51 | AREITWEG

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

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

The starting point of this path is the valley station areitXpress. Afterwards over the Areit meadow into the walking path no. 51. For the round course follow 30 m the asphalt road. Then turn right, cross the small river "Schüttbach" and further to the Keil-

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 Alpenblick/Schüttdorf possible or after 15 min trail no. 52 leads you through the woods towards Zell am See, past the Bergheim apartments to Ebenbergalm Alpine hut. Going downhill you arrive in the town centre of Zell am See after

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

53 | SEESPITZ-ZAUNLÜCKENSTEIG

The Seespitz-Zaunlückensteig branches off the beginning of the Nikolaus Gassner Promenade, over the Seespitz tunnel exit in Schüttdorf. First, uphill on a wide but steep agricultural road. From the former Bergheim Inn, continue on a narrow but no less steep trail to reach Entwies Hof after a total of 40 minutes. Here the path continues for a short while on the asphalt delivery road "Keilberg" to the Huber Hof. About 300 m further on the Seespitz-Zaunlückensteig branches off to the right and runs steeply up the mountain. After approximately 50 min. one reaches the Klettsauberg Rundwanderweg. Following this path one reaches the cityXpress mountain station very quickly. Difficulty: ■ | 2 h | 558 m difference in altitude | 3.5 km

54 | NIKOLAUS GASSNER PROMENADE

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

55 | RUNDWANDERWEG PLETTSAUKOPF

easy circle to wander without much difference in altitude. The entire path is a very pleasant walking an runs around the reservoir Plettsauteich and to the children's playground "Schmidolin's pond". Next to playing and splashing at (and in) the water, "Schmidolin's pond" is also the perfect place to relax, laze around and just enjoy the fabulous prospects. Difficulty: ■ | 40 min | 58 m difference in altitude | 2 km

This path starts at the top station of the cityXpress and is an

11 56 | ADVENTURE TRAIL "SCHMIDOLIN'S BAPTISM OF FIRE" Schmidolins baptism of fire" tells the story of how the dragon of the Schmitten called "Schmidolin" becomes a fire-breathing drag-

on. Numerous flints are hidden along the interactive adventure trail. The dragon needs these flints in order to learn how to spit fire. Who collects them helps Schmidolin to become a real dragon. However, these flints are not that easy to discover. Exciting tasks which are appropriate for children have to be solved along the way. An adventure pass for information and guidance is available at the areitXpress and cityXpress valley station as well as in the e-motocross park. Every child who hands in the adventure pass receives

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

The Ebenberg Alm path is, with only 900 m, a short but steep

the woods with 8 loops crossing over, or passing closely by, the ski

58A | KÖHLERGRABENPROMENADE

The Köhlergraben promenade stretches from the vallev station

of the cityXpress to the former Köhlergraben restaurant over a lightly sloping and very good walking path. Difficulty: ■ | 40 min | 159 m difference in altitude | 1.3 km

59 | BREITENBACHPROMENADE

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

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 Steingut on a small steep track and, after a few very ambitous meters, joins a wide farmer's road and continues to the valley station of the Schmittenhöhe cable

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 Einöd. The entire path is very good for walking and offers fantastic views of the Zell am See lake. Difficulty: ■ | 20 min | 30 m difference in altitude | 1.3 km

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

Difficulty: ■ | 2 h | 4.2 km

17A | SCHNECKENREITHWEG

🧱 18 | FILZMOOSWEG

21 | ACHENWEG

Difficulty: ■ | 45 min. | 1.3 km

23 | STALLNER HÖHENWEG

25 | UNTERBERGALM

Difficulty: ■ | 1 h | 4.7 km

🧱 19 | WALK TO PIESENDORF

steig 29 and then walk to the Glocknerblic

17 | KLAMMSEE (NATURE STUDY CIRCULAR PATH)

grestaurant Jaga-Alm/Hochfalleck and then via an ascent to the Difficulty: ■ | 40 min | 227 m difference in altitude | 0.9 km

64 | SONNKOGELWEG This well prepared path begins in the car park of the Schmittenhöhe cable cars at the end of the Schmitten valley and continues passed the 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 serpentines for 60 min to reach mountain hotel Blaickner's Sonnalm (next to the top

station of the Sonnalm cable car). After several turns the path comes to a hollow between the Sonnkogel and the Warnkrautkopf and then reaches the Schmiedhof Alm. Now one can see the Sonnkogel which is only 40 min, away. A short distance above the Sonnkogel it is possible to reach the mountain summit over the Sonnkogelsteig. "Schmidolin's sunny kingdom" with viewing platform and exciting wayside stations.

