

# HIKING PEAKS HERE.

WILD WATER TRAIL  
SCENIC NATURE SITES  
THEMED TRAILS  
HIKING TRAILS  
SEVEN SUMMITS STUBAI  
STUBAI HIGH TRAIL

***stubai***



## ON THE MAJESTIC MOUNTAIN PEAKS

The sorrows of the world appear as dwarves to me,  
whenever they appear as giants to threaten me  
in the valley.

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Far away from the hustle and bustle and noise of city life: in the Stubai, everyone's attention is drawn towards the mountain peaks, imposing rock formations and glacial valley. The beauty of the mountain world is unveiled to visitors at first glance – the perfect outlines of the Stubai Alps are hard to match. The special features can often be found in the detail. It's worth seeking out hidden natural treasures that you wouldn't necessarily notice at first glance. Often really nearby, sometimes far in the distance, and indeed without having to climb steep rock faces and overcome great differences in altitude.

The waterfalls, high moors, mountain lakes, meadows and scenic vantage points within Stubai are a fine addition to the plentiful mountain peaks - and are equally popular with the local valley inhabitants. In order to access the mountains and scenic places, which reflect nature in its purest and most beautiful form, the Stubai Valley is covered in many kilometres of hiking trails and mountain paths. Discreet and unobtrusive, but always there to lead, guide and show you the way: towards pastures, mountain huts, peaks and glaciers.

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# MOUNTAIN SAFETY

## MOUNTAIN ROUTE CLASSIFICATION GUIDE

In order to be able to estimate which of the hiking trails and tours are possible, the mountain route classification guide provides an initial overview of the difficulty levels of the different hiking trails and tours.

### Hiking trail

Technical difficulty	<ul style="list-style-type: none"> <li>- generally manageable walking distance</li> <li>- wide pathway with gentle gradients/slopes</li> </ul>
Hiker requirements	<ul style="list-style-type: none"> <li>- no mountaineering experience or mountain equipment required</li> </ul>

### Red mountain path

Technical difficulty	<ul style="list-style-type: none"> <li>- medium difficulty level, mostly narrow, often steep</li> <li>- optional secure walking and climbing passages</li> </ul>
Hiker requirements	<ul style="list-style-type: none"> <li>- alpine experience required</li> <li>- appropriate level of physical fitness</li> <li>- sure-footed</li> <li>- minimum level of mountaineering equipment</li> </ul>

### Black mountain path

Technical difficulty	<ul style="list-style-type: none"> <li>- difficult, narrow, very steep almost throughout, often exposed</li> <li>- longer secured climbing sections</li> </ul>
Hiker requirements	<ul style="list-style-type: none"> <li>- good alpine experience</li> <li>- good physical fitness</li> <li>- totally sure-footed with a good head for heights</li> <li>- suitable mountaineering equipment</li> </ul>

### High Tour – Alpine Route

Technical difficulty	<ul style="list-style-type: none"> <li>- very difficult</li> <li>- high alpine terrain, partly unmarked and exposed climbs</li> <li>- unsecured walking and climbing sections</li> </ul>
Hiker requirements	<ul style="list-style-type: none"> <li>- totally sure-footed, good head for heights, good physical fitness</li> <li>- suitable mountaineering equipment</li> <li>- excellent orientation skills</li> </ul>

**Tip:** In adverse weather conditions (snow, storms, fog etc.) the hiking trails and tours can become much more challenging or even impassable!



## MOUNTAIN SPORTS SCHOOLS AND MOUNTAIN GUIDES

Let our professional and nationally qualified mountain guides accompany you on challenging mountain tours - for a unique and stress-free mountain experience and maximum safety on the mountain.

### **Stubai Alpine – Mountain guide office**

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

### **Stubai mountain climbing school**

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

### **Alpine Sports Centre 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

112: European emergency service (works with any mobile phone and using any available network)

### **No signal?**

No emergency calls are possible in areas with no signal or in dead zones. Move to a more suitable location and keep dialling 112.

Euro emergency number: can be accessed using any available network by entering 112 instead of your PIN code when switching on your phone, or by using the SOS emergency call function.

### **Reporting an accident**

- Who is reporting the accident? / Your telephone number?
- Where exactly did the accident happen?
- What happened?
- How many people are injured?

### **Tyrol mountain rescue emergency number**

Smartphone users can install the new Tyrol mountain rescue emergency app. This helps when making emergency calls and transmits the caller's location at the same time.





# MOUNTAIN HIKING CHECK LIST

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## TOUR PLANNING

- comprehensive **tour planning** in advance (get information on tour destinations and group members)
- **get weather forecasts** and check latest weather conditions
- tailor hiking tours and destinations **to suit individual abilities** – group tours should always be geared towards the weakest group member
- personal advice available in the mountain guide's office

## EQUIPMENT

Depending on summit destination:

- maps
- sturdy ankle trekking shoes or mountain boots
- hiking gear
- harness
- glacier equipment (crampon, ice axe etc.)
- navigation equipment (compass, GPS etc.)
- weatherproof clothing (waterproof jacket, waterproof trousers, gloves, hat)
- sun protection
- mobile phone, water bottle, first aid kit, torch
- hygiene equipment, hut slippers and hut sleeping bag

## TIPS AND SUGGESTIONS

- **Ongoing navigation**
- **Be aware of alpine dangers** (rockfalls, avalanche threat, weather threats)
- When it comes to clothing, it's recommended to adopt the **layer principle**



## THE WILD WATER TRAIL

Experience the landscape-forming  
power of water

The Stubai glacial streams have continued to demonstrate their power for thousands of years – the original beauty of this extensive river system has been preserved throughout this time. This rare and special natural treasure has provided easy access for visitors to the Stubai Valley.

The Ruetz river has its source in the Stubai Valley's glacial area. Whether in the form of a river, glacier, mudslide or avalanche – the waters of the Ruetz are constantly shaping the valley. The Ruetz river created the Stubai Valley but this process is far from complete.

The WildWaterTrail invites its visitors to view the glacial high valley like an open book, from which the landscape-forming power of water can be read. An exciting history full of dramatic events.



*Water as an elixir of life, shaping force of nature and a thrilling element of a hiking trip: the WildWaterTrail in Stubai is all of these things.*







## ONE ROUTE - THREE STAGES

### Stage 1

Ruetz Cataract (Ranalt) – Grawa Waterfall – Grawa Alm

Walking time: 1 ½ hours, altitude gain: 120 m



### Stage 2

Grawa Waterfall – Sulzenau Alm – Sulzenau hut

Walking time: 2 ½ hours, altitude gain: 660 m



### Stage 3

Sulzenau hut – Sulzenauferner (glacier)

Walking time: 1 ½ hours, altitude gain: 400 m



## ADDITIONAL OPTIONS

- **Grawa Waterfall Tour** from the Raffein Bridge to the **Grawa Waterfall**, continuing to Grawa Alm and back – 45 min.
- From the Grawa Alm to the **Grawa Waterfall**, along its left bank and passing two vantage points **up towards the Sulzenau Alm** and return trip along the old Almweg route – 3 ½ hours
- From **Mutterberg** by cable car to the middle station, **along the Peiljoch towards the Sulzenau hut** and back to the valley station via the Sulzenau Alm – 4 ½ hours

## WILD WATER ADVENTURE

Experience wild water up close over  
10 kilometres and at an altitude of 1,200 m

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**The WildWaterTrail consists of three stages that can be explored all together or separately.** The trail begins on the banks of the Ruetz river in the WildWaterArena and leads through the spectacular Ruetz Cataract towards the Tschangelair Alm. From there it continues along past the Grawa Waterfall and the Sulzenau Alm to the Sulzenau hut. The Sulzenau glacier represents both the end of the trail and the source of the river. It is from this glacier field that the water first comes to the surface, makes its way to the valley and shapes the nature display of the Wild Water Trail.

The **clearly signed route** leads hikers to **impressive spots** set amidst the wild beauty. The path to the high alpine terrain runs from the valley right up to where the trees come to an end – and takes you repeatedly **past mighty waterfalls such as the Grawa and the Sulzenau**. With views over impressive glacier phenomena such as the jagged Sulzenau glacier and the Zuckerhütl, you trek through a landscape filled with large moraines and turquoise mountain lakes, smaller pools ('Lacken'), sandy marsh areas, smooth glacier ridges and idyllic wetlands, all surrounded by vast areas of cotton grass.

### SECRETS OF THE WILD WATER

Some of these natural processes that create fascination for hikers along the tour often take several thousand years to come about. In order to shed more light on these natural processes, there are seven info points spread along the route.



*The waters of the Grawa Waterfall crash 180 metres into the depths below.*

## STAGE 1

### WildWaterArena – Ruetz Cataract – Tschangelair Alm – Grawa Waterfall / Grawa Alm

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**Walking time:** 1 ½ hours

**Difference in altitude:** 120 m

#### Highlights

WildWaterArena, Ruetz Cataract, Grawa Waterfall

#### Rest points

Tschangelair Alm (1,390 m), Grawa Alm (1,530 m)

The trail begins on the banks of the Ruetz river in the **Wilde-WasserArena** near the quarry in Ranalt and leads through the spectacular **Ruetz Cataract** towards the **Tschangelair Alm**. A short approach route leads to this from the main road in the area between Ranalt and the Tschangelair Alm. Right next to the main road, there are **numerous parking spaces** (signposted: Wilde-WasserWeg) and a **bus stop** (Nürnberger Hütte).



*As its whooshing sound rises and falls, the Ruetz river channels its way through the valley.*

## WildWaterArena

Inside the WildWaterArena, you can learn about the important role of water in the Stubai Valley. Various resting points also invite you to stop off at this special place and enjoy a first opportunity to take in some of the natural surroundings.

If you follow the WildWaterTrail starting from the WildWaterArena, the contrast couldn't be greater. If you start with a walk along the banks of the leisurely flowing Ruetz river, you are suddenly surrounded by roaring masses of water. Two viewing platforms which hang partly over the abyss and a wooden bridge spectacularly convey the overwhelming power of the creek. Thanks to this force of nature, the magnificent canyon with its small waterfalls and rapids came into being. At the cataract's outlet point, which is characterised by rapids interspersed with boulders and rock faces, you come to the quaint Tschangelair Alm. Here you have the opportunity to take a brief rest before continuing to the final point of the first stage. The surrounding area is shaped by a thick succession of avalanche corridors and mudflows, and provides with vegetation that has adapted to these conditions: berry bushes and birch trees forced down into the valley, which are often separated by narrow stretches of spruce trees.

Just around a bend and suitably unexpectedly, the view opens up through the trees of the imposing Grawa Waterfall, the central attraction of the WildWaterTrail. The widest waterfall in the Eastern Alps and a natural monument - there are not enough superlatives to describe



*Platform at the foot of the Grawa Waterfall*



the wild beauty of this waterfall. The appearance of the Grawa Waterfall changes considerably, depending on the volume of water. In late autumn only a mere trickle can be seen on the right-hand side. In early summer when the snow is melting, and especially after heavy rainfall, the gush of water dissipates over the waterfall drop onto a wider surface area. Stepped cascades, wafting sprays of water, raging and foaming gushes of water – all of this can be observed here. The wooden walkways on the viewing platform at the foot of the waterfall which has been artfully adapted to the landscape are ideal for this purpose.

**Tip:** The entire first section was built so that it is easily accessible by buggies and for older hikers. Wheelchair users can manage the way with help.





## RUETZ CATARACT CIRCULAR ROUTE – LANGETALER WATERFALL

Ruetz Cataract car park / Nürnberger Hütte bus stop – WildeWasser Arena – Ruetz Cataract – Tschangelair Alm – Langetaler waterfall – Ruetz Cataract car park / Nürnberger Hütte bus stop

**Walking time:** 1 hour

The route from the starting point via the Tschangelair Alm hut provides a pleasant walk. This involves following the Wild Water Trail as far as the Tschangelair Alm hut, crossing the road there and walking back to the Ruetz Cataract car park or the Nürnberger Hütte bus stop. As you walk along the newly laid path, you cross the Langetalerbach via a bridge and there you can enjoy another small, but no less spectacular waterfall.

### **Alternative route:**

Ruetz Cataract car park / Nürnberger Hütte bus stop – WildeWasser Arena – Ruetz Cataract – Tschangelair Alm – Ruetz Cataract car park / Nürnberger Hütte bus stop

**Walking time:** 1 hour

This involves following the Wild Water Trail as far as the Tschangelair Alm hut and walking over to the mountain pasture on the opposite side of the creek, and back to the Ruetz Cataract car park or the Nürnberger Hütte bus stop.

## GRAWA WATERFALL CIRCULAR ROUTE

Grawa Waterfall Circular Route: Car park / Raffeine bus stop – Grawa Waterfall / Grawa Alm – car park / Raffeine bus stop

**Walking time:** 40 minutes

This pleasant circular route starts at the Raffein Gallery, just before the Grawa Waterfall. In almost precisely 20 minutes, the WildWater-Trail leads you to the Grawa Waterfall. The route continues towards Grawa Alm, which is a worthy stop-off point. Shortly before the mountain pasture, the path leads back to the other side of the creek again and back to the bus stop or car park.

## STAGE 2

### Grawa Waterfall – Sulzenau Alm – Sulzenau hut

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**Walking time:** 2 ½ hours

**Difference in altitude:** 660 m

#### Highlights

Grawa Waterfall, Sulzenau Valley, Sulzenau Waterfall

#### Rest points

Grawa Alm (1,530 m), Sulzenau Alm (1,857 m), Sulzenau hut (2,191 m)



*Next valley floor with meanders branching out close to the Sulzenau Alm hut*

The second stage of the WildWaterTrail leads directly to the viewing platform at Grawa Waterfall and continues along the old 'Almsteig' route: direct, steep and straightforward. Sure footing, a good fitness level and, above all, good footwear is required here due to the wet soil. On the way up, the Grawa Waterfall can be experienced up close at two further vantage points – one of which sits level with a turbulent stilling basin and the other directly above the exposed edge. Here you can marvel at the powerful force of water and feel the rumbling of the waterfall as it sprays on your skin. After just over an hour's walk you come to the Sulzenegg (1,800 m), from where an almost flat path leads through the huge valley basin that has been shaped and dominated by the three waterfalls and the abundant meanders branching out towards the Sulzenau Alm, with views of the glacier along the way.

