

HIGHLIGHT TOURS ZELL AM SEE

h | SEEPROMENADE
 Difficulty: ● → 11.1 km ↑ 25 m @ 3 h
 The Seepromenade (lake promenade) runs all the way round the crystal-clear Lake Zell. The western section of the promenade runs almost exclusively alongside the lakeshore. The southern section of the circular route then leads along the Thomas-Bernhard-Weg through the nature reserve and the eastern section on a pavement along the lakeside road. Recommendation: On the Thumersbach side, switch to the Thumersbacher Höhenpromenade No. 90.

90 | THUMERSBACH HIGH-ALTITUDE PROMENADE AND „GUESTBOOK“-THEME TRAIL
 Difficulty: ● → 4.5 km ↑ 225 m @ 30 min
Start/Destination: Thumersbach village square
 From the village square, continue to the kindergarten. Along the Erlberg Trail until after the first bend. From there, the trail runs through the forest in direction Grafleitn with wonderful views of Lake Zell. Along the beautiful forest path, there are 7 stations with information about important personalities who have left their mark on Zell am See-Kaprun.

56 | ADVENTURE HIKING TRAIL “SCHMIDLIN’S BAPTISM OF FIRE”
 Difficulty: ● → 1.3 km ↑ 81 m @ 1-3 h
Start: areiXpress mountain station
 „Schmidlin’s Baptism of Fire“ tells the story of the Schmittlen dragon „Schmidlin“, who becomes a fire-breathing dragon. There are exciting, child-friendly tasks to solve along the way. An adventure pass - available at the valley stations of the areiXpress cityXpress as well as in the E-Motocross Park - serves as a guide. A certificate is awarded at the end. The trail can be hiked in three variants (mini/midi/maxi). Not far from the areiXpress mountain station, cool kids and adults go for it on electric bikes in the “E-Motocross Park”.

4-LAKE HIKING TOUR
Start: Schmittenhöhebahn mountain station
Destination: cityXpress mountain station
 Difficulty: ● → 4.3 km ↑ 633 m @ 2 h
 Lakes and artworks high above Zell am See. After the ascent with the Schmittenhöhe cable car to almost 2,000 metres above sea level, this circular tour leads downhill to valley station of the cityXpress at 1,325 metres.
82 | SCHWALBENWAND TRAIL
 Difficulty: ● → 5 km ↑ 800 m @ 2 h
Start: Bergasthof Mitterberg (1,200 m)
Destination: Schwalbenwand (2,011 m)
 Parking available above the Mitterberghof (subject to a fee). The route begins on the goods road. After about 800 metres, turn into the forest. Once you leave the forest, the summit is already visible.
 Route Option: Schwalbenwand round tour
 Difficulty: ● → 11.4 km ↑ 1,249 m @ 4 h
Route Option: Start from Thumersbach village square
 Difficulty: ● → 9 km ↑ 1,237 m @ 3.5 h
Tip for experienced hikers:
 Circular hiking trail from Mitterberg via Schwalbenwand and Schönwieskopf to Hundstein
 Difficulty: ● → 20 km ↑ 1,473 m @ 7 h

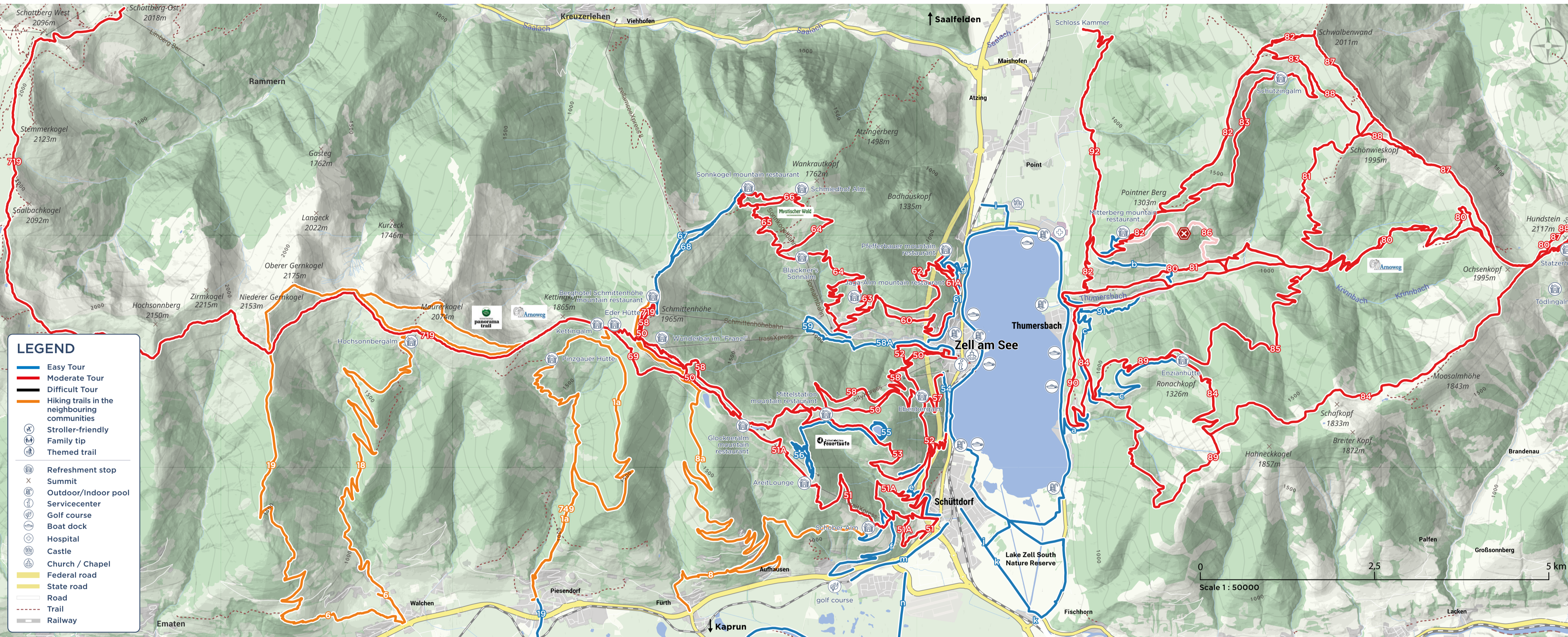


LOCAL GUIDE
THE DIGITAL GUIDED TOUR OF ZELL AM SEE
 Experience a digital city tour through Zell am See. Marvel at interesting places and stories told by local and well-known personalities on your smartphone at different 10 stations.
Easy to use on your smartphone:
QR CODE: Open the camera app on your smartphone and scan the QR code.

