

From the hiking info point follow the road to the village bridge and turn

he direction of Hummersdorf. Just before the bridge of the Salzach river

turn left and continue along path no. 10 to the Krinner bridge. Turn left

Kunst am Tauernradweg

Naglbauer (on request)

Kopfsteher Tanz an der Salzach

here and return along path no. 13 to the starting point.

NAGLKÖPFLWEG zum Kraftplatz

Start & Destination: Parking lot Ematen Niedernsill

NAGLKÖPFLWEG zum Kraftplatz

Experience **** Difficulty easy

Landscape ★★★★★★ Stamina ★★★

Start & Destination: Parking lot Walchen

Landscape ★★★★ Stamina ★★

back to the start of the tour.

Ascent: 266 m

Descent: 266 m

Duration: 1 - 2 h

to the starting point.

istance: 10.2 km

Ascent: 598 m

Descent: 598 m

Duration: 3 - 4 h

Experience **** Difficulty easy Technique ***

From the starting point follow hiking path no. 6 to Naglköpfl. Now hike

Naglköpfl Chapel

At the fork in the road turn left into Kehlbachgasse and then follow the

pel and the Naglbauer. Then continue along the road, path no. 19 in the

direction of Röderlehen. At the right-hand bend, turn left onto path no.

5 and follow it downhill to Ematen. At the road turn left and take the

Naglköpflweg trail, path no. 6 and the Kulturlandschaftsweg trail back

past the Naglköpfl Chapel to the Naglbauer. Then walk along the road,

oath no. 19 uphill in the direction of Röderlehen. At the right-hand

bend turn left and change onto path no. 5 and follow it via Gitschen

scent: 31 m

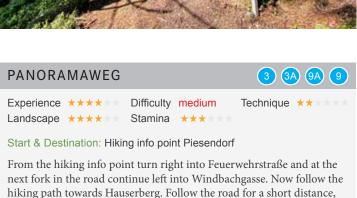
Descent: 31 m

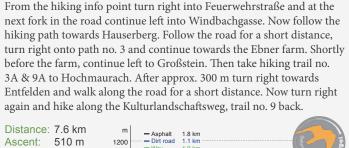
Duration: 1.5 - 2 h

ight before it. Now follow the Schwimmbadstraße and path no. 10 in

















Starting from the hiking info point you walk along the Salzachstraße to the parking lot of the bathing lake. Turn left and continue in the direction of the bathing lake. Shortly before it, turn right and follow path 1A past the Luzia biotope to Aisdorf. Walk uphill along the road, keep left and hike onto hiking trail 1 to the Liebesbrunnen. Now the roads Zillerstraße and Dorfstraße leads back to the starting point.



NIEDERNSILL - LENGDORF - GAISBICHL - STEINDORF	1A 4 3					
Experience *** Difficulty easy Landscape *** Stamina ***	Technique ★★★★★					
Start & Destination: Hiking info point Niedernsill						
Start & Destination: Hiking info point Niedernsill From the hiking info point follow the Salzachstraße until shortly before the bathing lake, turn right and follow hiking trail 1A to Aisdorf. From here, take trail no. 4 towards Hauptmannsdorf and continue along the Tauern cycle path to Lengdorf. At the fork in the road turn right into the street Am Radweg, then walk left through the underpass into Lengbach weg. Now follow the road in the direction of Hacklberg. After Unterberg, turn right onto the Krenmoosweg hiking trail. Finally, the hike leads via Gaisbichl and Steindorfer Straße, trail no. 3 back to the start.						
Distance: 6.3 km						

berg, turn right onto leads via Gaisbichl a		mooswe	g hikin	g trail.	Finally,	the hil	
Distance: 6.3 km Ascent: 168 m Descent: 163 m Duration: 2 - 2.5 h	m 1100 1000 900	Nature bathi Playground		_uzia Park ound Leng	dorf	— Asph — Way — Path	alt 3.8 km 2.0 km 0.5 km
	km	1	2	3	4	5	6



