



CARINTHIA

Nationalpark-Region
Hohe Tauern

Travel guide

**HOHE TAUERN NATIONAL PARK
MÖLLTAL & DRAUTAL**
HIKING TIPS, LEISURE ACTIVITIES AND
TIPS FOR YOUR HOLIDAY.





Travel guide

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THE DIGITAL HOLIDAY COMPANION

We offer our guests and visitors in the region a digital holiday companion as a service and information provider.

“Resi”, your digital holiday companion

“Resi” will give you individual recommendations for your holiday, whether event information, guided tours or hiking suggestions. The tips are precisely tailored to the period of your stay. If you are interested, please contact your host or the nearest tourism information point.



ON DISCOVERY

Discover nature, culinary and mountain experiences on our guided hikes and programs. The diverse offer ranges from tours with National Park rangers and mountain guides, to slow food experience tours and trekking adventures into the eternal ice.

<https://nationalpark-hohetauern.at/en/urlaubsinfos/#/experiences>

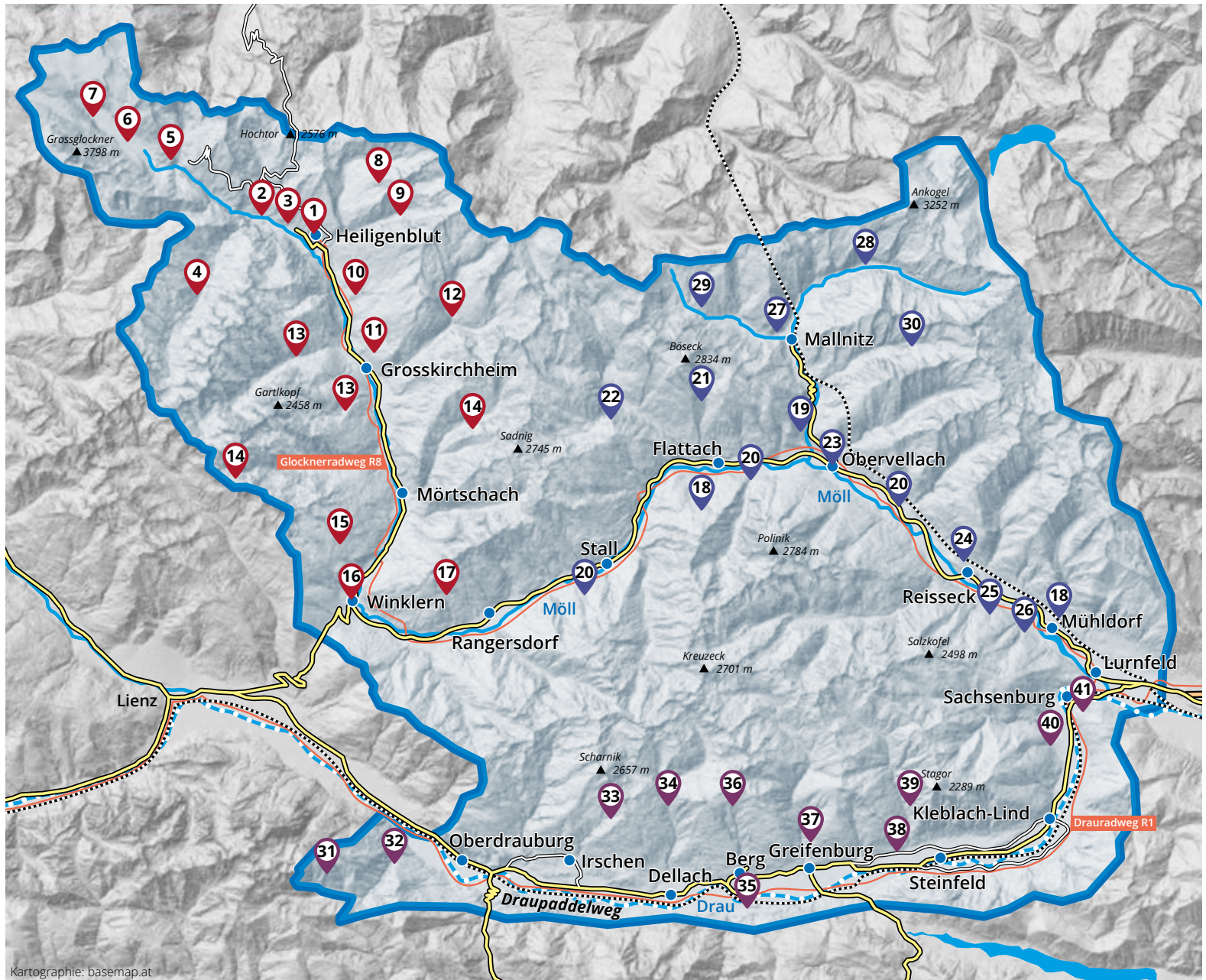


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MOUNTAIN NATURE LUST

HOHE TAUERN NATIONAL PARK MÖLLTAL & UPPER DRAUTAL

CARINTHIA
Nationalpark-Region
Hohe Tauern





HOHE TAUERN - NATIONAL PARK REGION IN CARINTHIA

Prepare to be amazed – by a very special spot that stretches between the highest peak in Austria, the majestic, glacier-covered Grossglockner (3,798 metres) and the deep blue bathing lakes of Carinthia.

Magnificent mountain nature awaits you, carefully protected for future generations within the Hohe Tauern National Park, and packed with a rich, fascinating and eventful history that you can still feel in the villages of the region today. Along with meeting its warm people with strong minds, shaped by the power of nature and yet open to exploring new routes! Our ancestors, after all, first welcomed scientists and mountaineers as tourists to a hostel here 200 years ago. Today's generation oversees and lives for innovative and sustainable tourism, which you will encounter at every turn in this travel guide!

DIVERSITY CAN CONFUSE

We have so much to offer here! That's why we want to help guide you on your journey through the national park region, from the majesty of the Grossglockner to the light-suffused Carinthian lake district. We have divided our region into three wonderful areas to experience, all of which radiate their own very special charm. Carinthia's kingdom of MOUNTAIN NATURE LUST is just waiting to be discovered by you. This brochure will be a useful companion for you in that. If you still have any questions, we would be delighted to answer them at our Info & Booking Center!

Your team from the Hohe Tauern – the national park region in Carinthia.

HOHE TAUERN NATIONAL PARK

The Heiligenblut Agreement signed in 1971 marked the start of Austria's largest and most successful project in Alpine regional planning – the founding of the Hohe Tauern National Park, which at 1,856 km² has the largest area of any national park in the Alps. Since 1991, it has stretched over three Austrian states of Carinthia, Salzburg and Tyrol and is now regarded as a shining example in the fields of protected area management, nature conservation partnerships with farmers and educational work. The national park has so many expectations to live up to – our guests want to experience the national park as a pristine dreamland with loads to discover. An attractive network of visitor information facilities has been developed – from the newly designed House of Ibexes in Heiligenblut, to numerous adventure tours to a team of highly trained national park rangers. Find out more about the Hohe Tauern National Park at: www.hohetauern.at

UNTOUCHED BY MAN: ALPINE WILDERNESS

The Hohe Tauern National Park with the last extensive natural landscape in Central Europe is part of Austria's national heritage and offers incredible icy peaks, glaciers, countless crystal-clear mountain lakes, roaring waterfalls, wind-shaped exotic Hochkar plateaus and an abundance of natural species.

WELL-PRESERVED AREA: MOUNTAINOUS CULTURAL LANDSCAPE

The real charm of the Hohe Tauern National Park results from the truly harmonic combination of alpine wilderness and a mountain landscape maintained over the course of several centuries.



**Nationalpark
Hohe Tauern**

Heiligenblut am Grossglockner Myth Grossglockner



Experience Heiligenblut am Grossglockner
during a virtual sightseeing flight
360.heiligenblut.at

Picture perfect: The magnificent late Gothic church, close to the hostels and mountain farms in the middle of a magnificent mountain landscape, overshadowed by the majestic, glacier-covered immense peak of the Grossglockner. Heiligenblut am Grossglockner is much more than just a famous photo opportunity! Starting from the Glockner village, a wonderful experience area is waiting to be discovered, underneath the mythical Grossglockner!

THE GLOCKNER VILLAGE: DEPARTING AND RETURNING

Like a great treasure, the steeply rising mountain peaks look over the Glockner village of Heiligenblut. This is the perfect place to start an adventurous trip through the entire holiday world of the national park region. While you get to know the village and its surroundings on tours 1 and 2, tours 3 and 4 will take you right into the beautiful valleys of the national park. The best tips for departing and returning back to the Glockner village are here!



**"Heiligenblut am
Grossglockner from an
art-historical perspective" –**
Flyer about the cultural-historical
Heiligenblut available free of

charge in the Info & Booking
Center Heiligenblut



E-Bike charging stations
at the house of the ibexes



HOUSE OF IBEXES IN HEILIGENBLUT AM GROSSGLOCKNER

Heiligenblut is not only where the foundation stone was laid for the Hohe Tauern National Park – the alpine ibex was also reintroduced here in 1960. The House of Ibexes creates a special connection to the most impressive large mammal in the Alps with an interactive exhibition unique in the German-speaking world.

Beginning with the origins of the national park idea, the exhibition allows you to 'hike' to the different altitude levels of the Hohe Tauern National Park and to experience, first-hand, how animals and plants cope with the challenging conditions of their extreme habitats. Arriving at the 'summit', visitors can look forward not only a breathtaking view of the biggest mountain in Austria, but also a modern exhibition cinema that provides exciting insights into the life of the alpine ibex.

www.hausdersteinboecke.at



ON A DISCOVERY TRAIL

Discover nature, culture, culinary and mountain experiences on our guided hikes and activities. The varied offer ranges from tours with national park rangers and mountain hikers, to slow food adventure tours and trekking adventures on permanent ice.



TOUR 1

Walking tour of Heiligenblut am Grossglockner

Start your tour at the village square of Heiligenblut am Grossglockner. The square with its striking pavilion is an ideal **place for festivals** such as the famous **Glockner Lamb Festival** in September, the colourful **bleeding of herbs** on 15 August or the **pilgrimage festival** on 28 June. Information about all the festivals and concerts of the Heiligenblut traditional costume band can be found in your guest map or on noticeboards here.

At the entrance to the village, you will find the House of Ibexes with an extremely interesting and exciting exhibition about the Kings of the Alps. In addition to the information & booking center and the mountain guide agency, there is also the **Steinbock Café**, where you can enjoy the splendid view of the Grossglockner from the terrace with a piece of homemade cake.

Just a few steps from the village square is the famous **pilgrimage church of St. Vincent**. Built in the late 14th century, the church was built according to the legend of the holy blood. The size of this gothic, holy building is explained by the great wealth from gold mining attained by its builder, the Diocese of Salzburg. There is magnificent proof of this in the gothic veronica altar from the 15th century in the northern side aisle, covered with gold leaf from the Tauern. During the tour of the cemetery, look out for the tomb of Alfred Margrave Pallavicini. The Viennese nobleman was one of the most famous pioneers of mountaineering in the Hohe Tauern.

His legendary reputation comes from his first ascent of the steep ice couloir on the north face of the Grossglockner, which has since borne his name and is one of the best-known climbing routes in

the entire Eastern Alps – the Pallavicini Channel. Margrave Pallavicini eventually lost his life years later when he and his mountain guides fell to their deaths on the west ridge of the Grossglockner. His family then dedicated a wrought-iron book to the parish – “The victims of the mountains” – which commemorates all the victims of the Grossglockner.

WAY OF LEGENDS

The Way of Legends runs through the centre of the legendary mountain village and highlights the wonderful viewing points, offers hints of the pilgrimage character, reflects the history of the mountaineering village, plus opens up routes into nature and to historical peculiarities. The informative display boards will help you to learn more about the history of Heiligenblut and the people who have shaped it. You will then continue the tour and hike into the valley floor to the Winkl district with its numerous hotels and guesthouses. A few metres away from the Hotel Kärntnerhof, you cross one of the opening sections of the Möll river and walk the Hadergasse out from the valley. Above a small reservoir lies the Landgasthof Sonnblick, where a small but challenging high ropes course and skill course awaits adventurous guests.

In the Möll Gorge, which starts here, a breathtaking via ferrata was installed with several rope bridges over the waterfall! Continue downhill on an idyllic hiking trail – opposite you will find the picturesque hamlet of Pockhorn with its solitary church. The chapel of Saint Martin is open for visits in summer. The path then leads alongside the cool Möll river to the **Jungfernsprung water wonder trail**. You can brave the short ascent to the magnificent waterfall. After only 20 minutes you will reach the rock at the foot of the waterfall, which descends in two cascades, and with a little luck you can see a magnificent rainbow. You can then head back to Heiligenblut on a public bus, which calls directly at the entrance of the water wonder trail. Or you can follow the Alpe-Adria Trail back to Heiligenblut in the direction of Fleisskehre.

