

# SEVEN SUMMITS STUBAI

Seven peaks with personality

***stubai***

**Tirol**

**Serles**  
(2,717 m)

**Habicht**  
(3,277 m)

**Elfer**  
(2,505 m)

**Wilder Freiger**  
(3,418 m)

**Zuckerhütl**  
(3,507 m)

**Hoher Burgstall**  
(2,611 m)

**Rinnenspitze**  
(3,003 m)

**stubaï**

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## SEVEN POWERFUL PEAKS

Versatile. Distinctive. Formative.

Magnitude shows itself in different ways. With regards to the Seven Summits of the Stubai valley, it is not height that is of main importance, but rather what these mountains mean to the people. It's about the impressions **the peaks leave with the people; it's about the ones that tell a story and the ones that form the landscape.**

In the same way that the Seven Summits Stubai vary in height, position, history and personality, they also determine the life in the valley. They give power to the inhabitants, inspire them with new ideas and support the community. With their natural playground, they leave a lasting impression on the tourists and encourage them to come back. From early on, they have attracted mountaineering pioneers and have helped to develop the profession of mountain guiding. Maps have been created and improved over time. Alpine huts were built and trails opened, so that the Seven Summits of the Stubai valley were soon no longer reserved only for the alpine conquerors.

Nowadays, a large number of mountain lovers can enjoy the impressive peaks. Some of them are relatively easy to reach even without a mountain guide and others require technique and alpine knowledge. Some of the paths to the Seven Summits Stubai are well-attended and cared for, others are only reachable on their original tracks. However, all of the Seven Summits Stubai have in common that they reward successful conquerors with a stamp in the Seven Summit pass, which can then be exchanged for a prize, depending on the number of summits reached.





## GOOD TO KNOW

### SEVEN SUMMITS STUBAI PASS

#### Will I be rewarded for successfully ascending the summits?

Yes, you will receive a Seven Summits Stubai award (3 summits = Seven Summits Stubai T-shirt, 7 summits = Seven Summits Stubai trophy) when you present your Seven Summits pass, along with your Stubai Guest Card to the staff at the tourist office. In order to do this, you will find an embossing tool on top of each mountain, so that you can mark your pass. Additionally, the Seven Summits Stubai pass serves as a souvenir, upon receiving your prize at the tourist offices in Neustift and Fulpmes.

### SEVEN SUMMITS STUBAI VIEWING POINT

#### Is there a place from which I can see all of the Seven Summits?

Yes, there is. The viewing point at the Starkenburger Hut provides you with a view of all of the Seven Summits Stubai.

### ADDITIONAL INFORMATION

#### Where can I get more information about the Seven Summits Stubai?

Along the ascending paths to the Seven Summits Stubai, there are information guideposts, which give you background details and tell stories about these mountains. You can also find further information at: [www.stubai.at/de/sommer/wandern/seven-summits](http://www.stubai.at/de/sommer/wandern/seven-summits)

#### Which of the Seven Summits Stubai are manageable for me?

By reading the tour descriptions, you will get an initial overview of the peaks and the challenges climbing them. You can get more information at anytime in our mountain guide offices.



*The Seven Summits Stubai information guideposts*

## ZUCKERHÜTL (3,507m)

The demure one



It is not without reason that the highest mountain in the Stubai Alps has the name it does. If you take a look at the summit from the east, you will understand why it is called Zuckerhütl (German term for sugarloaf), a brave pyramidal peak, like a sugarloaf on the one side, charming from the other; cool and denying, rocky and rough on the next side. The Zuckerhütl reigns over the region. The highest mountain of the Stubai valley is positioned at the border to South Tyrol, but yet is still solely on North Tyrolean territory. Despite its impressive height of **3,507 meters** above sea level, the Zuckerhütl is a rather conservative mountain, however even it is not a "walk in the park". Above all, it is the climb to the peak that can pose challenging.

### A well-deserved reward

You must only cast a glance from the west, towards the south, and then to the east to know why it is worth making the effort to ascend the highest peak of the Seven Summits Stubai. Not only are there the Dolomites, which sparkle in the sun, but also the Zillertal Alps that smile back at you. Next to them, the Hohe Tauern mountain range with the Großglockner and the Großvenediger (Great Venetian) present themselves, and the Ötztal Alps as well as the Karwendel mountain range send their greetings. These mountains welcome you heartily.

### Safe protection

In **1863** Joseph Anton Specht, one of the first mountaineers in the Alps with numerous **first ascents**, started together with the most qualified mountain guides of the Stubai valley, Alois Tanzer and Pankraz Gleinser, the ascent from the south side of the Schaufelnieder across the Pfaffenjoch and the Pfaffenschneide to the peak of the 3,507 meter high Zuckerhütl. Some years then passed before mountaineers regularly summited the Zuckerhütl, thanks to the work of the Austrian and the German Alpine Associations. In 1875, the **first alpine hut in the Stubai valley, the Dresdner Hütte**, was built. Experienced mountain shepherds, chamois hunters and mountain guides also played a considerable role in the development of the mountain.

*The Zuckerhütl as an eye-catcher seen from Peiljoch*

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** top station Schaufeljochbahn, Stubai Glacier (3,170 m a.s.l.)

**Destination:** Zuckerhütl (3,507 m a.s.l.)

**Walking time:** ↑ 3.5 hrs – ↓ 4.5 hrs

**Vertical height:** about 400 meters

### Huts and cabins

Jochdohle (3,150 m a.s.l.), Dresdner Hütte (2,308 m a.s.l.)

### Characteristics

High mountain route including glacier-climbing passages (UIAA II – 2<sup>nd</sup> level on the International Mountaineering and Climbing Federation scale), full safety equipment mandatory (rope, crampons, etc.), very good orientation needed in case of foggy conditions, knowledge about rescue measurements out of crevasses needed as well. We recommend that people without high mountain experience go with a certified mountain guide. Experience in hiking and appropriate fitness is also required when going with a guided tour.

## HOW TO GET THERE / STARTING POINT

The starting point of this tour is the top station of the Schaufeljoch cable car at Stubai glacier. To get there, take the Eisgrat cable car (first ascent at 8 am) to the top and then switch to the Schaufeljoch cable car. Numerous free parking spaces are provided at the mountain base station of the Stubai glacier.

