### **WALKING PATHS** IN ZELL AM SEE

#### 50 | NEW SCHMITTENHÖHE MOUNTAIN PATHS

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 passed the Ebenbergalm and through the woods to the Mittelstation mountain restaurant. 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 ski piste up to the summit. The steady ascent and impressive planning of the pathway have been taken into special consideration. Difficulty: ■ | 4 h | 1,191 m difference in altitude | 8 km

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

## 51A | AREITSTEIG

The starting point of this path is the valley station areitXpress, underneath hotel Amiamo. 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 Keilbergweg e). Difficulty: ■ | 1.5 h | 150 m difference in altitude | 3 km

# **WALKING PATHS** IN KAPRUN

This short circular route, which begins at the Häuslalm, runs over hills covered in Almrosen (alpine roses), juicy green alm meadows with bubbling brooks and back again to the starting point on the Langwiedboden.

Difficulty: ■ | 15 m difference in altitude | 450 m

2C) | ALMROSENWEG (CIRCULAR PATH)

#### 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-

## scape to the starting point again. Difficulty: ■ | 41 m difference in altitude | 1500 m

5 | ALEXANDER ENZINGER-WEG

Ride up with the glacier lift to the Alpincenter at 2,452 m (the hike can start at the Häuslalm, next to the Langwied station, at 1,976 m) Start Alpincenter: Follow the signs from the Alpincenter in direction 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

# **5A | GRUBALMKARWEG**

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

## 11 | GROSSENTALWEG

Begin at the Schulstrasse, straight up along the Schaufelbergstrasse until 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

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 descending through meadows and forest terrain towards Mayreinöden and before the Salzbachbrücke turn left. Return on the Tauern biking path towards Kaprun.

Difficulty: ■ | 2 h | 120 m difference in altitude 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

a few more metres upwards. Now you will be able to see one of the natural wonders of Kaprun Valley, the Kesselfall Gorge. Difficulty: ■ | 2 h | 282 m difference in altitude 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

small road approximately 150 m under the Kesselfall, and proceed

## Difficulty: | 2 h

Kaprun to the Salzach River and the Salzach bridge. Same way back. 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

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

### 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 about 30 min. 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. At first it goes up a wide, but steep, farmer's road. After the former Gasthof Bergheim one wanders along a narrow but not less steep path for 40 min to the Entwies Hof. 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 Gasthaus Mittelstation very quickly.

## 54 | NIKOLAUS GASSNER PROMENADE

This 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 Summer afternoons Difficulty: ■ | 20 min | 27 m difference in altitude | 1 km

Difficulty: ■ | 2 h | 558 m difference in altitude | 3.5 km

### 55 | RUNDWANDERWEG PLETTSAUBERG

This path starts at the top station of the cityXpress and is an easy circle to wander without much difference in altitude. The

Starting in the town centre make your way towards Kaprun castle. Shortly before the crossing/junction Peter Buchner Strasse - Häuslhofstrasse 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 brücke). Return the same way again or on the Tauern biking path.

### 17 | KLAMMSEE (NATURE STUDY CIRCULAR PATH) This 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 summer, 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 will find a kiosk with toilet facilities. Now cross over the footbridge to 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, biotopes and down towards a glacial pothole erosion. Continue descending towards the gorge and cross over the stream once more. Approx. 100 m further on is the road which, will brings you back to the starting point. Difficulty: ■ | 1 h | 54 m difference in altitude

#### 17A | SCHNECKENREITHWEG An alternative route is the Schneckenreithweg 17a. This path

branches off to the right approximately 100 m after the Klammweg and ascends gently through an area of forest and bush up to the Schneckenreith alpine pastures. From here, you can make vour way back to the Jetzbachbrücke or over the Jetzbachastensteig 29 and then walk to the Glocknerblick. Difficulty: | 30 min.

## 🚂 18 | FILZMOOSWEG

This walk is highly recommended and starts behind the Hotel zur Burgruine. It takes you under the Jakobskapelle, past Kaprun Castle and continues through an environmentally protected area right on to the Brunnwiesenweg and finally left to the Salzachweg No 14.

19 | WALK TO PIESENDORF The access road to the Schaufelberg lift, the Einödweg, turns off to the right from the main road at the beginning of town. Go further through the underpass to the Tauern electricity substation, to Köttingeinöden, until the bridge over the Salzach River. The path ends in

the centre of Piesendorf. Return the same way.

gatter and then towards the Imbachsteig 723.

