



National park region Hohe Tauern

Großglockner and Großvenediger and 264 peaks of 3,000m or more 14 nature and cultural learning trails - East Tyrolean Adlerweg Tyrolean mountain trail seal of quality: Gletscherweg Innergschlöß, Gassla Anda Weg, Venediger Höhenweg, Sudetendeutscher Höhenweg.

Summer highlights in the region

Kalser Kirchtag (patron saint day) Alpine brass band at the Zupalsee Hut Details & dates at www.osttirol-nationalpark.at



1 - Gletscherweg Innergschlöß, 2,200 m

Starting point: Matreier Tauernhaus (1,501 m) Description: A one-hour hike leads into Innergschlöß. Can also be reached by taxi or horse-drawn carriage. The glacier learning trail leads up a steep slope on the Salzboden to a pool with an island of cotton grass, the "Auge Gottes" (Eve of God). Continue on to the edge of the impressive Schlatenkees glacier. With the descent via the Pragerhüttenweg, the circular route comes to an end again in Innergschlöß. AV learning trail (pocket guide available). Access route: from Matrei i. O. along Felbertauernstraße to the Matreier

Tauernhaus ("national park hiking bus") Hiking time: Day tour Huts: Berghaus Außergschlöß 1,700 m, Neue Prager Hut 2,796 m, Venedi-

2 - Neue Reichenbergerhütte, 2,586 m

gerhaus Innergschlöß 1.700 m

Starting point: Hinterbichl - Ströden car park - Pebellalm

Description: A steep alpine trail leads from Pebellalm up to Stürmitzalm, where you leave the route in a southerly direction and join hiking trail no. 90 into Kleinbachtal. At the end of the valley, you cross the Kleinbach river and climb up to "Kleinbachboden", a beautiful high-altitude trough. From there the route starts off flat and then ascends evenly to the Rote Lenke and descends (30 min.) to the Neue Reichenberger Hut. The descent from the hut to the starting point then takes approximately 3 h via Bachlenke through Großbachtal Access route: Prägraten a.G. - Hinterbichl - Ströden car park

Hiking time: Ascent 4.5 h - 5 h, descent 3 h Huts: Neue Reichenberger Hut 2,586 m

3 - Three Lakes route

Starting point: Matreier Tauernhaus (1,501 m)

Description: Starting at Matreier Tauernhaus, follow the path in the direction of Gschlößtal and in the region of the Wohlgemuth alpine huts reach the start of "Old Tauernweg" toward the St Pöltner Hut (trail no. 511). Passing the wonderful "Zirbenkreuz" viewing platform, we proceed to the St Pöltner Hut. After the ascent to the Messelingscharte, you will enjoy a fantastic view of the Venediger massif. The descent is via part of the St Pöltner Ostweg and leads to the 3 lakes: Grauer See, Schwarzsee and Grünsee, Alonaside the waterfall of the Messelingbach and through flower-scented forests, hike in the direction of the Matreier Tauernhaus,

Access route: Matrei i. O. - Felbertauernstraße - Matreier Tauernhaus Hiking time: Day tour, approx. 6 h

Huts: St. Pöltner Hut 2,481 m



4 - Großvenediger, 3,666 m

Starting point: Hinterbichl or Wiesenkreuz car park **Description:** The route begins in Hinterbichl and follows the alpine road into Dorfertal to the Johannis Hut (2,121 m). The taxi shuttle there will shorten the ascent. To Defreggerhaus (2,964 m) with a view up to the shimmering white firn of the distant glacier formation. The glacier ascent beings below the Mullwitzaderls (3,244 m). Crampons, rope and an accompanying mountain guide will provide security. The route leads across Rainer Törl to the ice peak of the Großvenedigers (3,666 m). A wonderful panoramic view across the national park Hohe Tauern and its surrounding mountainscape with the Dolomites, the Dachstein Mountains and many more.