TOUR 1

Difficulty: easy

Best time: May to October

Duration: 2.5 hours

Refreshment opportunities:

- Restaurants and guesthouses in the districts of Winkl and Hof
- Landgasthof Sonnblick
- Oldtimer snack station
- Jungfernstüberl



High ropes course
+43 4824 2131





TOUR 2 Gössnitzfall/Natura Mystica

The starting point of this hike is the **Retschitzbrücke** national park car park, which can be reached on foot in a few minutes from the centre. The starting point with its Celtic appearance leads you to the enchanting **Natura Mystica** adventure trail, which will make you want to stick around and actively research at various points.

The highlights of the trail are the **Kachlmoor**, and a lovingly restored **mill** with its elaborately arranged water supply. A path leads in 15 minutes to a spectacular viewing point, from where the **Gössnitz waterfall** can be admired in all its splendour!

TOUR 2

Difficulty: easy
Best time: May to October
Duration: 3 hours

Refreshment opportunities:
Guesthouses and restaurants
in Heiligenblut

TOUR 3 Haritzersteig and Briccius spa water way

Straight from the village square in Heiligenblut, this first leads along the **Alte Glocknerstrasse**. At the first bend in the road (with the panorama sign) the scenically magnificent **Haritzersteig** branches off. This takes you into a quite spectacular mountain landscape with old, weathered mountain farms. Under a steep rock face, the Haritzersteig joins the **Briccius spa water way**, which soon takes you to an incredible point in the terrain.

The **Sattelalpe Alpine Flower Trail** provides information about the rich flora here. A few steps further on there is a **viewing point** that rises breathtakingly over a high rock face and offers an



unforgettable view of Heiligenblut. Now it is only a few minutes to the **Briccius Alpine dairy** on **Sattelalm**, which invites you to stop for a bite to eat and offers a playground for little guests to enjoy. Continue over the lush green alpine meadows to the small Briccius chapel with a healing spring. Legend says this is the point where Briccius died.

Legend has it that Briccius was a Danish general in the service of the East Roman emperor. As payment, he is said to have received a relic from him – a small bottle with the blood of Jesus – and sewed it into his left calf. Here, at the site of the chapel, Briccius was killed by an avalanche and the locals, who recovered his body, then uncovered the relic. That is how the legend of Heiligenblut began.

Details can be found in the '**Heiligenblut am Grossglockner from an art-historical perspective**' folder, which is available for free at the Info & Booking Center. You can also read about the legend in more detail in a small hut next to the chapel. The spring in front of the chapel with its right-turning water is said to alleviate eye ailments, above all.

We go back along the **Briccius spa water way** to the herbal wall and further along the road to Heiligenblut, where we recommend a visit to the **Sturm Archehof** with its interesting button maker's room and Heiligenblut's only publicly accessible library. A walk through the Archehof is also sure to delight children.

TOUR 3

Difficulty: easy to medium
Best time: June to October
Duration: 4.5 hours



Sturm Archehof
Phone +43 664 1556379

Refreshment opportunities:

- Guesthouses and restaurants in Heiligenblut
- Briccius-Sennerei Sattelalm (cash payment only)



TOUR 4

Gössnitztal: The Alpine pasture valley

As with Tour 2, this hike starts at the Retschitzbrücke national park square – but it has a slightly more ambitious destination. The Gössnitztal is one of the most scenic valleys and also the longest mountain valley to hike along in the national park. A centuries-old, wide and initially quite steep livestock trail takes you up to the first alpine pasture, the **Bruchetalm**, with impressive deep views of the immense **Gössnitz waterfall** continually opening up. Several Marterlen (memorial crosses) bear witness to the once dangerous work of mountain agriculture. The path becomes flatter and leads along an immensely impressive gorge. Note the elaborate walls, which have been supporting dizzying rockfaces for more than 100 years. The valley now continues again and you reach the main pastures of the valley with the **Ebenalmen**.

Before your very eyes, an alpine landscape like that from a picture book now extends – with alpine huts covered with traditional wooden shingles, lush green meadows and peacefully grazing cows. After another short ascent, you will reach the former Wirtsbauer. The ongoing route is certain to attract strong mountain hikers – it leads through the Gössnitztal to the **Elberfelderhütte (2,346 m)** and then back over a magnificent high path that runs along the Langtal lakes that appear strung together like pearls – in one of the most scenic mountain routes in the entire Eastern Alps! An overnight stay on the Elberfelderhütte is strongly recommended on this tour, and less experienced mountain hikers should take this great tour with a mountain hiking guide.

TOUR 4
Variant until Wirtsbauer Alm (not managed): easy to medium
Best time: June to October
Duration: 5 hours (round trip)

Variant Langtalseen till Elberfelderhütte: difficult
Best time: July to September
Duration: 12 hours (round trip ; 2-day-tour)



The dream road of the Alps:
Grossglockner High Alpine Road

Under the spell of the Grossglockner: Grossglockner High Alpine Road and Kaiser-Franz-Josefs-Höhe

It is a dream Alpine road: the Grossglockner High Alpine Road, which leads from Heiligenblut am Grossglockner to Fusch in Salzburgerland. It follows an ancient trading route that was already marked out in the Roman period, and was built from 1930 to 1935 – in the time of the great economic crisis – with an effort almost unimaginable today from over 3,000 workers.

More than a road: Today, the Glockner road offers you a great way to access the heart of the Hohe Tauern National Park and provides many interesting facilities along the way to stop off and discover. www.grossglockner.at

TOUR 5

Glocknerhaus and Glacier Way to Pasterze

The road up to the Glocknerhaus is an experience in itself. After the ticket point, the viewpoint at **the Kasereck** offers an ideal place for a short stop. The route to Austria's highest roundabout then continues in the direction of Kaiser-Franz-Josefs-Höhe. Soon, the **Schöneck** with its mountain guesthouse, a children's playground, as well as the lovingly designed **Glockner Meadows Wonder World** exhibition is reached. The Glockner meadows, which subsequently extend along the mountain road, are still maintained by mountain farmers today and have developed into the most species-rich ecosystem in the Alps. We now continue to the striking Glockner Gate at the **Glockner house**. The Glockner Gate symbolises the starting point for both the magnificent glacier

path to the Pasterze and for an ascent of the Grossglockner. An **ascent of the Grossglockner** is a serious mountaineering challenge, which should only be attempted by experienced mountaineers accompanied by a state-certified mountain guide! Before you make your way to the Pasterze, it is worth stopping off at the prestigious **Glocknerhaus** with its modern restoration. You will then hike on one of the most beautiful hiking trails in the national park, the **Glacier Trail to Pasterze**, in order to see the current glacier tongue after about two hours.

The trail offers so many highlights we could not possibly describe them all in this brochure. Please therefore note our book tip. We recommend that you take part in the guided hike with the specially trained national park rangers. This tour will open your eyes to the wonders of the glacier world.

TOUR 5

Difficulty: medium

Best time: June to September

Duration: 3.5 hours

Refreshment opportunities:

- Karl Volkert Haus
- Glocknerhaus
- Gletscherrestaurant Freiwanddeck
- Restaurant Kaiserstein
- Restaurant Kaiser-Franz-Josef-Haus and Panoramarestaurant
- Restaurant Hoher Sattel



Guesthouse Schöneck

open continuously from early May to late October
+43 650 2129 802



Natureguide Gletscherweg Pasterze

OeAV, Price: € 7,00
Available in the national park shop in the ibex house
+43 4824 20347



Karl Volkert Haus

Open from mid-June to mid-October, warm meals throughout, +43 4824 2518



Glocknerhaus

mid-May to late October
warm meals throughout;
+43 4824 24666 or
+43 680 5580 048



Salmhütte

mid-June to mid-Sept. (depending on the weather)
+43 4824 2089



Erzherzog Johann-Hütte

Austria's highest refuge and weather station at 3,454 m; open from mid-June to late September (depending on weather conditions). +43 4876 8500, info@erzherzog-johann-huette.at



TOUR 6

Around the Kaiser-Franz-Josefs-Höhe, Kaiserstein Panoramic Way and the Eternal Ice

The Kaiser-Franz-Josefs-Höhe is a great viewing platform for the Grossglockner and Pasterze, and has plenty more to offer too. Starting from the very popular **National Park Square**, several interesting **information points** make you want to stop off and visit. The Kaiser-Franz-Josefs-Höhe is also the starting point of the **Alpe-Adria Trail**.

Via stairs, you reach the Kaiserstein Panorama Trail, over which in a few minutes you can reach the **Wilhelm Swarovski Observation Tower**, which is visible from afar. With its powerful telescopes, the observation tower, which is modelled on an oversized rock crystal, provides extremely impressive views of the surrounding mountains and, with a little luck, also of marmots and ibexes.

If you want to get even closer to the Kings of the Alps, morning **ibex watching** is definitely recommended, as around the Kaiser-Franz-Josefs-Höhe you will find the habitat of the largest ibex colony of the national park. Starting from the viewing tower, accompanied by an experienced national park ranger, you will go to the best observation points. After returning to the National Park Square, the hike to the eternal ice is now waiting! You can shorten the hike with the **historic Pasterze glacier lift**, a cable car built in 1963 to the edge of the glacier. Everything is relative – including the term eternal ice. Because of the retreat of the glacier over the past 50 years, an approximately one-hour hike to the edge of the glacier awaits you. Standing on the raw ice of the Pasterze glacier is a wonderful experience! Make sure you stay within the secured area, however. Anyone who wants to hike on the weird and

wonderful glacier world safely is highly recommended to take the **Glacier Trekking Magic Moments Excursion** with a state-sponsored mountain guide!

TOUR 6

Difficulty: easy – medium

Best time: June to September

Duration: 2.5 hours

Refreshment opportunities: • Karl Volkert Haus • Glocknerhaus • Gletscherrestaurant Freiwanddeck • Restaurant Kaiserstein • Restaurant Kaiser-Franz-Josef-Haus and Panoramarestaurant • Restaurant Hoher Sattel



Kaiser-Franz-Josefs-Höhe Visitor centre

All exhibitions open daily from 10 a.m. to 5 p.m. Discover the Grossglockner and the world of the high mountains, the Pasterze and creatures of the national park with all your senses on more than 1,500 m². The “Success Story Automobile” and “150 Years of Women at the Grossglockner” will

also amaze you. **Free entry.**



Exhibition along the Glocknerstrasse:

Exhibition on the Piffkar and at the Haus Alpine nature show “The highest Salzburgers” Part 1: Fascination mountain and part 2: Mountain giants. Open from 9 a.m. to 5 p.m.

TOUR 7

Gamsgrube Panorama Trail

The combination of several factors – the exposure, the climate, the geology and the strong wind erosion make the Gamsgrube in the Alps unique as an ecosystem. From this, a high mountain landscape was formed with wind-shaped dunes, sand pyramids and plants, which occur only here in the Alps. The **Gamsgrube** is the high altar of nature in the Hohe Tauern National Park. It is clear here too that nature is constantly in motion.

Due to the constant climate change, the Gamsgrube Trail is currently no longer fully accessible for your own safety due to the risk of rockfall. The Gamsgrube Way is officially closed from the tunnel 6 exit. The ascent of the Gamsgrube Trail from the last tunnel is only possible for mountaineers with a safety helmet and professional safety equipment – and is done entirely at their own risk.

Nevertheless, the route through the series of tunnels is also unique. A number of interesting exhibitions await you in the **Treasure Tunnel** from the legend of the Pasterze Glacier to the treasures of the mountains: water, crystal and gold. We recomm-

end warm clothes for the tunnel walk, because underground it can always be a bit colder.

Between the individual tunnels, the path repeatedly offers breathtaking views of Grossglockner, **Pasterze** and the fascinating high mountain world. The construction of the tunnels was made necessary by the latent risk of rockfall. However, climate change in the high mountains has increased the risk of rockfall within a kilometre of the current end of the tunnels, making new construction measures required.

Until the breathtaking Gamsgrube special protection area is safely accessible again, we recommend instead that you take part in the daily organised national park ranger tour of the **Kaiser-Franz-Josefs-Höhe Panoramic Trail**, as you will find some special moments for photographs along the panoramic trail. In addition to seeing the imposing Grossglockner and the Pasterze in front of your own eyes, you can see many marmots and ibexes here.

Equally impressive are the subsequent views from the impressive glass architecture of the Wilhelm Swarovski observation tower, where animals can be watched from nearby with the help of powerful telescopes.