Difficulty: ■ | 2 h | 5 m difference in altitude 20 | TRACK TO THE WEISSSTEINALM (not occupied) 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-

# Difficulty: ■ | 3 h | 740 m difference in altitude

Start at the Schulstraße to the Sporthalle (sport centre). From here, the path continues alongside the school sport centre to the Pichlbrücke and then further towards the Gasthof Zur Mühle.

## 23 | STALLNER HÖHENWEG

Difficulty: | 45 min.

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 down to the Salzachbrücke and back to Kaprun. Difficulty: ■ | 4 h | 420 m difference in altitude

reithweg and the Lechnerberg 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

The Kreuzebensteig route is a connecting path between the Ess-

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 make your way down from the Unterbergalm to the Hummersdorf which will take you over the road and back to Kaprun. Difficulty: ■ | 1 h | 20 m difference in altitude

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

#### 56A | JOINING HIRSCHKOGEL - GLOCKNERWIESE This easy and slightly downhill path runs paralell to the Jägersteig which joins the Areitweg and the Schmittenhöhenweg

### 57 | FRENRERGAL MSTEIG

The Ebenberg Alm path is, with only 900 m, a short but steep climb up from the Nikolaus Gassner Promenade. It runs under the ski slope a few meters to the right 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 cityXpress and runs parallel to the Köhlergraben promenade, essentially equivalent to the Central Alpen Way 02A. Just before the 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 Köhlergraben restaurant. The path snakes its way through the woods with 8 loops crossing over, or passing closely by, the ski 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

58A | KÖHLERGRABENPROMENADE

The Köhlergraben promenade stretches from the valley station of the cityXpress to the former Gasthaus Köhlergraben over a ghtly 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 Köhlergraben restaurant. Difficulty: ■ | 30 min | 81 m difference in altitude | 1.8 km

### 60 | SONNBERGPROMENADE

just behind the former Hotel Eichenhof. In the beginning it follows the asphalt Sonnberg road to the restaurant 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 car. Difficulty: ■ | 1 h | 212 m difference in altitude | 2.8 km

The Hotel Stadt Wien is the starting point of the Dr. Müller Prom enade. The promenade is somewhat steep in the beginning but then follows a moderate climb passed the former Hotel Eichenhof to the 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

### 61A | PFEFFERSTEIG

Steen short cut to Pfefferhauer Difficulty: ■ | 15 min | 80 m difference in altitude | 0.6 km

### 62 | BADHAUSKOPFWEG

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

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

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 Hotel Schwebebahn and the Farchenegg Jausenstation. 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

## 26 | WALKING PATH TO KESSELFALLSTRASSE

Austria. Walking time: 0.5 - 1.5 h

Shortly after the JUFA and the football field, the road branches off towards Winklerdörfl. This is the start of a path towards to Kesselfallstrasse. 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: ■ | 40 m difference in altitude

entire path is a very pleasant walking an runs around the reser-

voir Plettsauteich and to the children's playground "Schmido-

lin's pond". Next to playing and splashing at (and in) the water,

Difficulty: 40 min | 58 m difference in altitude | 2 km

56 | JÄGERSTEIG "SCHMIDOLIN'S BAPTISM OF FIRE"

and just enjoy the fabulous prospects.

also possible in the opposite direction.

"Schmidolin's pond" is also the perfect place to relax, laze around

Starting from the cityXpress upper terminus, a 10-minute walk on

the trail leads to the forest. The Jägersteig is a beautiful but not

too challenging hiking tour in approx. 1,400 m above sea level,

leading on a romantic, shaded forest path to the Glocknerwiese.

The family adventure trail "Schmidolin's Baptism of Fire" with a

the Glocknerwiese cool kids can ride on electric bikes and follow

in Schmidolin's trail in the highest Motocross Park in Austria. Re-

freshments are available in the AreitAlm. At the end of the hunter

trail, descend into the valley with the areitXpress. Info: The hike is

Starting from the areitXpress mountain station or alternatively

from the ctiyXpress (a 10 minute walk from the mountain station)

this looping trail leads through the shady forest. "Schmidolin's

Baptism of Fire" is an exciting, interactive adventure trail for chil-

dren and families offering lots of fun, action and child-oriented

challenges. Exciting tasks are waiting at 15 different stations. With

each task completed, the kids collect a Schmidolin Flint, which

the little dragon needs to learn how to breathe fire. The adventure

passes, with directions, are available at the ticket offices of the

the E-Motocross Park. Those children who hand in their adven-

ture pass there, gets a certificate of completion. Things get hot at

"Schmidolin's Fire Seat" where cool kids can ride on electric bikes and follow in Schmidolin's trail in the highest Motocross Park in

