

HIKING



EXPLORE THE INNSBRUCK
REGION ON FOOT

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TOURIST INFORMATION

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W E L C O M E

TO THE INNSBRUCK REGION

HIGH MOUNTAINS, STRONG TOWN

Innsbruck, heart of the Alps, is located in a region with the perfect prerequisites for nature, culture and active vacations. Just a hop, skip and jump separates the pulsating city from the high mountains of the Alps, jagged cliffs, rolling sun plateaus, cool forests and blossoming alpine meadows. It's an absolute must to come to the Innsbruck region with your hiking boots! Centuries-old cultural treasures, electrifying night life, shopping zones of international niveau stand practically side-by-side with a far reaching hiking paradise amidst breathtakingly beautiful natural landscapes. The combination of alpine and urban, pure nature accompanied by city flair, is what makes this mixture so exhilarating, so unique, so full of unexpected enjoyments.

GETTING HERE

BY AIR:

Direct flights from many cities connect Innsbruck Airport with the rest of Europe. Munich International Airport is just 2 hours from Innsbruck by car.

BY TRAIN:

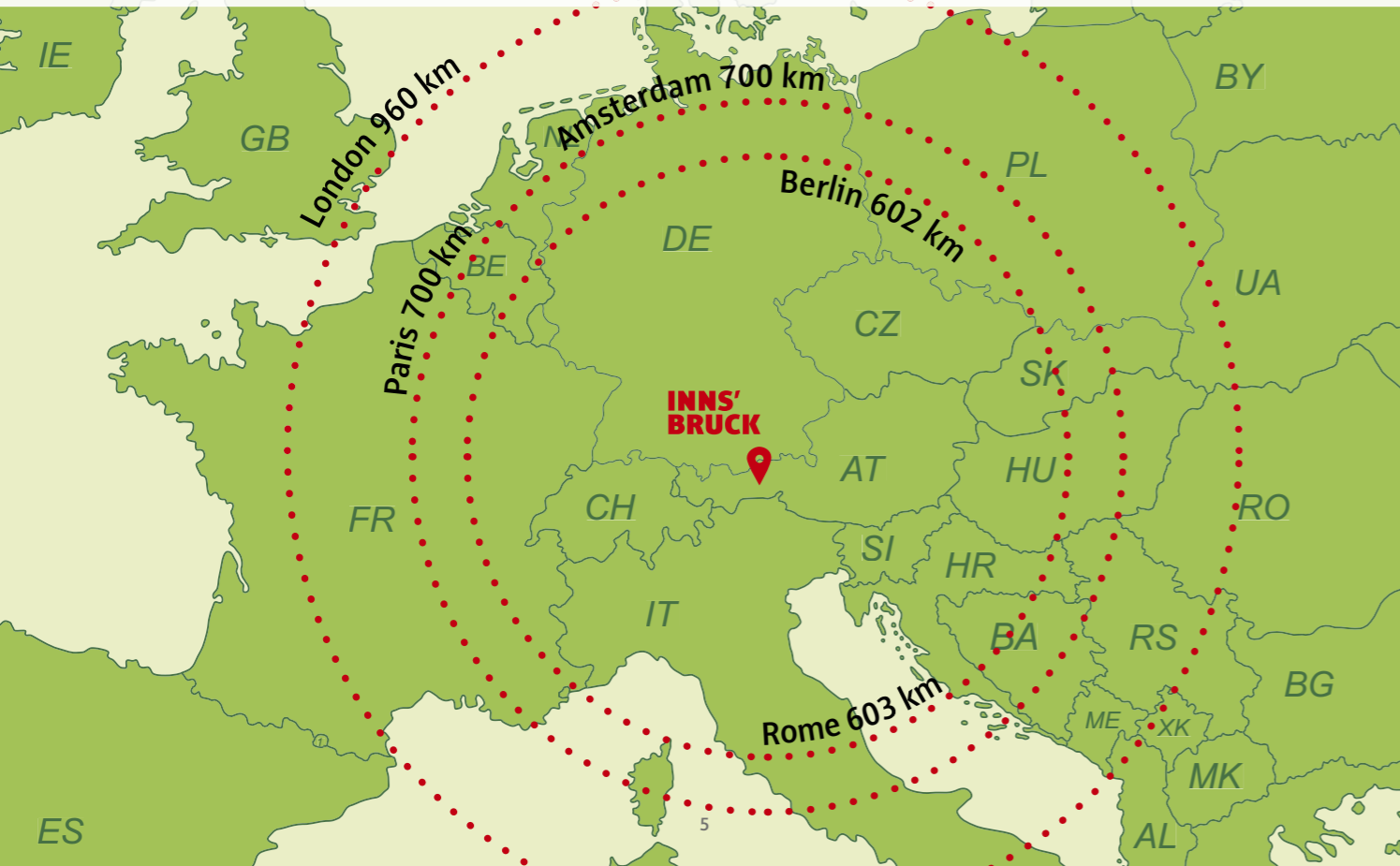
From all directions of the compass, train lines lead straight to Innsbruck: from Basle or Zurich via Feldkirch and St. Anton am Arlberg; from Munich via Rosenheim or Garmisch; from Milan via Verona and Bolzano; or from Vienna via Linz and Salzburg.

BY CAR:

The nodal point Innsbruck is a central hub for motorways from the west (Switzerland, Liechtenstein, Vorarlberg), from the south (Rome, Milan, Bolzano) and from the east (Munich, Salzburg, Vienna). They all meet here.

FREE PUBLIC TRANSPORTATION TO YOUR TOWN OF ACCOMMODATION:

On request, when guests arrive in the region by air or by train, they receive from their hosts an Arrival Voucher which entitles them to free public transportation to their holiday town on select bus lines.



EVENTS



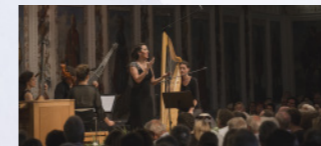
INNSBRUCK ALPINE TRAILRUN FESTIVAL

27 + 28 April 2018



CRANKWORX INNSBRUCK

13-17 June 2018



INNSBRUCK FESTIVAL OF EARLY MUSIC

17 July-27 August 2018



IFSC CLIMBING WORLD CHAMPIONSHIPS

6-16 September 2018



UCI ROAD WORLD CHAMPIONSHIPS 2018

22-30 September 2018



FIS NORDIC WORLD CHAMPIONSHIPS

19 February 2019-3 March 2019

WELCOME CARD

Each guest receives the Welcome Card from participating hosts free-of-charge on arrival. It permits vacationers a wide range of price reductions and programmes in the Innsbruck region.

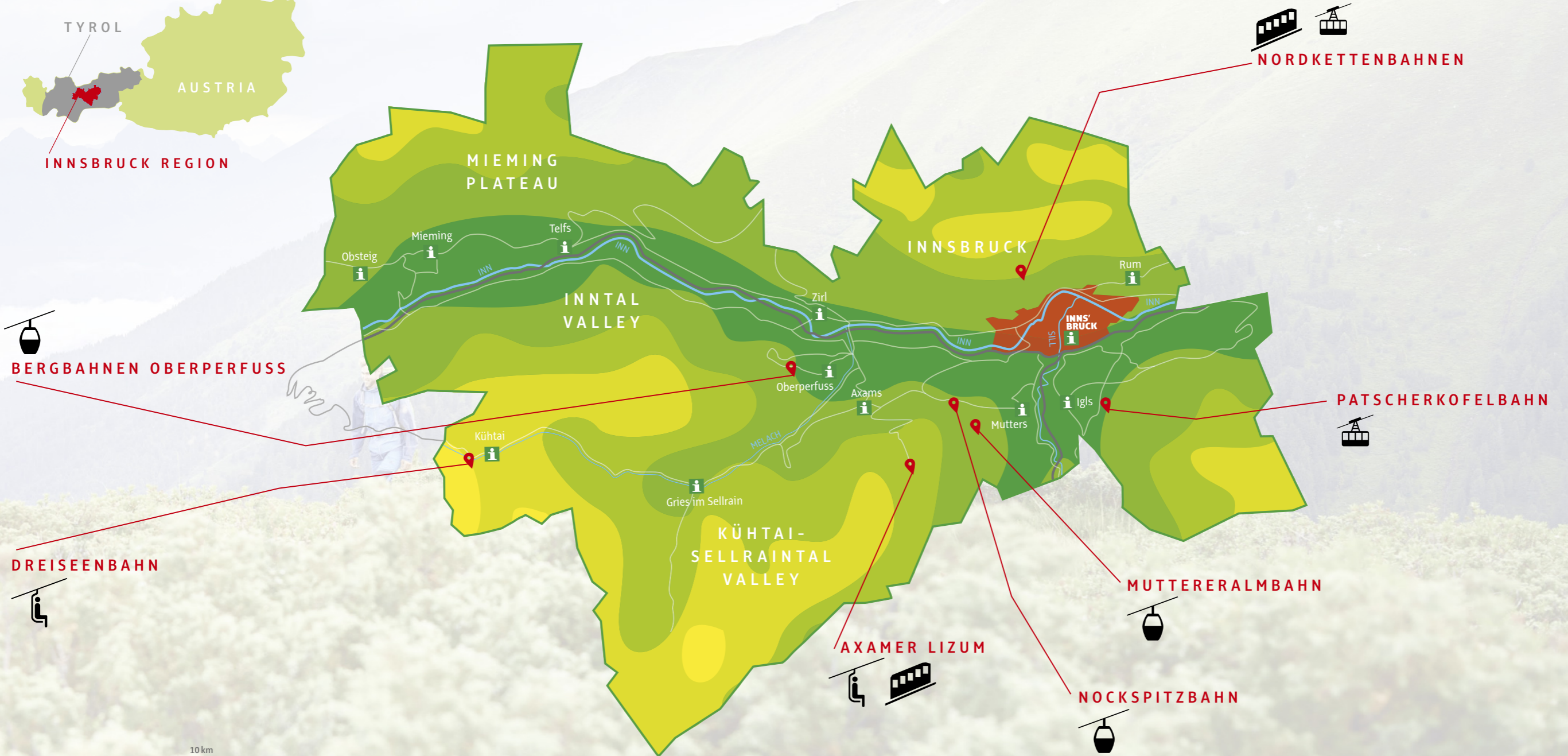
- ▶ Free ascents and descents at selected cablecars in the Innsbruck region (min. 3 overnights)
- ▶ free mountain hiking program
- ▶ 50% reduction for swimming admission (day ticket): Untermieming Bathing Lake, Barwies Forest Pool, Telfer Bad, Leisure Center Axams, Outdoor Pool Mutters, Natterer See Lake, Lanser See Lake

For other benefits and details about the Welcome Card, please see

www.innsbruck.info/welcome



The following pages present the most beautiful and most popular hiking activities in the Innsbruck region. The glossary on the last pages serves as a reference for other information and contacts.



HIKING HAS

**HIKE WITHOUT HASSLE, WANDER WITHOUT WORRY:
PREPARATION IS EVERYTHING**

Off you go! Soak up the sunshine, let your gaze sweep over the far horizons, fill your lungs with crisp mountain air, challenge your body. And so that at the end of a hiking day it is the grand impressions and discoveries amidst mountain scenery which remain in memory, a few safety rules and tips about what equipment to take along with you should be heeded.



WITHOUT

SLE

OVERVIEW OF HIKES IN THE
INNSBRUCK REGION

CLASSIFICATION OF HIKING TRAILS

In the chapters to follow, the most beautiful hiking tours from the 5 hiking zones in the Innsbruck region are presented to give you an overview of all offerings and possibilities at a single glance. We have made every effort to highlight hikes in all three categories of difficulty. **This classification adheres to the guidelines set by the Austrian Hiking Trails Seal of Quality.**

- ▶ For the classification, criteria such as hazards of falling, plentitude of fixed cables and climbing stretches, necessity of using your hands to assist forward progress, and the demanding quality of the hike in general are weighed to arrive at a certain difficulty.
- ▶ The length of the hike does not play a part in classifying its difficulty. Nor do typical alpine dangers such as falling rocks, avalanches, altitude and necessary equipment, which apply basically to all hikes.

The grade of difficulty of each route is illustrated by colored dots on the yellow trail signs:

- **A red dot:** these are mostly narrow, sometimes steep mountain trails, with some exposed passages, occasional sections are equipped with fixed cables for safety.
- **A black dot:** these are narrow, often steep mountain trails with frequent exposed passages and/or short climbing spots which require using your hands. Sure-footedness and vertigo-free walking are essential on black trails.

TIPS FOR TOURS

Each of the five presented regions has many more tours than those presented here. Information about the proposed hikes as well as about other hikes can be obtained at the Information Bureaus in each village.

ONLINE

All hiking tips including a downloadable GPS can be obtained online at

www.innsbruck.info/hiking or <https://maps.innsbruck.info>

FACTS

At the end of the description of each hike, a fact box appears with the following details for a quick assessment of the hike:

Length | Time (out and back, except for one-stretch hikes) | Start and finish locations | Altitude | Meters of ascent | Type of hike | Impressions of the tour

HIKING AND BIKING MAP

Regardless whether on foot or on a bike, the non-tearable and weatherproof hiking and biking map by Kompass is an indispensable aid in nature, providing detailed views along all hiking and biking routes in the Innsbruck region, from gentle strolls, nordic walking routes and family hikes all the way to demanding hikes over high alpine pastures; also biking trails, mountain biking routes, downhill stretches. The map can be purchased in all Tourist Offices of the region.



CLASSIFICATION

Sellraintal valley

SAFETY ON THE TRAIL

To begin with, everyone should be aware that a mountain hike is **a demanding activity in an environment which requires a high degree of respect**. A quick, easy ascent on a cablecar frequently deludes one about that essential fact. A hiker needs to have adequate physical fitness. **Calculations of the length of the hike** are based on the following: for 100 meters of altitude difference in ascent, 200 meters of altitude descent and one kilometer of walking, figure on 20 minutes (intermissions not included).

Plan your tour carefully. Gather information on-site about the given conditions and, most of all, about the weather. Heed the information and warnings of the locals and the refuge managers. Decide about your definitive route on the basis of **current weather forecasts**. Also after you are underway, ongoing attentiveness is imperative. Tiredness can affect your sure-footedness. Make regular stops to **eat, drink and rest**, in order to keep your concentration up. Try to discover your own personal tempo, which ideally suits you. And don't forget that you still need strength for the descent and the way back.

Weather conditions in the mountains tend to be **rougher and rawer** than in the valleys, moreover they **change rapidly**. Thus, protective clothing for rain and cold should be taken along. Despite perfect signs and well marked hiking routes, a **good hiking map** is an indispensable item, preferably with a description of the route you are taking. You need **sturdy footwear with profile soles**, breathable clothing and the appropriate contents in your backpack, all adapted to your chosen tour. That means: as little as possible but as much as you need. (See following packing list).

