

HIKING PATHS IN ZELL AM SEE

50 | SCHMITTENWANDERWEG
Once again, the starting point for this path is the valley station of the cityXpress. The pathway follows behind the Köhlergraben promenade after then branches off to the left after a few 100 m. From here on the path follows a narrow, easy climb to the Ebenbergalm, behind it through the forest to the cityXpress mountain station. From this point on the path is almost entirely in open terrain, running parallel to the Schmittenhöhenweg (Nr. 58) and always "more or less" along the same line to the summit.
Difficulty: ■ **1 h 1,191 m difference in altitude | 8 km**

51 | AREITWEG
The walk starts at the restaurant "Dorfschenke" in Schüttdorf. In the beginning the way follows the old Areit path straight up the mountain. The Schoberalm, to be found there, has inviting refreshments. After crossing a farmer's road three times, the path follows a climb through the woods, leading quickly to the Areit-Alm at 1,400 m above sea level. From there on it is easy walking on a farmer's road up to the Glocknerhaus (1,601 m), where the Areitweg joins the Schmittenhöhenweg.
Difficulty: ■ **1 h 1,865 m difference in altitude | 5 km**

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

52 | EBENBERGALMWEG
The walk starts at the restaurant "Dorfschenke" in Schüttdorf. From there you head uphill on the street leading to Keilberg. Branches off to Hotel Alpblick/Schüttdorf possible or after 15 min trail no. 52 leads you through the woods towards Zell am See, past the Berghelm apartments to Ebenbergalm Alpine hut. Going downhill you arrive in the town centre of Zell am See after about 30 min.
Difficulty: ■ **1.2 h | 250 m difference in altitude | 4.5 km**

53 | SEESPITZ-ZAUNLÜCKENSTEIG
The Seespitz-Zaunlückenstein branches off the beginning of the Nikolaus Gassner Promenade, over the Seespitz tunnel exit in Schüttdorf. First, uphill on a wide but steep agricultural road. From the former Berghelm Inn, continue on a narrow but no less steep trail to reach Entwives Hof after a total of 40 minutes. Here the path branches for a short while onto the asphalt and delivery road "Keilberg" to the Huber Hof. About 300 m further on the Seespitz-Zaunlückenstein branches off to the right and runs steeply up the mountain. After approximately 50 min, one reaches the Kleiner Ebnkogel. Following this path one reaches the cityXpress mountain station very quickly.
Difficulty: ■ **1.2 h | 558 m difference in altitude | 3.5 km**

54 | NIKOLAUS GASSNER PROMENADE
This short promenade runs from the tunnel portal in Schüttdorf to the Seespitz to Hotel Berner in Zell am See and is ideal for children and mothers pushing prams. As this promenade runs along the west side of the Zell am See lake, it is recommended for hot summer afternoons.
Difficulty: ■ **20 min | 27 m difference in altitude | 1 km**

55 | RUNDWANDERWEG PLETTSAUKOPF
This path starts at the top station of the cityXpress and is an easy circle to wander without much difference in altitude. The entire path is a very pleasant walking an runs around the reserviory Plettsaukopf and to the children's playground "Schmidloins pond". Next to playing and splashing at (and in) the water, "Schmidloins pond" is also the perfect place to relax, lieze around and just enjoy the fabulous prospects.
Difficulty: ■ **40 min | 58 m difference in altitude | 2 km**

56 | ADVENTURE TRAIL "SCHMIDLOIN'S BAPTISM OF FIRE"
"Schmidloins baptism of fire" tells the story of how the dragon of the Schmittchen called "Schmidloin" becomes a fire-breathing dragon. Numerous flints are hidden along the interactive adventure trail. The dragon needs these flints in order to learn how to spit fire. Who collects them helps Schmidloin to become a real dragon. However, these flints are not that easy to discover. Exciting tasks which are appropriate for children have to be solved along the way. An information pass for information and inspiration is available at the areitXpress and cityXpress valley station as well as in the e-motorcross park. Every child who hands in the adventure pass receives

HIKING PATHS IN KAPRUN

2C) | ALMROSENWEG (CIRCULAR PATH)
This short circular route, which begins at the Häuslalm, runs over hills covered in Almrosen (alpine roses), juicy green aln meadows with bubbling brooks and back again to the starting point on the Langwedobach.
Difficulty: ■ **15 m difference in altitude | 450 m**

2D) | HÄUSLALMWEG (CIRCULAR PATH)
The easy path circuits from the Häuslalm, over hilly terrain with a lot of information and inspiration is available at the areitXpress and cityXpress valley station as well as in the e-motorcross park. Every child who hands in the adventure pass receives

5 | ALEXANDER ENZINGER-WEG
Ride up with the glacier lift to the Alpicenter at 2,452 m (the hike can start at the Häuslalm, next to the Langwed station, at 1,976 m) Alpicenter. Follow the tracks from the Alpicenter in the direction of Krefelderhütte, then further on over Stangerbühl at 2,12 m - Schoppachhöhe at 2,069 m. From here go down to the Glocknerblick alpine guest house and further down along path no 25 or 33.
Difficulty: ■ **1 h | 350 m difference in altitude | 1.5 km**