Descen	at: 210 m n: 1.5 - 2.5 h	1000 900 800 km	1	2	3	- Asphal - Way - Path	t 3.0 km 0.2 km 1.9 km
FRIE	DENSBAC	HREITH	1			5	5A

Experience *** Difficulty easy Technique ****

Ascent: 275 m

Duration: 2 - 2.5 h

Descent: 275 m

dscape ★★★ Stamina ★★ ★★★	
rt & Destination: Parking lot Walchen	
m the parking lot walk downhill along the Skiliftstraße to the bridge turn left into the road Oberkammerer Straße. Continue along the d and then along hiking trail 5 to the Leitenweg. Keep left at the fork he road and follow the road and hiking path uphill towards Hauserg. Then change to trail no. 5A and hike along it to Friedensbachreith. Whike via the Angerberg back to the starting point.	
tanaa: 5 9 km	



MOUNTAIN TOURS IN THE AREA OF THE KITZBÜHEL ALPS (PINZGAUER GRASBERGE)

Difficulty medium Technique ★★★★★

HOCHPRACK - RÖDERLEHEN

Experience ***

SCHMITTENHÖHE -

Hochsonnbergalm - Pinzgauer Hütte

After the ascent with the Schmittenhöhe or trassXpress gondola, follow

the signs "Pinzgauer Spaziergang", trail no. 19 over Kettingkopf and

Landscape ★★★★★ Stamina ★★★★

Start & Destination: Schmittenhöhe Zell am See

Start & Destination: Hiking info point Niedernsill

From the hiking info point, follow the road in the direction of the main

road and continue left through the underpass into the street Steindorfer

Straße. Now the paths 3 & 5 leads via Gaisbichl to Hochprack. Then

walk straight on the forest road, trail no. 5 in the direction of Röderle-

hen. After crossing the stream, turn left and take the somewhat steeper

hiking trail no. 5A to the Katzsteinalm. Return along the ascent route

for a short distance and continue straight ahead along forest trail 5A

Experience **** Difficulty medium Technique ****

From the car park, follow the road Schiliftstraße downhill to the church

Naglbauer and along the trail no. 19 to Röderlehen. Change to the forest

Katzsteinalm. For the way back, follow the same route to the Naglbauer

km 2 4 6 8 10 12 14

and turn right two times. Then turn left and hike along the Kultur-

landschaftsweg trail uphill to Naglköpfl. Now the hike leads past the

road, path no. 5 and follow this in the direction of Hochprack. At the

junction change to the trail no. 5A on the right and continue to the

Experience **** Difficulty medium Technique ***

Starting from Aufhausen or Fürth, follow the well-marked hiking path

no. 8 along the road Dürnberg, past Hochedt. At the fork in the road,

areitXpress to Schüttdorf and by bus or train back to the starting point.

rerberg to the next fork in the trail. Turn right again and hike along the

Pinzgauer Spaziergang, trail no. 19/719 to the Hochsonnbergalm. The

descent route is on the hiking trail nos. 18 and 6A via Rohrlehen and

Starting from the hiking info point, follow the road to the roundabout

and continue left through the underpass into Steindorfer Straße. Now

follow the hiking path nos. 3 and 5 uphill to Hochprack. Change to the

forest road, turn left at the fork in the road after the barrier and take trail

no. 13 via the Bachrainalm to the Hochsonnberghütte hut. The descent

is along hiking trails 13 and 748A (Steinbachriedel) to Hochprack and

then hike back to the starting point via the ascent route.

Descent options: return via the ascent route or comfortably by the

keep to the right and hike along the hiking trail no. 8 to the destination.