Refreshment opportunities:

- Gletscherrestaurant Freiwanddeck
- Restaurant Kaiserstein
- Restaurant Kaiser-Franz-Josef-Haus and Panoramarestaurant
- Restaurant Hoher Sattel

TOUR 7

Difficulty: easy

Best time: June to September

Duration: Approximately 1 hour to Tunnel 6 (round trip)



Oberwalderhütte:

June to September

Phone +43 4824 2546



VIEWING DECKS OF THE GLOCKNER: Schareck experience mountain, Fleisstal valleys and Apriach

After you have explored the heart of the national park directly at the foot of the Grossglockner, you can devote yourself entirely to the remaining destinations in the holiday world of Heiligenblut. The sunny side of Heiligenblut, from the Schareck adventure mountain over the two magnificent Fleisstal valleys to Apriach, one of the most magnificent mountain villages in Carinthia, is still waiting to be discovered by you!

www.skisport.com/grossglockner



TOUR 8 Schareck Adventure Mountain: Tauernfenster Geotrail and Grosses Fleisstal valley

We start with the **Grossglockner cable car** in the Heiligenblut village square and make one change at the Rossbach middle station before you reach the mountain station close to the summit.

The cable car ride alone will impress you as the wide and deep views become more and more breathtaking. You will also see other lifts on the wonderful slopes, as you are right in the middle of the Grossglockner/Heiligenblut ski area here. That will definitely make you want to return to this mountain paradise in the snowy winter. From the mountain station, you can reach the Schareck summit (2,604 m) with its summit cross within a few minutes.

A 360-degree panoramic display board will tell you about the names of the more than 40 (!) mountains over 3000 metres up that you can view from here. Further information boards provide you with information about the interesting geology of the Hohe Tauern and get you in the mood for the additional route, the **Geotrail Tauern window!**

The best special feature is the **Tauern window**, which is hidden from a geologically untrained eye to begin with. The Geotrail Tauern window leads with great views along a steeper passage – the Mauskarscharte is made much easier by steps – along the main

Alpine ridge. Karst shafts and caves, a mysterious rock face and many other geological features make this path so special. On the crest of the main Alpine ridge with its fantastic all-round panoramic view, you can continue hiking and return to the mountain station on Schareck. Or you can follow the path over the Weissenbach gap down into the **Grosses Fleisstal valley**. A fantastic high mountain valley lies ahead of you, which was designated as a protected national park area in 2011.

The path goes down steeply, but is always easy to walk on and soon the place where two young bearded vultures were released in 2012 will be reached. You will find yourself on the lush green valley floor of the Grosses Fleisstal, where the rustic **Fleisskuchl** is an ideal spot for hungry and thirsty hikers.

TOUR 8

GEOTRAIL

Difficulty: medium
Best time: Mid-June to September
Duration: 3-4 hours

GEOTRAIL & FLEISSTAL

Difficulty: medium to strenuous (some steeply descending passages)
Best time: July to September
Duration: 7-8 hours

Refreshment opportunities:

• Tauernberg-Hut • Panoramarestaurant Schareck • Fleisskuchl



Panoramarestaurant Schareck

Opening times depend on the operating hours of the cable car:
 +43 4824 2288-57



Fleisskuchl

Early June to September
 +43 4824 20310
 or +43 664 5078 069



Tauernberg-Hütte

Early July to Mid Sept.
 +43 664 1122 827



TOUR 9

Kleines Fleisstal valley – Heiligenblut gold diggers' village

The hike starts either from the Fleisskehre/gold diggers' village junction, or you continue by car to the **Goldgräberdorf** car park. From the car park you can reach the Heiligenblut gold diggers' village in 20 minutes on a wide path. A medieval gold prospecting village was rebuilt here with great attention to detail. From the mountain tunnel over the stamp mill to the melting furnace, all points in the extraction, mining and production of the legendary Tauern gold can be visited. Even today, the precious metal can be found in the mountains and bays of the Hohe Tauern.

Only a little above the gold diggers' village is the historic Alter Pocher mountain guesthouse, which is always a great place to take a short rest and replenish with traditional and down-to-earth cuisine. In this area there is also a small but interesting rock crystal exhibition. From **Alter Pocher**, experienced mountaineers can climb the **Hohe Sonnblick (3,105 m)** accompanied by a state-sponsored mountain guide. The Sonnblick is one of the best-known mountains rising above 3,000 metres, because on its summit there is a meteorological research station, the **Sonnblick Observatory**. An overnight stay in the Zittelhaus next to the observatory is an unforgettable experience. A short hike to the gold diggers' village and a search for the Tauerngold is more than enough adventure for those looking for an excursion, and you can go back along the same way.

TOUR 9

Difficulty: easy
Best time: June to October
Duration: 1 hour

Refreshment opportunities:

• Gasthof Alter Pocher



Gold diggers village

Mid-May to Mid-September depending on the weather
 +43 4824 24655



Guesthouse Alter Pocher

End May to October, depending on the weather.
 +43 4824 20315



Mountain guide agency

in Info & Booking Centre Heiligenblut +43 4824 2700-7



Zittelhaus

Mid-June to end Sept.
 +43 664 5218 237



TOUR 10 Apriacher Almen circular route

Apriach is a small mountain village located high above Heiligenblut, whose scenic beauty is sure to delight you. The path leads over lush-green mountain meadows to the Apriach Stockmühlen mills.

The **Apriach Stockmühlen** are quite unique – built on a wild mountain stream on a steep rocky slope, they use the power of water to extract flour. A hiking trail leads along the mountain stream past ancient, weathered mountain farms to the Apriach Landesstrasse, on which you will then head back towards the village. After a few hundred metres, the hiking trail branches off to the left in the direction of **Apriacher Almen**. In the face of the Grossglockner and rustic mountain huts, you will be enchanted by the Apriach larch meadows. You then go back to the starting point via the no less charming **Schachner Kasern**.

TOUR 10
Difficulty: easy
Best time: May to October
Duration: 4.5 hours



SPECIAL TIP: Heiligenblut mountain running arena

Enjoy a unique trail running competition feeling including timekeeping under the Grossglockner. The original route of the legendary Grossglockner Mountain Run extends from the district of Winkl to the Kaiser-Franz-Josefs Höhe. You can compete with the best athletes here in your own private mountain running race.

For beginners, we recommend the two shorter training sessions along the natural hazard trail from the valley to the middle station and onto the mountain station.

Route A Original Grossglockner Mountain Run Route

Distance: 12,500 m *Altitude:* 1,308 m *Duration:* 2.5 Std.

Route B Rossbach – Schareck Route

Distance: 5,000 m *Altitude:* 804 m *Duration:* 1.5 Std.

Route C Heiligenblut – Rossbach Route

Distance: 2,300 m *Altitude:* 450 m *Duration:* 30 Min.



Timing

All details about timing
and the app for download:
www.meinberglauf.at



The fascination of Tauern gold

The search for the legendary Tauern gold in the Hohe Tauern can be traced back to ancient history. With efforts that are unimaginable today, the fine metal was extracted by the mountain manually in underground mining. Gold mining experienced its last hurrah around 1600, before a massive deterioration of the climate made many of the daringly made gold tunnels disappear for centuries under glacier tongues. In the Gold Mine Group, as it is still called today, you can go on a journey through time to the 'Golden Times' of the past.

GOLDEN TIMES: ON A JOURNEY THROUGH TIME THROUGH THE VILLAGES

It isn't always there, but in its essence, the splendour of the golden times still shimmers in many of the villages of the Upper Mölltal valley. Join us on a journey of discovery through sleepy places that were shaped by centuries by gold mining, the pack animal trade and mountain agriculture.



TOUR 11 Cultural and historical hike through Grosskirchheim to the Gartlfall waterfall

Don't be confused by your hiking map: Grosskirchheim is actually the community adjacent to Heiligenblut. In your map, however, the individual villages, especially Döllach, will be noted much more prominently. This fascinating circular hiking trail also starts here in Döllach, the former centre of gold mining, just in front of the headquarters of the Hohe Tauern National Park administration. Opposite is the Old Melt. Restored in 1989, today there is little evidence of the original building of this historic melt. It is very different with the adjacent ruin of the **Kohlbarren** which was recently given a comprehensive restoration – this was used to smelt lead and zinc after the heyday of gold mining had passed.

We now go to the village square, where at first glance the large proud **trade houses** stand out. They still shape the appearance of the village centre and once served as the home of mine owners. The two historic hostels, the Döllacher Dorfwirtshaus and Hotel Post, have also retained their charm, especially in their dining parlours. Now you follow a small street, past the former handicraft workshop – which is probably the oldest house in Grosskirchheim.

The next destination can already be seen from here: the duo of **Schloss and Schlössl Grosskirchheim**. While the larger palace

once served as a mining court and administrative seat, the smaller palace was a residence of the mine owners. It was probably also the base camp for the horse caravans over the Hohe Tauern, as the so-called 'pack animal trade' was of great importance at the time of gold mining. Today, neither building can be visited by the public, but they are absolutely essential photo points on this cultural hike!

Past the Hotel Schlosswirt, you hike to the Möll river. If you enjoy your sport, you simply have to go to the new **sports and leisure facility in Grosskirchheim**. Tennis, football, asphalt stock sport, climbing, a large playground with rope slide, a shooting tunnel with shooting cinema and much more are available for sports enthusiasts. The park restaurant in the leisure facility is recommended as a place to stop off for a bite to eat or a drink. Enjoy culinary delights at their finest – from traditional to Mediterranean.

Those interested in culture can now hike along the cool river Möll, before a short walk uphill to the entrance of the **Gartlfall water experience trail**. This short, scenic path leads past mules and a viewing platform to the roaring Gartlfall. The 'primal scream basin' offers brave people the opportunity to stand right in the mountain water! Anyone who dares to do so will immediately know where it got its name. There are also scientific studies that attest to the positive effect of the Gartl waterfall for those who suffer from stress.

We now head over a bridge back along the Möll to another absolute must-see point of the hike – the historic **Putzenhof** with its outstanding gold exhibition. This stately building will immediately captivate you and provides an original kind of retreat. An ascent to the village of **Sagritz now awaits you**, where a magnificent gothic parish church is waiting to be visited. Yes, your eyes are not deceiving you, the church tower is almost as crooked as its famous cousin in Pisa! On the route back to Döllach, you will pass the delightful baroque church of **Maria Dornach**.

This completes a fascinating cultural hike that you should take your time on as Grosskirchheim still lives and breathes the history of the golden times of the past!

TOUR 11

Difficulty: easy
Best time: May to October
Duration: 3 hours

Refreshment opportunities:

- Guesthouses and restaurants in Grosskirchheim and Sagritz



TOUR 12

GOLDEN MOUNTAINS

Paths to gold – Grosses Zirknitztal

From the villages with their rich history, follow the legendary Tauerngold to the mountains where the mining shafts were located and which therefore still bear the name of Gold Mountains today! The Großes Zirknitztal and the Astental valleys are particularly recommended.

Even though the two Zirknitztäler valleys in the municipality of Grosskirchheim are shaped by the use of water power, they are among the most stunning valleys in the Hohe Tauern with their pine forests and epic high mountain landscape. They were therefore logically designated as national park protected areas in 2001.

This first goes from Döllach on a small mountain road, past the hamlet of Zirknitz, where the view of the natural wonder of the Neunbrunn waterfall will make you want to stop for a look. The misty waterfall runs directly down from a rock face. You can continue to the car park in the Grosses Zirknitztal valley, where this fascinating hike begins. Right behind the stream drainage, you will find a natural spectacle that is second to none. A wildly gurgling mountain stream amid pristine pine forests and waterfalls, which descend over steep rock faces into the valley.

The majesty of the valley cannot fail to fascinate you. The path leads higher here without great difficulty, through an impressive landslide area, until you stand in front of the picturesquely situated **Zahltsch** (2,100 m). The miners once received their pay here and now it is not far to a carefully restored former mining site with a trade house and tunnel entrance.

Breathe in the history before you continue your hike, up to the small corner hut, where the views open up to the Grossglockner and the mountains that rise above 3000 metres altitude in the

Schober Group. Now it takes you downhill again, to the small, almost natural Kegel Lake and through the Kleines Zirknitztal valley, which is surrounded by sky-high rugged rock faces, to the starting point of this wonderful circular hike. It has only a single, tiny flaw – unfortunately, there are no places to stop for refreshments!

TOUR 12

Difficulty: easy to medium

Best time: June to October

Duration: 4 hours

TOUR 13A Gradental

We can present two mountain hikes in one here. First you go from the hamlet of **Putschall** in the municipality of Grosskirchheim over a road into the magnificent landscape of the Gradental valley, which will take your breath away during the journey. An idyllically situated car park at approximately 1,600 metres of altitude underneath the 1,000-metre high rock walls of the Grosser Friedrichskopf (3,134 m) forms the starting point of this magnificent high mountain hike.

