name to the building on its right, a hospital. This is where, a long time ago, the old and fair residents of the town were cared for. Today it houses a secondary school.

Over the bridge and on, along the Kärntnerstrasse heading east, a little detour to the periphery of Lienz to the "Sachenhaus". This is where people with particularly aggressive contagious diseases were once housed. In the adjoining orchard is the 6 oldest painted, "Bildstöckl" (picture of a saint) in Tyrol.

We now walk a short distance to the Kärntnerstrasse and take a turn into the Beda-Weber-Gasse. Here, on a small square, is the 7 St.-Michaels-Kirche. (For sightseeing purposes the key can be borrowed at Beda-Weber-Gasse 9). The church dates back to the 14<sup>th</sup> century and was the burial place of the Herren von Graben, who were esteemed citizens of the town.

Continue west along the Beda-Weber-Gasse to the 8 Stadtpfarrkirche St. Andria, the oldest church in Lienz. It was built on the foundations of an early Christian social building of Romanesque style and refurbished by the Görzer family in the 15<sup>th</sup> century. The three-aisled Gothic basilica is adorned with a baroque altar. The last counts of Görzen found their final resting place here in two ornate tombs.

On the north side of the church is the 9 Bezirkskriegerehrenmal, a war memorial. It was built in 1925 by Clemens Holzmeister. Initially East Tyrol's famous painter Albin Egger-Lienz was met with strong resistance to his four-part cycle of paintings, which led to the temporary closure of the chapel. This is where the painter Albin Egger-Lienz is buried.

Going along the Oberdurmner Strasse we reach the 10 Tarnberg just above Lienz.

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## Natural Distillery Kuenz Experience

Taste fine brandies at the old family farm in Dölsach



71 Lovers of fine distillates will find a special treat here in East Tyrol. Visit a traditional distillery in the "Kuenz-Schnapsgarten". Experience the culture of brandy production on the 400 year old family farm. Distillery viewing including tasting of brandies and liquors and a tour through the "Schnapsgarten" every Thursday at 4 p.m. from May to October (see € 7 per person). Year round for groups: distillery tour and product tasting upon advance booking. Shop opening times: Mon-Sat 9 a.m. to 6 p.m. Road access via Dölsach swimming pool. Tel: +43 4852 64377, www.kuenz-schnaps.at

## Lienz Town Market

The region's best products



72 Freshness, high quality, and regionalism mark the products at the Lienz town market. We are proud of our local goods that we have produced and prepared for you with hard work, skill, and attention to detail. The products for sale at the town market reflect our love of closeness to nature and love of our homeland. We are happy to tell you all about the cultivation, the production and the preparation of our goods and look forward to welcoming you as a customer to the Lienz town market. Weekly Fridays from 1.00 pm to 6.30 pm., Saturdays from 8.30 a.m. to 12.30 pm. in the Messinggasse, Lienz city centre. www.stadmarkt-lienz.at

## Individual Ceramik

Workshop and studio "Tonspernen"



73 The pieces by Dagmar Esler are a blend of decorative objects and related utility objects. Soft, organic and uneven shapes are characteristic. The exclusively handmade pieces are unique and are well suited as a stylish holiday souvenir. Show and workshop open any time by appointment or just take your chance! Open in July and August every Wednesday 10-12 a.m. and 2-4 p.m. Info: Dagmar Esler, 9900 Lienz, Auenweg 25, on the bike path to Lienz Kärnten, Tel: +43 676 4393339, www.tonspernen.at

### Literature and Download Tip

Start your search. First early Christian settlements, Roman villas and baths, medieval fortresses, grand town houses, treasures of art and the impressive royal palace of the Görzer counts.

This booklet will take you on an interesting cultural and historical tour through a city with a southern flair.

The brochure is available at a normal charge in the tourism office Lienz Dolomiten, Europaplatz 1.

Free download at www.DeinBergTirol.at

Local legend