CHECK LIST FOR EQUIPMENT

- ▶ comfortable, sufficiently large backpack
- ▶ warm clothing (onion principle: pullover, rain jacket, cap and gloves for tours above 2,500 m)
- ▶ sunglasses, sun hat, sun cream
- ▶ current hiking map
- ▶ food (rich in carbohydrates) and sports chocolate/muesli bar
- ▶ enough to drink, especially in high summer
- ▶ pocket knife
- ▶ walking sticks as a possible option
- ▶ small first-aid kit with simple insulation blanket
- ▶ cell phone, fully charged



10 RECOMMENDATIONS OF THE ALPINE CLUB

1. Hiking healthy in the mountains: make a realistic self-assessment. Adjust your hiking tempo realistically.
2. Careful planning: take heed of current conditions and give due consideration to the weather forecast.
3. Complete equipment: adapt your equipment to the given hike.
4. Suitable footwear: sturdy hiking boots are the most fundamental part of equipment.
5. Sure-footedness from attentive walking.
6. Keep to the marked trails. Circumvent steep fields of old snow.
7. Take a break at regular intervals. This serves both to relax and to enjoy more. Drink and eat at regular intervals.
8. Assume the responsibility for children: the joy of discovery should be in the foreground. Difficult hikes are not suitable for children.
9. Hike in small groups.
10. Respect nature and the environment. That means, don't make noise, take all your disposable waste with you, respect plants and animals.

For more information about the Austrian Alpine Club, please consult

www.alpenverein.at

HIKING WITH DOGS

Whoever wants to take a dog into the mountains needs to heed several things, so that both dog and other hikers enjoy unimpeded mountain pleasures.

- ▶ Keep your dog on a line also while hiking.
- ▶ Make sure you have enough water along for you and dog alike.
- ▶ Attention! Maintain sufficient distance from grazing animals, especially cows.

GRAZING ANIMALS

Many hiking routes in the Innsbruck region lead through high alpine meadows where cows, horses, sheep and goats graze in summertime. Although these are so-called companion or livestock animals, they still have primordial instincts which can sometimes lead to uncontrolled reactions. For that reason it is important to heed the following warnings in order to avoid all conflicts.

- ▶ Maintain a sufficiently large distance when passing by grazing cows.
- ▶ Do not stroke the animals, particularly not any calf.
- ▶ Feeding them is to be avoided at all costs.
- ▶ If a herd seems unquiet or disturbed, it is better to make a wide detour around it in order to maintain sufficient distance.
- ▶ If you are hiking with your dog, maintain a short line and prevent any and all aggressive behavior of the dog towards the animals.
- ▶ Always depart from the danger zone slowly and in regular fashion without turning your back on the grazing animals.
- ▶ If in spite of precautionary measures an unpleasant situation arises, do not run. Keep calm.



MOUNTAIN HIKING PROGRAM



FREE WITH WELCOME CARD

MOUNTAIN HIKING PROGRAM



Mieming Plateau

From the end of May until the end of October, tours accompanied by hiking guides are provided by ASI Reisen and other providers. Routes with hiking times of three to four hours draw you into a breathtaking variety of alpine landscapes. Knowledge of and experience in the mountains are not necessary, but you should be fit, in good physical condition. The Mountain Hiking Program is also suitable for seniors and children aged eight and older. The hikes take place in any and all weather, so be sure to have weatherproof clothing and sun protection. Experienced guides take guests with Welcome Card to the most impressive spots and panorama points in the Innsbruck Region. Trained and certified mountain and hiking guides are your assurance of safety and well-being. Those who know the mountains can bring you valuable impressions and memories of Tyrol's untouched nature treasures and awaken your enthusiasm to discover more.

FREE MOUNTAIN HIKING PROGRAM

- ▶ Hikes with mountain and hiking guides of the Alpine School Innsbruck (ASI) and other providers
- ▶ Hiking bus
- ▶ Tour book
- ▶ Loaned hiking boots and backpacks available (limited)

The tours can be adapted to the needs and number of the participants, as well as to weather, as called for. That guarantees the highest possible safety and ensures that all participants have the greatest possible enjoyment from the excursion.

HIKING BADGE

Bronze: 1 hike

Silver: 3 hikes

Gold: 10 hikes, gold-with-crystal: 20 hikes

Hiking badge for seniors (age 60 and over):

Bronze: 1 hike

Silver: 3 hikes

Gold: 8 hikes, gold-with-crystal: 12 hikes

PARTICIPATION

- ▶ free with Welcome Card
- ▶ hikes take place in any and all weather
- ▶ hikes take between 3 and 4 hours
- ▶ suitable for children over age 8 and seniors
- ▶ good basic fitness required
- ▶ no mountain knowledge or experience necessary
- ▶ weatherproof clothing (hiking boots, anorak, rainwear)
- ▶ sun protection, snack and beverage

HERE'S HOW THE FREE MOUNTAIN HIKING PROGRAM WORKS

The hiking bus picks guests up throughout the Innsbruck Region.

Important: When guests check in at their accommodations, they receive the Welcome Card from all participating hosts.

That is the prerequisite for participating in the Mountain Hiking Program.

For more information on the free Mountain Hiking Program, including departure times of hiking bus and tour destinations, consult the Mountain Hiking Program folder, available at the local Information Offices and online at

www.innsbruck.info/hiking

Kalkkögel

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HIKE THE INNSBRUCK REGION IN ALL ITS ASPECTS

Truly breathtaking panoramas, untouched nature, immeasurable quality of life with every step, taking advantage of the holiday trend of the 21st century: Hiking. The Innsbruck region has a gigantic network of secured, superbly marked and sign-posted alpine trails, providing the very best prerequisites for your enjoyment. Nowhere else can you hike in five different mountain regions: gentle paths and climbing routes in high alpine cliffs of the Karwendel mountain range, old-fashioned heartiness at the mountain huts all around the Patscherkofel, panorama roundabout trails through the Kalkkögel mountain range, bracing summit tours in the Stubai Alps including occasional encounters with ibex, eagle, deer, stag. Or else a barrier-free nature walk at the foot of the Mieminger Kette mountain range. In view of the huge diversity and quality, every hiker's heart beats a wee bit faster. Come and hike!



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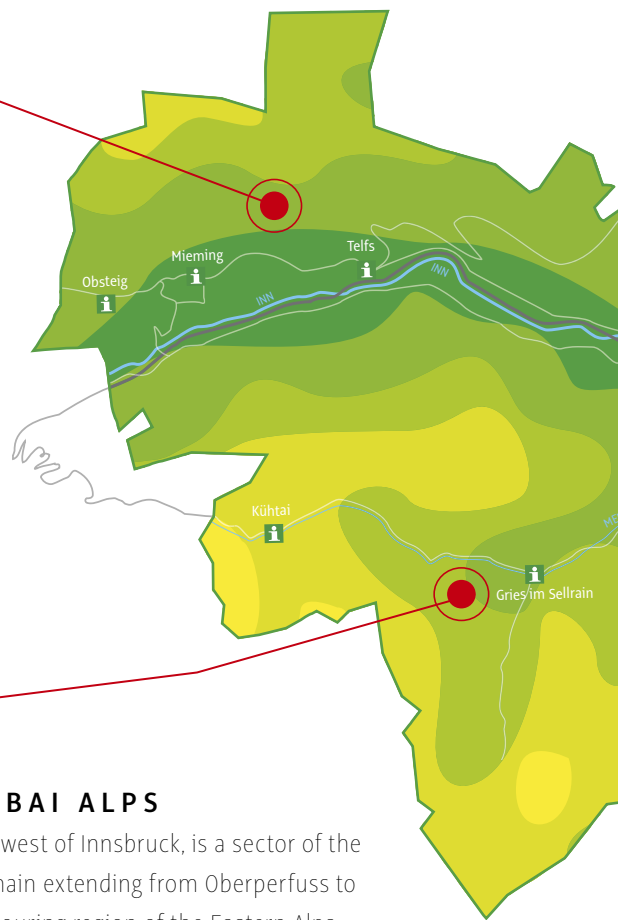
IN ALL ITS FACETS

THE FIVE MOUNTAIN MASSIFS

Five mountain zones, five hugely different natural reserves, five dream-come-true hiking regions, five inimitable summitscapes, one center of it all: Innsbruck!

MIEMINGER KETTE MOUNTAIN RANGE

This mountain chain lies at the rim of the limestone peaks of the Wetterstein Massif on the Mieming Plateau, about 40 km west of Innsbruck. It forms the backdrop for a spectacularly beautiful plateau landscape in the heart of Tyrol. The soft and gentle larchwood forests form a picturesque contrast to the silver-gray mountain walls. They are highly enticing, by and large easy-going hikes, inviting one and all to partake.



SELLRAINTAL VALLEY & STUBAI ALPS

The hiking region of Sellraintal valley lies southwest of Innsbruck, is a sector of the Stubai Alps, and encompasses the mountain chain extending from Oberperfuss to Haiming Saddle. This is a classic high-altitude touring region of the Eastern Alps, with more than 500 named summits extending up to 3,500 m altitude, along with mountain-climber villages and the highest Ski World Cup venue in Austria: Kühtai.



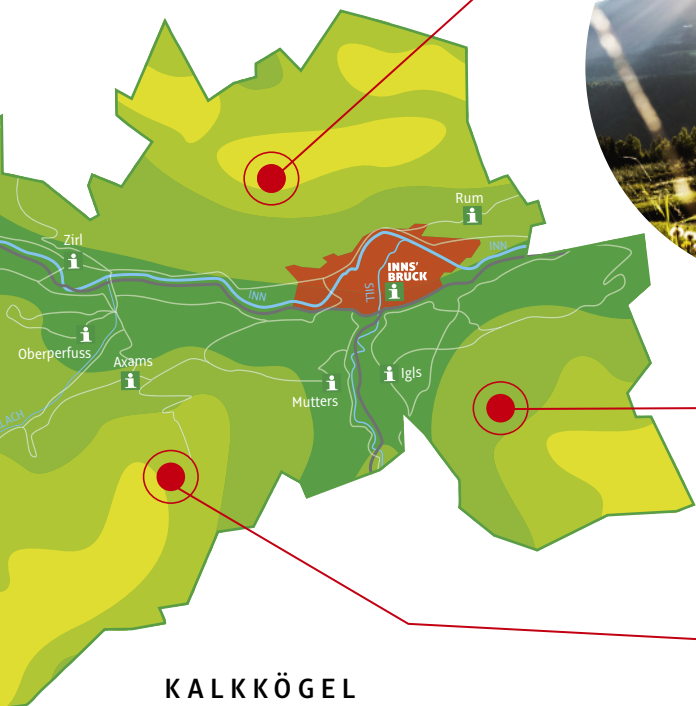
NATURE PARK KARWENDEL

The northern mountain range known as Nordkette is part of the Karwendel Nature Park. It is the rugged, jagged limestone wall to the north of Innsbruck. With the cableways of the Nordkettenbahnen you can reach the Hafelekar in just 30 minutes from city center. The Brandjochspitze is the highest point: 2,599 meters altitude.



PATSCHERKOFEL

The Patscherkofel is considered the 'backyard mountain' of Innsbruck. Geologically it belongs to the shale/quartz Central Alps. The gently ascending mountain landscape is dotted with ancient stone pine forests and fields of alpine rhododendron. Along numerous hiking trails highly popular with local cityfolk, e.g. the Zirbenweg or Almenweg 1600, nature can be experienced up close, at its best. The Patscherkofel is easily recognized from a great distance due to its pronounced shape and the radio transmitter at the summit.



KALKKÖGEL

The Kalkkögel lie southwest of Innsbruck and deviate geologically from the Central Alps as a startling intrusion of craggy, limestone peaks. Their rough-cut, nearly artistic shapes created by millions of years of erosion have fascinated hikers for a long time. The Schlicker Seespitze (2,804 m) is the highest peak of this mountain range, which has been declared a zone of tranquility.



NATURE PARK KARWENDEL



Nordkette mountain range

NATURE PARK KARWENDEL

A unique natural alpine reserve in the middle of Europe, comprising four bizarre, parallel limestone mountain chains and in between them isolated virgin valleys with gorges, ravines and defiles laced with bubbling turquoise streams. That is how Austria's largest nature park presents itself to visitors, in the immediate vicinity of Innsbruck. Covering a surface of more than 700 km² a plethora of life tumbles together: gentle alpine meadows, sparsely wooded groves, vertical rock walls and cliffs, rough-hewn crests and steep summits composed of dolomite and Wetterstein limestone. Just a half-hour cablecar ride from Innsbruck is all it takes to view the stupendous sight from the Hafelekar in all directions of the compass. Numerous simple and easy, and also difficult, mountain trails to alpine pastures and summits like the Hafelekarspitze, or to the Innsbruck Via Ferrata Route with fixed cables make the mountain range accessible to everybody. It falls away sharply to the north into the Gleirschtal valley.

Access: via the Hungerburgbahn, Nordkettenbahnen to the Seegrube and Hafelekar

HIGHLIGHTS

- ▶ The largest nature reserve in the Eastern Alps comprises eleven different protected zones
- ▶ In 30 minutes on the Nordkettenbahn from city center to the high alpine world
- ▶ In the shortest imaginable time, the best view of the city of Innsbruck and the center of the Nature Park
- ▶ Panorama Hike: Goetheweg from the Hafelekar to the Pfeishütte hut (p.24)
- ▶ Innsbruck Via Ferrata to the legendary rock figure known as Frau Hitt (p.61)
- ▶ "Perspective Path" at the Seegrube of the Nordkettenbahn (see p.24)
- ▶ Several-days hike along the Karwendel High-Altitude Trail (p.55)

FACTS NATURE PARK KARWENDEL

Altitude: 600–2,559 meters altitude | **Size:** 727 km²

Highest elevation: Brandjochspitze 2.559 m | **established:** 1927

Alpine pastures and refuges: more than 50

Five info-centers (incl. Umbrüggler Alm, Portal Halltal)

Worth knowing: more than 1,300 plant species, 3,000 animal species | 340 mountain springs | largest protected reserve in Tyrol and largest nature park in Austria | Natura-2000 region

For details about Alpine Park Karwendel, please consult www.karwendel.org



Nordkette mountain range

TIPS FOR TOURS

ON THE GOETHEWEG TO PFEISHÜTTE HUT

After you have conveniently and comfortably left city center and entered the fascinating mountain world of the Karwendel, you have a choice of many different trails. The Goetheweg starts right next to the Hafelekar mountain terminal, runs along the eastern crest of the Nordkette mountain range to the Arzler Scharte and can be effortlessly walked with very little ups and downs. In times past, the construction of a narrow-gauge train was considered in order to carve out better views of the Inntal valley and the Central Alps. After a brief series of minor ascending and descending, the route curves to the north at the Mühlkarscharte and heads into the Mandlscharte. Suddenly, the rugged and craggy landscape transforms to a gentle grey-white expanse of high mountain meadows and larchwood copses which then merge into the path to the Pfeishütte hut (1,912 m). This alpine base camp is wreathed by a splendid landscape of mountain peaks including the Rumer Spitze, Stempeljochspitze and Bachofenspitze, whereas to the north the view focuses on the Gleirschtal valley below. The way back either takes the same route or via the Kreuzjöchl to the Vintlalm and then on to Rum, for an extended high alpine tour. An additional option is via the Arzler Scharte through which you can go down to the Arzler Alm and ultimately to the Hungerburg. The Hungerburgbahn brings you back to the center of town.

FACTS

Time: 5 hrs | Length of route: 10.4 km | Start and finish: Hafelekar mountain terminal | Altitude: 1,912–2,269 m | Meters of ascent: about 750 m | Category: mountain hike | Impressions: stupendous panorama tour

PERSPECTIVE PATH – TIME FOR A BREAK

The internationally well known Norwegian-American architectural bureau Snøhetta has created a Perspective Path at the Seegrube. This imposing thematic trail begins and ends immediately adjacent to the mountain terminal of the Seegrubenbahn. It leads along a wide and easily walked path, with only slight ups and downs, on a roundabout route through the mountain landscape west of the terminal. The ease of walking creates an interim window so that you can shift your gaze to other worthwhile sights: to the many perspectives offered by this path. A panorama platform seems to bend into the slope, while other objects invite you to have a seat. "The architectural elements consisting of corten steel and larchwood, develop out of the landscape, but at the same time form striking contrasts with the surrounding topography," runs the philosophy of the architect. It takes about an hour to saunter in relaxed fashion along the Perspective Path, following the thoughts of Ludwig Wittgenstein who posited that nature speaks most directly to hikers.