Access route: from Prägraten at the Großvenediger to Hinterbichl (Postbus stop) Hiking time/huts: Johannis Hut 2,121 m 5 h, Defreggerhaus 2,964 m 2.5 - 3 h

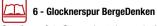
5 - Wiesbauerspitze, 2,767 m

Starting point: Hinterbichl - Ströden car park (1,403 m) Description: The route leads from Ströden to Pebell and Islitzeralm, and from there along the water trail towards the Clara Hut. After the tree line you cross the "Steinbrücke" bridge and reach an elevation. From there the route leads through a steep, rocky section (tethering rope), then across meadowland in beautifully situated passages up to the turn off, where you

head east to the Zopat Hut (not managed). From here the summit cross is closer, and after 1/2 h you have reached the peak with a unique panora-

Access route: Hinterbichl - Ströden car park Hiking time: Ascent 4 h - 4.5 h

Huts: Almgasthaus Islitzeralm 1,513 m, Berggasthaus Pebellalm 1,520 m



Starting point: Car park at the end of Glocknerstraße in Kals at the Lucknerhaus (Postbus).

Description: This extraordinary learning trail offers fitness for the mind, information about the interesting alpine history of the Großglockner and diverse insights into the natural wonder of this mountain. It is also very possible for attentive hikers to catch sight of typical alpine inhabitants such as marmots, ibex and golden eagles. Particularly recommended for families. Access route: Kals a. G., Kalser Glocknerstraße (Mautstraße)

Hiking time: 1 h Huts: Alpengasthof Lucknerhaus 1,920 m



This 3-day hike starts directly in Prägraten and connects a series of ancient huts and alpine huts on the southern side of the Virgental. The family circular hike leads from the Stabant Hut to the Saiat Hut, Bodenalm. Nilliochhütte. Schmiedler and Gottschaunalm to Obermauern to the Wallfahrtskirche "Maria Schnee" pilgrimage church and then via the "Hohe



Bank" back to Prägraten again. The Höhenwegrunde permits a brief detour on the Venediger Höhenweg with a visit to the Eissee and Bonn-Matreier Huts.

8 - Rabenstein castle ruins

Starting point: Church square, Virgen Description: Panoramic view from Iselschlucht gorge as far as Matrei. Ra-

benstein today towers only as a ruin above Virgen. The castle was once the seat of the so-called "Guardian". The ruin gives an idea of the sheer size of the castle back then. From the church square, the street rises up to Mellitz. In front of the Mellitz bridge, turn left and follow the Mellitzbach river into the Mellitz trench. At the bank, turn left on the secured path or take the asphalted causeway from Mellitz to Eggerhof and from there walk across to the castle.

9 - Historical trail Kalser Dorfertal - Dorfersee

Starting point: Kals-Taurer (1,500 m), Postbus stop

Description: A comfortable hike for families through the romantic Dabaklamm and the plains of the Dorferalmen. Five listening stations provide an interesting history of the valley and of the Hohe Tauern national park in three languages. The dizzying lookout post across the Dabaklamm is spectacular. Anyone making the hike to the idyllically located Dorfersee will follow the trail from Kalser Tauernhaus (1,755 m) towards the valley head. A full day's hiking should be scheduled for this.

Access route: Kals by road into the valley - Taurer - Postbus, Dorfertal car park Hiking time: 2 h (learning trail) Huts: Jausenstation Bergeralm 1,640 m, Kalser Tauernhaus 1,755 m

10 - Kals valley circular hike

Total length 19.5 km, on the western and eastern sides of Kals/Taurer to Kals/ Arnig passing all around, with a newly-erected suspension bridge (55 m long and 28 m high) and various themed stations, rest areas, children's playgrounds and viewing spots. Idea for families with children and older persons, as the trail sections can be individually tailored. Wonderful Nordic walking route! You can start the route from a number of different starting points and cover it in one go or in sections. At the starting points and rest areas you'll find information boards with the course of the trail and routes suitable for children's buggies marked out. Allow yourself to enjoy the local gastronomy on your journey of discovery.

Defereggental Valley

Special features of the region

- Many peak routes above 3,000 m - Nature and Cultural Learning Trails Largest connected Swiss pine forest in the Eastern Alps Jagdhausalm, the oldest alps in Austria

Summer highlights in the region

- Almrosenfest rose festival in St Jakob - Dragon boat races on the Obersee lake / Staller saddle Details & dates at www.defereggental.org

11 - Jagdhausalmen, 2,009 m

Starting point: Alpengasthof Oberhaus car park

Description: From the Alpengasthof Oberhaus you follow the slope for approximately 30 mins into the valley through the Zirbenwald. Continue along the Almfahrweg via Seebachalmen to Jagdhausalm, the oldest alpine village in Austria. Access route: from St Jakob to Erlsbach, Mautstraße to Alpengasthof Oberhaus Hiking time: 4 h there and back to Alpengasthof Oberhaus 1,770 m