valley stations of the areitXpress and the cityXpress, as well as in

Difficulty: ■ | 30 min | 81 m difference in altitude | 1.2 km

"SCHMIDOLIN'S BAPTISM OF FIRE" ADVENTURE TRAIL

wide range of skill stations is in the vicinity of the Jägersteig. At

## 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

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/Neumaveralm for further directions). Difficulty: | | 1 h | 380 m difference in altitude

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

30 | GUGGENHÖHENWEG From the Gemeindeamt (council offices) to the Guggenbichl mountain inn. 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 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 "Alpenyerein" mountain path, weaving across the line of the lift, to the top station. Now make your way along the road and then yeer 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 Limbera 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 Mooserboder Difficulty: ■ | 4 h | 968 m difference in altitude

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 follow ing 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 Ober- and Unterlehen and continue on towards the town centre. Difficulty: ■ | 1 h | 70 m difference in altitude

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

33 | GÜTERWEG MAISKOGEL

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 you reach the Maiskoge Difficulty: | 3 h | 760 m difference in altitude 🦒 Trail suitable for children's prams from the high school Kaprun over

### the Schaufelbergstrasse until mountain inn Unteraigen and back. 35 | MAISKOGELWEG THROUGH THE WOOD Begin opposite the High School and continue along Schaufelbergstrasse

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

ight. From here it continues over a stone path, past the top station of the Alm Lift 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

## 37 | ZAGLBRUNNWEG

Start at the Schaufelbergstrasse opposite the High School. Continue past the Pension Plattenbauer and then bear right. Proceed along the asphalt road to the Zaglgut and then continue for approximately another 10 min. until you come to the Zagl-Bründl. (Spring water and benches in the shade). If you continue in a westerly direction, you can walk through beautiful forests and descend to join the Stallner Höhenweg Difficulty: ■ | 1 h | 170 m difference in altitude

39 | ZAGLBRUNNSTEIG To begin with, follow the road about 300 m towards the Tauern transformer station. The path starts here on the left and takes you quickly uphill ascending quite steeply in a couple of windings through a dense copse. Carry on for about 10 - 20 min, until you come to a clearing and you can see pastureland. Proceed over this towards a level path which takes you into the high forest (careful - it can be marshy here after rainfall). The path now takes us through woods and grassland rising upwards through the forest in a westerly direction towards the Zaglbründl. From here, you can continue towards the Stallner-Höhenweg (see description for Zaglbrunnweg) or proceed along the path to the east. The latter brings you past the Zaglgut (above Plattenbauer) and out at the Schaufelbergstrasse

### Difficulty: ■ | 1 h | 180 m difference in altitude 41A | GLETSCHERBLICK PANORAMA PATH

Easy circular walk from the Alpincenter to the glacier moraines with magnificent views of the Schmiedinger-Kees, glacier lake, Zefertgraben and the Zell am See basin. Difficulty: ■ | 30 min.

## 41B | GLETSCHERSEE WALK

This path leads from the Alpincenter to the Gletscherblick over the moraines and to the emerald green glacier lake. From here, 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

## 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 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

## 41D | HIRTERBODEN TRAIL (CIRCULAR HIKING PATH)

43 | KITZSTEINHORN 3,203 M - ASCENT TO THE PEAK

Γhis 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. Difficulty: ■ | 41 m difference in altitude | 893 m

There is a steep path to the peak from the Panorama Platform "Top of

#### Salzburg" in the Kitzsteinhorn Gipfelstation at 3,029 m. Fantastic $360^{\circ}$ panorama. (it is recommended to have a mountain guide). There is a guided tour every Wednesday (July - mid September) to the top of the 3.203 m high Kitzsteinhorn - Infos/Bookings: T. +43 (0) 6547 8621 Difficulty: ■ | 174 m difference in altitude

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 safe-guarded, Approx. 45 min. walk Difficulty: ■ | 5 h | 1,423 m difference in altitude

towards the old drag lift trail and continue along the line of the lift

#### 711 | KREFELDER HÜTTE - KLEETÖRL - RUDOLFSHÜTTE Starting point for this tour is the Alpinecenter. From here, walk west

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, past

#### 65 | SONNKOGELSTEIG 84 | THUMERSBACHER-KAMMWEG The Sonnkogel path, just above the mountain hotel Blaickner's

66 | SONNKOGEL-SCHMIEDHOFALM-STEIG

through very old forest to the Schmiedhofalm.

