



Hiking Destinations in the National Park Area of Kärnten

- 1** **Nature Trail Gamsgrube** KÄRNTEN
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. Then there is an ecologically sensitive area of drifting sand with vegetation that resembles those 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 at the glacier edge of the waterfall Winkelkees.
Starting Point: Car park Kaiser-Franz-Josefs-Höhe (2.369 m)
Approach: Via the Großglockner Hochalpenstrasse (toll road)
Walking Time: 2 hours to the Winkelkees waterfall

- 2** **Pasterze Glacier Trail** KÄRNTEN
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. Passing a vein of gold, 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! It is recommended that you purchase the informative little book (DeAV series guides) on the glacier trail before embarking on this tremendously varied walk!
Starting Point: Parking area of the Glocknerhaus Alpine Centre (2.131 m)
Approach: Via the Großglockner Hochalpenstrasse (toll road)
Walking Time: 3 hours from the Glocknerhaus to Kaiser-Franz-Josefs-Höhe

- 3** **Leitertal - Stockerscharte** KÄRNTEN
The Leitertal is distinguished by its flowery, steep flanks and lonely cirques. Starting from the Glocknerhaus alpine centre, the beautiful high mountain valley is best entered via the Stockerscharte (2.442 m), which offers a breathtaking view over Großglockner and the Pasterzen glacier. High above the thundering Leiterbach the high trail leads to the historic Salmhütte, from which the Großglockner was climbed for the first time. The trail leads on over beautiful Almböden down to the Troglam, from where one can either descend to Heiligenblut or climb back up to Glocknerhaus again.
Starting Point: Parking area of the Glocknerhaus Alpine Centre (2.131 m)
Approach: Via the Großglockner Hochalpenstraße (toll road)
Walking Time: 6 hours (Round trip Glocknerhaus)

- 4** **Göbnitzfall - Kachmoor** KÄRNTEN
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. A nature trail includes this grandiose spectacle of nature, and features of an observation tower. The Kachmoor is among the other highlights of this easily walked trail. This swamp, which has been formed due to an avalanche after the receding of the late-Ice-Age Pasterze, is now one of the most important habitats for amphibians (grass frogs, yellow-bellied toads) in the Hohen Tauern.
Starting Point: Retschitzbrücke parking area (1.260 m) in Heiligenblut
Approach: Gemeindefstraße, a few 100 metres from the town centre of Heiligenblut
Walking Time: 2 hours

- 5** **Briccius Chapel** KÄRNTEN
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". 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.
Starting Point: Kräutervandnerstülp parking area (1.421 m) in Heiligenblut
Approach: Gemeindefstraße, approx. 3 km from Heiligenblut town centre
Walking Time: 1.5 hours to the Briccius Chapel

- 6** **Göbnitztal - Langtalseen** KÄRNTEN
With the Göbnitz waterfall (see Tour 4) as an impressive "guardian" at the entrance to the valley, the Göbnitz Valley is one of the most beautiful alpine valleys in Hohen Tauern. This long tour (it is recommended that you stay overnight in it 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 Wirtsbauer pasture, one rejoins the main path leading down to Heiligenblut.
Starting Point: Retschitzbrücke parking area (1.260 m) in Heiligenblut
Approach: Gemeindefstraße, a few 100 metres from Heiligenblut town centre
Walking Time: 12 hours (overnight stay at the Eberfelder Hütte is recommended!)

- 7** **Gradenseen - Gradenmoos** KÄRNTEN
A nature trail leads through the extremely wild and pristine Gradental up to the Adolf Nöbberger Hütte (2.486 m), which is situated on the bank of the Großen Gradensee. The varied walk includes a splendid alpine wilderness, from which the Gradenmoos extends - a swamp into which several waterfalls pour - and a lake plateau with a total of 4 large mountain lakes. It is recommended that you purchase the informative little book (Serie DeAV Naturführer) on the Gradental!
Starting Point: Gradental parking place (1.657 m) in Gradental
Approach: Exit from the Mölltal main road at Putschal and via Fahrweg (600 metre height difference) to Gradental
Walking Time: 5 hours to the Adolf Nöbberger Hütte and back