12 - Großer Leppleskofl, 2,811 m

Starting point: Bergstation Mooserberg (2,368 m)

Description: From Bergstation Mooserberg/Jausenstation Mooseralm a climb leads to Ochsenlacke. Continue via the ridge extension to the Großer Leppleskofl. Access route: from St Jakob to the car park of the St Jakob ski centre Hiking time: 2 h ascent

Huts: Bruggeralm 1,818 m, Jausenstation Brunnalmstüberl 2,054 m, Panoramastüberl Mooseralm 2,350 m

13 - Oberseitsee - Seespitze, 3,021 m

Starting point: Weiler Trogach (1,735 m)

Description: From Trogach along the forest trail to the Gasserkofel, continue via mountain pastures to the Seespitz Hut (2,327 m). The marked climb to the magnificent Oberseitsee (2,576 m) which has formed in the wide corrie trough after the glacier retreated. To the west of the lake, a steep climb with a rope-secured passage leads to the peak of the Seespitze, the most impressive viewing mountain on the Panargenkamm.

Access route: from St Jakob i. Def. by car to Jausenstation Jägerstube Hiking time: Full day's hike Huts: Seespitzhütte 2,327 m

14 - Pfannhorn, 2,820 m

Starting point: Chapel of Maria Hilf or Grünbichl at the Staller saddle Description: Ascend at Lappachalm, from there head right via a climb through the forest to Hirschbichl and onwards, descending to an extended hollow. From Grünbichl: via Erlasboden to Hirschbichl. From there via the climb to a recessed hollow. Via grass slopes between two imposing rocks to the peak. Hiking time: 4 h

15 - Wassererlebnisweg St. Jakob i. Def., 1,380 m

Starting point: Eastern entrance to St Jakob/Einfangbrücke

Description: At the water learning trail along the Schwarzach, information boards

along the path explain the versatile effects of water on life and the landscape. Moors, species-rich ponds, clear springs, streams and waterfalls are all here to be marvelled at. An accurate guide and detailed description of the water experience route is available in the information office for the price of EUR 6.80. Access route: by car or Postbus to St Jakob i. Def. Hiking time: small circuit 1 h, large circuit 2.5 h

16 - Staller saddle - Around the Obersee lake 2,052 m

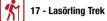
Starting point: Staller saddle

Description: Hikes in the Obersee region are ideal for families. Stone-age



hunting material and a dugout canoe discovered in the lake and surrounding areas provide evidence of the earliest settlements. Alpengasthaus Obersee will provide all the creature comforts you need. The Staller saddle enables you to cross over into the South Tyrolean Antholzertal. NEW: family-friendly lake circular hike with a diverse landscape for taking some time-out in nature. Children can observe fish, climb on boulders or craft little boats from natural materials, and parents can enjoy the surroundings and observe the animal and plant world. Maybe it's a grass frog, an eagle, the spotted nutcracker or just a butterfly that catches your eye. An experience with nature on the mountain is fascinating, if you make time for it. Hiking time (walking): approx. 0.5 h

Huts: Alpengasthaus Obersee 2,020 m



Starting point: St. Jakob i.Def.

Description: Hiking through Knappengruben to the Neue Reichenberger Hut. - Overnight accommodation- via Prägratner Törl to the Lasörling Hut - Overnight accommodation, via Donnerstein, Speikboden to Wetterkreuz and by taxi to

Virgental - return transfer to St Jakob i. Def. Wonderful panoramic views of the 3,000m peaks of the Venediger, Glockner, Schober and Rieserferner Groups. Hiking time: Each day's stage lasts 6 - 8 h - booking hotline: +43 (0)4875 5161 Huts: Neue Reichenberger Hut 2,586 m, Lasörling Hut 2,350 m, Zupalsee Hut 2,350 m, Wetterkreuzhütte 2,106 m

18 - Nature and Culture Trail "Life on the Precipice"

Starting point: Car park in Bruggen

Description: Starts off with a gentle slope to Holzer Mühle. After a steep section, you'll encounter typical examples of early mountain farm life at an extreme location on the sunny mountain slope. The "Wooden Mill" is still in operation today in Froditzbach. Flax was processed there and the corn mills were powered by mountain streams. In this secluded area, people had to provide for themselves over the long winter. Information boards give an insight into the previously unknown. The trail can also be followed in the opposite direction. For example, from the centre of the village of St Veit via Gassen to Bruggen. Access route: Bruggen

