

50 | NEW SCHMITTENHÖHE MOUNTAIN PATHS

Once again, the starting point for this path is the valley station of the cityXpress. The pathway follows behind the Köhlergraben promenade after then branches off to the left after a few 100 m. From here on the path follows a narrow, easy climb passed the Ebenbergalm and through the woods to the Mittelstation mountain restaurant. From this point on the path is almost entirely in open terrain, running parallel to the Schmittenhöhenweg (Nr. 58) and always "more or less" along the ski piste up to the summit. The steady ascent and impressive planning of the pathway have been taken into special consideration.

Difficulty: ■ | 4 h | 1,191 m difference in altitude | 8 km

51 | AREITWEG

The walk starts at the restaurant "Dorfschenke" in Schüttdorf. In the beginning the way follows the old Areit path straight up the mountain. The Schoberalm, to be found there, has inviting refreshments. After crossing a farmer's road three times, the path follows a climb through the woods, leading quickly to the Areit-Alm at 1,400 m above sea level. From there on it is easy walking on a farmer's road up to the Glocknerhaus (1,601 m), where the Areitweg joins the Schmittenhöhenweg.

Difficulty: ■ | 2 h | 863 m difference in altitude | 5 km

The starting point of this path is the valley station areitXpress, underneath hotel Amiamo. Afterwards over the Areit meadow into the walking path no. 51. For the round course follow 30 m the asphalt road. Then turn right, cross the small river "Schüttbach" and further to the Keilbergweg e). Difficulty: ■ | 1.5 h | 150 m difference in altitude | 3 km

The walk starts at the restaurant "Dorfschenke" in Schüttdorf

52 | EBENBERGALMWEG

From there you head uphill on the street leading to Keilberg. Branches off to Hotel Alpenblick/Schüttdorf possible or after 15 min trail no. 52 leads you through the woods towards Zell am See, past the Bergheim apartments to Ebenbergalm Alpine hut. Going downhill you arrive in the town centre of Zell am See after about 30 min.

Difficulty: ■ | 2 h | 250 m difference in altitude | 4.5 km

53 | SEESPITZ-ZAUNLÜCKENSTEIG

The Seespitz-Zaunlückensteig branches off the beginning of the Nikolaus Gassner Promenade, over the Seespitz tunnel exit in Schüttdorf. At first it goes up a wide, but steep, farmer's road. After the former Gasthof Bergheim one wanders along a narrow but not less steep path for 40 min to the Entwies Hof. Here the path continues for a short while on the asphalt delivery road "Keilberg" to the Huber Hof. About 300 m further on the Seespitz-Zaunlückensteig branches off to the right and runs steeply up the mountain. After approximately 50 min. one reaches the Klettsauberg Rundwanderweg. Following this path one reaches the Gasthaus Mittelstation very quickly.

Difficulty: ■ | 2 h | 558 m difference in altitude | 3.5 km

54 | NIKOLAUS GASSNER PROMENADE This short promenade runs from the tunnel portal in Schüttdorf at the Seespitz to Hotel Berner in Zell am See and is ideal for children and mothers pushing prams. As this promenade runs along the west side of the Zell am See lake, it is recommended for hot

Summer afternoons. Difficulty: ■ | 20 min | 27 m difference in altitude | 1 km

55 | RUNDWANDERWEG PLETTSAUKOPE This path starts at the top station of the cityXpress and is an easy circle to wander without much difference in altitude. The entire path is a very pleasant walking an runs around the reservoir Plettsauteich and to the children's playground "Schmidolin's pond". Next to playing and splashing at (and in) the water,

"Schmidolin's pond" is also the perfect place to relax, laze around

and just enjoy the fabulous prospects. Difficulty: ■ | 40 min | 58 m difference in altitude | 2 km

56 | ADVENTURE TRAIL "SCHMIDOLIN'S BAPTISM OF FIRE" "Schmidolins baptism of fire" tells the story of how the dragon of the Schmitten called "Schmidolin" becomes a fire-breathing dragon. Numerous flints are hidden along the interactive adventure trail. The dragon needs these flints in order to learn how to spit fire. Who collects them helps Schmidolin to become a real dragon. However, these flints are not that easy to discover. Exciting tasks which are appropriate for children have to be solved along the way. An

adventure pass for information and guidance is available at the areitXpress and cityXpress valley station as well as in the e-motorcross park. Every child who hands in the adventure pass receives a certificate in the end. The trail can be walked in three variants (mini/midi/ maxi) and reached from the areitXpress and cityXpress summit station. Starting at the cityXpress mountain station the path ascends slightly in winds and then leads into the forest. After a few minutes you already reach the first station of the adventure hiking trail. Not far from the areitXpress summit station cool kids and grown-ups can step on the gas with electro bikes in Austria's highest altitude "E-Motocross Park". Refreshments: AreitLounge Difficulty: ■ | 1 - 3 h | 81 m difference in altitude | 1.3 km

57 | EBENBERGALMSTEIG

The Ebenberg Alm path is, with only 900 m, a short but steep climb up from the Nikolaus Gassner Promenade. It runs under the ski slope a few meters to the right of Hotel Berner and ends after ca. 200 altitude meters at the Ebenberg Alm - with breathtaking views over the town and the Zell am See lake. Difficulty: ■ | 40 min | 209 m difference in altitude | 0.9 km

58 | SCHMITTENHÖHENWEG

The Schmittenhöhenweg starts at the valley station of the cityXpress and runs parallel to the Köhlergraben promenade, essentially equivalent to the Central Alpen Way 02A. Just before the Gasthof Köhlergraben the Schmittenhöhenweg branches away from the Köhlergraben promenade and follows a forest path. We recomend to choose trail Nr. 50 500 m after the Köhlergraben restaurant. The path snakes its way through the woods with 8 loops crossing over, or passing closely by, the ski piste until it reaches the Mittelstation. After the Mittelstation the Schmittenhöheweg is almost only in open terrain. Difficulty: ■ | 4 h | 1,191 m difference in altitude | 9 km

58A | KÖHLERGRABENPROMENADE

The Köhlergraben promenade stretches from the valley station of the cityXpress to the former Gasthaus Köhlergraben over a lightly sloping and very good walking path. Difficulty: ■ | 40 min | 159 m difference in altitude | 1.3 km