HUTS WITH OVERNIGHT STAY OPTIONS

SCHMITTENHÖHE - ZELL AM SEE
BERGHOTEL SCHMITTENHÖHE
 www.berghotel-schmittenhoeh.at
JAGA ALM
 www.jaga-alm.at
KETTINGALM
 www.kettingalm.at
PINZGAUER HÜTTE
 www.pinzgauer-huette.at
SCHMIEDHOF ALM
 www.schmiedhofalm.at
ZELL AM SEE
GLOCKNERALM
 www.glockneralm.at
PFEFFERBAUER MOUNTAIN RESTAURANT
 www.pfefferbauer.com
THUMERSBACH
MITTERBERG MOUNTAIN RESTAURANT
 www.gasthof-zellamsee.at
STATZERHAUS
 T +43 (0) 6542 744 38
 statzerhaus@oetk.at

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 www.zellamsee-kaprun.com
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 Contwisse Maps (contwisse.com)



HIKING PATHS ZELL AM SEE

a | GRAFLEITEN TRAIL
 Difficulty: ● → 1.6 km ↑ 206 m @ 30 min
Start: Beginning of Grafleitn road
 On the farm: Grafleitn goods road, the route takes 4 hairpin bends to the former inn. A path then leads across the fields to Thumersbacher Kammweg.
b | MITTERBERG TRAIL
 Difficulty: ● → 3 km ↑ 361 m @ 1 h
Start: Parking Ronachkopf | Thumersbach
Destination: Mitterberg mountain restaurant
 The trail is asphalted all the way to the Mitterberghof and has an even gradient. Alternatively, route via forest paths.

c | ERLBERGWEG
 Difficulty: ● → 4.7 km ↑ 496 m @ 1.5 h
Start: Thumersbach village square
Destination: Enzianhütte (hut)
 Mountain road to the Enzianhütte (hut) - always with a view of Lake Zell. Starting from the Thumersbach village square, after the primary school on the tarmac Erlbergweg to the Enzian hut. Short gravel section in the upper part of the path.

ENJOY & DIVE IN
 The whole region in one app.
 YOUR DIGITAL HOLIDAY COMPANION
 Today is a good day for sports.

j | PORSCH ALLEE
 Difficulty: ● → 1.4 km ↑ 2 m @ 20 min
Start: Schüttdorf retirement home
 The walking trail runs along Porsche Allee

k | VALLEY HIKING TOUR ZELL AM SEE TO KAPRUN
 Difficulty: ● → 7.8 km ↑ 20 m @ 1.5 min
Start: Porsche Riding Facilities
 Along Porsche Allee in direction Bruck to the railway subway. Go round the Salzburg AG premises (Safestrasse), then turn right immediately after the bridge and follow the Salzach to Kaprun.
l | WIESENKÖNIGREICH THEME TRAIL
 Difficulty: ● → 5.5 km ↑ 11 m @ 1 h
Start: Porsche Riding Facilities
 A natural gem on Lake Zell - rare plants, diverse wildlife and impressive mountain scenery. The Zeller See South Nature and Landscape Conservation Area covers more than 220 hectares in the southern situation zone of the lake and is one of the most species-rich wetlands in the region. Due to its size, the area can be explored from several sides.

e | KEILBERGWEG
 Difficulty: ● → 3.6 km ↑ 240 m @ 1 h
Start: „Dorfschenke“ Schüttdorf
Destination: Hübgut (farm) or Schober Alm
! The path from Keilberg to Schober Alm is closed until further notice.
 At the Schüttgut (farm), the trail branches off to the right from the Areit Trail and meanders uphill to the Hübgut on asphalted ground. From here, the route continues on a very easily accessible trail to the Schober Alm.

f | BRUCKBERG TRAIL
 Difficulty: ● → 2.9 km ↑ 289 m @ 50 min
Start: Bus stop Gopflplatz
Destination: Schober Alm
 A classic walking trail. The start is near Gasthof Tauernstüberl (opposite the golf course). The trail is asphalted throughout and has no major gradients. At the Schober Alm you are rewarded with a fantastic view of the valley.

g | EINÖD AGRICULTURAL ROAD
 Difficulty: ● → 1.3 km ↑ 131 m @ 30 min
Start: Zell am See cemetery
Destination: Pfefferbauer mountain restaurant
 The trail first leads through a residential area on a throughout asphalted road and then along the Einöd goods road to Pfefferbauer mountain restaurant.

i | HOFMANNSTHALSTRASSE
 Difficulty: ● → 1 km ↑ 10 m @ 20 min
Start and Destination: Hofmannsthalstrasse
 The Hofmannsthalstrasse (opposite the Zell am See Yacht Club) is a very short, but due to the landscape also a very charming promenade, which leads past the Hotel & Restaurant Schloss Prietlau.

k | VALLEY HIKING TOUR ZELL AM SEE TO KAPRUN
 Difficulty: ● → 7.8 km ↑ 20 m @ 1.5 min
Start: Porsche Riding Facilities
 Along Porsche Allee in direction Bruck to the railway subway. Go round the Salzburg AG premises (Safestrasse), then turn right immediately after the bridge and follow the Salzach to Kaprun.

l | WIESENKÖNIGREICH THEME TRAIL
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m | PINZGAUERBAHN PATH
 Difficulty: ● → 2 km ↑ 6 m @ 30 min
Start: Kitzsteinhornstrasse
Destination: Zellermoos
 The path leads from Schüttdorf along the Pinzgauer Lokalbahn (railway) to Zellermoos.

n | FLUGPLATZSTRASSE PATH
 Difficulty: ● → 1 km ↑ 1 m @ 20 min
Start: Salzach bridge between Zell am See and Kaprun
Destination: Glockneralm
 The trail runs along the Flugplatzstrasse, from the Salzach bridge, continue along footpath k to Kaprun.

50 | SCHMITTEN HIKING TRAIL
 Difficulty: ● → 8 km ↑ 1,191 m @ 4 h
Start: cityXpress valley station
Destination: Schmittenhöhe
 Via an easy path to the Ebenbergalim, then through the forest to the cityXpress mountain station. Parallel to the Schmittenhöhennweg trail no. 58, it leads up to the summit.

51 | AREIT TRAIL
 Difficulty: ● → 5 km ↑ 863 m @ 2 h
Start: „Dorfschenke“ Schüttdorf
Destination: Glockneralm
 On the old Areitweg to the Schober Alm, after crossing the goods road three times reach a forest path to Areitalm. Continue on goods tracks to the Glockneralm.

51A | AREIT CLIMB
 Difficulty: ● → 3.8 km ↑ 71 m @ 1.5 h
Start: areiXpress valley station (connecting or circular trail)
 Cross the Areitwiese meadow to the junction with Areitweg no. 51. Follow the tarmac road for 30 metres, turn right, cross the Schützbach and continue to Keilbergweg.