From this idyllically situated alpine hut, the trail leads really close to the foot of the most powerful of the three waterfalls – the Sulzenau Waterfall. Like a silver arrow, the water from this unique waterfall drops more than 200 m in a narrow swath, onto the wonderful green pasture floor of the Sulzenau Alm pasture. Especially in the early afternoon, the waterfall shimmers in every shade, whooshes and sprays, before finally forming a fantastic water mushroom.

The route then continues along pleasant serpentine paths towards the Sulzenau hut, which stands on beautiful, flat terrain like an eagle's nest with magnificent views directly overlooking a rocky cliff edge.

### Alternative route

Return to the valley via the old mountain pasture route (**Walking time:** 3 ½ hours)



## STAGE 3

### Sulzenau hut - Sulzenauferner (glacier)

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**Walking time:** 1½ hours

**Difference in altitude:** 400 m

#### Highlights

Blaue Lacke, Sulzenauferner

#### Rest points

Sulzenau hut (2,191 m)



*The Sulzenauferner is one of the largest glaciers in the Stubai Alps.*

On the third and final stage of the WildWaterTrail, the mountain scenery from the Sulzenau hut to the foot of the Sulzenauferner is like a glacier-themed trail that has been shaped by nature. Seldom can the different appearances of the glacial landscape be marvelled at in such spectacular surroundings, over such a short distance: you walk through the countryside with views of the jagged icefall towers of the Sulzenauferner and the Zuckerhütl enshrining you from high above. Past huge moraine lakes, Turkish-blue mountain lakes such as the 'Blaue Lacke' or across colourful, polished glacial abrasions, hikers come to a glacial lake underneath the Peiljoch. Ultimately, this is also the point where the WildWater comes to the surface for the first time, allowing it to start its journey into the valley and hikers come to the end of their tour of the WildWaterTrail.



*Mountain lakes such as the 'Blaue Lacke' are the product of retreating glaciers.*





*Just look, listen and smell: the Grawa Waterfall viewing platform.*

## HEALTH DERIVED FROM NATURE

### Waterfalls promote well-being

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**A stay at the Stubai waterfalls demonstrably improves health and well-being.** Waterfalls produce fine-particle aerosols close to their point of impact and mostly negatively charged ions. These microparticles are so small that they can penetrate even the thinnest bronchioles and purify them. They improve the patency of the upper respiratory system and can therefore have a healing or preventative effect on illnesses. This includes a wide range of health problems, such as asthma, allergies, stress or burnout.

Studies undertaken by the **Paracelsus Private Medical University of Salzburg** have shown that each one of the Stubai waterfalls differ in their medical effects. The **Grawa Waterfall** is characterised by a high concentration of nanoaerosols and lower aerosol size. Staying at the Grawa waterfall for even one hour significantly improved the purification rate of the upper respiratory system and the subjective judgement of breathing quality.

The **Sulzenau Waterfall**, which tumbles into the Sulzenau basin, exhibits an exceptionally high concentration of aerosol and ions – even in areas where visitors can stay dry and in the sunshine for longer periods of time. When combined with the climb to reach it, it is ideal for the sports medicinal combination of hiking and waterfalls for improving the performance of the cardio-pulmonary system.



*The mountain air, aerosols and probably also the panoramic views have a positive effect on the body.*



## STUBAI SUPER CARD

Experience the top attractions throughout the valley!  
Valid from day one. Valid for your entire holiday.

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If you spend your holiday in the Stubai with a participating partner establishment, a variety of services are included:

- Free use of the Stubai Glacier cableway: x1 ascent and descent per day (no transportation with skiing equipment)
- Free use of the Serles lifts: x1 ascent and descent per day
- Free use of the Schlick 2000 mountain cable car: x1 ascent and descent per day
- Free use of the Elfer lifts in Neustift: x1 ascent and descent per day
- Free transport on Innsbruck public bus services between Mutterberg and Innsbruck
- Free travel with the Stubai Valley railway Fulpmes-Innsbruck-Fulpmes
- One weekly entry for a three-hour visit to the new StuBay adventure pool
- Free use of Neustift indoor swimming pool
- Free use of Mieders swimming pool
- 1 ride per week on the summer toboggan run in Mieders





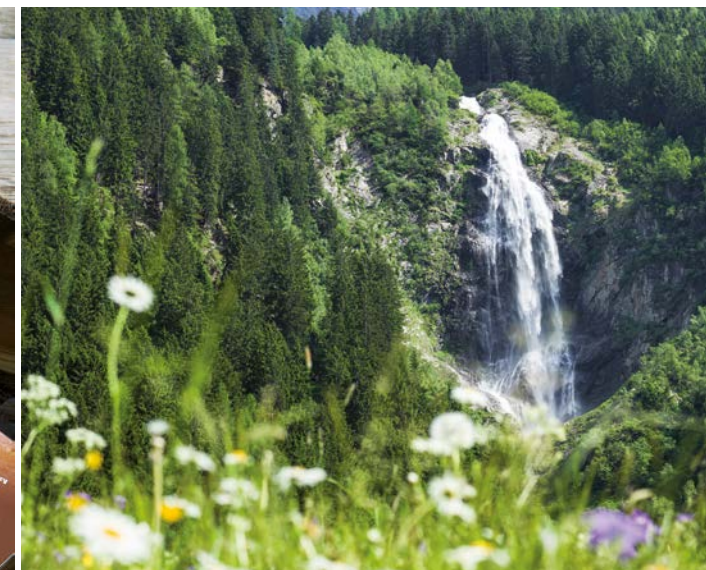
**On top of all this, the Stubai Super Card also offers a range of attractive bonuses. For the following participating partners you receive a discount of 30 %:**

- Admission to the Bergisel Stadium in Innsbruck, including use of the inclined lift and tower lift
- NEW: admission to the cinema in Fulpmes
- A journey with "The Sightseer" bus in Innsbruck
- Admission to the Air-Park in the StuBay
- Rafting tours in the Stubai Valley
- Admission to the ice grotto at the Stubai Glacier
- Hut taxi rides from Neustift to the Oberissalm
- Admission to the Telfes Birds of Prey Park
- Any additional rides on the summer toboggan run in Mieders for Stubai Super Card holders
- The minigolf course in Fulpmes
- The Nativity Scene Museum in Fulpmes
- The combo-ticket for the Innsbruck state museums (Tyrolean State Museum, Museum in the Zeughaus, Tyrolean Folk Art Museum, the Hofkirche (Court Church), THE TYROL PANORAMA with Kaiserjägermuseum)

**Find out more at [www.stubai.at](http://www.stubai.at)**

**STUBAI  
SUPER  
CARD**

ONE VALLEY. ONE CARD.







natur  
schauplatz





## STUBAI SCENIC NATURE SITES

### Treasures and secrets of the mountains

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The beauty of the Stubai mountain landscape is clear at first glance. But what's really special is hidden away and often only appears upon closer inspection.

Ten scenic natural sites, including waterfalls, moors, mountain lakes, meadows and viewing points are spread out over the valley and are often only a walk away.

We guide you through these magical places which tell stories and reveal a history, which present views and vistas, enticing and evocative, gems that glimmer and glow with energy. These natural treasures create a scene of breathtaking beauty that is exciting, inviting and diverse.

To make sure you're able to enjoy nature in its full glory, there are benches and loungers for you to rest, take it all in and dream. Simply enjoy, relax and capture the moment before a breathtaking mountain backdrop and captivating views.



**natur  
schauplatz**

## KARTNALL

### The gateway to the glacier

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As the Stubai Valley basin had mostly become flooded, the farmers sought alternative land and, in the late 13th century, they found a profitable 'quarter' of land in Kartnall (from the Latin word 'quartiale'). This led to the creation of the upper and lower Kartnallhof. In order to be able to farm the fields, duties had to be paid in the form of natural produce (10 % of overall income). Nowadays, the existence of both family businesses is secured through tourism and the farming of cows, sheep and goats. The animals graze on the meadows and their milk is used to produce butter, Tyrolean 'Graukäse' cheese and curd cheese.

### CIRCULAR ROUTE: KARTNALL – UFERWEG – FORCHACH

**Start and finishing points:** Neustift recreation centre (990 m) / Milders – the power station at the start of the Oberbergthal valley (1,090 m)

**Destination:** Kartnallhöfe (1,285 m)

**Walking time:** 2 ½ hours

**Difference in altitude:** 400 m

#### Rest points

Oberkartnall snack bar (1,285 m), Hofer snack bar – Unterkartnall (1,285 m)

### ARRIVAL / DEPARTURE POINTS

The hike either starts at the recreation centre in Neustift or next to the power station where the Oberbergthal begins. The recreation centre is located directly at the roundabout in Neustift, within the village. There are plenty of free parking spaces there. The power station in the Oberbergthal can be reached by taking the 'Oberbergthal' turn off from the district of Milders. After approx. 700 m, you will come to the starting point with some free parking spaces.

## TOUR DESCRIPTION

The farmhouses in Kartnall are up to 700 years old and were built high in the mountains due to the fear of flooding. From Neustift recreation centre, the route continues along the road leading to the old outdoor swimming pool. There you will find the entrance to the path that leads to Kartnall, which is accessible from April to October. The trail then crosses a patch of forest along serpentine paths. After walking for approx. 45 minutes, we find ourselves amidst the green meadows of the Kartnall scenic nature site, with wonderful panoramic views as far as the Sulzenauferner glacier. The Kartnall and Hofer snack bars, located at an altitude of 1,285 m, beckon us to stop off and try some Tyrolean delicacies.

From the Kartnall farmhouses, there is a road leading up to the Forchbach mountain farm, above Milders. In dry weather, you can also take the path back to the valley.

In wet weather and outside the summer season, however, it is more advisable to follow the road towards the Oberbergtal. From the small power station in Milders, the route runs along the Oberbergbach stream. The path leading back to the centre of Neustift begins at the outlet between the Oberbergbach and Ruetz rivers.



## EULENWIESEN

### Romantic meadows and forests

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They provide shade, but allow sufficient light for the undergrowth. The larch trees on the 'Eulenwiesen' enable a protected variety of flowers (pasqueflower, blue gentian, arnica ...) to grow and create space for matgrass and dwarf-shrubs. These larch alpine meadows ('Larchbergmahder') came into being as a result of slash-and-burn agriculture. Due to the many floods in the valley basin, the farmers needed new grazing areas and found these at about 1,700 metres above sea level. Whereas spruce trees and pine trees were burnt out, the larch trees were only scorched on the outside and were budding again the following spring. Such places of natural beauty can only be maintained through the diligent care and cultivation of the farmers. Once a year the 'Eulenwiesen' are therefore mowed by hand and scythed.

### CIRCULAR ROUTE 1: GLEINSERHOF ALPINE GUEST HOUSE – EULENWIESEN – GLEINSERHOF ALPINE GUEST HOUSE

**Start and finishing points:** Gleinserhof Alpine Guest House (1,412 m)

**Walking time:** 2 hours

**Difference in altitude:** 250 m

#### Rest points

Gleinserhof Alpine Guest House (1,412 m)

### ARRIVAL / DEPARTURE POINTS

In Schönberg, follow the road as far as the post office and then turn right. A motorway underpass leads you to the other side of the motorway where you follow the signs for 'Gleinserhof'. After approx. 15 minutes you come to Gleinserhof Alpine Guest House, at the end of the mountain road. There are plenty of free parking spaces there.



## TOUR DESCRIPTION

Heading out from the Gleinserhof Alpine Guest House, you follow a gentle climbing forest path in the direction of the Eulenwiesen meadows. At the first signpost (Eulenwiesen), you turn left and, after two bends in the road and one hour's travel time, you will arrive at the Eulenwiesen. Whilst being on the mountain edge the whole time, you walk through meadows surrounded by larch trees. Once you have reached the highest point of the Eulenwiesen and passed a wooden fence, you branch off to the right and follow the descending path until you reach the forest path at the saddle of the Gleinser Mähder. A pleasant walk along the forest path then takes you back to the Gleinserhof Alpine Guest House. The entire circular route takes approx. 2 hours.

## CIRCULAR ROUTE 2: SERLES LIFTS – EULENWIESEN – SERLES LIFTS

**Start and finishing points:** Serles lifts (summit station 1,600 m / valley station 982 m)

**Walking time:** 3 ½ hours

**Difference in altitude:** 450 m

### Rest points

Panorama restaurant Koppenneck (1,600 m), Ochsen hut (1,582 m), Gleinserhof (1,412 m)

## ARRIVAL / DEPARTURE POINTS

The Serles lifts are located at the valley entrance in the municipality of Mieders. There are plenty of free parking spaces there.

## TOUR DESCRIPTION

Starting at the Serles lifts summit station, the route takes you past the Panorama restaurant Koppenneck, on the forest path leading to Eulenwiesen (signposted). After a short walk you reach the Ochsen hut. From there, you continue along the forest path in the direction of Eulenwiesen and, after approx. 40 minutes, you will come to a fork in the road which you then follow in the direction of Gleinser Mähder (signposted).

Now continue along a relatively flat forest path for a further 20 minutes, along the Gleinser Mähder. Turn left at the sign (Eulenwiesen) and after a short, steep climb you will arrive at Eulenwiesen. Whilst being on the mountain edge the whole time, you walk through meadows surrounded by larch trees. At the end of the Eulenwiesen, a forest path takes you to the Gleinserhof. From there, the trail leads back down to the Serles lifts valley station. The entire circular route takes approx. 3 ½ hours.



# ELFER GRATZENGRÜBL

## The wonder of the rocks

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The 'Elfer', the home mountain of the municipality of Neustift, has not only always been a natural time marker for local people, but it also displays unique geological features. It is impressive to see how two different rock formations come together here. On the one side, the bright and rugged limestone rock towers on the Serles ridge, on the other the prehistoric rock of the Stubai mountains, the so-called Ötztal-Stubai-Crystalline, that forms the base of the mountain. The limescale deposits were lifted from the sea during the formation of the Alps, whenever the African and Eurasian plates collided with one another. You can observe the limestone with its red and yellowish limestone layers beneath the summit of the Kesselspitze, the craggy, highly rugged formation and the bright scree created by sharp-edged boulders.