59 | BREITENBACHPROMENADE

Easy short and shady path in the end of the Schmitten Valley. Leading from the trassXpress to the Köhlergraben restaurant. Difficulty: ■ | 30 min | 81 m difference in altitude | 1.8 km

60 | SONNBERGPROMENADE

The Sonnberg promenade branches off the Dr. Müller promenade just behind the former Hotel Eichenhof. In the beginning it follows the asphalt Sonnberg road to the restaurant Sonnberg. Then it turns into a narrow forest path over the Steingut on a small steep track and, after a few very ambitous meters, joins a wide farmer's road and continues to the valley station of the Schmittenhöhe cable car. Difficulty: ■ | 1 h | 212 m difference in altitude | 2.8 km

🚮 61 | DR. MÜLLER PROMENADE

The Hotel Stadt Wien is the starting point of the Dr. Müller Promenade. The promenade is somewhat steep in the beginning but then follows a moderate climb passed the former Hotel Eichenhof to the Einöd. The entire path is very good for walking and offers fantastic views of the Zell am See lake. Difficulty: ■ | 20 min | 30 m difference in altitude | 1.3 km

61A | PFEFFERSTEIG

Steep short cut to Pfefferbauer. Difficulty: ■ | 15 min | 80 m difference in altitude | 0.6 km

62 | BADHAUSKOPFWEG

The Badhauskopfweg runs vie the Einödweg to the mountain restaurant Pfefferbauer. It continues through the woods and then opens into a wide farmer's road with easy walking to the Sonnberg. Difficulty: ■ | 1 h | 241 m difference in altitude | 3 km

63 | HOCHFALLECKSTEIG

A forest path leads from the Sonnberg promenade via the Bergrestaurant Jaga-Alm/Hochfalleck and then via an ascent to the Difficulty: ■ | 40 min | 227 m difference in altitude | 0.9 km

64 | SONNKOGELWEG

This well prepared path begins in the car park of the Schmittenhöhe cable cars at the end of the Schmitten valley and continues passed the Hotel Schwebebahn and the Farchenegg Jausenstation. It climbs

guickly and soon one can enjoy the first views of Zell am See and its lake lying literally at one's feet. After about 30 min walking one reaches the mountain hotel Jaga-Alm and then the path serpentines for 60 min to reach mountain hotel Blaickner's Sonnalm (next to the top station of the Sonnalm cable car). After several turns the path comes to a hollow between the Sonnkogel and the Warnkrautkopf and then reaches the Schmiedhof Alm. Now one can see the Sonnkogel which is only 40 min. away. A short distance above the Sonnkogel it is possible to reach the mountain summit over the Sonnkogelsteig, "Schmidolin's sunny kingdom" with viewing platform and exciting wayside stations. Difficulty: ■ | 3 h | 896 m difference in altitude | 6.3 km

Sonnalm, makes it possible to walk directly over the Sonnkogelsteig to the Sonnkogel. The path snakes its way through the woods and across the open terrain of the ski piste. Difficulty: ■ | 1 h | 410 m difference in altitude | 2.1 km

📊 66 | LEGEND TRAIL "MYSTICAL FOREST"

makes the hearts of the kids beat faster.

67 | KAMMWEG OVER SALERSBACHKÖPF

The Kammweg runs from the Schmittenhöhe parallel to the Erlebnisweg Höhenpromenade - over the mountain ridge, passed the Hochzelleralm, through a hollow, onto the Salersbachköpfl and north to the Sonnkogel. A long panoramic path can be followed when one combines this with the Erlebnisweg Höhenpromenade. Difficulty: ■ | 40 min | 73 m difference in altitude (retour 200 m difference in altitude) | 2.2 km

a playground located. Difficulty: ■ | 40 - 50 min | 49 - 176 m diff. in altitude | 2.2 km

and is to be recommended on hot days because it runs through shady woodlands. It is a charming alternative path running from the Schmittenhöhe to the cityXpress. The path starts a little below the summit of the Schmittenhöhe on the Pinzgauer Spaziergang above the Ketting Alm. At the end of this wildly romantic path one reaches the Areit- or Schmittenhöhepath, which lead down to the valley - or to the top stations of the cable cars areitXpress or cityXpress for a comfortable ride down.

Difficulty: ■ | 30 min | 48 m difference in altitude | 1.5 km

Begins Schmittenhöhe - Elisabeth chapel - Kettingtörl - Pinzgauer Hütte - along the Hahnkopf lift - Kettingkopf - passes below the down in the Schattberg lift - east to Saalbach. Difficulty: ■ | 6 h

27 | WALKING PATH TO THE GLOCKNERBLICK

will have magnificent views of the Glocknermassive

Difficulty: ■ | 20 min | 130 m difference in altitude

28 | HOLZZIEHERWEG TO IMBACHGRABEN

Difficulty: ■ | 1 h | 380 m difference in altitude

Difficulty: ■ | 3 h | 830 m difference in altitude

Difficulty: ■ | 2 h | 120 m difference in altitude

29 | JETZBACHASTENSTEIG

to the Glocknerblick mountain inn.

30 | GUGGENHÖHENWEG

32 | ESSREITHWEG

Other possibility: Wandering from the Klingertörl further to the Medalkogel and down to Uttendorf or, for endurance wanderers, the Pinzgauer Spaziergang is first over at the Bürgl-Hütte (where one can stay the night) - Down to Stuhlfelden. Röhrertörl: approx. 2.5 h | Path down to Piesendorf: app. 3.5 h | Path down to Niedernsill: approx. 6 h | Klingertörl: 5 h | Path down to Uttendorf: approx. 8 h | Schattberg: approx. 6 h | Path down to Hinterglemm: approx. 9 h | Bürgl Hütte:

approx. 10 h. Beautiful view of the mountain of the Hohen Tauern.