Hiking time: approx. 3 - 4 h (circular hiking route via Zotten)

19 - Nature and Cultural Learning Trail of Oberhauser Zirbenwald

Description: The largest connected Swiss pine forest in the Eastern Alps and a landscape shaped by centuries of work by alpine farmers provide the charming backdrop to the Nature and Cultural Learning Trail of Oberhauser Zirbenwald. New information boards inform visitors about the rich flora and fauna, as well as aloine life in general. Interesting information awaits visitors about "Life in the mountain stream", the "Vegetation in the avalanche allev", the "Traditional alpine farming", the "Birds of the larch and Swiss pine forest" and much more.

Access route: St. Jakob, Erlsbach, Alpengasthof Oberhaus (Mautstraße) Hiking time: approx. 1 h Huts: Alpengasthof Oberhaus 1,770 m

20 - Viewing platforms in Defereggental

20a - FreiRaum Alm viewing platform

Starting point: Alpengasthof Oberhaus

Another observation platform was built behind the Speikboden Hut in St. Veit on the initiative of the Hohe Tauern National Park. Starting at the Speikbode Hut in St Veit, a 15-minute's walk brings you to the viewing platform, from where you can enjoy a magnificent view of the Deferegger mountainscape. 20b - Maria Hilfer waterfall viewing platform

The viewing platform at the Maria Hilfer waterfall offers a new destination for those seeking rejuvenation, and is also a stop on the water adventure trail. Along with the viewing platform, "box seats" have been installed for the spectacle of nature that is the Staller waterfall. The viewing platform can be reached from Maria Hilf in approximately 20 minutes.

Hochpustertal Valley

Special features of the region Carnic high-alpine trail, Peace Trail along the front dating from the First

World War - "Herz-Ass" - long-distance hiking trail in Villgratental Aigner Badl: unique Tyrolean mineral spa

Wichtelpark and Sillian high-rope course

Summer highlights in the region

The TT Wandercup hiking competition in Außervillgraten .Herz-Ass" Wanderopening (official start of the hiking season) in Villgratental Details & dates at www.hochpustertal.com

21 - Around the Thurntaler, 2,400 m

Starting point: Bergstation Thurntaler / Thurntaler Rast

Description: From Bergstation Thurntaler via trail no. 10b to Äußere Hochalm. Continue on trail no. 10 to Bergkamm. To the right is the peak, to the left the Astatt Sattel. From there via trail no. 4 down to the Hintere Hochalm Hut on the Villgrater side. Along trail no. 10b via the Hofelet Alm back to Thurntaler Rast, to Bergrestaurant Gadein and Bergstation Thurntaler. Access route: Sillian - Thurntaler or Außervillgraten cable car- Thurntaler Rast road.

Hiking time: approx. 5 h 22 - Große Kinigat, 2,689 m

Starting point: Rauchenbach / Kartitsch saddle

Description: Through the Erschbaumertal along the forest trail to the valley head.

The ascent winds upwards along the left to Tscharre. On trail on. 403, between Kinigat and Liköfelwand, to Hintersattel. Option of descending to the Filmoor-Standschützen Hut. On to Filmoorsattel and via the scree field south of the Königswand approx. 400 m to the west. Turning off to the right, a very steep ascent through piles of crushed rock to the cliff, where a secured passage approx. 100 m in length leads to the peak corrie and right on to the Europakreuz on the peak. Access route: Kartitsch - Ortsteil Erschbaum - to the right of the Lusser Säge Hiking time: approx. 5 h

23 - Circular hike of the Tessenberger Lakes, 2,126 m

Starting point: Tessenberger Alm (1,950m)