52 | EBENBERGALM PATH
 Difficulty: ● → 4.5 km ↑ 250 m @ 2 h
Start: „Dorfschenke“ Schüttdorf
Destination: Ebenbergalim or Zell am See centre
 Follow the road uphill towards Keilberg. After approx. 15 min, the third bend leads through the forest towards Zell am See, past the Bergheim to the Ebenbergalim. Downhill approx. 30 min. to town centre.

53 | SEESPITZ-ZAUNLÜCKEN CLIMB
 Difficulty: ● → 3.5 km ↑ 558 m @ 2 h
Start: Nikolaus Gassner Promenade
Destination: Bergstation cityXpress
 Branch off above the Seespitz tunnel exit, uphill first on a goods road, then on a narrow hiking trail. Approx. 40 min to Entwieshof, then on to Hübgut. 300 m further on, take the turn-off to the right, 50 min to the Plettsaukopf circular hiking trail or to the cityXpress mountain station.

54 | NIKOLAUS GASSNER PROMENADE
 Difficulty: ● → 1 km ↑ 27 m @ 20 min
Start: Seespitz tunnel portal in Schüttdorf
Destination: Zellermoos
 Short promenade to the Hotel Berner in Zell am See. Runs along the west side of the lake, recommended on hot summer days.

55 | PLETTSAUKOPF CIRCULAR HIKING TRAIL
 Difficulty: ● → 2 km ↑ 40 m @ 40 min
Start and Destination: cityXpress mountain station
 Gentle circular walk, little difference in altitude. Easily accessible path to the Plettsaukopf reservoir to the playground.



56A | HIRSCHKOGEL-GLOCKNERWIESE
 Connecting trail

57 | EBENBERGALM CLIMB
 Difficulty: ● → 0.9 km ↑ 209 m @ 40 min
Start: Nikolaus Gassner Promenade
Destination: Ebenbergalim
 Short, steep climb. A few metres to the left of Hotel Berner through the Skiwiese subway, approx. 200 m to the Ebenbergalim.

58 | SCHMITTENHÖHE PATH
 Difficulty: ● → 9 km ↑ 1,191 m @ 4 h
Start: cityXpress valley station
Destination: Schmittenhöhe
 Parallel path to Köhlergraben promenade. Shortly before the former Köhlergraben inn, the path branches off to the right into a wide forest track. 500 metres after the inn, change to trail no. 50 and continue along eight hairpin bends to the middle station and on to the summit.

58A | KÖHLERGRABEN PROMENADE
 Difficulty: ● → 1.3 km ↑ 159 m @ 40 min
Start: cityXpress valley station
Destination: Schmittenthal valley
 The Köhlergraben Promenade runs along a slightly ascending, very easy trail to the former Köhlergraben inn.

59 | BREITENBACH PROMENADE
 Difficulty: ● → 1 km ↑ 81 m @ 30 min
Start and Destination: trassXpress valley station
 Easy, short, and shaded promenade at the end of the valley, circular route to the former Köhlergraben inn.

60 | SONNBERGPROMENADE
 Difficulty: ● → 3.6 km ↑ 262 m @ 1 h
Start: Bergstrasse, Zell am See
Destination: Schmittenhöhebahn valley station
 Follow the tarmac Sonbergstrasse to Sonberg, continue via Steingut on a narrow forest path. Via a wide goods path to the Schmittenhöhebahn valley station.

61 | DR. MÜLLER PROMENADE
 Difficulty: ● → 1.3 km ↑ 30 m @ 20 min
Start: Hotel Stadt Wien, Schmittenstrasse
Destination: mountain restaurant
 Initially a little steeper, then with a moderate gradient past residential houses and along the hiking trail to Einöd - easy to walk on throughout.

61A | PFEFFER CLIMB
 Difficulty: ● → 0.6 km ↑ 50 m @ 15 min
 Steep shortcut to the Pfefferbauer mountain restaurant.

62 | BADHAUSKOPF TRAIL
 Difficulty: ● → 3 km ↑ 241 m @ 1 h
Start: Zell am See cemetery
Destination: Sonnberg
 Via the Einöd goods road to the Pfefferbauer mountain restaurant, continue along a forest path to the forest road. Follow the road to the Sonberg.



63 | HOCHFALLECK CLIMB
 Difficulty: ● → 0.9 km ↑ 227 m @ 40 min
Start: Sonnberg Promenade
 A forest path leads from the Sonberg Promenade via the Jaga-Alm | Hochfalleck mountain restaurants and onwards via a path to the Sonnkogel Trail.

64 | SONNKOGELEWEG
 Difficulty: ● → 6.3 km ↑ 896 m @ 3 h
Start: Schmittenhöhebahn valley station, car park
Destination: Sonnkogelbahn mountain station
 Easy path throughout, 20 min to Jaga-Alm, another 45 min to Blaickner's Sonnalm. After several hairpin bends you reach the Schmiedhofalm. Another 40 min to the Sonnkogel and to „Schmidlins Sonnenreich“.

65 | SONNKOGELEWEG
 Difficulty: ● → 2.1 km ↑ 410 m @ 1 h
Start: Blaickner's Sonnalm
Destination: Bergstation Sonnkogelbahn
 On the Sonnkogeleweg, just above Blaickner's Sonnalm, the Sonnkogeleweg begins and leads directly to the Sonnkogel.

66 | „MYSTICAL FOREST“ A FAIRYTALE-THEMED TRAIL
 Difficulty: ● → 1.2 km ↑ 20 m @ 1 h
Start: Sonnkogelbahn mountain station
Destination: Schmiedhofalm
 An exciting journey into the world of legends with numerous stops along the way for the whole family. Mostly downhill through the forest, with an adventure playground waiting at the end.

67 | RIDGE TRAIL OVER THE SALERSBACHKOPF
 Difficulty: ● → 2.2 km ↑ 73 m (on the way back 200 m) @ 40 min
Start: Schmittenhöhebahn mountain station
Destination: Sonnkogel
 Past the Hochzeller Alm up the Salersbachköpfl to the Sonnkogel. Combined with the Höhenpromenade adventure trail (parallel trail), this forms the great panoramic trail

68 | HIGH-ALTITUDE-PROMENADE ADVENTURE TRAIL
 Difficulty: ● → 2.4 km ↑ 49-176 m @ 40-50 min
Start and Destination: Schmittenhöhebahn mountain station or Sonnkogel
 The trail leads past Hochzeller Alm, the ridge hollow and the Salersbachköpfl up to the Sonnkogel (alternatively Schmittenhöhe), with numerous information boards, viewing platforms, telescopes and play stations along the way.