WALKING PATHS

80 | HUNDSTEINWEG

runs through fields, passed picturesque Loibldorf and several farms to the end of the Thumersbach valley. The path continues to climb through the woods passed the Waldheimhof (1,030m; parking possible) and over the Rupertihaus (1,663 m) to the Hundstein (2,117 m). Difficulty: ■ | 4 h | 1,150 m difference in altitude | 9.6 km

over fields, through picturesque Loibldorf, passed several farms to the end of the Thumersbach valley. It climbs steeply at times through the woods, past the Unterdillingalm (not serviced) to a beautiful rest area with amazing view. A forest path leads then to the Zenzalm (not serviced). From there across an alpine pasture. continuing on a wide mountain ridge to the summit Difficulty: ■ | 4 h | 1,232 m difference in altitude | 8.5 km

82 | SCHWALBENWANDWEG

path. It wanders up to the Mitterberghof after passing Loibldorf

fore turning into a narrow path higher up the mountain. One can drive up to the Mitterberghof (parking available) if one wishes to and then walk from there Difficulty: ■ | 4 h | 1,249 m difference in altitude | 7.8 km

and Reithgut. From here on it opens into a wide forest road be-

83 | UNTERER SCHWALBENWANDWEG

This walk starts at the mountain restaurant Mitterberg. From there it is possible to reach the path on the Schwalbenwandweg to the Mitterberghof. Shortly after the Mitterberghof it is possible to reach the Schwalbenwand over a wide forest road which passes by the Schützing Alm. The path meets the Schwalbenwandweg under the Maishofner Cross. Difficulty: ■ | 2 h | 513 m difference in altitude | 5.3 km

84 | THUMERSBACHER-KAMMWEG

The path starts at the village square in Thumersbach. One quickly reaches the Enzianhütte over the Thumersbacher Höhenpromenade, the farmer's road Erlberg and a climb through the woods. From here on the path follows a wide forest road passed the Hahneckkogel, Breiter Kopf, Schafkopf to the Hochmoor. Shortly after reaching the tree line in approx. 1,800 m one can already see the Hundstein.

Difficulty: ■ | 4 h | 1,150 m difference in altitude | 11.7 km

From the original Waldheim mountain guest house the path stretches out along a well prepared forest road. It joins the humersbacher Kammweg at the end of the Thumersbach valley. Difficulty: ■ | 1 h | 223 m difference in altitude | 5 km

86 | BERGBAUERNWEG

This path joins the Schwalbenwandweg to the Hundstein via the Schönwieskopfweg. Stay to the right when the path branches off in the direction of the Hochschleipf, below the Mitterberghof. In the beginning one follows a forest road and then, higher up just after the Hochschleipfgut, the path leads up to Hundstein - re-

Difficulty: ■ | 1 h | 279 m difference in altitude | 2.2 km 87 | SCHWALBENWAND-KAMMWEG

spectively, the Schönwieskopfweg.

Beautiful walk along the mountain ridge starting from the Schwalbenwand. The path snakes its way along the ridge over the Schönwieskopf to the Hundstein

Difficulty: ■ | 2 h | 263 m difference in altitude | 4.1 km

88 | UNTERER SCHWALBENWAND-KAMMWEG This path is an alternative to the Schwalbenwand-Kammweg. It runs below the Schönwieskopf and meets the Unteren Schwal-

benwandweg under the Schwalbenwand. Difficulty: ■ | 40 min | 90 m difference in altitude | 2.3 km

89 | ERLHOFPLATTENWEG This path runs from the Thumersbach Kammweg over a forest road and then narrows and climbs to the Erlhofplatte. From then

Zell am See

weg again at 1,400 m above sea level. Difficulty: ■ | 2 h | 590 m difference in altitude | 4.2 km 90 | THUMERSBACHER HÖHENPROMENADE AND "GUESTBOOK" THEME PATH

Starting at the village square in Thumersbach, after the Kinder-

garten. Partially through the forest in the direction of Grafleiten, with magnificent views over the Zell am See lake. Along the beautiful forest path are six stations in honour of famous personalities who left their mark in Zell am See-Kaprun. Difficulty: ■ | 30 min | 110 m difference in altitude | 1.8 km

on it is a wide forest road which meets the Thumersbach Kamm-

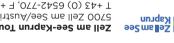
Starts at the village square in Thumersbach and runs through the woods along the right side of the valley. Difficulty: ■ | 30 min | 79 m difference in altitude | 1.2 km

WALKING PATHS

Schmittenhöhebahn AG on Kitz TV (local 24-hour information channel).

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Zell am See Kaprun

(786 m) - Guggen-Imbachsteig 723 - Piff-Scharte (1,785 m) -Gleiwitzerhütte 725 (2,174 m) - Hirzbach Alm (1,715 m). Difficulty:

— MAISKOGEL HÜTTENRUNDE Easy hut tour for families and nature lovers: Maiskogel moun-

Glocknerblick (1.670 m) - Maiskogel Alm Ranch (1.540 m) - Saulochalm / Maiskogel mountain station (1.570 m) Difficulty: ■ | 1.5 h | 4 km | 130 m difference in altitude Sections suitable for children's prams: Start out from the Maiskogel mountain station to Unterbergalm, to Alpengasthaus Glocknerblick or to Maiskogel Alm Ranch (20 - 30 min each).

This hiking trail connects places with especially beautiful views in the Kaprun Valley. The circular route starts at the Kirchbichl, leads

PINZGAUER MARIENWEG: Maria Kirchenthal - Maria Alm - Maria Elend - Kaprun - Stuhlfelden

This path Starts from Hotel Erlhof and serpentines, up four

b | MITTERBERGWEG Parking possible at the Ronachkopf lift station in Thumersbach. The whole path is asphalt to the Mitterberghof and is a regular

Enzianhütte on an asphalt road. Higher up the path is a dirt road. 1.5 h | 496 m difference in altitude | 4.7 km

e | KEILBERGWEG This path starts at the restaurant "Dorfschenke". The path branches from the Areitweg to the right at Schüttgut and snakes its way over an asphalt road up to the Hubgut. From here on it goes up a

A classical walking path. It starts near the "Tauernstüberl" inn (near the golf course). It is all asphalt and completely flat walking. One is rewarded with a fantastic view of the valley from the Schober Alm. 50 min | 289 m difference in altitude | 2.9 km

running up to the Jausenstation Pfefferbauer. 30 min | 141 m difference in altitude | 0.7 km

is possible to go completely around the lake on the Seeprome-

nade. The western side of the promenade runs almost always directly next to the shore of the lake. The eastern side of the promenade follows the footpath of the Seeuferstrasse. To the south, the route continues over the Thomas Bernhard path through the nature reserve. Recommendation: Change in Thumersbach to the other side into the Thumersbacher Höhenpromenade no. 90. 3 h | hardly any difference in altitude | 11.3 km

a very short but charming promenade due to the landscape surrounding it. It leads to Schloss Prielau which allures its guests with its refinement and superb cooking.