The hiking trail leads along the wild and bubbling Graden stream up to the Gradenmoos, one of the most magical places in the national park! A magnificent moor, into which roaring water mists pour and is surrounded by proud 3000-metre plus peaks! Now a steeper trail awaits before a picturesque lake plateau is climbed. As the largest and highest of the Gradensee lakes at almost 2,500 metres altitude, the lovely little **Adolf Nossberger hut** is the ambitious goal of this dream hike! You then return to the valley over a variant of the route, the Tierleitenweg, to the Gradenmoos and back to the car park.

TOUR 13A

Difficulty: medium (stamina requ.)

Best time: June to September

Duration: 5.5 hours

Refreshment opportunities:

- Adolf Nossberger Hut
- Gradenwirt



TOUR 13B Gartlital

In comparison to the monumental Gradental, the Gartlital valley is a hidden little gem in the Schober Group, which offers the possibility of an enchanting round tour.

You should drive from Grosskirchheim to the idyllically situated hamlet of Ranach, where the hike starts. It first heads along a beautiful alpine path through an enchanted mountain forest to the small, scenic huts of the Gartlalm. Now it continues along the roaring Gartl stream to a small moor, the Fleckmoos, where the hiking trail turns back to the Mölltal valley. You can enjoy a magnificent view of the valley at the weather cross while you ponder whether to continue to climb the striking peak of the Gartlkopf (2,453 m) in about an hour. Fans of more leisurely enjoyment will no doubt prefer to hike down over the lush green alpine meadows to the Schoberalm (not open).

TOUR 13B

Difficulty: easy to medium

Best time: June to September

Duration: 4 hours



Adolf Nossberger Hut

open from Mid-June to end of September +43 676 4966 931





TOUR 14A Wangenitztal

This tip is also available as a duo: The Wangenitztal valley is a worthy rival of the Gradental and the gently running alpine pastures of the wild Schober Group in the south.

It heads towards the **Wangenitztal** from **Mörtschach** over a small mountain road, past the picturesque hamlet of Pirkachberg to the car park. The hike takes you first past the alpine huts of the **Wangenitzalm** and along the powerful Wangenitz stream. The valley is stunning, but it cannot compete with the bizarre beauty of the Gradental valley. The higher you climb on the well-laid out hiking trail though, the more impressive the scenery will be! The greatest treasure has also been kept by the valley for the end.

After another steep few steps up, a lake plateau opens up before your very eyes at over 2,500 metres altitude! You will be left rubbing your eyes in amazement at this sight – as Carinthia's largest mountain lake, the **Wangenitzsee**, resembles a small sea over the clouds. The **Kreuzsee (cross lake)** completely deserves its name due to its shape! On the edge of the lake plateau, a much longed-for and deserved chance to stop off for a bite to eat awaits with the grand **Wangenitzseehütte**! After gaining replenishment in the hut, the descent back into the valley will be easy enough, if you can manage to separate yourself from this dreamlike place.

TOUR 14A

Difficulty: medium (stamina required)

Best time: June to September

Duration: 6 hours

Refreshment opportunities: Wangenitzseehütte



Wangenitzseehütte

open June to September
+43 4826 229

TOUR 14B

Astental hiking paradise

From the small national park municipality of **Mörtschach**, a winding mountain road leads up into the magnificent high valley of Asten, where the farms of the highest located village in Carinthia, Asten, nestle against the steep mountain meadows. A visit to the hamlet, which until a few years ago had a school with as many as 3 (!) pupils, is well worth a visit. On this tour, however, we continue to the end of the valley, where the hike begins at the cosy Sadnighaus. Have you always wanted to enjoy a gala dinner high above the clouds? Then the **Sadnighaus** is the perfect place for you!

Now it's time for hiking. You go slightly downhill to the **Astner Moos**, a beautiful flat moor, which is crossed by the Asten stream. The nature trail leads past icy springs, rare plants and, with a little bit of luck, rare amphibians. After the hike through the moor, which is a natural heritage site, a short ascent awaits along a roaring mountain stream and over real carpets of flowers to the small **Kröll Alm**. Now the path turns again out of the valley, just above the Sadnighaus, to cross the south slopes of Mohar. The wide hiking trail, without any real inclines, emits pure hiking pleasure. Passing the cosy Sagritzer Wirt's Almhüttl, a truly magical place is reached with the Glockner viewing point and its picturesque Antonius chapel. Your astonished eyes will just not be able to get enough of the panorama – the view extends, after all, from the Grossglockner over the many 3000-metre plus peaks of the Schober Group to the Lienz Dolomites. The best way to enjoy it all is from the terrace of the Berggasthof Glocknerblick.

Our tip: Mountain hikers will turn their gaze from the Sadnighaus or the Glocknerblick longingly up to the summit of the Mohar (2,604 metres). And there's a good reason for that: its peak is considered the most magnificent viewing point in the national park and easily trumps even the panoramic view from the Glockner viewing point!

TOUR 14B

Difficulty: easy

Best time: June to October

Duration: 4 hours (circular route)

Refreshment opportunities:

- Sadnighaus
- Glocknerblick
- Kröll Alm



Kröll Alm

May to June; in July, August and September daily open;
+43 676 4556 958



Glocknerblick

June to October
+43 664 7900 507



Sadnighaus

May to October, warm cuisine throughout from 11 a.m. to 8 p.m. +43 4825 20050



TOUR 15 Winklerner Alm Panorama Trail

Before you say goodbye to the Schober Group, you should definitely get to know the gentle side of this wild mountain group: the **Winklerner Alm** on its southern hills with the enjoyable panoramic path to the **Pichler Alm**! You can drive here by car on the federal road from Winklern to Lienz. In the **Iselsberg** area, turn right in the direction of **Schöne Aussicht/Winklerner Alm** and follow the road (gravel road) for about 30 minutes to the car park directly at the **Winklerner Hütte**.

The trail first follows the one to the summit of the Strasskopf (2,401 m), an easy peak with panoramic views that can be comfortably conquered by hikers with limited stamina. You will turn along the way to the picturesque **Winklern Lakes**, from where you can then continue to hike on the magnificent panoramic trail. The hiking trail leads through a picturesque alpine landscape without climbs and continually provides wonderful views of the Mölltal valley and the Goldberg Group!

TOUR 15
Difficulty: easy
Best time: June to October
Duration: 3.5 hours (round trip)

Refreshment opportunities:
• Winklerner Hütte
• Pichler Alm



Winklerner Hütte

daily open from May/June
to October +43 664 5313 113,
priska@winklernerhuetten.at



TOUR 16 Winklern Cultural Landscape Trail

Grosskirchheim was indisputably the centre of gold mining, while the Winklern market was much more shaped by trade due to its location at the foot of the Iselsberg. A very visible sign of medieval trade is the **toll tower of Winklern**, which today serves as an attractive exhibition venue. Built as a watchtower and a granary, the toll tower now houses a national park information centre with the interesting exhibitions of **Tauern Crystal Treasure** and, currently, **The Treasures of the Hohe Tauern**. Starting from the toll tower, the **Winklern Cultural Landscape Trail** leads in a large loop through the fascinating, well-kept mountainous cultural landscape around the Winklern market. A series of delightful wheel mills, metre-high artfully illuminated dry stone walls, magnificent rest areas and a lofty suspension bridge across the Möll River form the highlights of this circular hiking trail.

TOUR 16
Difficulty: easy
Best time: May to October
Duration: 3 hours

Refreshment opportunities:
• Restaurants and guesthouses
in Winklern



Fly fishing area

Gut Aichenegg
Winklern-Mörtschach
+43 676 9248 924
www.gut-aichenegg.com



Toll tower of Winklern

May to October
+43 4822 227-16



TOUR 17 The Marterle – Carinthia's highest pilgrimage church

Carinthia's highest pilgrimage church is the **Marterle** at almost 1,900 metres of altitude, high above Rangersdorf. The church does not in fact date back to the time of gold mining, and is only a little more than 100 years old. It is well worth a visit though!


As a starting point for this tour, we recommend the small village of Lainach, which until the 1960s proudly bore the name of Bad Lainach. The **Margarethen source** – which can be visited on a short hiking trail – (ask the **Hotel Margarethenbad** for directions) was the reason for Lainach's past reputation as a spa resort. Today, the spa is experiencing a renaissance in the form of Hotel Margarethenbad. Holidays can also be really healthy, after all! On the way over the long, but well-made mountain road to the Marterle, a stop at the **Rosenkranz herbal farm** is definitely worth it for the incredible range of farm products available to purchase from herbal tea to bacon! From the car park at the end of the mountain road, you can walk along a short way of the Cross to the **Marterle pilgrimage church**. With their magnificent panoramic mountain views, two cosy mountain guesthouses make you want to stop off for a bite to complete a wonderful day's holiday.

Our tip: Mountain hikers can still climb the Leitenkopf (2,449 m) from the Marterle in around two hours on a less difficult hiking trail. You will be amazed by the incredible panorama here as well as by the summit cross.

TOUR 17
Difficulty: easy
Best time: June to October
Duration: 2 hours

Refreshment opportunities:

- Gasthof Marterle
- Restaurants in Lainach
- Kräuterbauernhof Rosenkranz
- Hatzhof

 **Lainacher Kuhalm** daily
open from June to October
+43 664 9744223

USEFUL INFORMATION OBERES MÖLLTAL

HEILIGENBLUT AM GROSSGLOCKNER
GROSSKIRCHHEIM, MÖRTSCHACH, WINKLERN,
RANGERSDORF

INFORMATION POINTS

INFO & BOOKING CENTER HEILIGENBLUT
+43 4824 2700-20

HOHE TAUERN NATIONAL PARK – HOUSE OF THE IBEXES
+43 4824 20 347

GROSSKIRCHHEIM MUNICIPALITY / TOURIST INFORMATION
+43 4825 521-21

NATIONAL PARK ADMINISTRATION
+43 664 6202 356

MÖRTSCHACH MUNICIPALITY
+43 4826 701

WINKLERN MARKET TOWN / TOURIST INFORMATION
+43 4822 227-20

RANGERSDORF MUNICIPALITY
+43 4823 255-13

HIKING TAXI



In the Oberes Mölltal adventure area, you can reach the best starting points for your hikes and activities in nature with the National Park Hiking Taxi every day between 06:00 and 18:00. Book with taxi companies at least two hours beforehand – or if you are travelling early in the morning, by 20:00 the day before at the latest.

Information & registration

Taxi Fleissner
9844 Heiligenblut
+43 664 3836 311
taxi.fleissner@heiligenblut.at
www.taxi-fleissner.info



Wild water

Like the waterfalls in the Upper Mölltal valley, breathtaking natural gorges characterise the landscape of the Middle and Lower Mölltal valley. There is probably no other region in the Alps that can boast such an impressive and diverse range of gorge trails, as no gorge is like any other! For instance, the magnificent Groppenstein gorge has a mystical sensory gorge concept! Follow us on our journey of discovery into an adventure land of wild waters, white gold and fascinating cultural sights.

THE AREA OF WILD GORGES

When the untamed power of water meets relatively soft rock in the mountains such as mica slate, particularly spectacular, deeply cut natural gorges are formed. Four such natural wonders can be found in the Middle and Lower Mölltal valley.



TOUR 18A Ragga Gorge

From the car park in the Schmelzhütten district in **Flattach**, the route goes in leisurely style to the ticket stall of the Ragga Gorge, where the majestic noise of the torrent can already be heard. The hike into one of the most stunning and gigantic gorges in the Alps can begin. Over wooden bridges and footbridges you will safely make your way through the imposing gorge with a length of approximately 800 metres and an altitude difference of 200 metres. You will go past waterfalls, impressive rock formations and overhangs so narrow that you can't see the sky at times.

You can then spend a short time admiring the magnificent waterfall and feeling the refreshing rain and imposing power of the water. The return route over a forest path with a view of Flattach and the surrounding mountains takes you back to the starting point.

TOUR 18A

Difficulty: easy to medium

Best time: May to October

Duration: 1.5 hours

www.raggaschlucht.info



TOUR 18B Barbarossa Gorge

20 km further down the valley, near **Mühldorf** in the Mölltal valley, lies the little sister of the Ragga Gorge, the Barbarossa Gorge. The car park of the gorge is well signposted and accessible from the federal road. Accessing the varied gorge is not free of charge, and the newly created gorge trail is all about the legend of Emperor Barbarossa.

According to legend, Emperor Frederick I, known as Barbarossa, rested here in the gorge after one of his crusades. The immensely impressive Barbarossatisch, today a dreamlike resting place, represents the final highlight of this delightful hike. Afterwards, a slightly steeper forest path leads back to the car park of the Tauernbahn cable car.