5A | GRUBALKARWEG
This path branches off north-west from the Krefelder path no. 71 at an altitude of 1,950 m. Make your way past the top of the reservoir dam by the Langwed cable car and the Häuslalm farm and ascend gently over an alpine meadow towards a small mine. The path then continues in several windings along the Lechnbergweg in a direction to a height of approximately 2,240 m and then joins the Alexander Enzinger path. From here, continue south-east in the direction of the Maiskogel and further on towards Kaprun.
Difficulty: ■ **1 h | 54 m difference in altitude | approx. 1 km**

11 | GROSSENTALWEG
Begin at the Schulstrasse, straight up along the Schaufelbergstrasse until you come to the first bend. Continue straight ahead wandering past the Krefelder Alm and the Grossen Alm, at the asphalt road towards the Grossental farm carry on along a gravel path and continue over the Mengraben and along a few bends until you reach Kaprun south. The glacier will be on the left and the Salzbach river on the right.
Difficulty: ■ **1 h | 54 m difference in altitude | 4.2 km**

12 | MURLEHNWEG
This path begins at Kaprun castle and branches to the right off the Schlossstrasse onto the Guggenohnenweg no. 30. Make your way along the path to the catchment area in open terrain and then bear right to the left. Continue further past the catchment area and over a meadow until you come to a track. From here, wander on descending through meadows and forest terrain towards Mayreindönl and before the Salzbach river turn left. Return on the Tauern biking path towards Kaprun.
Difficulty: ■ **1.2 h | 120 m difference in altitude | 13.3 km**

13 | WÜSTLAUWEG ZUM ALPENHAUS KESSELFALL
This path branches off from the Klammerweg Nr. 17 at the footbridge by the end of the Klammersee and carries on from here to the Jetzbachbrücke. It then continues on the right of the stream to the Wüstlaubücke and then further on the left side along the bicycle path to the glacier mountain railway where you cross over the stream. Bear right and continue for about 300 m into the valley before crossing over to the left side of the stream again. Now make your way along towards Ebenwald and to the Limbergtollen where you cross the stream once more. The road now winds up to the right through birch and maple trees to the Alpenhaus Kesselfall. Cross over a small rail and approximately 150 m under the Kesselfall a meadow until it comes to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 420 m difference in altitude | 3.3 km**

23 | STALLNER HÖHENWEG
This path begins opposite the high school Kaprun. Up on the Schaufelberg Strasse. About 300 m after the cattle grid you leave the road and turn rith on the walking path direction Sallnerwald. Continue for approximately 1.5 km through the forest until you come to the Sallader-Asse. A wooden boardwalk leads you down to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 420 m difference in altitude | 3.3 km**

24 | KREUZBEINWEG
The Kreuzbeinsteig route is a connecting path between the Ess-reithweg and the Lechnberg track. You will find several benches along the path where you can relax and enjoy beautiful views of Kaprun and the surrounding mountains.
Difficulty: ■ **1 h | 465 m difference in altitude**

25 | UNTERBERGALM
From Maiskogel (height approx. 1,540 m) the path leads over mostly level terrain in a westerly direction straight to the Unterbergalm. From here, it continues through a thin larch forest descending in a northerly direction to the Gasthaus Glocknerblick. Alternatively, you can take the Lechnberg track and continue upwards along a meadow until it comes to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 20 m difference in altitude | 3.5 km**

26 | BRUNNWEISNENWEG
Starting in the town centre make your way towards Kaprun castle. Shortly before the crossing/junction Peter Buchner Strasse - Haus Hofstrasse bear left onto the Brunnenweg. Through the Kaprun moss you come to the Salzach. From here, a round forks off to the left along the Salzachweg (return back to Kaprun possible). Continue

a certificate in the end. The trail can be walked in three variants (mini/midi/maxi) and reached from the areitXpress and cityXpress summit station. Starting at the cityXpress mountain station the path ascends slightly in winds and then leads into the forest. After a few minutes you already reach the first station of the adventure hiking trail. Not far from the areitXpress summit station cool kids and grown-ups can tap on the gas with electro bikes in Austria's highest altitude "E-Motorcross Park". Refreshments: AreitLounge
Difficulty: ■ **1.5 h | 51 m diff. in altitude | 13.3 km**

57 | EBENBERGALMSTEIG
The Ebenberg Alm path is, with only 900 m, a short but steep trail. It starts at the Nikolaus Gassner Promenade. Through the Skiwiese subway, a few metres to the left of Hotel Berner and ends after ca. 200 altitude meters at the Ebenberg Alm - with breathtaking views over the town and the Zell am See lake.
Difficulty: ■ **1.40 min | 209 m difference in altitude | 0.9 km**

58 | SCHMITTENHÖHENWEG
The Schmittenhöhenweg starts at the valley station of the cityXpress and runs parallel to the Köhlergraben promenade. Just before the former Gasthof Köhlergraben the Schmittenhöhenweg branches away from the Köhlergraben promenade and follows a forest path. We recommend to choose trail Nr. 50 500 after the former Köhlergraben restaurant. The path snakes its way through the woods with 8 loops crossing over or passing closely by the piste until it reaches the Mittelstation. After the Mittelstation the Schmittenhöhenweg is almost only in open terrain.
Difficulty: ■ **1.4 h | 1,191 m difference in altitude | 9 km**