🦒 j | PORSCHE ALLEE he path runs from the retirement home in Schüttdorf along the side of the Porsche Allee. It is closed to vehicles after the riding stable. 20 min | hardly any difference in altitude | 1.4 km

he Hofmannsthalstrasse (opposite the Yachtclub Zell am See) is

k | TALWANDERUNG (VALLEY HIKE)

industrial area; through the underpass; further along the bike path to the train underpass, around the Safe industrial area (Safe St.): over the bridge and then immediately branches to the right and follows 1.5 h | hardly any difference in altitude | 7.8 km

I | FISCHHORN WALKING AND BIKING PATH It starts at the Porsche riding stables and goes around the nature reserve, at the southern end of the lake Zell - theme path "Wiesen-

KönigReich" - Wetlands of lake Zell, to the Panorama Camp. 1 h | 4.9 km 🎇 m | PINZGAUBAHN WALKING PATH

The path runs alongside the Pinzgau train tracks from the Kitz-

steinhornstrasse in Schüttdorf to Zellermoos.

am See (suburb of Schüttdorf). 20 min | 1 km

www.schmitten.at Current weather conditions 1 +45 (U) 6542 756 94 051-687 2423 (0) 54 + 4; 0-687 2423 (0) 54+ 1 5700 Zell am See/Austria

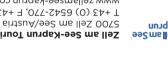
Postfach 8

Current weather conditions in the Internet or www.kitzsteinnorn.at InfoService at the mountain: T +43 (0) 6547-8621 T +43 (0) 6547-8700, F +43 (0) 6547-7614



SCHMITTEN

Gletscherbahnen Kaprun AG ww.zellamsee-kaprun.com 5700 Zell am See/Austria





HIKING MAP

WALKING PATHS IN KAPRUN

This short circular route, which begins at the Häuslalm, runs over hills covered in Almrosen (alpine roses), juicy green alm meadows with bubbling brooks and back again to the starting point on the

Difficulty: ■ | 15 m difference in altitude | 450 m

2D) | HÄUSLALMWEG (CIRCULAR PATH) The easy path circuits from the Häuslalm, over hilly terrain with lush meadows of alpine roses, passed an old shepherd's ruin and back along the Grubbach stream through beautiful natural land-

5 | ALEXANDER ENZINGER-WEG Ride up with the glacier lift to the Alpincenter at 2,452 m (the hike can start at the Häuslalm, next to the Langwied station, at 1,976 m)

Difficulty: ■ | 41 m difference in altitude | 1500 m

scape to the starting point again.

Start Alpincenter: Follow the signs from the Alpincenter in direct tion of Krefelder hut, then further on over Stangenhöhe at 2,212 m - Schoppachhöhe at 2,069 m. From here go down to the Glocknerblick alpine guest house and further down along path no 25 or 33. Difficulty: ■ | 6 h | 350 m difference in altitude **5A | GRUBALMKARWEG** This path branches off north-west from the Krefelder path no 711 at an altitude of 1,950 m. Make your way past the top of the

reservoir dam by the Langwied cable car and the Häuslalm farm

and ascend gently over an alpine moor towards a small mine. The

path now continues ascending in several windings in a westerly

direction to a height of approximately 2.240 m and then joins the

Alexander Enzinger path. From here, continue south-east in the direction of the Maiskogel and further on towards Kaprun.

Difficulty: ■ | 1 h | 290 m difference in altitude 11 | GROSSENTALWEG Begin at the Schulstrasse, straight up along the Schaufelbergstrasse until you come to the first bend. Continue straight ahead wandering past the Ortlehen and Grossental farms, at which point the asphalt road finishes. From the Grossental farm carry on along a gravel path and continue over

the Menggraben and around a few bends until you reach Kaprun south.

Difficulty: ■ | 1 h | 34 m difference in altitude 12 | MURLEHENWEG

This path begins at Kaprun castle and branches to the right off the Schlossstrasse onto the Guggenhöhenweg no. 30. Make your way along the path to the catchment area in open terrain and then bear sharp to the left. Continue further past the catchment area and over a meadow until you come to a track. From here, wander on descending through meadows and forest terrain towards Mayreinöde and before the Salzbachbrücke turn left. Return on the Tauern biking path towards Kaprun.

Difficulty: ■ | 2 h | 120 m difference in altitude

Difficulty: ■ | 2 h | 282 m difference in altitude

13 | WÜSTLAUWEG ZUM ALPENHAUS KESSELFALI This path branches off from the Klammweg Nr. 17 at the footbridge by the end of the Klammsee, and carries on from here to the Jetzbachbrücke. It then continues on the right of the stream to the Wüstlaubrücke and then further on the left side along the bicycle path to the glacier mountain railway where you cross over the stream. Bear right and continue for about 300 m into the valley before crossing over to the left side of the steam again. Now make your way along towards Ebenwald and then to the Limbergstollen where you cross the stream once more. The road now winds up to the right through beech and maple trees to the Alpenhaus Kesselfall. Cross over a small road approximately 150 m under the Kesselfall, and proceed a few more metres upwards. Now you will be able to see one of the natural wonders of Kaprun Valley, the Kesselfall Gorge.

14 | SALZACHWEG A lovely walk on a comfortable path along the right hand side of the Kapruner Ache (Kaprun River), in the flow direction, from the Bauhof

Kaprun to the Salzach River and the Salzach bridge. Same way back. Difficulty: | | 2 h 15/15A | BÜRGKOGELSTEIG Start this path on the Klammweg 17 and walk for about 15 min. before bearing off to the left by the sign marked Bürgkogelsteig. The path then continues in windings through shady forests on the northern side of the Bürgkogel and up towards the highest plateau. The Bürgkogel is one of the most beautiful lookout points in the

valley and is recognised as one of the oldest residential areas in

Kaprun. (Natural history paths and site of the oldest settlement in

Kaprun valley). From here you can descend on the eastern side or

south-west direction Klammsee. A steep path now leads down to the starting poin Difficulty: ■ | 1 h | 164 m difference in altitude 16 | BRUNNWIESENWEG

Starting in the town centre make your way towards Kaprun castle. Shortly before the crossing/junction Peter Buchner Strasse - Häuslhofstrasse bear left onto the Brunnwiesenweg. Through the Kaprun moss you come to the Salzach. From here, a road forks off to the left along the Salzachweg (return back to Kaprun possible). Continue along the Brunnwiesenweg until you come to a bridge (the Salzach-

brücke). Return the same way again or on the Tauern biking path.