TOUR 18B

Difficulty: easy

Best time: May to October

Duration: 2 hours

Refreshment opportunities:

Guesthouses and restaurants in Mühldorf



Climbing hall Mühldorf

info@kletterhalle-kaernten.at
www.kletterhalle-kaernten.at
+43 720 445700



The ARGENTUM Museum in Mühldorf and its circular hiking trails:

Mühldorf gained importance not only through the visit of Emperor Barbarossa. A thousand years earlier, Mühldorf

was a center for the Celts and Romans. In the ARGENTUM Celtic and Roman Museum and on three interactive and multimedia themed trails that lead through the local area of Mühldorf, visitors can learn more about the life of people in Upper Carinthia in ancient times. The starting point is at the car park of the ARGENTUM Celtic and Roman Museum.



TOUR 19 Groppenstein Gorge and Rabisch Gorge

For several decades, the two gorges, which formed the Mallnitz stream and today connect Mallnitz and Obervellach in an extremely attractive way, were not accessible to tourists. With a lot of hard work and dedication, both gorges were opened again with attractive hiking trails that can be perfectly combined to form an unforgettable day's hiking.

From the picturesque, historic **market square** in **Obervellach**, it takes you on easy paths to the entrance to the gorge at the foot of the impressive Groppenstein Castle. Soon you will reach Samson, the mysterious watchman of the **Groppenstein Gorge** and then the first highlight of the gorge – the beautiful shapes of the pot-holes and the **Lower Groppenstein Fall**. This is followed by the impressive **Upper Groppenstein Fall**, the most powerful waterfall in the gorge. The gorge has dug particularly deep into the valley floor here, and the newly created section of the trail begins, which is connected with a hefty slope. The wild and loud **Zechnerfall** provides a final highlight of the Groppenstein Gorge, before the end of the gorge trail is reached at Zur guten Quelle on an idyllic forest path.

After a short connecting path, you will reach the second part of this magnificent gorge hike – the **Rabisch Gorge**. The wildly romantic rockfall scenery is sure to fascinate you before you step out of the hollow depression of the gorge into the light-suffused high valley of Mallnitz. A promenade path then takes you to the centre of the traditional mountaineering village.

www.groppensteinschlucht.at

TOUR 19

Difficulty: not very difficult, a little stamina required uphill

Best time: May to October

Duration: approx. 4.5 hours

(from the entrance to the Groppenstein Gorge)

Refreshment opportunities:

- Bauernladen Walter • Groppenstein-Imbiss
- Restaurants and guesthouses in Obervellach and Mallnitz



TOUR 20

Water Sports: Rafting, Canyoning, Wakeboard & Whitewater Arena

The land of wild waters is not only excellent for hiking, but also for a rafting boat or canyoning secured by a rope. The Möllfluss, a magnificent Alpine river supplied by the glaciers of the Hohe Tauern National Park, offers excellent white water rafting throughout the summer season. The rafting route between Flattach and the Rottau reservoir in Reisseck has a length of 20 km and with its moderate difficulty is ideal for a big family adventure.

The Mölltal in Flattach whitewater arena is a paradise for wild water sports enthusiasts (with rafting, canoe slalom and much more). Canyoning promises even more adventure! You can head down hidden gorges like the Wölle Gorge in Stall or the Wunzen Gorge near Obervellach secured with a rope! Take a daring jump or abseil through roaring waterfalls.

Mölltal motor skills park

In the motor skills park in Obervellach with over 30 points, you can train your coordination and motor skills to bring your body and mind into balance and stability. Let your creativity run wild. It is the perfect place for team building, company incentives and a combination of fun and sport out in the nature. It is open all year round and free to use. www.motorikpark-moelltal.at

Driving Range & Putting Green

The driving range as well as the pitch & putt and chipping green with a sand bunker is ready for all golfers to play on at the Sport-Erlebnis-Camp Pristavec. 8 tees from the unique golf hut on 4 flagged greens with different lengths, 350 m² of artificial turf and much more. Reservations: +43 4782 2727, moelltalgolf.at



Rafting tours on the Möll River can be booked from the following agencies:

Sport-Erlebnis-Camp Pristavec, Obervellach: +43 4782 2727

Canyoning/Rafting Richter Obervellach, +43 664 9922 654

Club-Aktiv-Mölltal, Basis CAM Outdoor Sports, Flattach: +43 4785 410



Canyoning tours can be booked from the following agencies:

Sport-Erlebnis-Camp Pristavec, Obervellach: +43 4782 2727

Canyoning/Rafting Richter Obervellach, +43 664 9922 654

Club-Aktiv-Mölltal, Basis CAM Outdoor Sports, Flattach: +43 4785 410

Wöllaschlucht Canyoning +43 664 1333 226



WakeStall at Gössnitzsee

The first wakeboard facility of Carinthia with a beach, slack line, mini ramp, volleyball and balance board. +43 664 3304 400



The fascination of fly fishing from the beginning of May to mid-November, every day on the Möll.

Fishing cards available here:

Info & Booking Center Obervellach +43 4824 2700-30

Info & Booking Center Flattach +43 4824 2700-50

Municipality of Stall +43 4823 8100

Gasthof Dorfschenke, Stall +43 676 7918 200

Gut Aichenegg, Winklern +43 676 9248 924





TOUR 21 Mölltaler Gletscherbahnen cable cars and 3000 Experience

From **Flattach** you can reach the valley station of the Mölltaler Gletscherbahnen in **Innerfragant** via a mountain road. Off we go – the Gletscher Express cable car is hidden in a tunnel and overcomes 1,012 metres at great speed before the cable car sees the light of day again at the middle station at 2,200 metres altitude. From there, the cable car continues to the Eissee mountain restaurant, where you can sit and admire the glacier.

The 3000 Experience is completed with a ride on the chairlift that leads over the glacier up to over 3,100 metres! There are still a few metres waiting you here, as you have one of the shortest summit trails of a 3000-metre plus mountain behind you, and you are on the 3,122-metre high Schareck. The panoramic view up here is stunning and breathtaking! Important tip: don't forget good footwear and warm clothes before you start your ride up the mountain from the summer heat of the valley.

www.moelltaler-gletscher.at

TOUR 21

Difficulty: easy

Best time: June to September

Duration: 3-4 hours
(length of stay)

Refreshment opportunities:

- Bergrestaurant Eissee
- Duisburger Hütte
- Goldgräber Hütte



Mölltaler Gletscherbahnen cable cars

www.moelltaler-gletscher.at



Duisburger Hütte

July to September
+43 664 4453 353



Eissee Mountain Restaurant

daily open (see operating times of Mölltaler Gletscherbahn), +43 4785 8110-42



Goldgräber Hütte

July to October
+43 650 2844 221



TOUR 22 Over the paved trail into the Grossfragant

Along the historic paved trail (previously a transport path for sulphur and copper ore) you walk on the trail of copper mining and alpine farming – past old tunnel systems – into the idyllic high alpine area of the Grossfragant. Viewing benches along the way will make you want to stop off and enjoy the view. The audio stations and artistic installations will allow you to find out about the cultural history of the Grossfragant. The first part of this hike leads along the Up and Down themed trail.

TOUR 22

Difficulty: easy hike

Best time: July to September

Starting point: Paved trail car park
(toll fee € 5,- coin machine)

Duration: ca. 3.5 hours (round trip)

Refreshment opportunities:

- Fraganter Schutzhaus



Fraganter Schutzhaus

June to September,
+43 4785 396
fraganterschutzhaus.at



TOUR 23 MarktZeit and cult mountain

Like Grosskirchheim in the Upper Mölltal, the market town of Obervellach still has the rich Tauerngold history in the air. The market had its own mint as far back as 1360, and in 1509 it became the seat of the mine inspectorate – the authority responsible for the mining industry in large parts of Austria and Slovenia. Around Obervellach, picturesque castles and the quirky Danielsberg, a Celtic place of worship, still impress today. What also makes Obervellach stand out is the effort of a committed cultural initiative to build a bridge into the future from the legacy of the past.

Obervellach Culture Tour

This fascinating journey through time starts at the picturesque **market square** of Obervellach, where atmospheric festivals are celebrated again and again in summer with the Markt:Zeit. The **Oberstbergmeisteramt**, a magnificent and stylishly restored renaissance building with an atmospheric arcaded courtyard, now houses an apartment hotel with a café and an interesting national park exhibition. Other buildings worth seeing on the market square are the **Gussenbauer Haus** and the **Trauhaus** from 1520. You now leave the market square at its western end and walk slightly uphill to the picturesque **Trabuschggen Castle**, the oldest part of which dates back to the 15th century. From Trabuschggen Castle, you can also see the magnificent late medieval fortifications of **Groppenstein Castle**, located high above the entrance of the Groppenstein Gorge. This castle would be worth a hike of its own, but cannot be visited by the public. You now walk downhill through the alleys of Obervellach until you stand in front of the immense Obervellach parish church.

The hike now continues to the east, out of the Mölltal valley. We now pass the **Faulturm**, a late-medieval residential and defensive tower, which later also served as a jail. Now a cosy ascent to the Falkenstein castle complex, which can be seen from afar, awaits on the sunny side of the mountain.

The end point of the hike, Falkenstein Castle, is divided into two self-contained buildings. The ruins of **Oberfalkenstein** with an impressive castle chapel – a defensive structure that dates back to the 12th century – and the **Unterfalkenstein**, which was the former outpost of Oberfalkenstein Castle and was rebuilt in 1905 in a historic style. From Falkenstein Castle you walk down to the village of Gratschach and back to Obervellach.

TOUR 23

Difficulty: easy

Best time: May to October

Duration: 4-5 hours

Refreshment opportunities:

- Restaurants in Obervellach
- Burg Falkenstein guesthouse and Erlebnishotel Mölltal underneath Falkenstein Castle

Slow Food Village of Obervellach – one of just 11 villages worldwide!



Slow Food is the world's largest movement for a conscious food culture and sustainable food production. Slow Food Village is committed to protecting the diversity of local food and its producers according to the "good, clean, and fair" principle.

www.slowfoodobervellach.at

CYCLING TIP: Trekking and mountain biking

Family-friendly cycling through the Mölltal along the R8 Glockner cycle path and the Alps to Adriatic cycle path to Italy. Fantastic mountain bike routes up to the high mountains, breathtaking panoramic views, rapid descents and hearty snacks in traditional alpine huts await. This special bike experience awaits you with over 70 km of approved and well-marked routes around Obervellach and Reisseck. From the valley floor along the Möll up to the Polinikhütte at 1,800 metres altitude or to the Danielsberg in Kolbnitz.

Information: There is an online tour portal, while a cycling and mountain bike map of the Middle and Lower Mölltal Valley is available in the tourist information office.

Singletrail Launsberg: A highlight in the mountain biking offerings around Obervellach - a singletrail route from Launsbergalm to

Obervellach. The near-natural trail offers a mixture of quick descents and exciting forest passages over around 1.3 km of length and winds its way to close to the boulevard south of the Möll. The ride up to the Launsbergalm takes you along a forest road. The route is also suitable for children. The route is free of charge and is taken at your own risk. Parking options are available in the area of the sports adventure camp and football pitch.



Polinikhütte

June to September
+43 664 9301 5734



Stranighütte

June to Sept./October
+43 676 9438 222

TOUR 24

Cult mountain Danielsberg

From the Unterfalkenstein castle hill, a striking little mountain is sure to catch your eye. In the middle of the valley floor, the Danielsberg rises as a defiant counterpart to the power of the Möll glacier. This little mountain (it is not even 1,000 meters high!) is not only special due to its unique form – it is probably the oldest place of settlement in the whole valley! The Danielsberg can be reached via the villages of Penk or Kolbnitz. Take the narrow mountain road that leads almost all the way to the summit of the Danielsberg.

After a few metres you will reach a charming former hunting villa, the **Herkuleshof**, which today houses an inn with a restaurant with a great reputation. Passing a stunning pond, you continue your hike to the highest point of the mountain, on which a small church sits. The church dates back to the 12th century, but the history of the settlement on the Danielsberg goes back much further – to as far back as 175 AD. A **temple of Hercules** was built here during the Roman period. Even before the Romans, Celts settled on the Danielsberg and revered it as a place of worship. 6,000-year-old stone tools were found here, and just below the church you will find **Celtic bowl stones** (from former sacrificial sites) from the same period.

On the southern side, the Danielsberg breaks off with vertical gneiss faces in the direction of Möll. There is a great **primary rock climbing park** with routes from the third to ninth degree as well as a perfectly secured via ferrata. **Tip: Hike to the Danielsberg along the hunting or nature trail.**

TOUR 24

Difficulty: easy • **Best time:** May to October • **Duration:** 1 hour



TOUR 25

Teuchl: In the valley of the gold diggers

Following in the footsteps of gold, silver and iron mining, this simple but impressive hike leads into the lonely and wildly romantic Teuchltal valley.