67 | KAMMWEG OVER SALERSBACHKÖPF

Difficulty: ■ | 40 min | 73 m difference in altitude

(retour 200 m difference in altitude) | 2.2 km

a playground located

69 | PFAFFENKENDELSTEIG

81 | SCHÖNWIESKOPFWEG

82 | SCHWALBENWANDWEG

and then walk from there.

under the Maishofner Cross.

83 | UNTERER SCHWALBENWANDWEG

or cityXpress for a comfortable ride down.

neath the Sonnkogel. The Sonnkogel-Schmiedhofalm-Steig follows

the Sonnkogelsteig for a short while and then finds its way again

The Kammweg runs from the Schmittenhöhe parallel to the Erleb-

nisweg 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.

68 | ERLEBNISWEG HÖHENPROMENADE Starting from the Schmittenhöhe (alternative Sonnkogel) the Er-

lebnisweg 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

Difficulty: ■ | 40 - 50 min | 49 - 176 m diff. in altitude | 2.2 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, which lead down

**WALKING PATHS** IN THUMERSBACH

The starting point is the village square in Thumersbach. The path

runs through fields, passed picturesque Loibldorf and several farms

to the end of the Thumersbach valley. The path continues to climb

through the woods passed the Waldheimhof (1,030m; parking pos-

Difficulty: ■ | 4 h | 1,150 m difference in altitude | 9.6 km

continuing on a wide mountain ridge to the summit

Difficulty: ■ | 4 h | 1,232 m difference in altitude | 8.5 km

Difficulty: ■ | 4 h | 1,249 m difference in altitude | 7.8 km

Difficulty: ■ | 2 h | 513 m difference in altitude | 5.3 km

sible) and over the Rupertihaus (1,663 m) to the Hundstein (2,117 m).

The path starts at the village square in Thumersbach. It continues

over fields, through picturesque Loibldorf, passed several farms

to the end of the Thumersbach valley. It climbs steeply at times

through the woods, past the Unterdillingalm (not serviced) to a

beautiful rest area with amazing view. A forest path leads then to

the Zenzalm (not serviced). From there across an alpine pasture,

The village square in Thumersbach is also the starting point of this

path. It wanders up to the Mitterberghof after passing Loibldorf

and Reithgut. From here on it opens into a wide forest road be-

fore turning into a narrow path higher up the mountain. One can

drive up to the Mitterberghof (parking available) if one wishes to

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

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

From the Mooserboden make your way along the eastern side of

the reservoir. The same path up to the Riffltor and, instead of turn-

ing left, continue along the path until the Karlingerbach river cross-

es it. From here, the path continues up to the Kapruner Törl. Now

make your way from the Törl descending again to beneath the Un-

teren Rifflkeeses and further on to the Hinteren Ochsenflecke. From

here, cross over the river and continue along the path towards the

717 | MOOSERBODEN - BÄRENKOPFKEES - GRUBER SCHARTE

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 Bären-

on the upper part of the western side of the Bärenkopfkeeses. Now car-

kopfkees, crossing over the glacier's edge, until you reach a long S-bend

ry 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 mountain tour is classed as a high alpine glacier tour

and should only be undertaken in the company of the mountain guide.

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 Weiss-

bachhorn. The summit is reached by proceeding over the Hüttenkamin

chimney and up over the Bratschen to the Lower Fochezkopf and fur-

ther 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 is

a high alpine glacier tour and requires the appropriate equipment as

well as alpine knowledge and experience. This tour should therefore

only be undertaken in the company of a mountain guide. The ascent

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 Schaun-

bergalm) 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 begin this walk, take the bus up to the Mooserboden. From here

cross over the Mooser and Drossen dam and then proceed in the di-

rection of the Heinrich Schwaiger-Haus. After approximately 200 me-

tres 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 Bauernbrach-

kopf (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 be-

tween levels 3 and 4, depending on the weather situation, and is very

exposed in places. The more difficult stages are safe-guarded with

fixed ropes. Should only be undertaken by those with good alpine

experience or in the company of a 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

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.