58A | KÖHLERGRABENPROMENADE
The Köhlergraben promenade stretches from the valley station of the cityXpress to the former köhlergraben restaurant over a lightly sloping and very good walking path.
Difficulty: ■ **1.40 min | 159 m difference in altitude | 1.3 km**

59 | BREITENBACHPROMENADE
Easy short and shady path in the end of the Schmitten Valley. Lead-neg from the train station Köhlergraben to the former Köhlergraben. **Difficulty:** ■ **30 min | 81 m difference in altitude | 1.8 km**

60 | SONNBERGPROMENADE
Start at Bergerstraße, Sonbergpromenade branches off from Dr. Müller Promenade shortly after the big bend. In the beginning it follows the asphalt Sonnberg road to the Sonnberg. Then it turns into a narrow forest path over the Steigunt on a small steep track and, after a few very ambitious meters, joins a wide farmer's road and continues to the valley station of the Schmittenhöhe cable car.
Difficulty: ■ **1 h | 262 m difference in altitude | 3.6 km**

61 | DR. MÜLLER PROMENADE
The Hotel Stadt Wien is the starting point of the Dr. Müller Promenade. The promenade is somewhat steep in the beginning but then follows with a moderate gradient past residential houses, then along the hiking trail to Einödl, the entire path is very good for walking and offers fantastic views of the Zell am See lake.
Difficulty: ■ **20 min | 30 m difference in altitude | 1.3 km**

61A | PFEFFERSTEIG
Steep short cut to Pfefferbauer.
Difficulty: ■ **15 min | 80 m difference in altitude | 0.6 km**

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

63 | HOCHFALCKENSTEIG
A forest path leads from the Sonnberg promenade via the Bergrestaurant Jaga-Alm/Hochfalck and then via an ascen to the Sonnkogelweg.
Difficulty: ■ **1.40 min | 227 m difference in altitude | 0.9 km**

64 | SONNKGELWEG
This well prepared path begins in the car park of the Schmittenhöhe cable cars at the end of the Schmitten valley and continues passed the AlpineResort Zell am See. It climbs quickly and soon one can enjoy the first views of Zell am See and its lake lying literally at one's feet. After about 30 min walking one reaches the mountain hotel Jaga-Alm and then the path continues for about 60 min to reach mountain hotel Blackner's Sonnalm (next to the top station of the Sonnalm cable car). After several turns the path comes to a hollow between the Sonnkogel and the Warnkrautkopf and then reaches the Schmiedhof Alm. Now one can see the Sonnkogel which is only 40 min. away. A short distance above the Sonnkogel it is possible to reach the mountain summit over the Sonnkogelsteig. "Schmidloin's sunny kingdom" with viewing platform and exciting wayside stations.
Difficulty: ■ **3 h | 896 m difference in altitude | 6.3 km**

station of the Sonnalm cable car). After several turns the path comes to a hollow between the Sonnkogel and the Warnkrautkopf and then reaches the Schmiedhof Alm. Now one can see the Sonnkogel which is only 40 min. away. A short distance above the Sonnkogel it is possible to reach the mountain summit over the Sonnkogelsteig. "Schmidloin's sunny kingdom" with viewing platform and exciting wayside stations.
Difficulty: ■ **3 h | 896 m difference in altitude | 6.3 km**

65 | SONNKGELSTEIG
The Sonnkogel path, just above the mountain hotel Blackner's Sonnalm, starts the Sonnkogelsteig which leads directly to the Sonnkogel. The path follows its way through the woods and across the open terrain of the ski piste.
Difficulty: ■ **1 h | 410 m difference in altitude | 2.1 km**

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

67 | KAMMWEG OVER SALESBACHKOPFL
The Kammweg runs from the Schmittenhöhe parallel to the Erlebnisw Höhenpromenade - over the mountain ridge, passed the Hochzeileralm, through a hollow, onto the Salesbachkopf and north to the Sonnkogel. A long panoramic path can be followed when one combines this with the Erlebnisw Höhenpromenade.
Difficulty: ■ **1.40 min | 73 m difference in altitude (retour 200 m difference in altitude) | 2.2 km**

68 | ERLEBNISWEG HÖHENPROMENADE
Starting from the Schmittenhöhe (alternative Sonnkogel) the Erlebnisw Höhenpromenade runs under the ridge and passed the Hochzeileralm, through a hollow and over the Salesbachkopf to the Sonnkogel (alternative Schmittenhöhe). Whilst building this Erlebnisw Höhenpromenade, erosion and damage resulting from the ski pistes was successfully reversed and the countryside recultivated. There are many informative charts telling visitors about the Schmittenhöhe and its surroundings. At Sonnkogel is a playground located.
Difficulty: ■ **1.40-50 min | 49 - 176 m diff. in altitude | 2.4 km**