### CIRCULAR ROUTE 1: ELFER LIFTS SUMMIT STATION – AUTENALM – ELFER LIFTS SUMMIT STATION

**Start and finishing points:** Elfer lifts summit station (1,794 m)

**Walking time:** 4 hours

**Difference in altitude:** 700 m

#### Rest points

Panorama restaurant Elfer (1,794 m), Elfer hut (2,080 m), Autenalm (1,665 m)

### ARRIVAL / DEPARTURE POINTS

Direct bus connection to Neustift (bus stop: Neustift i. St., Elfer lifts turn-off). There are also plenty of free parking spaces located next to the Elfer lifts valley station.

## TOUR DESCRIPTION

From the Elfer lift summit station, a steep serpentine pathway leads to the Elfer hut. Just above the mountain hut, the panoramic route branches off onto the western side of the valley, climbs a bit further and then continues for some time at this level, with beautiful panoramic views into the wildly romantic Pinnistal Valley. After around 1 ½ hour's walk, shortly after the turning for Zwölfernieder, you reach the Elfer scenic nature site, which is situated on a plateau and offers a fantastic panoramic view along the Serleskamm. Larchwood benches are an inviting place to take a rest here. The return journey leads over the Zwölfernieder and Autenalm. This involves following the same road back for the first 300 metres, before turning left in the direction of Zwölfernieder and Autenalm. You will arrive at the Zwölfernieder in approximately 30 minutes. From the Zwölfernieder, the narrow but solid path then leads (for the first 30 minutes) up a rather steep gradient towards the Autenalm. From the Autenalm, you have the option of taking a relatively flat path back to the summit station (45 minutes) or a descent to the Elfer lifts valley station (2 hours).



## CIRCULAR ROUTE 2: ELFER LIFTS SUMMIT STATION – PINNISTAL – ELFER LIFTS VALLEY STATION

**Starting point:** Elfer lifts summit station (1,794 m)

**Finishing point:** Elfer lifts valley station (993 m)

**Walking time:** 5 ½ hours

**Difference in altitude:** 450 m

### Rest points

Panorama restaurant Elfer (1,794 m), Elfer hut (2,080 m), Karalm (1,737 m), Pinnisalm (1,550 m), Issenangeralm (1,380 m), Herzebenalm (1,338 m)

## ARRIVAL / DEPARTURE POINTS

Direct bus connection to Neustift (bus stop: Neustift i. St., Elfer lifts turn-off). There are also plenty of free parking spaces located next to the Elfer lifts valley station.

## TOUR DESCRIPTION

From the Elfer lift summit station, a steep serpentine pathway leads up to the Elfer hut. Just above the mountain hut, the panoramic route branches off onto the western side of the valley, then climbs a bit further, before a relatively flat path leads into the Pinnistal Valley with beautiful panoramic views. After around 1 ½ hour's walk, shortly after the turning for Zwölfernieder, you reach the Elfer scenic nature site, which is situated on a plateau and offers a fantastic panoramic view along the Serleskamm. Larchwood benches invite hikers to take a rest here.



## GSCHMITZ

### Sun-drenched meadows

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The term 'Gschmitz' literally means 'mowed strip of grass', – in the late Middle Ages the dense forest was cleared away and only the larch trees remained. The oldest larch trees in Gschmitz date back 400 years. Another explanation regarding the name's origin is the art of forging, which also had a rich tradition in Fulpmes from as far back as the Middle Ages, and even today is still one of the main industries in the region. Many of the blacksmiths in Fulpmes also ran farms for their own self-sufficiency – fields and meadows near Gschmitz needed to be set aside for this purpose.

### **CIRCULAR ROUTE: SCHLICK 2000 MIDDLE STATION – VERGÖR – GSCHMITZ – SCHLICK 2000 VALLEY STATION**

**Starting point:** Schlick 2000 middle station (1,362 m)

**Finishing point:** Schlick 2000 valley station (1,000 m)

**Walking time:** 3 hours

**Difference in altitude:** 260 m

#### **Rest points**

Fronebenalm (1,350 m), Bruggeralm mountain restaurant (1,350 m), Vergör alpine guest house (1,300 m)

### **ARRIVAL / DEPARTURE POINTS**

Direct bus connection to Fulpmes. There are also plenty of free parking spaces located next to the Schlick 2000 valley station.

## TOUR DESCRIPTION

From the Schlick 2000 middle station, you follow the almost level forest path towards Vergör. After approx. 30 minutes you turn left into a narrow forest path and follow this for a further 20 minutes until the forest starts to thin out. From there, it is just a short walk to the Vergör alpine guest house, which beckons you to stop off and try some Tyrolean delicacies. Then the route continues into the valley over a forest path which starts off with a steep climb and leads directly to Gschmitz. Around 30 minutes later you arrive at the idyllic Lärchenwiesen. The viewing platform, which is situated just a few metres above three barns, offers wonderful panoramic views of Serles, Elfer, Habicht and into the Pinnis Valley.

The same route leads back to the Vergör alpine guest house. From Vergör, a gently climbing forest path will take you back to the Schlick 2000 valley station in approx. 1 hour.



## TELFER WIESEN

### A sea of flowers and blossoms

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Telfes, in the Stubai valley, was first settled a very long time ago, in around 1700 BC. Findings from the early Bronze Age would lead us to this conclusion. The main reason for this is believed to be the fertile land around the Telfer Wiesen. The name 'Telf' itself provides further indication of this. It is derived from the Indo-Germanic word stem, 'tellevō', which literally means 'usable ground'. Grass is really easy to grow here due to the location and the long periods of sunshine. Even today the Telfer Wiesen meadows are used exclusively for farming and are some of the most beautiful larch meadows in the Tyrol. The rich gentian blossoms in the springtime are particularly impressive.

### CIRCULAR ROUTE: TELFES – GASTHOF KIRCHBRÜCKE – TELFES

**Start and finishing points:** Telfes, Kapfers district (1,090 m)

**Walking time:** 2 ½ hours

**Difference in altitude:** 350 m

#### Rest points

Gasthof Kirchbrücke (880 m)

### ARRIVAL / DEPARTURE POINTS

Direct bus connection to Telfes. In Telfes, you travel upwards through the village to the district of Kapfers and keep right for Telfer Wiesen, where you come to a small car park once you have passed the final few houses.

### TOUR DESCRIPTION

Starting from the car park in the Kapfers district of Telfes, a broad, flat forest path leads to the Telfer Wiesen. This magnificent path runs past many larch trees and within 15 minutes you arrive at the 'Telfer Wiesen' scenic nature site. With its large sunbathing deck and shady trees, this is an attractive stop-off point. Another half hour later you

come to a fork in the road and follow this round to the right, in the direction of Gasthof Kirchbrücke. The path slopes off gently near the creek, passing Gallhof and Wiesenhof. After passing the Wiesenhof, you take a right turn, cross the Ruetz river and follow the path further towards Gasthof Kirchbrücke. After a total walk of around two hours you arrive at Gasthof Kirchbrücke, which is a nice place to take a rest. Now the path heads up the mountain towards Telfes. After approx. 30 minutes you arrive back at the starting point.





## WILDEBEN

### On the search for Edelweiss

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This scenic nature site can be reached via a steep path that leads to a flat high plateau. This combination of ruggedness and charm is also what gives this scenic nature site its name of 'Wild-Eben', which literally means 'Wild-Smooth'. But this place is about more than just its location, sitting high up in the mountains almost like a throne, the area offers the space, and indeed the relaxation, to let the surrounding mountain environment really work its magic on you. And you might even spot an edelweiss, with its flowers reaching out towards the sun between the jagged rocks.

### **CIRCULAR ROUTE: KAMPLER STAUMAUER – WILDEBEN – WILDEBEN 'EDELWEISS-KOPF' SCENIC NATURE SITE – KAMPLER STAUMAUER**

**Start and finishing points:** Neustift, Kampl (994 m)

**Walking time:** 4 hours

**Difference in altitude:** 900 m

#### **Rest points**

Wildebene alpine guest house (1,770 m)

### **ARRIVAL / DEPARTURE POINTS**

The tour starts at the end of Hühlebachstraße, next to the 'Kampl Staumauer' concrete dam, which is located in the Kampl district of Neustift. Before reaching the outer limits of the town of Kampl, you turn right, just before the petrol filling station. You will find a limited number of parking spaces at the starting point.

Alternatively, the climb can also be completed via the forest path starting in Medrazer Stille.

## TOUR DESCRIPTION

From the Kampler concrete dam, which is located at the edge of the forest in Kampl, the steep, red-marked forest path winds its way up to the Wildeben alpine guest house. For experienced hikers, there is the option of making the climb via the black hiking trail which runs through the Kampler Höhle.

The route leads through rugged countryside as far as Seilbach, which you cross via a ravine. Then the climb rises steeply towards Wildeben. On reaching this point, you can enjoy wonderful views across the Stubai Valley.

After a pleasant rest, you continue along a steep climb to the highest point in the tour: the Edelweisskopf scenic nature site. This special place, with edelweiss flowers growing nearby, is a great place to recharge your batteries.

From Edelweisskopf, it is also possible to reach the summit of the Serles via the Serles-Jöchl. Those hikers not wishing to climb any further, however, can head back down the valley past the Gasthof Wildeben. Here it is possible to descend using the same path or initially via the forest path, which then branches off into the ascending path.



# HÜHNERSPIEL

## Gathering place for black cockerels

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High up beneath the Brenner summit, lies an open, overgrown plateau with alpine roses and cranberry bushes. The glistening white Stubai Ice Caves can be seen in the distance. This scenic nature site is, however, the annual gathering place for black cockerels to mate, scuffle and 'play about' together. The peak mating season for roosters falls between late March and early June – which runs alongside the start of the hiking season. The roosters begin their courtship displays at dawn, as they try to impress with their posturing and chest thrusts, diverse sounds and exuberant leaps. They always take a break before sunrise, which hunters describe as morning prayer. Sunrise sees the start of the so-called 'sun courtship', which, including interludes of scuffling, lasts all day. Hühnerspiel therefore gives a whole new meaning to the concepts of nature and drama.

### **CIRCULAR ROUTE 1: KRÖSSBACH / OBEREGG – MILDERAUNALM – HÜHNERSPIEL SCENIC NATURE SITE – MILDERAUNALM – KRÖSSBACH / OBEREGG**

**Start and finishing points:** Krössbach / Oberegg (1,136 m)

**Walking time:** 5 hours

**Difference in altitude:** 1,000 m

#### **Rest points**

Milderaunalm (1,671 m)

### **ARRIVAL / DEPARTURE POINTS**

The tour starts at Oberegg car park (€ 4.00/day), above Krössbach. The car park can be reached by crossing the bridge opposite Gasthof Sportalm in Krössbach which heads towards Unteregg/Oberegg and then following the road for around 700 metres. If travelling by public transport, you go as far as the centre of Krössbach bus stop and the car park is approx. 15 minutes' walk from there.

## TOUR DESCRIPTION

The starting point is the car park in Oberegg, above Krössbach. The forest path climbs sedately for approx. 1 ½ hours up to Milderaunalm. From there, it is a further 1 ½ hour's hike to the Hühnerspiel scenic nature site. The climb up runs directly from the mountain pasture to a grassy plateau, namely the Hühnerspiel. A swivelling seat at this natural beauty spot makes it possible to enjoy the panoramic views from every angle. The descent leads you down the same path for around 2 hours, via the Milderaunalm and back to Oberegg.

## CIRCULAR ROUTE 2: OBERBERGTAL CAR PARK 'JOSEF' – BRANDSTATTALM – HÜHNERSPIEL – MILDERAUNALM – AUFFANGALM – OBERBERGTAL CAR PARK 'JOSEF'

**Start and finishing points:** Oberbergthal /Car Park 'Josef' (1,360 m)

**Walking time:** 5 ½ - 6 hours

**Difference in altitude:** 1,100 m

### Rest points

Brandstattalm (1,811 m), Milderaunalm (1,671 m), Auffangalm (1,620 m)

## ARRIVAL / DEPARTURE POINTS

The tour starts at the 'Josef' car park in the Oberbergthal Valley. The car park can be reached by turning off in the direction of Oberbergthal from Milders and following the road for approx. 3.5 kilometres.

## TOUR DESCRIPTION

The starting point is the 'Josef' car park in the Oberbergthal Valley, from which you can reach the Brandstattalm hut via the forest path in approx. 1 hour. The route then continues along a hiking trail, which runs directly from the Brandstattalm towards Seblasspitze. After around 20 minutes, you branch off left towards Hühnerspiel. After continuing for a further 1 ½ hours via the 'Madlasböden', you will arrive at the scenic nature site. After around one hour's descent, you come to the Milderaunalm hut. From there, it continues along the forest path for approx. one hour towards the Auffangalm hut. From the Auffangalm hut, the forest path leads back to car park 'Josef'.



## **CIRCULAR ROUTE 3: MILDERS / START OF OBERBERGTAL POWER STATION – MILDERAUN- ALM – HÜHNERSPIEL SCENIC NATURE SITE – MILDERAUNALM – MILDERS / START OF OBER- BERGTAL POWER STATION**

**Start and finishing points:** Milders / Start of Oberbergtal power station (1,090 m)

**Walking time:** 5 hours

**Difference in altitude:** 1,000 m

### **Rest points**

Milderaunalm (1,671 m)

## **ARRIVAL / DEPARTURE POINTS**

The tour starts at the car park, at the power station in Milders. The car park is located 300 metres up the road heading towards the Oberbergtal. If travelling by public transport, the starting point is a 10 minute walk from the centre of Milders bus stop.

## **TOUR DESCRIPTION**

The starting point is the car park at Milders power station, at the entrance to the Oberbergtal. The forest path climbs sedately for approx. 1 ½ hours up to Milderaunalm. From there, it is a further 1 ½ hour's hike to the Hühnerspiel scenic nature site. The descent leads you down the same path for around 2 hours, via the Milderaunalm and back to Milders.



## GLETSCHERBLICK

### The glaciers

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Special places are often located quite nearby, even though sometimes small or large amounts of self-perseverance or the ability to inwardly extend yourself is required to reach these places. The 'Gletscherblick' (glacier view) scenic nature site is just such a place: so near, so unassuming, yet it can only be reached via a short path. The reward for your efforts: like a huge painting, the view of the Stubai Glacier manifests itself along with its eternally ice-covered, protruding summit – around the striking Zuckerhütl, while one can make out the Sulzenauferner, Fernerstube and Grödenferner glaciers, located in the northern Oberbergthal of the Alpeiner Ferner.