Destination: AreitLounge

km 1 2 3 4 5 6 7

km 2 4 6 8 10 12 14 16 18

Landscape ★★★★★ Stamina ★★★★

Start & Destination: Parking lot Walchen

Landscape ★★★★★ Stamina ★★★★

Start & Destination: Hiking info point Niedernsill

and from there continue along the road to the start.

Parking lot at Naglbauer - hiking time approx. 4 hrs.

then take trail no. 5 back to the starting point of the tour.

KATZSTEINALM von Walchen

Landscape ★★★★★ Stamina ★★★★

Start & Destination: Parking lot Walchen

Distance: 13.7 km

Ascent: 771 m Descent: 771 m

Duration: 5 - 6 h

Distance: 15.3 km

Ascent: 740 m

Descent: 740 m

Duration: 6 - 7 h

AREITLOUNGE

Start: Aufhausen or Fürth

Distance: 8 km

Ascent: 720 m

Ascent: 1,135 m

Descent: 1.135 m

Distance: 19.1 km

Ascent: 1,106 m

Descent: 1,106 m

Duration: 7 - 8 h

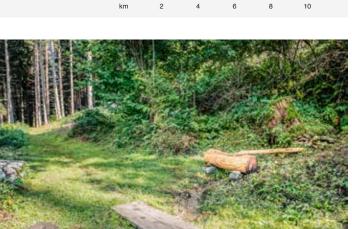
Duration: 6.5 - 8.5 h

Descent: 121 m Duration: 3 - 4 h

2 (A) 749 (B)

to the forest road. Keep left and hike along the road to Röderlehen and

Landscape ***** Stamina ******	Kesselscharte to Rohrertörl. Then the hike leads back in the direction
Start & Destination: Hiking info point Niedernsill	of the Schmittenhöhe. First take trail no. 719 to the Hochsonnbergalm, then trail no. 1A to the Pinzgauer Hütte and afterwards hiking trail no.
The tour starts at the hiking info point, from here you walk along the	719 leads back to the top station.
road to the roundabout and continue left through the underpass into Steindorfer Straße. Then follow the road, path no. 3 and 5 uphill via Gaisbichl to Hochprack. Pass the barrier and continue straight ahead along the forest road to Röderlehen. Below the farm, in the left-hand bend, turn right onto trail no. 5 and walk along it via Gitschen and Ematen back to the starting point.	Distance: 9.1 km Ascent: 383 m Descent: 383 m Duration: 2.5 - 3.5 h 1900 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700 1600 1700
Distance: 11.8 km m Accept: 651 m 1600 — Asohalt 6.7 km	km 2 4 6 8
Ascent: 651 m 1600 — Asphalt 6.7 km Descent: 651 m 1400 — Dirt road 3.7 km - Path 1.4 km	
Duration: 4 - 5 h 1200	KATZSTEINALM von Niedernsill 3 6 6A
600 km 2 4 6 8 10	Experience **** Difficulty medium Technique ***** Landscape **** Stamina *****



Maria Control of the	一种一种一种	THE REAL PROPERTY.	APPENDING NO.
SONNENWEG		3 3A 4	
Experience ***** Landscape ****			*****
0		,	

Start & Destination: Hiking info point Piesendorf From the hiking info point, turn right into the Feuerwehrstraße and at the next junction turn left into Windbachgasse. Then follow the hiking trail in the direction of Hauserberg. Keep left at the road and walk uphill to the next fork in the road. Turn right onto path no. 3 and hike along it until the Ebner farm. Shortly after the farm turn left and continue along trail no. 3A to the next junction. Turn right here and follow the well-marked hiking trail no. 4 via the Engelbrechtalm to Gosen (always keep left). Then take trail no. 5A via Friedensbachreith and then

Ascent: 678 m Descent: 661 m Duration: 4 - 5 h	m 1500 1400 1300 1200 1100 1100 1100 1000	2	4	6		Asphalt Way Path	2.8
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PINZGAUER HÜTTE