The starting point of the hiking tour is the village of Napplach. From the fire station, hiking trail 335 leads over a timber hauling path to the New Teuchlstrasse and further on to the idyllic Mitterweg trail, which is lined by shady mountain forests. After around two hours of walking, you reach the mountain farming village of Teuchl and walk over the so-called Schluat to the old Teuchlstrasse and on to the ruins of the old gold smelt. A stop at Gasthof Alpenheim is always worthwhile. The same path takes you straight back towards the valley and to the starting point.

TOUR 25

Difficulty: easy hike
some stamina required
Best time: May to October
Duration: 4.5 hours

Refreshment opportunities:

- Gasthof Alpenheim in Teuchltal
- Gasthof Penkerwirt in Penk



TOUR 26

Kreuzeckbahn and Alpine pasture path

In Kolbnitz, the Kreuzeck panoramic cable car – which has a gradient of 82% – leads up to the Rosswiese meadow at 1,196 metres altitude. The landscape you immerse yourself in at the mountain station is simply enchanting as a delightful alpine landscape and cool mountain forests open up here. You hike on a beautiful path through two small Alpine pasture villages, the Mernikalm and Mühldorfer Alm, with their cosy catered huts.

TOUR 26


Difficulty: easy

Best time: June to September


Duration: 3 hours

Refreshment opportunities:

- Klinghütte
- Poldis Jausenstation
- Sandras Buffet

 **Panoramabahn Kreuzeck**
June to Mid-September,
+43 664 9046 681

 **Klinghütte**
open daily 10 a.m. to
6 p.m. +43 676 7319 310

 **Sandras Almbuffet**
by the mountain station,
June to September
+43 676 3804 778

 **Salzkofel Hütte**
June to September
+43 676 9214 655

 **Poldis Jausenstation**
on the Mernikalm
June to September, daily from
9 a.m., +43 660 7871 828

 **Zandlacherhütte**
May to October
+43 650 9779 816

LURNFELD HIKING TIPS

Hohenburg Castle Ruins and Maria Hohenburg Pilgrimage Church

From the Gasthof zur Hohenburg directly underneath, you have a wonderful view over Lurnfeld to Lake Millstatt. The hiking trail leads via Stöcklern, past the Zogger mill and the 'Black Mother of God' to Hohenburg. The pilgrimage church can also be reached by car via Lendorf.

Hummelkopf (1,929 m)

From the Tröbach car park – high above the Möllbrücke bridge – you first walk along the road, then continue along a forest path for about 2.5 km to the Christebauerhütte. From the hut, you follow a wide alpine pasture path to the east on a slight climb (following signs for Hummelkopf). At just over 1,700 metres altitude, a steep path branches off from this that runs through the forest up to a wide saddle (around 1,860 m). Just below the saddle, the hiking trail crosses to the southern flank of the Hummelkopf and then leads over a short steep section to the summit, which you can finally reach from the east. The descent follows the route of the ascent. A small but fine hike as an alternative to the Böse Nase. This easy tour is only moderately steep except for the final part underneath the summit. From the highest point, you have a beautiful view down into the Drautal valley and Lake Millstatt.

Starting point: Tröbach car park

Characteristics: Leisurely hike for young and old

Total walking time: approx. 3.5 hours

Böse Nase (2,227 m) and Gurglitz (2,352 m)

From the car park of Tröbach, it is approximately 2.5 km to the Christebauerhütte (see Hummelkopf Tour). From there you follow path number 6, which partially shortens the Alpine pasture path to the Tröbacher Alm. You will soon reach open terrain. Although the

way to the summit looks very far, you quickly gain height on the quite direct climb and will reach the summit without difficulty – even if the last section is quite steep.

The approximately 30-minute further route to Gurglitzten is very rewarding. From the saddle under the summit, you hike on a sparsely marked and sometimes somewhat weakly pronounced climb underneath the connecting ridge to Gurglitzten.



The descent takes you back to the saddle in front of the Böse Nase and on an ascending path down to the Christebauerhütte.

In good weather, the Böse Nase offers excellent views of the Drautal valley and the Kreuzeck Group. This hike is also very popular with families, as the ascent does not require too much mountaineering experience. Only at the summit is particular caution required, as the Böse Nase drops off extremely steeply to the north.

Starting point: Tröbach car park

Characteristics: Hike for all ages

Total walking time: 4.5 hours

Hochkedl – Reisseck

From the Tröbach car park, it is approximately 3 km to the Göriacher Alm, you then follow the ÖAV signs for number 588 over Goassele and Hochkedl (2,558 m) to the Reisseckhütte and follow them to the Reisseck (2,965 m).

Starting point: Tröbach car park

Characteristics: Challenging mountain hike

Total walking time: 7 hours



Christebauerhütte on the Tröbacher Alm, open daily
+43 664 2205 961



E-Bike-Charging station
in the town center next to the Möll bridge, directly at the intersection between "R 1 Drauradweg" and "R 8 – Glocknerradweg".



Mallnitz Alpine Pearl

High above the Mölltal, a fascinating high valley, Mallnitz, extends and branches into three fantastic mountain valleys! Having been shaped by tourism since its advent and the construction of the Tauern Railway, which overcomes (or goes right under) the main Alpine ridge with an 8.3 km tunnel, this national park community has reinvented itself – with almost 90% of the municipal area designated as a national park, Mallnitz has explored new ground in a gentle kind of tourism as a member of the Alpine Pearls and as a Mountaineering Village of the Austrian Alpine Club.

The ICE train station of Mallnitz-Obervellach, which has been converted into a national park station, a good bus network and many new ideas for e-mobility allow you to feel the Alpine Pearls philosophy in a sustainable way.



TOUR 27

Mallnitz Valley Trail and BIOS National Park center

The valley circuit offers the best introduction to the holiday world of the Alpine Pearl. Starting from the neat **village square**, from where a sports shop offers, among other things, e-bike rental, it leads to the foot of Mallnitz's local mountain, Auernig, on a small village path to the Rabisch district, where the path turns again into the valley.

The next stop is found at the entrance to the Tauern Valley and is an absolute highlight: the **BIOS National Park center**. Where can I watch wild animals, how do I get up the Ankogel and what can I do with my family? The **BIOS National Park center** provides all the information you could possibly need about the Hohe Tauern National Park. The **univerzoom nationalpark exhibition** brings all the secrets of nature in the national park within reach – whether with an animated landslide, tiny Survivalists, the mysterious wilderness or the wildlife packed with a variety of species – there is just so much to examine here, and curious people of all ages can become researchers themselves at the various ranger labs with their exciting experimental stations.

Immediately after the BIOS National Park center, you will walk past two culturally and historically interesting locations – the Mallnitz Stock Mills and the Schusterkeusche. It then takes you into the Tauerntal to the Gasthof Gutenbrunn, before the path makes a sharp turn again, heads into a shady valley forest along the moun-

tainside and reaches the Seebachtal valley via the picturesque and historic Tauern Tunnel. Here, in its front most area, the Seebachtal valley gives the impression of monumental size and provides an open view of the snow-topped Ankogel. Afterwards, you will hike leisurely to Mallnitz and end the day at the village square.

TOUR 27

Difficulty: easy

Best time: May to October

Duration: 4.5 hours



BIOS National Park center
Phone +43 4784 701

Refreshment opportunities:

- Restaurants and guesthouses in Mallnitz



TOUR 28

Seebachtal: The Wilderness Valley (including Ankogel cable car and Ankogel)

Each of the three valleys of Mallnitz have their own charm. Indeed, in the Seebachtal valley, charm can sound rather understated. Monumental beauty and pureness are much better fits for this magnificent high mountain valley, which can be compared, without any sense of exaggeration, in terms of its character, to the world-famous Yosemite Valley in California!

The starting point for this wonderful hike is the car park of the **Ankogel cable car**. If you want to head up high, the cable car is a great idea – it will take you right up to 2,600 metres of altitude with a breathtaking ride. Within a few minutes' walk, below the mountain station, is the DAV's mountaineering association's Hanover House. The building impresses with its incredible panoramic loca-

tion and its innovative wooden construction. You can spend the night here and enjoy unforgettable sunrises and sunsets!

The Seebachtal tour stays in the valley – but that's amazing enough. First you hike to the natural jewel of **Lake Stappitz**, which serves as a resting station for various types of migratory birds. Information facilities and an observation station for the national park make the natural experience easier. The almost flat nature trail leads past natural phenomena such as the praying forest, the ice hole and the ink strokes to the sheer waterfalls, where several young bearded vultures have been released into the wild. If you have some fortune, you may also be able to see these powerful birds on your hike.

The scenery of the valley becomes more and more impressive and soon you will reach the turning point of this tour with the welcoming Schwussner Hütte. From here, no hiking trail leads any further into the wonderful landscape of the back of the Seebachtal valley, the oldest wild animal habitat in the national park. However, you can still go and see this national park sanctuary if you take part in a wilderness tour with a national park ranger!
www.ankogel-ski.at

TOUR 28

Difficulty: easy

Best time: June to October

Duration: 3 hours

Refreshment opportunities:

• Raineralm • Gasthof Alpenrose • Schwussner Hütte • Hannoverhaus

Tip – Raineralm –Seebachtal Family Adventure Trail

The starting point of the 2 km long trail is the car park of the Rainer Alm. It leads in 45 minutes to the Gruberhütte and back again. Visitors walk with relative ease through a varied cultural landscape. That's not all though, as the themed trail offers much more in the shape of nine information boards, which bring the visitor closer in an interactive way to the nature and customs of the region. Some stations also have natural play areas for letting off steam under the motto of 'play like we used to'.



Hannoverhaus

June to September
+43 4784 21345



Schwussner Hütte

June to End-September
from 10 a.m. to 5 p.m.
+43 664 2219 535



Jausenstation Raineralm

End-May to End-October
from 11 a.m. to 5 p.m.
www.raineralm-mallnitz.at
+43 664 6273 078



Wolligger Sports

with E-Bike rental
+43 4784 322



TOUR 29

Tauerntal: On an old Roman road

While the Seebachtal impresses with its high mountain wilderness, the Tauerntal valley impresses with its lush green mountain meadows, which transform the valley into a veritable sea of meadows in early summer. It is highly doubtful whether the Romans, who crossed the main Alpine ridge here more than 2,000 years ago, had time to admire the natural beauty though, because the dangers and hardships of the ancient alpine crossings were too great.

On a mountain road (€ 5- too with coin machine) the route goes up the Tauerntal valley to the car park at 1,680 metres altitude. After a few minutes you will reach the Jamnig Alm, from where you can enjoy a simply incredible view of the picturesque valley basin dominated by the Geiselkopf (2,974 m). Now it's time to take the leisurely wide hiking trail uphill, past an enchanted mountain forest with the charming name of **Höllgrübl**. Soon afterwards you will come across a sign saying **Alte Römerstrasse**, but the most visible part of the old Roman road, the Transversale, is a little out of the valley.

It is advisable to follow blue markers on the descent as they lead along the Roman road directly to the car park. Continue past the **Tauern Cross**, which indicates the dangers of the mountains, to the **Tauernhaus**. This once served as protection for the pack animal traders, who crossed the Mallnitz Tauern in the time of gold mining. Soon you will be on the impressive top of the pass at 2,446 metres altitude, with the proud **Hagener Hütte** providing a rewarding destination for this magnificent mountain hike. After a stop here, you can continue along the route of the ascent or over the old Roman road to go back down to the Jamnig Alm. Back into the valley you can either drive along the mountain road or you hike over the forest path to the **Stockerhütte**.

TOUR 29

Difficulty: medium

Best time: June to October

Duration: 4.5 hours

Refreshment opportunities:

• Stockerhütte • Jausenstation
Jamnig Hütte • Hagener Hütte



Gasthof Gutenbrunn

open daily +43 660 9186 340



Stockerhütte

June to End-September

+43 676 9418 394



Hagener Hütte

June to September

+43 664 4036 697



Jausenstation Jamnig Hütte

June to September

+43 664 9970 011



Hiking tours with the Tauern llamas Mallnitz

Fam. Glantschnig,

+43 676 490 70 31 or

tauernlama@gmail.com

www.tauernlama.at

TOUR 30

Dösental: Hidden Beauty

Of all three Mallnitz national park valleys, the Dösental is the most hidden and probably the least visited. The starting point of the tour is the Dösental car park (charged). Slightly higher is the Wolligger Hütte (uncatered), from where the panoramic Auernig (2,130 m) can be reached in around 1.5 hours. It's one to do another time, because today you want to climb up to the **Arthur von Schmid House**, after all! First you walk leisurely through a small mountain forest along the roaring Dösen stream and pass the interesting, historic **Venetian Saw**. The forest clears and gives a view of the immensely imposing steep slopes before you reach a small lake, the **Konrad Lacke**. Now it is time to take on the first steep climb along magnificent cascades of water. After a flatter passage, the path becomes steep again. To the right of the trail you can see the Seeriegel climbing park. Just when you're building up a thirst, hopefully, you will have reached the old **Arthur von Schmid House** (2,272 m), directly on the shore of the crystal clear **Dösen See**, the second largest mountain lake of Carinthia's Hohe Tauern! If you want to climb even higher from this magnificent place, the **Säuleck (3,086 m)** is a worthwhile destination, and is only slightly difficult in mountaineering terms. We strongly recommend spending the night in the Arthur-von-Schmid-Haus, if you are planning this. The surroundings of this Alpine Club hut have a lot to offer – two **climbing parks** and the challenging **Säuleck via ferrata** have something to test every climber!