FACTS

Time: 1 hr | Length of route: 1.5 km | Start and finish: Seegrube | Altitude: 1,850–1,905 m | Meters of ascent: about 100 m | Category: strollers | Impressions: saunter and reflect, enjoy the views

HUNGERBURG – ARZLER ALM – (UMBRÜGGLER ALM) – HUNGERBURG

This is a classic for Innsbruck families. For visiting families it is a secret tip: the hike from the Hungerburg to Arzler Alm, which takes about 45 minutes and wends its way through forests at the foot of the Nordkette mountain range and the Karwendel Alpenpark. All around: the activities of this high alpine pasture which offers authentic Tyrolean food and homemade cakes. The rabbits, goats and sheep enjoy both the splendors of nature and the fond attentions of children. This popular meeting point for mountain hikers and bikers also has some playground equipment at the ready for amusement. The way back either follows the selfsame route or takes the winter trail and the linked-up Rosnerweg to the mountain terminal of the Hungerburgbahn. If you would like to take a day-long tour, you can continue the hike from the Arzler Alm to Umbrüggler Alm. Along the forest road the trail ascends a few meters of altitude before it crosses the cablecar tract, then descends to the alm. It is old, and yet also quite new: the legendary home of the so-called Kasermandl radiates the aura of an avant garde mountain restaurant. Surrounded by forests of the Nordkette mountain range, but with unimpeded views of the city of Innsbruck. This is the brand new presentation of this cosy and quiet hikers' hub above the Hungerburg, full of high alpine feeling. The combination of modern design and age-old tradition was the result of a valuable architectural arrangement performed at 1,123 meters altitude. Atypically modern for a pasture, the cuisine and beverages present a hybrid identity of contemporary cooking and classic Tyrolean recipes. The way back to the Hungerburg is along the new trail, takes only 45 minutes.

FACTS

Time: 2 hrs | Length of route: 5.8 km | Start and finish: Hungerburg | Altitude: 860–1,123 m | Meters of ascent: about 200 m | Category: Family hike | Impressions: Gourmet tour

SOLSTEINHAUS HUT ●

This splendid hut-hike, which can be accomplished from Innsbruck without a car, leads you into the southwestern Karwendel mountain range. A normal train takes utterly relaxed hikers to the station of Hochzirl, where north of the platform the tour to Solsteinhaus hut starts. A constantly but quite moderately ascending transport route leads first to the valley terminal of the material cable lift for Solsteinhaus hut at Oberbach, subsequently along a mountain trail to Solnalm out into wide open high alpine pastures. This is where you can see your goal for the first time, along with the rest of the route through the Höllkar gullies of scree. The next sector takes you through the gullies of scree of the Höllkar, then the route crosses the Höllbach stream and heads through dense alpine evergreen bushes to the Erlsattel, where the Solsteinhaus hut perches at a splendid viewpoint (1,805 m). The way back is either along the selfsame route or else via the Nördlinger Hütte hut to Seefeld.

FACTS

Time: 5.5 hrs | Length of route: 14.1 km | Start and finish: Hochzirl | Altitude: 922–1,805 m | Meters of ascent: 940 m | Category: ambitious mountain hikers | Impressions: in the wilds of the Karwendel mountain range

PATSCHERKOFEL

PATSCHER-
KOFEL



Patscherkofel

HIKING ON INNSBRUCK'S BACKYARD MOUNTAIN

The Patscherkofel, backyard mountain of Innsbruck south of the city, has long been considered an ideal hiking region for young and old. The 2,248 m-high mountain, fondly nicknamed "Kofl" by the locals, actually is part of the Tux Alps and forms the southernmost scenery of the city landscape with its striking roundness, a shape stemming back to the Ice Age. The mountain itself continues eastwards to the Glungezer, is part of the Tyrolean Central Alps and consists of shale and quartz phyllite. Memorable views into the far distance of the Inntal valley and Wipptal valley have long made this excursion loved by one and all, especially because of the numerous possibilities to encounter alpine nature up close. The new Patscherkofelbahn cableway takes everyone seeking active relaxation to the mountain terminal (at just under 2,000 m) in less than fifteen minutes. From there, it is effortless to enter the Zirbenweg which was laid out as a way of saluting the beauty of these sun-drenched forests of stone pine. Together with the Zirmberg, the "gentle giant" has stood under nature protection law since 1942.

Access: first to the prealpine hills above town, Igls and Patsch, then with the Patscherkofelbahn from the Igls-Römerstr (adjacent to Olympic Bobsled run) to the mountain terminal (at 1,965 m)

HIGHLIGHTS

- ▶ Nature reserve Patscherkofel-Zirmberg
- ▶ easily accessible summit experience for active enjoyment seekers
- ▶ 360-degree panorama views
- ▶ active encounters with nature without expending any effort, wonderful for families
- ▶ huge culinary offerings at the restaurants of the mountain terminal and in the huts/mountain refuges along the trails, including possibilities to overnight

- ▶ Highest altitude botanical garden in Austria, including 400 alpine plants right next to the mountain terminal of the cabin cablecar
- ▶ Alm Trail 1600 as high altitude hike along the high alpine pastures on the north-facing slopes of Patscherkofel and Glungezer (p.28)
- ▶ Nature teaching path "All around the Patscherkofel" including 15 information boards with fascinating details about nature, flora and fauna
- ▶ Every Friday, a guided hike to Arztaler Alm with demo milling at the Hinterlocher Mill
- ▶ Host of the Men's Downhill ski race at the Olympics in 1964 and 1976
- ▶ Pilgrimage church Heiligwasser, with accompanying alpine inn (p.28)
- ▶ Mountain discovery: Kugelwald on the Glungezer, with the world's one and only Stone Pine Bowling Alley

FACTS PATSCHERKOFEL

Altitude: 1,009–2,248 m

Highest elevation: summit at 2,248 m

Hiking trails: nearly 60 marked hiking trails in all grades of difficulty

Alm eating and stopover options: approximately 15

Worth knowing: protected nature reserve

For more information about the Patscherkofel see

www.patscherkofelbahn.at

TIPS FOR TOURS

ZIRBENWEG AS A PANORAMA ROUTE

The classic Zirbenweg leads over the stretch from the Patscherkofelbahn mountain terminal to the mountain terminal of the Glungezer lift. The wide and easily managed path

has very little in the way of ups and downs and leads through an alpine landscape just above the treeline. The soft, somewhat weathered schist rock is responsible for the rounded, soothing shapes. Without significant changes in altitude, i.e. ups and downs, you reach a mountain inn called Boscheben in an hour, where meals and beverages are served. Later on, to the left below the trail, is the special spot called Ampasser Kessel where the oldest stone pines are, some of them 400 years old. A trail then ascends to the Tulfeinalm from where in just a few minutes you go up a few meters to the Halmarter lift and then with the Glungezerbahn I + II to Tulfes, back down to the valley. Here in summertime a shuttle bus takes you back to the valley terminal of the Patscherkofelbahn. Ambitious hikers walk the same route back to the Patscherkofel.

FACTS

Time: 2.5 hrs, 5 hrs there and back | Length of route: 15 km | Start and finish: Patscherkofelbahn valley terminal | Altitude: 1,972–2,055 m | Meters of ascent: about 430 m | Category: classic family hike | Impressions: fantastic mountain landscapes, primeval woods of stone pine, rare alpine flowers

“RIGHT-TURNING” TO HEILIGWASSER

The term “right-turning water” in connection with a hike and a pilgrimage church needs a bit of explaining. The term “right-turning” is derived from electromagnetic waves which radiate in a clockwise direction from certain rare flowing waters. This, in turn, makes them purer and more effective. And from the springwater source which has given this place its name, here on the wooded slopes of the Patscherkofel, spurts and bubbles right-turning water which gives it, provably, an enhanced healing effect. The popular hike to the church, the inn and to “ad sacrum fontem” - the fountain of health for body and soul - runs from Igls and has been recommended at least as far back as 1670. The easy going walk starts in the center of the village, leads through the Igls forest to the Olympic Bobsled Run and follows

an engaging final ascent to Heiligwasser. The way back is along the selfsame route.

FACTS

Time: 2 hrs | Length of route: 6.5 km | Start and finish: Igls village center | Altitude: 870–1,235 m | Meters of ascent: about 365 m | Category: Family hike | Impressions: popular hiking destination

ALMENWEG 1600

A nearly flat and even strolling path at 1,660 m above sea level. On top of that, no less than four different places for a stopover. Hiking hearts, what more can you ask for? The start is at the middle terminal of the new Patscherkofelbahn, then leads to the Lanser Alm (1,704 m), then on through mountain forests on an even altitudinal keel to the Sistranser (1,611 m) and Aldranser Alm (1,511 m), both of which are like balcony lounge seats high above Innsbruck, with equally charming views of the southern part of these hills and the Nordkette mountain range. Finally you encounter the Rinner Alm, at which point the descent to the valley begins. The tour ends at the center of the village of Rinn, from where the bus takes you back to Igls or to the valley station of the Patscherkofelbahn. One final note: on this hike, you need no physical fitness, simply an appetite in order to appreciate the various dishes on offer: four dumpling soups, each one accompanied by a cold beer, might well place too much strain even on the strongest of constitutions. Whose condition could stand up to such stress? From the village of Rinn you can conveniently take a public bus back to the valley station of the Patscherkofelbahn.

FACTS

Time: 3 hrs | Length of route: 10 km | Start and finish: Valley station Patscherkofelbahn | Altitude: 1,972–920 m | Meters of ascent: about 100 m | Category: culinary hikers | Impressions: magnificent views

ARCHEOLOGICAL THEME PATH GOLDBICHL

A 4,000-year old cult place lies at the middle point of the archeological theme path called Goldbichl, which is reached from the Kurpark located in the Igls forest via an easy going wooded trail. Illustrated info-boards elucidate the significance, which extends far beyond this region, of the prehistoric spot dedicated to fire sacrifice. In the course of this one-hour hike, you learn how Bronze Age and Iron Age people lived in the Alps and what their customs were. Goldbichl emanates the magic of the primordial distant past. And if this hike awakens your interest, you can examine the most important finds in Igls at the Haus des Gastes.

FACTS

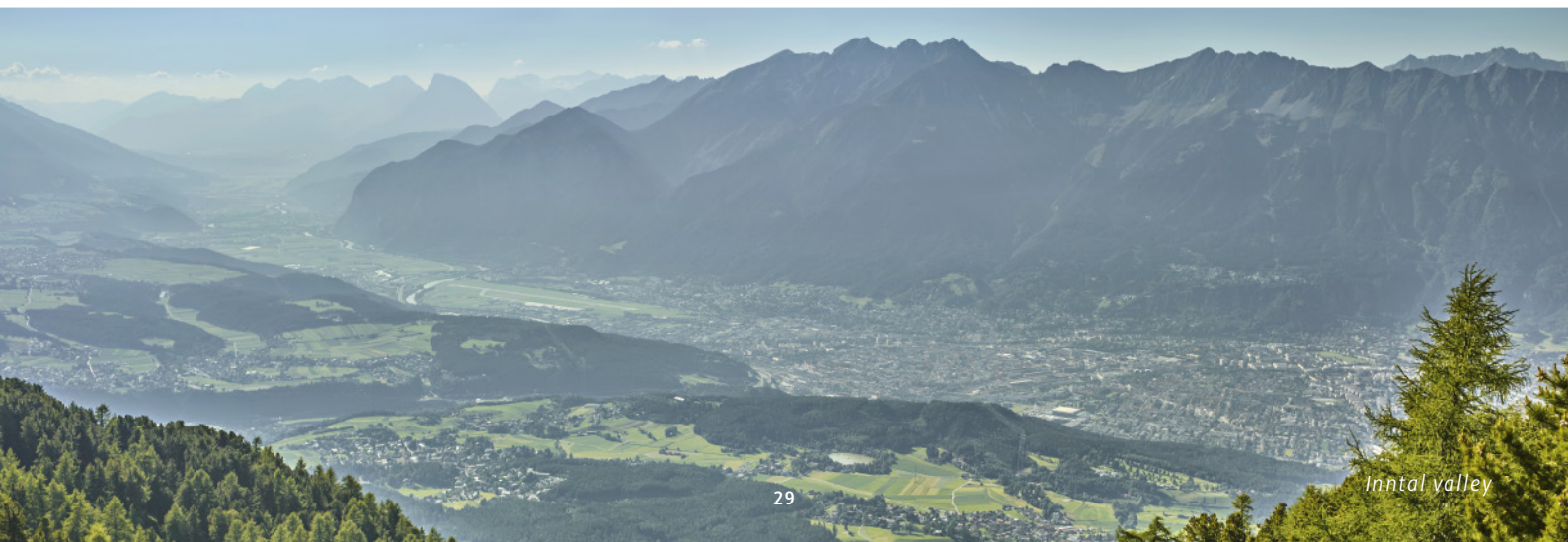
Length: 1 hr 15 min | Length of route: 3.4 km | Start and Finish: Igls – Kongress – Kurpark | Altitude: 919–1,060 m | Meters of ascent: about 170 m | Category: historically interested hikers | Impressions: fascinating historic theme hike

BIG VALLEY CROSSING IN ARZTAL VALLEY ●

Despite the Brenner Motorway being a major traffic artery, Wipptal valley through which it runs still has a few secluded and natural hiking destinations up its sleeve. In particular the isolated Viggartal valley on the southern side of the Patscherkofel; but also adjacent Arzthal valley numbers among the secret tips for imposing mountain tours in greater Innsbruck. Starting at the Arztaler Alm, this hike leads over the bordering mountain crest into the Viggartal valley and ends at the Meissner Haus hut. The highest elevation on this route is the Kreuzspitze (2,764 m). Additional highlights such as the "Written Stone" and the "Blue Lakes" make this tour quite interesting. Meissner Haus hut itself is located in the middle of a lush high alpine pasture, a rewarding spot to lean back and relax for a bit after an adventurous hike. Shuttles to both huts can be arranged at www.fuhrwerken.at, tel. +43 664 / 24 35 365.

FACTS

Time: 5.5 hrs | Length of route: 10.4 km | Start and finish: Arztaler Alm – Meissner Haus hut | Altitude: 1,707–2,746 m | Meters of ascent: about 850 m | Category: for ambitious hikers | Impressions: blue lakes



Inntal valley

MIEMINGER KETTE MOUNTAIN RANGE

MIEMINGER KETTE
MOUNTAIN RANGE



Mieming Plateau

GENTLE HIKING IN AN ALPINE PARADISE: THE MIEMING PLATEAU

The meadows unroll like velvet carpets before your eyes, turning orange-yellow in autumn when they “begin to burn” with the season. Superb little villages are hidden in a colourful mosaic in the landscapes of a plateau which is unique in Tyrol. Immerse in the mixture of customs and modernity, age-old habits, summer sojourns and the brand new impulses of contemporary life with vacation feeling. The former stage-set of the TV series “Bergdoktor” has hiking possibilities for families, as well as alpine enthusiasts. Here is another place rich in diversity and scenic contrasts. At the borderline to the Inntal valley, the tiny pilgrimage church known as Locherboden greets visitors from afar. An historic hike to the medieval suspension rope bridge over the Inn leads to Stams Monastery. And above it all, the silver gray walls of the Mieminger Kette mountain range keep watch at the northern rim. This grand spectacle serves as the perfect image of just how original, genuine and untouched the plateau really is.