### **CIRCULAR ROUTE: SCHLICK 2000 SUMMIT STATION – SENNJÖCH – STARKENBURGER HUT – KASERSTATTALM – FRONEBENALM – SCHLICK 2000 MIDDLE OR VALLEY STATION**

**Starting point:** Schlick 2000 summit station, Kreuzjoch (2,136 m)

**Finishing point:** Schlick 2000 middle station (1,363 m)

**Walking time:** 4 hours

**Difference in altitude:** 400 m

#### **Rest points**

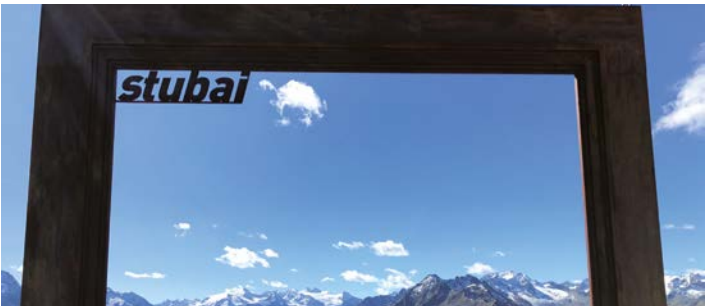
Panorama restaurant Kreuzjoch (2,136 m), Sennjoch hut (2,225 m), Starkenburger hut (2,237 m), Kaserstattalm (1,890 m), Bruggeralp (1,350 m), Fronebenalm (1,306 m)

### **ARRIVAL / DEPARTURE POINTS**

The tour starts at the Kreuzjoch summit station, which can be really easily reached by the Schlick 2000 cable car. There are plenty of free parking spaces at the Schlick 2000 valley station. There are also direct bus connections from within the surrounding area.

## TOUR DESCRIPTION

From the Kreuzjoch summit station, you walk along the gently climbing panoramic route in the direction of Starkenburger hut (signposted: Starkenburger Hütte – Panoramaweg), before reaching the Sennjoch hut after approx. 30 minutes. The path leads up towards the mountain ridge, and then branches off to the left. The trail then drops off slightly until the next intersection. There you take a right turn once more and follow the short but steep climb until you finally come to the highest point of the 'Gletscherblick' scenic nature site. The wooden loungers at this scenic beauty spot are not only an excellent place to take a rest, but this location also offers magnificent views of the Stubai mountain region. From the 'Gletscherblick' scenic nature site, you can already catch sight of the Starkenburger hut. After a final descent, you reach the mountain hut in approx. 2 hours. To return to the Schlick 2000 middle station, you walk via the Kaserstattalm and from there you continue along as far as the Bruggeralm or the Fronebental. You should allow a further 2 hours for the return journey. Tip: the trail is partially exposed – sure-footedness is required.



## PFARRACH

### A resting point with fabulous views

With the Pfarrach Scenic Nature Site, as of this year the Stubai nature sites have another special location that invites visitors to come and spend some time. This place is known simply as 'Marchraste' by the locals, which basically means a spot of land earmarked for taking a rest. With its small cross, this place also serves as an orientation point for farmers, who graze their cows and sheep in the surrounding area.



## CIRCULAR ROUTE: TELFES – PFARRACH MEADOW – PFARRACH SCENIC NATURE SITE – TELFES

**Start and finishing points:** Telfes, Kapfers district (1,090 m)

**Walking time:** 4 ½ hours

**Difference in altitude:** 930 m

### Rest points

Pfarrachalm (1,740 m)

## ARRIVAL / STARTING POINTS

Direct bus connection to Telfes. In Telfes, you travel upwards through the village to the district of Kapfers. Just past Hotel Oberhofer, you turn left and after a few minutes you come to a public car park.

## TOUR DESCRIPTION

The ascent to Pfarrachalm can either be made via the forest path or the Hirtensteig route (described here). The route starts off along the forest road and continues straight until the first bend. There, you take a left turn before a short trek brings you to the start of the Hirtensteig. Now the route climbs steeply until you finally come to the forest path again and you reach the Pfarrachalm from there (walking time: approx. 2 hours). From the Pfarrachalm, you can reach the Pfarrach Scenic Nature Site in around 15 minutes via the hiking trail in the direction of Saile/Nockspitze. The return route either follows the ascent trail or the forest path.



## PINNIS VALLEY – SPLIT STONE

### Relic of spectacular landslides

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As romantic as this nature site may be, the history of its origins is just as spectacular. The giant stone that lies here is made from dolomite, which, like all the dolomite ranges in the Stubai Valley, is made up of what is known as Brenner Mesozoic. It is proof of the tremendous rock movements that took place here in the Pinnis Valley several thousand years ago, in the middle of the Elfer's flanks and the Serles mountain crest. The stone is thought to have broken in two and crashed to the ground and has remained here split open ever since.

North of the Pinnisalm are even more large blocks of dolomite which are also the result of these spectacular landslides. They mostly come from a large eruption site on the flank of the Elfer summit, which is extremely rugged with numerous spires and pillars.

### ELFER LIFTS MOUNTAIN STATION – PINNIS VALLEY – ELFER LIFTS VALLEY STATION

**Starting point:** Elfer lifts mountain station (1,794 m)

**Finishing point:** Elfer lifts valley station (993 m)

**Walking time:** 3 hours

**Difference in altitude:** 954 m

#### Refreshment stops

Elfer Panoramarestaurant (1,794 m), Pinnisalm (1,550 m), Issenangeralm (1,380 m)

### ARRIVAL / STARTING POINT

Direct bus connection to Neustift (bus stop: Neustift i. St., Elfer lifts turn-off). There are also plenty of free parking spaces next to the Elfer lifts valley station.

## TOUR DESCRIPTION

From the Elfer lifts mountain station, follow the forest path directly past the sundial. A slight slope leads to the Pinnisalm in the Pinnis Valley, which can be reached in approx. one hour. From there it only takes another 5 minutes in the direction of Neder to reach the natural site of "Pinnis Valley – Split Stone". To return from there to the starting point at the Elfer lifts valley station, follow the forest path down the valley past the Issenangeralm until you reach the Neder district after approx. 1 hour and 45 minutes. Then turn left and follow the signposts to Neustift. After 20 minutes, you will reach the carpark at the Elfer lifts.

Alternatively, the natural site can also be reached directly via the district of Neder (walking time: 2 hours), or can be combined with the Elfer.



## NATURE SITES STAMP BOOKLET

Visit scenic nature sites and collect stamps! You can find a stamping tool at the information log at every nature site. Stamp booklets are available from our tourist offices. Nature-lovers can receive a stamp upon presentation of their stamp booklet and visitor card. Once you have discovered a minimum of five scenic nature sites, you will receive a t-shirt from the Stubai Tyrol Tourism Association offices in Neustift and Fulpmes. If you discover all 10 sites you will also receive a surprise gift.



# STUBAIER BESINNUNGSWEG

In honour of God

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Based on an initiative by pastor Eduard Niederwieser, the Stubaier Besinnungsweg hiking trail was built over the course of 1996 and 1997, at the entrance to the Pinnistal valley. The Neustift artists Hansjörg Ranalter and Gotthard Obholzer designed various biblical sculptures, which were installed along the route.

## CIRCULAR ROUTE: NEDER, PINNISTAL – ISSENANGERALM – NEDER, PINNISTAL

**Start and finishing points:** Neustift, Neder district (970 m)

**Walking time:** 3 hours

**Difference in altitude:** 550 m

### Rest points

Issenangeralm (1,380 m)

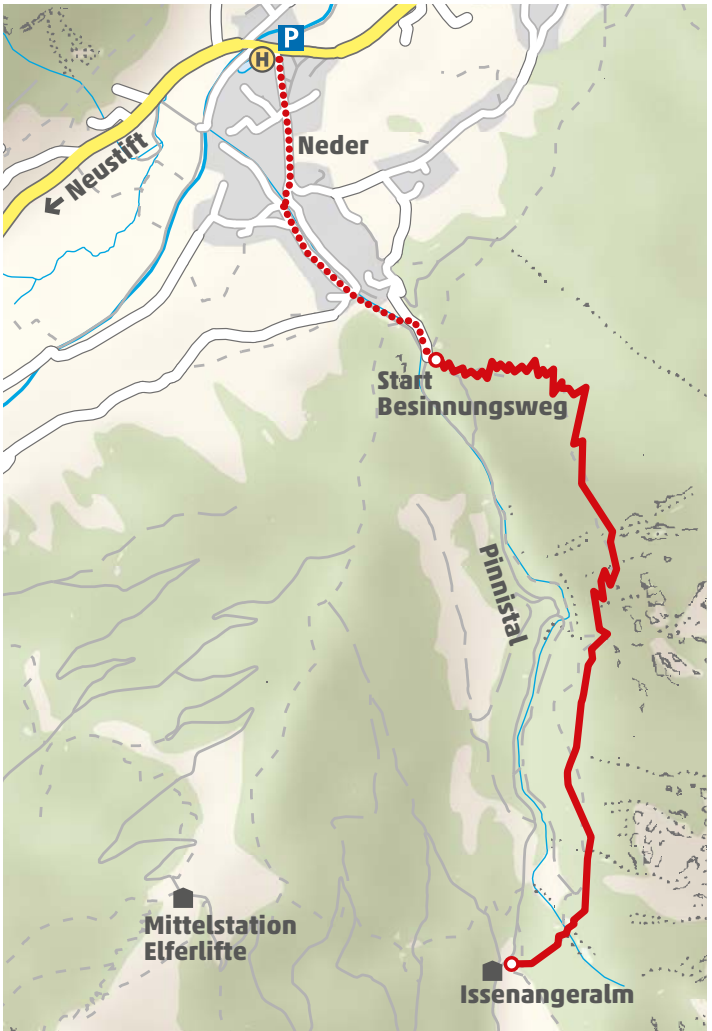
## ARRIVAL / DEPARTURE POINTS

The tour starts at the fee-based Zegger car park (free for visitors with valid Stubai Guest Card) in the Neder district of Neustift. The parking spaces can be found directly before the entrance to Neder, as you head into the valley, on the right-hand side of the road.

## TOUR DESCRIPTION

Then you follow the road past the school, as far as the forest path leading into the Pinnistal valley. A few metres beyond the start of the valley, the route branches off left at one of the wooden information boards that belongs to the signposted Besinnungsweg trail and winds upwards to the eastern side of the Pinnistal in a series of bends, through a thinly forested area and up a number of steps. Once you reach the highest point (1,397 m), the path leads gently downhill for the most part, passing a wayside cross, partly over some steps again and across avalanche terrain. After crossing a wooden bridge and walking uphill for a few metres, you finally arrive at the Issenangeralm (1,366 m). The trail then leads back to the starting point via the forest path leading through the Pinnistal.





## WALKING TRAILS FOR FAMILIES AND CHILDREN

Adventures for people of all ages

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Easy and readily accessible hiking trails for the entire family make sure you have unforgettable holiday experiences and are also fun for children. There's no room for boredom on the many adventure and themed trails in the Stubai Valley – they provide an abundance of entertainment and adventure, and children can learn about nature in the process. Whether it's splashing around in the Serles waters or climbing up into the dwarf treehouses – hiking in the Stubai Valley is an adventure however old you are.

### TIPS FOR THE FAMILY-FRIENDLY HIKING TRAILS:

- P. 62 Serlespark:** Those looking for action will love the Serles Park. While parents enjoy the view, children can let off steam in the water play area with its water flume and white waterway. Afterwards, you can race back down into the valley with the Serlesblitz summer toboggans.
- P. 70 Stubai Baumhausweg (Treehouse Trail):** The excitement continues at the Schlick 2000 middle station. Little adventurers can discover the treehouses of Bardin the Dwarf on climbing frames and ropes. For children aged 4 and over or accompanied by parents.
- P. 12 Wild Water Trail:** On the first stage of the Wild Water Trail, experience the formative force of the glacial streams by getting up close to the Grawa Waterfall, the highlight of the tour.
- P. 68 Schlick Circular Hiking Trail:** On this nature trail, both young and old can get to know nature at various adventure stations. Continue on the Scheibenweg (Disc Trail) past the Panorama Lake – perfect for a relaxing stop-off. The adventure trail involves running in competition against wooden disks.

- P. 78 Glacier Trail and Ice Grotto:** The impressive glaciers can be visited at the Stubai Glacier, which is nearly 3,000 m in height. On the 200 m long tour through the ice cave, centuries-old glacial phenomena will amaze you.
- P. 57 Stubai Wild Animal Trail Gleins:** On this adventure trail, children can learn all about the animals of the forest, both big and small. The life-sized wooden animals with climbing and gym elements guarantee a unique forest experience – and not just for the little ones!
- P. 29 Scenic Nature Sites:** Whether you're heading through a never-ending sea of flowers or swinging above the valley – the scenic nature sites in the Stubai invite you to pause and take a rest, and guarantee unforgettable moments for people of all ages.



## STUBAI WILD ANIMAL TRAIL GLEINS

Getting to know the animals of the forest

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The forest is full of animals of all shapes and sizes that live in the treetops or on the ground. Many of them can only be seen very rarely, as they are much too shy to come into close proximity to humans. Others, however, can be seen more often when strolling through the forest. Four stations dotted along the trail allow you to get to know the animals of the forest whilst climbing, playing or marvelling.

## SCHÖNBERG – GLEINSERHOF

**Starting point:** Schönberg – GleinserWeg, start at forest path (1,085 m)

**Finishing point:** Alpengasthaus Gleinserhof (1,412 m)

**Walking time:** approx. 1 ½ hours

**Difference in altitude:** 335 m

### Refreshment stops

Alpengasthaus Gleinserhof (1,412 m)

## ARRIVAL/STARTING POINT

Direct bus connection to Schönberg (bus station: Schönberg i. St. Ortsmitte). You will also find a few parking spaces along the road at the beginning of Gleinser Weg, immediately after the motorway underpass.

## TOUR DESCRIPTION

The starting point of this family-friendly themed trail is the village of Schönberg in the Stubai Valley. After the motorway underpass, follow the signposting to Gleinserhof. After approx. 5 minutes of walking, a forest path branches off to the right into the forest. Follow this path for the next 60 minutes until you have reached the paved Gleisner Weg once again. From there, it takes another 10 minutes to get to Gleinserhof.

## START: THE BEE – THE BUSY ONE

The busy honeybee will introduce you to the exciting world of forest animals. At the starting station, the rest of the trail route is explained, and you can also be sure of plenty of fun and games along the way. The forest adventure can begin from this point.