Difficulty: ■ | 2 h 17 | KLAMMSEE (NATURE STUDY CIRCULAR PATH) his path starts at the main building of the power station and takes you over the left side of the Achensteig. From the starting point, continue along the stream until you reach the entrance to the Sigmund Thun Gorge. (The wooden platform through the gorge is only open in summer, and a entrance fee is charged). Now continue climbing gently in windings until you reach the road and make your way over the bridge (Belinzky-Brücke). Stay on the right side of the gorge, continue past the generator building and make your way to the end of the lake. Here you will find a kiosk with toilet facilities. Now cross over the footbridge to reach the left hand side of the lake. From here the path leads back out of the valley again and takes you past nature study information boards, biotopes and down towards a glacial pothole erosion. Continue descending towards the gorge and cross over the stream once more. Approx. 100 m

rurther on is the road which, will brings you back to the starting point. Difficulty: ■ | 1 h | 54 m difference in altitude

17A | SCHNECKENREITHWEG An alternative route is the Schneckenreithweg 17a. This path branches off to the right approximately 100 m after the Klammweg and ascends gently through an area of forest and bush up to the Schneckenreith alpine pastures. From here, you can make your way back to the Jetzbachbrücke or over the Jetzbachastensteig 29 and then walk to the Glocknerblick.

18 | FILZMOOSWEG This walk is highly recommended and starts behind the Hotel zur Burgruine. It takes you under the Jakobskapelle, past Kaprun Cas-

Difficulty: ■ | 30 min.

on to the Brunnwiesenweg and finally left to the Salzachweg No 14. 🥦 19 | WALK TO PIESENDORF ne access road to the Schaufelberg lift, the Einödweg, turns off to the right from the main road at the beginning of town. Go further through the underpass to the Tauern electricity substation, to Köt-

tle and continues through an environmentally protected area right

tingeinöden, until the bridge over the Salzach River. The path ends in the centre of Piesendorf. Return the same way

Difficulty: ■ | 3 h | 740 m difference in altitude

Difficulty: ■ | 4 h | 420 m difference in altitude

Difficulty: | 2 h | 5 m difference in altitude 20 | TRACK TO THE WEISSSTEINALM (not occupied) From the town centre in the direction of the Lechnerbergweg and then ascending along the right side of the Imbach. The route continues above the top station of the Lechnerberg lifts 1 and 2, through timber forests. From here, it proceeds on up to the Eisengatter and then towards the Imbachsteig 723.

Start at the Schulstraße to the Sporthalle (sport centre). From here, the path continues alongside the school sport centre to the Pichlbrücke and then further towards the Gasthof Zur Mühle.

21 | ACHENWEG

23 | STALLNER HÖHENWEG This path begins opposite the high school Kaprun. Up on the Schaufelberg Strasse. About 300 m after the cattle grid you leave the raod and turn rith on the walking path direction Sallnerwald. Continue for approximately 1.5 km through the forest until you come to the Salader-Aste. A wooden track now leads you down to the Kleinstalln farm. From here, make your way along the track down to the Salzachbrücke and back to Kaprun.

The Kreuzebensteig route is a connecting path between the Ess-

and back. (20 - 30 min)

reithweg and the Lechnerberg track. You will find several benches along the path where you can relax and enjoy beautiful views of Kaprun and the surrounding mountains Difficulty: ■ | 1 h | 465 m difference in altitude 25 | UNTERBERGALM From Maiskogel (height approx. 1.540 m) the path leads over most-

ly level terrain in a westerly direction straight to the Unterbergalm.

rom here, it continues through a thin larch forest descending in a

northerly direction to the Gasthaus Glocknerblick. Alternatively, you can make your way down from the Unterbergalm to the Hummersdorf which will take you over the road and back to Kaprun. Difficulty: ■ | 1 h | 20 m difference in altitude Trail suitable for children's prams: From Maiskogel to Unterbergalm

26 | WALKING PATH TO KESSELFALLSTRASSE

Shortly after the JUFA and the football field, the road branches off towards Winklerdörfl. This is the start of a path towards to Kesselfallstrasse. The route crosses over the Winkelbach stream and then continues past Weisenrainen and over the Winklerberg towards the first big bend. Approx. 50 m above the valley station you will reach the Kesselfallstrasse, from here back on the street to Kaprun. Difficulty: ■ | 40 m difference in altitude

The Sonnkogel path, just above the mountain hotel Blaickner's

The mystical forest takes hikers on an exciting journey into the world of sagas. Numerous stops along the forest path are an incredible experience for the whole family. The trail starts at the summit station of the Sonnkogelbahn. The path leads for the most part downhill through the forest till the final destination is reached, the Schmiedhof Alm. There, the adventure playground Difficulty: ■ | 1 h | 20 m difference in altitude | 1.2 km

68 | ERLEBNISWEG HÖHENPROMENADE Starting from the Schmittenhöhe (alternative Sonnkogel) the Erlebnisweg Höhenpromenade runs under the ridge and passed the Hochzelleralm, through a hollow and over the Salersbachköpfl to the Sonnkogel (alternative Schmittenhöhe). Whilst building this Erlebnisweg Höhenpromenade, erosion and damage resulting from the ski pistes was successfully reversed and the countryside recultivated. There are many informative charts telling visitors about the Schmittenhöhe and its surroundings. At Sonnkogel is

69 | PFAFFENKENDELSTEIG

The Pfaffenkendelsteig is an old path used formerly by hunters

719 | PINZGAUER SPAZIERGANG The Pinzgau Stroll is one of the most beautiful high trails in the Eastern Alps with breathtaking views to the snow covered peaks of the Hohe Tauern national park, the Salzach valley and the Kitzbüheler Alpen. During your hike you will see famous peaks such as Großglockner, Kitzsteinhorn, Granatspitze, Sonnblick or Großvenediger.

ridge - Sonnbergalm (wurked). The path continues to Rohrertörl - underneath the Niederne Gernkogels - Signpost (down the mountain over the Rohrerberg into the Salzach valley to Niedernsill) - in northwesterly direction to the Kammerscharte - one reaches the Klingertörl from the Niedernsill Hochsonnberg - to the north it branches off to the Seetörl - branches off either to the Hacklbergalm and down to Hinterglemm - or along the ridge of the Saalbachkogels and Stemmerkogels to the Schattberg - ride

There is path leading up the mountain from the Maiskogel Alm

hut. Now continue further along a forest path which undulating.

brings you to a plateau (Gasthaus Glocknerblick). From here you

Start opposite the Gemeindeamt (council offices) on the Imbach-

strasse in the direction of the large catchment area (Bachsperre).