- 8** **Großes Zirknitztal** KÄRNTEN
The Große Zirknitztal is the national park's latest addition and 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 "gay 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 return via the "Färber Kaser" to the starting point.
Starting Point: Großes Zirknitzal parking area (1.700 m) at the end of mountain road
Approach: Exit from the Mölltal main road in Döllach and onto mountain road via the village of Zirknitz into Große Zirknitzal
Walking Time: 4 hours via "Zalhtitsch" and the Eckalmen

- 9** **Lake Wangenitz** KÄRNTEN
The deep blue Lake Wangenitz is the second largest mountain lake in the Hohen Tauern National Park with an area of almost 22 ha. Together with Cross Lake, which fully lives up to its name because of its cross-shaped shoreline, it forms an incomparably beautiful lake plateau at the end of the Wangenitz Valley. Above the lakes is the Wangenitzsee Hütte (2.508 m), a stately shelter that invites you to take a well-deserved rest.
Starting Point: Wangenitz Alm parking area (1.450 m)
Approach: Exit from the Mölltal main road into Mörtschach and onto mountain road over the village of Pirkschberg into Wangenitz valley
Walking Time: 6 hours to the Wangenitzsee Hütte and back

- 10** **Winklerner Alm - Strasskopf** KÄRNTEN
The Winklerner Almis a gentle pastoral landscape just above the top limit of the forest, which is reached by the easy "Winklerner Alm family hiking trail". Starting from the Winklerner Alm, the family hiking path can be nicely combined, from the Viahalm, with the climbing of the Strasskopf (2.401m), the southernmost peak in the National Park. Here, the easy route leads above the idyllic lakes Winklerner Almseen up to the marvellously spectacular views from the peak, where one is presented with a magnificent panoramic perspective of the mountain world of the national park, but also up to the Dolomites.
Starting Point: Parking area Winklerner Alm (1.830 m)
Approach: Exit from the Iselsberg main road, directly to the border and on mountain road via the Penzelberg hamlet to the Winklerner Alm
Walking Time: Strasskopf to the lakes Winklerner Almseen: 4 hours ascent and descent



- 11** **Mohar - Asten** KÄRNTEN
The Mohar (2.604 m) is one of the most beautiful peaks with a commanding view in the whole of Kärnten. From its summit there is a truly unique view, reaching from the Felsberg 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 Görztzer Törl, close to the "Waschgang", where the traces from the goldmining period are unmistakable, one enters the secluded high-lying valley of the Asten. Here, the Sadnighaus invites you to take a well-earned rest.
Starting Point: Mountain restaurant Glocknerblick parking area (2.047 m)
Approach: Exit from the Mölltal main road in Döllach and onto the mountain road via the village of Sagriz and the Altas hamlet to the Glocknerblick mountain restaurant
Round trip: Mohart 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 "Kornträumen" and the "Malnitzer Tauern" were two of these crossings and the traces of the old Roman roads can still be discovered here. The route onto the Malnitzer 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 Scharfenhöhe. Shortly before the pass, one passes the "Alten Tauernhaus", with its interesting exhibition on historic ham trading. It is recommended that you purchase the informative little book (DeAV series nature guides) about the Roman roads!
Starting Point: Parking area beneath the Jammig pasture (1.700 m) at the end of the mountain road into the Tauern Valley
Approach: Exit from the centre of Malnitz 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** KÄRNTEN
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 "Schwuöner 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 "Fraying Forest". It is recommended that you purchase the little nature book (DeAV series nature guides) on the Seebachtal!
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 Malnitz into the Seebachtal to the parking area
Walking Time: On the nature trail to the Schwuöner Hütte and back: 2.5 hours

- 14** **Dösental - Dösenener See** KÄRNTEN
The Dösen Valley is towered over by the Felstrapez of the Säuleck (3.086 m) and leads past the Konradacke to a periodically dry little lake and over two prominent escarpments to a splendid cirque lake, the Dösenener See (2.270 m). At this bank, there stands the "Arthur von Schmid Haus", a place rich in tradition. From the Schutzhaus one can wander along the south bank to the mighty block glacier, a jewel of nature that is as hidden as it is interesting. It is recommended that you take the information folder with you!
Starting Point: Parking area in the Dösen Valley (1.448 m)
Approach: Turn-off from the railway in Malnitz into the Dösen Valley and on the mountain road to the parking area
Walking Time: to the Arthur von Schmid Haus and back: 6 hours