Access route from the Inntal valley on the A12 motorway through Telfs or, as an alternative, to the Autobahn exit at Mötz, then to Mieming; coming from the west, via Fernpass and Holzleitensattel

HIGHLIGHTS

- ▶ Traditional and gentle: hiking is possible at any time of year
- ▶ Spiritual: hiking to the pilgrimage church of Locherboden or to Stams Monastery
- ▶ Medieval: hiking to Burg Klamm fortress (not open to visitors)
- ▶ Nostalgic: hiking to the “Bergdoktor” house in Wildermieming, as seen on TV
- ▶ Enjoyable: hiking to the alpine pastures in the lower mountain range, e.g. Alplhaus hut, Marienbergalm hut, Lehnberghaus hut or Neue Alplhütte hut
- ▶ Crossover: hiking through the cliff bowls to the Gaistal valley to the north, to the high Mieming pastures, e.g. Hochfeldern and Tillfussalm

- ▶ Wide-ranging: hiking to the viewing platforms on the Simmering, Inntalblick, Lacke and to the panorama platform at Grünberg
- ▶ Alpine: “hiking” to the summits of the Mieminger Kette mountain range: Grünstein, Griesspitzen, Hochplattig, Hohe Wand and Karkopf and Hohe Munde

FACTS

Altitude: 850–2,768 m

Highest elevation: Hochplattig (2,768 m)

Hiking trails: nearly 60 well marked hiking routes in all grades of difficulty

Alm restaurants and mountain refuges on

Mieming Plateau: 4

Worth knowing: Protected nature reserve since 1992

For more information about the Mieming Plateau, please consult www.innsbruck.info

TIPS FOR TOURS

BERGDOKTOR HOUSE

The Mieming Plateau, or more precisely, Wildermieming, the easternmost of three plateau towns, was the stage set for six annual sets of episodes of the German-Austrian TV series known as “Der Bergdoktor” (1992–1997). The well known actor Gerhard Lippert ran his medical practice as dedicated country doctor Dr. Burgner in “Sonnenstein” – the TV name for Wildermieming. The part was later taken over by Harald Krassnitzer, who made his TV breakthrough with this role. The stage-set house (non-inhabitable) can still be visited on its original site along the so-called Bergdoktor Hike which starts at the parking lot of the Raiffeisenbank. The flat, easy route leads via the Sun Plateau Roundabout Trail to Stöttlbach, then along the edge of the forest to Mieming Golf Course and onwards across gentle meadows to Wilder-

mieming. The Bergdoktor House is located northwest of village center on a grassy knoll above the other houses of the village.

FACTS

Time: 2.5 hrs | Length of route: 8 km | Start and finish: parking lot Raiffeisenbank Obermieming | Altitude: 860–920 m | Meters of ascent: about 60 m | Category: strollers | Impressions: genuine old farmhouses

ROUNDAABOUT TRAIL OVER THE LARCHWOOD MEADOWS: MOOSALM – GSCHWENT – MOOSALM

Coming from the Inntal valley, the Mieming Plateau opens up dramatically. The romantic high altitude plateau 40 km west of Innsbruck can be walked entirely along a 27-km roundabout trail, or any chosen sectors of the overall path taken, with free choice of starting points. This particularly easy meadow stroll begins at the Forest Swimming Pool in the district of Barwies with a wide-open, far-reaching landscape of mossy green meadows. Further to the west, the larchwood dotted fields are a protected nature reserve. Wide, comfortable trails, easily accommodating strollers and children's prams, are suitable for walkers of any age. At every step you see the majestic beauty of the Mieminger Kette mountain range. In just under 45 minutes, you reach the hamlet of Gschwendt, which belongs to the town of Obsteig and marks the beginning of the protected nature reserve. Resin-scented fir woods with dark green needles provide a contrast to the sunny green fields. You are back at the Forest Swimming Pool in little more than an hour.

FACTS

Time: 2 hrs | Length of route: 6 km | Start and finish: Barwies at the parking lot of Forest Swimming Pool | Altitude: 890–960 m | Meters of ascent: about 70 m | Category: strollers | Impressions: easy stroll, dramatic views

THROUGH THE "SEA OF STONE" TO NEUE ALPLHÜTTE HUT ●

Above Telfs in the hills leading to the Hohe Munde and the saddle of the Niedere Munde, two popular mountain inns lie somewhat concealed. From the parking lot (barrier) about a kilometer from Strassberghaus hut, the wide forest trail leads to the Alplbach ascending path which leads into the right-side of the Kartal valley. The newly renovated mountain trail leads through a prehistoric landscape along the edge of a stream which has often changed its course as a result of mudslides and avalanches. On 23 March 2012 a huge mass of rock broke away from the cliffs, bringing 115,000 m³ of stone crashing to the valley and burying 2.5 km of the Alplbach valley beneath it. Through this "sea of stone" the newly (2015) refurbished trail now leads hikers to the transition over to the Neuen Alplhütte hut, thus enabling them to make a roundabout tour. From there you turn into the easily walkable hut trail back to Strassberghaus hut.

FACTS

Time: 3 hrs | Length of route: 8 km | Start and finish: Parking lot Strassberghaus hut | Altitude: 1,206–1,540 m | Meters of altitude: about 350 m | Category: ambitious hikers | Impressions: mountain hike bursting with wild landscapes

GACHER BLICK ●

A "prealp" mountain of the bizarrely-shaped Mieminger Kette mountain range gives honour to its name: "Gach" means "sudden" and "startling". Thus, local dialect describes by this term a sector of a slope which suddenly drops off in a vertical plunge on nearly all sides into gorges and ravines and gullies. Nevertheless, a rather steep but only medium-difficult trail leads to the part of the plateau which opens up to the south and forms the last green-growth slope before the nearly 1,000-meter higher crests of the Hochplattig tower upwards. The views of the Mieming Plateau, the Karwendel and down to the Inntal valley all the way

to Innsbruck, along with the high alpine scenery all around you, make the Gachen Blick a highly rewarding hiking destination in the mountains of Mieming. The start is located near the Stöttlalm. You walk on forest trails over the Boaslig bridge up to the Henneberg. There you link up with the Pfarrer-Kathrein trail which, following a steep route, ends at the summit cross right at the edge of the Judenschlucht gorge. The way back takes the selfsame route.

FACTS

Time: 5.5 hrs | Length of route: 13 km | Start and finish: Parking lot at Lehnbach in Obermieming | Altitude: 893–1,864 m | Meters of ascent: about 970 m | Category: ambitious hikers | Impressions: sweeping high alpine panoramas

WANKSPITZE ●

The Wankspitze is considered the easiest genuine summit of the Mieminger Kette mountain range. From the hamlet of Arzkasten, former center of coal and ore mining, the wide forest trail leads into the Lehnberg valley. Those who are familiar with the terrain choose the path along the Sturlbach stream, free of traffic and filled with the rapturous bubbling of the stream, which later leads straight to the Lehnberghaus hut on a steeply ascending trail. After a brief further ascent to the "Lacke" – a panorama spot with a modern viewing platform that unveils the whole Mieming Plateau in splendid ways – the trail turns northwards and soon reaches the upper limits of the forest. A stretch via numerous switchbacks leads to the final approach to the summit on a slightly exposed but easily walkable trail on the crest to the summit cross at 2,251 m. The roundabout panoramic views reach as far as the Gurgl valley and over the plateau as far as the Inntal valley. And of course the Wank also permits stupendous studies of the scree giants of Hölle and Stöttl. The Mieming climbing route (via ferrata) starts behind the cross and leads over the rough-hewn crests down to Stöttltörl, whereas the "normal"

descent is the selfsame path as the route up. As of the Lehnberghaus hut, the forest trail can be taken as an alternative for the return route.

FACTS

Time: 5.5 hrs | Length of route: 10.6 km | Start and finish: Parking lot Arzkasten | Altitude: 1,170–2,209 m | Meters of ascent: about 1,040 m | Category: ambitious mountain hikers | Impressions: a summit with incomparable far-distant views

HOHE MUNDE ●

The imposing, massive mountain called the Hohe Munde, with its dramatic south wall eroded practically smooth by Ice Age glaciers, casts its mighty sculpted form over the town of Telfs like a mythical guardian. The striking mountain can be ascended via Strassberghaus hut over the Niedere Munde saddle on a long and demanding trail. The ascent begins at the parking lot at the Strassberghaus hut, from where an ascending trail with lots of switchbacks leads through dense larchwood bushes to the saddle Niedere Munde at 2,059 m. Here the route turns right and runs along the frequently rather exposed crest to the east. In the so-called "Rough Valley" ("Rauhen Tal") you need to use your hands; there are several steel cables fixed to the rock walls to ease and secure safe passage. After a little more than four and a half hours of walking, the summit approach is the final stone in the mosaic leading to the summit cross at 2,662 m. The way back takes the selfsame route. As an alternative option, you can also go down the other side: to the Rauthütte hut and into the Leutasch valley.

FACTS

Time: 5.5 hrs | Length of route: 10.6 km | Start and finish: parking lot Strassburghaus hut | Altitude: 1,170–2,209 m | Meters of ascent: about 1,618 m | Category: ambitious mountain hikers | Impressions: a summit with sweeping views into the far distance

KALKKÖGEL

KALKKÖGEL



HIKING IN THE DOLOMITES OF NORTH TYROL

A bizarre geological ribbon of rough-cut limestone giants carved out by Ice Age glaciers to form points, crags and a few rounded shapes, a veritable "cirque" of summits and crests with needles of rock, larchwood-covered slopes, swathes of rock and scree, plates of stone, cloaked in rare alpine flora, an extraordinary living environment by any standards. Several mighty limestone towers with dizzyingly steep cliffs wreath the narrow valley bowl of the Axamer Lizum. Lake Schönangerl on the Salfeins crest reflects the surrounding mountain splendour just like in a mirror. But wait! We're not talking about the well-known mountains in South Tyrol, no, these are the Kalkkögel, which are called the North Tyrolean Dolomites for a reason. This "deviation" from Limestone Alps has always been viewed as a quirky geological divergence from the crystalline Stubai Alps all around them,



yet it somehow transformed from an ugly duckling into a swan. At the entrance you are greeted by Hoagl and Nockspitze which comprise the declared quiet region of the Kalkkögel. Hikes here are either a stimulating summit thrust, usually with ropes and carabiners, or a refreshing panorama tour in the lap of the high alpine cliffs.

Access: from the plateau of the central pre-alps all around Axams via the Höhenstrasse to the Axamer Lizum.

HIGHLIGHTS

- ▶ Muttereralmbahn - cablecar pleasure for more than 60 years & numerous hiking trails at alpine altitudes
- ▶ Nockspitze as backyard mountain above Mutters. This a summit you can conquer with the help of a cablecar (p.52)
- ▶ Innsbrucker Almenweg - a high altitude hike through the high pastures, from Muttereralm towards Stubaital valley (p.37)
- ▶ Fun-Loving Bergler Ascent - a demanding tour of summits with secured cable (via ferrata) elements interspersed along the way, a challenge for those with strong nerves (p.36)
- ▶ Panorama tours on the Hoadl, with background awareness that the Olympic Games skied right here
- ▶ A jewel of nature: Schönangerl Lake or Salfeins Lake, with the picturesque scenery in the immediate background
- ▶ Cableways Axamer Lizum - Olympiabahn to Hoadlhaus & Birgitzköpflift

FACTS KALKKÖGEL

Altitude: 950–2,804 m | **Spread:** 77,7 km²

Highest elevation: Schlicker Seespitze (2,804 m)

Huts and mountain restaurants: more than 20

Worth knowing: a zone of tranquility since 1983

For more information about the Kalkkögel, please consult

www.innsbruck.info

TIPS FOR TOURS

TO SALFEINS LAKE (BIOTOPE) ●

This magnificent roundabout tour inside the special galaxy of the Kalkkögel begins at the parking lot in Senderstal valley and leads to unexpected mountain panoramas more typical of Canada. Close to Innsbruck and above the secluded Senders and Fotscher valleys, this imposing crest hike leads (amidst unbelievable views) to a biotope perched on the crest / ridge of Salfeins. At each time of day, the waters mirror the Kalkkögel. At sunset in summer, the alpine water glistens like a radiant eye, providing all lookers with in-depth insights of the alpine world. The tour then leads onward and upwards to the Grieskogel (2,158 m) from where the shorter of the two alternatives then descends back to the valley. More ambitious hikers will head to the Angerbergkopf (2,399 m) and the Schaflegerkopf (2,405 m). The final note can be found at your stopover at the Kemater Alm at the foot of the Kalkkögel (1,645 m) in the heart of a rather beautiful panorama stage set.

FACTS

Time: 5 hrs | Length of route: 14 km | Start and finish: parking lot Senderstal valley, Grinzens | Altitude: 1,470–2,405 m | Meters of ascent: about 935 m | Category: ambitious family tour | Impressions: an entire mountain massif filled with picturesque, nearly painted, views



Salfeins Lake

LUSTIGER-BERGLER-STEIG ●

Its name is its contents, even though the attribute "lustig" (fun-filled) along a cable-secured via ferrata route with hands-on climbing passages is appropriate only for practised fans of mountain trails. This rather "airy" route is a wonderful tour, with two different summits to conquer, and a long list of fabulous panorama views of the Stubai Alps and Karwendel mountain range. Obviously, it calls for absolute sure-footedness and lack of vertigo. The start is located either at the mountain terminal of the Birgitzköpflift or in the Axamer Lizum.

FACTS

Time: 2.5–4 hrs | Length of route: 8 km | Start and finish: Birgitzköpflhaus hut | Altitude: 2,039–2,571 m | Meters of ascent: about 532 m | Category: difficult climbing tour for the experienced and free-of-vertigo fans | Impressions: really unbeatable high alpine scenery

MUTTERER ALM – GÖTZNER ALM

The Muttereralm cable car can be reached from Innsbruck with the StubaitalBahn train. It offers families an Adventure Park complete with water games and a tree house. Apart from the ascent to the Nockspitze and the beginning of the Innsbruck Almenweg, there is also a path quite suitable for children and baby strollers which leads to the Götzner Alm. It numbers among the most beautiful in the surroundings of Innsbruck, easily reachable in 30 minutes from the mountain terminal of the Muttereralmbahn. It offers fresh milk, butter and grey mountain cheese which come from the cows grazing all around you. The way back takes less than 40 minutes along the selfsame route.