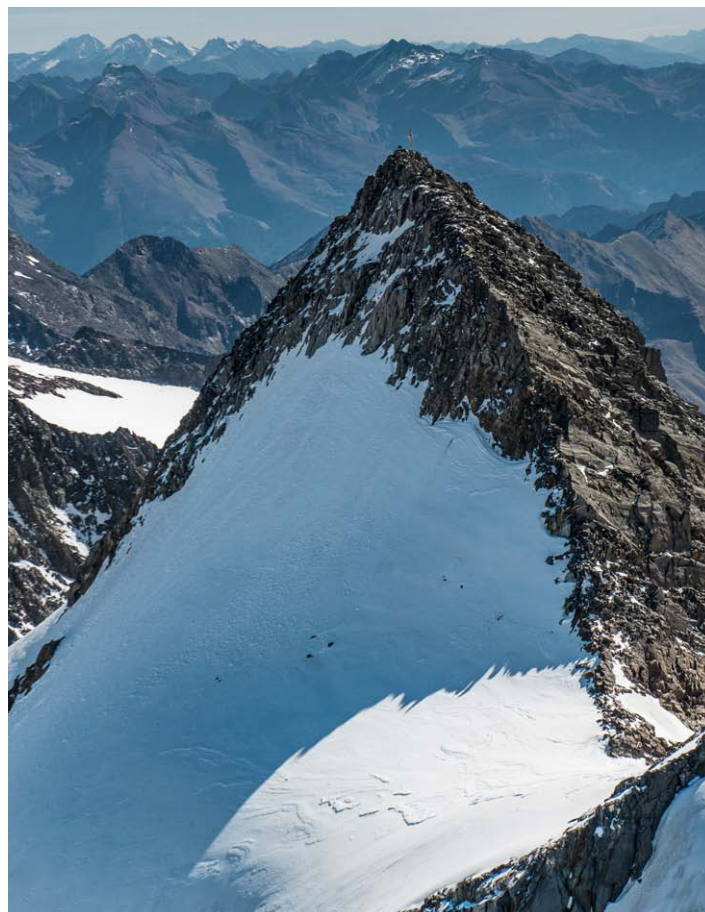
## ASCENT

Start from the restaurant Jochdohle near the top station of Schaufeljoch cable car and walk south alongside the bottom of the Schaufelspitze until you arrive at the top station of the Fernau chair lift (not operated in summer) – Fernaujoch or Schaufelnieder. From there, hike on the Heinrich Klier route to Pfaffenjoch (3,212 m a.s.l.), where you cross back to the Stubai side of the mountain and

pass the Sulzenauferner (glacier). Once you are on the Pfaffensattel (saddle), depending on the conditions, you can scramble over large rocks to the top. Duration: 3.5 hours for ascent

## DESCENT

You can descend on the same route as coming up (Pfaffensattel – Sulzenauferner – Pfaffenjoch – top station Schaufeljoch cable car). Alternatively, there is the possibility to descend directly to the Dresdner Hütte. To do this, leave the ascending path shortly before Pfaffenjoch and descend via Fernauferner.



*The snow covered northern flank of the Zuckerhütl*



## WILDER FREIGER (3,418m)

The formidable one

Simply stop and look up at this monolith. From the lake Grünau, which is close to the Sulzenau Hut, you can see the Wilder Freiger (to the north) posing in front of you – as beautiful to look at as his Italian name “Cima Libera” sounds. In the back part of Ridnaun in the Stubai Alps, on the borders of Austria and Italy, the Wilder Freiger rises from the main Alpine ridge between Freigerscharte (gap) and Pfaffennieder. The gap of the Pfaffennieder separates it from the Wilde Pfaff and the Zuckerhütl, **a 3,418-meter high pyramidal peak of consolidated snow (firn)**, that demonstrates that it belongs to the “big ones” in the valley and therefore functions a favorite playground for alpine adventurers.

### Different sides

Via paths, glaciers and icy flanks, the Wilder Freiger can be ascended from different sides and by different paths. The sea of mountain ridges and clouds that form a panorama for you when standing at the top is nothing less than overwhelming. The 360° view stretches from the Dolomites to the Ortler and to the Ötztal, as well as to the Stubai Alps and to the Hohe Tauern.

### Stable connection

When ascending the Wilder Freiger **for the first time in 1869** Julius Ficker and his two mountain guides from the Stubai, Pankraz Gleinser and Sebastian Rainalter, had to walk all the way from Neustift to Ranalt, where they hiked through Längenthal to their overnight stay at the hut on the Hoher Grübel. The next day, they hiked about 5 hours from the hut to the peak. The glacier and the massive ice, which was covering the Wilder Freiger, were impressive and demanding at the same time, as they surrounded them on all sides. Bit by bit, alpine huts were built and trails installed around the Wilder Freiger. Already in 1912, a high mountain route – **the Lübecker Weg** – connected the Dresdner Hütte (hut) across the peak of the Wilder Freiger with the hut on the Becher. This path was installed as an ice free crossing from Stubai, over the main Alpine ridge to Ridnaun, from the Dresdner Hütte (hut) via Peiljoch to the Fernerstube (cabin) and from there onto the bottom of the ridge to the Aplerer Freiger and further on across the slopes uphill to the Lübecker Scharte (gap) where an almost continuous wire-rope secured ascent begins.



*The snow-covered flanks of Wilder Freiger*

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** parking space alpine hut Sulzenau (1,590 m a.s.l.) and Nürnberger Hütte (1,370 m a.s.l.)

**Destination:** Wilder Freiger (3,418 m a.s.l.)

**Walking time via Sulzenau Hütte:**

day 1: ↑ 2 hrs, day 2: ↑ 5 hrs — ↓ 6 hrs

**Vertical height:** Day 1: 600 meters, day 2: 1,300 meters

**Walking time via Nürnberger Hütte:**

day 1: ↑ 2.5 hrs, day 2: ↑ 4.5 hrs — ↓ 5 hrs

**Vertical height:** Day 1: 1,000 meters, day 2: 1,150 meters

### Huts and cabins

Sulzenau Alm (1,857 m a.s.l.), Sulzenauhütte (2,191 m a.s.l.) and Bsualm (1,580 m a.s.l.), Nürnberger Hütte (2,297 m a.s.l.)

### Characteristics

High mountain route — no orientation aids the top, orientation can be hard in foggy conditions, full safety equipment mandatory (rope, crampons, etc.). We recommend that people without high mountain experience go with a certified mountain guide.

## HOW TO GET THERE / STARTING POINT

Starting points for both routes is the parking lot for the Sulzenau and the Nürnberger Hütte (hut) which are located at the far end of Stubai valley. There you will find enough free parking spaces.