Difficulty: ■ | 3 h | 896 m difference in altitude | 6.3 km

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

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

📆 66 | LEGEND TRAIL "MYSTICAL FOREST"

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

67 KAMMWEG OVER SALERSBACHKÖPFL

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

68 | ERLEBNISWEG HÖHENPROMENADE

Starting from the Schmittenhöhe (alternative Sonnkogel) the Erlebnisweg Höhenpromenade runs under the ridge and passed the Hochzelleralm, through a hollow and over the Salersbachköpfl to the Sonnkogel (alternative Schmittenhöhe). Whilst building this Erlebnisweg Höhenpromenade, erosion and damage resulting from the ski pistes was successfully reversed and the countryside recultivated. There are many informative charts telling visitors about the Schmittenhöhe and its surroundings. At Sonnkogel is a playground located. Difficulty: ■ | 40-50 min | 49 - 176 m diff. in altitude | 2.4 km

The Pfaffenkendelsteig 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 Schmittenhöhepath. Both trails lead to the upper termini of the areitXpress and cityXpress cable cars or past the upper termini further down into the valley Difficulty: ■ | 30 min | 48 m difference in altitude | 1.5 km

719 | PINZGAUER SPAZIERGANG

Difficulty: ■ | 6 h

The Pinzgau Stroll 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 will see famous peaks such as Großglockner, Kitzsteinhorn, Granatspitze, Sonnblick or Großvenediger

Begins Schmittenhöhe - Elisabeth chapel - Kettingtörl - Pinzgauer Hütte - along the Hahnkopf lift - Kettingkopf - passes below the ridge - Hochsonnbergalm (cultivated). The path continues to Rohrertörl - underneath the Niederne Gernkogels - Signpost (down the mountain over the Rohrerberg into the Salzach valley to Niedernsill) - in northwesterly direction to the Kammerscharte - one reaches the Klingertörl from the Niedernsill Hochsonnberg - to the north it branches off to the Seetörl - branches off either to the Hacklbergalm and down to Hinterglemm - or along the ridge of the Saalbachkogels and Stemmerkogels to the Schattberg - ride down in the Schattberg lift - east to Saalbach.

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

Klingertörl: 5 h | Path down to Uttendorf: approx. 8 h | Schattberg: 82 | SCHWALBENWANDWEG Starting point is the Mitterberghof (1,200 m). Parking for hikers is approx. 6 h | Path down to Hinterglemm: approx. 9 h | Bürgl Hütte:

agricultural road, there is a fork into the forest after approx. 800 . The narrow forest path leads to higher altitudes. Exiting the forest, the summit (2.011 m) can be seen already. Difficulty: ■ | 2 h | 810 m difference in altitude | 5.5 km As an alternative route, start the hike at the Thumersbach village square. The trail leads through Loibldorf, then past the Reithgut, and then uphill to the Mitterberghof

available above the Mitterberghof (subject to a fee). Start on the

Difficulty: | 3.5 h | 1,249 m difference in altitude | 7.5 km 83 UNTERER SCHWALBENWANDWEG

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

84 | THUMERSBACHER-KAMMWEG

The path starts at the village square in Thumersbach. One quickly reaches the Enzianhütte over the Thumersbacher Höhenpromenade, the farmer's road Erlberg and a climb through the woods. From here on the path follows a wide forest road passed the Hahneckkogel. Breiter Kopf, Schafkopf to the Hochmoor. Shortly after reaching the tree line in approx. 1,800 m one can already see the Difficulty: ■ | 4 h | 1,150 m difference in altitude | 11.7 km

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

86 | BERGBAUERNWEG

85 | WALDHEIMWEG

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

Difficulty: ■ | 1 h | 279 m difference in altitude | 2.2 km

Zell am See

87 | SCHWALBENWAND-KAMMWEG

Difficulty: ■ | 2 h | 263 m difference in altitude | 4.1 km 88 | UNTERER SCHWALBENWAND-KAMMWEG

This path is an alternative to the Schwalbenwand-Kammweg. It runs below the Schönwieskopf and meets the Unteren Schwalbenwandweg under the Schwalbenwand Difficulty: ■ | 40 min | 90 m difference in altitude | 2.3 km

on it is a wide forest road which meets the Thumersbach Kammeg again at 1,400 m above sea level Difficulty: ■ | 2 h | 590 m difference in altitude | 4.2 km

AND "GUESTBOOK" THEME PATH with magnificent views over the Zell am See lake. Along the beautiful forest path are seven stations in honour of famous person-

Starts at the village square in Thumersbach and runs through the woods along the right side of the valley.