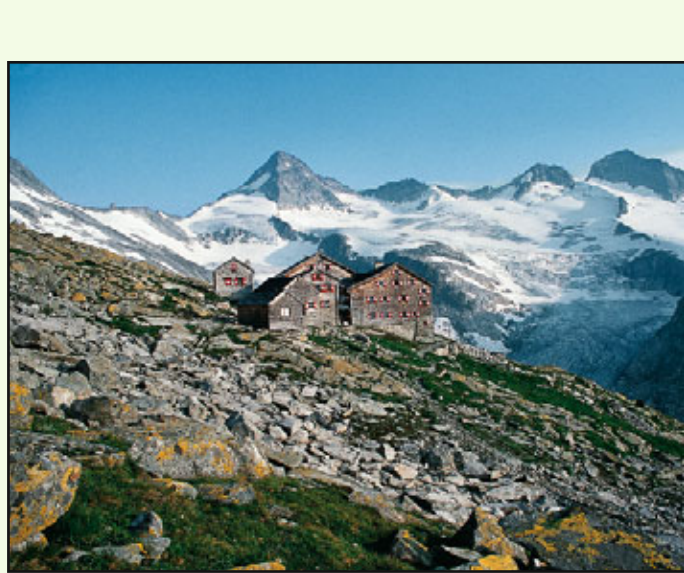
- 15** **Auernig** KÄRNTEN
Thanks to its central location, the rocky Auernig summit (2.130 m) with its large Gipfelkreuz dominates the national park borough of Malnitz. At first glance jagged and off-putting, the Auernig is surprisingly easy to climb. The route that goes directly from the town centre into Malnitz 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 Hohen Tauern and a fascinating insight into Malnitz! The descent is over soft pastures to the Wolligler Hütte, open to the public, and back to Malnitz.
Starting Point: Town centre of Malnitz (1.191 m)
Approach: Main road to Malnitz
Walking Time: Up to Auernig and back via the Wolligler Hütte: 5 hours

- 16** **Gößgraben** KÄRNTEN
The Gößgraben is famous for its alpine mixed foliage forest, a relic of a warm period that came to an end thousands of years ago. Because of the favourable local climate, there are elm, beech, maple, lime and other hardwood trees up to an altitude of 1.500 m! It is worth making a short stop with the car (at the "Twin Waterfall"), to take a closer look at this wonder of nature. The same applies to the actual hike up to the "Gießener Hütte" (2.202 m). It is located, like a viewing point, on the southern slopes of the "Queen of the Tauern", the "Hochalmspitze" (3.360 m).
Starting Point: Parking area beneath the Gößkarnspeichers (1.707 m)
Approach: Turn-off from the main road, into the village of Koschach and via the good mountain road to the parking area in Gößgraben
Walking Time: To the Gießener Hütte and back: 3.5 hours

- 17** **Nature Trail Elendtäler** KÄRNTEN
Although stamina is required for the route over the so-called Zwischenelendscharte (2.692 m), which connects the Kleinelendtal with the Großelendtal, this round hike has developed into a true classic. After all, you receive ample reward for your efforts: the fantastic alpine environment and the idyllic lakes Winklerner Almseen up to the marvellously spectacular views from the peak, where one is presented with a magnificent panoramic view of the Tauern", the "Hochalmspitze", are only two of the numerous highlights. And one has a superb base, the Osnabrücker Hütte! It is recommended that you purchase the little nature book (DeAV series nature guides) on the Elendtäler!
Starting Point: Parking area at the Kölnripensperre 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