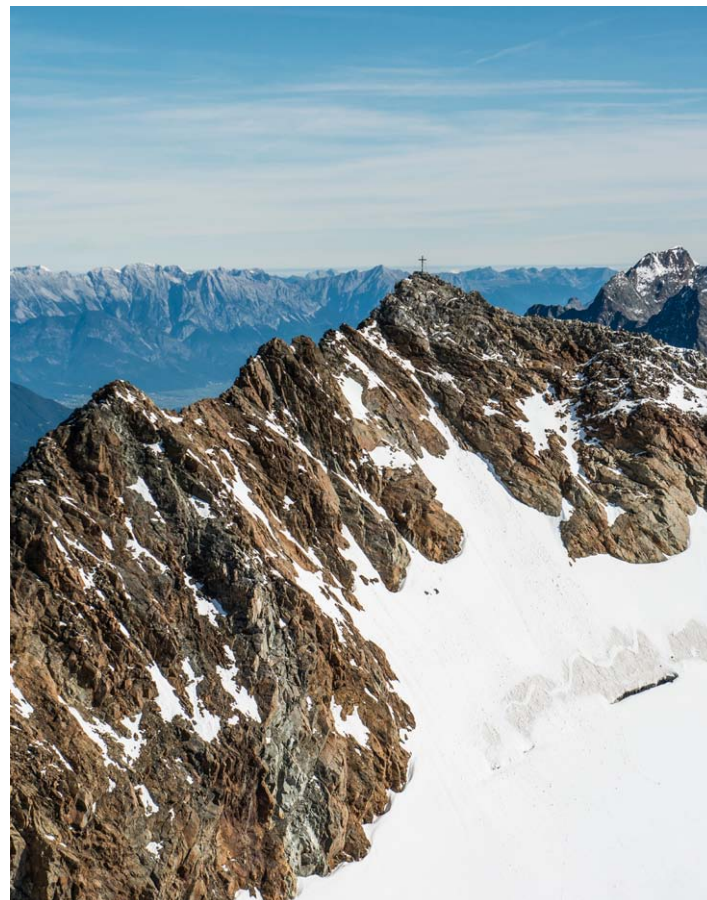
## ASCENT

**Day 1:** Walk easily for 2 hours via the Sulzenau Alm (mountain pasture) to the Sulzenau Hütte (hut) or for 2.5 hours via the Bsualm (mountain pasture) to the Nürnberger Hütte (hut). Both huts are ideal for an overnight stay and will work perfectly as a starting point for the ascent of the Wilder Freiger.

**Day 2:** First, ascend to the Seescharte (gap at 2,762 m a.s.l.), which can be reached from the Sulzenau Hütte via Grüausee (lake) or from the Nürnberger Hütte on a winding path. Afterwards the path leads from below the Gamsspitze across chunky rocks to the beginning of the glacier (at about 3,160 m a.s.l.). Hike across the ridge to reach a snowfield at about 3,340 m a.s.l., where you then walk on to the ridge leading to the peak of the Wilder Freiger. You will pass a small tollhouse made of stone.

## DESCENT

Descend the same way, that you ascended.



Wilder Freiger from the south



## HABICHT (3,277m)

The distinctive one

This peak proves that one can be powerful even without being the biggest. When it comes down to the mere facts, the Habicht with its 3,277 meters a.s.l. has to line up behind its colleagues Zuckerhütl and Wilder Freiger, however the Habicht is an equal competitor to the others in the Stubai Alps, being the highest peak of the Habicht ridge. No wonder that the "Hoger", as it is called by the locals, due to his distinctive shape was believed to be the highest mountain of the Tyrol for a long period.

### Amazing panorama

Whoever wants to see the Stubai Alps in all their greatness, along with a view on the Northern Limestone Alps as well as the western Zillertal Alps and the Dolomites, absolutely must hike up the Habicht. It is an additional bonus to get to see the rocky bastions of the Tribulauns and the Goldkappel in the south of the isolated peak of the Habicht.

### A forerunner in tourism

Imagine hiking up a mountain and believing that you are the first person in history to do so, only to realize at the top that perhaps someone else had already been there before. Peter Carl Thurwieser from Kramsach experienced this. On his **first ascent of the Habicht on September 1, 1836** he found a figure made of stone on the peak, which led to the conclusion that someone must have been there before him. Even though Thurwieser chose and ascended the Habicht out of all the high peaks of the Stubai as the first mountaineer, local hunters and the helpers of the field measurement had probably been there before him. There are no written documents of an earlier ascent, so Thurwieser has kept the honor of being the first. According to Thurwieser's report, it took him and his mountain guide, Ingenuin Krösbacher from Fulpmes, 3 hours and 25 minutes to ascend from the northern Pinnisalm (mountain pasture) via Pinnisjoch gap, from there onto the west to the Speikgrathöhe and across a snow field and the eastern ridge of the Habicht to the top. They then stayed 4.5 hours on the mountain, wrote rave reports about the view and took barometric measurements.



View from Pinnis valley to the Habicht

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Neustift, district of Neder (970 m a.s.l.)

**Destination:** Habicht (3,277 m a.s.l.)

**Walking time:** day 1: ↑ 4.5 hrs (from Karalm 2 hrs),  
day 2: ↑ 3 hrs — ↓ 6½ hrs (to Karalm: 2.5 hrs)

**Vertical height:** day 1: 1,400 meters, day 2: 900 meters

### Huts and cabins

Issenangeralm (1,380 m a.s.l.), Pinnisalm (1,550 m a.s.l.),  
Karalm (1,737 m a.s.l.), Innsbrucker Hütte (2,369 m a.s.l.),  
Elferhütte (2,080 m a.s.l.)

### Characteristics

High mountain tour – demanding hiking with passages of climbing (UIAA I), partially rope-secured. The difficulty depends strongly upon the current conditions (snow fields, ice). No special glacier equipment is required to cross the snowfield. We recommend that people without high mountain experience go with a certified mountain guide.

## HOW TO GET THERE / STARTING POINT

The tour starts at the parking lot Zegger at the district of Neder in Neustift. Guests with a valid Stubai Guest Card can park for free and others must pay a fee. The parking lot is located right before the entrance of Neder on the right hand side.