69 | PFAFFENKENDL CLIMB
 Difficulty: ● → 1.5 km ↑ 48 m @ 30 min
Start: Eder Alm | Kettingalm
Destination: areiXpress or cityXpress mountain stations
 Old, sheltered hut on a recommended on hot days and an alternative to the descent. Start below the Schmittenhöhe summit, end at the Areitweg or via the mountain stations further into the valley.

80 | HUNDSTEIN TRAIL
 Difficulty: ● → 5.5 km ↑ 1,080 m @ 3 h
Start: Thumersbach valley head (parking facility available)
Destination: Hundstein (2,117 m)
 From the valley head of Thumersbach with a large cattle barrier uphill via the Rupertihaus (1,663 m) to the Hundstein.
 Alternative for experienced hikers: start at the village square via Loibldorf to the head of the valley.
 Difficulty: ● → 9.6 km ↑ 1,350 m @ 4 h

81 | SCHÖNWIESKOPF TRAIL
 Difficulty: ● → 4.5 km ↑ 964 m @ 3 h
Start: Thumersbach valley head (1,030 m, parking facility available)
Destination: Schönwieskopf (1,994 m)
 Head uphill over a large cattle barrier, cross Grinnbach and Taubenbach streams. Continue on a steep forest path, past the Sommeralm and along the forest path to the Zenzalm (both unmanaged). Continue along a wide mountain ridge to the summit.
 Alternative: Start at Thumersbach village square.
 Difficulty: ● → 8 km ↑ 1,234 m @ 4 h

83 | LOWER SCHWALBENWAND TRAIL
 Difficulty: ● → 5.3 km ↑ 513 m @ 2 h
Start: Mitterberg mountain restaurant (1,200 m)
 Alternative to the Schwalbenwand Trail. Wide forest road to the Schützlingalm, on to the summit and junction below the Maishofen summit cross.

84 | THUMERSBACH RIDGE TRAIL
 Difficulty: ● → 11.7 km ↑ 1,150 m @ 4 h
Start: Village square Thumersbach
Destination: Hundstein
 Via the Thumersbacher high-altitude promenade, Erlberg goods road and a forest path to Enzianhütte. Past the Hahneckkogel, Breiter Kopf and Schafkopf to Hundstein.

85 | WALDHEIM TRAIL
 Difficulty: ● → 5 km ↑ 223 m @ 1 h
Start: Valley head Thumersbach
 Connection of the valley head with the ridge path.

86 | BERGBAUER TRAIL
 Difficulty: ● → 2.2 km ↑ 279 m @ 1 h
! Due to a massive landslide, it is closed until further notice!
 Connection between the Schwalbenwand trail and the Hundstein or Schönwieskopf.



87 | SCHWALBENWAND RIDGE TRAIL
 Difficulty: ● → 4.1 km ↑ 263 m @ 2 h
Start: Thumersbach valley head (parking facility available)
Destination: Hundstein (2,117 m)
 Steep track from the Schwalbenwand via the Schönwieskopf to the Hundstein.



88 | LOWER SCHWALBENWAND RIDGE TRAIL
 Difficulty: ● → 2.3 km ↑ 90 m @ 45 min
 Alternative to the Schwalbenwand Ridge Trail. The trail runs below the Schönwieskopf and meets the lower Schwalbenwand Trail below the Schwalbenwand.

89 | Thumersbach circular route - Erlhofplattenweg
 Difficulty: ● → 4.2 km ↑ 590 m @ 2 h
Start: Thumersbach village square
Destination: Erlhofplattenweg
 Starting from the Thumersbacher Kammweg on a forest road and trail to Erlhofplatte. Up to an altitude of 1,400 metres and back on a forest path to the ridge trail.

91 | WALDPROMENADE
 Difficulty: ● → 1.2 km ↑ 79 m @ 30 min
Start: Thumersbach village square
Destination: Thumersbach Saalbach
 „Forest promenade“. Along the right side of the valley via a forest path and footpath.

92 | ACCESS MAISHOFEN HIGH-ALTITUDE TRAIL
 Difficulty: ● → 5.8 km ↑ 330 m @ 1.5 h
Start: Village square Thumersbach
Destination: Schloss Kammer
 From the village square through Loibldorf to the turn-off to the high-altitude promenade to Maishofen.

719 | PINZGAUER SPAZIERGANG
 Difficulty: ● @ 6 h
Start: Schmittenhöhebahn mountain station
Destination: Schattberg Saalbach
 Beautiful long-distance hiking trail with views of the 3,000 metre peaks of the Hohe Tauern. From the Schmittenhöhebahn mountain station via Kettingkopf, Kesselscharte, Rohrertrör, Klammcharte, Klingertörli, Seetörl and Marxenscharte to the Schattberg X-press mountain station. Descent with Schattberg X-press possible.
Further options: Hike from Klingertörli via Madalkogel to Uttendorf. (Overnight stay)
 Bürglhütte with descent to Pfaffenfelden.
 Röhrertörli: 2.5 h, descent to Stuhlfelden: 3.5 h, Niedersilsi: 6 h, Klingertörli: 5 h, Uttendorf: 8 h, Bürglhütte: 10 h, Schattberg: 6 h, descent to Hinterglemm: 9 h.

HIGHLIGHT TOURS KAPRUN

5 | ALEXANDER ENZINGER TRAIL
Difficulty: ● → 15.4 km ↑ 350 m ⊙ 6 h
Start: Langwied (Trail no. 5A) or Alpicenter 2.452 m
Destination: Kaprun village centre
 High-alpine crossing from the Kitzsteinhorn to the Malskogel with great views.
 Alternatively, to the Malskogel 8.5 km | 4 h + MK Malskogelbahn



VIEWS OF KAPRUN TOUR
Difficulty: ● → 20 km ↑ 600 m ⊙ 6.5 h
Start and destination: Kirchbichl
 This hiking trail connects places with especially beautiful views in the Kaprun Valley. The circular route starts at the Kirchbichl, leads 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 and 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 - surrounded by the beautiful Kaprun Valley.

MOTOR SKILLS FUN PATH
Difficulty: ● → 2 km ↑ 0 m ⊙ 30 min
Start: Vereinehaus Kaprun, Augasse 6a
Destination: Salzach bridge | 24 different stations along the Tauern Cycle Trail
 24 different stations provide fun for all age groups. The Motor Skills Fun Trail starts along the Tauern Cycle Track in the area of the Vereinehaus (Club House, Augasse 6a). The topics of the stations are based on the findings of training theory and the current state of knowledge on motor learning. The synergy between the equipment and the surrounding nature creates special and unforgettable movement experiences. The approximately 70 individual pieces of equipment allow everyone - from juniors to seniors, from beginners to professional athletes - to experience fun and excitement.