## STATION 1: THE SPIDER – THE TIGHTROPE WALKER

Learn more about the spider while climbing and balancing. Although usually an unwanted guest, especially in people's homes, the spider is an important being for the environment.

## STATION 2: THE RED DEER – THE KING

The red deer, with its majestic antlers, is probably one of the best-known wild animals. Unfortunately, it is an extremely shy inhabitant of the forest, and doesn't feel comfortable around people. Feel its fur, hear its calls and touch the antlers at Station 2.

## STATION 3: THE SQUIRREL – THE TREETOP ACROBAT

At this station, kids can let off steam and learn all the important things about the squirrel while climbing and jumping around.

## STATION 4: THE SNAKE – THE SUN WORSHIPPER

Even the viper can be found in our native forests. Children can become better acquainted with the snake at this station, and can move just like it by sliding along.

## STATION 5: SELFIE STATION

Once you have reached your destination, you can enjoy the exquisite panorama with a view of the Serles. This has to be captured. At the last station, the entire family can take a souvenir photo in front of a breath-taking mountain backdrop.







## MOUNTAIN RAILWAYS IN THE STUBAI

Fascinating countryside for hiking and relaxation

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Would you like to experience the Stubai mountain regions below the treeline and without even getting out of breath? Thanks to the Stubai mountain railways, the most beautiful hiking regions are accessible to everyone in the summertime. They offer an attractive hiking opportunity for both young and old, sports enthusiasts and leisure seekers, and those people who want to see the world from a little higher up.

The **Elfer lifts**, for example, lead up to the Neustift's local mountain, which is not just a skiing and hiking area, but also a natural time-keeper and an eternal friend of the valley's inhabitants.

The **Schlick 2000** cable cars bring hikers to an alpine mountain landscape way beyond their expectations – almost like a forgotten world. The Kalkkögel mountain chain, a geological feature of the Schlick, remind one with all their ruggedness and steepness of the famous Dolomites in the southern part of the Brenner Pass. For this reason, travel and mountaineering guidebooks often refer to this mountain chain as the 'Dolomites of the North'.

On the other side of the Kalkkögel's valley, another natural beauty spot awaits hikers and mountain climbers: the **Serles**. Due to its pyramid shape and its dominant, freestanding appearance, the mountain is known as 'The High Altar of Tyrol'. The name 'King Serles', however, is based on a legend: the legend behind it is that the main peak of the Serles represents an evil king who was punished by being turned into stone, while the neighbouring peaks represent his sons who were also turned into stone.

The largest glacier ski region in Austria can also be reached by mountain railway: the **Stubai Glacier**. The presence of the glacier is invitation enough to venture up these heights, but the cuisine on the glacier, the ice grotto and the information provided regarding the eternal ice also leave a lasting impression on anyone who visits here. The crowning glory is the TOP OF TYROL peak lookout platform (3,210 m).

## SERLESPARK

### Adventure at the foot of the king

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The Serlespark sits truly majestically at the foot of the Serles, which is a great place for hiking, but also for spending some relaxation time. The newly built reservoir, the so-called Serles lakes, is transformed during the summer months into the perfect oasis of tranquillity at almost 1,600 metres above sea level. Children can play here in the shallow water – with their own water play area along with a tongue-shaped swimming pool and a whitewater run to the dam construction. The Serlespark circular hiking trail runs from the Koppeneck summit station around these Serles lakes towards the Koppeneck viewing platform. From the broadly laid out wooden construction, hikers can expect 360° views of the entire surrounding mountain landscape. Two other platforms, the Karwendelblick and Serlesblick, are located along the lovely hiking trail which leads to Europe's highest monastery, the Maria Waldrast monastery, and attract visitors with their equally magnificent views. Furthermore, those riding the summer toboggan will travel at lightning speed across a distance of 2.8 km, at speeds of up to 42 km/h, down the valley to the Serles lifts car park. During this exciting adventure ride you cover a difference in altitude of 640 m – in the quickest possible time.

**Start and finishing points:** Koppeneck summit station (1,600 m)

**Walking time:** as long as your heart desires and your legs can still carry you

**Destination:** Serles lakes, Viewing platforms, Circular hiking trails

**Difference in altitude:** depending on hiking trail

#### Rest points

Ochsen hut (1,582 m), Sonnenstein alpine guest house (1,400 m) and Maria Waldrast (1,636 m) and depending on hike, for example, Gleinserhof (1,420 m)

## ARRIVAL / DEPARTURE POINTS

Valley station at the Serles lifts in Mieders

## TOUR DESCRIPTION

From Koppeneck summit station, a walkway leads around the Serles lakes to the Koppeneck viewing platform, which offers fantastic views of the Stubai and Inntal valleys. From here you can follow the newly laid hiking trail towards the Ochsen hut, then the path turns towards the Maria Waldrast Monastery and leads gently downhill to the monastery building. The Karwendelblick and Serlesblick viewing platforms are located just above the Ochsen hut. The Karwendelblick platform is north-easterly facing, with views of the Inntal and the Nordkette, while the Serlesblick platform, on the other hand, faces a south-easterly direction, overlooking the upland moor, the gently sloping larch forests and the Alpine divide in the distance. From the Maria Waldrast Monastery, you can either take the same path directly back to the summit station or go via the 'Eulenwiesen' scenic nature site (see page 32).





## SERIES KAPELLENWEG

### Contemplation at the king's foot

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The Kappellenweg trail in Mieders is part of the 'Quo Vadis' pilgrim trail that leads from the Cathedral of St. James in Innsbruck to the pilgrimage site of Maria Waldrast. Within the municipal district of Mieders, the pilgrim trail runs along the so-called Kappellenweg (Chapel route). The 15 rosary chapels on the old path from Mieders to Maria Waldrast are believed to have been built in the second half of the 17th century, while the paintings are an impressive modern testament to this time and were spread across the walls of the little chapels in a colourful fresco by the Tyrolean artist, Caspar Jele. The open chapel floors are totally dedicated to the life, suffering and resurrection of the Lord – according to the secrets of the joyful, sorrowful and glorious Rosary.

Generally speaking: 'Walking is man's best medicine', according to Hippocrates (460 – 375 BC). Prolonged walking, i. e. keeping your body constantly 'on the move', also starts to move your soul. Hiking on the Kappellenweg trail is therefore an extremely thought-provoking hike that is rewarded with some healing and thirst-quenching water from the Waldraster natural spring.

### CIRCULAR ROUTE: MIEDERS VILLAGE FOUNTAIN – KOPPENECK – MARIA WALDRAST

**Starting point:** Mieders village fountain (952 m)

**Walking time:** 3 hours (from Mieders village fountain),  
1 hour from Koppeneck summit station

**Difference in altitude:** approx. 800 m

#### Rest points

Klostergasthof Maria Waldrast (1,636 m)

## ARRIVAL / DEPARTURE POINTS

The starting point is the village fountain in Mieders or the valley station at the Serles lifts. Parking is possible at the valley station at the Serles lifts.

## TOUR DESCRIPTION

At the village fountain in Mieders, the Kappellenweg trail initially leads uphill towards Schmelzgasse. At the first small chapel, the road eventually turns to the left, until you come to a fork in the road. From here you follow the pleasant and steadily rising forest path until you are just below the Koppenneck, where the summit station for the Serles lifts is also located. When you come to a large crossing, you follow the flat hiking trail and stick to the signs marked throughout until you reach Maria Waldrast. The return route follows the same hiking trail back to the Koppenneck. Here you can decide whether or not to take the cable car into the valley. Alternatively, both the hiking trail and the summer toboggan run will take you to the valley. The 'Serlesblitz' will have you back down the valley in just a few minutes and the ride is an experience for all the family.



*Maria Waldrast Monastery*

# SCHLICK PANORAMIC TRAIL

## StubaiBlick

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After walking for barely 15 minutes hikers come to the 'StubaiBlick' viewing platform and are rewarded with a stunning view stretching as far as the Zillertal Alps and the Wilder Kaiser. The short hiking trail is purposely designed so that elderly people and families with buggies can also enjoy this incredible view. A further highlight: there are seats at regular intervals along the panoramic trail, which were designed by Stubai artists using various materials such as wood, stone and iron.

### **CIRCULAR ROUTE: KREUZJOCH SUMMIT STATION – PANORAMIC TRAIL – VIEWING PLATFORM 'STUBAIBLICK'**

**Starting point:** Kreuzjoch summit station (2,136 m)

**Walking time:** 30 minutes

**Difference in altitude:** 30 m

#### **Rest points**

Kreuzjoch summit station (2,136 m)

### **ARRIVAL / DEPARTURE POINTS**

The cable car leads to the Kreuzjoch summit station, which is the direct starting point for the panoramic trail. There are sufficient parking spaces available at the Schlick 2000 valley station.

## TOUR DESCRIPTION

Immediately as you exit the Kreuzjoch summit station, the hiking trail follows a gentle loop to the right, along the mountain ridge leading to the viewing platform. The secure and broadly laid out hiking trail, with its slight gradient and total length of 500 m, is also suitable for families with buggies and elderly people.



*'StubaiBlick' viewing platform*



## SCHLICK CIRCULAR HIKING TRAIL

From the summit to the valley

### Kreuzjoch Summit Station – Nature Trail – Schlickeralm – Panorama Lake – Adventure Trail – Scheibenweg – Froneben Middle Station

This great circular hiking trail combines all the natural beauty aspects that the Schlick hiking region has to offer. But that's not all: Knowledge and information about the mountains are given high priority during the educational and adventure trails. From the starting point at the Kreuzjoch summit station, this long but relaxing hike follows the route of the educational nature trail, which provide information about the world of mountain plants and animals via interactive stations. Questions such as 'How far can a deer leap?' or 'Who can tell birds apart by their twittering?' are addressed here – all the while with direct views of the Kalkkögel, the 'Dolomites of the North'. The educational trail ends at the Schlickeralm alpine guesthouse, while the surrounding mountain pasture provides an apt setting for the Stubai cuisine. From this point on hikers enter the adventure trail, which, with its barefoot areas made of sand, gravel and wood, offers a somewhat different walking experience. At the Kneipp pool, you can give your feet another dip in the cool water before finally arriving at the Scheibenweg trail, the last stretch of path on this circular hiking trail. This adventure trail involves kids competing against one another with wooden disks that roll down the mountain in a rail at the side of the path. Furthermore, these disks must be inserted by visitors at angled points along the rail without them falling on the ground. You reach the middle station via the Bruggeralm and can then take the cable car into the valley.



*Nature trail*



*Scheibenweg*

## CIRCULAR ROUTE: KREUZJOCH SUMMIT STATION – NATURE TRAIL – SCHLICKERALM – ADVENTURE TRAIL – SCHEIBENWEG – FRONEBEN MIDDLE STATION

**Starting point:** Kreuzjoch summit station (2,136 m)

**Finishing point:** Froneben middle station (1,362 m)

**Walking time:** 4 ½ hours

**Difference in altitude:** approx. 700 m

### Rest points

Schlickeralm (1,643 m), Bruggeralm (1,362 m)

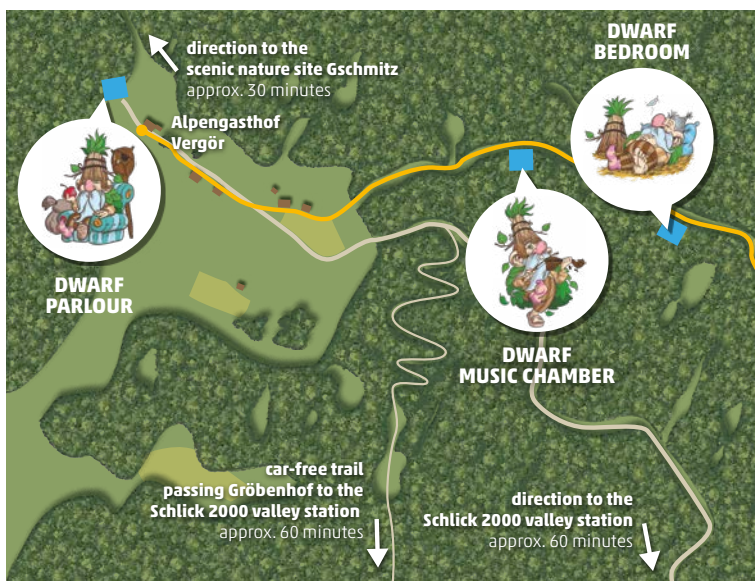
## ARRIVAL / DEPARTURE POINTS

The cable car leads to the Kreuzjoch summit station, which is the direct starting point for the nature trail. There are sufficient parking spaces available at the Schlick 2000 valley station.

## TOUR DESCRIPTION

From the Kreuzjoch summit station, the nature trail loops gently downwards for approx. 2 hours under the mountainside as far as the Schlickeralm, which is situated at the broad valley base of the Schlick. At the Schlickeralm you will find the start of the adventure trail, which at almost one kilometre in length and a half hour's walk offers a wide range of play stations and barefoot areas. At the end of the trail there is a panoramic lake, which is an inviting place to get a Kneipp treatment. From here, the signposted Scheibenweg trail starts off rather flat and then follows three bends in the one hour walk to the Bruggeralm. This alpine meadow is just a few metres from the Froneben middle station, while the cable car takes you back to the valley in the quickest possible time. Alternatively, you can also take a circular route via the Baumhausweg (tree house trail – see page 70) to the Vergör snack bar or the forest path that rises almost 350 metres up towards the valley. The entire route covering the Schlicker circular hiking trail is purpose-built for children's buggies!

## Up in the treetops with Bardin the dwarf

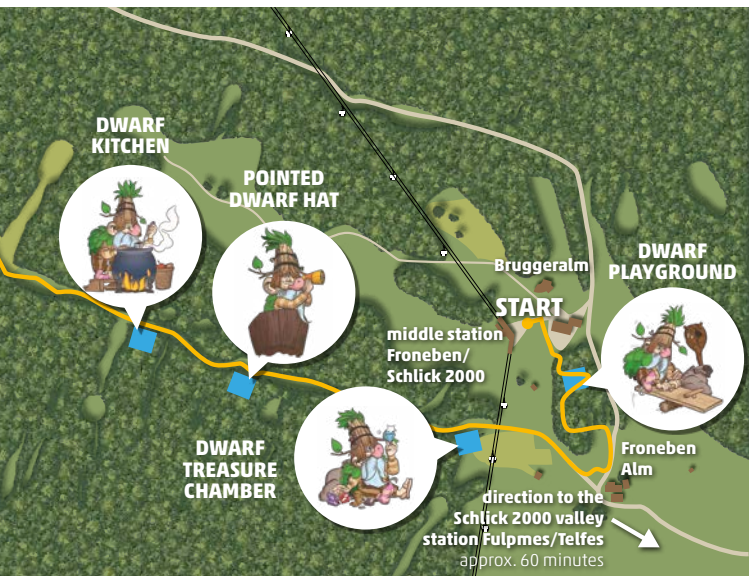


## ARRIVAL / DEPARTURE POINTS

The cable car leads to the Froneben summit station, which is the direct starting point for the tree house trail. There are sufficient parking spaces available at the Schlick 2000 valley station.