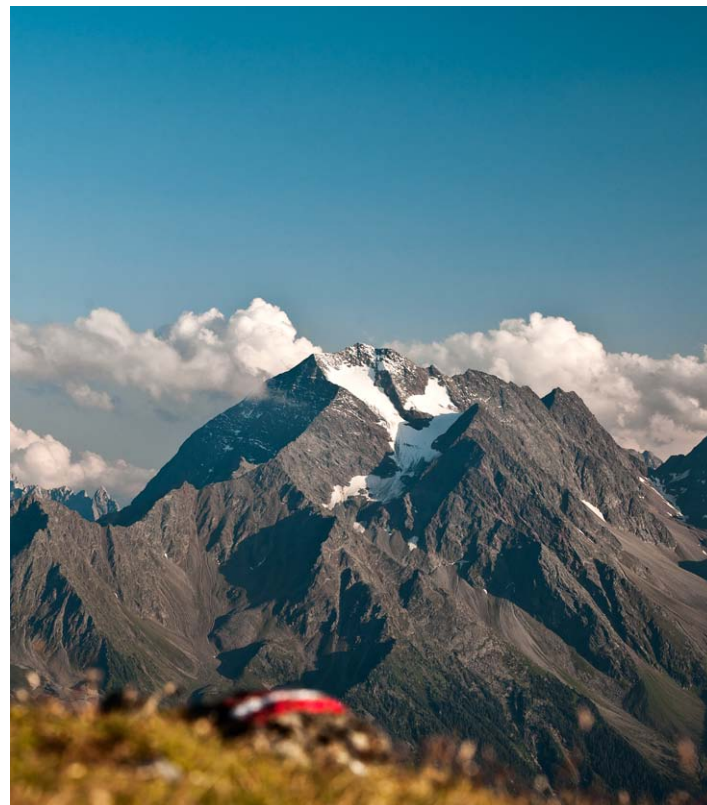
## ASCENT

From the parking space, walk about 2.5 hours through the Pinnis valley, passing the Issenanger and the Pinnis mountain pastures and huts, until you reach the Karalm mountain pasture and hut. It is also possible to get to the Karalm in 2.5 hours from the Elferhütte, through a beautiful landscape. Alternatively, you can hire the shuttle service from Neder to Karalm (call 0043 5226 2877).

From the Karalm, a winding path leads to the Innsbrucker Hütte (2 hours), from which the Habicht is a 3-hour hike away. (Attention: Due to the length of the tour, we recommend staying overnight at Innsbrucker Hütte and starting the ascent of the Habicht from there the next day.) The path is well-marked leading from the hut: first, cross broken rocks, climb over boulders until you reach the remains of the glacier at top of the peak. You can cross the small glacier bowl, which has no crevasses (no crampons necessary), without any trouble. The path up to the peak is partly rope-secured and winds over rocky terrain.

## DESCENT

Descend the same way, that you ascended.



*The Habicht with the Mischbachferner (glacier)*



## RINNENSPITZE (3,003m)

The enticing one

Small effort – big reward. This slogan fits the Rinnenspitze, which is centrally located in the Oberberg valley. There are not many 3,000-meter high peaks, which can claim that they are easy. It is this easy 3,000 meter summit that opens the gate to the world of the glaciers and all their beauty and diversity. The Oberberg valley leads the way to the Rinnenspitze. It became famous in early times because it offered the shortest way from Innsbruck into the eternal ice, initially with the destination Alpeiner Ferner. Now the Rinnenspitze attracts hikers and causes them to fall in love with the Stubai summits. It marks the entryway to conquering the Seven Summits Stubai.

### Huge power

You either come to the Rinnenspitze because of the power of its water or because of its view. Before you know it, the icy giants stand in front of you. Eyes are especially drawn to the Lüsener Ferner. If you dare to take a glance into the depths below, you will find the Rinnensee at its base. Without any doubt, this mountain lake is considered to be one of the most beautiful lakes of the Alps, and absolutely worth the hike.

### Healing waters

Many hundred years ago, when bears and wolves still lived in this rough region, legend says that a hunter shot a bear, and so began the myth of the spring at **Bärenbad**. Bärenbad is in the Oberberg valley where the Oberberg stream joins the Seebach stream. The legend of the wondrously healing waters at Bärenbad was born when the wounded bear rolled itself into a pool near the spring and soon trotted away after being completely healed. Around the year 1500, the water of the spring was analyzed and was found to contain a high level of iron and other minerals, which caused people from different countries to believe in the healing power of the Bärenbad waters. Primarily in the 17th and 18th centuries, they travelled to the three springs: a sulfur spring, a chalybeate spring and a mixed spring. In the year 1958, Bärenbad closed because the inflow of the spring had run dry.



View from Rinnensee to Rinnenspitze



## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Oberissalm in Oberberg valley (1,742 m a.s.l.)

**Destination:** Rinnenspitze (3,003 m a.s.l.)

**Walking time:** ↑ 4.5 hrs – ↓ 3.5 hrs

**Vertical height:** 1,300 meters

### Huts and cabins

Oberissalm (1,742 m a.s.l.), Alpeinalm (2,040 m a.s.l.), Franz-Senn-Hütte (2,147 m a.s.l.), Almwirtschaft Oberiss (1,750 m a.s.l.)

### Characteristics

Hiking (black mountain track) and via ferrata (fixed roped route) – steel wires on the ridge at the peak – via ferrata graded A (B at one part). We recommend that hikers without climbing experience bring a via ferrata set (harness, etc.)