TOUR 30

Difficulty: medium (endurance required)

Best time: June to September

Duration: 6 hours (round trip)

Refreshment opportunities: Arthur-von-Schmid-Haus

USEFUL INFORMATION MITTLERES & UNTERES MÖLLTAL

STALL, FLATTACH, OBERVELLACH,
REISSECK, MÜHLDORF, LURNFELD,
MALLNITZ

INFORMATION POINTS

STALL MUNICIPALITY

+43 4823 8100

INFO & BOOKING CENTER FLATTACH

+43 4824 2700-50

INFO & BOOKING CENTER OBERVELLACH-REISSECK

+43 4824 2700-30

MÜHLDORF MUNICIPALITY

+43 4769 2285

MARKET TOWN LURNFELD

+43 4769 2211

INFO & BOOKING CENTER MALLNITZ

+43 4824 2700-40

BIOS NATIONAL PARK CENTER

+43 4784 701

Pure outdoor fun in the Upper Drau Valley

The 45 km long Upper Drau Valley, one of the most stunning and ecologically valuable river valleys in the southern Alps, extends between Tiroler Tor and Sachsenburger Klause with enchanted river landscapes, sandy bays and adventurous gorges. The River Drau is a European protected area and the lifeline of this unique natural landscape.

Nestled between the crystalline mountains of the Kreuzeck Group, the limestone Lienz Dolomites and Gailtal Alps lie eight wonderful holiday resorts, all of which provide a wide outdoor offering. Whether canoeing, cycling along the Drau Cycle Path, whitewater climbing in the Pirkner Klamm, swimming on Lake Greifenburg or experiencing the scent and taste of the mountain herbs in Carinthia's extraordinary herbal village, sheer outdoor fun is guaranteed here.

The Drau was not always just a source of life and an oasis of peace. The water channel once had great economic significance. Before the construction of the railway line through the Drau Valley, wood, charcoal, ore and timber were shipped with rafts and flat wooden boats to Marburg. Today, the course of the Drau River is a paradise for all those who love hiking alongside water.



Marked Kanu entry and exit points

in all 8 communities (marked with a flag, display board and banner on the respective Drau bridge)



TOUR 31

Hochstadel: Panoramic dream tour on the king of the Upper Drau Valley

The **Hochstadel (2,681 m)** is rightly described as the King of the Upper Drau Valley, because it not only forms the upper valley with its massive shape, but also enchants mountaineers with its breathtaking panoramic view of the southern Alpine world. It is ascended from the **Hochstadelalm (1,780 m)**, where a circular hike for experienced mountaineers leads over the rose garden and the Drei Törl Way to the summit. This part requires sure-footedness and a head for heights. The majestic Homecoming Cross adorns the summit at 2,681 metres altitude.

The easier way to descend is over the Rudnigweg through the Garnitzenkar. Having arrived at the bottom on the green Alpine meadows, the **Hochstadlhaus** awaits you with delicious regional specialties. You can also travel up to the Hochstadelalm by taxi.

TOUR 31

Difficulty: medium to difficult

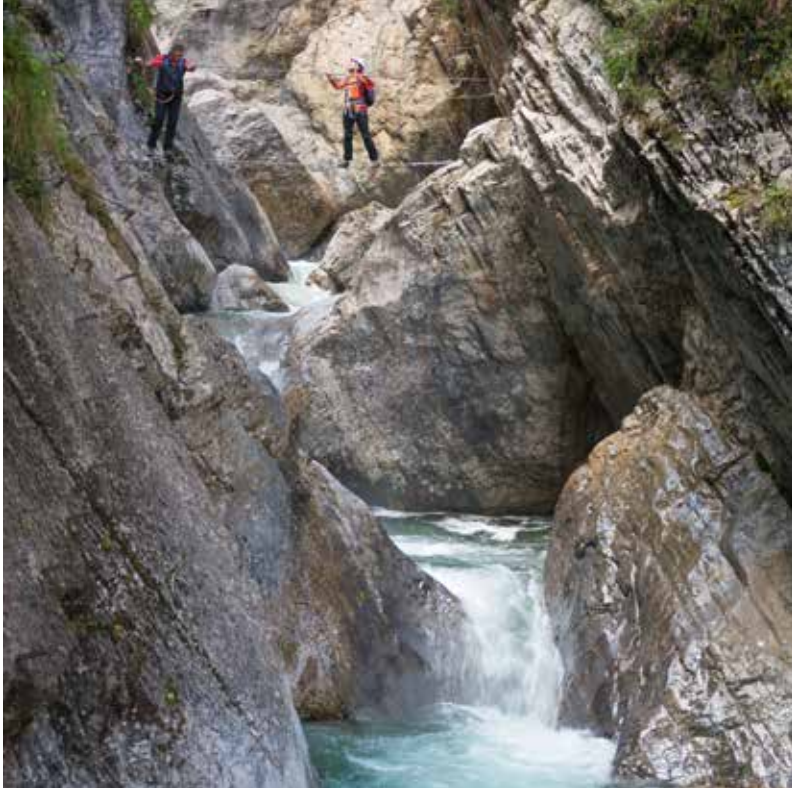
Best time: June to October

Duration: 4-5 hours
(approx. 900 metres altitude difference)



Hochstadlhaus

ÖTK mountain refuge on Hochstadel,
Hut phone: +43 4710 2778
www.hochstadel.at



TOUR 32 Pirkner Gorge

The via ferrata through the Pirkner Klamme offers unique gorge climbing in breathtaking scenery. If you have already completed climbing training, for instance at the **Greifenburg high ropes climbing course** (+43 664 1212 899), you can take on the climbing adventure of level C difficulty alone. In the gorge cut deep into Dolomite rock, the numerous rope bridges over the roaring torrent offer breathtaking thrills. The highlight of the via ferrata is the spectacular steep passage at the **Rainbow Fall**. Every day, the spray creates a colourful rainbow here when the sun shines. The short ascent and descent at Unterpirkach makes the hike up the perfect outdoor experience.

Climbing park behind parish church

in the historic centre
Open daily (depending on the weather) +43 4710 2249-22

Excursion destination Hohenburg cultural ruins

+43 4710 2249-22

Via ferrata set rental at the bathing lake in Greifenburg + 43 664 1301 320



TOUR 33 To the Goldrausch rest area at the Knappensee lake

Hikers fall into a veritable frenzy in the **Kreuzeck Group**, where brave miners once searched for mountains full of gold and precious metals. At the foot of the **Scharnik**, at 2000 metres altitude, the treasures were scooped up and carried into the valley in leather bags. The Goldrausch rest area is dominated by the Walisch little man, which shows the fascination of gold, and today also offers hikers a fantastic panoramic view of the peaks of the Gailtal Alps and Lienz Dolomites. The tour starts at the car park on the **Leppner Alm (1,650 m)** and is a leisurely circular hike for families.


TOUR 33


Difficulty: easy

Best time: June to October


Duration: 2 hours (circular hike)

Accessible via: Freight road from Irschen to Leppner Alm (8.5 km)

 **Leppner Ochsenhütte**
with small alpine dairy
Open from early June to mid-September, +49 175 8203 495

 **Griebitsch Alm** throughout
open from June to September, +43 664 1315 524

 **Bergheimat mountain
guesthouse, Leppner Alm**
+43 680 2422 293

 **Unteralmhütte**
throughout open from June to October, +43 664 5066 203

Irschen Herbal & Slow Food Village



This wonderful location on the sun terrace high above the Drau Valley provides all the foundations for a good life in the middle of a truly natural landscape. The focus here on herbs and medicinal plants has given the small mountain village the nickname of the Herbal Village. If you walk through the numerous small herb fields and herb gardens, you will experience a fragrant and colourful spectacle as you take in the magic of the herbs. For 30 years, the natural and herbal village has taken on the tradition of growing herbs. Wild and garden herbs are grown, harvested and processed by hand into wonderful tea blends, delicious juices, healing creams and tinctures. In the local Pfarrstadel herbal house, knowledge about the health values of the herbs is passed on and the fine herbal products are available to purchase.

The conscious use of the natural resources of our landscape is now also visible in other foods. The Herbal Village is a place packed with good life for locals and guests, with sustainability and quality of life the focus. The Slow Food Community of Irschen aims, as part of the worldwide Slow Food movement, to contribute to the preservation of cultural food diversity, and the promotion of local produce, as well as healthy, valuable eating.



Herbhouse Pfarrstadel Place of colours

April to October; Phone +43 4710
23772 or +43 664 5753 912
www.krauterdorf-irschen.com



Slow Food Village Berg

The picturesque village of Berg at the foot of the Emberger Alm is characterised by first-class direct marketers and restaurants. 15 businesses in Berg are proud pioneers of the Slow Food movement.

Regional enjoyment and a decelerated way of life as well as enjoyment, variety and good home cooking take centre stage. Slow food means "good, clean and fair" food, i.e. of the highest quality in both production and flavour.

The climatically favoured location of the Slow Food Village Berg allows wine, sweet chestnuts and almost forgotten varieties of fruit and cereals to thrive wonderfully. Generations of farmers have known how to utilise the fertile soil. And even today, potatoes, spelt and old varieties of maize are grown in the fields to preserve biodiversity. Many of the foods from the village are available from direct marketers and the grocery shop in the centre. Rare animal breeds also thrive in this village.

Together with the Slow Food community, the kindergarten and primary school children experience the journey from sowing and harvesting to processing and tasting. In addition, there are regular events that make village life even more colourful. As a Slow Food Village, we treat our natural resources with care and inspire others with our enthusiasm for food craftsmanship. Together, we make our village a better place to live and eat.

Tip – See the Slow Food philosophy for yourself and find out more about how it is put into practice on a 3-hour Slow Food Village familiarisation tour, every Friday from the beginning of May to the end of October. More infos at www.bergimdrautal.at



TOUR 34

Circular hike on the Knoten

The hike starts from the Oberberger Alm (Hochtristenhaus) – heading up from Dellach via the village of Berg and the village of Oberberg – and leads first to the west, following the Herbal Trail over lush meadows and through light forests to the Bremstallhütte.

From there you follow the well-signposted Franz Striednig climb. The somewhat steeper summit climb can be completed by anyone. At the summit, you will be greeted by an impressive summit cross and rewarded with a magnificent view. The descent is made via the east via the Ochsentörl and further over the Oberberger Alm back to the starting point.



TOUR 35

Family hike: Drauoase – Geissloch gorge

It is often only a short walk from the sandy banks of the Drau to the limestone gorges. The starting point is the Drauoase in Dellach, a quaint **tree house** that kids are sure to enjoy – which is located right on the banks of the Drau. It is a real natural playground for little ones. Right in the area, next to the Drau cycle path, is a spacious Kneipp facility with a wide range of activities: Kneipp bathing in the adjacent stream, a foot reflex track, a herbal garden and a pavilion to relax and unwind in. The walk to the Geissloch gorge leads through the shady and orchid-studded alluvial forest of the Drau to the junction, where you turn off for the gorge (about 45 minutes). Over a narrow climb, and some wooden walkways that cross the stream several times, you go further and further into the gorge. Shortly before the rocks taper off, you reach a rest area, which is also a great natural playground for children. If you want to feast in the middle of nature, you will find a proper **barbecue area** right by the stream at the entrance to the gorge. The gorge can also be reached from Berg, from the Feistritz district (about 10 minutes on foot).