Starting point is the Thumersbach village square, through Loibldörfl to the turn-off to the high-altitude promenade to Maishofen.

after the Hochschleipfgut, the path leads up to Hundstein - re-

2000 m

Beautiful walk along the mountain ridge starting from the Schwalbenwand. The path snakes its way along the ridge over the Schön-

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

11 90 | THUMERSBACHER HÖHENPROMENADE Starting at the village square in Thumersbach, after the Kinder garten. Partially through the forest in the direction of Grafleiten,

alities who left their mark in Zell am See-Kaprun. Difficulty: ■ | 30 min | 110 m difference in altitude | 1.8 km 91 | WALDPROMENADE

Difficulty: ■ | 30 min | 79 m difference in altitude | 1.2 km 92 | ACCESS MAISHOFNER HÖHENWEG

Difficulty: ■ | 30 min | 79 m difference in altitude | 1.2 km

further over the Unterbergreidl and on to the Neumayeralm (not occupied!). The route then continues over mountain pastures to the Piffscharte (1,785 m) and from here under the Türchelkopfes and up to the Rosskopfscharte. At this point, the path branches off towards the Imbachhorn (although it is possible to continue on to-

This path starts in the upper car park of the Gletscherbahn cable car. Fol-

low route no. 724 ascending up through mixed forest to the Harleitenalm (no longer in operation). From here, continue over the Harleiten up to the Brandlscharte. Now you can decide whether to turn right up towards the Rettenzink or left to the Imbachhorn. Alternatively, you can make your way over the Brandlsee and descend to the Gleiwitzer Hütte. Difficulty: ■ | 4 h | 1,440 m difference in altitude | approx. 6 km

726 | HOCHKAMMERWEG - KREFELDER HÜTTE - ALPINCENTER - KAMMER SCHARTE - FÜRTHERMOARALM - MOOSERBODEN Start this tour at the Krefelder Hütte above the Alpincenter and walk up in a southerly direction to the Gletschersee. From here, continue eastwards to the Kammerscharte (Steinmann). On the other side of the depression follow the path in several windings on the eastern slope of the Kitzsteinhorn and down to the Fürthermoaralm. From here, you can either take the bus to the Mooserboden or back dowr to the valley. Alternatively, you can continue over the Alpenvereinsweg and then over the Kräuterwanderweg, which will bring you out at the Mooserboden. The more difficult stages of the route are safe-guarded with fixed ropes. Be careful, the ground may still be covered with snow in places during spring. Bad weather: particular care is required. Alpine Center to the Mooserboden 4 h. Difficulty: ■ | 4 h | 1,247 m difference in altitude | 5.5 km

734 | KL. GRIESKOGEL - GR. GRIESKOGEL - HOCHEISER Make your way from the Mooserboden ascending west along a well marked path over graduated grass slopes on to a wide, level back towards the Sedlgrat and then further over an unsecured and unmarked path up to the summit of the Kleinen Grieskogels. From the eastern end of the Kleinen Grieskogelkeeses continue climbing south over a corn snow field until you reach the east ridge. Now continue over a coarse area of boulders and an exposed ridge until you reach the summit of the Grossen Grieskogels. From here, it is

possible to continue ascending up to the Hocheiser. This tour should only be undertaken in the company of the mountain guide! Difficulty: ■ | 5 h | 774 m difference in altitude

Kapruner-Törl 716-717 (2,639 m), Mooserboden 31 (1,800 m),

Fürthermoaralm 726 (2,294 m), Kammer Scharte - Alpincenter, Gleiwitzerhütte 725 (2,174 m) - Hirzbach Alm (1,715 m).

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

MAISKOGEL HÜTTENRUNDE Easy hut tour for families and nature lovers: Maiskogel mountain station (1.570 m) - Unterbergalm (1.570 m) - Alpengasthaus Glocknerblick (1.670 m) - Maiskogel Alm Ranch (1.540 m) - Sau-

Difficulty: | 1.5 h | 130 m difference in altitude Sections suitable for children's prams: Start out from the Mais-

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

PINZGAUER MARIENWEG:

Starting point is Hotel Erlhof. On the asphalted Grafleiten agricultural road, the trail climbs in 4 serpentines to the guesthouse

Grafleiten. It climbs further across fields to the Thumersbach 30 min | 206 m difference in altitude | 1.6 km

WALKING PATHS

The whole path is asphalt to the Mitterberghof and is a regular climb. Forest walks are optional 1 h | 361 m difference in altitude | 3 km

very good walking path to the Schoberalr

c | ERLBERGWEG Begins at the village square in Thumersbach and leads to the Enzianhütte on an asphalt road. Higher up the path is a dirt road. 1.5 h | 496 m difference in altitude | 4.7 km

es from the Areitweg to the right at Schüttgut and snakes its way

over an asphalt road up to the Hubgut. From here on it goes up a

Parking possible at the Ronachkopf lift station in Thumersbach.

e | KEILBERGWEG This path starts at the restaurant "Dorfschenke". The path branch-

b | MITTERBERGWEG

1 h | 240 m difference in altitude | 3.6 km A classical walking path. It starts near the "Tauernstüberl" inn (near

the golf course). It is all asphalt and completely flat walking. One is rewarded with a fantastic view of the valley from the Schober Alm. 50 min | 289 m difference in altitude | 2.9 km

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

running up to the Jausenstation Pfefferbauer. 30 min | 141 m difference in altitude | 0.7 km mh | SEEPROMENADE It is possible to go completely around the lake on the Seepromenade. The western side of the promenade runs almost always di-

rectly next to the shore of the lake. The eastern side of the prom-

enade follows the footpath of the Seeuferstrasse. To the south,

the route continues over the Thomas Bernhard path through the

nature reserve. Recommendation: Change in Thumersbach to the

other side into the Thumersbacher Höhenpromenade no. 90.