## TOUR DESCRIPTION

From the Schlick 2000 middle station, follow the wide hiking trail downhill to the Froneben Alm. From there, an almost level forest path leads to Vergör. After approx. 30 minutes, turn left onto a narrow forest path and follow this for a further 20 minutes until the forest starts to thin out. From there, it is just a short walk to the Alpengasthof Vergör. Along the way you will pass several treehouses, which are dedicated to the different 'living quarters' of the dwarf's house. You can either return to the valley station by the same route or on the wide forest road.





## DWARF PLAYGROUND

This treehouse welcomes you on an exciting tour of discovery, with a zip line, suspension bridge, net tube tunnels and much more. Those who sniff the scented boxes will be surprised by the spicy, sweet and woody scents of the forest.

## DWARF TREASURE CHAMBER

Bardin's treasure chamber glitters and glistens as the sun's rays split into quartz, pyrite and amethyst. A suspension bridge, slide and double swing invite you to come and play and climb.

## POINTED DWARF HAT

You can climb right to the top of Bardin's pointed hat. There you can watch the animals of the forest in secret.

## DWARF KITCHEN

With sophisticated slide and climbing elements, treasures can be hoisted from the forest floor into the treehouse. The forest treats can then be sorted, stored and processed.

## DWARF BEDROOM

It's time for a nap after all that hard work. Bardin's treehouse sways gently like a swing. With the swinging rope, you can then plunge back onto the firm ground and head off on your next adventure.

## DWARF MUSIC CHAMBER

Dwarves are gifted singers and musicians. In the music chamber, children can make their own music on singing bowls and wind chimes, and listen in on the secret sounds of the forest.

## DWARF PARLOUR

The small and big family members all come together cheerfully in the dwarf parlour. The cosy seating areas and games tables offer the best conditions for hilarious fun and games.

## TREE HOUSE STAMP BOOKLET

Climb up the treehouses, collect stamps and grab treasures! The stamp booklets are available from our tourist offices, directly in the information boxes of the respective starting treehouse, or at the Schlick 2000 valley station. There is a pair of pliers in every treehouse for stamping. Redeem the stamp booklet at the end of the trail, in the surrounding alpine pastures or at the Schlick 2000 valley station and secure a surprise from Bardin's treasure!



## ELFER SUMMIT STATION

Panoramic views, starting point in the mountains and cosy stops

The Elfer lifts summit station is more than an arrival hall for cable cars, as you can enjoy the sunshine here; the panorama restaurant offers typical Tyrolean delicacies and all eleven hikes set off from here into the fascinating mountain region. The large, accessible sundial is within sight of here, while free Wi-Fi around the summit station makes the mountain a communication hotspot. Alternatively, the sun loungers offer you the chance to leave everyday life behind you for a couple of hours and simply enjoy the panoramic views.

**Start and finishing points:** Elfer summit station (1,794 m)

**Destination:** summit tours on the Elfer, Zwölfer and Habicht, Gehzeiten-Weg, Elfer circular path, sundial and much more

**Walking time:** as long as your heart desires and your legs can still carry you

**Difference in altitude:** from 0 to hundreds of metres, depending on the walk

### ARRIVAL / DEPARTURE POINTS

Elfer lifts valley station car park in Neustift



*The gondola lift starts right in the centre of Neustift*



*Elfer (2,505m)*



## ELFER SUNDIAL

### Mountain times

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Even as you get off the cable car, the largest accessible equatorial sundial in the Alpine region catches your eye. The impressive larchwood construction, with its inner diameter of 8 metres, literally transports visitors to the centre of time. The choice of location is no accident: for the local people, the mountainous massif of the Elfer in Neustift has always been an enormous time indicator that makes the rhythm of the sun and nature visible. The same can be said of the origin of the name – since anyone can remember, the Elfer and its neighbouring mountain, the Zwölfer, have been used to gauge when it's midday. Because at exactly eleven o'clock the sun stands directly over its summit and then reaches the Zwölfer one hour later. A Viscope telescope also attracts visitors to take a closer look at an area stretching from the Stubai Valley to Innsbruck.

### CIRCULAR ROUTE: ELFER SUMMIT STATION – PANORAMA TRAIL – SUNDIAL

**Start and finishing points:** Elfer summit station (1,794 m)

**Destination:** Elfer sundial (1,780 m)

**Walking time:** approx. 5 minutes

**Difference in altitude:** level

#### Rest points

Elfer summit station (Agrar mountain restaurant, 1,780 m) or the rustic Elfer hut, nearly 200 metres above (2,080 m)

### ARRIVAL / DEPARTURE POINTS

Elfer lifts valley station car park in Neustift

### TOUR DESCRIPTION

A flat path runs from the Elfer lifts summit station to the walk-in sundial which also has seats and fantastic panoramic views. From the sundial, you can either climb up the 'Sonnenzeit' hiking trail or walk back to the summit station. From here you can also reach the Elfer hut in approx. 15 minutes.



*The largest walk-in sundial in the Alpine region*

## GLACIER TRAIL

### On the trail of the glacier

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Along the hiking trail from Fernau middle station to Eisgrat mountain station, the Stubai Glacier reveals itself in all its splendour. The 'Kingdom of Snow' fully lives up to its name in summer as well. A massive moraine is the visible sign of the irrepressible power of the eternal ice. The trail runs along the moraine, which is testimony to earlier glacier advances, passing the impressive glacial polish of the Eisjoch Ferner and the ice cave at the Eisgrat mountain station. 150 years ago the glacier stretched as far the present day middle station. The ice left behind the impressive moraine walls on its ridge, which are still clearly visible. The Fernau reservoir is an enticing place to stop for a rest. From the panorama terrace at the Eisgrat mountain station, a delightful birds-eye view of the spectacular glacier world can eventually be observed from 2,900 metres above sea level.

### TOUR: FERNAU MIDDLE STATION – FERNAU RESERVOIR – ICE GROTTA – EISGRAT MOUNTAIN STATION

**Start:** Fernau middle station, Stubai Glacier (2,300 m)

**Destination:** Eisgrat mountain station (2,900 m)

**Walking time:** 2 hours

**Difference in altitude:** 600 m

#### Rest points

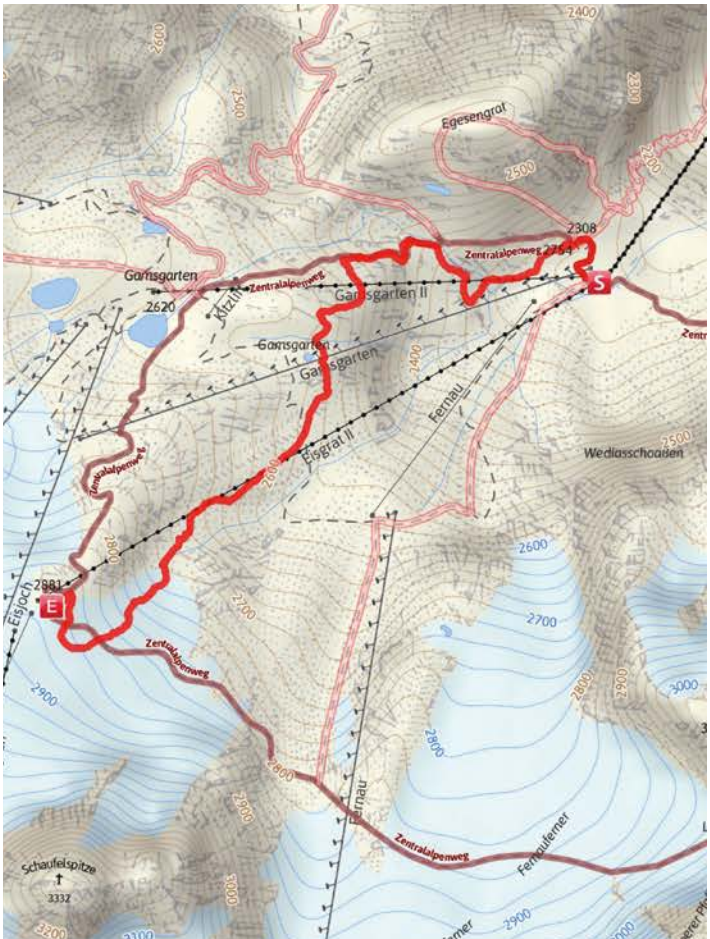
Restaurant Eisgrat (2,900 m), Dresdner Hut (2,308 m)

### ARRIVAL / STARTING POINTS

Eisgrat valley station (1,695 m), sufficient parking spaces are available there.

## TOUR DESCRIPTION

From the Eisgrat valley station (1,695 m), the Fernau middle station (2,300 m) can be conveniently reached with the 3S Eisgratbahn gondola lift. Follow the AV 102 hiking trail from the middle station to Kapellenstein. From there, the new trail runs along a moraine as far as the Fernau reservoir. At almost 2,900 metres above sea level, you pass the ice grotto just below the Eisgrat mountain station. The 200 m long tour through the ice cave shows the glacial phenomena and is worth the detour. From here, you can reach the Eisgrat mountain station (2,900 m) in around ten minutes. The gondola takes you back to the valley station.





## TOP OF TYROL

### Glacier Trail

Hike at over 3,000 metres above sea level, cross the glacier and stop off at Austria's highest mountain restaurant. An ever-present feature: breathtaking views of a fascinating mountain world with 109 peaks of 3,000 metres or greater. Special highlight along the way: The TOP OF TYROL summit platform. At a height of 3,210 metres, it protrudes audaciously nine metres beyond the cliff edge, like the tip of a sword. It's no wonder that it was chosen by GEO magazine as one of the ten most beautiful viewing platforms in the world. A short detour to the Schaufeljoch chapel at the foot of the Schaufelspitze is also recommended.

### TOUR: SCHAUFELJOCHBAHN MOUNTAIN STATION – GLACIER TRAIL – EISGRAT MOUNTAIN STATION

**Start:** Schaufeljoch mountain station, Stubai Glacier (3,165 m)

**Destination:** Eisgrat mountain station (2,900 m)

**Walking time:** 45 minutes

**Difference in altitude:** 300 m

#### Rest points

Restaurant Jochdohle (3,150 m), Restaurant Eisgrat (2,900 m)



*Hidden deep in the glacial ice, not far from the Eisgrat mountain station, lies the ice grotto. 30 metres below the ski slope, visitors experience a fascinating insight into the world of snow and ice. Along the 200 metre long tour, you will learn astonishing facts about glacial moraines, glacial polish, glacial milk, the individual ice layers, changing soil and sediment inclusions, glacier protection and much more.*

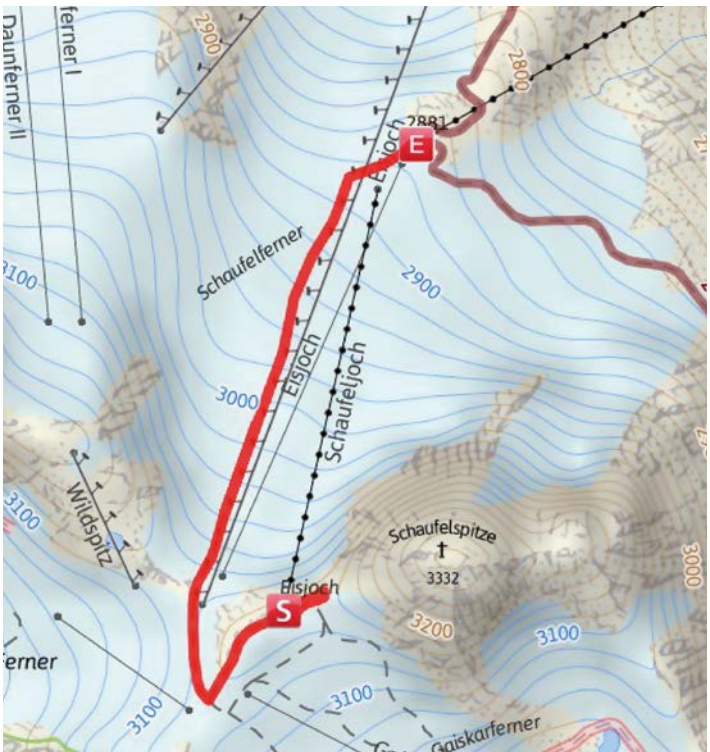
## ARRIVAL / STARTING POINTS

Eisgrat valley station (1,695 m), sufficient parking spaces are available there.

## TOUR DESCRIPTION

The marked trail runs from the Schaufeljochbahn mountain station (3,165 m) to the Jochdohle (3,150 m), the highest mountain restaurant in Austria (walking time: 10 min). From the Jochdohle the secure, marked glacier trail leads past the Eisjochbahn mountain station towards the Eisgrat mountain station (2,900 m).

Tip: The TOP OF TYROL viewing platform can be reached in five minutes from the Schaufeljochbahn mountain station. At a height of 3,210 metres above sea level, it offers wonderful views over the numerous 3,000 metre peaks, as far as the Dolomites.



## CIRCULAR ROUTE LAKE MUTTERBERG

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This beautiful and varied trail takes you to the magnificent Lake Mutterberg, passing waterfalls, Swiss stone pines and grassy slopes on the way.

### FERNAU MIDDLE STATION – DRESDNER HUT – NIEDERL – LAKE MUTTERBERG – WILDE GRUB'N – EISGRAT VALLEY STATION

**Starting point:** Fernau middle station

**Destination:** Lake Mutterberg, Eisgrat valley station

**Difficulty level:** medium

**Walking time:** 3 ½ hours

**Difference in altitude:** 850 m

#### Rest points

The Dresdner Hut (2,308 m) is open from late June until late September (weather permitting) and offers refreshments and overnight accommodation.