Experience ***** Difficulty medium Landscape ***** Stamina *****
Start & Destination: Hiking info point Piesendorf
From the hiking info point, walk along the road over the village bridge to the church. Then follow hiking trail no. 2 and the trail no. 1A uphill to the fork in the path. From here, path no. 749/1B leads via the Kottingsipödenalm to the Pingaguer Hütte. Well refreshed descend along

Troin the mitting into	Pomit,	mane arong the road over the	village bill	*5°
to the church. Then for	ollow h	iking trail no. 2 and the trail	no. 1A upł	ıill
1	e Pinzg	here, path no. 749/1B leads gauer Hütte. Well refreshed, d		
Distance: 12.9 km Ascent: 941 m Descent: 941 m	m 2200 2000 1800	Pinzgauer Hütte	— Asphalt — Dirt road — Path	0.9 km 8.9 km 3.1 km

Distance: 12.9 km Ascent: 941 m Descent: 941 m	2200 2000 1800	Pinz	zgauer Hütte	e D		- Asphalt - Dirt road - Path	0.9 km 8.9 km 3.1 km
Duration: 5 - 6 h	1600 1400 1200 1000 800						
	600 km	2	4	6	8	10	12

	600						
	km	2	4	6	8	10	
PINZGAUER H	HÜTTE v	on F	ürth		9A (A) 74	9
Experience ***	r★★ Diffic	culty m	nedium	Te	chnique	**	

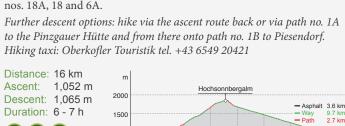
Start & Destination: Fürth	
Starting from Fürth, follow the hiking trail no. 9A (Pammerweg) uple to Oberberg. Then continue along the well-marked hiking path 1A of Wengerberg to the Pinzgauer Hütte. Well refreshed, follow path no. 749/1B via Kottingeinödenalm to the fork in the path, from where trans. 1A leads back to the start of the tour.	ver

	no. 1A leads back to t	he start of the	tour.	-			
 n	Distance: 15.1 km Ascent: 1,001 m Descent: 1,001 m	m 2200 — Asphalt — Dirt road 2000 1800 — Path	4.6 km 7.6 km 0.5 km 2.4 km		Pinzgauer H	ütte	
n n	Duration: 5.5 - 6.5 h	1400 1200 1000					
1		800 600					
_		km 2	4	6	3 10	12	14





tart & Destination: Parking lot Walchen
carting from the car park, follow the Schiliftstraße downhill to the ridge and turn left. Continue along the road and trail no. 5 to Frieensbach. Keep left at the fork in the road and walk a short distance
ong it to the next bridge then turn left again. Now follow hiking trail o. 5 and 5A in the direction of Gosen and then path no. 17 leads over ngerberg to the Hochsonnbergalm. The way back is via hiking trail
os. 18A, 18 and 6A. surther descent options: hike via the ascent route back or via path no. 14



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SCHMITTENHÖHE
                                                     on Piesendorf
                                                   Experience **** Difficulty medium Technique ***
Experience ***** Difficulty medium Technique ***
                                                   Landscape ★★★★★ Stamina ★★★
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Start: Hiking info point Piesendorf Destination: Schmittenhöhe From the hiking info point, follow the road to the church and turn right at the crossroads. Now hike along the hiking trail no. 9A over Wengerberg to Hochmaurach. Keep left here and continue along trail no. 1A, along the forest road to the fork in the road. Turn right again and continue along the hiking trails 1C, 50 and 58 uphill to the Schmittenhöhe. Descent options: return via the ascent route or comfortably with the Schmittenhöhe or trassXpress gondola to Zell am See and by bus or train back to the starting point in Piesendorf.