Continue along the Lechnerberg track to the top station of the

Lechnerberg lift. The path divides at this point. Bear to the left,

which will take you swiftly into the forest. Near the game feeding

area you will see a wide gravel path. Make your way long this to

the bend and then continue straight ahead to the Imbachgraben.

The Jetzbachsteig to the Gasthaus Glocknerblick takes you from

the Kesselfallstrasse to the Jetzbachbrücke up to the Jetzbach-Au-

gut and then further on to the Schneckenreith-Almwirtschaft

From here, proceed along the road which brings you to the start

of the mountain path. The route now continues ascending steeply

From the Gemeindeamt (council offices) to the Guggenbichl pen-

sion This is the start of a high mountain path which leads at firsts

over a gully and then ascends slightly in windings through timber

forests towards the east. From here continue through young forest

in windings back towards the valley to the Burg-Schlossstr.. From

This route starts at the Alpenhaus Kesselfall. Cross over the bridge

approximately 50 m along the road and then bear left. The path

ascends briefly and then joins the old Bergstrasse (mountain road)

which will lead you to the valley station of the Lärchwand cable

railway. Continue ascending in windings along the old "Alpenvere-

in" mountain path, weaving across the line of the lift, to the top

station. Now make your way along the road and then veer left, just

before the first tunnel, onto a path which will take you to the crown

of the Limberg dam. After approximately 100 m leave the road and

follow the path along the west side of the Limberg dam to the

Fürthermoaralm. From here the path is marked as "Kräuter- und

Blumenlehrweg" (herb and flower nature study path) and ends at

This path starts behind the Hotel Waidmannsheil and leads along a

small road to the Hauserdörfl. After approximately 100 m, bear left and

continue along the road in the direction Essreith. At the bend under the

ing a gully at first, and then continues upwards along a meadow until it

joins a slightly wider path. From here there are two possibilities: 1. Bear

left and join the Lechnerberg track. 2. Continue winding your way down

to the Lechnerbrücke. Proceed right along the Imbach or left past the

Begin at the Schulstrasse, up the mountain along the Schaufel-

bergstrasse until you reach the cattle gird at the Vorderweissstein.

Now turn right to the Stangerbauer cattle gird and right again

along the Maiskogel track past the top station of the Alm lift.

From here continue ascending past the Maiskogel pump station

🥦 Trail suitable for children's prams from the high school Kaprun over

the Schaufelbergstrasse until mountain inn Unteraigen and back.

Begin opposite the High School and continue along Schaufelbergstrasse

until you reach the first bend. Continue straight on to the Ortlehen farm,

then right to the farm Vorderweissstein where the route turns off to the

right. From here it continues over a stone path, past the top station of the

Alm Lift to the Maiskogel track. After approximately 200 m branch off to

the left, and after about 150 m take a narrow, marginally steep path off

to the right. Now continue ascending in windings through timber forests

and small clearings to the Maiskogel track and then left to the Maiskogel.

Ober- and Unterlehen and continue on towards the town centre.

Essreith, turn right onto a small rise, which ascends moderately follow-

here back to the town. Connection to Murlehenweg possible.

31 | PATH ALPENHAUS KESSELFALL - MOOSERBODEN

the Bergrestaurant Mooserboden by the Mooserboden

Difficulty: ■ | 4 h | 968 m difference in altitude

Difficulty: ■ | 1 h | 70 m difference in altitude

Difficulty: ■ | 3 h | 760 m difference in altitude

35 | MAISKOGELWEG THROUGH THE WOOD

Difficulty: ■ | 2 h | 760 m difference in altitude

33 | GÜTERWEG MAISKOGEL

until vou reach the Maiskogel

through alpine and deciduous forest up to the Ast'n and further on

(Refer to Imbachsteig/Neumayeralm for further directions).

IN THUMERSBACH

The starting point is the village square in Thumersbach. The path

81 | SCHÖNWIESKOPFWEG The path starts at the village square in Thumersbach. It continues

The village square in Thumersbach is also the starting point of this

Start at the Schaufelbergstrasse opposite the High School. Con-RUDOLFSHÜTTE tinue past the Pension Plattenbauer and then bear right. Proceed From the Mooserboden make your way along the eastern side of along the asphalt road to the Zaglgut and then continue for ap the reservoir. The same path up to the Riffltor and, instead of turnproximately another 10 min. until you come to the Zagl-Bründl. ing left, continue along the path until the Karlingerbach river crosses it. From here, the path continues up to the Kapruner Törl. Now (Spring water and benches in the shade). If you continue in a west

erly direction, you can walk through beautiful forests and descend to join the Stallner Höhenweg.

Difficulty: ■ | 1 h | 170 m difference in altitude To begin with, follow the road about 300 m towards the Tauern trans former station. The path starts here on the left and takes you quickly uphill ascending quite steeply in a couple of windings through a dense copse. Carry on for about 10 - 20 min. until you come to a clearing and you can see pastureland. Proceed over this towards a level path which takes you into the high forest (careful - it can be marshy here after rainfall). The path now takes us through woods and grassland rising upwards through the forest in a westerly direction towards the Zaglbründl. From here, you can continue towards the Stallner-Höhenweg (see description for Zaglbrunnweg) or proceed

along the path to the east. The latter brings you past the Zaglgut (above Plattenbauer) and out at the Schaufelbergstrasse Difficulty: ■ | 1 h | 180 m difference in altitude 41A | GLETSCHERBLICK PANORAMA PATH Easy circular walk from the Alpincenter to the glacier moraines

Zefertgraben and the Zell am See basin. Difficulty: | 30 min. 41B | GLETSCHERSEE WALK This path leads from the Alpincenter to the Gletscherblick over the moraines and to the emerald green glacier lake. From here you can continue past striations caused by glacial movement and streams with wonderful view points along the way, before return-

with magnificent views of the Schmiedinger-Kees, glacier lake,

Difficulty: ■ | 1 h 41C | RETTENWAND CIRCULAR WALK This walk starts at the Alpincenter and proceeds to the interest ing geological stone formations at the foot of the Tristinger and

ing back to the Alpincenter.

and back to the Alpincenter. Difficulty: ■ | 1 1/4 h 41D | HIRTERBODEN TRAIL (CIRCULAR HIKING PATH) his wide circular path starts at the Häuslalm and runs passed breath taking viewing points of the Zell basin to an old shepherd's ruin. It is

an ideal path for families with small children and has resting areas.