### FERNAU MIDDLE STATION STAGE

Start at the Fernau middle station at 2,300 m, and walk past the Dresdner Hut to the Niederl wind valley.

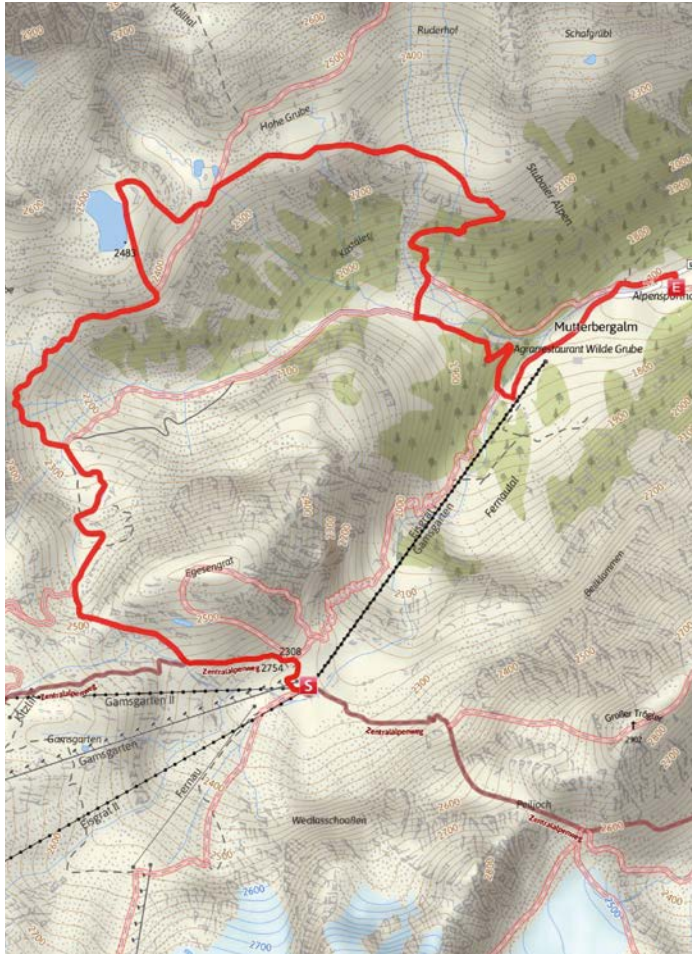
### NIEDERL STAGE

Cross through Niederl wind valley to the Wilde Grub'n. Sure-footedness and a good head for heights are a must. After a brief descent, you leave the Wilde Grub'n via the bridge on the left and head up to Lake Mutterberg.



The beautifully situated Lake Mutterberg is an enticing place to stop for a rest. The surrounding mountain peaks are reflected in its waters, while on hot summer days nature lovers can occasionally venture into the lake for a refreshing swim.

Hike through grassy slopes, Arolla pines and mountain pines as far as the Eisgrat valley station.









## SEVEN POWERFUL PEAKS

Versatile. Distinctive. Formative.

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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 wellattended 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.



## ZUCKERHÜTL (3,507 m)

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.



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

## 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 hut**, was built. Experienced mountain shepherds, chamois hunters and mountain guides also played a considerable role in the development of the mountain.

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** top station Schaufeljochbahn, Stubai Glacier (3,170 m)

**Destination:** Zuckerhütl (3,507 m)

**Walking time:** ↑ 3 ½ hrs — ↓ 4 ½ hrs

**Vertical height:** about 400 m

## Huts and cabins

Jochdohle (3,150 m), Dresdner hut (2,308 m)

## Characteristics

High mountain route including glacier-climbing passages (UIAA II – 2nd 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 Gamsgarten cable car (first ascent at 8 am) to the top and then switch to the Rotadl 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), 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 ½ hours for ascent.

## DESCENT

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



## WILDER FREIGER (3.418 m)

The formidable one

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Simply stop and look up at this monolith. From the lake Grünaun, 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.



*Wilder Freiger from the north*

## 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 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 hut via Peiljoch to the Fernerstube (cabin) and from there onto the bottom of the ridge to the Aperer Freiger and further on across the slopes uphill to the Lübecker Scharte (gap) where an almost continuous wire-rope secured ascent begins.

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★☆☆☆



**Starting point:** parking space alpine hut Sulzenau (1,590 m) and Nürnberger hut (1,370 m)

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

### Walking time via Sulzenau Hütte:

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

**Vertical height:** Day 1: 600 m, Day 2: 1,300 m

**Walking time via Nürnberger hut:**

Day 1: ↑ 2 ½ hrs, Day 2: ↑ 4 ½ hrs – ↓ 5 hrs

**Vertical height:** Day 1: 1,000 m, Day 2: 1,150 m

**Huts and cabins**

Sulzenau Alm (1,857 m), Sulzenau hut (2,191 m)  
and Bsuchalm (1,580 m), Nürnberger hut (2,297 m)

**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 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 to the Sulzenau hut or for 2 ½ hours via the Bsuchalm to the Nürnberger 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), which can be reached from the Sulzenau hut via Grünausee (lake) or from the Nürnberger hut 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). Hike across the ridge to reach a snowfield at about 3,340 m, 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.

## HABICHT (3,277 m)

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 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.



*View from Pinnis valley to the Habicht*



## 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 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 ½ hours on the mountain, wrote rave reports about the view and took barometric measurements.

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Neustift, district of Neder (970 m)

**Destination:** Habicht (3,277 m)

**Walking time:** Day 1: ↑ 4 ½ hrs (from Karalm: 2 hrs),

Day 2: ↑ 3 hrs — ↓ 6 ½ hrs (from Karalm: 2 ½ hrs)

**Vertical height:** Day 1: 1,400 m, Day 2: 900 m

## Huts and cabins

Issenangeralm (1,380 m), Pinnisalm (1,550 m), Karalm (1,737 m), Innsbrucker hut (2,369 m), Elfer hut (2,080 m)

## 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 ½ 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 ½ 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 hut (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 hut 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.

## RINNENSPITZE (3,003 m)

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.



*View from Rinnen Lake to Rinnenspitze*

## 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.

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Oberissalm in Oberberg valley (1,742 m)

**Destination:** Rinnenspitze (3,003 m)

**Walking time:** ↑ 4 ½ hrs — ↓ 3 ½ hrs

**Vertical height:** 1,300 m

## Huts and cabins

Oberissalm (1,742 m), Alpeinalm (2,040 m), Franz-Senn hut (2,147 m), Almwirtschaft Oberiss (1,750 m)

## Characteristics

Hiking (black mountain track) and via ferrata (fixed rope 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 hut. Directly behind the hut, cross the Alpein stream ascending north in the direction of the Rinnen 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 ½ hours.

## DESCEND

Descend the same way, that you ascended.



*The Rinnen Lake with the eastern Seespitze in the background*

## SERLES (2,717 m)

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.



*The Serles – high altar of Tyrol*

## 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 Zuckerhütl 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 of 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**.

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★☆☆☆



**Starting point:** Neustift, Kampl (994 m)

**Destination:** Serles (2.717 m)

**Walking time:** ↑ 4 ½ hrs — ↓ 4 hrs

**Vertical height:** 1,700 m

## Huts and cabins

Wildeben (1,781 m), Klostergasthof Maria Waldrast (1,641 m), panorama restaurant Koppenack (1,600 m)

## 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 Hühlebachstraße 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) - 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 ½ hours to Mieders.



## HOHER BURGSTALL (2,611 m)

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.



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

## 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.

## ROUTE DATA AND RATING

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** top station Schlick 2000, Kreuzjoch (2,136 m)

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

**Walking time:** ↑ 3 hrs — ↓ 3 hrs

**Vertical height:** 500 m

## Huts and cabins

Panorama restaurant Kreuzjoch (2,136 m), Sennjoch hut (2,225 m), Starkenburger hut (2,237 m), Kaserstattalm (1,890 m), Froneben Alm (1,350 m)

### 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 hut. After the Sennjoch hut, 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 hut (2,237 m). 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) and from there on to the Froneben Alm (1,350 m), located at the middle station of Schlick 2000.

## ALTERNATIVE ASCENDING ROUTES

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

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

**Walking time:** ↑ 4 ½ hrs – ↓ 3 hrs

**Vertical height:** 1,550 m

**Huts and cabins:** Starkenburger hut (2,237 m)

## ELFER (2,505 m)

The shy one

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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) leads you to believe it is the highest point, the main summit, also known as Elferkofel (2,505 m), doesn't want to be forgotten.



*The tor dolomite rocks of the Elfer*



## 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) in the east, the Karwendel mountain range in the northeast and the Kalkkögel mountain range with the Schlicker See Spitze (2,804 m) 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) /  
bottom station of Elfer cable car in Neustift (993 m)

**Destination:** Elfer (2,505 m)

**Walking time:** ↑ 2 ½ hrs — ↓ 2 ½ hrs

**Vertical height:** 750 m

## Huts and cabins

Panoramarestaurant Elfer (1,794 m), Elferhütte (2,080 m), Autenalm (1,665 m), Karalm (1,737 m)

## 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 ½ hours to ascend.

## DESCENT

Go around the Elferkofel on the south side and you will reach the Zwölfernieder within about  $\frac{3}{4}$  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 ½ hours. Alternatively, you can descend from Zwölfernieder to the north via the Autenalm (1,655 m) or to the south via Karalm (1,737 m).



*Elferspitze and Neustift*

## GOOD TO KNOW

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### 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.

## SEVEN SUMMITS STUBAI PASS

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#### **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.



## STUBAI MOUNTAIN LAKES

Crystal clear. Spectacular. Mystical.

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The enormous natural beauty of the Stubai Valley is bound to impress. True gems are often well hidden and are not apparent at first glance. In the middle of the magnificent mountain landscape, in seemingly secret locations, hikers bask in the splendour of the sunlight that gently reflects off the calm surfaces of the Stubai mountain lakes.

As well as the Seven Summits Stubai and the areas of natural beauty in Stubai, the spectacular Stubai mountain lakes are waiting to be discovered. The natural magnificence of the Stubai mountain lakes appears in the soft light of daybreak, during the day when the cool, crystal clear waters invite you to dip your toes, and in the late afternoon in the warm shades of sunset. They are sources of energy for locals and dream locations for visitors. The peace but also the vitality that the nine most beautiful Stubai mountain lakes exude make them desirable hiking destinations and pitstops.

The decision to visit these mountain lakes has to be a conscious one, but their unique nature is sure to fascinate. Snow-capped peaks appear to bow to the water, while lush emerald green offers countless opportunities and numerous 'Stoanmandl' lodgings seem to pay tribute to further Stubai mountain lakes.

The Stubai Mountain Lakes:

1. Lake Mutterberg
2. Lake Grünau
3. Blaue Lacke
4. Lake Schlicker
5. Lake Rinnen
6. Lake Freiger
7. Lake Alfaier
8. Lake Falbesoner
9. Lake Turmferner

You can find more information on the website at: [www.stubai.at](http://www.stubai.at).



## GET TO KNOW THE STUBAI ALPS

The hiking badge for adults and children

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Get to know the most beautiful hiking destinations in the Stubai Valley: the hut and mountain inn tours are a blend of leisurely and challenging hikes, but the destinations are definitely worth seeing. A number of quaint mountain huts and inns invite hikers to stop off and enjoy their facilities either during or after their walks.

Younger hikers can also collect points at the inns and huts. There are great bronze, silver and gold medals for all participants. For the more challenging summit tours, we recommend that you hire a mountain guide.

**So let's hit the mountains and collect your stamps!**



## THE POINTS SYSTEM

### Adults:

Bronze - minimum 25 points

Silver - minimum 35 points

Gold - minimum 45 points

### Children:

Bronze - minimum 20 points

Silver - minimum 30 points

Gold - minimum 40 points

### Examples of locations offering 1 point:

Dresdner hut, Froneben Alm or Bruggeralm, Grawa Alm, 'zum Weber Lois' snack bar or Schaufelspitz

### Examples of locations offering 2 points:

Auffangalm, Elfer hut, Falbesoner Ochsenalm, Kaserstattalm or Schlickeralm

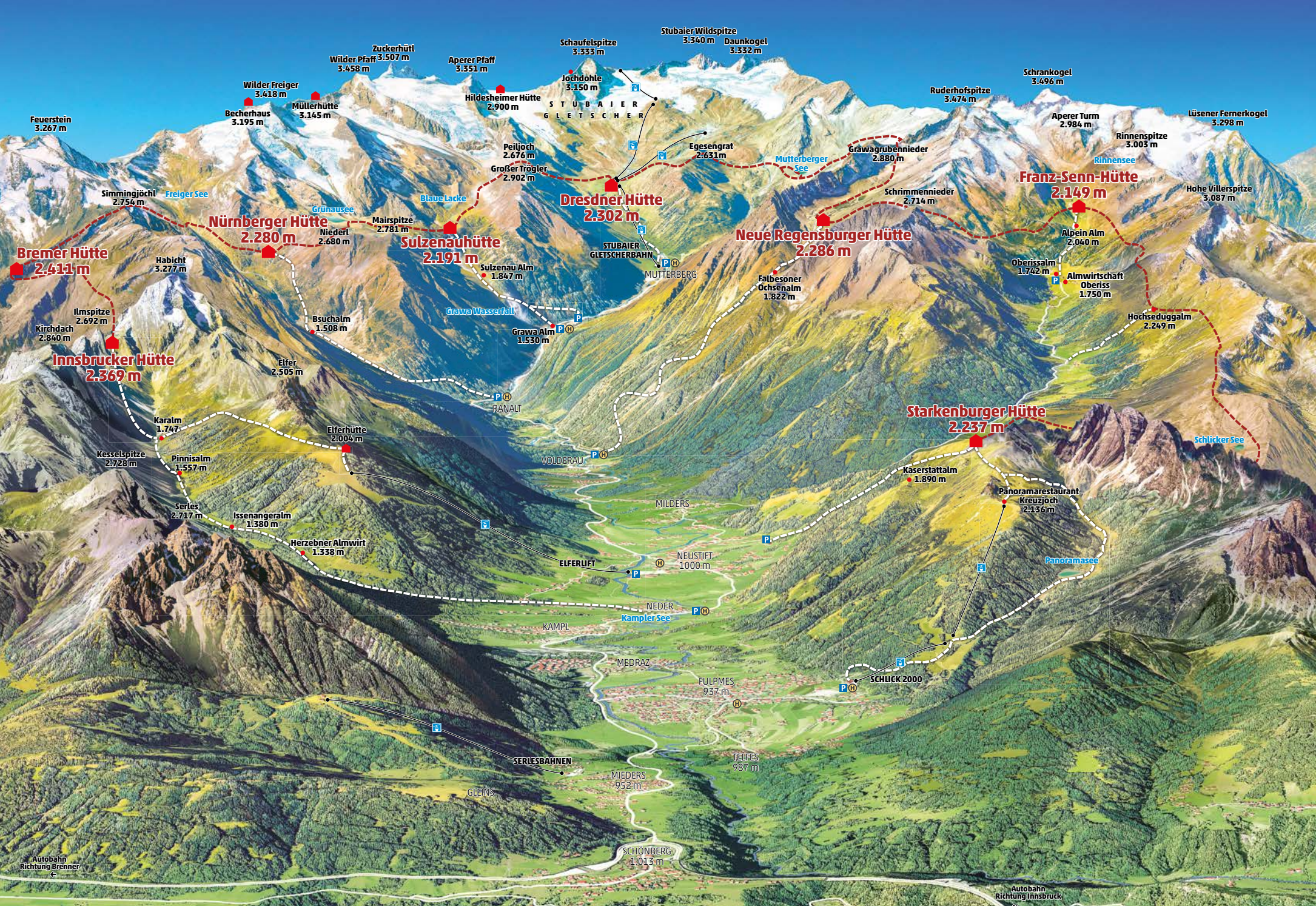
### Examples of locations offering 3 points:

Franz-Senn hut, Innsbrucker hut, Starkenburger hut or Sulzenau hut

**The hiking pass for your badge is available from the Stubai Tyrol Tourism Association offices**









## STUBAI HIGH TRAIL

8,000 metres difference in altitude – 1 valley

8,000 metres difference in altitude, 100 kilometres, 8 mountain huts – and all in a single valley: the Stubai High Trail is one of the most beautiful high hiking trails in the Alps, which takes you across seven stages (walking time 3-7 hours) through the Stubai Alps.