3 h | hardly any difference in altitude | 11.1 km

i | HOFMANNSTHALSTRASSE he Hofmannsthalstrasse (opposite the Yachtclub Zell am See) is a short but very charming promenade because of the landscape. Prielau Castle, first mentioned in a document in 1452, is home to a

multi-award-winning Toque restaurant. 20 min | 1 km 🥌 j | PORSCHE ALLEE The path runs from the retirement home in Schüttdorf along the side

of the Porsche Allee. 20 min | hardly any difference in altitude | 1.4 km

Starting point is the Porsche riding facilities, along Porsche Allee in direction of Bruck to the railway subway. Continue around the SAFE premises (Safestraße), turn right immediately after the bridge and walk along the Salzach river to Kaprun. 1.5 h | hardly any difference in altitude | 7.8 km

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

WiesenKönigReich" - Wetlands of lake Zell, to the Panorama Camp. m | PINZGAUBAHN WALKING PATH

The trail starts at the Kitzsteinhornstraße and runs along the Pinzgauerbahn railway to Zellermoos.

30 min | 2 km n | FLUGPLATZSTRASSE WALKING PATH (AIRPORT)

The trail runs along Flugplatzstraße. From the bridge across the Salzach river, continue hiking along path k to Kaprun.

The whole region in one app. DIAE IN ENJOY&



2C) | ALMROSENWEG (CIRCULAR PATH) along the Brunnwiesenweg until you come to a bridge (the Salzach-This short circular route, which begins at the Häuslalm, runs over brücke). Return the same way again or on the Tauern biking path.

HIKING PATHS IN KAPRUN

with bubbling brooks and back again to the starting point on the Difficulty: ■ | 15 m difference in altitude | 450 m

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

hills covered in Almrosen (alpine roses), juicy green alm meadows

5 | ALEXANDER ENZINGER-WEG Ride up with the glacier lift to the Alpincenter at 2,452 m (the hike

Difficulty: ■ | 41 m difference in altitude | 1.5 km

can start at the Häuslalm, next to the Langwied station, at 1,976 m) Start Alpincenter: Follow the signs from the Alpincenter in direct tion of Krefelder hut, then further on over Stangenhöhe at 2.212 m - Schoppachhöhe at 2,069 m. From here go down to the Glocknerblick alpine guest house and further down along path no 25 or 33. Difficulty: ■ | 6 h | 350 m difference in altitude Alternative to Maiskogel 8.5 km | 4 h + MK Maiskogelbahn

This path branches off north-west from the Krefelder path no.

711 at an altitude of 1,950 m. Make your way past the top of the reservoir dam by the Langwied cable car and the Häuslalm farm and ascend gently over an alpine moor towards a small mine. The path now continues ascending in several windings in a westerly direction to a height of approximately 2,240 m and then joins the Alexander Enzinger path. From here, continue south-east in the direction of the Maiskogel and further on towards Kaprun.

Difficulty: ■ | 1 h | 290 m difference in altitude | approx. 1 km 11 | GROSSENTALWEG Begin at the Schulstrasse, straight up along the Schaufelbergstrasse until

5A | GRUBALMKARWEG

you come to the first bend. Continue straight ahead wandering past the Ortlehen and Grossental farms, at which point the asphalt road finishes. From the Grossental farm carry on along a gravel path and continue over the Menggraben and around a few bends until you reach Kaprun south. Difficulty: ■ | 1 h | 34 m difference in altitude | 4.2 km This path begins at Kaprun castle and branches to the right off the Schlossstrasse onto the Guggenhöhenweg no. 30. Make your way

along the path to the catchment area in open terrain and then bear

sharp to the left. Continue further past the catchment area and over

a meadow until you come to a track. From here, wander on de-

scending through meadows and forest terrain towards Mayreinöden

and before the Salzbachbrücke turn left. Return on the Tauern bik-Difficulty: ■ | 2 h | 120 m difference in altitude | 1.3 km

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

Difficulty: ■ | 2 h | 282 m difference in altitude | 6.7 km A lovely walk on a comfortable path along the right hand side of the Kapruner Ache (Kaprun River), in the flow direction, from the Bauhof Kaprun to the Salzach River and the Salzach bridge. Same way back.