Rettenwand. From here, it continues from the view point at the

Graswandkreuz (cross) over the Gletscherblick panorama path

43 | KITZSTEINHORN 3.203 M - ASCENT TO THE PEAK There is a steep path to the peak from the Panorama Platform "Top of Salzburg" in the Kitzsteinhorn Gipfelstation at 3,029 m. Fantastic 360 panorama. (it is recommended to have a mountain guide). There is a guided tour every Wednesday (July - mid September) to the top of the 3.203 m high Kitzsteinhorn - Infos/Bookings: T. +43 (0) 6547 8621

Difficulty: ■ | 41 m difference in altitude | 893 m

Difficulty: ■ | 174 m difference in altitude

711 | WÜSTLAU - SALZBURGER HÜTTE - KREFELDER HÜTTE This path leads about 500 m after the Klammsee like over the bridge towards the west and up over the Hinterwallberg to the Ed eralm. From here, it continues over the Grubbach cirque and the Grubbach catchment area to the Salzburger Hütte. It then proceeds in a southerly direction past the Geissstein and climbs up to the Krefelder Hütte. The ascent up to the Geisssteingipfel summit is not safe-guarded, Approx. 45 min. walk Difficulty: ■ | 5 h | 1,423 m difference in altitude

towards the old drag lift trail and continue along the line of the lift to the top station where you will join path number 711. This leads to the first depression, south of the Kleinen Schmiedinger and then descends west over scree in the direction of the Hackl Hochalm From here, continue past the Hacklsee and along a sheep track to the south-west and up to the Kleetörl. Now descend along the

711 | KREFELDER HÜTTE - KLEETÖRL - RUDOLFSHÜTTE

Starting point for this tour is the Alpinecenter. From here, walk wes

outhern side of the Reichenbergkar and continue, ascending only

slightly, around the Richtzeitsedl into the Wurfkar. From here, make

your way underneath the Scharkogels and cross the cirque to reach the road. Proceed along the road in the direction of the Tauernmoos lake. At the dam, continue over to the western side of the lake, past the middle station of the old cable car and then onto a forest road 723 | IMBACHSTEIG - NEUMAYERALM - IMBACHHORN until you reach the end of the reservoir containment area. Here you will join path number 716 and can continue over the "steps" to the Rudolfshütte. It is also possible to continue from the middle station of the old cable car and descend to the Enzingerboden (1.5 h). Difficulty: ■ | 7 h

716 | AUSTRIAWEG: MOOSERBODEN - KAPRUNER TÖRL -

teren Rifflkeeses and further on to the Hinteren Ochsenflecke. From here, cross over the river and continue along the path towards the east. The Rudolfshütte is reached by crossing over stone steps. Difficulty: ■ | 7 h | 919 m difference in altitude 717 | MOOSERBODEN - BÄRENKOPFKEES - GRUBER SCHARTE - GROSSER BÄRENKOPF From the Mooserboden make your way along the eastern side of the reservoir until you are underneath the Bärenkopfkeeses. From here, continue climbing up swiftly in windings to the west side of the Bären-

make your way from the Törl descending again to beneath the Un-

kopfkees, crossing over the glacier's edge, until you reach a long S-bend

on the upper part of the western side of the Bärenkopfkeeses. Now car-

ry on over to the eastern side of the Bärenkopfkees to the Biwak shelter

on the Hochgruberscharte (overnight accommodation possible). From

here, continue to ascend south-east over the Nordgrat to the Grossen

Bärenkopf. This mountain tour is classed as a high aloine glacier tour and should only be undertaken in the company of the mountain guide. Difficulty: ■ | 6 h | 1,218 m difference in altitude

718 | HAUSHOFERWEG - HEINRICH SCHWAIGER-HAUS -**GROSSES WIESBACHHORN** To begin this walk, take the bus up to the Mooserboden. From here cross over the two dams and continue up to the left by the Möllzirkus building. Now follow the path ascending steeply in windings up to the Heinrich Schwaiger Haus (ascent approx. 2 h. descent approx. 1.5 h). From here it is possible to continue further up to the Grosse Weissbachhorn. The summit is reached by proceeding over the Hüttenkamin chimney and up over the Bratschen to the Lower Fochezkopf and further over the Fochezkees ascending up to the Upper Fochezkopf. Now follow the route over the Kaindlgrat ridge to the Wielingerscharte and over the summit ridge to the Grossen Wiesbachhorn (3.564 m). This is a high alpine glacier tour and requires the appropriate equipment as well as alpine knowledge and experience. This tour should therefore only be undertaken in the company of a mountain guide. The ascent

Difficulty: ■ | 5 h | 1,528 m difference in altitude 719 | LAKARSCHARTENWEG: KREFELDER HÜTTE -

Difficulty: ■ | 7 h | 1,921 m difference in altitude

up to the hut is possible without a mountain guide

ALPINCENTER - LAKARSCHARTE - MOOSLEHENALM -SCHAUNBERGALM - NIEDERNSILL This path begins at the Krefelder Hütte and ascends up to the Lakarscharte. From here make your way past several occupied mountain farms (the Lakaralm, the Mooslehenalm and the Schaunbergalm) until you reach the Mühlbachtal valley. Now continue along the road further into the village of Niedernsill. From here you can return back to Kaprun with the local bus. It is also possible to go from the Schaunbergalm to Niedernsill and return by taxi.