## HOW TO GET THERE / STARTING POINT

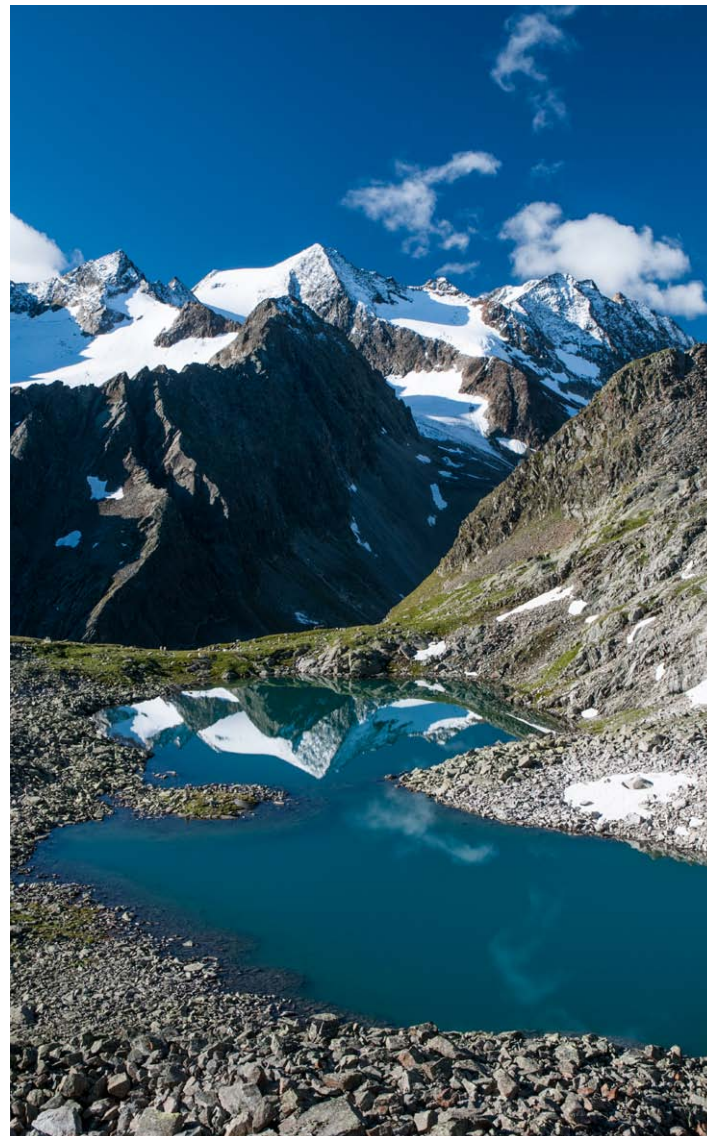
The tour starts at the Oberissalm in Oberberg valley which can be reached from Neustift-Milders. Turn right in Milders and follow the street for 9 kilometers to its end at Oberissalm. You can park there for about 5 Euros a day or hire the shuttle service (call 0043 5226 3500).

## ASCENT

A winding path leads through the woods and mountain pines up to the Alpeinalm, where you can already see the Franz-Senn-Hütte. Directly behind the hut, cross the Alpein stream ascending north in the direction of the Rinnensee (lake). From here, a steeper track leads uphill along the eastern ridge of the Rinnenspitze. At the end, a steep but secured ridge with steel wires and iron steps brings you to the summit cross. For the whole ascent, plan on 4.5 hours.

## DESCEND

Descend the same way, that you ascended.



*The Rinnensee lake with the eastern Seespitze in the background*

## SERLES (2,717m)

The dominating one

Above all mountains rules a king. Actually, the ruler of the Tyrolean mountains is a queen, who reigns with her mighty scepter the world of summits from the Stubai Alps all the way to the city of Innsbruck. Among these summits stands the Serles as an almost completely isolated pyramid of rocks which, according to a myth, is a ferocious knight with his two sons. They were cursed by a farmer because of their violent temper, their cruelty and their barbarity. Now **King Serles** and his sons as secondary peaks have remained fossilized there where his castle once had been. The outstanding three-piece-setting of the summit on which the story is probably based greatly impressed Goethe during his travels to Italy and thus he gave them the name "Hochaltar Tirols" (high altar of Tyrol) to the Serles.

### Absolute view

You not only can see the Serles from Innsbruck, you can also see at least as far from the peak itself. The exposed position opens up amazing mountain views and a panorama beyond comparison, from the Zuckerhüttl to the Tux glaciers and from the Dolomites to the Karwendel mountain range. The view from the Serles includes the Inn Valley, the Stubai, as well as the Zillertal Alps.

### Distinctive origin

**In 1579, when Georg Ernstinger**, a mountaineer from Innsbruck, ascended the Serlesspitze from Schönberg via Gleinserberg and Maria Waldrast for the first time, he noticed the specific water at Maria Waldrast. However he was not the first person to value the quality of the **water at Maria Waldrast**. The place at the bottom of the Serles was already sacred for the Celts. The pilgrims on their way to Rome used the route via Maria Waldrast and drank the water of Maria Waldrast, which has some of the highest quality in Tyrol. Its journey is said to take almost 100 years through limestone and mineral-based soil on primary rock. The secluded place at the base of the Serles houses a monastery with a church, a fountain of mercy and a chapel of origin at the edge of the forest. It is the **highest located place of pilgrimage in Austria**.



*The Serles – high altar of Tyrol*

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Neustift, Kampl (994 m a.s.l.)

**Destination:** Serles (2,717 m a.s.l.)

**Walking time:** ↑ 4.5 hrs – ↓ 4 hrs

**Vertical height:** 1,700 meters

### Huts and cabins

Wildeben (1,781 m a.s.l.), Klostergasthof Maria Waldrast (1,641 m a.s.l.), Panoramarestaurant Koppenneck (1,600 m a.s.l.)

### Characteristics

Hiking (black mountain track) – short via ferrata (fixed rope route) like passage after the Serlesjöchl (saddle)

## HOW TO GET THERE / STARTING POINT

The tour starts at the end of the Höhlebachstraße at the dam in Kampl, a district of Neustift. Drive out of the valley, turn right shortly before the end of Kampl, before the gas station. There are only a few parking lots available at the starting point.

## ASCENT

At the dam in Kampl, on the edge of the forest, the steep track through the woods starts, winding its way up for about 2 hours to the snack bar/café Wildeben. Directly behind the bar, a steep path leads up to the Serlesjöchl (2,384 m a.s.l.) - 2 hours. Up on the saddle, climb a small rock face via a short ladder. Then, there is a short passage secured with steel wires before the path winds its way up the southwest side, which is covered with rubble but gets wider slowly but surely. Finally, you reach the big summit cross passing an exposed rocky wall.

You can also ascend the Serles by starting at the Maria Waldrast monastery. For this route up you need 3 hours. By car you reach the monastery via Matrei am Brenner.

## DESCEND

Descend the same path you ascended. Alternatively, you can hike via the Maria Waldrast monastery to the top station of the Serles cable car. For that route, turn left at the Serlesjöchl (saddle) south-east and follow the path, at first over crushed stone then through mugo pines, later on through the woods to the Maria Waldrast monastery (about 3 hours). From there, a relatively flat path leads to the top station of the Serles cable car (45 minutes). You can either take the cable car there to descend or walk for 1.5 hours to Mieders.



*The Serles, a pyramid of rock with a three-piece-setting*



## HOHER BURGSTALL (2,611m)

The convincing one

Of average height and beautiful shape – this description may fit to several mountains in the Stubai Alps. However, with this summit, it is the plainness that surprises. At the Hoher Burgstall many a mountaineer may not expect to discover anything new because the summit is the easiest to hike of all the Seven Summits Stubai. However, this mountain full of views at the southwest end of the Kalkkögel mountain range teaches the alpinists to think differently. As a powerful limestone mass of intrusive rock based on primary rock, the Hoher Burgstall convincingly shows diversity of the Stubai mountains, and not only offers exciting views but also a variety of insights.