Difficulty: | 2 h | 3.8 km

16 | BRUNNWIESENWEG

15/15A | BÜRGKOGELSTEIG Start this path on the Klammweg 17 and walk for about 15 min. before bearing off to the left by the sign marked Bürgkogelsteig. The path then continues in windings through shady forests on the northern side of the Bürgkogel and up towards the highest plateau. The Bürgkogel is one of the most beautiful lookout points in the valley and is recognised as one of the oldest residential areas in Kaprun. (Natural history paths and site of the oldest settlement in Kaprun valley). From here you can descend on the eastern side or south-west direction Klammsee. A steep path now leads down to

Starting in the town centre make your way towards Kaprun castle

Shortly before the crossing/junction Peter Buchner Strasse - Häusl-

hofstrasse bear left onto the Brunnwiesenweg. Through the Kaprun

moss you come to the Salzach. From here, a road forks off to the

left along the Salzachweg (return back to Kaprun possible). Continue

Difficulty: ■ | 1 h | 164 m difference in altitude | 1.7 km

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: ■ | 40 min | 209 m difference in altitude | 0.9 km

58 | SCHMITTENHÖHENWEG

The Schmittenhöhenweg starts at the valley station of the city-Xpress 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 recomend to choose trail Nr. 50 500 m after the former Köhlergraben restaurant. The path snakes its way through piste until it reaches the Mittelstation. After the Mittelstation the Schmittenhöheweg is almost only in open terrain. Difficulty: ■ | 4 h | 1,191 m difference in altitude | 9 km

60 | SONNBERGPROMENADE Start at Bergstraße, Sonnbergpromenade branches off from Dr.

61A | PFEFFERSTEIG

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

63 | HOCHFALLECKSTEIG A forest path leads from the Sonnberg promenade via the Ber-

s path starts at the main building of the power station and takes you

over the left side of the Achensteig. From the starting point, continue

along the stream until you reach the entrance to the Sigmund Thun

Gorge (the wooden platform through the gorge is only open in sum-

mer and a entrance fee is charged). Now continue climbing gently in

windings until you reach the road and make your way over the bridge

(Belinzky-Brücke). Stay on the right side of the gorge, continue past the

generator building and make your way to the end of the lake. Here you

reach the left hand side of the lake. From here the path leads back out of

the valley again and takes you past nature study information boards, bio-

topes and down towards a glacial pothole erosion. Continue descending

towards the gorge and cross over the stream once more. Approx. 100 m

urther on is the road which, will brings you back to the starting point.

An alternative route is the Schneckenreithweg 17a. This path

branches off to the right approximately 100 m after the Klam-

mweg and ascends gently through an area of forest and bush up

to the Schneckenreith alpine pastures. From here, you can make

your way back to the Jetzbachbrücke or over the Jetzbachasten-

is walk is highly recommended and starts behind the Hotel zur

Burgruine. It takes you under the Jakobskapelle, past Kaprun Cas-

tle and continues through an environmentally protected area right

on to the Brunnwiesenweg and finally left to the Salzachweg No 14.

Starting point Kaprun Center. The access road to the Schaufel-

at the beginning of town. Go further through the underpass to the

over the Salzach River. The path ends in the centre of Piesendorf.

From the town centre in the direction of the Lechnerbergweg

and then ascending along the right side of the Imbach. The route

continues above the top station of the Lechnerberg lifts 1 and 2,

through timber forests. From here, it proceeds on up to the Eisen-

Start at the Schulstrasse to the Sporthalle (sport centre). From

Pichlbrücke and then further towards the Gasthof Zur Mühle.

nere, the path continues alongside the school sport centre to the

This path begins opposite the high school Kaprun. Up on the

Schaufelberg Strasse. About 300 m after the cattle grid you leave

the raod and turn rith on the walking path direction Sallnerwald.

Continue for approximately 1.5 km through the forest until you

come to the Salader-Aste. A wooden track now leads you down

to the Kleinstalln farm. From here, make your way along the track

The Kreuzebensteig route is a connecting path between the Ess-

reithweg and the Lechnerberg track. You will find several benches

along the path where you can relax and enjoy beautiful views of

From Maiskogel (height approx. 1,540 m) the path leads over most-

ly 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 make your way down from the Unterbergalm to the Hummers-

rail suitable for children's prams: From Maiskogel to Unterbergalm

Shortly after the JUFA and the football field, the road branches of

towards Winklerdörfl. This is the start of a path towards to Kessel-

fallstrasse. The route crosses over the Winkelbach stream and then

continues past Weisenrainen and over the Winklerberg towards

the first big bend. Approx. 50 m above the valley station you will

Difficulty: ■ | approx. 25 min. | 40 m difference in altitude | 1.3 km

dorf which will take you over the road and back to Kapru

Difficulty: ■ | 1 h | 20 m difference in altitude | 3.5 km

26 | WALKING PATH TO KESSELFALLSTRASSE

Difficulty: ■ | 4 h | 420 m difference in altitude | 3.3 km

Difficulty: ■ | 2 h | 5 m difference in altitude | 4.1 km

gatter and then towards the Imbachsteig 723

down to the Salzachbrücke and back to Kaprun

Difficulty: ■ | 1 h | 465 m difference in altitude

20 | TRACK TO THE WEISSSTEINALM (not occupied)