Description: The hike begins to the east of the Tessenberger Alm. past huts



and via the road, which leads first north and then west above the forest. At the upper edge of the forest the ascent leads to the right past the Heinfelser Kreuz. Marked stakes guide you to the three Tessenberger Lakes embedded in the flat ground surface, and to the cross. Towards Fronstadleralm, the ascent leads past the lakes on the eastern side. After approx. 20 minutes it turns gently downwards into the larch forest until you read the Fronstadleralm. From the enclosed Fronstadleralm westwards via a wide path to Groadnwiese and on to the starting point. Access route: Start the ascent from Panzendorf via Tessenberg (1,340 m) via

the forest road to Tessenberger Alm Hiking time: 2.5 h

24 - Golzentipp, 2,317 m

Hiking time: 1.5 h

Starting point: Bergstation Golzentipp

Description: From the Bergstation the route leads left to the back of the mountain and along the sky-run up to Bergstation Glamplift to the circular Jochsee lake. Then passing just above the old group of hay huts, the "Kutteschupfen", to the beautiful views and easily-climbed landmark local mountain Tilliach, the Golzentipp. **Access route:** With the Golzentipp gondola lift or on foot to the Bergstation (1.5 h)

25 - Gölbnerblick Hut, 1,824 m

Starting point: Kristeinertal car park Description: At the valley head of the unspoilt Kristeinertal valley, you reach the

starting point for the newly-installed Celar water trail with viewing platforms that offer a view of the impressive waterfall. The ascent continues on to the managed Gölbnerblick Hut with the Celar chapel

Access route: via the Kristeinertal to the official car park Hiking time: 1 h

26 - Carnic high-alpine trail - "Peace Trail 403"

Starting point: Sillian - Weitlanbrunn or Leckfeldalm Description: The Carnic high-alpine trail follows the Carnic main ridge, which runs in a west-east direction for 110 km, with a total trail length of 155 km. In 6 - 8 daily stages.

Hiking time: between 3.5 and 9 h / day Huts: Leckfeldalm 1,900 m, Sillianer Hut 2,447 m, Obstansersee Hut 2,304 m, Filmoor Standschützen Hut 2,360 m, Porze Hut 1,942 m, Hochweiß-

27 - Herz Ass long-distance hiking trail

Starting point: Kalkstein car park Description: Along the entire Herz-Ass high-alpine hiking trail, alpine climbers can climb many imposing peaks of the Villgratental and return again and

stein Haus 1,868 m, Wolayersee Hut 1,960 m, Untere Valentinalm 1,220 m

again to the Herz-Ass trail. Access route: Sillian, Villgratental, Kalkstein Hiking time: 6 stages, each 6 - 7 h/day

28 - Toblacher Pfannhorn, 2,663 m

Starting point: Kalkstein/Innervillgraten **Description:** First, a gentle ascent along a dirt road to the Alfenalm and then up to the Ruschletalm (1,915 m). Continue on an easy footpath into the valley head and across the flower-filled slopes of the Alfenalm. Then in a westerly direction up a steep slope to the Pfanntörl (2,508 m). Across the rocky but not too difficult Nordwest-Grat you reach the large summit cross of the Toblacher Pfannhorn, from where there are great views, including of the Sexten Dolomites.

Access route: Innervillgraten - Maxer - Kalkstein Hiking time: 2.5 h - 3 h

29 - Oberstalleralm circular hiking trail

Starting point: Unterstalleralm / Innervillgraten

Description: There can hardly be a person who is not moved by the sight of the Oberstaller Alm. This protected alpine village with 18 rustic alpine mountain huts and a chapel is an easily reached destination and popular spot for photos. Oberstalleralm is a 20-minute walk from the Unterstalleralm. Continue to follow trail no. 15a to the "Klapfbach waterfall" viewing platform and then back to the Unterstalleralm

Access route: Innervillgraten - Maxer - Arntal - Unterstalleralm

30 - Porze, 2,589 m

Starting point: Obertilliach/Hotel Weiler

rough the Dorfertal to Klapfsee. From there either left via the Porze Hut and Tilliacher Joch and an (easy) via ferrata through Italian territory to the peak, or straight on and then via hairpin turns up to KHW 403 and on to Porzescharte. From there by via ferrata onto the west ridge of the Porze and through Italian territory to the peak with its stunning views. Both routes require that you are sure-footed with a good head for heights.

Access route: Obertilliach - Dorfertal - Klapfsee (weekends to Porze Hut) Hiking time: approx. 2.5 - 3 h from Klapfsee, from Porze Hut approx. 2 - 2.5 h.