69 | PFAFFENKENDELSTEIG
The Pfaffenkendlsteig is an old path used formerly by hunters and is to be recommended on hot days because it runs through shady woodlands. It is a charming alternative path running from the Schmittenhöhe to the cityXpress. The path starts a little below the summit of the Schmittenhöhe on the Pinzgauer Spaziergang, above the Ketting Alm. At the end of this wildly romantic path one reaches the Areit- or Schmittenhöhepat. Both trails lead to the end of the hiking trail to Einödl, the entire path is very good for walking and offers fantastic views of the Zell am See lake.
Difficulty: ■ **1 h | 262 m difference in altitude | 3.6 km**

719 | PINZGAUER SPAZIERANG
The Pinzgau Ströll is one of the most beautiful high trails in the Eastern Alps with breathtaking views to the snow-covered summits of the 3,000-metre-high peaks in the Hohe Tauern. During your hike you can see famous peaks such as Großglockner, Kitzsteinhorn, Granatspitze, Sonnblick or Großvenediger.
Difficulty: ■ **1.40-50 min | 49 - 176 m diff. in altitude | 2.4 km**

Begins Schmittenhöhe - Elisabeth chapel - Kettingtörl - Pinzgauer Ströll - along the Hahnpöchl lift - Köpferalm - passed below the ridge - Hochsonnbergalm (cultivated). The path continues to Rohrertörl - underneath the Niedere Gernkogels - Signpost (down the mountain over the Rohrergraben into the Salzach valley to Niedersill) in northwesterly direction. The route now continues ascending steeply through alpine and deciduous forest up to the Ast'n and further on to the Glocknerblick mountain inn.
Difficulty: ■ **1 h | 340 m difference in altitude | 2.8 km**

Other possibility: Wandering from the Klingertörl further to the west and down to Uttendorf, start the Thumersbacher village square - Pinzgauer Spaziergang is first over at the Bürgl-Hütte (where one can stay the night) - Down to Stuhlfelden. Röhrertörl: approx. 25 min | Path down to Piesendorf: app. 3.5 h | Path down to Niedersill: approx. 6 h |

27 | WALKING PATH TO THE GLOCKNERBLICK
There is path leading up the mountain from the Maiskogel Alm hut. Now continue further along a forest path which undulating, brings you to a plateau (Gasthaus Glocknerblick). From here you can see magnificent views of the Glockner mountain range.
Difficulty: ■ **20 min | 130 m difference in altitude | 1.1 km**

28 | HOLZZIEHERWEG TO IMBACHGRABEN
Start opposite the Gemeindefrat (council offices) on the Imbachstrasse in the direction of the large catchment area (Bachsperrre). Continue along the Lechnberg track to the top station of the Lechnberg lift. The path divides at this point. Bear the left and take the path leading up into the forest. Near the game feeding area you will see a wide gravel path. Make your way along this to the bend and then continue straight ahead to the Imbachgraben. (Reich Imbachsteig/Neumayeralm for further directions).
Difficulty: ■ **1 h | 380 m difference in altitude | 1.3 km**

29 | JETZBACHASTENSTEIG
The Jetzbachsteig to the Gasthaus Glocknerblick takes you from the Kesselfallstrasse to the Jetzbachbrücke up to the Jetzbach-Augut and then further on to the Schneckenreith-Almwirtschaft. From here, proceed along the road which brings you to the start of the mountain path. The route now continues ascending steeply through alpine and deciduous forest up to the Ast'n and further on to the Glocknerblick mountain inn.
Difficulty: ■ **3 h | 830 m difference in altitude | 3.7 km**

30 | GUGGENHÖHNWEG
From the Gemeindefrat (council offices) to the Guggenbichl pension. This is the station of a high mountain path which leads at first over a gully and then ascends slightly in windings through timber forests towards the east. From here continue through young forest in windings back towards the valley to the Burg-Schlossstr. From here back to the town. Connection to Murlerheweg possible.
Difficulty: ■ **2 h | 120 m difference in altitude | 3.6 km**

31 | PATH ALPENHAUS KESSELFALL - MOOSERBODEN
This path starts at the Alpicenter Kesselfall. Cross over the bridge approximately 50 m along the road and then bear left. The path ascends briefly and then joins the old Bergerstrasse (mountain road) which will lead you to the valley station of the Lärchwald cable car. From here, continue ascending along the "Alpenweg" in mountain path, weaving across the line of the lift, to the top station. Now make your way along the road and then veer left, just before the first tunnel, onto a path which will take you to the crown of the Limberg dam. After approximately 100 m leave the road and follow the path along the west side of the Limberg dam to the Fürthermoaralm. From here the path is marked as "Kräuter- und Blumenlehrweg" (herb and flower nature study path) and ends at the Salzbachbrücke.
Difficulty: ■ **1 h | 968 m difference in altitude | 8.4 km**

32 | ESSREITHWEG
This path starts before the Hotel Waidmannsheil and leads along a small road to the Hauserdörf. After approximately 100 m, bear left and continue along the road in the direction Essreith. At the bend under the Essreith, turn right onto a small rise, which ascends moderately followed by a small valley towards the Salzbachbrücke. A wooden boardwalk leads you down to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 420 m difference in altitude | 3.3 km**