Distance: 8.4 km Ascent: 1,172 m Descent: 4 m Duration: 4 - 5 h	m 2000	- Asphall - Way - Path	2.9 km 3.6 km 1.9 km	3	4	5	<u>s</u>	Franzl	höhe 8



The starting point of the tour is at the top station of Schmittenhöhe or trassXpress gondola after a comfortable ascent. From here, the well-marked Pinzgauer Spaziergang trail with path nos. 19 and 719 leads westwards via Kettingtörl, Kettingkopf, Kesselscharte, Rohrertörl, Kammscharte, Klingler Törl, Medalscharte, Sommertor and Murauer Scharte to the Bürglhütte in Stuhlfelden. Note! Hikers with a great stamina can take one or another summit experience with them - please note that the summit ascents are not included in the hiking time! You can descent to any village below!

Distance: 25.5 km Ascent: 525 m Descent: 777 m Duration: 8 - 9 h	2300 2200 2100 2000 1900 1800 1700 1600 km	Pinzgauer H	chsonnbergalm — Dirt road	 Hochsonnberg:	Bürglhütte



Start & Destination: Hochsonnbergalm Piesendorf Start from the Hochsonnbergalm and ascend to the Pinzgauer Spaziergang, trail no. 19. Then follow it in the direction of the Schmittenhöhe

until you reach the Kesselscharte. Turn left and hike along the ridge to the summit. Now the hike continues to Rohrertörl. From there, the hiking trail no. 719, Pinzgauer Spaziergang trail leads back to the hut. Ascent to the Hochsonnbergalm: approx. 3 to 4 hours.

ı	Hiking taxi: Oberkofler Touristik tel. +43 6549 20421									
ı	Distance: Ascent: Descent: Duration:	318 m	m 2100 2000		Way 1.6 km Path 4.9 km			Maurerk		nnbergalm
			1900	Hochso	onnbergalm	7				
			kr	n	1	2	3	4	5	6



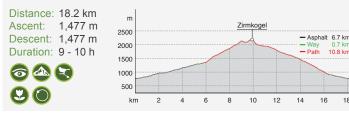
straight on and follow the signs and paths 6A, 18 and 18A to the Hochsonnbergalm. From the hut, continue along the Pinzgauer Spaziergang, trail no. 719 to the Röhrertörl. Now the hike leads over the Oberer-Gernkogel to the Niederer-Gernkogel. The descent is along path no. 19 and 748 to the Naglbauer and from there you return to the starting point via the Kulturlandschaftsweg trail. **Attention!** The tour is suspended shortly before the summit and has insured passages! A basic level of surefootedness is required!





Start & Destination: Hiking info point Niedernsill Starting from the hiking info point, follow the road to the roundabou

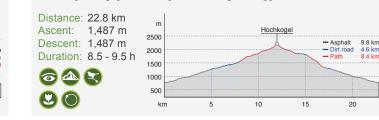
and continue left through the underpass into Steindorfer Straße. Now PIESENDORFER HOCHSONNBERG 6 19 748 18 hike uphill along trails 3 & 5 to Hochprack. Continue along the forest road, turn left at the fork in the road after the barrier and follow trail Experience ***** Difficulty medium Technique *** no. 13 for a short distance. Turn right onto trail no. 748A, which takes Landscape ★★★★★ Stamina ★★★★ you over the Steinbachriedel and Hochsonnberg to the summit of the Zirmkogel. The descent is via the Kammscharte and further on along trails 19 and 748 to Röderlehen. Afterwards, take trail no. 5 via Gitschen You start from the car park in Walchen, follow the hiking path no. 6 and Ematen back to the starting point. uphill to the Naglbauer. After the bend turn right onto trail no. 19/748. *Limited parking spaces Hochprack - hiking time approx. 6.5 hours.* Now the well-marked hiking trail leads over Hochgitscheck and Roh-





NIEDERNSILLER HOCHSONNBERG (3) (5) (13) (49) Start & Destination: Hiking info point Niedernsill Experience ***** Difficulty medium Technique **** From the hiking info point, follow the road to the roundabout and cont-