25 | Malskogel Hut Tour
Difficulty: ● → 4.8 km ↑ 130 m ⊙ 1.5 h
Start and destination: Malskogel mountain station
 Easy hut tour with beautiful forest sections, suitable for families and nature lovers: Malskogel mountain station (1,570 m) - Unterbergalm (1,570 m) - Glocknerblick hut (1,670 m) - Malskogel Alm Ranch (1,540 m) - Saulochalm | Malskogel mountain station (1,570 m).
Tip: Pram-friendly sections:
 Each starting at Malskogel mountain station to Unterbergalm, the Glocknerblick mountain restaurant and Malskogel Alm Ranch



VIE FERRATE AND CLIMBING ROUTES

HIGH ALPINE VIA FERRATA EXPERIENCE MOOSERBODEN:
LIMBERG-ZWERG
Difficulty: B/C → 50 m ⊙ 45 min
MOOSER-MANDL
Difficulty: C → 100 m ⊙ 30 min
DROSSEN-HEX
Difficulty: E → 100 m ⊙ 30 min
MOBOI07 VIA FERRATA AT THE DAM WALL
Difficulty: A/B → 240 m ⊙ 20-50 min

KITZSTEINHORN: RETTENWAND CLIMBING GARDEN AND GRÜNSTEINFINDLING
 Only a 25-minute walk from the Alpicenter, climbers will find secured climbing routes for all skill levels.

HUTS WITH OVERNIGHT STAY OPTIONS

- MAISKOGEL & KITZSTEINHORN KAPRUN**
KREFELDERHÜTTE
 www.krefelderhuette.at
SALZBURGER HÜTTE
 www.klammun.at
STANGERBAUER MOUNTAIN RESTAURANT
 www.bauernhof-kaprun.at
UNTERGAHN MOUNTAIN RESTAURANT
 www.bauernhofurlaub-kaprun.com
BERGDORF HOTEL ZAGLGUT
 www.zaglgut.at
KAPRUNERTAL
EBMATENHÜTTE FÜRTHIMOARALM
 www.fuerthimoar.at
HEINRICH SCHWAIGER HAUS
 www.heinrich-schwaiger-haus.at
KESSELFALL ALPENHAUS
 www.kesselfall.at
SCHNECKENREITH ALM
 +43 664 5126999
FUSCHERTAL
GLEIWITZER HÜTTE
 www.gleiwitzerhuette.at

HIKING TRAILS KAPRUN

- 2c | ALMROSENWEG (CIRCULAR HIKING TRAIL)**
Difficulty: ● → 450 m ↑ 15 m ⊙ 30 min
Start and destination: Häuslalm | Langwied
- 2d | HÄUSLALMWEG (CIRCULAR HIKING TRAIL)**
Difficulty: ● → 1.5 km ↑ 41 m ⊙ 30 min
Start and destination: Häuslalm | Langwied
- 5A | GRUBALMKAR TRAIL**
Difficulty: ● → ca. 1 km ↑ 290 m ⊙ 1 h
Start: Connecting trail Krefelder Trail no. 711 and Alexander Enzinger Trail no. 5

- 11 | GROSSENTAL TRAIL**
Difficulty: ● → 4.2 km ↑ 34 m ⊙ 1 h
Start: Kaprun village centre
Destination: Kaprun South
 Schulstrasse, Schaufelbergstrasse to the Ortlehen and Großeltern farms. Continue on gravel path to Kaprun South.
- 12 | MURLEHENWEG**
Difficulty: ● → 1.3 km ↑ 120 m ⊙ 2 h
Start: Kaprun Castle
Destination: Kaprun Ortsbeginn
 At Kaprun Castle, first turn right onto the Guggenhöhen Trail no. 30 to a spring catchment where the Murlehen Trail begins on the left. The trail leads through meadows and forest terrain downhill to Mayreindöfen. Continue from there to the Salzach bridge and turn left along the Tauern Cycle Trail back to Kaprun.

- 13 | WÜSTLAU TRAIL TO ALPENHAUS KESSELFALL**
Difficulty: ● → 6.7 km ↑ 282 m ⊙ 2 h
Start: Junction Klamm Trail no. 17
Destination: Kesselfall
 The Wüstlau walking trail branches off from Klamm Trail no. 17 at the footbridge at the end of the Klammsee reservoir and continues to the Aubrücke bridge. Turn right along the Kapruner Ache stream to the Wüstlau bridge, and then from there along the cycle track on the left to the valley station of the Gletscherbahn cable car, where you cross the stream. The beautiful Kesselfall gorge comes into view after approx. 150 metres. "Blick Punkt" viewpoint of the VIEWS OF KAPRUN TOUR | Alternatively, return using bus no. 660



- 14 | SALZACH TRAIL**
Difficulty: ● → 3.8 km ↑ 22 m ⊙ 1.5 h
Start and destination: Kaprun village entrance, Vereinehaus, Augasse 6
 In direction of flow to the right of the Kapruner Ache stream to the Salzach. Return the same way or via the Tauern Cycle Trail.

- 15 | 15A BÜRGKOGEL CLIMB**
Difficulty: ● → 1.7 km ↑ 164 m ⊙ 1 h
Start and destination: bus stop | car park: Sigmund Thun Gorge
 After approx. 15 minutes on the Klamm Trail no. 17, turn left onto the "Bürgkogelsteig". This trail meanders in a few hairpin bends through shaded deciduous forest on the northern hillside of the Bürgkogel uphill to the uppermost plateau. The Bürgkogel is a very beautiful plateau point in the Kaprun valley and is one of the oldest settlements in Kaprun (Natural History Trail - archaeological sites from the earliest settlement in the Kaprun valley). Descend towards the Klammsee reservoir on the east or south-west side from where the trail leads steeply downhill back to the starting point.

- 16 | BRUNNWIASEN TRAIL**
Difficulty: ● → 4.4 km ↑ 14 m ⊙ 1.5 h
Start and destination: Kaprun village entrance, Vereinehaus, Augasse 6
 From the Vereinehaus through the picturesque Kapruner Moos to the Salzach, where the Salzachweg joins. An easy, nature-oriented route for connoisseurs and walkers.

- 17 | KLAMMSEE TRAIL (CIRCULAR NATURE TRAIL)**
Difficulty: ● → 2.8 km ↑ 133 m ⊙ 1 h
Start and destination: Bus stop | car park Sigmund Thun Gorge
 Start at Sigmund Thun Gorge if a visit to the gorge is planned. Otherwise, the route leads directly to the Klammsee reservoir via the slightly ascending Klamm Trail.