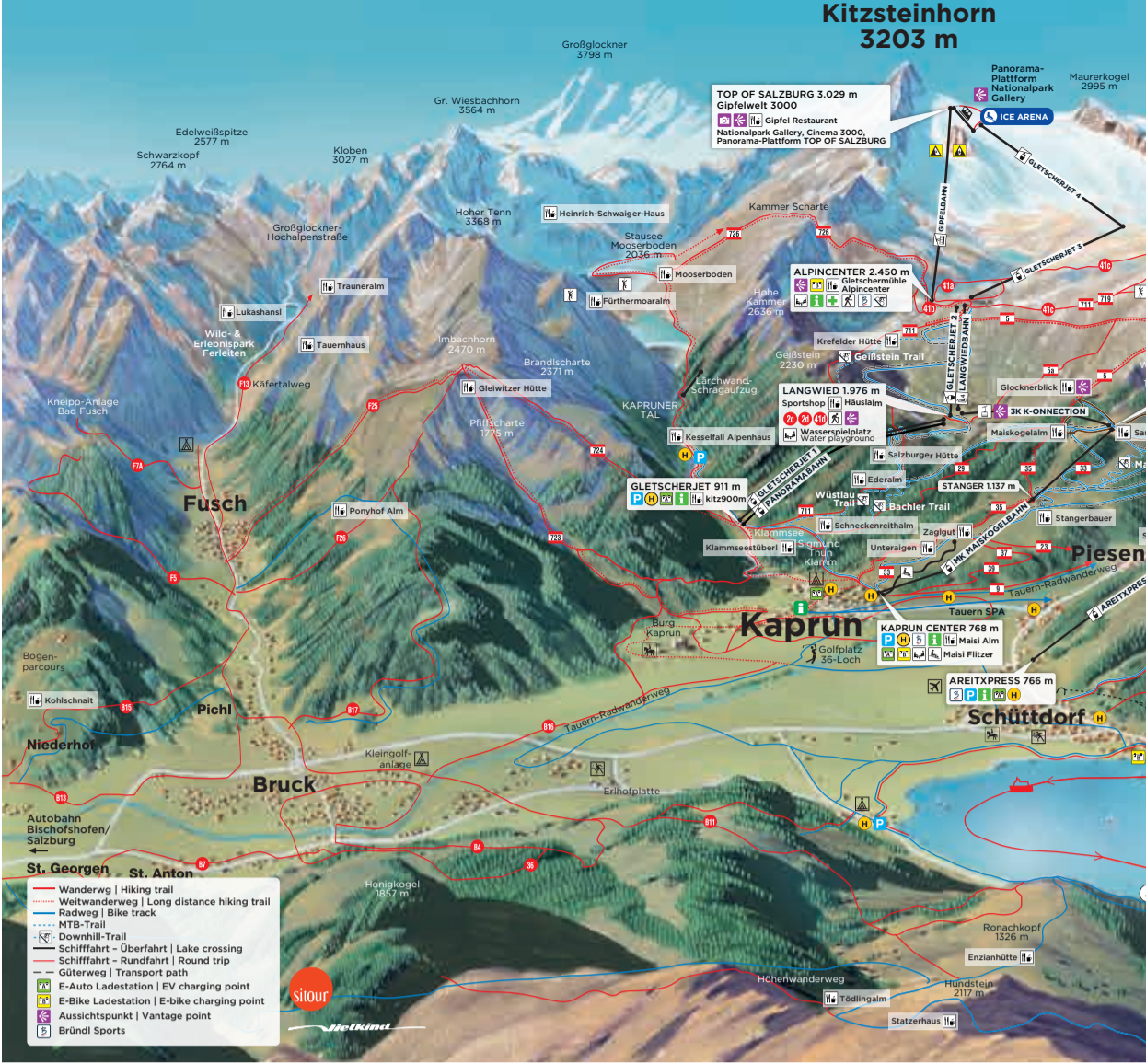
33 | GÜTERWEG MAISKOGEL
Begin at the Schulstrasse, up the mountain along the Schaufelbergstrasse until you reach the cattle grid at the Vorderweisstein. Now turn right to the Stangerbauer cattle grid and right again towards the Maiskogel trail station. The path continues upwards along a meadow until it comes to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 20 m difference in altitude | 3.5 km**

34 | KREUZBEINWEG
The Kreuzbeinsteig route is a connecting path between the Ess-reithweg and the Lechnberg track. You will find several benches along the path where you can relax and enjoy beautiful views of Kaprun and the surrounding mountains.
Difficulty: ■ **1 h | 465 m difference in altitude**

35 | UNTERBERGALM
From Maiskogel (height approx. 1,540 m) the path leads over mostly level terrain in a westerly direction straight to the Unterbergalm. From here, it continues through a thin larch forest descending in a northerly direction to the Gasthaus Glocknerblick. Alternatively, you can take the Lechnberg track and continue upwards along a meadow until it comes to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 20 m difference in altitude | 3.5 km**