Difficulty: ■ | 3 h | 740 m difference in altitude | 8.5 km

Tauern electricity substation, to Köttingeinöden, until the bridge

berg lift, the Einödweg, turns off to the right from the main road

Difficulty: ■ | 30 min. | 236 m difference in altitude | 4.4 km

Difficulty: ■ | 1 h | 54 m difference in altitude | 2.8 km

will find a kiosk with toilet facilities. Now cross over the footbridge t

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

will have magnificent views of the Glocknermassive. Difficulty: ■ | 20 min | 130 m difference in altitude | 1.1 km

28 | HOLZZIEHERWEG TO IMBACHGRABEN

Start opposite the Gemeindeamt (council offices) on the Imbachstrasse in the direction of the large catchment area (Bachsperre). Continue along the Lechnerberg track to the top station of the Lechnerberg lift. The path divides at this point. Bear to the left, which will take you swiftly into the forest. Near the game feeding area you will see a wide gravel path. Make your way long this to the bend and then continue straight ahead to the Imbachgraben. (Refer to Imbachsteig/Neumayeralm for further directions). Difficulty: ■ | 1 h | 380 m difference in altitude | 1.1 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 Difficulty: ■ | 3 h | 830 m difference in altitude | 3.7 km

30 | GUGGENHÖHENWEG From the Gemeindeamt (council offices) to the Guggenbichl pension This is the start of a high mountain path which leads at firsts over a gully and then ascends slightly in windings through timber forests towards the east. From here continue through young forest in windings back towards the valley to the Burg-Schlossstr.. From

here back to the town. Connection to Murlehenweg possible.

Difficulty: ■ | 2 h | 120 m difference in altitude | 3.6 km 31 | PATH ALPENHAUS KESSELFALL - MOOSERBODEN This route starts at the Alpenhaus Kesselfall. Cross over the bridge approximately 50 m along the road and then bear left. The path ascends briefly and then joins the old Bergstrasse (mountain road) which will lead you to the valley station of the Lärchwand cable railway. Continue ascending in windings along the old "Alpenverein" 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 Bergrestaurant Mooserboden by the Mooserboo

Difficulty: ■ | 4 h | 968 m difference in altitude | 8.4 km

This path starts behind the Hotel Waidmannsheil and leads along a small road to the Hauserdörfl. After approximately 100 m, bear left and continue along the road in the direction Essreith. At the bend under the Essreith, turn right onto a small rise, which ascends moderately following a gully at first, and then continues upwards along a meadow until it joins a slightly wider path. From here there are two possibilities: 1. Bear left and join the Lechnerberg track. 2. Continue winding your way down to the Lechnerbrücke. Proceed right along the Imbach or left past the ber- and Unterlehen and continue on towards the town centre. Difficulty: ■ | 1 h | 70 m difference in altitude | 1.4 km 33 | GÜTERWEG MAISKOGEL

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

bergstrasse until you reach the cattle gird at the Vorderweissstein. Now turn right to the Stangerbauer cattle gird and right again along the Maiskogel track past the top station of the Alm lift. From here continue ascending past the Maiskogel pump station until vou reach the Maiskoge Difficulty: ■ | 3 h | 760 m difference in altitude | 7.4 km 💶 Trail suitable for children's prams from the high school Kaprun over he Schaufelbergstrasse until mountain inn Unteraigen and back.

Begin opposite the High School and continue along Schaufelberg-

35 | MAISKOGELWEG THROUGH THE WOOD

strasse until you reach the first bend. Continue straight on to the Ortlehen farm, then right to the farm Vorderweissstein where the route turns off to the right. From here it continues over a stone path to the Maiskogel track. After approximately 200 m branch off to the left, and after about 150 m take a narrow, marginally steep path off to the right. Now continue ascending in windings through timber forests and small clearings to the Maiskogel track and then left to the Maiskogel. Difficulty: ■ | 2 h | 760 m difference in altitude | 4.8 km

37 | ZAGLBRUNNRUNDE (CIRCULAR PATH)

the end of the valley in Thumersbach.