- 17A | SCHNECKENREITH TRAIL**
Difficulty: ● → 4.4 km ↑ 236 m ⊙ 30 min
Start: Junction Klammsee Trail no. 17
Destination: Schneckenreith Alm
 The trail branches off to the right approx. 100 metres after the Klamm Trail, ascending slightly and leading through forest and shrubbery to the Schneckenreith Alm.

- 18 | FILZMOOS TRAIL**
Difficulty: ● → 4.7 km ↑ 19 m ⊙ 1.5 h
Start: Schlossstrasse | Burglingdgasse
Destination: Salzach Trail or Kaprun village entrance
 Almost at the end of Schlossstrasse, turn left into Burglingdgasse. This highly recommended walk leads past the St. Jacob's Chapel and Kaprun Castle, through the Filzmoos forest - a protected landscape. First to the right to Brunnwiesen Trail and then left to the Salzach Trail no. 14.

- 19 | WÜSTLAU TO PIESENDOF**
Difficulty: ● → 4.1 km ↑ 25 m ⊙ 2 h
Start: Kaprun Center at the village entrance
Destination: Piesendorf village centre
 At the entrance to the village, starting point Kaprun Center, the Einödweg access road to the Malskogelbahn cable car | Malsi Filzter branches off to the right from the main road. Continue through the subway to the Taubach station and the Glocknerboden to the bridge over the Salzach to Piesendorf.

- 20 | GOODS ROAD TO THE WEISSSTEINALM (NOT FARMED)**
Difficulty: ● → 8.5 km ↑ 740 m ⊙ 3 h
Start and destination: Kaprun village centre
 From the village centre in direction of Lechnerberg Trail along the Imbach stream on the right-hand side uphill. Above the mountain station of the Lechnerberg 1 and 2 lifts through the high forest, further uphill to the iron gate and from here to the Imbach Climb 725.

- 21 | ACHEN TRAIL**
Difficulty: ● → 1.3 km ↑ 18 m ⊙ 45 min
Start: Kaprun village centre
Destination: Kaprun power station | entrance to Sigmund Thun Gorge
 Starting in Schulstrasse to the sports hall, then continue straight ahead along the Kapruner Ache stream. Past the campsite to the mill to the Kaprun power station.

- 23 | STALLNER HÖHENWEG**
Difficulty: ● → 9.4 km ↑ 420 m ⊙ 4 h
Start and destination: Kaprun village centre
 Start in Schulstrasse, then immediately turn right uphill along Schaufelbergstrasse towards Stangerbauer. Approx. 300 m after the cattle grid, turn right onto the walking trail towards Stallnerwald forest. About 1.5 km through a high forest to the Salader Aste. A logging trail leads downhill to the Kleinstal farm. From there, an goods road leads down to the Salzach bridge and back to Kaprun.

- 24 | KREUZEBEN TRAIL**
Difficulty: ● → 235 m ⊙ 40 min
Start and destination: Kaprun village centre
 Connecting trail between Essreith Trail and Lechnerberg goods road.
 There are several benches along the trail, boasting beautiful views of Kaprun and the surrounding mountains.

- 25 | UNTERBERGALM**
Difficulty: ● → 1 km ↑ 22 m ⊙ 30 min
Start: Malskogel mountain station
Destination: Unterbergalm
 Starting from the Malskogel (altitude approx. 1,540 m), the trail leads almost lat in a westerly direction through the forest directly to the Unterbergalm. Back the same way or further along the Malskogel hut tour.
Trail suitable for pushchairs:
 From the Malskogel to the Unterbergalm and back.

- 26 | WALK TO KESSELFALLSTRASSE**
Difficulty: ● → 1.7 km ↑ 61 m ⊙ 30 min
Start: Kaprun Castle
Start and destination: JUFA (Bus stop Jugendgästehaus)
 Shortly after the JUFA and football pitch, the road branches off to Winklerdörfli. This is where the walking trail to Kesselfallstrasse begins. The trail crosses the Winkelbach stream and leads along meadows and fields over the Winklerberg to Kesselfallstrasse. From there, back the same way or along the Kesselfallstrasse.

- 27 | WALK TO GLOCKNERBLICK**
Difficulty: ● → 1.1 km ↑ 130 m ⊙ 20 min
Start: Malskogel Alm Ranch
Destination: Glocknerblick Hut
 From the Malskogel Alm Ranch uphill on a forest trail to the Schneckenreith Trail uphill to the magnificent views of the Glockner massif.

- 28 | HOLZZIEHER TRAIL TO THE IMBACHGRABEN**
Difficulty: ● → 3.5 km ↑ 380 m ⊙ 1.5 h
Start: Kaprun village centre
 Opposite the municipal office on the Imbachstrasse to the Lechnerberg agricultural road to the mountain station of the Lechnerberg lift. From here, turn left uphill on the forest trail. From the wildlife feeding station, continue on a wide gravel path to the Imbachgraben (Further route description: no. 723 Imbach Climb to the Neumayeralm).

- 29 | JETZBACHASTEN CLIMB**
Difficulty: ● → 3.7 km ↑ 830 m ⊙ 3 h
Start: Kaprun valley | Aubrücke bridge
Destination: Glocknerblick Hütte
 The Jetzbach Climb to the Glocknerblick Hut leads from the Kesselfallstrasse over the Aubrücke bridge and along the Schneckenreith Trail uphill to the Jetzbach-Augut, and then to the Schneckenreith Alm. From here, the route continues uphill on a track. At the end of the track, the trail begins, leading steeply uphill through high and deciduous forests up to the Ast'n and on to the Glocknerblick.

- 30 | GUGGENHÖHENWEG**
Difficulty: ● → 3.6 km ↑ 120 m ⊙ 2 h
Start and destination: Kaprun village centre
 From the municipal office to Ferienhaus Guggenbichl, where the high route begins. The route initially leads over a ditch, later ascending slightly in hairpin bends through a deciduous forest, always remaining at the same altitude to the east. Through young forests and alder groves, the trail meanders back downhill to Schlosstrasse, which takes you back to the village (See Murlehen Trail no. 12 for available connecting trails).

- 31 | ALPENHAUS KESSELFALL - MOOSERBODEN TRAIL**
Difficulty: ● → 8.4 km ↑ 1,091 m ⊙ 4 h
Start: Alpenhaus Kesselfall
Destination: Mooserboden reservoir
 From Alpenhaus Kesselfall, cross the bridge and follow the road for about 50 metres before turning left onto trail no. 31. After a short ascent, this beautiful forest trail leads to the old mountain road. From there, the route runs to the valley station of the Lärchwald inclined lift. From now on, surefootedness and a head for heights are required as one section of the trail is slightly exposed in places. Alternatively: continue by bus. Hikers follow the road here until a trail branches off to the left just before the first tunnel, which leads to the crown of the Limberg Dam. After approx. 100 metres of road, a trail leads along the west side of the Limberg reservoir to the Fürthermoaralm Hut. From the hut, the trail becomes an Adventure Trail, ending at Mooserboden.