### First impression

On days with good weather and clear views, the peak of Hoher Burgstall opens up a unique 360° panorama from the Karwendel mountain range over the Zillertal Alps and the mountains of the Gschnitztal up to the glaciers around the Zuckerhütl and the Franz-Senn-Hütte.

### Great men

**Sir Edmund Hillary**, first climber of the Mount Everest in the year 1953, marked his first summit in the Alps four years before by conquering the Hoher Burgstall. However, much stronger than this is the connection of **Franz Senn** to Alpinism in the Stubai. Born 1831 in Längenfeld, he came to Neustift as a priest in 1881 and formed the touristic developments in the valley. He was a dedicated mountaineer and educated youth to be carriers and mountain guides. He produced maps including hiking times by means of his own expenses and introduced guiding fees. His mountain guides had to fix trails, secure paths and mark routes when they were not on the go in the mountains. In 1869, he founded the German Alpine Association together with three companions from Munich. Its purpose was to promote mountaineering as an experience. The only record of the clergyman Franz Senn's own mountaineering activities in the Stubai valley can be found in the memory of his ascent of the Hoher Burgstall in July 1881. Unfortunately, his dream of an alpine hut at the Alpeiner Ferner was not realized before his death, however later thanks to the Austrian Alpine Association's section of Innsbruck.



*The Hoher Burgstall in the midst of the Kalkkögel mountain range*

## ROUTE DATA AND RATING

**Fitness:** ★★★★★  
**Technique:** ★★★★★



**Starting point:** top station Schlick 2000, Kreuzjoch (2,136 m a.s.l.)

**Destination:** Hoher Burgstall (2,611 m a.s.l.)

**Walking time:** ↑ 3 hrs – ↓ 3 hrs

**Vertical height:** 500 meters

### Huts and cabins

Panoramarestaurant Kreuzjoch (2,136 m a.s.l.), Sennjochhütte (2,225 m a.s.l.), Starkenburger Hütte (2,237 m a.s.l.), Kaserstattalm (1,890 m a.s.l.), Froneben Alm (1,350 m a.s.l.)

### Characteristics

Hiking (red mountain track) – short rope secured passages, short exposed section close to the peak

## HOW TO GET THERE / STARTING POINT

The tour starts at the top station Kreuzjoch, which you can reach by Schlick 2000 cable car. At the bottom station, you find numerous free parking spaces. Schlick 2000 cable car can be reached via the village of Fulpmes.

## ASCENT

From the top station Kreuzjoch, start walking the easy-ascending panoramic path in the direction of Starkenburger Hütte. After the Sennjochhütte, follow the signs to Hoher Burgstall. The path leads uphill over the ridge, then turns right and passes underneath the south wall of the Niederer Burgstall. Then the path leads through a well secured channel of rocks winding its way up to the summit of the Hoher Burgstall, the last part going directly along the ridge. Duration: 3 hours to ascend.

## DESCENT

The descent goes over the south side of the summit to the Starkenburger Hütte (2,237 m a.s.l.). From the hut, the path leads uphill for about 300 meters vertical height back to the top station of Schlick 2000. Alternatively, the descent can be made to the Kaserstattalm (1,890 m a.s.l.) and from there on to the Froneben Alm (1,350 m a.s.l.), located at the middle station of Schlick 2000.

## ALTERNATIVE ASCENDING ROUTES

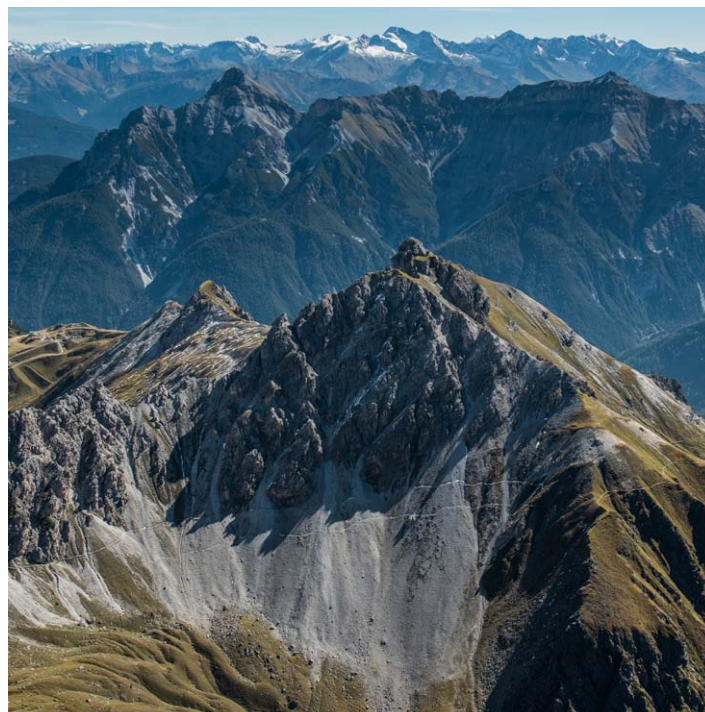
**Starting point:** parking space open air pool Neustift (1,050 m a.s.l.)

**Destination:** Hoher Burgstall (2,611 m a.s.l.)

**Walking time:** ↑ 4.5 hrs – ↓ 3 hrs

**Vertical height:** 1,550 meters

**Huts and cabins:** Starkenburger Hütte (2,237 m a.s.l.)



*The Hohe Burgstall with the Serles in the background*



## ELFER (2,505m)

The shy one

Posing for the cameras and nevertheless not attracting too much attention. Every day at 11 am the sun lights up its back to present it in the spotlight, as seen from Neustift, however some of its glory is hidden shortly thereafter. You must hike up the Elfer to capture all of its beauty because at close range its rocky towers and spikes are much more impressive. Even though the blunt **Dolomite rocks situated on a foundation of primary rock** and the rocky formation of the Elferspitze and its Elfer towers may remind you of the Dolomites, the "home mountain" of the Neustift inhabitants with its glacial peaks of the Stubai Alps knows where it belongs. Proud and glorious on the one hand, shy and insecure on the other, the Elfer knows how to confound its spectators. While the summit cross at the eastern Elfer tower (2,499 m a.s.l.) leads you to believe it is the highest point, the main summit, also known as Elferkofel (2,505 m a.s.l.), doesn't want to be forgotten.