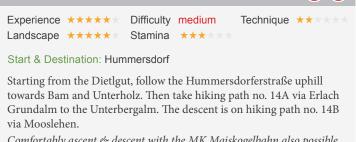
inue left through the underpass into Steindorfer Straße. Now hike uphill along the trails 3 & 5 to Hochprack. Change to the forest road, turn left at the fork after the barrier and follow trail no. 13 over the Bachrainalm in the direction of the Hochsonnberghütte hut (not managed!). Shortly before the hut, turn left, ascent to the Pinzgauer Spaziergang trail and follow this trail no. 719 to the Klingler Törl. Here begins the somewhat steeper ascent to the summit. The descent is on the same route to the hut. Afterwards, path nos. 13 and 748A leads back to the start. *Limited parking spaces Hochprack - hiking time approx. 6.5 hours.*



MOUNTAIN TOURS IN THE AREA OF HOHE TAUERN

(HOHE TAUERN NATIONAL PARK)

UNTERBERGALM am Maiskogel

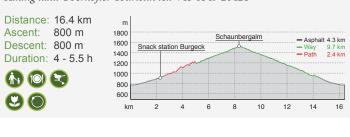


Comfortably ascent & descent with the MK Maiskogelbahn also possible.

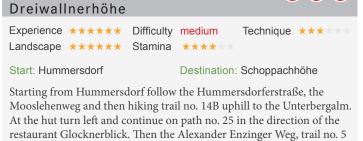




Starting at the hiking info point, follow the Dorfstraße, path no. 1 and Schattbergstraße to the Burgeck snack station. Now take the Pionierweg/ Vitalisweg (hiking path) and then the forest road, path no. 722 to the Schaunbergalm. Well refreshed, hike back along the forest road. Hiking taxi: Oberkofler Touristik tel. +43 6549 20421



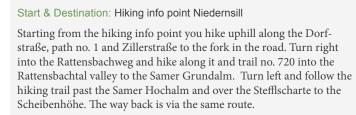
SCHOPPACHHÖHE über



leads over the Dreiwallnerhöhe to the Schoppachhöhe. The descent is via the same route or comfortably by the MK Maiskogelbahn cable car to Kaprun and then back by bus or train. Ascent: 1,339 m Descent: 61 m Duration: 4 - 6 h



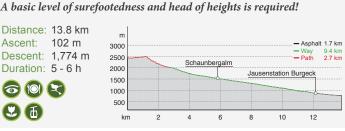


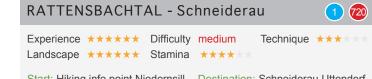




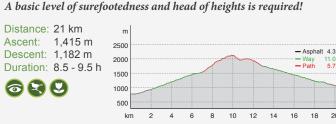


After a comfortable ascent with the cable car, hike along hiking trail 719 uphill to the Lakarscharte. Continue through the Lakar, past the Lakaralm and Mooslehen Grundalm to the Schaunbergalm in the Mühlbachtal valley. Afterwards, hiking trail no. 722, along the forest orad and the Pionier-/Vitalisweg trail as well as hiking trail no. 1, along the Dorfstraße leads to the centre of Niedernsill. Hiking taxi Schaunbergalm: Oberkofler Touristik tel. +43 6549 20421 A basic level of surefootedness and head of heights is required!





Start: Hiking info point Niedernsill Destination: Schneiderau Uttendorf From the hiking info point, follow the Dorfstraße, path no. 1 and Zillerstraße to the junction. Turn right into Rattensbachweg and follow it and hiking trail no. 720 into the Rattensbachtal valley. Change to the hiking trail and follow it over Breiteck to Steingassl. Keep to the right and descend along trail no. 720 via Schlauchenalm and Hasenaualm to Schneiderau in Uttendorf.







HACKLSEE im Mühlbachtal

via the forest road.