Hikerbus Greifenburg – Emberger Alm

Driving times you will find on www.autoreisen-edelweiss.at



Feriensternwarte
Sattlegger's Alpenhof
Emberger Alm www.alpsat.at

... ANOTHER TIP: GOLF for beginners & advanced golfers

Nestled between the Drau River and the magnificent mountain scenery of the Gailtal Alps, the varied fairways of the well-maintained 9-hole golf course in Berg im Drautal offer both beginners and advanced golfers a challenge. +43 4712 82255, www.drautalgolf.at



TOUR 36 Hochtristen summit experience with two-lake tour on Emberger Alm

One lake, two lakes, 14 lakes – the number of small, glittering mountain lakes in the Kreuzeck Group is almost impossible to count. This mountain range, located in front of the Hohe Tauern between the Mölltal and Drautal valleys, is a small jewel in the middle of the majestic and rugged peaks between the Grossglockner and Triglav. From the Emberger Alm above Berg and Greifenburg, the challenging mountain hike leads to the quiet high mountain valleys at the foot of the Hochtristen and to the lonely mountain lakes at over 2000 metres altitude. Past small alpine huts, up via the Nassfeldriegel to the Rottörl. The highlight is the view from the summit of **Hochtristen (2536 metres)** over the vastness of the Kreuzeck Group to the snow-capped peaks of the Grossglockner, to the battlements of the Dolomites and the striking mountains of the Julian Alps. You return via Zweiseentörl with a resting point at the Schwarzstein with a view of the two high mountain lakes – a natural spectacle as far as the eye can see. For passionate mountain hikers, this tour is one of the most stunning in the Southern Alps.

TOUR 36
Difficulty: medium
Best time: June to October
Duration: 6-7 hours

Refreshment opportunities:
Guesthouses on the Emberger Alm



TOUR 37 Greifenburg bathing and outdoor paradise


One of the smallest and warmest bathing lakes is located in the middle of the Drau Valley. The Greifenburg bathing lake is a water experience centre for families with children in the Oberdrautal outdoor park. Right next to it is the high ropes course with the 4 metre to 8 metre high main course and the 160 metre long **zipline** over the bathing lake. The adjacent campsite is the centre of **paragliding and hang gliding** in Upper Carinthia.


With take-off points at 1600 to 1800 metres above sea level and a **flight school, the Fliegercamp Oberes Drautal** is one of the focal points of this sport in the Alps. The Drau Valley is an ideal route that allows flights of up to 300 km to take place. Right in the vicinity, in Radlach, a modern **3D archery course** is available for holidaymakers to try. A central **bike rental** location directly at the bathing lake complements the varied outdoor offering in the Upper Drau Valley.

A magical place awaits families on the **Gnoppnitzbach water adventure trail**: display boards teach parents and children everything worth knowing about the importance of water for people, the environment and the economy. The dangers of the water are also explained on the 30-minute hiking trail.

 **Tip for Weather & Thermik**
Wolfgang Sattlegger,
+43 4712 794, www.embergeralm.at

 **Archery club Steinfeld**
archery course, guided
tours, rental: +43 664 1301 320,
www.drausport.at

 **High rope course**
Greifenburg June to Sep-
tember +43 664 1212 899
www.kletterpark-greifenburg.at

 **Bergbauernmuseum**
Gnoppnitz June to Septem-
ber +43 4712 216-14



TOUR 38

Steinfeld Bee Hiking Trail

Nature is full of so much life and amazing secrets. The bee hiking trail in the market town of Steinfeld shows the secrets behind bee colonies. Ambrose, the patron saint of beekeepers, is located right at the start and explains the life and work of bees.

TOUR 38

Starting point: Steinfeld Marktgemeindeamt, main square

Length: approx. 1 km

Duration: approx. 45 min.

Especially suitable for bee lovers and families.

Information: Marktgemeindeamt Steinfeld, +43 4717 301

Leisure tip in Kleblach Lind

The bathing lake will make you want to stop off for a swim, or perhaps just chill out. A look into the crystal-clear water, at the fish swimming around in it and at water birds making their rounds above the lake is just idyllic! The bathing lake also offers peace away from the stress and hecticness of everyday life and you can well and truly relax here. Adjacent to the bathing lake is the Seecamping Kleblach-Lind with pitches, wood cubes and a bistro where you can gain replenishment. There is a direct connection to the R1 Drau Cycle Route as well as a loading point for paragliders.

TOUR 39

Lonely mountain tour on the Stagor

You can hike with incredible views over the Drau Valley from the **Radlberger Alm** to the summit of the Stagor (2289 metres). The Hohe Tauern opens up from an unusual perspective and you are sure to feel the need to discover more of the lesser known Kreuzeck group, such as the **Litzelhoferlacken**, which are located on the northern side of the Speikbichl and are characterised by a large stone tower. When conquering this hidden gem beneath the peaks, you will need a key for the gate to the Radlberger Alm. Ask at the municipal office (+43 4768 217) or the first farmer in Radlberg about the possibility of access. After the hike to the Stagor, there is a convenient place to cool off at the Kleblach bathing lake. Cool drinks and snacks are available at the kiosk run by the Kreiner family.

TOUR 39

Difficulty: medium

Best time: June to October

Duration: 4.5 hours (circular hike)

TOUR 40

Historical walks in Sachsenburg

Sachsenburg already had strategic importance in the Roman era. Exactly 900 years ago, a Salzburg archiepiscopal trading settlement was built at the fork of the Drautal and Mölltal valleys. In 1213, two castles, which were built in the 13th century, were first mentioned in a document on the Festungsberg. On the hike over the Kalvarienberg to the ruins and former fortifications you still get an idea today how the Dukes of Carinthia were able to fend off the Counts of Görz and later, the Turks.

The hour-long cultural walk also offers children space to explore the secrets of the remarkable ruins. At the highest point of the tour, hikers come across the heart bath, which offers tired limbs the chance to rest. On the route back, the calvary at the small chapel makes you want to rest again and enjoy the view over the historic market town of Sachsenburg.

TOUR 40

Difficulty: easy

Best time: June to October

Duration: 1 hour



TOUR 41 Sachsenburg raft landing areas

The raft landing areas are best hiked from the historic centre of the village. You leave the market square of Sachsenburg in a westerly direction and hike to the bridge over the Drau, which is located upstream. Shortly before the bridge, you keep to the right and turn onto a narrow path. This now runs alongside the emerald Drau, which gently winds through the narrow valley of the Sachsenburg Drauknies.

Soon you reach the campsite and shortly afterwards – depending on the water level – you reach the first gravel banks. The actual raft landing area then extends in the vicinity of the lower Drau bridge, which can be reached after approximately 30 minutes' walk. Here you can enjoy and experience the Drau mountain river at its best. An information point offers interesting facts about rafting, the history of Sachsenburg and natural history information.

After an eventful afternoon, you hike down the Sachsenburg federal road back to the centre of Sachsenburg.

TOUR 41
Difficulty: easy
Best time: June to October
Duration: 1 hour

USEFUL INFORMATION OUTDOORPARK OBERDRAUTAL

OBERDRAUBURG, IRSCHEN, DELLACH, GREIFENBURG,
BERG, STEINFELD, KLEBLACH-LIND, SACHSENBURG

INFORMATION POINTS

TOURIST INFORMATION OBERDRAUBURG
+43 4710 2249-22

TOURIST INFORMATION IRSCHEN
+43 4710 23772

TOURIST INFORMATION DELLACH IM DRAUTAL
+43 4714 234-18

TOURIST INFORMATION BERG IM DRAUTAL
+43 4712 532-18

TOURIST INFORMATION MARKET TOWN OF GREIFENBURG
+43 4712 216-14

TOURIST INFORMATION MARKET TOWN OF STEINFELD
+43 4717 301-11

TOURIST INFORMATION KLEBLACH-LIND
+43 4768 217

TOURIST INFORMATION SACHSENBURG
+43 680 1504 656

HIKING BUSESSES

OBERDRAUBURG – HOCHSTADELALM
Info & registration till 5 p.m. the day before:
Udo Fröschl +43 4710 3036 or +43 4710 2778

IRSCHEN – LEPPNER ALM
Info & registration till 5 p.m. the day before:
Taxiunternehmen Siebler +43 4710 2356 or
+43 676 6760 067, www.derdrautaler.at

GREIFENBURG – EMBERGER ALM
Info & registration: Autoreisen Edelweiss
+43 650 3363 631, www.autoreisen-edelweiss.at



BIKE TOUR R1 Drau Cycle Route – Cycling between the Dolomites and Carinthian Lakes

Within a small area, those on nature holidays will find habitats that are otherwise only encountered in Anatolia or in the neighbouring regions of Friuli and South Tyrol, such as Juniper groves with trees up to 15 metres high or sweet chestnuts. The charms of the landscape in the **European protected area of the Upper Drau** could not be more diverse. With rugged rock villages in the middle of the foot of the limestone mountains, extensive alluvial forests, rare orchid species on the gravel banks of the mountain streams, sandy bays on the banks of the Drau, colourful and fragrant mountain herbs and meadow flowers on the steep mountain slopes of the Kreuzeck Group, plus countless cottage gardens, the cycling experience between the Lienz Dolomites and the Carinthian Lakes is really quite unique.

For a day trip by bike, tours from Lienz to Greifenburg or from Oberdrauburg to Sachsenburg are well worth doing. The stages on the Drau with places to rest on the banks of the river or at the entrance to the winding gorges in the Drau Valley are around 40 km long. Particularly worthwhile are short breaks at the **Pirkner Gorge** in Oberdrauburg or the **Geissloch Gorge** and **Ochsen Gorge** near Berg. Anyone who wants to enjoy original **regional delights** should stop at the rustic Kotschhof wine tavern in Unterpirkach near Oberdrauburg (+43 4710 3120) or one of the numerous Drau Cycle Route inns (www.drauradweg.com).



Bike Rental

Camping am Waldbad in Dellach
+43 4714 288

Drausport Shop am Badesee
+43 664 1301 320

Hotel Sunshine, Berg im Drautal
(E-Bikes), +43 4712 703



CYCLE TOUR R8 Glockner Cycle Route & Alpe-Adria Cycle Route – Pleasure Cycling from the Alps to the Adriatic Sea

The Glockner cycle route runs over almost 80 kilometres from Heiligenblut am Grossglockner to its incorporation into the Drau Cycle Route, and is one of the most scenic cycle routes in Austria.

By always following the glacier-fed Möll River, it goes through the lush green mountain farming landscape of the Mölltal valley, overlooked by the 3000-metre plus mountains of the Hohe Tauern National Park. A ride on the Glockner cycle route is quite challenging, but not excessively difficult. The view of the Grossglockner will inspire you straight away, and after Winklern you can see the Sonnblick group and the Ankogel group on the left to the north, and later the mountains of the Reisseck group. To the right and south, the peaks of the Kreuzeck Group can be seen. The Glockner Cycle Route is just waiting to be discovered.

TIP: In the summer months, the cycle bus runs from Spittal/Drau to Heiligenblut. You can therefore easily take an e-bike along the Mölltal valley. www.postbus.at/de/unsere-leistungen/rad-wanderbusse

The R8 Glockner cycle route is also part of the Alpe-Adria cycle route network, which runs over 416 kilometres through Salzburger Land, Carinthia and Friuli-Venezia Giulia. The route in Carinthia, with its interchanging nature, is particularly appealing – with powerful mountains and sunny lake valleys – the further you get into the south, the gentler and more splendid the landscape becomes until you finally reach the Upper Adriatic. Information on: www.alpe-adria-radweg.com



Bike Rental

Papin Sport, Intersport Grossglockner Heiligenblut
+43 4824 2256-145

Papin Sport, Nationalpark-Info Mautturm Winklern;
+43 4822 22716

Wolligger Sports Mallnitz
+43 4784 322

Gasthaus Penker Wirt
+43 4783 2241

Intersport Mentil, Flattach
+43 664 2252 860



Info & Booking Center Heiligenblut am Grossglockner
Hof 38, 9844 Heiligenblut, +43 4824 2700-20
office@heiligenblut.at, www.heiligenblut.at

Info & Booking Center Mallnitz
9822 Mallnitz 11, +43 4824 2700-40
info@mallnitz.at, www.mallnitz.at

Info & Booking Center Obervellach – Reisseck
9821 Obervellach 58, +43 4824 2700-30
info@obervellach.at, www.obervellach-reisseck.at

Info & Booking Center Flattach
9831 Flattach 99, +43 4824 2700-50
info@flattach.at, www.flattach.at

Tourist Information Dellach im Drautal
9772 Dellach im Drautal 18, +43 4714 234 18
dellach-drau.info@ktn.gde.at, www.urlaub-dellach-drau.at

Tourist Information Berg im Drautal
9771 Berg im Drautal 121, +43 4712 532 18
info@bergimdrautal.at, www.bergimdrautal.at

EMERGENCY NUMBERS

Euro emergency number 112

Rescue 144 Fire Brigade 122 Police 133

Medical care 141 / Mountain rescue 140

Information 1188 99

Hospital Spittal/Drau +43 4762 622-0

Hospital Lienz +43 4852 606-0

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mountain nature lovers community.



Summer/Autumn 2024 issue

Front cover: Drau valley (Photo: Franz Gerdl)

Back cover: Alpe Adria Trail (Photo: Franz Gerdl)

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CARINTHIA

Nationalpark-Region
Hohe Tauern

You've made it!

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