36 | WALKING PATH TO KESSELFALLSTRASSE
Shortly after the JüFA and the football field, the road branches off towards Winklerdörf. This is the start of a path towards to Kesselfallstrasse. The route crosses over the mountain ridge and continues past Weisenrain and over the Winklerberg towards the first big bend. Approx. 50 m above the valley station you will reach the Kesselfallstrasse. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **approx. 25 min. | 40 m difference in altitude | 13.3 km**

35 | MAISKOGELWEG THROUGH THE WOOD
This path starts before the Hotel Waidmannsheil and leads along a small road to the Hauserdörf. After approximately 100 m, bear left and continue along the road in the direction Essreith. At the bend under the Essreith, turn right onto a small rise, which ascends moderately followed by a small valley towards the Salzbachbrücke. A wooden boardwalk leads you down to the Kleinstain farm. From here, make your way along the track down to the Salzbachbrücke and back to Kaprun.
Difficulty: ■ **1 h | 420 m difference in altitude | 3.3 km**



Klingertörl: 5 h | Path down to Uttendorf: approx. 8 h | Schattberg: approx. 6 h | Path down to Hinterlegalm: approx. 9 h | Bürgl Hütte: approx. 10 h. Beautiful view of the mountain of the Hohen Tauern.

HIKING PATHS IN THUMERSBACH

80 | HUNDSTEINWEG
Starting point is at the end of the Thumersbach valley (1,030 m, parking available). Cross the Thumersbach stream via a large cattle grid and walk uphill via the Rupertshaus (1,663 m) to the Hundstein (2,117 m).
Difficulty: ■ **3 h 1,080 m difference in altitude | 5.5 km**

Experienced hikers can also start at the Thumersbach village square. Then on meadow paths through the picturesque Loibldort, past farms to the end of the Thumersbach valley. Continue on the forest path or climb to the end of the valley (1,030 m).
Difficulty: ■ **2 h | 1,350 m difference in altitude | 9.6 km**

81 | SCHÖNWIENSKOPFWEG
Starting point is at the end of the Thumersbach valley (1,030 m, parking available). Cross the Thumersbach stream via a cattle grid and continue uphill, crossing the Grinnbach and Taubenbach streams on the left via two small bridges. Continue on a partly steep forest path, past the Sommeralm (not serviced), to a beautiful resting place with a fantastic view. The forest path then leads to the Zenalm (not serviced). From there, continue across an alpine pasture on a broad ridge to the summit (1,994 m).
Difficulty: ■ **3 h 1,964 m difference in altitude | 4.5 km**

Experienced hikers can also start at the Thumersbach village square. Then on meadow paths through the picturesque Loibldort, past farms to the end of the valley in Thumersbach.
Difficulty: ■ **4 h | 1,234 m difference in altitude | 8 km**

37 | ZAGLBRUNNRUNDE (CIRCULAR PATH)
Shortly after the MK Maiskogelbahn terminus and the Maisi Filzter, go through a subway and follow the asphalted road - the Einödlweg, until you see yellow signposts to the left, where the actual hiking trail begins. This leads to the Glockner mountain range. The trail ascends with a moderate gradient. After about 15 minutes, the view becomes more unobstructed and you reach a pasture area via an overpass. Cross this and a flat trail, which can be boggy after rainfall, leads to the top of the mountain. From here, continue across the pastures, the trail climbs a few metres and finally leads through the forest in westerly direction to the "Zaglbürrödl". Continue west through a beautiful high forest, and after a descent you get to the Stallner Hahnpöchl, or take the trail leading up into the forest. Near the game feeding area you will see a wide gravel path. Make your way along this to the bend and then continue straight ahead to the Imbachgraben. (Reich Imbachsteig/Neumayeralm for further directions).
Difficulty: ■ **1.2 h | 250 m | 4.8 km**

41A | GLETSCHERBLICK PANORAMA PATH
Easy circuit walk from the Alpicenter to the glacier moraines with magnificent views of the Schmiedinger-Kees, glacier lake, Zefertgraben and the Zell am See basin.
Difficulty: ■ **30 min. | 102 m difference in altitude | 1.6 km**

41B | GLETSCHERSEE WALK
This path leads from the Alpicenter to the Gletscherblick over the moraines and to the emerald green glacier lake. From here, you can continue past straits caused by glacial movement and streams with wonderful view points along the way, before returning back to the Alpicenter.
Difficulty: ■ **1 h | 195 m difference in altitude | 2.9 km**

41C | RETTENWAND CIRCULAR WALK
This walk starts at the Alpicenter and proceeds to the interesting geological stone formations at the foot of the Tristinger and Rettenwand. From here, it continues from the view point at the Graswandkreuz (cross) over the Gletscherblick panorama path and back to the Alpicenter.
Difficulty: ■ **1 | 1/4 h | 133 m difference in altitude | 2.3 km**

41D | HIRTERBODEN TRAIL (CIRCULAR PATH)
This wide circular path starts at the Häuslalm and runs passed breathtaking viewing points of the Zell basin to an old shepherd's run. It is an ideal path for families with small children and has resting areas.
Difficulty: ■ **41 m difference in altitude | 893 m**