Lienz Dolomites

Special features of the region - Countless climbing opportunities

- Guaranteed sunshine on wonderful hikes on Zettersfeld Tristacherse - Circular bike tour of the Dolomites and the Dolomitenmann

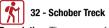
Summer highlights in the region - Olala street theatre festival Details & dates at www.LienzerDolomiten.net

31 - Debanttal Nature and Cultural Learning Trail **Starting point**: Seichenbrunn car park

Description: The life cycle of lichen, the value of the moors, the bird diversity of the larch and Swiss pine forests and the cultural, historical and ecological importance of traditional alpine farming: several insightful information boards tell you about everything you see before you. The learning trail leads through a diverse alpine landscape, framed against a majestic mountain backdrop. The learning



trail is easy to negotiate and features a difference in altitude of approx. 300 m. Access route: Nußdorf/Debant, Almfahrweg no. 28, Seichenbrunn car park Hiking time: 1.5 h Huts: Lienzer Hut 1,977 m



Description: The power of nature shaped the rugged landscape of the Schober Group over millennia. This alpine trek leads you to the most beautiful viewing points and to three 3,000m peaks - accompanied by expert commentary by national park rangers on the geology, plant and animal world. Added to that is the dark blue sky, the crystal clear water of the mountain streams and lakes, the camaraderie of the mountains and cosy evenings in the huts to make your holiday in the mountains something truly special.

33 - Neualpiseen from Bergstation Steinermand

Huts: Wangenitzsee Hut 2,508 m, Lienzer Hut 1,977 m, Hochschober Hut 2,322 m, Lienzer Hut 1,977 m.

Description: From the mountain station of the Steinermandl chairlift, you proceed in a NW direction along trail no. 913 on the ridge and change there to the north side, continuing upwards across rock steps in a block-shaped corrie and on to the Neualplseen lakes.

Starting point: Bergstation Zettersfeld Steinermandl chairlift (2,200 m)

Hiking time: approx. 1 h - for the trip around the lakes (highly recommended) you'll need approximately 30 mins. Access route: Gondola lift up to Zettersfeld, continue with 4-person Steiner-

34 - Schleinitz, 2,904 m

mandl chairlift

Starting point: Bergstation Zettersfeld Steinermandl-Sessellift chairlift (2,200 m) **Description:** From the Steinermandl chairlift station to the Neualpl lakes. Continue on trail on. 913 up to the peak, overcoming some rocky sections. Wonderful view of the town of Lienz and the Dolomites

chairlift or ascend via Mautstraße (toll road) to the centre of Zettersfeld and then continue in 4-person chairlift to Steinermandl. Hiking time: Bergstation Zettersfeld to Steinermandl (approx. 1 h 15 min.). then on to peak - total of approx. 3 h. Huts: Steinermandl Panorama 2,200 m

Access route: Gondola lift up to Zettersfeld, continue with 4-person Steinermandl

35 - Helenenkirchl circuit

Starting point: Lienz, parish church of St Andrä **Description:** The sun-facing circuit begins at the parish church of St Andrä and continues along the Schleinitzbach up the mountain. On trail no. 3 to Helenekirchl with the protected lime tree and a beautiful view of the Lienz valley floor. Return via the Helenensteig to Oberdrum, continuing on road no. 2 to the starting point to the parish church of St Andrä.

Access route: Town centre of Lienz to St Andrä car park Hiking time: approx. 3.5 h

36 - View of the Dolomites

Starting point: Zettersfeld valley station Description: Zettersfeld valley station, Grafenbach, Zabernig, Tschulealm, Thurn-Oberdorf, Reiterhof, Zettersfeld valley station. Panoramic views of the Lienz Dolomites and the Oberlienz alluvial fan. There are also old mine shafts

to see. Difference in altitude 755 m, total length 10.2 km Access route: Lienz. Zettersfeld valley station

Hiking time: 5 h

37 - Böses Weibele, 2,521 m

Starting point: Moosalm (1,000 m) Description: From the Moosealm via Russenweg (challenging ascent) in approx. 2.5 h to the Hochstein Hut with a beautiful 360° view. Continue along the ridge in a westerly direction with just a gentle ascent. Only the final few metres ascent lead over a slightly rocky ridge to the summit cross with a magnificent view of the mountains of the Lienz Dolomites, the Puster and Isel valleys. Access route: with the Schlossbergbahn to Moosalm or approach via Mautstraße Bannberg until you reach the car park below the Hochstein Hut.