- 18** **Arlhöhe** KÄRNTEN
The ascent of the Arlhöhe (2.326 m) is recommended to walkers who want to enjoy a view almost as beautiful as that from the Zwischenelendscharte (see Tour 17), but who do not want to walk so far! On this route, one leaves the broad path to the Osnabrücker Hütte after just half an hour of walking and climbs to the Arlsharte (2.252 m). One then goes up to the already nearby Arlhöhe, accompanied by an ever more extensive view. On the soft summit, there is a panoramic plate that tells the hiker the names of the countless peaks that are to be seen from here.
Starting Point: Parking area at the Kölnripensperre reservoir (1.951m) at the end of the Malta Hochalmstraße
Approach: From the village of Malta to the Malta Hochalmstraße (toll road)
Walking Time: To Arlhöhe and back: 3.5 hours

- 22** **Seebachsee - Obersulzbachtal** SALZBURG
Distinct cirque lake below the border ridge between Obersulzbachtal and Krimmler Achenal. During the vegetation periods, the protected flora on the bank zones is especially varied.
Starting Point: Parking area at Hofffeld area
Approach: From the national park district of Neukirchen around 1.5 km in a westerly direction to the Sulzbachtälner turn-off, over the Salzach into the Obersulzbachtal until the parking area at the Hofffeldboden.
Walking Time: From the Hofffeld area into the valley on the road way (marking no. 914) until shortly before the Gestrißbrücke Obersulzbachsee (taxi service from Neukirchen at particular times of day, time saved from Hofffeldboden 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. A natural history guidebook published by the Alpine Association provides worthwhile information on the 20 points on the 3.5 km long nature trail.
Starting Point: Hofffeldboden parking area
Walking Time: From Hofffeldboden into the valley on the road way past the restaurants Berndlalm and Postalm to the Obersulzbachtütte (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 Schüttöhr restaurant (849 m)
Approach: From the national park district of Neukirchen approx. 1.5 km to the west to the Sulzbachtälner turn-off, after crossing the Salzach left at the Schüttöhr restaurant.
Walking Time: Approx. 4 hours for the entire loop road with mining museum.

- 25** **Nature Trail Habachtal** SALZBURG
On the hike through this beautiful Tauern Valley, which after about 1 hour shows the visitor an especially strikingly pronounced U-shape created by Ice Age glaciers, lectern plates explain the geological features and the wealth of rocks to be found here.
Starting Point: Habachtal parking area (867 m)
Approach: Around half way between Bramberg and Neukirchen in the area of the "Weyerturm" runs turn-off in a southerly direction into the Habachtal Valley and about 2 km to the parking area.
Walking Time: 2 hours to the end of the nature trail in the area of Moaralm (taxi service at particular times of day).

- 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: parking area at the beginning of the Hollersbachtal valley
Walking Time: around 1 km on the Schattberg-Güterweg from the national park district of Hollersbach until a short distance before the reservoir.
Walking Time: 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 Fürtner Hütte at 2,162 metres above sealevel. West of the Kratzenbergsee lie 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.
Approach: From the parking area into the valley on the marked route No. 916 to Ross-Seel (1,888 m) and on to the Fürtner Hütte (2,201 m) 5 to 5.5 hours. Taxi from Hollersbach to the Oberboden 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 Schöswendklamm and the forest nature trail directly behind the Hintersee.
Starting Point: Krimml, waterfall parking area (1,076 m)
Approach: Coming through the Salzachtal to the national park district of Krimml or from Zillertal via the Gerlospass.
Parking: Large parking areas in the vicinity of the toll point of the Gerlosstraße (toll payable)
Walking Time: 1 hour to above the 3 steps of the falls.

- 21** **Krimmler Achenatal Valley End** SALZBURG
The rear part of the Achenal is dominated by a magnificent backdrop and boasts a pronounced moraine 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 Salzachtal to the national park district of Krimml or from Zillertal over the Gerlospass.
Parking: Large parking areas in the vicinity of the toll point of the Gerlosstraße (toll payable)
Walking Time: From Krimml on the waterfall path and through the Achenal to the edge of the glacier (vicinity of inner Keessalm, 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.