FACTS

Time: 1 hr and 10 min | Length of route: 5 km | Start and finish: Muttereralm mountain terminal | Altitude: 1,542–1,608 m | Meters of ascent: about 66 m | Category: nature lovers of any age, a family hike | Impressions: a very romantic alm landscape



INNSBRUCKER ALMENWEG ●

Particularly in the summer months when it is very hot in the Inntal valley, high altitude trails make cool, relaxing and comfortable tours possible at more refreshing latitudes. The Innsbrucker Almenweg above all others is especially suitable on such days since you can swiftly be whisked up to 1,600 meters altitude on the Mutterer-Alm-Bahn. This popular hike wends and weaves its way along forest edges and through them, all around the Nockspitze, and crosses a number of high alpine pastures (alms) which invite hikers to savour the views and the culinary specialties: Mutterer Alm (1,660 m), Raitiser Alm (1,553 m, no food or beverages), Kreither Alm (about 1 hr, 1,402 m), Pfarrachalm (1 h 45 min, 1,740 m), at the entrance to Stubaital valley. The way back leads up to the Birgitzköpflhaus hut at 2,035 m from which you take the descending path over alpine meadows to the Birgitzer Alm, ultimately celebrating the climax down on the Mutterer Alm. The tour can be "interrupted" at many points and a direct descending path to the valley taken, shortening it as you wish.

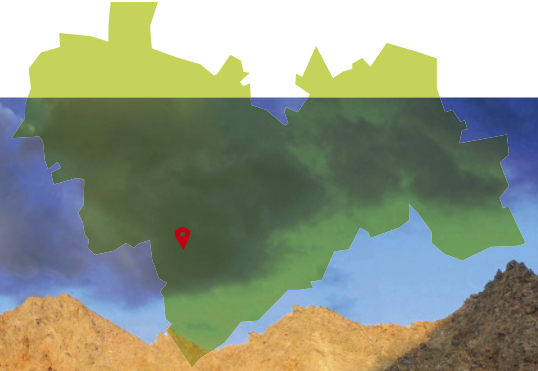
FACTS

Time: 6–7 hrs | Length of route: 16.6 km | Start and finish: Muttereralm mountain terminal | Altitude 1,608–2,115 m | Meters of ascent: about 870 m | Category: physically fit mountain hikers | Impressions: a lovely walk over alpine meadows



SELLRAINTAL VALLEY & STUBAI ALPS

SELLRAINTAL
VALLEY



Mittertal valley near Kühtai

HIGH ALPINE SCENERY EXTENDING TO FAR ABOVE 3,000 M ALTITUDE

Just southwest of Innsbruck, across the famous Martinswand Wall, the deeply cleft Sellraintal valley laces its way into the Stubai Alps. Primeval, steep-flanked lateral valleys branch off from it, e.g. Lüsental valley, carving deep into the heart of this huge mountain chain, tossing up masses of scree, blossoming alpine meadows, cavernous bowls at the foot of cliff walls and bubbling mountain brooks. Again and again, glaciers surprise the viewer with the deep-cleft fissures which have placed their pawprint on the alpine landscapes since the Ice Age. A variety of crystalline geological forms surged their way out of the earth up to more than 3,298 m high and a mountain world took shape of extraordinary beauty, dotted with the greatest of alpine fauna: ibex, chamoix and eagles. In the deep-cut valleys, the villages of Sellrain, Gries im Sellraintal, St. Sigmund, Praxmar and Lüsens have abided until the present day and been awarded the Seal of Quality "Mountaineering Villages". The landscape transformation brought about by the dense network of trails and several refuges and huts offers hikers and climbers a fabulous playground for intense mountain experiences. **Access:** starting in Kematen, from the Inntal valley near Haiming over the Haiming saddle and into the Kühtai, as well as from Ötz over the Ochsen Garten into Kühtai.

HIGHLIGHTS

- ▶ Lüsental valley: hiking where there were glaciers until recently
- ▶ Praxmar: popular base for mountain fans for tours up the Lamsenspitze or Zischgeles
- ▶ Sellrain circle of huts: several days on the trail through the mountains in the immediate vicinity of Innsbruck (p.55)
- ▶ Rutting time for the stags in autumn on the mountain meadows (p.73)
- ▶ Fishing joys at Praxmar fishing pond
- ▶ Kühtai: pass zone at 2,000 m, alpine training center and point of departure for numerous alpine tours

- ▶ Sellraintal valley high altitude hike
- ▶ historic Miners Trail between Kühtai and Hochötz through the Wörgetal valley (p.42)
- ▶ Mountaineering Villages

FACTS SELLRAINTAL VALLEY & STUBAI ALPS

Altitude: 900–3,507 m

Highest point in Sellraintal valley: Lüsener Fernerkogel
3,298 m

Alms & mountain refuges: 4 huts

Worth knowing: Mountaineering Villages – Sellrain, Gries im Sellrain and St. Sigmund im Sellrain

For more information about this subject, please consult www.innsbruck.info



This classification comprises villages in Austria which are known for being pioneers in the Alps. Village backdrop and customs still adhere to historic traditions and perceptions of the inhabitants, whereby people live in close harmony to nature, heed the demands of the high mountains. The motto is: "Less. But better." The Sellraintal valley was awarded this title by the Austrian Alpine Club on the basis of its authentic original character. Mountaineering Villages pay special heed to the goals of the Alpine Convention, whose foremost objective is a sustainable development of the entire Alps. Therefore, Mountaineering Villages such as those in Sellraintal valley are small but exquisite places in which to taste and savour (and learn about) that peculiar alpine charm.

TIPS FOR TOURS

THREE-LAKES-ROUNDAABOUT KÜHTAI

This highly popular family hike starts right at the Tourist Office in the village of Kühtai at just under 2,000 m altitude. A roundabout path at its very best, including sparkling mountain lakes, superb panoramas and ever-changing visual perspectives. The moderately steep but easily walkable ascending trail runs like waves from Gaiskogel and Pockkogel through an ever-flowing mountain landscape covered with wildflowers over the mountain meadows, bursting in June with carpets of rapturous red rhododendrons. You walk past the Wiesberghaus and begin the ascent to Lake Hirscheben (2,164 m), from which point a slightly more demanding ascent to the Middle Lake Plenderles leads (2,317 m). Then the Three-Lakes Hut entices hikers to a rest, before heading to the Finstertal Reservoir. At this point, an additional stroll is particularly rewarding: along the crown of the dam in the direction of Mute in order to catch the views out towards the Ötztal valley. The way back to Kühtai runs through the Finstertal valley. The tour can also take advantage of the DreiSeenBahn, making it far simpler.

FACTS

Time: 3 hrs | Length of route: 8.7 km | Start and finish: Tourist Office Kühtai | Altitude: 1,960–2,008 m | Meters of ascent: about 450 m | Category: Family hike | Impressions: spectacularly beautiful mountain lakes and panoramas

LÜSENS – WESTFALENHAUS HUT – PRAXMAR – LÜSENS ●

At the mountain inn of Lüsens, which hails back to an old monastery with the St. Magdalena chapel attached to it, the demanding roundabout trail begins with a wide traffic road

which leads to what is surely one of the most beautiful valley closures in the Eastern Alps. Until the far end of the valley, the Fernauboden, you are accompanied by 8 stations of the thematic trail "Glacierpath Lüsens" along the banks of a romantic stream, with your gaze practically fixed on the glacial cuts of the Lüsener Ferner (ferner is the Austrian word for glacier). Each station marks a position which the receding glacier had over the last 170 years. At the lonely and isolated Holzhaus, a home for youth, the hut trail heads into the Längental valley, to start with, past the Längental Alm, subsequently to the Westfalenhaus hut at 2,276 m. Until that point, the route is simple and is often quite enough for walkers, who then return on the same route. The roundabout route continues, however, from the hut to the Schöntal saddle at 2,683 m, the cleft between the Schöntal wall and the Schöntal peak. At this point the unusual alpine flora beauty comes to the fore in the carpets of silicate and meadows rich with wildflowers. From the saddle, the path leads constantly downhill until the sparsely wooded (thus, filled with light) forest of stone pine above Praxmar is reached. After traversing the old ski slope, the route curves southwards to the right of Praxmar onto the forest trail which comfortably and easily leads the way back to the mountain in at Lüsens. Along this part of the trail (just under 2 km), 10 stations provide information on the Praxmar Nature Discovery Path, elucidating animals and peculiarities of the stone pine forest and mountain meadows.

FACTS

Time: 7 hrs | Length of route: 16 km | Start and finish: Lüsens parking lot | Altitude: 1,940–2,683 m | Meters of ascent about 1,200 m | Category: ambitious mountain hikers | Impressions: a high alpine landscape rich in flora

SELLRAINTAL VALLEY HIGH ALTITUDE HIKING TRAIL ●

Panoramas of incomparable beauty in the side valleys of Sellraintal valley awaken the enthusiasm of every hiker on this mountain trail rich in perspectives of every kind. It remains more or less constantly at an altitude of about 2,000 m from St. Sigmund to Oberperfuss, meandering through carpets of rhododendrons and fields of Haggen and Peider Sonnberg. Along a stretch of 15 km, the Sonnberg alm, the Rosskogel hut and the benches along the way invite all hikers to take a load off their feet and enjoy God's creation from its most sumptuous spots. Walking time for the entire trail is six to seven hours. From the high-altitude hiking trail, climbs are possible to the Seejoch, Weißstein and Rosskogel.

FACTS

Time: 6 hrs | Length of route: 15 km | Start and finish: St. Sigmund – Stigleith | Altitude: 1,530–2,150 m | Meters of ascent: about 620 m | Category: high altitude hikers | Impressions: pretty impressive panorama trail

KÜHTAI – PIRCHKOGEL ●

Kühtai permits relative short ascents to relatively high mountains because the village itself is located at such a high altitude. A famous tour leads to the Pirchkogel, part of the Stubai Alps, which rises from the slopes at the south-facing edge of the high altitude valley. A number of trails have their beginning at the Tourist Office, all leading upwards alongside the banks of the Stocktal Stream. For the ascent to the summit, choose the AV151 trail. It runs below the Irz walls over the Stockacher Böden. Later, small bowls at the foot of cliffs and screefields are traversed before the only moderately-steep ascent to the summit completes the tour. At the summit cross, you have a personal balcony perch between Inntal valley and Kühtai with all-round views in every

direction of the compass. An alternative for the descent runs westwards to the Faltegartenköpfl; this makes the tour about 2 hours longer, however.

FACTS

Time: 4.5 hrs | Length of route: 7 km | Start and finish: Kühtai Tourist Office | Altitude: 2,020–2,828 m | Meters of altitude: 808 m | Category: ambitious mountain hikers | Impressions: tour of mountain summits, full of grand views

KÜHTAI – SULZKOGEL ●

Across from the Tourist Office in Kühtai where the starting point of the tour to the Pirchkogel is, lies the launching point of the tour to the Sulzkogel, this time a 3,000-meter peak which is markedly more difficult to conquer. First, you go past Hotel Astoria and up to the Finstertal Reservoir, and link up with the trail AV146. At the fork to the Finstertal Scharte, keep to the straight-running ascent which leads beneath the Gamezkogel Ferner glacier with markings. The final section is a bit airy, for the route follows the steep crest which is dotted with boulders and rock plates. To reach the summit at 3,016 m, you have to occasionally use your hands, although there are no actual climbing passages to be mastered. The way back runs along the selfsame route.

FACTS

Time: 6.5 hrs | Length of route: 12.6 km | Start and finish: Kühtai Hotel Astoria | Altitude: 2,020–3,016 m | Meters of ascent: about 1,100 m | Category: ambitious mountain hikers | Impressions: high alpine tour dotted with fields of glacial snow

PRAXMAR – ZISCHGELES ●

The Zischgeles for lovers of backcountry skiing in the direct vicinity of Innsbruck, is also considered a rewarding peak to head for in summer. Two equally fine ascents lead from Praxmar (1,687 m) to the 3,004-meter high peak. One follows the valley along the Moarler stream to the saddle, reaching the summit via the northern ridge. The other runs somewhat further south over the Köllenzaiger and the Oberstkogel (2,767 m) to the eastern ridge. Both are utterly without glacial traverses, but the final part before the summit has boulders and rock plates where sure-footedness is required. The two variants can also be combined, of course, to create a perfect roundabout path.

FACTS

Time: 7 hrs | Length of route: 10.8 km | Start and finish: Praxmar | Altitude: 1,687–3,004 m | Meters of ascent: 1,450 m | Category: ambitious mountain hikers | Impressions: high alpine summits with views of the Lüsener Ferner glacier

MINERS TRAIL (“KNAPPENWEG”) ●

Minerals and ores enticed people to make their way into the mountains of Tyrol centuries ago. The Miners Trail, which leads from Kühtai into the mountains all around the Acherkogel, is dedicated to this history of mining in Tyrol. The trail is somewhat steep in the initial phase, but is always easy to walk. To begin with, it wends its way through stone pine woods, and later through the breathtaking high-alpine landscape between Marail and the upper Issalm. Right at the scenic high point, Lake Pocher, which was created by a gigantic rockslide, the trail also reaches its climax, namely, the entry point to the Wörgetal valley where the miners' house with the on-site ore mill has been rebuilt in a manner quite true to the original. Information boards inside provide real insights into the harsh and deprived lives of the people who lived back then and mined chalcopyrite (yellow copper ore)

pyrite and blue lead with nothing but pure physical strength. At the same time, the history of high alpine pastures is also displayed alongside measures for the care and maintenance of the alpine landscapes. While the children can play in the barrel fountain, adults can lean back and savour the beauty of this precious spot above the deep blue mountain lake wreathed in glistening fields of scree and strikingly scented groves of stone pine. Views of nature's jewels both near and far catapult the eyes of visitors in all directions, while thoughts tend to cling to the overpowering summits. The way back is along the selfsame route.

FACTS

Time: 5 hrs | Length of route: 7 km | Start and finish: Kühtai at the parking lot | Altitude: 1,890–2,030 m | Meters of ascent: 400 m | Category: family hike | Impressions: splendid mountain lake, cultural history comes alive



EXPLORING



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OUR FIRST EXPERIENCE IN THE MOUNTAINS

ON MIEMING PLATEAU
IN THE INNSBRUCK REGION



SATURDAY

"Obermieming 186" - The GPS navigated our route here from Mannheim in five hours. Right after Ulm we spotted the Alps for the first time. Now we are smack in the middle of them! Our very first hiking vacation is launched at the Seelos B&B on Mieming Plateau. The owner of the B&B welcomes us warmly, hands us the key, a bunch of information and a Welcome Card. He then shows us around the house, points out everything himself, the furnishings, equipment and swimming pool. Cosy and nicely old fashioned, we really like it. For dinner he recommends Gasthof Stern. We stroll, utterly relaxed, for an hour via Barwies to Obsteig and enjoy our first magnificent views of the mighty Mieminger Kette mountain range. We have been pinched awake! Because already over our first meal that evening at the Stern, we start looking forward to the "hike" back to our cosy B&B.

SUNDAY

Our first breakfast in the countryside, at the Seelos breakfast café called 'The Country Egg'. It is impossible to try everything! We decide on "breakfast for lovers" since that's pretty much how we feel. Fortified to the brim, we lace on our boots for the first hike. To warm up, Michael sends us up to Strassberghaus hut, a nearby, easily reachable hut where they also serve food. The ascending trail through beautiful forests goes along faster and better than we expect. That's why our stopover is only a brief interim, and decide to head onwards to the Neue Alpihütte hut for lunch. Quiet. Nature. Woods. Mountains. And then, Tyrolean cheese dumplings and apple strudel!