Difficulty: ■ | 7 h | 1,054 m difference in altitude

lower Jägerscharte and continue over grazing land to the Gleiwitzer

to go from the Schaunbergalm to Niedernsill and return by taxi.

718 | HAUSHOFERWEG - HEINRICH SCHWAIGER-HAUS -

east. The Rudolfshütte is reached by crossing over stone steps.

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

Difficulty: ■ | 6 h | 1,218 m difference in altitude

up to the hut is possible without a mountain guide

SCHAUNBERGALM - NIEDERNSILL

723 | MAX HIRSCHL-WEG

Difficulty: ■ | 5 h | 1,528 m difference in altitude

Difficulty: ■ | 7 h | 1,921 m difference in altitude

719 | LAKARSCHARTENWEG: KREFELDER HÜTTE -

ALPINCENTER - LAKARSCHARTE - MOOSLEHENALM -

GROSSER BÄRENKOPF

**GROSSES WIESBACHHORN** 

of the old cable car and descend to the Enzingerboden (1.5 h).

716 | AUSTRIAWEG: MOOSERBODEN - KAPRUNER TÖRL -

Difficulty: ■ | 30 min | 48 m difference in altitude | 1.5 km

to the valley - or to the top stations of the cable cars areitXpress

Difficulty: ■ | 20 min | 105 m difference in altitude | 1 km

The path starts at the village square in Thumersbach. One quickly Sonnalm, makes it possible to walk directly over the Sonnkoreaches the Enzianhütte over the Thumersbacher Höhenpromegelsteig to the Sonnkogel. The path snakes its way through the nade, the farmer's road Erlberg and a climb through the woods. woods and across the open terrain of the ski piste. From here on the path follows a wide forest road passed the Hah-Difficulty: ■ | 1 h | 410 m difference in altitude | 2.1 km neckkogel, Breiter Kopf, Schafkopf to the Hochmoor. Shortly after

## It is possible to walk down to the Schmiedhofalm from just under-

Difficulty: ■ | 4 h | 1,150 m difference in altitude | 11.7 km 85 | WALDHEIMWEG

From the original Waldheim mountain guest house 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

reaching the tree line in approx. 1,800 m one can already see the

## 86 | BERGBAUERNWEG

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 after the Hochschleipfgut, the path leads up to Hundstein – respectively, the Schönwieskopfweg. Difficulty: ■ | 1 h | 279 m difference in altitude | 2.2 km

#### 87 | SCHWALBENWAND-KAMMWEG

Beautiful walk along the mountain ridge starting from the Schwalbenwand. The path snakes its way along the ridge over the Schönwieskopf to the Hundstein 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

91 | WALDPROMENADE

This path runs from the Thumersbach Kammweg over a forest road and then narrows and climbs to the Erlhofplatte. From then on it is a wide forest road which meets the Thumersbach Kammweg again at 1,400 m above sea level. Difficulty: ■ | 2 h | 590 m difference in altitude | 4.2 km

## 7 90 | THUMERSBACHER HÖHENPROMENADE

Starting at the village square in Thumersbach, after the Kindergarten. Partially through the forest in the direction of Grafleiten, with magnificent views over the Zell am See lake. Difficulty: ■ | 30 min | 110 m difference in altitude | 1.8 km

#### Starts at the village square in Thumersbach and runs through the woods along the right side of the valley. Difficulty: ■ | 30 min | 79 m difference in altitude | 1.2 km

719 | PINZGAUER SPAZIERGANG Begins Schmittenhöhe - Elisabeth chapel - Kettingtörl - along the Hahnkopf lift - Kettingkopf - passes below the ridge - Sonnbergalm (wurked). 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: app. 6 h | Klingertörl: 5 h | Path down to Uttendorf: app. 8 h | Schattberg: app. 8 h | Path down to Hinterglemm: app. 9 h | Bürgl Hütte: app. 10 h. Beautiful view of the mountain of the Hohen Tauern.