Shortly after the MK Maiskogelbahn terminus and the Maisi Flitzer. go through a subway and follow the asphalted road - the Einödweg. until you see yellow signposts to the left, where the actual hiking trail begins. This leisurely forest trail leads quickly upwards in a few hairpin bends 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, then leads to the high forest. Partly in the forest, partly on pastures, the trail climbs a few metres and finally leads through the forest in westerly direction to the "Zaglbründl". Continue west through a beautiful high forest, and after a descent you get to the Stallner High Route, or take the trail leading east. On this trail you pass the Zaglgut - above the Plattenbauer - and reach the Schaufelberg straße. Take this road back down into the valley. Walking through

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

IN THUMERSBACH

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

Experienced hikers can also start at the Thumersbach village

square. Then on meadow paths through the picturesque Loi-

bldorf, past farms to the end of the Thumersbach valley. Continue

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 Sommereralm (not serviced), to a beau-

tiful resting place with a fantastic view. The forest path then leads

to the Zenzalm (not serviced). From there, continue across an al-

Alternatively, start at the Thumersbach village square. Follow

meadow paths through the picturesque Loibldorf, past farms to

pine pasture on a broad ridge to the summit (1.994 m).

Difficulty: ■ | 3 h | 964 m difference in altitude | 4.5 km

Difficulty: ■ | 4 h | 1,234 m difference in altitude | 8 km

on the forest path or climb to the end of the valley (1.030 m):

Difficulty: ■ | 4 h | 1,350 m difference in altitude | 9.6 km

81 | SCHÖNWIESKOPFWEG

walk uphill via the Rupertihaus (1.663 m) to the Hundstein (2.117 m).

Difficulty: ■ | 3 h | 1,080 m difference in altitude | 5.5 km

HIKING PATHS

the pedestrian tunnel, you reach the starting point in Kaprun. Difficulty: ■ | 2 h | 260 Hm | 4.8 km

Zefertgraben and the Zell am See basin

Shortcut: Difficulty: ■ | 1.5 h | 180 Hm | 3.6 km 41A | GLETSCHERBLICK PANORAMA PATH Easy circular walk from the Alpincenter to the glacier moraines with magnificent views of the Schmiedinger-Kees, glacier lake,

41B | GLETSCHERSEE WALK This path leads from the Alpincenter to the Gletscherblick over the moraines and to the emerald green glacier lake. From here,

Difficulty: ■ | 30 min. | 102 m difference in altitude | 1.6 km

you can continue past striations caused by glacial movement and streams with wonderful view points along the way, before returning back to the Alpincenter. Difficulty: ■ | 1 h | 195 m difference in altitude | 2.9 km 41C | RETTENWAND CIRCULAR WALK

This walk starts at the Alpincenter and proceeds to the interest

ing geological stone formations at the foot of the Tristinger and

his wide circular path starts at the Häuslalm and runs passed breath

taking viewing points of the Zell basin to an old shepherd's ruin. It is

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

Rettenwand. From here, it continues from the view point at the Graswandkreuz (cross) over the Gletscherblick panorama path and back to the Alpincenter. Difficulty: ■ | 1 1/4 h | 133 m difference in altitude | 2.3 km 11 41D | HIRTERBODEN TRAIL (CIRCULAR PATH)

Difficulty: ■ | 41 m difference in altitude | 893 m 43 | KITZSTEINHORN 3,203 M - ASCENT TO THE PEAK There is a steep path to the peak from the Panorama Platform "Top of Salzburg" in the Kitzsteinhorn Gipfelstation at 3,029 m. Fantastic 360° panorama (it is recommended to have a mountain guide). There is a guided tour every Wednesday (July-mid Sept.) to the top of the 3.203 m high Kitzsteinhorn - Infos/booking: T. +43 (0) 6547 8621

711 | WÜSTLAU - SALZBURGER HÜTTE - KREFELDER HÜTTE This path leads about 500 m after the Klammsee like over the bridge towards the west and up over the Hinterwallberg to the Ederalm. From here, it continues over the Grubbach cirque and the Grubbach catchment area to the Salzburger Hütte. It then proceeds in a southerly direction past the Geissstein and climbs up to the Krefelder Hütte. The ascent up to the Geisssteingipfel summit is not

Difficulty: ■ | 5 h | 1,423 m difference in altitude | approx. 6.8 km

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

Difficulty: ■ | 174 m difference in altitude

safe-guarded, Approx. 45 min. walk.

711 | KREFELDER HÜTTE - KLEETÖRL

towards the old drag lift trail and continue along the line of the lift to the top station where you will join path number 711. This leads to the first depression, south of the Kleinen Schmiedinger and then descends west over scree in the direction of the Hackl Hochalm. From here, continue past the Hacklsee and along a sheep track to the south-west and up to the Kleetörl. Now descend along the southern side of the Reichenbergkar and continue, ascending only slightly, around the Richtzeitsedl into the Wurfkar. From here, make your way underneath the Scharkogels and cross the cirque to reach the road. Proceed along the road in the direction of the Tauernmoos lake. At the dam, continue over to the western side of the lake, pas the middle station of the old cable car and then onto a forest road until you reach the end of the reservoir containment area. Here you will join path number 716 and can continue over the "steps" to the Rudolfshütte. It is also possible to continue from the middle station of the old cable car and descend to the Enzingerboden (1.5 h). Difficulty: ■ | 7 h

716 | AUSTRIAWEG: MOOSERBODEN - KAPRUNER TÖRL -

RUDOLFSHÜTTE 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 Unteren Rifflkeeses and further on to the Hinteren Ochsenflecke. From here, cross over the river and continue along the path towards the east. The Rudolfshütte is reached by crossing over stone steps.