### Proud neighbors

It is perfectly fine if you let your eyes wander from the Elferspitze in all directions. As the rather shy one of the Seven Summits Stubai, this peak is not disappointed if it does not get all of the attention. The Serles ridge with the Kirchedachspitze (2,840 m a.s.l.) in the east, the Karwendel mountain range in the northeast and the Kalkkögel mountain range with the Schlicker See Spitze (2,804 m a.s.l.) opposite it in the northwest like to be in the limelight.

### Challenging climbing

It is easy to understand why the Dolomite spikes of the Elfer always have attracted climbers. Fritz Kasperek, one of the first ascendants of the Eiger north face, discovered the Elfer in the '40s as a climbers mountain while he was stationed at the army high mountain school in Fulpmes during World Word II, erected to educate young commissioned officers. Still to this day, the pitons of his route are visible.



## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** top station of Elfer cable car (1,794 m a.s.l.) / bottom station of Elfer cable car in Neustift (993 m a.s.l.)

**Destination:** Elfers (2,505 m a.s.l.)

**Walking time:** ↑ 2.5 hrs – ↓ 2.5 hrs

**Vertical height:** 750 meters

### Huts and cabins

Panoramarestaurant Elfer (1,794 m a.s.l.), Elferhütte (2,080 m a.s.l.), Autenalm (1,665 m a.s.l.), Karalm (1,737 m a.s.l.)

### Characteristics

Hiking (red mountain track)

## HOW TO GET THERE / STARTING POINT

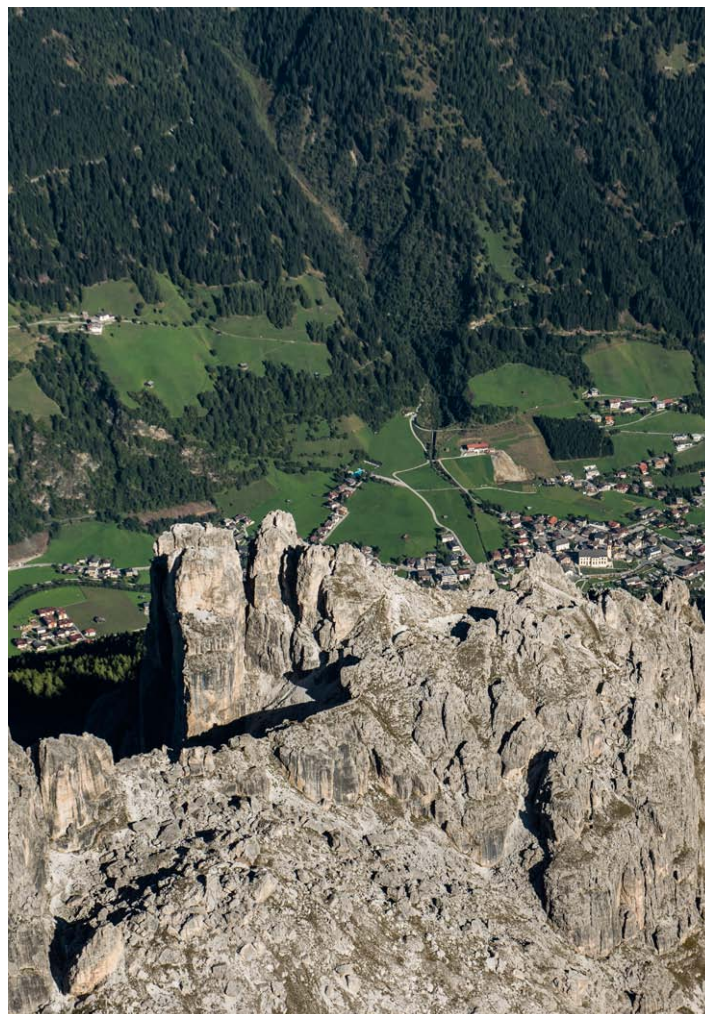
The tour starts at the bottom station of Elfer cable car at the outskirts of Neustift. Directly at the bottom station you find numerous free parking lots. Use the cable car to get to the top station where the hike begins.

## ASCENT

From the top station of the Elfer cable car, a winding path leads up for about 30 minutes to the Elferhütte. Then, follow the distinctive ridge uphill in the direction of Elferspitze. Shortly before the summit, you reach the Elfer saddle. There, turn right and hike up the short rope-secured passage for a few minutes until you reach the Elferspitze. Altogether it will take you approximately 2 to 2.5 hours to ascend.

## DESCENT

Go around the Elferkofel on the south side and you will reach the Zwölfernieder within about 3/4 of an hour. From Zwölfernieder, a small but nice path going slightly down leads to the eastern flank of the Elfer and then almost flat to the Elferhütte. This route takes about 2.5 hours. Alternatively, you can descend from Zwölfernieder to the north via the Autenalm (1,655 m a.s.l.) or to the south via Karalm (1,737 m a.s.l.).



*Elferspitze and Neustift*

## SAFETY ON THE MOUNTAIN

### CATERGORIZATION OF PATHS

The categorization of paths offers you an initial overview of the difficulties of the seven mountains. With these categories, you can more easily evaluate which of the Seven Summits Stubai are manageable for you.

#### Hiking trail

Technical difficulty	- generally accessible walking route - wide construction with low gradients
Requirements of the hiker	- no mountain experience or special mountain equipment needed

#### Red mountain track

Technical difficulty	- mid-grade, predominantly narrow path, often steep - brief secured walking and climbing passages possible
Requirements of the hiker	- alpine experience needed - appropriate physical condition - sure-footedness - minimal mountain equipment

#### Black mountain track

Technical difficulty	- difficult, narrow path, very steep almost everywhere, often exposed - longer secured climbing passages
Requirements of the hiker	- good alpine experience - strong physical condition - absolute sure-footedness and confidence - appropriate mountain equipment

#### High mountain range – alpine route

Technical difficulty	- very difficult - high alpine terrain, partially not marked and exposed path - unsecured walking and climbing passages
Requirements of the hiker	- absolute sure-footedness, confidence, strong physical condition - appropriate mountain equipment - excellent orientation abilities

### SEVEN SUMMITS STUBAI RATING

The rating (see tour descriptions) can be used to compare the different grades of difficulties of the 7 peaks with each other. The grade of difficulty consists of the physical and technical requirements upon the hiker.

Attention: The rating is based on good weather conditions in the summer. In case of adverse conditions (snow, storm, fog, etc.), the routes will be much more challenging or even inaccessible.