- 29** **Ödenwinkel Glacier Trail and Sonnblickkees - Stubachtal** SALZBURG
The family-friendly alpine hikes 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.
Starting Point: Rudolfshütte alpine centre
Approach: 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 area
Parking: From Enzinger 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 Törl 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: Heidnische 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
Walking Time: 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**
The Fuschertal offers a whole range of rewarding hiking destinations. The Ferleten game park is located directly next to the Glocknerbaue 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 Hohen 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 hage), which are still present here in large numbers.
Starting Point: Ferleten toll point 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 Fuscher Ache, then south on a goods route to the Rotmoos in about 1 hour.



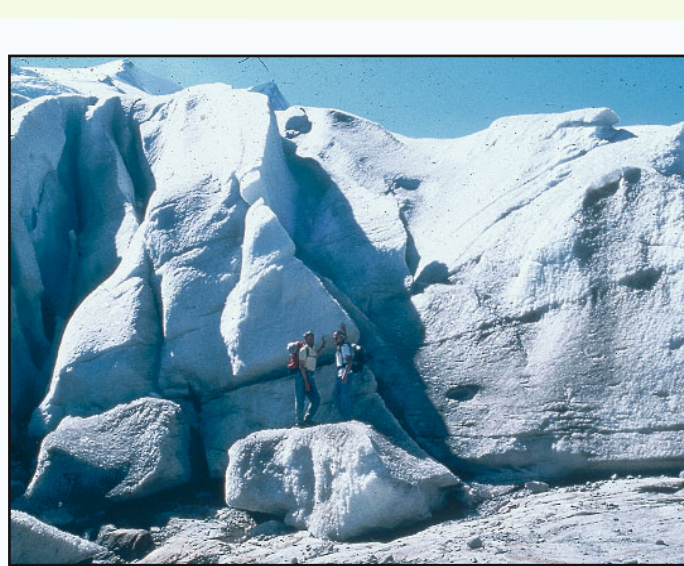
- 32** **Rauriser Urwald** SALZBURG
The natural landscape forest with more than eighty swamp pools is accessed by an easily walked nature trail. A small forest museum provides information on the geological creation of the area and about the flora and fauna.
Starting Point: Kolm parking area -Saigurn,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

- 33** **Rauris - Tauerngold 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.
Walking Time: About 1hour from Kolm-Saigurn via the steep alpine footpath (marking No. 122) to the Naturfreundehaus building (2,175 m). The Tauerngold 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 Hinter Prossau 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 Prossau 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 Großarjer 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 Schödlersee, a periodic lake, which mostly dries up during summer and is then filled with melt water again the following spring.
Starting Point: Talwirth National Park Information Centre (1,045 m)
Approach: On the road from Hüttschlag around 5 km into the valley
Parking: Talwirth parking area
Walking Time: On the marked walking path No. 512 through the Schödertal valley to the Schödlersee (1,440 m) bis 2 hours

- 36** **Lower and Upper Schwarzsee - Muhr**
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: Muritzan parking area
Approach: From the national park district Muhr, about 8.5 km into the valley.
Walking Time: Around 45 minutes to the Stöcklerhütte (1.752 m) taxi at certain times of day). From here, on path No. 711 through the Schmalzgrube and over the Schmalzscharte (2.444 m) to the lower (2.221 m) and/or upper Schwarzsee (2.339 m) around 4 to 4 _ hours.
From the Schmalzscharte, this tour is only allowed for experienced and non-dizzy mountain hikers.



Hiking Destinations in the Tyrol National Park Area

- 37** **Gletscherweg Innergschläß** TIROL
One of the most beautiful hikes in the Venetider area leads into the heart of the national park. From the Matrei 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 Auber- and Innergschläß (mountain chapel). From there, one must then proceed 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.
Starting Point: Matrei Tauernhaus (1,501 m)
Approach: From Matrei i. O. via the Felbertauernstraße
Parking: parking at the Matrei Tauernhaus (fee payable)
Walking Time: 6 hours.