## WALKING PATHS

### a | GRAFLEITENWEG

This path Starts from Hotel Erlhof and serpentines, up four curves, along an asphalt farmer's road called Güterweg Grafleiten to the guesthouse Grafleiten. It climbs further to the Thumersbach Kammweg 30 min | 206 m difference in altitude | 1.6 km

723 | IMBACHSTEIG - NEUMAYERALM - IMBACHHORN -GLEIWITZER HÜTTE From the town centre in the direction Lechnerberweawea along the right side of the Imbach rising up past mudflow and ascending 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 towards 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 724 | BRANDLSCHARTENWEG (HEIMHOFERWEG)

This path starts in the upper car park of the Gletscherbahn cable car. Follow 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 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 down 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

### 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

**ARNOWEG** 

Difficulty:

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 Grieskogel-keeses 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

#### Fürthermoaralm 726 (2,294 m), Kammer Scharte - Alpincenter, Krefelderhütte 5, Pichl. Achenweg 21 (786 m) - FW Imbachstr. (786 m) - Guggen-Imbachsteig 723 - Piff-Scharte (1,785 m) -Gleiwitzerhütte 725 (2,174 m) - Hirzbach Alm (1,715 m).

PINZGAUER MARIENWEG: Maria Kirchenthal - Maria Alm - Maria Elend - Kaprun - Stuhlfelden

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

- Blue mountain trails: Easy trails, which require neither mountain experience, nor any special equipment. Red mountain trails require sufficient fitness and a minimum of equipment for hiking. At least one person in the group ought
- has to be sure of step and needs a good head for heights. Suitable mountain experience is necessary! Trails suitable for children's prams

## ubjective and can change from person to person.

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

# d | ERLBRUCKWEG

Next to the appartement Edelweiss am See in Thumersbach on the Erlberg bathing area (free of charge) along a farmer's road to Erlbruck. Between the barns of the Erlbruckhof and further up the hill on a dirt road. The path becomes narrower behind the water basin and further down along to the Panorama Camp. 30 min | 138 m difference in altitude | 1.3 km

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

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 very good walking path to the Schoberalm. 1 h | 240 m difference in altitude | 3.6 km

## f | BRUCKBERGWEG

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

### 🍃 g | 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

### h | 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 promenade 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 | 11.3 km

The Hofmannsthalstrasse (opposite the Yachtclub Zell am See) is a very short but charming promenade due to the landscape surrounding it. It leads to Schloss Prielau which allures its guests with its refinement and superb cooking.

20 min | hardly any difference in altitude | 1.4 km

I | FISCHHORN WALKING AND BIKING PATH

steinhornstrasse in Schüttdorf to Zellermoos.

k | TALWANDERUNG (VALLEY HIKE)

#### 💃 j | PORSCHE ALLEE The path runs from the retirement home in Schüttdorf along the side of the Porsche Allee. It is closed to vehicles after the riding stable.

30 min | 2 km

🗽 i | HOFMANNSTHALSTRASSE

the Porsche allee and the bike path in the direction of Bruck to the industrial area; through the underpass; further along the bike path to the train underpass, around the Safe industrial area (Safe St.); over the bridge and then immediately branches to the right and follows the Salzach to Kaprun. 1.5 h | hardly any difference in altitude | 7.8 km

It starts at the Porsche riding stables and goes around the nature

reserve, at the southern end of the lake Zell - theme path "Wiesen-

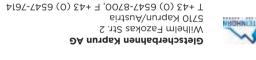
This way leads from Schüttdorf (Porsche horse riding stables) over

## KönigReich" - Wetlands of lake Zell, to the Panorama Camp. 🗽 m | PINZGAUBAHN WALKING PATH The path runs alongside the Pinzgau train tracks from the Kitz-

### n | FLUGPLATZSTRASSE WALKING PATH (AIRPORT) This path, starting at the Salzach bridge, joins Kaprun and Zell am See (suburb of Schüttdorf).

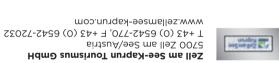
### www.schmitten.at Current weather conditions T +43 (0) 6542 736 94 051-687 2426 (0) 6542 789-0, F + 43 (0) 6542 789-130 5700 Zell am See/Austria

on Kitz TV (local 24-hour information channel). Current weather conditions in the Internet or www.kitzsteinnorn.at InfoService at the mountain: T +43 (0) 6547-8621



Postfach 8

Schmittenhöhebahn AG



SCHMITTEN



Zell am See

**Kaprun** 



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

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.

# to have some experience of hiking tours in the mountains ■ Black mountain trails i.e. on Alpine tours, every participant

# The classification of the different grades of difficulty are

Please keep the environment clean and take your trash back home Zell am See-Kaprun shall not be liable for any accidents and injuries. climb. Forest walks are optional

Parking possible at the Ronachkopf lift station in Thumersbach. The whole path is asphalt to the Mitterberghof and is a regular 1 h | 361 m difference in altitude | 3 km