42 | KITZSTEINHORN 3.203 M - ASCENT TO THE PEAK
There is a steep path to the peak from the Panorama Platform "Top of Salzburg" in the Kitzsteinhorn Gipfelstation at 3,029 m. Fantastic 360° panorama (it is recommended to have a mountain guide). There is a guided tour every Wednesday (July to Sept.) to the top of the 3,203 m high Kitzsteinhorn - Infos/booking: +43 (0) 6547 886
Difficulty: ■ **1 h 7 | 1,921 m difference in altitude | 13.6 km**

716 | AUSTRIAWEG - MOOSERBODEN - KAPRUNER TÖRL - RUDDOLFSHÜTTE
From the Mooserboden make your way along the eastern side of the reservoir. The same path up to the Riffltor and, instead of turning left, continue along the path until the Karlingerbach river crosses it. From here, the path continues up to the Kapruner Törl. Now make your way from the Törl descending again to beneath the Unter-Riffelkees and further on to the hinten Riffelkees. From here, cross over the river and continue along the path towards the east. The Rudolfshütte is reached by crossing over stone steps.
Difficulty: ■ **7 h | 919 m difference in altitude | 12.5 km**

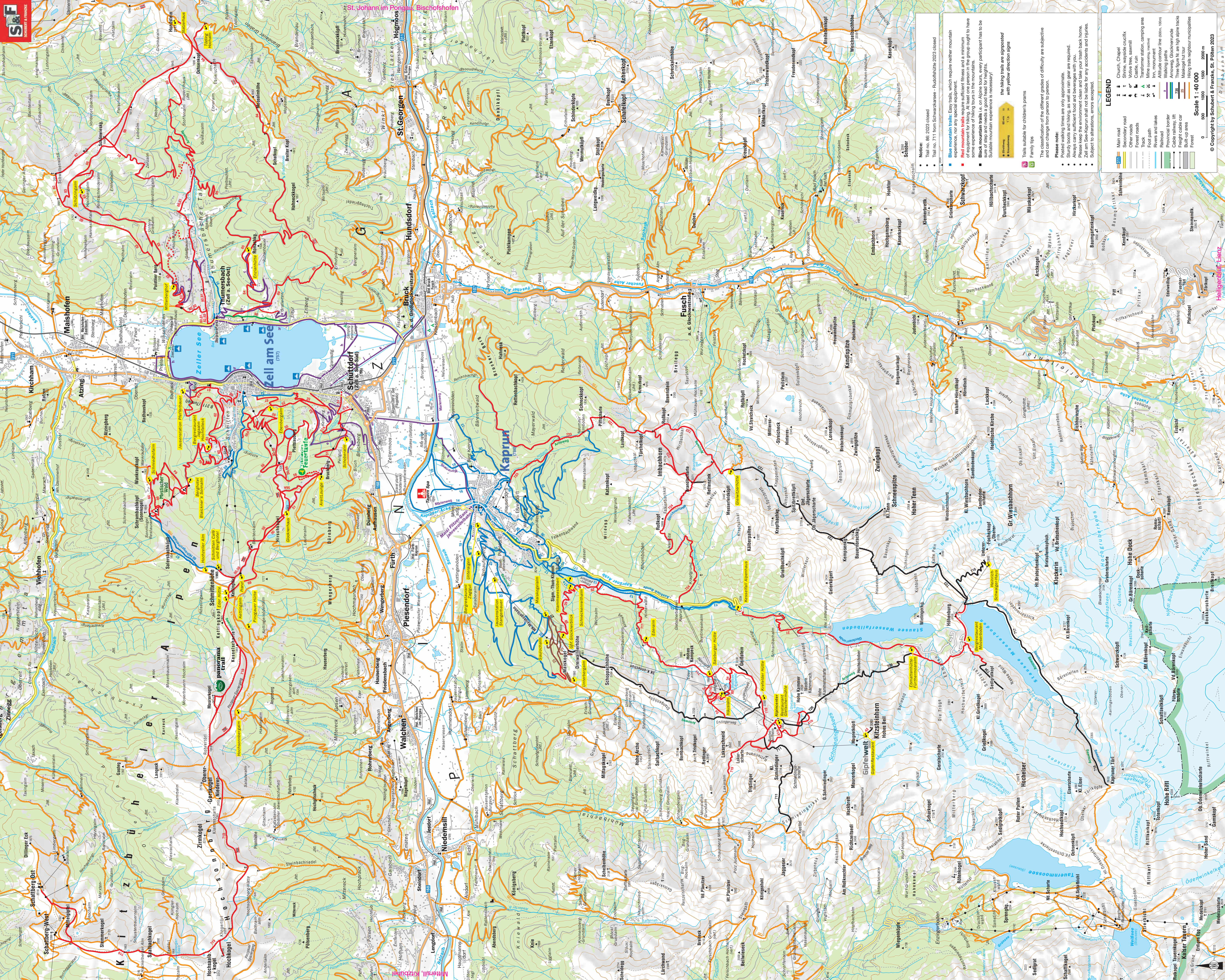
717 | MOOSERBODEN - BÄRENKOPFKEES - GRUBER SCHARTE - GROSSER BÄRENKOPF
From the Mooserboden make your way along the eastern side of the reservoir until you are underneath the Bärenkopfkeeses. From here, continue climbing up swiftly in windings to the west side of the Bärenkopfkees, crossing over the glacier's edge, until you reach a long S-bend on the upper part of the western side of the Bärenkopfkees. Now carry on over to the eastern side of the Bärenkopfkees to the Biwak shelter on the Hochgruberscharte (overnight accommodation possible). From here, continue to ascend south-east up to the Nordgrat to the Grossen Bärenkopf. This tour should only be undertaken in the company of the mountain guide!
Difficulty: ■ **6 h | 1,218 m difference in altitude**