- 38** **Fröbnitztal valley - Löbentörl Innergschläß** TIROL
An especially long, but also very rewarding tour leads from Gruben up over a steep trail past the Almdorf Katal to the Mittelderer 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 Löbentörl (2,770 m). At the Löbentörl, there is one of the most beautiful views in the entire Hohen Tauern: the perpendicular wall of crystal, the Venetian rock with seven ice-covered peaks, cracked, broad glacier surfaces and hardy vegetation on the very edge of existence. The descent into Innergschläß is especially steep and strenuous. One can get back to Gruben by post office 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 Dorferlat - Dorfersee** TIROL
The Kaiser Dorferlat starts with the impressive, deep Daba gorge and then opens up into a broad U-shaped alpine valley with beautiful meadows, little larch woods and small villages. The Dorferlat valley is also the symbol for the resistance of the women of Kals against a planned large power station, which was to have been built here, before the Hohe Tauern National Park was set up. The Dorferlat offers every element of a magnificent high mountain landscape in one easy hike: forests, broad alps and grassy landscapes, canyons and waterfalls, and lakes and glaciers.
Starting Point: Tauern parking area (1,521 m)
Approach: From the distnct of Ködnitz in Kals a. G. in the direction of Tauer 2 hours bis zum Kaiser Tauernhaus (1,755 m), then from there 1 hour to the Dorfersee (1,935 m).

- 40** **Edelweißwiese - Sudetendeutsche Hütte - Kaiser Dorferlat** TIROL
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 to the Sudetendeutsche Hütte (2,656 m) and past the Gradötz Sattel (2,856 m) to the Muntanztal down to the Kaiser Tauernhaus and further out from the valley to the Tauerenwirt (mail van stop). The second part of the hike is characterised by loneliness and quiet, framed by a wonderful backdrop.
Starting Point: Matrei i. O., village of Edelweiß (1,447 m)
Approach: Mountain road from Matrei to the parking area of Glanzler Berg (taxi)
Walking Time: valley crossing, total of 7 hours.

- 41** **Matrei-Goldried - Kals-Matreier-Törl - Kals** TIROL
The journey with the Goldried mountain railway only lasts a few minutes but takes you up to 2,156 m. The "Europa Panoramaweg" runs from the station to Kals-Matreier-Törl: over 60 three-thousand-metre mountains can be seen from here, including the famous Austrians Großglockner, Großvenediger and Hochgall. The hike is easy and comfortable and is even suitable for smaller children. The descent to Kals/Gröbldorf lasts 2 hours (post office bus stop).
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** TIROL
The Eichstät section of the German alpine association owns the Glorerhütte (2,642 m) and has published an interesting brochure on the geology of the area and of Hohen 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 variety 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.
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** TIROL
The way up to Stüdlhütte provides an easy hiking tour up into the mountains. All ways 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 Mürztaler path back into the valley.
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** TIROL
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 Eric 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 - Umbtal** TIROL
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 (2,568 m). The descent through the Kleinbachtal valley finally leads down through a totally secluded alpine valley to the Umbtalflän (Pebell/Isitzeralm). It is then another 30 minutes to Ströden (post office bus stop). Overnight accommodation at the Reichenberger Hütte is recommended.
Starting Point: St. Jakob i. D. parking at the entrance to the Trojeralmtal
Approach: Area of St. Jakob (post bus)
Walking Time: Crossing, approx. 8 hours.

- 46** **Virgertörl - Lasörlinghütte - Virgen** TIROL
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, 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 opp).
Starting Point: Parking space at the Speikbodenhütte (2,001 m)
Approach: From St. Veit via Almstraße by private car or taxi
Walking Time: Crossing, total 6 hours

- 47** **Umbtal - Klarahütte** TIROL
The Isel falls with primal force down over the cascades on warm summer afternoons. The Umbtal 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

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. Kärnten, Salzburg and Tyrol share the 1,800 km² protected area, in which there are 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 Hohen 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 Alpin region in harmony with nature.

But it is not only the big sights that are fascinating - the small and unassuming 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.



Special Programme and Guided Tours

Anyone wanting to take a closer look at nature can join a guided hike with National Park coaches or take advantage of the special nature experience options. You can obtain the programme brochures at the National Park information points.

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 untrained eye.