MONDAY

The weather report predicts thunderstorms this afternoon. We also have heavy legs today. Therefore, a day of rest, an excursion to Innsbruck. Thanks to the Welcome Card, we ride for free on public transportation to the capital of Tyrol. With the 24-hour Innsbruck Card, we purchase an all-inclusive package and launch our "attack" on the town. From city center we take a funicular train, then two floating cableways and land in just 30 minutes on the Hafelekar. We march the few meters to the summit cross (2,334 m) with a group of Chinese. Just like us, they gaze open mouthed at the gigantic Tyrolean peaks and the Inntal valley spread out below. Back in the valley, we meander unstressed to the famous Golden Roof. Also included in our Innsbruck Card is admission to the City Tower with its brand new double-helix winding staircase, wow! The quick little thunderstorm is used for shopping under the arcades of the old town, then we go to the "Schwarzmanderkirche" ("Black Men Church") and the neighbouring Folk Culture Museum.

TUESDAY

Today we intend to conquer our first summit, the Faltegartenköpfl. But before that we have to head to the other side of the Inntal valley towards Kühtai. On the Haiming saddle we park our car in the public parking lot and march in easy going manner towards Feldring Alm and from there, onwards to Feldringer Böden and to the Faltegartenköpfl. We reach the top and are treated to a 360° view, a truly rapturous panorama in every direction of the compass. Then, it's back down to the Inntal valley and over to the Mieminger Kette mountain range over the Central Alps. A deep, deep feeling of satisfaction takes hold of our souls. The way back is a cakewalk!



Nordkette mountain range



Maria Locherboden

WEDNESDAY

A day of rest, at least for our legs. The bus takes us to Stams. At the famous historic monastery with its own Private Ski Lycee, we visit the dazzling Baroque church, the new museum and the unbelievably opulent Bernardi Salon. It almost makes you want to go back to school. Or better yet, the conservatory of the Orangerie where we savour the famous chocolate cake. On the way home we take a detour to the romantic pilgrimage church called Maria Locherboden. We hike from Stams over the suspension bridge across the Inn and up to the church Locherboden. For the rest of the day, we dangle our feet in Lake Mieming.

THURSDAY

Today it's time to get serious. With our Welcome Card we take the bus to Holzleiten and start our first big mountain hike at Gasthof Arzkasten. We decide to approach this round in a clockwise

direction. On the relief map at www.innsbruck.info the ascent is a little gentler that way. Every step inches us a little bit higher, slowly we hike our way through staircases of flora. From forest to high alpine meadow at the Lehnberghaus hut, into the Höllreise to the high alpine flora at the Hölltörl. Where do the Tyroleans come up with these names? We feel like we have landed in paradise. The way back goes over the Marienberg Alm and the Alpsteig to Arzkasten. Five hours, 1,100 meters of altitude. Wow, are we ever hungry! In Arzkasten, we gobble up delicious Tyrolean local dishes like kings!

FRIDAY

One summit awakens desire for more. The bus takes us to the Axamer Lizum, where we ride on the Birgitzköpflift to Birgitzköpflhaus hut and from the mountain terminal head through really alpine terrain through warm fields of larchwood bushes and move quite swiftly into and through the rocks. From Innsbruck, the Saile appears rather savage and forbidding, but here in the Lizum we can climb it without the slightest danger. On a high alpine meadow we actually find edelweiss growing just below the summit, but I have to save storage space in the camera for the summit cross and views of the Inntal valley. The Nordkette mountain range and the Kalkkögel simply have to be proven and documented. We are overpowered by the magnificence at the top. On the way back we head, for relaxation purposes, to the sauna at the lovely Telferbad complex.

IT'S SATURDAY AGAIN

Saying goodbye hurts, is painful. Our B&B host came by the 'Country Egg Café' specially, just to bid us farewell. But now we know for sure: we will be back. There is simply so much to be hiked!

Further personal stories & tales can be found at:
blog.innsbruck.info
[#myinnsbruck](https://www.instagram.com/myinnsbruck)

DISCOV MOUN

FROM THE CITY INTO THE MOUNTAINS, FROM THE MOUNTAINS INTO THE CITY

There is hardly any other region besides Innsbruck that offers the possibility of launching a mountain tour right from the center of a city. To the north, you reach the rough-hewn limestone crags of the Karwendel in less than 30 minutes on the Nordkettenbahn. To the south, the modern cabin cablecar whisks you to the Patscherkofel where quartz and shale form the geological foundations. In the mornings into the diverse world of mountains; in the afternoons with high heels or flip-flops, rounding out the experiences of nature with a shopping tour, equally rewarding, in its way.

A full-page photograph of two hikers on a mountain trail. The hiker on the left is wearing a blue and red jacket and blue pants, while the hiker on the right is wearing a yellow jacket and dark pants. They are both using trekking poles and are walking through tall grass. In the background, there are large, rugged mountains under a blue sky with some clouds. The text 'ERRING TAIN S' is overlaid on the image in a large, white, sans-serif font.

ERRING TAIN S

COME AND HIKE

SUMMIT VICTORIES MADE EASY



SUMMIT VICTORIES
MADE EASY

SUMMIT EXPERIENCES FOR UNTRAINED HIKERS

Breathtaking views, writing your personal entry in the summit logbook, a mountain snack as reward: conquering a summit is one of the grand experiences for all mountain lovers. And right here in the Innsbruck Region, these special moments are not reserved for climbers and extreme mountaineers alone. The untrained fans can also partake of the highest high: summit joy including a summit photo can be achieved without any great effort. Simple hikes and comfortable ascents with the help of cableways and lifts make it possible. The Hafelekar, highest point in the Northern Massif, entices all comers with its imposing 2,334 meters altitude. Users take the cablecar, then reach the summit in just a quarter of an hour on a solid trail without any problem. Also the Patscherkofel on the other side of the valley (2,248 m) provides summit-feeling and 360-degree panorama views without discomfiting ascent. It has never been as easy to 'storm' a summit.

TIPS FOR TOURS

KARWENDEL: HAFELEKARSPITZE

The Nordkettenbahn departs from city center in Innsbruck and brings you in the wink of an eye to the Hafelekar at 2,256 m. Actually your mind needs to hurry to catch up with the physical experience, so fast do you reach the cliffs and crags, the crests and ridges of the Nordkette mountain range above Innsbruck. The views from the top are in every direction, down to the city, north to the Karwendel, where the sea of stone seems to weave and lace in endless ways. In just 15 to 20 minutes you can reach the peak of the Hafelekarspitze on a very solid, easily walked path. And there it is: your first summit experience at 2,334 m. You write your name into the summit logbook, and it's there for all eternity. Nowhere else is the sharp contrast between bursting

Inntal valley and super-silent Nature Park Karwendel quite this stark, quite this authentic.

FACTS

Time: 30 min. | Length of route: 1.5 km | Start and finish: Hafelekar mountain terminal | Altitude: 2,269–2,334 m | Meters of ascent: about 65 m | Category: for hiking beginners | Impressions: a short summit tour with spectacular rewards

PATSCHERKOFEL: PATSCHERKOFEL-SUMMIT

From the gentle rolling hills of the Prealps all around Igls, Lanser See Lake and Patsch, you can master the altitude difference to the mountain terminal at 1,965 m quite comfortably. Of course the ambitious can then tackle the last stretch to the top in order to savor the full-flavored panorama views adjacent to the striking signal tower. The path is easily walked, just three kilometers long, the summit tour takes just a little more than an hour. That way, you can enjoy your other reward: a snack at the Gipfelstube at 2,248 meters altitude.

FACTS

Time: 2.5 hrs | Length of route: 6 km | Start and finish: Patscherkofel mountain terminal | Altitude: 1,950–2,248 m | Meters of ascent: about 300 m | Category: mountain hikers | Impressions: a tour for the views, including splendid alpine flora

STUBAI ALPS: FALTEGARTENKÖPFL

The odd-shaped summit of the Faltegartenköpfl doesn't tower strikingly above the wide-ranging broad ridge which flows southwards from the Pirchkogel in Kühtai. For that very reason the surprise is even greater: the views of the Inntal valley, the Mieming Plateau and the massifs rising to the north are incom-

parable. The most popular route of ascent is from Feldringalm, then on to the Feldringer Böden to the Faltegartenköpfl. The summit itself is a broad ribbon of rock that is visible from afar through its summit cross. From Kühtai, the Franz-Josefs-Weg trail leads to Mareil and the 2,184-meter high summit, for which you need about 2 hours. Both pass through deep-scented forests of stone pine, blossoming mountain meadows and swathes of alpine rhododendrons and mountain berries.

FACTS

Time: 3.5 hrs | Length of route: 8 km | Start and finish: Haiminger saddle | Altitude: 1,697–2,184 m | Meters of ascent: about 500 m | Category: families and mountain hikers | Impressions: superb forests of stone pine, carpets of rhododendrons, plus fabulous views

RANGGER KÖPFL

The imposing peak about ten kilometers west of Innsbruck cuts a fine silhouette through its dome-shaped summit and is the most important landmark for a hiking region full of dream-come-true panorama views. The new Peter-Anich cabin cablecar, takes you comfortably from Oberperfuss to Stigleith at 1,360 m, where the panorama restaurant beckons to a delicious stopover. That is where the way to the summit begins. 40 minutes is all it takes, along a trail which can even accommodate children's strollers, to Gfaß at 1,517 m. Here the Alpenrosensteig trail forks off and leads along the banks of the Lichtenbach stream to the Almdorf of the Angeralm and later ascends to Krimpenbachalm (1,918 m). Then on a nearly even path to the Krimpenbach Saddle (1,899 m) and slightly uphill, to the summit of the Rangger Köpfl (1,939 m). At blossoming time in July, the landscape positively radiates in scarlet from alpine rhododendrons. This splendid roundabout path with ever-changing views into the distance then ascends to the Rosskogel Hut (1,777 m) which rewards with

great views and tasty Tyrolean dishes. The stopover is so great it will make you want to do it all over again.

FACTS

Time: 3.5 hrs | Length of route: 10 km | Start and finish: Stigleith, middle terminal of Peter Anich Bahn | Altitude: 1,360–1,939 m | Meters of ascent: 650 m | ambitious family hiking trail | Almdorf, panorama summit

KALKKÖGEL: NOCKSPITZE

The Prealps lying southwest of Innsbruck are presided over by the Nockspitze, which seems to be a twin to the Patscherkofel, and which marks the western entrance to Wipptal valley. Climbing the rugged and ragged-appearing limestone peak, also called Saile, is the paramount tour in the immediate vicinity of Innsbruck. The ascend starts from Axamer Lizum, insofar as the Birgitzköpflift is open (please inquire before starting your tour) and is conquered in a relatively short time, i.e. about an hour. At the mountain terminal and Birgitzköpflhaus hut, the well-marked trail heads through fields of larchwood bushes to the Halsl at 1,992 m. There the trail veers to the north and leads through screefields and grass-covered slopes to the wide summit plateau with its two summit crosses (southern = Saile, northern = Nockspitze). For the descent, several options are available, but the recommended one is the route which heads westwards along the foot of the Saile down to the Birgitzköpflhaus hut. If the Birgitzköpflift is not operating, the route from Mutterer Alm should be selected. It is half-an-hour longer and slightly more demanding on your feet.

FACTS

Time: 2.5 hrs | Length of route: 7.2 km | Start and finish: Birgitzköpflhaus hut | Altitude: 2,039–2,404 m | Meters of ascent: about

350 m | Category: mountain hikers | Impressions: short but panorama-rewarded summit tour

MIEMINGER KETTE MOUNTAIN RANGE: SIMMERING ●

As rough, craggy and difficult as the peaks of the Mieminger Kette mountain range appear, all the easier and simpler are the ascents to the pre-alps of this mountain chain. The peak which stands guardian in the western sector is the Simmering, a distinct peak of the Mieming Plateau which separates it from the lower-lying Inntal valley. Departing from Obsteig, the steep, but short, Alpstieg and the moderately steep, but longer, Almstrasse lead to the high plateau. Here the Simmering alm invites one to an intermission before continuing the tour to the summit on the

'horn' which then can be savoured to the full from the panorama platform, with views of the mountains of Mieming and of Stubai. The surprisingly flat knoll of Simmering with its rich floral meadows is also a good spot to spend a summertime afternoon, as long as no thunderstorm is brewing, before descending utterly relaxed back to the valley. Overall time 4.5–5 hrs, 850 meters of altitude difference.

FACTS

Time: 5.5 hrs | Length of route: 15 km | Start and finish: parking lot Grünberg | Altitude: 1,031–2,078 m | Meters of ascent: about 1,100 m | Category: mountain hikers | Impressions: far reaching plateau landscapes above forest limits



SUMMIT VICTORIES
MADE EASY

Kalkkögel

LONG-DISTANCE HIKES

A photograph showing two hikers on a narrow, rocky mountain trail. The hiker in the foreground is wearing a bright orange jacket and blue pants, while the one behind is in a green jacket and blue pants. They are both using trekking poles. The trail is set against a backdrop of a vast valley with a river, a town, and distant mountains under a clear sky.

ENCOUNTERING NATURE, CULTURE AND YOUR INNER SELF

What an experience! An evening out in the wild, untamed nature of the mountains at a hut, getting ready for the night. Instead of trudging along on the route homeward, the adventure can continue. First comes the sunset. Fiery red. Then, the star-studded sky. Learning to hear your own inner rhythms, following them, letting go of everyday life. Completely giving yourself over to the pleasures of hiking, finding your own inimitable tempo, pacing yourself with your walking sticks, mastering the challenges through the strength of your own will power. Walking the trails the way our ancestors did, from one point to the next, one stage at a time, base camp to base camp, inspired by the task, reinforced by your own sense of conviction that you can indeed master it. All that is on offer to the hiker. It is a philosophy which expresses itself by doing, by crossing borders, transcending yourself...to find yourself.

GENERAL INFORMATION

In the Innsbruck region there are three different routes which make several-day treks possible. Three trails which run straight across Tyrol, through the Alps, lead through the mountains, weaving around the state capital. The international long-distance trails have a special red-white-red marking, all of them alike, with the trail number framed in white. Regional long-distance trails are marked like the others but with an additional icon. Unlike day tours, your backpack needs to be bigger, your tempo slower. Telescope sticks help to counteract the additional weight you are carrying on your back. Tempo and daily quotas are of course selected according to individual strength and desires. In high season you're advised to reserve your overnights at the huts. That appears to reduce the pleasure a bit, but secures a place to sleep at the end of the day. As member of the Austrian or German Alpine Club you have the right to overnight accommodation, but also get up to 50% reduction of the overnight costs and can eat price-reduced mountain climber meals.

For more information about long-distance hiking, please consult www.alpenverein.at/weitwanderer

TIPS FOR TOURS

SELLRAIN ROUTE FROM HUT TO HUT ●

The Sellrain hut-to-hut tour leads through the secluded world of the Stubai Alps for seven days, along 80 kilometers and up 5,700 meters of altitude. Thus, the cornerstone data of this long-distance hike and mountain-discovery tour. Starting at the village of Sellrain at 900 meters, the route reaches its highest elevation on the Schöntalspitze at more than 3,000 meters above sea level. Numerous alms and mountain refuges will provide tasty Tyrolean specialties along the way, often providing overnight possibilities as well, which gives you the peace and quiet you need in the silent world of the mountains: Potsdamerhütte hut, Westfalenhaus hut, Pforzheimer Hütte hut, Schweinfurter Hütte hut, Bielefelder Hütte hut and Dortmunder Hütte hut. The trail is pure pleasure, full of picture-perfect panoramas of mountain peaks that will make you think you're in heaven. Perhaps even an occasional encounter with the local inhabitants, e.g. an ibex, a chamois or a marmotte. But caution is urged, such a hut-to-hut hike is reserved for those who are fit and who are experienced, due to the alpine difficulties involved. That way, the assurance of pure pleasure at high elevation is assured.