The High Trail is a black mountain path and passes exclusively through alpine countryside. Sure-footedness, a suitable basic level of fitness, a good head for heights and the proper equipment are therefore prerequisites for exploring this powerful mountain region of the Stubai Valley on the Stubai High Trail.

The High Trail can be walked in two directions: the start and finishing points for these trail routes are represented by the Innsbrucker hut or the Starkenburger hut. Furthermore, a special feature of the Stubai High Trail is the fact that it is possible to make valley descents from each of the mountain huts and the same applies in the other direction if travelling from the valley. Thus the long-distance hiking trail can also be completed in different stages.



## ASCENT

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### **By gondola lift from Fulpmes ...**

After ascending the mountain on the Kreuzjoch gondola lift, the mountain hut can easily be reached in approx. 1 ½ to 2 hours from the Schlick 2000 summit station.

### **... or on foot from Neustift**

From Neustift at 1,200 metres altitude, either via the Kartnallhöfe and over the Forcherkogel or directly across larch meadows to the Starkenburger hut. Approx. 3 ½ to 4 hours are required for both ascents.

## STAGE 1

### Starkenburger Hut – Franz-Senn Hut

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**Difference in altitude:** ↑ 440 m ↓ 530 m

**Duration:** 7 hours

**Length:** 15 km

From the Starkenburger hut, the first stage of the Stubai High Trail runs along the south-western slope, passing underneath the Hoher Burgstall mountain. The trail continues through a prominent stone and gravel area, underneath the Kalkkögel and past the Seejöchel overlooking Schlicker Lake. Then it continues further to the Sendersjöchel, before winding down steep serpentine paths on the southern mountainside towards the Rote Wand and finally rising gently up to the Seducker Hochalm. After crossing the Viller Grube, the trail runs further along the inner slopes of the Oberbergtal and over a final, short climb to the destination point, the Franz Senn hut.



## STAGE 2

### Franz Senn Hut – Neue Regensburger Hut

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**Difference in altitude:** ↑ 650 m ↓ 500 m

**Duration:** 4 hours

**Length:** 8 km

Heading out from the Franz Senn hut, the second stage initially leads out of the valley to the Kuhgschwetz. From there it leads up a steep slope to the Platzenturm and then follows the Platzengrube traverse as far as the eastern ridge. After walking up steep serpentine paths and following a long turn-off to the right you finally come to the Schrimmennieder. Around 20 minutes' walk beyond the Schrimmennieder is the 2,829 metre high Basslerjoch, from where you can enjoy wonderful views of the Stubai Main Ridge. After descending back down to the Schrimmennieder, the walk continues downwards to a crossroads, from where an almost flat path leads into the valley from the Mildereraunalm to the Neue Regensburger hut.



## STAGE 3

### Neue Regensburger Hut – Dresdner Hut

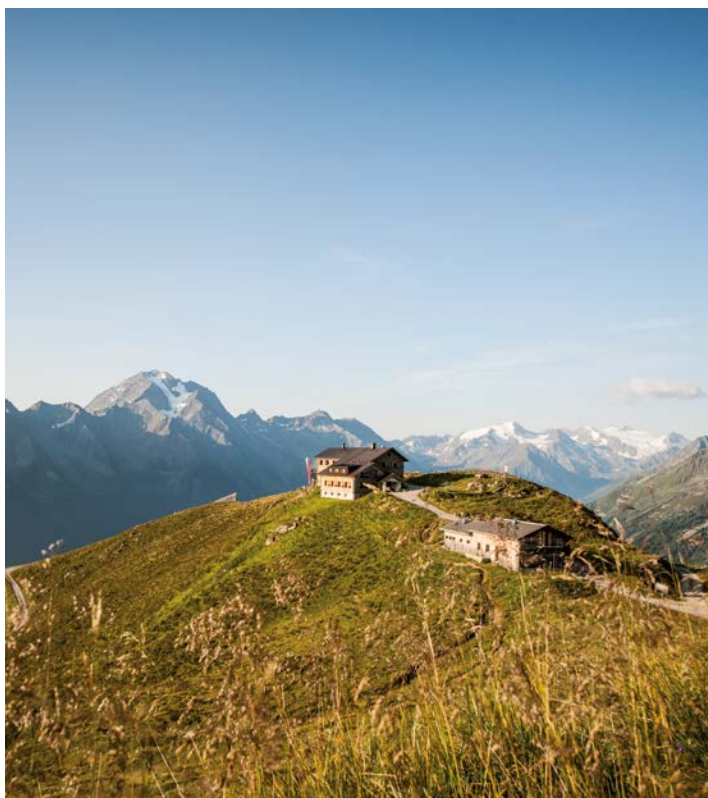
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**Difference in altitude:** ↑ 900 m ↓ 850 m

**Duration:** 7 hours

**Length:** 12 km

From the Neue Regensburger hut, the third stage runs into the valley along the Hohe Moos, towards Lake Falbeson. Before reaching the lake the trail crosses the valley below the Hochmoosferner and takes you on a steep climb up the Grawagrubennieder. There, the trail runs underneath the Grawawandferner and along Lake Mutterberg, before a gentle climb takes you to the lower region of the Glamergrube. It then makes a short climb through the Wilde Grub'n into a saddle and upwards to the Dresdner hut.



## STAGE 4

### Dresdner Hut – Sulzenau Hut

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**Difference in altitude:** ↑ 400 m ↓ 500 m

**Duration:** 3 hours

**Length:** 4 km

The fourth stage initially runs from the Dresdner hut to the Stubai Glacier middle station. Behind the buildings, the trail then continues in the direction of the Fernau river and climbs up to either the 'Trögler' or 'Peiljoch' crossroads. For experienced mountain hikers, there is the possibility of ascending the Trögler at this point (walking time: 2 hours, climb to Sulzenau hut: 1 hour).

The actual high trail continues along a steep path that is, however, well secured with ropes. After climbing through serpentine paths and crossing the Sulzenau Glacier ice moraines, you come to the Sulzenau hut.

## STAGE 5

### Sulzenau Hut – Nürnberger Hut

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**Difference in altitude:** ↑ 650 m ↓ 550 m

**Duration:** 4 hours

**Length:** 5 km

The fifth stage runs in an easterly direction from the Sulzenau hut and across several streams to Lake Grünau, the largest lake in the Stubai Alps, then continues in a north-easterly direction as far as the Nürnberger hut. Along this stage, there are also routes to the summit that should not be missed in good weather: a tour along the Mairspitze (walking time: 3 hours) that offers splendid views of the extensive sections of the Stubai High Trail, or the Gamsspitzl (walking time: 5 hours) – until August time there is often a steep snowfield to cross here on the way to the summit. The faster option – without actually conquering the summit – is via the Niederl shortcut. The steel support cables on the ascent up to the Nürnberger hut provide sure footing for the walk.

## STAGE 6

### Nürnberger Hut – Bremer Hut

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**Difference in altitude:** ↑ 600 m ↓ 450 m

**Duration:** 4 hours

**Length:** 5 km

Along this stage, you can see up close what a formative influence the glaciers have had on the landscape. From the Nürnberger hut, the trail starts off flat and runs along expansive grinding glacier plates before dropping off to Langental river. The trail continues over the bridge to the other side of the valley, before leading out of the valley via a small, steep slope. After climbing over stone slabs, you eventually come to the so-called 'paradise'. From there, the trail continues upwards to the Zollhütte am Simmingjöchl, situated at 2,754 metres above sea level, and then further on to the stage finish at the Bremer hut.



## STAGE 7

### Bremer Hut – Innsbrucker Hut

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**Difference in altitude:** ↑ 800 m ↓ 850 m

**Duration:** 7 hours

**Length:** 9.5 km

In good weather, experienced hikers can start the stage by climbing down a short volcanic chimney that is well secured by cables and rungs, via Lake Lauterer. Less experienced hikers usually descend via the normal route which runs underneath the material ropeway. The route then continues to the Trauljöchl and, after crossing the vast Traulgrube, over a rope-secured ascent of the Wasenwand to the Pramarspitze. At the foot of the Habicht, the trail then passes over the Glättegrube, before making a final climb up the Sendesgrad and passing Lake Alfaier on the way to the Innsbrucker hut.

## DESCENT

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### **Route 1: Through the Pinistal Valley to Neder**

An approx. 1 hour walk from the Innsbrucker hut to the Karalm. From here, either take the taxi back to the valley or walk through the Pinnistal valley to Neder (approx. 1 ½ hours).

### **Route 2: Via the Elfer lifts summit station to Neustift**

An approx. 1 hour walk from the Innsbrucker hut to the Karalm. From here, a 20-minute walk to the Pinnisalm and continue along a gentle climb for 1 hour to the Elfer lifts summit station. From here, a gondola ride back to Neustift.



## DIFFICULTY LEVEL

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The High Trail is a black mountain path and passes exclusively through alpine and high alpine countryside.

The route is partly secured with steel cables and rungs. Throughout the entire trail the glaciers must neither be entered nor crossed but hikers should nevertheless expect steep snowfields, especially in early season.

You should always keep up to date with the latest weather conditions and take these into account when planning your tour. Always bear in mind that temperatures can drop suddenly in high mountain areas. Don't forget that a rucksack that is too heavy can severely hinder your hiking enjoyment and sure-footedness and can therefore represent a safety risk.

## EQUIPMENT CHECK

We recommend bringing the following equipment for any hiking tour on the Stubai High Trail:

- maps
- sturdy ankle trekking shoes or mountain boots
- hiking gear
- weatherproof clothing (waterproof jacket, waterproof trousers, gloves, hat)
- sun protection
- mobile phone, water bottle, first aid kit, torch
- hygiene equipment, hut slippers and hut sleeping bag

## USEFUL INFORMATION

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### **ALPINE CLUB MEMBERSHIP RECOMMENDED**

Due to insurance coverage reasons and also for the purpose of receiving discounted overnight stays at the mountain huts, we recommend membership of an alpine club. You can take out a membership at Neustift Alpine Centre or at any of the huts.

### **CASH PAYMENTS AT THE HUTS**

As it's not possible to pay using a debit/credit card at most of the huts, we recommend that you bring sufficient cash with you.

### **WALKING TIMES**

All walking times are given as guidelines only and are based on the times required for a seasoned mountain climber. Plan your reserves accordingly.



# NIGHT TIME WALK

**16.07.2019**

**AT THE GRAWA WATERFALL &**

**06.08.2019**

**AT THE RUETZ KATARAKT**

WITH NUMEROUS ATTRACTIONS

ALONG THE TRAIL

**Information regarding the date and  
programme is available at [www.stubai.at](http://www.stubai.at)**





*stubai*

STUBAI  
ULTRA  
TRAIL

URBAN  
GLACIER

2

POWERED BY **salomon** 

# STUBAI ULTRA TRAIL

29.06.2019



## STUBAI ULTRATRAIL

Start: Innsbruck  
Destination: Stubai Glacier  
65.6 KM  
↑ 6,027 M | ↓ 3,464 M



## STUBAI 35K

Start: Neustift  
Destination: Stubai Glacier  
35.1 KM  
↑ 3,808 HM | ↓ 1,668 M



## STUBAI 19K

Start: Naturpark  
Klaus Äuele (Falbeson)  
Destination: Stubai Glacier  
18.6 KM  
↑ 1,998 M | ↓ 54 M



## STUBAI 8K GLACIERTRAIL

Start: Mutterbergalm  
Destination: Stubai Glacier  
8.0 KM  
↑ 1,394 M

[stubai-ultratrail.com](http://stubai-ultratrail.com)  
[facebook.com/stubaiultratrail](https://facebook.com/stubaiultratrail)

## CONTACT

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### **LEGAL NOTICE**

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A person wearing a red jacket, a red helmet, and olive green pants is climbing a vertical rock face. They are secured by a rope and a carabiner. The background shows a clear blue sky and distant mountain peaks.

# ROCK FACE ADVENTURE

Fixed-rope routes  
in the Stubai

Hardly any other valley in the Tyrol offers such a choice and variety of fixed-rope routes and mountain climbing schools as the Stubai Valley. Both beginners and experienced climbers can get a real buzz from the secure rock faces, as some of the routes have fascinating exposed passages.

You can find more information in the Stubai Fixed-Rope Climbing Folder at **[www.stubai.at](http://www.stubai.at)**

***stubai***

**Tirol**



***stubai***

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