Hiking Maps

Mountain hikers who do not wish to find themselves on pathless terrain can best orientate themselves with hiking maps in the scale M 1:50,000. The large-area map sheets of the "Österreich Karte" (Austrian Map) with printed routes in M 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

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

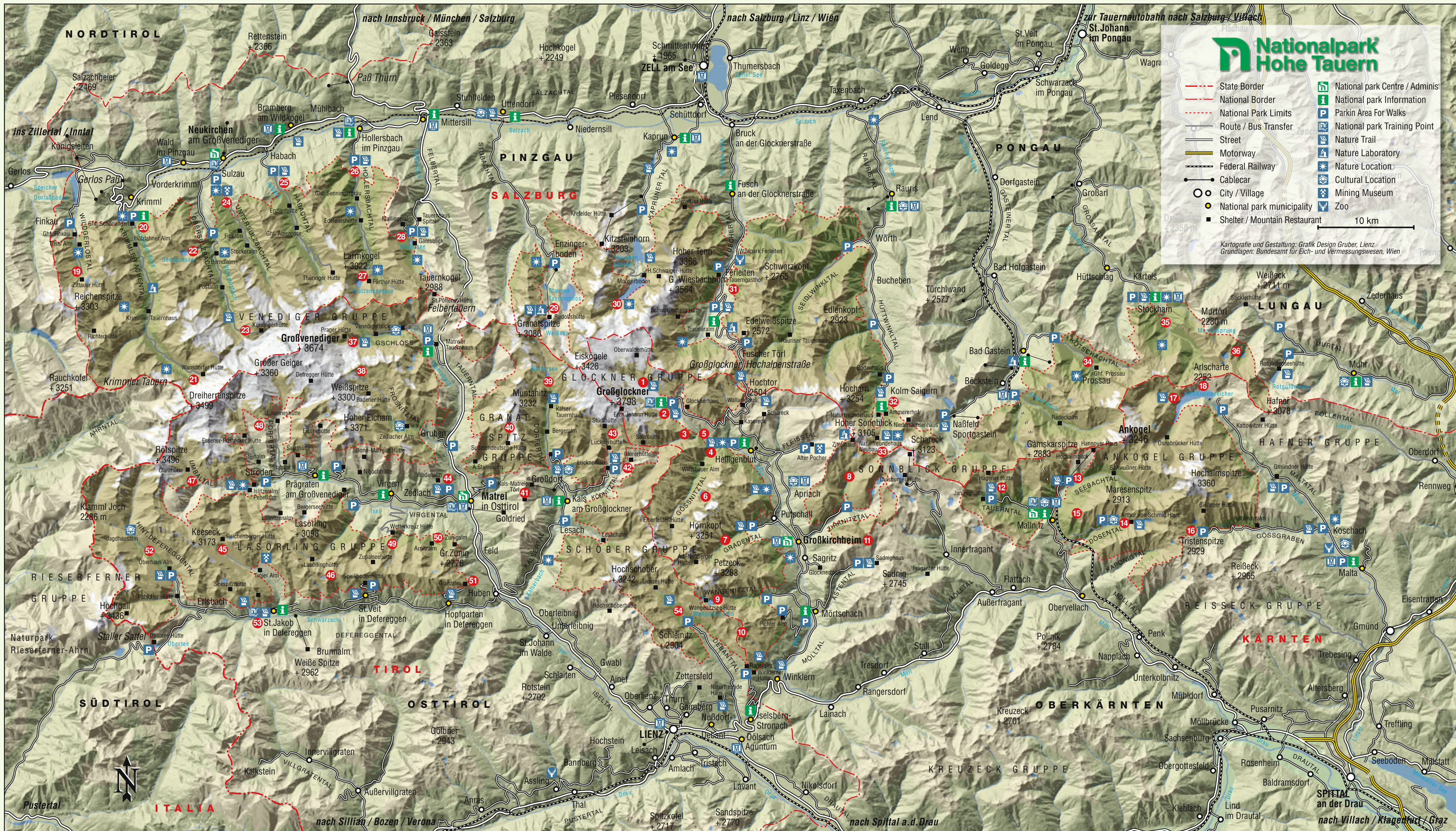
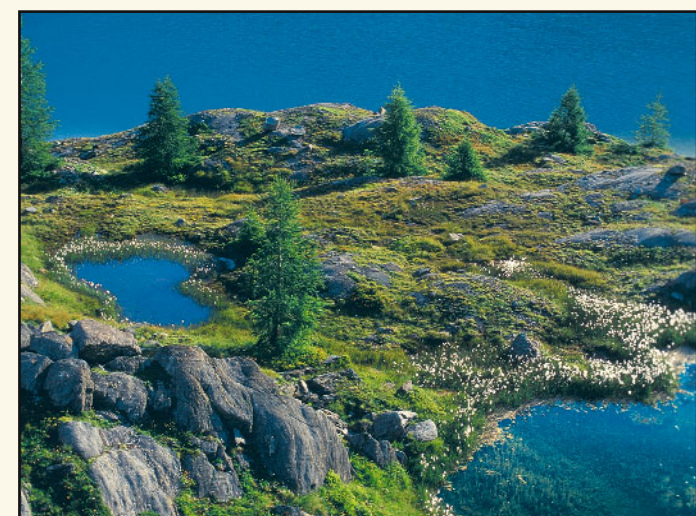
H. Hartl, D. Peer: "The Plants of Hohen Tauern". Practical guide with many pictures of almost all types of plants in Hohen Tauern, 173 pages