FACTS

Time: 7 days | Length of route: 77.9 km | Start and finish: Sellrain | Altitude: 938–2,977 m | Meters of ascent: total 5,700 m | Category: ambitious mountain hikers | Impressions: high alpine roundabout tour

KARWENDEL - HIGH ALTITUDE TRAIL ●

The newly laid out Karwendel High Altitude Trail laces through the western sector of the Nature Park Karwendel, starting in Reith bei Seefeld. The 63-km long, alpine long-distance trail consists of 6 stages. Already in the first one, your goal is the highest point of the whole long-distance tour, the 2,239-meter high Nördlinger Hut. The second stage ends with traversing the Erlspitze at the Solsteinhaus hut (1,806 m). The third day is a chapter in and of itself, for here you hike nearly 20 kilometers along the crest of the Nordkette mountain range, past "Frau Hitt" and Hafelekar to the Pfeis Hut (1,922 m). Traversing the Lafatscherjoch brings the hiker to the fourth stage which leads to the Bettelwurf Hut (2,079 m), which is actually a slight detour from the main route. The next-to-the-last stage, the shortest one, has the Hallerangerhaus as its goal, before you walk-to-relax through the Gleirschtal valley on the final day, downhill practically all the way, to Scharnitz. The Karwendel High Altitude Trail is designed for experienced mountain hikers and climbers who have sure-footedness and no vertigo, i.e. don't get dizzy in the heights, as the fundamental prerequisites. The stages require a high degree of physical fitness as well, since a total of 7,000 meters of altitude, 3,400 m going upwards, have to be mastered. The best time for this trail is the season from June to September.

FACTS

Time: 6 days | Length of route: 63 km | Start and finish: Reith bei Seefeld – Scharnitz | Altitude: 960–2,239 m | Meters of ascent: total 3,400 m | Category: ambitious mountain hikers | Impressions: roundabout tour through the core zone of the Nature Park

PETER-ANICH HIGH ALTITUDE TRAIL ●

This medium-difficult mountain trail runs along a mountain chain in the northern sector of the Stubai Alps, between the Inntal valley to the north and the Sellraintal valley to the west, up to 2,884 meters altitude. It holds everything in store that mountains in the Innsbruck Region have on offer. The best starting point is the rustic Peter-Anich Hut (1,910 m) above Rietz, where one really ought to overnight in order to prepare for more than 22 km of mountain trails the next day. That way, you get to enjoy the cooking of Martin Perkhofer: his 'kiachln,' buchteln and krapfen (fresh-made mountain donuts) have become the stuff of legend in the Upper Inntal valley. Strengthened by all this energy food, you start lightfootedly next morning, reaching the Pfaffenhofer Alm at 1,694 m after one hour. The next section brings hikers past the ruins of the Neuburger Hut to the Oberhofer Galtalalm, then on to the Flaurlinger Alm at 1,614 m. Here is a great spot for a rest, for then you head up to the high point of the tour at 2,302 m, the Rauher Kopf. The descent leads over the 'Alpl' to the Inzinger Alm. The splendid views of the northern Limestone Alps and Mieminger Kette mountain range accompany you every step of the way to the Krimpenbachsattel at 1,900 m altitude, before you head through the scented pine forests and over lush mountain meadows of wildflowers to the Rosskogel Hut at 1,800 m. Now, all that is lacking is the descent to the Stigleith parking lot, to complete the Peter-Anich high altitude trail. The Peter-Anich-Bahn will take care of the remaining descent to Oberperfuss, destination and goal of this tour, which incidentally can also be used as starting point.

FACTS

Time: 8-9 hours | Length of route: 22.5 km | Start and finish: Peter-Anich Hut – Stigleith/Oberperfuss | Altitude: 1,380–2,302 m | Meters of ascent: total 996 m | Category: high altitude trail with splendid views into the far distance, dotted with high alpine pastures and superb mountain landscapes

ADLER TRAIL ●

A long-distance hike like an eagle's flight. The eagle, centerpiece of the Tyrolean coat of arms, king of the sky, is the patron namesake of this very special long-distance hiking trail which cuts straight through North Tyrol along a course of 200 km. Five of the 24 stages loop their way around Innsbruck, thereby containing well known sectors such as the Zirbenweg on the Patscherkofel or the Goetheweg on the Nordkette mountain range. Thanks to its immediate link to the Karwendel mountain range through the Nordkettenbahn, Innsbruck is also the ideal starting point. Along these stages, yellow signs with the eagle icon mark the way, along with red-white-red ground markings. It makes the route easy to follow.

For more information about the tour, please consult
www.tirol.at/adlerweg



VIA ALPINA ●

Via Alpina is the title of the merger of five Alps-traversing long-distance trails: 5,000 kilometers along 342 stages from Monaco to Trieste. The red-marked route leads through the Karwendel valley and the Grosser Ahornboden from Scharnitz to Schwaz, thus touching the Innsbruck regions on the northern rim.

For more information about the tour, please consult

www.via-alpina.org



LONG-DISTANCE HIKE CHECKLIST

Long-distance hiking requires not only good physical condition, but also special items of equipment which need to be carefully selected, depending on their weight, the length of the tour, the anticipated meters of altitude, the season, one's own needs, etc.

- ▶ comfortable, worn-in trekking shoes or mountain boots
- ▶ a backpack that sits well and comfortably, with hip straps and waterproof inner bags
- ▶ hiking map, GPS device or GPS watch
- ▶ food for along the way (muesli bars, apples, bananas, dark bread, sausages, bacon, hard cheese, dried fruits, nuts)
- ▶ sufficient liquids, magnesium or isotonic tablets, sun cream, brimmed cap, sunglasses
- ▶ rainwear and windbreaker
- ▶ change of clothing of functional materials or merino shirts
- ▶ first-aid kit with insulation blanket
- ▶ cell phone with fully charged battery
- ▶ sleeping bag for hut overnights, headlamp, earplugs, sleeping mask
- ▶ cash
- ▶ toiletry articles
- ▶ knitted skullcap, gloves
- ▶ microfiber towel
- ▶ pocket knife
- ▶ camera (fully charged battery, empty SD card)



INNSBRUCK TREK



If you don't want to merely select a mountain massif, but also want to experience and enjoy wide ranging pleasures of a highly diverse region in just a few days, your choice also has to include comforts. If those are your priorities, set your sights on the Innsbruck Trek. Regardless whether on the Zirbenweg, in the Karwendel mountain range, the Kalkkögel or a Mountaineering Villages: the 7-day long Innsbruck Trek (a joint project of Innsbruck Tourism and ASI Reisen, the renowned Alpine School of Innsbruck) leads you to all the mountain massifs of the region and takes in all the important landmarks. The diversity along this unparalleled tour is already evident on the first day, when the summons arrives: Up and out of the city! Into the mountains! The Golden Roof in the heart of Innsbruck is the point of departure for a tour which combines urban flair with alpine adventure. In the wink of an eye, you leave the hustle and bustle of town behind you. The Karwendel mountain range beckons with its crystal-clear mountain air on a hike along the slopes of the Northern Massif. The Innsbruck Trek has just begun and

already you are enjoying incomparable views of the city and the Inntal valley. The second stage is under the aegis of legendary larchwood meadows and old mountain huts. The Mieming Plateau, spoiled for centuries by nature, sunshine and natural beauty, numbers among the most sun-spoiled spots in Austria (2,000 hours of annual sunshine). The third stage leads into the imposing Stubai Alps on high to Kühtai. Tracing the footsteps of miners of old, you tread high up over the Inntal valley to the summit of the Pirchkogel (2,828 m). The fourth stage whisks through the Mountaineering Villages of St. Sigmund and Gries im Sellrain, bringing hikers on a beam leading to the Axamer Lizum. In the rather spectacular craggy towers of the bizarre Kalkkögel, the so-called Dolomites of North Tyrol, numerous peaks jab into the sky, needles and jutting ridges and towers, accompanied by views of the surrounding countryside that take your breath away. On the final stage, you hike through Innsbruck's skyline: the last section of the roundabout tour leads over the beloved Zirbenweg on Innsbruck's backyard mountain, the Patscherkofel, and back

to town. Since the Innsbruck Trek is such a sweeping experience of nature, on the one hand, yet couched in immense comforts on the other, the trekking vacation also has an all-inclusive package offer: the route is pre-planned, but highly flexible. Each day, two guided tours at various levels of difficulty are on offer. Thus, you can choose spontaneously or switch each day between the alternatives - or change your desired level of difficulty, either up or down, depending on your mood and your condition. It is also a matter of savoring nature in all its multifold facets and not having to be burdened with heavy backpacks. Your luggage is transported for you from one stage to the next. It awaits you at the hotel. And as regards hotels: comfortable beds and meals (breakfast plus dinner in the evening) are also included. You stay at select (and pre-reserved) 3 or 4-star hotels. The only thing you have to do yourself is...hike.

On the Innsbruck Trek, you hike either accompanied by top-trained ASI mountain hiking guides at pre-arranged dates and times; or individually at your own pace at your own preferred date and time. But even if you choose to go hiking unaccompanied, you do not have to go without comfort and service. All accommodations are pre-reserved, hikers receive comprehensive written materials, maps, luggage transport and 24/7 service telephone number. Nevertheless, if you decide on individual, unaccompanied travel, but with the special flair of an adventure, you should acquaint yourself with hiking maps and route descriptions beforehand. And also have a good sense of orientation.

For more information about tours and reservations, please see www.asi.at/innsbruck-trek



VIA FERRATA



CLIMBING AS PURE ENJOYMENT

The Innsbruck region offers a wide diversity of via ferrata routes, climbing gardens and indoor climbing halls, both for beginners and for pros, no one's desires go unanswered. The rough-cut rocks of the Karwendel and Mieming walls, for example, are perfect ways to learn and absorb early climbing techniques. But also the south flanks all around Kühtai harbor adventurous routes for climbing with ropes and carabiners. Regardless whether for fun-climbing or rough-tough classics, there are plenty of possibilities in the Innsbruck region for any and every level of training and experience, always with a climbing helmet and equipment.

FACTS VIA FERRATAS IN INNSBRUCK REGION

- ▶ 29 sports climbing regions
- ▶ 1,170 routes of one-rope length
- ▶ 88 routes of several rope lengths
- ▶ 6 climbing routes (via ferrata)
- ▶ 2 boulder regions
- ▶ 2 family climbing gardens
- ▶ 7 indoor climbing halls

For more information, please consult
www.climbers-city.com

OVERVIEW

- ▶ **Sports climbing:** Climbing Arena Seegrube, Martinswand, Höttinger Steinbruch, Stams Climbing Garden, Silz Climbing Garden, Ehnbachklamm Zirl, Kühtai Panorama Climbing Route, Locherboden
- ▶ **Several-rope lengths:** Climbing Arena Seegrube, Nordketten Arena, Ehnbachklamm-Young Climbers Squad Wall, Karkopf-Dolce-Vita
- ▶ **Family climbing gardens:** Locherboden, Telfs-Arzbergklamm (hamlet)
- ▶ **Indoor climbing and bouldering halls:** Leisure Centre Axams, Boulder Centre Amras, Innsbruck Gym, Kletterturm Kühtai (closed in summer), Boulderhalle/Climbing Centre Telfs, Climbing Wall Sport Centre Telfs, Climbing Centre Innsbruck, Climbing Hall Rum
- ▶ **Grade of difficulty:** For climbing routes (via ferrata), in contrast to sportive climbing and bouldering, there is no generally accepted scale. Ordinarily, various 4-6 level scales are used. The via ferratas in the Innsbruck region are classified with a letter scale extending from A to F. Thus, A is "not difficult" whereas F is "more than extremely difficult".

TIPS FOR TOURS

INNSBRUCK VIA FERRATA

A whole series of summits of the Nordkette mountain range literally hangs on a thread, i.e. a steel cable. We are here referring to Innsbruck's panorama via ferrata which leads from the Hafelekar to the Frau Hitt saddle. Scenically this well secured route provides nothing short of sensational perspectives and views at every meter of the way, grand glimpses of the city of Innsbruck 2,000 m below you, as well as breathtaking views into the far distance all the way to the glaciers of the Main Alpine Ridge.

And that is not all: the untouched landscapes of the wild Karwendel are also right before your eyes. Demanding and original passages alternate with each other. The first section runs from the Hafelekar along the crest to the Langen Sattel and even has an original suspension bridge. The second section leads over far more demanding terrain full of craggy ups and downs through a labyrinth of rock towers, gullies, vertical walls and chimneys to the legendary figure of Frau Hitt.

Start: Hafelekar mountain terminal at Nordkettenbahnen in Innsbruck, 2,269 m

KAISER MAX VIA FERRATA

The Kaiser-Max via ferrata in the Martins Wall near Zirl. In the second section, a hundred meters of nearly vertical wall and rock plates where it is hard to get a good footing await climbing fans. Climbing shoes are advised, as is the mastery of basic climbing techniques. Can be done all year round, a south-facing route.

Start: parking lot on Landesstr. B171 east of Zirl, 590 m

ADLER VIA FERRATA ASCENT ON THE KARKOPF

The Adler via ferrata ascent, with 900 meters of steel cables fixed into the best limestone of the Wetterstein, runs in the Karkopf eastern ridge zone of the Mieminger Kette mountain range along a line adhering to the natural geological shapes up to the summit plateau (appx. 3 hrs of climbing time). Prerequisites: alpine experience, no dizziness or vertigo, sure-footedness, strength, endurance. Descent from the Karkopf on the normal trail to the new Alplhütte hut and back to Strassberghaus hut.

Start: parking lot Strassberghaus hut close to Telfs, 1,191 m

WANK - VIA FERRATA ASCENT

This via ferrata leads from the Stöttltörl through craggy, highly diverse terrain to the Wankspitze and has a few slightly exposed passages. Descent on the normal trail of the Wankspitze to the Lehnberghaus hut.

Start: Wankspitze summit, NW of summit cross; scramble from Arzkasten near Obsteig, 2,209 m

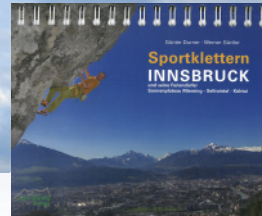
KÜHTAI PANORAMA VIA FERRATA

The splendid via ferrata in the granite of the Stubai mountains leads from Kühtai up to the 2,807-meter high Pockkogel. High, north-facing granite with not much sun add up to high overall demands. The first part corresponds to G+ grade of difficulty; the second section is by and large grade D. The final swing to the summit leads through the exposed north face. The descent on the normal trail is relaxing, in contrast. The ride up on the Dreiseenbahn shortens the access route by 45 minutes. Not suitable for children.

Start: DreiSeenBahn mountain terminal 2,420 m, Kühtai



CLIMBING



SPORT CLIMBING IN INNSBRUCK

This handbook for climbing fans is available at all Information Bureaus, bookshops or online.

For more details, please see www.climbers-city.com

EXPLORING



CABLEWAYS, REDUCTIONS & FREE MOUNTAIN HIKING PROGRAM

For comprehensive information on the map, see: www.innsbruck.info/welcome

WINTER HIKING

SOFT FOOTSTEPS
THROUGH THE WOODS

WINTER HIKING

Mieming Plateau



THE PERFECT DESTINATION: MIEMING PLATEAU

True, the Bergdoktor has now moved to another shooting location in a different Tyrolean village, but his house in Wildermieming is still a popular landmark. One of the many well-marked winter hikes on the Mieming Plateau takes you there. From the community office of Wildermieming the route leads to the old-fashioned farmhouse which once housed his medical practice on TV. Just 103 meters of altitude have to be mastered, along a stretch of 3.8 km, easily possible for young and old in about 1.5 hrs. The Sag Chapel and Letten Chapel can be visited along the way.