- 32 | ESSREITH TRAIL**
Difficulty: ● → 1.4 km ↑ 70 m ⊙ 1 h
Start and destination: Kaprun village centre
 Behind the Hotel Waidmannsheil, a narrow road leads to Hauserdörfli. After approx. 100 m, turn left into the Essreith Trail. At the bend below Essreith, a narrow trail branches off to the right, which first follows a ditch, then continues uphill along a meadow, and finally ends a slightly wider trail. There are two options here: 1. left to the Lechnerberg goods road 2. downhill to the Lechnerbrücke bridge. To the right or left along the Imbach back to the village centre.

- 33 | MAISKOGEL GOODS ROAD**
Difficulty: ● → 7.4 km ↑ 760 m ⊙ 3 h
Start: Kaprun village centre
Destination: Malskogel
 Starting in Schulstrasse, turn right opposite the school building and head uphill along Schaufelbergstrasse until just before Stangerbauer mountain restaurant. From there, turn right along the Malskogel goods road, past the Alpicenter valley station and continue uphill to the Malskogel.
Trail suitable for pushchairs:
 From the Kaprun middle school via Schaufelbergstrasse to Stangerbauer mountain restaurant and back.

- 35 | MAISKOGEL TRAIL THROUGH THE FOREST**
Difficulty: ● → 4.8 km ↑ 760 m ⊙ 2 h
Start: Kaprun village centre
Destination: Malskogel
 Starting in Schulstrasse, turn right opposite the school building and head uphill along Schaufelbergstrasse to the first bend. Continue straight ahead along Ortlehen Trail to the farms and then turn right uphill. From there, cross a stone gate to the Malskogel goods road, which meanders uphill through high forest and forest clearings.

- 37 | ZAGLBRUNN TOUR**
Difficulty: ● → 4.8 km ↑ 260 m ⊙ 2 h
Shortcut Difficulty: ● → 3.6 km ↑ 180 m ⊙ 1.5 h
Start and destination: Kaprun village centre
 Shortly after the Malskogelbahn cable car station and the Malsi Filzter, the route leads through a subway on an asphalted road, the Einödweg, to the yellow signposts pointing uphill to the left. From there, a forest trail quickly leads uphill in a few hairpin bends with a moderate gradient. After about 15 minutes, the view becomes clearer, and you reach a pasture area via an overpass. Cross this and a flat trail, which can be boggy after rainfall, then leads to the high forest. Partly in the forest, partly in a pasture area, the trail then climbs a few metres in altitude. Continue westwards through a beautiful high forest to the Staliner High Route or take the trail leading eastwards. This takes you past the Zaglgut - above the Plattenbauer farm to Schaufelbergstrasse. Take this road back down into the valley. The pedestrian tunnel takes you back to the starting point in Kaprun.

- 41A | GLETSCHERBLICK PANORAMA TRAIL**
Difficulty: ● → 1.6 km ↑ 102 m ⊙ 30 min
Start and destination: Alpicenter | Kitzsteinhorn at approx. 2,500 m
 Leisurely, eventful circular hike from the Alpicenter to the glacier moraine with wonderful views of the glacier, the glacier lake, and the valley.

- 41B | GLACIER LAKE HIKE**
Difficulty: ● → 2.9 km ↑ 195 m ⊙ 1 h
Start and destination: Alpicenter | Kitzsteinhorn at approx. 2,500 m
 Starting from the Alpicenter, the route leads to the glacier view across the moraine to the emerald-green glacier lake, past glacier abrasions and streams, beautiful viewpoints and back to the Alpicenter.



- 41C | RETTENWAND CIRCULAR HIKE**
Difficulty: ● → 2.3 km ↑ 133 m ⊙ 1 1/4 h
Start and destination: Alpicenter | Kitzsteinhorn at approx. 2,500 m
 Starting from the Alpicenter to the interesting geological rock formations at the foot of the Tristingler and the Rettenwand. From the viewpoint at the Graswand Cross, you return to the Alpicenter via the Gletscherblick panoramic trail.

- 41D | HIRTERBODENWEG (CIRCULAR ROUTE)**
Difficulty: ● → 893 m ↑ 41 m ⊙ 20 min
Start and destination: Häuslalm hut | Kitzsteinhorn at approx. 2,000 m
 The wide circular trail starts at the Häuslalm hut and leads past marvellous viewpoints of the trail basin to the plateau and to the Glocknerblick Hut with magnificent views of the Glockner massif.

- 43 | KITZSTEINHORN 3,203 M - SUMMIT CLIMB**
Difficulty: ● → 250 m ↑ 174 m ⊙ 45 min
Start: Panorama platform „TOP OF SALZBURG“
Destination: Kitzsteinhorn summit 3,203 m
 Starting from the Panorama platform „TOP OF SALZBURG“ at the Kitzsteinhorn summit station at 3,029 m, a steep trail leads uphill to the summit. Fantastic 360°-panorama (A mountain guide is recommended). Guided tour with registration.

- 711 | WÜSTLAU - SALZBURGER HÜTTE - KREFELDER HÜTTE**
Difficulty: ● → ca. 10 km ↑ 1,247 m ⊙ 5 h
Start: Kaprunertal | Klammsee
Destination: Krefelder Hütte
 Approx. 500 metres after the Klammsee reservoir, the trail leads to the right over the bridge in a westerly direction uphill over the Hinterwallberg to the Ederalm and further over the Grubbachkar, the catchment of the Grubbach stream to the Salzburger Hütte. From the Salzburger Hütte, the trail continues in a south-easterly direction past the Geisstein and uphill to the Krefelder Hütte.
 Geisstein summit ascent: The trail to the Geisstein summit is an unsecured summit ascent.

- 711 | KREFELDER HÜTTE - KLEETÖRL - ENZINGERBODEN**
Difficulty: ● → 16 km ↑ 1,418 m ⊙ 7 h
Start: Krefelderhütte | Kitzsteinhorn
Destination: Enzingerboden in Uttendorf
 From the Krefelder Hütte uphill to just before the Federal Sports and Leisure Centre where trail no. 711 begins. This leads to the first saddle south of the Kleiner Schmiedinger, then westwards, over scree downhill towards the Hackel Hochalm hut, past the Hackisee lake and onwards as a shepherd's track south-westwards uphill to the Kleetörl. Descend southwards to the Tauernmoossee lake to Enzingerboden.
Alternative: Descent via Mühlbachtal valley to Niedersill

- 716 | AUSTRIA TRAIL: MOOSERBODEN - KAPRUNER TÖRL - RUDOLFSHÜTTE**
Difficulty: ● → 12.5 km ↑ 919 m ⊙ 7 h
Start: Wall of the Mooserboden dam
Destination: Rudolfshütte at the Weißsee reservoir
 Starting from Mooserboden, the trail leads along the east side of the reservoir, like towards the Riffltor, but does not branch off to the left. Instead, the trail continues along the route to the Karlingerbach and crosses it. From here, the trail climbs to the Kapruner Törl, from the Törl you descend again. After crossing the stream in an easterly direction, the trail climbs again, and you reach the Rudolfshütte via stone treads.