718 | HAUSHOFERWEG - HEINRICH SCHWAIGER-HAUS - GROSSES WIEBSACHHORN
To begin this walk, take the bus up to the Mooserboden. From here cross over the two dams and continue up to the left by the Möllkirch building. Now follow the path ascending steeply in windings up to the Heinrich Schwaiger Haus (ascent approx. 2 h, descent approx. 1.5 h). From here it is possible to continue further up to the Grossen Bärenkopf. The ascent is made by proceeding over the Hüttenkamin chimney and up over the Bärenkopf to the Lower Focherkopf and further over the Focherknees ascending up to the Upper Focherkopf. Now follow the route over the Kaimalm and to the Wielingerscharte and over the summit ridge to the Grossen Wiesbachhorn (3,564 m). This tour should only be undertaken in the company of the mountain guide! The ascent up to the hut is possible without a mountain guide.
Difficulty: ■ **5 h 1,528 m difference in altitude**

719 | LAKARSCHARTENWEG: KREFELDER HÜTTE - ALPICENTER - LAKARSCHARTe - MOOSLEHNALM - SCHAUBERGALM - NIEDERSILL
This path begins at the Krefelder Hütte and ascends up to the Lakarscharte. From here make your way past several occupied mountain farms (Hoch Lakeralm, the Hoch Lakeralm and the bergalm) until you reach the Mühlbachtal valley. Now continue along the road further into the village of Niedersill. From here you can return back to Kaprun with the local bus. It is also possible to go down to the Schattberg (about 1.5 h) and then to the taxi. **Difficulty:** ■ **7 h | 1,921 m difference in altitude | 13.6 km**

723 | MAX HIRSCHL-WEG
To begin this walk, take the bus up to the Mooserboden. From here cross over the Mooser and Drossen dam and then proceed in the direction of the Heinrich Schwaiger-Haus. After approximately 200 m, turn right towards the Schattberg. The path ascends steeply in windings up to the Wielingerscharte and over the summit ridge to the Grossen Wiesbachhorn (3,564 m). This tour should only be undertaken in the company of the mountain guide! The ascent up to the hut is possible without a mountain guide.
Difficulty: ■ **5 h 1,423 m difference in altitude | approx. 6.8 km**

711 | KREFELDER HÜTTE - KLEETÖRL
Starting point for this tour is the Alpicenter. From here, walk west towards the old drag trail and continue up to the line of the lift to the top station where you will join path number 711. This leads to the first depression, south of the Kleinen Schmiedinger and then descends west over scree in the direction of the Hackl Hochalm. From here, continue up to the Kleinen Schmiedinger and then to the south-west and up to the Kleetörl. Now descend along the southern side of the Reichenbergkar and continue, ascending only slightly, around the Richtzeitsiedl into the Würfkar. From here, make your way underneath the Scharkogel and cross the circle to reach the road. Proceed along the road in the direction of the Tauernmoos lake. At the dam, continue over to the western side of the lake, past the middle station of the old cable car and then onto a forest road until you reach the end of the reservoir. From here, make your way along the road further into the village of Niedersill. From here you can return back to Kaprun with the local bus. It is also possible to go down to the Schattberg (about 1.5 h) and then to the taxi. **Difficulty:** ■ **7 h | 1,921 m difference in altitude | 13.6 km**



St. Johann im Pongau, Bischofs-Pongau

Notice:

- Trail no. 86: 2023 closed
- Trail no. 711 from Schwarzkarsee - Rudolfshütte 2023 closed

Blue mountain trails: Easy trails, which require neither mountain experience, nor any special equipment.
Red mountain trails: require sufficient fitness and a minimum experience of hiking tours in the mountains.
Black mountain trails: i.e. on Alpine tours, every participant has to be sure of step and needs a good head for heights.
Suitable mountain experience is necessary!

the hiking trails are signposted with yellow direction signs

Trails suitable for children's prams
Family tips

The classification of the different grades of difficulty are subjective and can change from person to person.
Please note:
Posted walking times are only approximate.
Sturdy boots and hiking, as well as rain gear are required.
Always carry sufficient food and beverages with you.
Please keep the environment clean and take your trash back home.
In the St. Johann region should be avoided for any accidents and injuries.
Subject to alterations, errors excepted.

LEGEND

	Main road
	Secondary road
	Church, Chapel
	Shrine, wayside crucifix
	Votive tree, sawmill
	Forest roads
	Track
	Foot path
	Bridges and lakes
	Altitude contour line (m, 100m)
	Walking paths
	Cable railway, lift
	Freight cable car
	Built-up area
	Forest

Scale 1 : 40 000

0 500 1000 1500 2000 m

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