### ALPINE SCHOOLS & MOUNTAIN GUIDES

Professional governmentally-certified mountain guides can give you the highest standard of security on the mountain and grant you a unique and stress-free mountain adventure. Our guides are happy to lead you on your way to one of the Seven Summits Stubai.

#### Stubai Alpin – Bergführerbüro

T: +43 (0)5226 3461, [www.stubai-alpin.com](http://www.stubai-alpin.com)

#### Bergsteigerschule Stubai

T: +43 (0)664 333 2222, [www.bergsteigen-stubaital.at](http://www.bergsteigen-stubaital.at)

#### Alpinsport Center Stubai

T: +43 (0)650 560 8797, [www.alpinsportcenter-stubai.com](http://www.alpinsportcenter-stubai.com)

### FIRST AID

#### Emergency numbers

140: mountain rescue – alpine emergency call

112: European emergency call (works with every mobile phone and with every available provider)

#### No mobile network?

Without a mobile network or in a location with no reception, no emergency call is possible. Change your position and continuously dial 112. Euro emergency call: access to every available mobile network if you type 112 instead of the pin code after switching on the phone or use the SOS emergency call feature.

#### Notification of accident

- Who is on the phone? / leave a number to call back
- Where did the accident exactly happen?
- What happened?
- How many people are injured?

#### Emergency application of the Tyrolean mountain rescue

Smartphone users can install the new emergency app of the Tyrolean mountain rescue. This app assists with sending an emergency call and at the same time transmits the current position.

## HIKING CHECKLIST

### TOUR PLANING

- extensive **tour planning** in advance (gather information about routes, destination and group members)
- get **weather forecast** and follow the information about the current weather situation
- adapt the hiking tour and your destination **to your own fitness and technique** – in groups, watch out for the weakest member
- consult the alpine centers and mountain guide offices

### EQUIPMENT

Depending on the peak:

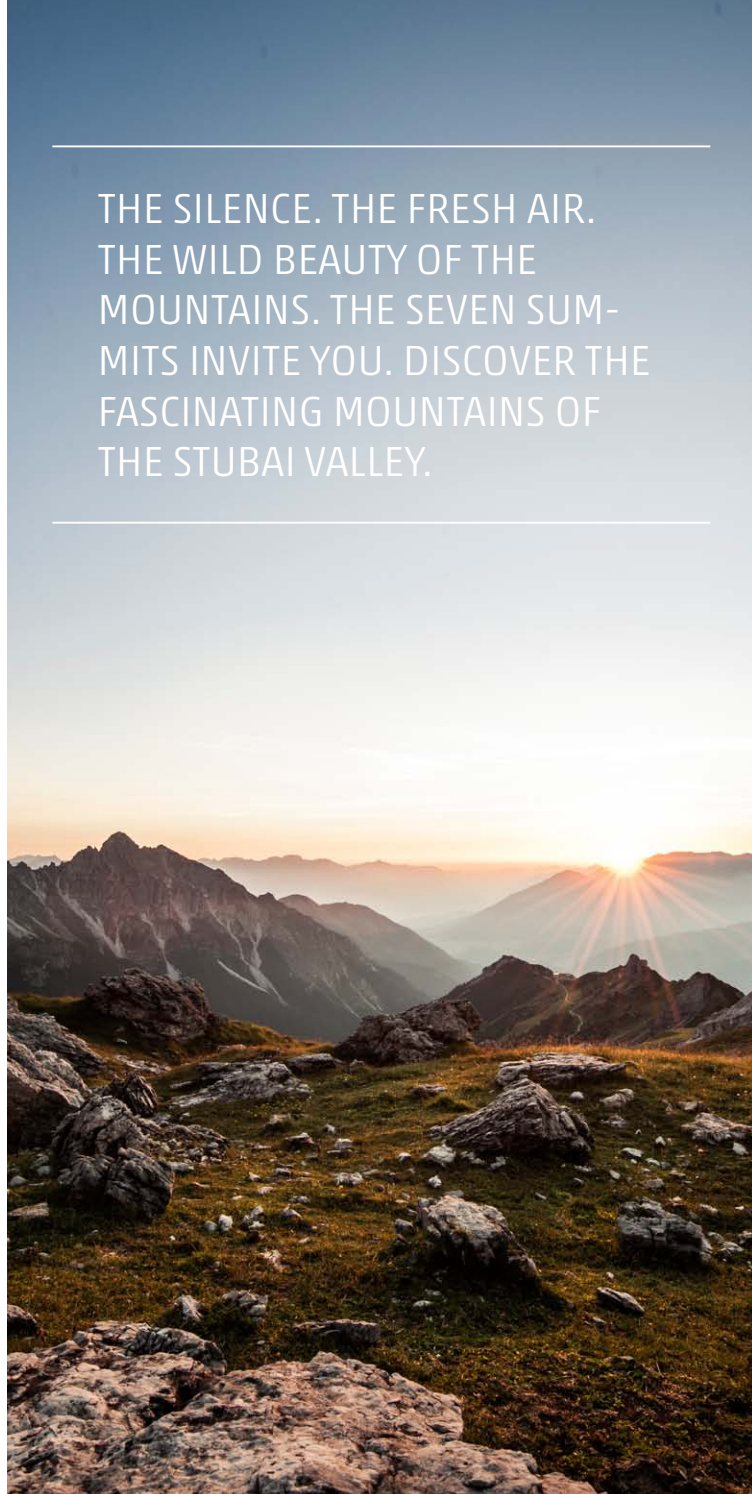
- maps
- solid, ankle high trekking or hiking boot
- hiking gear
- harness
- glacier tools (crampon, ice axe, etc.)
- orientation tools (compass, GPS, etc.)
- bad weather clothing (rain coat, rain pant, gloves, beanie)
- sunscreen
- mobile phone, water bottle, first aid kit, flashlight
- hygiene products, slippers and sleeping bag for the hut

### TIPS AND ADVICES

- **constantly orient yourself**
- **watch out for alpine risks** (rock falls, avalanche danger, weather changes)
- best to choose your clothing on the **principle of layers**

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THE SILENCE. THE FRESH AIR.  
THE WILD BEAUTY OF THE  
MOUNTAINS. THE SEVEN SUM-  
MITS INVITE YOU. DISCOVER THE  
FASCINATING MOUNTAINS OF  
THE STUBAI VALLEY.



*Sunrise at the bottom of Hoher Burgstall*





***stubai***

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