Distance: 23.4 km

Ascent: 1,467 m

Descent: 1.467 m

Duration: 8 - 10 h

TÄLERWANDERUNG:

Landscape ***** Stamina ****

Start & Destination: Hiking info point Niedernsill

Viatlisweg trail.

Ascent: 1,635 m

Descent: 1,635 m

Duration: 9 - 10 h

Landscape ★★★★★ Stamina ★★★★

Start & Destination: Hiking info point Niedernsill

Hiking taxi: Oberkofler Touristik tel. +43 6549 20421

Vitalisweg and then the hiking path no. 722 past the Schaunbergalm to

the Schaunberg Mitteralm. Now change to hiking trail and follow it over

the Hackl Hochalm to the Hacklsee. The descent is via the same route or

Snack station Burgeck

Schaunbergalm

1 720 719 7

Hiking time from Schaunbergalm approx. 4.5 hours (there & back)

Rattensbachtal - Steingassl - Mühlbachtal

Experience ***** Difficulty medium Technique ***

From the hiking info point follow the Dorfstraße, path no. 1 and Ziller-

straße to the fork in the road. Then turn right into Rattensbachweg and

hike along it and hiking trail no. 720 into the Rattensbachtal valley, in

the direction of Breiteck. Now follow hiking trail no. 719 over Steingassl

and past the Schaunberg Mitteralm to the Schaunbergalm. Now return

to the starting point along hiking trail no. 722 and/or the Pionier-/

ing taxi: Oherkofler Touristik tel ±43 6540 20421

10 Rules

Austria's farmers make an important contribution to

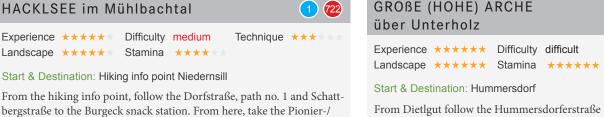
preserving our alpine countryside. As a visitor you can

daily stages enchants you with intense hiking pleasure with unforgettable views: While on the first 12 stages you can view the Hohe Tauern from the loge of the Kitzbühel Alps, on the other stages you hike into the heart of the Hohe Tauern.

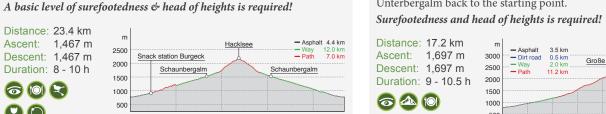


14A 14B

DEMANDING TOURS



From Dietlgut follow the Hummersdorferstraße uphill to Unterholz. Then change to hiking trail no. 14A and hike along it to Erlach Grundalm. Now the demanding part of the tour begins. Ascend via the hiking trail to the Erlach Mitteralm, keep to the right and follow the trail through the Steinkarlalm to the fork in the trail. Keep left and climb the ridge to the summit. The descent is via the same route to the Erlach Mitteralm. Turn right here and descend along trail no. 14B past the Unterbergalm back to the starting point.

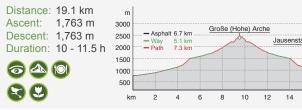






Starting from the hiking info point, follow the course of the Dorfstraße, path no. 1 and then trail no. 7 ober the Schattberg, past the Burgeck snack station to the Grünalm. Now the demanding part of the tour begins. Follow the hiking trail through the Grünalmkar until you reach the fork in the trail. Keep to the right here and climb along the ridge to the summit. The descend is via the same route. Surefootedness and head of heights is required!



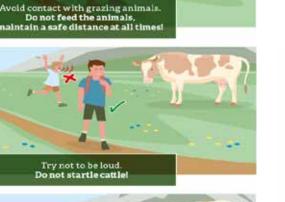




for a safe holiday around cattle

memorable experience, while keeping everyone's best intersts on mountain pastures and meadows in mind.









Do not stray from the path!



10 Respect and mutual consideration form the basis for a common together!