- 718 | HAUSHOFER TRAIL - HEINRICH SCHWAIGER HOUSE - GROSSES WIESBACHHORN**
Difficulty: ● → 1,528 m ⊙ 7 h
Start: Wall of the Mooserboden dam
Destination: Grosses Wiesbachhorn
 At Mooserboden, you cross the two dams and climb uphill to the left at the Mollizkus structure. The trail then leads uphill in steep hairpin bends to the Heinrich-Schwaiger-Haus (ascent approx. 2 h, descent approx. 1 h). From here, the route leads to the Grosses Wiesbachhorn. The summit ascent is via the Hüttenkammin uphill over the Bratschen to the Unterer Fochezkopf and further over the Fochezkees up to the Oberer Fochezkopf. Continue over the Kaindgrat ridge to the Wielingerscharte, and then cross the summit ridge to the Grosses Wiesbachhorn (3,564 m).
This tour should only be undertaken with a mountain guide.
 A mountain guide is not required for the ascent to the hut. Only as far as Heinrich-Schwaiger-House:
Difficulty: ● → 802 m ⊙ 2 h

- 719 | LAKARSCHARTENWEG**
Difficulty: ● → 13.6 km ↑ 1,921 m ⊙ 7 h
Start: Krefelder Hütte | Kitzsteinhorn
Destination: Mühlbachtal | Niedersill
 From the Krefelder Hütte, the trail runs uphill to the Lakarscharte. From here, continue downhill into the Lakar. You reach the Mühlbachtal valley via the Lakaram, the Moosleihenalm and the Schaubergalm hut (farmed). A track leads to the village of Niedersill. (Taxi rides Schaubergalm hut to Niedersill and back)



- 723 | MAX HIRSCHL TRAIL**
Difficulty: ● → 8.6 km ↑ 970 m ⊙ 7 h
Start: Dam wall Mooserboden
Destination: Gleiwitzer Hütte or Hoher Tenn
 From Mooserboden in direction Heinrich-Schwaiger-Haus. After approx. 200 metres, branch off in a northerly direction. The ascent leads along the flat trail of the least past the catchment of the Wielinger stream. Shortly before this, you descend approx. 50 metres, then the trail climbs uphill to Hauseben on mountain meadows. From here via many hairpin bends uphill into the Bratschen to the Kammsenkopf (difficult sections are secured with ropes). The trail then divides in direction Gleiwitzer Hütte or to the summit of the Hoher Tenn.

- 723 | IMBACH CLIMB - NEUMAYERALM - IMBACHHORN - GLEIWITZER HÜTTE**
Difficulty: ● → 8 km ↑ 1,968 m ⊙ 6 h
Start: Kaprun village centre
Destination: Gleiwitzer Hütte
 From the village centre in direction Lechnerberg Trail, on the right-hand side of the Imbach stream uphill past the rockslide, uphill to the Neumayeralm (not farmed).
 From here, the trail leads across alpine pastures to the Pfiffscharte (1,785 m), passing below the Türchelkogel to the Roßkopfscharte. Here the trail branches off to Imbachhorn or continues to the Gleiwitzer Hütte. You can also descend from the Imbachhorn via the Brandscharte to the Gleiwitzer Hütte.

- 724 | BRANDLSCHARTE TRAIL (HEIMHOFER TRAIL)**
Difficulty: ● → 6 km ↑ 1,440 m ⊙ 4 h
Start: Kitzsteinhorn Gletscherbahn valley station
Destination: Gleiwitzer Hütte
 Starting from the upper Gletscherbahn car park, the trail leads uphill through high and deciduous forest to the Harleitenalm (not farmed), and then via Harleiten to the Brandscharte. From here, turn right uphill to the Rettenzinkl or left to the Imbachhorn. Via the Brandsee lake downhill to the Gleiwitzer Hütte.



- 726 | HOCHKAMMER TRAIL**
Difficulty: ● → 5.5 km ↑ 1,247 m ⊙ 4 h
Start: Alpicenter | Kitzsteinhorn
Destination: Fürthermoaralm
 From the Alpicenter | Kitzsteinhorn, head south downhill to the glacier lake and then eastwards to the Kleiner Schmiedinger, then westwards over the saddle, the trail leads in numerous hairpin bends into the eastern slopes of the Kitzsteinhorn, downhill to the Fürthermoaralm. The difficult sections are secured with fixed ropes.
In spring and early summer, pay particular attention to the snow fields. Take special care in bad weather!

- 734 | KL. GRIESKOGEL**
Difficulty: ● → ca. 2.9 km ↑ 615 m ⊙ 2 h
Start: Mooserboden reservoir
Destination: Kleiner Grieskogel
 From Mooserboden, follow a well-marked trail on the west side over terraced grassy hills on a broad, flat ridge uphill to Sedlgrat. Continue along an unsecured, unmarked trail to the summit of Kleiner Grieskogel.

- GR. GRIESKOGEL - HOCHSEISER**
Difficulty: ● → 1,774 m ⊙ 5 h
Start: Mooserboden reservoir
Destination: Kleiner Grieskogel
 At the eastern end of the Kleiner Grieskogel, continue in a southerly direction over a field uphill to the eastern ridge and onwards over rough boulders and an exposed section of ridge to the Großer Grieskogel. From there you have the option of continuing uphill to the Hochseiser.
This tour should only be undertaken with a mountain guide.

- ARNOWEG**
Difficulty: ●
 Kapruner-Törl 716-717 (2,639 m), Mooserboden 31 (1,800 m), Fürthermoaralm 726 (2,294 m), Kammer Scharte - Alpicenter, Krefelderhütte 5, Pichl-Achenweg 21 (786 m) - FV V Imbachstr (786 m) - Guggen-Imbachsteig 723 - Pfiff-Scharte (1,785 m) - Gleiwitzerhütte 725 (2,174 m) - Hirzbach Alm (1,715 m)

- GLOCKNERRUNDE**
Difficulty: ●
 Kapruner-Törl 716-717 (2,639 m) - Mooserboden 31 (1,800 m) - Gletscherbahnen Kaprun - Brandschartenweg 724 - Gleiwitzerhütte