rection of the Heinrich Schwaiger-Haus. After approximately 200 me-

tres bear towards the north. Proceed along the level terrain of the

723 | MAX HIRSCHL-WEG To begin this walk, take the bus up to the Mooserboden. From here cross over the Mooser and Drossen dam and then proceed in the di-

Hang Canals and ascend up past the Wielinger catchment area before descending about 50 m just before the catchment area. Now make your way climbing up through mountain pastures to the Hauseben. From here continue rising in windings up to the Bratschen to the Kempsenkopf (difficult stages safe-guarded with a rope). From here the path forks, leading in one direction to the Gleiwitzer Hütte and in the other to the summit climb of the Hohen Tenn. The ascent up to the Hohen Tenn (3,317 m) proceeds over the ridge to the Bauernbrachkopf (3,125 m) and then continues to the Kleinen Tenn (key point) and from here over the ridge to the Schneetenn. The ascent is graded be tween levels 3 and 4, depending on the weather situation, and is very exposed in places. The more difficult stages are safe-guarded with fixed ropes. Should only be undertaken by those with good alpine experience or in the company of a mountain guide. To descend to the Gleiwitzer Hütte (2,174 m), make your way from the Kempsenkopf over the ridge to the upper Jägerscharte, over a peaked point to the lower Jägerscharte and continue over grazing land to the Gleiwitzer Hütte. This route is also very exposed in places and care is needed, especially in bad weather conditions (only for the sure-footed). The more difficult stages are safe-guarded with a fixed rope Difficulty: ■ | 7 h | 1,054 m difference in altitude

From the town centre in the direction Lechnerberweawea along

the right side of the Imbach rising up past mudflow and ascending further over the Unterbergreidl and on to the Neumayeralm (not occupied!). The route then continues over mountain pastures to

the Piffscharte (1.785 m) and from here under the Türchelkopfes and up to the Rosskopfscharte. At this point, the path branches off towards the Imbachhorn (although it is possible to continue on towards the Gleiwitzer Hütte). At the Imbachhorn you can descend again over the Brandlscharte to the Gleiwitzer Hütte Difficulty: ■ | 6 h | 1,968 m difference in altitude

724 | BRANDLSCHARTENWEG (HEIMHOFERWEG) This path starts in the upper car park of the Gletscherbahn cable car. Follow route no. 724 ascending up through mixed forest to the Harleitenalm (no longer in operation). From here, continue over the Harleiten up to the Brandlscharte. Now you can decide whether to turn right up towards the Rettenzink or left to the Imbachhorn. Alternatively, you can make your

way over the Brandlsee and descend to the Gleiwitzer Hütte

Difficulty: ■ | 4 h | 1,440 m difference in altitude 726 | HOCHKAMMERWEG - KREFELDER HÜTTE - ALPINCENTER - KAMMER SCHARTE - FÜRTHERMOARALM - MOOSERBODEN Start this tour at the Krefelder Hütte above the Alpincenter and walk up in a southerly direction to the Gletschersee. From here, continue eastwards to the Kammerscharte (Steinmann). On the other side of the depression follow the path in several windings on the eastern slope of the Kitzsteinhorn and down to the Fürthermoaralm. From here, you can either take the bus to the Mooserboden or back down to the valley. Alternatively, you can continue over the Alpenvereinsweg and then over the Kräuterwanderweg, which will bring you

care is required. Alpine Center to the Mooserboden 4 h.

Difficulty: ■ | 4 h | 1,247 m difference in altitude

out at the Mooserboden. The more difficult stages of the route are

safe-guarded with fixed ropes. (Be careful, the ground may still be

marked path up to the summit of the Kleinen Grieskogels. From

the eastern end of the Kleinen Grieskogel-keeses continue climbing

south over a corn snow field until you reach the east ridge. Now

continue over a coarse area of boulders and an exposed ridge until

you reach the summit of the Grossen Grieskogels. From here, it is

only be undertaken in the company of the mountain guide!

Difficulty: ■ | 5 h | 774 m difference in altitude

possible to continue ascending up to the Hocheiser. **This tour should**

covered with snow in places during spring). Bad weather: particular

734 | KL. GRIESKOGEL - GR. GRIESKOGEL - HOCHEISER Make your way from the Mooserboden ascending west along a well marked path over graduated grass slopes on to a wide, level back towards the Sedlgrat and then further over an unsecured and un-

ARNOWEG Kapruner-Törl 716-717 (2,639 m), Mooserboden 31 (1,800 m), Fürthermoaralm 726 (2,294 m), Kammer Scharte - Alpincenter, Krefelderhütte 5, Pichl. Achenweg 21 (786 m) - FW Imbachstr.

GLOCKNERRUNDE Kapruner-Törl 716-717 (2,639 m) - Mooserboden 31 (1,800 m) -Gletscherbahnen Kaprun – Brandlschartenweg 724 – Gleiwitzerhütte

tain station (1.570 m) - Unterbergalm (1.570 m) - Alpengasthaus

VIEWS OF KAPRUN TOUR

to Kaprun Castle and via the Lechnerberg into the valley. The tour continues via the Bürgkogel to the Kesselfall Gorge and from there back to the centre - to the Kirchbichl. Several interim destinations invite to stop and stay a while. This route offers the opportunity to discover something "new" or from a different perspective - here in the beautiful Kaprun Valley.

curves, along an asphalt farmer's road called Güterweg Grafleiten to the guesthouse Grafleiten. It climbs further across fields to the Thumersbach Kammweg. 30 min | 206 m difference in altitude | 1.6 km

climb. Forest walks are optiona 1 h | 361 m difference in altitude | 3 km

Begins at the village square in Thumersbach and leads to the

very good walking path to the Schoberalm

1 h | 240 m difference in altitude | 3.6 km

🔀 g | GÜTERWEG EINÖD This asphalt way starts at the cemetary in Zell am See, goes through a residential area and then turns into the Güterweg Einöd

m h | SEEPROMENADE

i | HOFMANNSTHALSTRASSE

20 min | 1 km

This way leads from Schüttdorf (Porsche horse riding stables) over the Porsche allee and the bike path in the direction of Bruck to the the Salzach to Kaprun.

n | FLUGPLATZSTRASSE WALKING PATH (AIRPORT) This path, starting at the Salzach bridge, joins Kaprun and Zell