Difficulty: ■ | 7 h | 919 m difference in altitude | 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 Bärenkopfkeeses. 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

over 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 WIESBACHHORN To begin this walk, take the bus up to the Mooserboden. From here cross over the two dams and continue up to the left by the Möllzirkus building. Now follow the path ascending steeply in windings up to the Heinrich Schwaiger Haus (ascent approx. 2 h, descent approx. 1.5 h). From here it is possible to continue further up to the Grosse Wiesbachhorn. The summit is reached by proceeding over the Hüttenkamin chimney and up over the Bratschen to the Lower Fochezkopf and further over the Fochezkees ascending up to the Upper Fochezkopf. Now follow the route over the Kaindlgrat ridge to the Wielingerscharte and over the summit ridge to the Grossen Wiesbachhorn (3.564 m). This tour should only be undertaken in the company of the mountain guide! The

Difficulty: ■ | 5 h | 1,528 m difference in altitude 719 | LAKARSCHARTENWEG: KREFELDER HÜTTE -ALPINCENTER - LAKARSCHARTE - MOOSLEHENALM -SCHAUNBERGALM - NIEDERNSILL

723 | MAX HIRSCHL-WEG

ascent up to the hut is possible without a mountain guide.

This path begins at the Krefelder Hütte and ascends up to the Lakarscharte. From here make your way past several occupied mountain farms (the Lakaralm, the Mooslehenalm and the Schaunbergalm) until you reach the Mühlbachtal valley. Now continue along the road further into the village of Niedernsill. From here you can return back to Kaprun with the local bus. It is also possible to go from the Schaunbergalm to Niedernsill and return by taxi. Difficulty: ■ | 7 h | 1,921 m difference in altitude | 13.6 km

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 metres bear towards the north. Proceed along the level terrain of the Hang Canals and ascend up past the Wielinger catchment area before descending about 50 m just before the catchment area. Now make your way climbing up through mountain pastures to the Hauseben. From here continue rising in windings up to the Bratschen to the Kempsenkopf (difficult stages safe-guarded with a rope). From here the path forks, leading in one direction to the Gleiwitzer Hütte and in the other to the summit climb of the Hohen Tenn. The ascent up to the Hohen Tenn (3,317 m) proceeds over the ridge to the Bauernbrachkopf (3,125 m) and then continues to the Kleinen Tenn (key

point) and from here over the ridge to the Schneetenn. The ascent

is graded between levels 3 and 4, depending on the weather situ-

ation, and is very exposed in places. The more difficult stages are

safe-guarded with fixed ropes. This tour should only be undertaken in the company of the mountain guide! To descend to the Gleiwitzer Hütte (2,174 m), make your way from the Kempsenkopf over the ridge to the upper Jägerscharte, over a peaked point to the lower lägerscharte and continue over grazing land to the Gleiwitzer Hütte. This route is also very exposed in places and care is needed, especially in bad weather conditions (only for the sure-footed). The more difficult stages are safe-guarded with a fixed rope

GLEIWITZER HÜTTE

From the town centre in the direction Lechnerberwegweg along

the right side of the Imbach rising up past mudflow and ascending

Difficulty: ■ | 7 h | 1,054 m difference in altitude 723 | IMBACHSTEIG - NEUMAYERALM - IMBACHHORN -

Maria Kirchenthal - Maria Alm - Maria Elend - Kaprun - Stuhlfelder

wards the Gleiwitzer Hütte). At the Imbachhorn you can descend again over the Brandlscharte to the Gleiwitzer Hütte. Difficulty: ■ | 6 h | 1,968 m difference in altitude | approx. 8 km 724 | BRANDLSCHARTENWEG (HEIMHOFERWEG)

Krefelderhütte 5, Pichl. Achenweg 21 (786 m) - FW Imbachstr. (786 m) - Guggen-Imbachsteig 723 - Piff-Scharte (1,785 m) -Difficulty: ■ **GLOCKNERRUNDE**

kogel mountain station to Unterbergalm, to Alpengasthaus Glocknerblick or to Maiskogel Alm Ranch (20 - 30 min each). This hiking trail connects places with especially beautiful views in

lochalm / Maiskogel mountain station (1.570 m)

k | TALWANDERUNG (VALLEY HIKE)