Hiking time: Moosalm approx. 4.5 h, Hochstein Hut (2,023 m) approx. 2 h 38 - Tristachersee circuit

Starting point: Ulrichsbichl, Amlach

Description: From Ulrichsbichl via the nature learning trail, past the "Alter See" natural habitat to the Tristachersee and along the southern shore of the lake to the lake meadow. Crossing Dolomitenstraße and walking along the toboggan run down towards the valley to the Tristach playing fields. Continuing along the floor of the valley to the Ulrichsbichl sta Wonderful scenery.

Access route: Lienz, Amlach towards Tristachersee

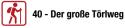
Hiking time: approx. 2 h

39 - Karlsbader Hut, 2,260 m via Rudl-Eller-Weg Starting point: Dolomiten Hut (1,620 m)

Description: Difficult tour. After the Dolomiten Hut car park, Rudl-Eller-Weg branches off to the left and continues a little up the mountain to Weißsteinalm. Continuing through larch meadows to Auerlingköpfl. Traversing the rock gullies and ledges by fixed rope requires the climber to be sure-footed. Via numerous hairpin turns you reach Hohe Törl (2,098 m), directly beneath the imposing walls of the Dolomites which are so popular among climbers. Continuing along grass slopes to the Sommerweg to the Karlsbad Hut. Access route: Lienz, Tristach, Kreithof - Mautstraße to the Dolomiten Hut

Hiking time: approx. 2.5 - 3 h from the Dolomiten Hut car park to the Karls-

Huts: Karlsbader Hut 2,260 m, Dolomiten Hut 1,620 m



A real mountain experience for families with athletic ambitions - the east-

west crossing of the Lienz Dolomites. While hikers with children (not suitable for young children) march from hut to hut against a wonderful mountain backdrop, more experienced climbers can take in the most beautiful peaks of the Lienz Dolomites while passing through. Some of these are easy to climb, others require some level of alpine ability (via ferrata). Huts: Dolomiten Hut 1,620 m, Hochstadelhaus 1,780 m, Kalser Hut 1,800 m, Karlsbader Hut 2,260 m, Schutzhaus Kerschbaumeralm 1,902 m

Ravine telephone: +43 (0)664 1567457 **GALITZENKLAMM WATER ADVENTURE PARK:**

HIKING

in the East Tyrolean mountains

Hiking map for the 2016 edition of the Hut Guide

THE OUTDOOR FAMILY DESTINATION

Water trail with a view of the waterfalls

Water playground with water maze, mud pit, wobbly bridge, rafts, water spray and much more.

Fixed-rope routes family fixed-rope route (difficulty B/C), Galitzenklamm fixed-rope route (C/D) adrenaline and dopamine (D with some E parts)

Forest high-wire park 33 elements on 3 levels, flying fox obstacle course

1st September - 2nd October 10am - 5pm

Opening hours 14th - 16th May, 21st/22nd May, from 26th May through to 30th June, from 10am to 5pm. 1st July - 31st August 9am to 6pm

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Discover nature

ence peace, relaxation and unspoilt nature. Wild, primeval landscape and alpine culture. These are the two faces of the Hohe Tauern National Park. It is the largest, internationally-recognised protected area in the Alps and one of the last true wilderness areas in Central Europe. Glaciers, rock faces, adventure forests and unique aloine landscapes invite visitors to have an unforgettable experience in this fascinating region in the company of the national park rangers. Wildlife watching, nature watch and multi-day trekking tours to the Venediger, Glockner and Schober Groups turn your time in the national park to an adventure. But it is not just the breath-taking enormity, but also the charming smallness that connects the national park to all of nature. The spruce trees from the Balkans, larch trees and arolla pines from the Asiatic Taiga, alpine meadows awake in the shimmering sea of flowers. The rangers are experts in ensuring a day packed with experiences in the national park. Top - the national park house in Matrei as the starting point for a journey into the fascinating world of East Tyrolean nature.

Leave the everyday behind and reflect on what's really important. Experi-

Hohe Tauern National Park, East Tyrol, Kirchplatz 2, 9971 Matrei i. O., Tel. +43 (0)4875 5161, info@hohetauern.at, www.hohetauern.at

Other suggested hiking routes including descriptions of the routes, altitude charts, GPX files to download on the ne Information: Lienz information office, Tel. +43 (0)50 212 400, detailed brointeractive map of East Tyrol: maps.osttirol.com