E. Stüber, N. Winding: "The Animals of Hohen Tauern". A Documentation of the many kinds of vertebrates and their habitat. 183 pages

K. Krainer: "The Geology of Hohen Tauern". The creation of the Alps and the geological structure of Hohen Tauern, many pictures, 160 pages

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

www.hohetauern.at



Nationalpark Information Offices in Kärnten

Größkirchheim	Nationalparkhaus "Alte Schmelz" 9843 Größkirchheim, Döllach 14 Tel. 04825 / 6161, Fax DW-16 e-mail nationalpark@knty.gv.at Exhibition "Nationalpark Hohe Tauern"
Heiligenblut	Heiligenblut Information Office, Tel. 04824 / 2700 Wilhelm-Swarovski Observation Point Kaiser-Franz-Josefs-Höhe, Tel. 04824 / 24625
Mallnitz	BIOS Erlebniswelt - Nationalparkzentrum Mallnitz Tel. 04784 / 20002, Fax DW-14
Maltatal	Malta Information Office, Tel. 04733 / 220-16

National Park Information Offices Salzburg

Mittersill	Felberturm Information Office, Tel. 06562 / 4444
Uttendorf	Information Office, Tel. 06563 / 8110 Natural environment Stubachtal, lectures, Celtic graves
Fusch	"Alpine Spectacle of Nature" Obernasfeld / Wilfried Haslauer Haus, Tel. 06545 / 7552 Nationalparkhaus/Tourism Office Fusch Exhibition "Moore and Feuchtbgebiete", Tel. 06546 / 666
Rauris	Information Office Zimmererhütte, Kolm Saigurn Talwirt Information Office, "Bergwald" exhibition and museum village Hüttschlag, Tel. 06417 / 444 or 445
Hüttschlag	Muhr Information Office, "Wildes Leben" exhibition, Tel. 06479 / 335
Muhr	

National Park Information Offices in the Tyrol

Matrei i. O.	Nationalparkhaus, 9971 Matrei in Osttirol, Kirchplatz 2 Tel. 04875 / 6161-10, Fax DW-20 e-mail nationalparkservice.tirol@hohetauern.at Permanent exhibition "Tauernwelten"
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), Tel. 04873 / 5550
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 Kärnten	9843 Größkirchheim, Döllach 1 Tel. 04825 / 20049, Fax DW-4 e-mail tourism@nationalpark-hohetauern.at
Salzburger Land	Holiday Region Hohe Tauern National Park GmbH 5672 Fusch / Glist. 100 Tel. 06546 / 40122 e-mail ferienregion@nationalpark.at
National Park Region Hohe Tauern East Tyrol	9971 Matrei in Osttirol, Rauberplatz 1 Tel. 04875 / 6527, Fax DW-20 e-mail info@hohetauern-osttirol.at

Correct Behaviour

Alpine Weather:	ÖeAV/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



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Walking Destinations



Good Equipment Required

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.

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