HIGH-ALTITUDE WINTER HIKING TRAIL PATSCHERKOFEL

The Patscherkofel is Innsbruck's guardian peak to the south, the backyard mountain of locals. From skiing to backcountry skiing, many different kinds of tours are popular. Winter hiking reveals the season from its most beautiful side. A very eye-popping winter hike leads from the mountain terminal of the Patscher-

kofelbahn to the summit (2,248 m) which rewards all with 360° views over the Inntal valley and the Wipptal valley as well as the entire city of Innsbruck. About 1.5 hrs are all you need.

POPULAR SNOWSHOE HIKES AND WINTER HIKES

- ▶ Snowshoe and winter hikes from the parking lot in Grünberg, Obsteig to the Simmering Alm (815 meters of altitude, 6.3 km)
- ▶ (guided snowshoe hike to Grünberg near Obsteig (540 meters of altitude, 6.4 km)
- ▶ to Graf-Ferdinand-Haus from the valley terminal of Drei-Seen-Bahn in Kühtai (196 meters of altitude, 2.5 km)
- ▶ family hike Fernerboden in Lüsental valley from Lüsens (101 meters of altitude; 2.1 km)
- ▶ guided snowshoe winter hike in Ellbögen with skidoo ride up to 1,700 m

For more information on winter hiking and snowshoe hiking, please consult

www.innsbruck.info

EXPLORE

CULTURE AND SHOPPING FUN

You've just returned from the bubbling mountain brook where you sipped the sparkling fresh water, your soul spread out wide across a blossoming meadow of wildflowers, and only a short while later into the pulsating city life with international flair? That's possible only in Innsbruck! Here, the mountain world is cheek-by-jowl with city center. In fact, many square kilometers of wilderness are actually within city limits. But Innsbruck also has urban character: historic sights, high culture in convention hall or on theatre stage, strolling miles, shopping centers and buildings of international architectural renown.



THE CITY

SHOPPING, CULTURE,
CULINARY ENJOYMENTS

Golden Roof

SHOPPING, CULTURE,
CULINARY ENJOYMENTS

CITY

STROLLING & SAVORING



ENJOY THE CITY

How about lunch on the mountain and dinner at a gourmet chef's restaurant? In Innsbruck, no problem. From the new Umbrügler Alm, meander tranquilly along the forest trail to the Hungerburg, then take the panorama train back to city center. And there you have a choice. The medieval old town and modern inner city have dozens of grand restaurants and country-style inns to satisfy hungry visitors. Enjoy fine Tyrolean dishes at the Goldener Adler or the Ottoburg; refined burgers at the Ludwig, mediterranean flair at Il Convento, or savor homemade brews at Theresienbräu. Many restaurant gardens in the pedestrian zone are open until 11:00 pm, the warm summer nights outdoors for a meal or a drink can be savoured to the hilt. For a digestif, up to aDLERS or the Bar 360° on the seventh floor of City Hall, floating above the roofs of Innsbruck. Until midnight you can also enjoy the Penz Bar, the Café Museum or Schindler to the utmost.

INNSBRUCK CARD



Nearly uncountable benefits are buried in the Innsbruck Card, available in 24-hour, 48-hour and 72-hour versions. They bring price reductions and advantages galore, for example a one-time admission to all museums and sights of the city, as well as one ascent and one descent on Innsbruck's cableways and lifts (bike transport has to be paid for), free use of all buses and trams of the Innsbruck Public Transportation system, the Sightseer bus and the Swarovski Crystal Worlds shuttles, as well as free or discounted admission to select bathing lakes or swimming pools.

HIGHLIGHTS

- ▶ cultural enjoyment and history at Innsbruck's museums: free admission to Tyrol Panorama on Bergisel, and to the Imperial Palace with the Innsbruck Card
- ▶ aperitif high above the roofs of Innsbruck: at the aDLERS Bar or the Bar 360° in the gallery of City Hall
- ▶ a Friday evening ride to the Seegrube for dinner at 1,905 meters altitude
- ▶ participation in daily guided city walks (NEW: the imperial tour)
- ▶ visit to the world-famous Alpine Zoo, the highest animal park in Europe
- ▶ visit to Bergisel ski jump and the panorama platform, including Sky Restaurant located directly inside the ski jump

For more information on shopping possibilities, cultural offerings, restaurants and night clubs, please consult

www.innsbruck.info

SUMMERT

ACTIVITY WITHOUT LIMITS IN CRISP MOUNTAIN AIR

The Innsbruck region holds lots of terrific possibilities in store for the ultimate holiday experience – on the tracks of the wild animals of the Alps, all by yourself in a high wall of rock, discovering the Alps from the air like an eagle or together with your loved ones at a sunset in high alpine regions, uncovering the secret miracles of nature. The only difficult part is choosing from among the many mountain trails, summit tours and via ferrata climbing ascents, hiking with llamas, geological cache treasure hunts or natural dramas like the bursting sea of rhododendron blossoms or the rutting of stags.



TIME JOYS

EVERYTHING
EXCEPT BORING



AROUND-THE-ALPS FLIGHT – GAZING AT THE SUMMITS FROM ABOVE

Just like an eagle, Tyrol's majestic coat-of-arms standard bearer, gazing DOWN at the summits? The Innsbruck Airport is the gateway to a perfect round-the-Alps flight experience. Simply check in and you're in the air inside a helicopter, wafting past the Karwendel and Patscherkofel. Experienced professional pilots guarantee a maximum of safety. And perfect service makes your flight an unforgettable experience. From city flights to the "Best of the Alps" you can select from a vast offering of flying possibilities.



Llamas on Mieming Plateau

For details, see

www.mysnapair.com

SUMMERTIME JOYS

LLAMA HIKE ON MIEMING PLATEAU

The Ashlandhof in Obsteig offers guided llama hikes through the lithe and light-flooded larchwood forests of the Mieming Plateau all year round. Llamas have long been known as marvellous escorts on hikes. The friendly, amusing, intelligent, sensitive and congenial animals are treasured by children most of all. On a try-it-out hike, get to know the animals. Then they will lead you on a wonderful round of discovery over the beautiful sun plateau. Llamas and alpacas are curious, but very restrained; they don't just charge off or approach people too suddenly, rather they maintain a respectful distance. These characteristics help them to conquer the hearts of children in a wink.

GEOCACHING IN INNSRUCK REGION

A modern scavenger hunt full of riddles and GPS: geocaching draws the whole family together in a pursuit involving fun without end on the hiking trails. Geocaches are more or less well hidden little treasures, protected (and revealed) behind a motto, which beg to be found. Geocachers have to solve tough riddles and enigmatic tasks and be able to operate a simple GPS device. The coordinates on the GPS lead you, more or less, to the treasure which often lies in the middle of nature, e.g. inside a hollow tree or beneath a stone. The necessary equipment for this family treasure hunt can be obtained on loan in many places, e.g. Tourist Offices or at the cableways/lifts.

RUTTING OF THE STAGS IN PRAXMAR

The autumnal rutting of the stags is a drama of nature every year anew in the Sellraintal valley, full of acoustic surprises. At the end of September when the mountains are getting ready for winter and nature begins to recede, the stags break out in their loud chorus to win the favours of the females. Hunters who know their way around lead guests during the rutting week, getting as close as possible to the red deer. At twilight, the test of strength and play of power begins with stag bulls roaring and groaning for all they are worth, and the sound goes straight to your bloodstream, filling the fog-laden forests with their passion.

HAY GIANTS TRAIL IN GRIES IM SELLRAINTAL VALLEY

Just beneath the upper forest limits near Gries im Sellrain, a newly erected barn with informative info-boards and illustrations is being presented. You reach this old-fashioned info-point along a roundabout trail that takes about 1.5 hrs. It starts in Gries and also serves as access route and exit for the Sellraintaler High Altitude Trail. Mountain hay sheds belong to the traditional elements handed down over the centuries in alpine culture and still have an abiding presence in this valley. The grass which is cut in summer and gathered as hay is often located on high or isolated meadows, most of them on the sunny slopes between Hinterriss and Haggen, with lower altitude limits at 1,700 - 1,800 m, so it is stored in these little haysheds. In wintertime, the hay is then transported down to the valley on 'horned' sleighs over the dangerous "Hay Giant" gullies.



ALPINE RHODODENDRON BLOSSOM TIME

The spring begins early in the valleys, but in the mountains arrives only in early summer. It grants us in June a cornucopia of colours unfolding in a drama of nature, a veritable explosion of life after the long, cold alpine winter. The high point is the blossoming of the alpine rhododendrons, the deep red "alpine roses" which carpet entire slopes with their delicate yet striking blossoms. The two species are relegated to limestone or crystalline geology, they follow the mountain woods starting at 1,500 m and turn the slopes either bright pink or deep purple. Their scent makes hikes during that period a feast for the nostrils as well. Alpine rhododendron hikes are a scent-and-light display, adding yet another facet to vacationing in the world of the mountains.

ALPINE ZOO

High over the roofs of Innsbruck, right at the foot of the Northern Massif, lies a zoo unique in the world. The Alpine Zoo is the world's only thematic zoo of alpine animals, located just a few minutes from city center via the Hungerburgbahn. Europe's highest altitude zoo (750 meters) spreads over four hectares (10 acres) and houses pens, terrariums and aquariums for about 150 species and about 2,000 animals directly in the lap of nature, all of which stem from the Alps. Lynx, eagle, fish, birds, wolf, bear – all of these await visitors the the Alpine Zoo. Particularly in springtime, when the first batch of offspring are born, visitors are treated to a feast for the eyes and things start popping at the zoo. At the demo stable, rare species of cattle, pig, goats and sheep are on view up close, some can even be stroked. Unparalleled and incomparable: when Innsbruck's church bells ring, the wolves at the Alpine Zoo howl along with them, competing to see who is stronger.

ICE GROTTO OF THE STUBAI GLACIER

A truly fascinating glimpse of the eternal ice is on offer at the ice grotto of the Stubai Glacier at the Eisgrat mountain terminal at just under 3,000 m altitude. Deeply embedded in glacier ice, 30 meters below the ski slope surface, a 200-meter roundabout walk through this ice grotto awaits visitors summer and winter, making glacier phenomena graspable up close. What is glacier milk? How does glacial polish take place? How can glaciers be protected by fleece? Inside the 2.5-meter high, 2-meter wide ice cave, the world of brilliant white glacier ice transforms to a mysterious, eerie blue. For photo purposes, visitors take a seat on the throne of ice. For this visit to the throbbing heart of the Stubai Glacier, sturdy footwear and a warm jacket are necessary. Crampons are unnecessary, since the path is nearly flat. The ice grotto is accessible via an easily walked ascending trail right near the Eisgrat mountain terminal.



Ice Grotto Stubai Glacier



GROSS



SARAJEVO

ALL IMPORTANT ADDRESSES
AT A GLANCE

ALPINE CLUBS

	CATEGORY	TELEPHONE	WEBSITE
INNSBRUCK			
Österreichischer Alpenverein	Club	+43 512 / 59 547	www.alpenverein.at
ÖAV Sektion Innsbruck	Club	+43 512 / 58 78 28	www.alpenverein.at/innsbruck

MOUNTAIN GUIDES / GUIDES / MOUNTAIN GUIDE SCHOOLS

	CATEGORY	TELEPHONE	WEBSITE
GRIES IM SELLRAIN			
Follow Me	Mountain guides	+43 664 / 21 43 985	www.follow-me.at
INNSBRUCK			
Bergführerverband - Sektion Innsbruck	Club		www.bergfuehrer.at/Sektion-Innsbruck
Bergführerverband - Sektion Hohe Munde	Club		www.alpenverein.at/hohe-munde
Zeit für Draussen	Mountain guides	+43 512 / 31 91 52	www.zeitfuerdraussen.at
KÜHTAI			
Bergschule Haider	Mountain guides	+43 5239 / 52 31	www.schischule-kuehtai.at
NATTERS			
Alpin Schule Innsbruck	Alpine school	+43 512 / 54 60 00	www.asi-reisen.de

MOUNTAIN RESCUE SQUAD

	CATEGORY	TELEPHONE	WEBSITE
Alpiner Notruf	Emergency tel. no.	140	www.bergrettung.at
Euro Notruf	Emergency tel. no.	112	www.notruf.at

MOUNTAINEERING VILLAGES IN SELLRANTAL VALLEY

	WEBSITE
As an initiative of the Alpine Club, the Mountaineering Villages correspond especially closely to the goals of the Alpine Convention which strives toward a sustainable development of the entire Alps.	www.bergsteigerdoerfer.at

BUSES

	TELEPHONE	WEBSITE
IVB		
Innsbrucker Verkehrsbetriebe und Stubaitalbahnen GmbH	+43 512 / 53 070	www.ivb.at
VVT		
Verkehrsverbund Tirol	+43 512 / 56 16 16	www.vvt.at

CABLEWAYS & LIFTS

	CATEGORY	TELEPHONE	WEBSITE
AXAMS			
Axamer Lizum Aufschließungs AG	Cableway	+43 5234 / 68 240	www.axamer-lizum.at
IGLS			
Patscherkofelbahn Betriebs GmbH	Cableway	+43 512 / 37 72 34	www.patscherkofelbahn.at
INNSBRUCK			
Innsbrucker Nordkettenbahnen	Cableway	+43 512 / 29 33 44	www.nordkette.com
KÜHTAI			
Bergbahnen Kühtai GmbH & Co KG	Cableway	+43 5239 / 52 29	www.lifte.at
MUTTERS-GÖTZENS			
Muttereralm Bergbahnen Errichtungs GmbH	Cableway	+43 512 / 54 83 30	www.muttereralm.at
OBERPERFUSS			
Bergbahnen Oberperfuss, Rangger Köpfl	Cableway	+43 5232 / 81 505	www.rangger-koepfl.at
STUBAI			
Wintersport Tirol AG & CO Stubaier Bergbahnen KG	Cableway	+43 5226 / 81 41	www.stubaier-gletscher.com
TULFES			
Geschäftsstelle Glungezerbahn Tulfes	Cableway	+43 5223 / 78 321	www.glungezerbahn.at

PLAYGROUNDS, PARKS, ADVENTURE SPOTS

	CATEGORY	TELEPHONE	WEBSITE
GRIES IM SELLRAIN			
Murmel Abenteuerspielplatz	Playground	+43 5236 / 333	www.abenteuerspielplatz.at
INNSBRUCK			
Arzler Alm	Playground	+43 664 / 65 53 395	www.arzleralm.at
MIEMING			
Mini-Dampf-Tirol	Playground	+43 699 / 11 32 96 81	www.minidampftirol.at
MUTTERS			
Abenteuerpark Muttereralm	Playground	+43 512 / 54 83 30	www.muttereralm.at
RUM			
Waldspielplatz Rum	Playground		www.rum.gv.at

OUTDOOR POOLS / INDOOR POOLS



	CATEGORY	CONTACT	WEBSITE
AXAMS			
Freizeitzentrum Axams - Erlebnisschwimmbad	Indoor pools & Outdoor pools	+43 5234 / 68 322	www.axams-freizeitzentrum.com
INNSBRUCK			
Freibad Tivoli	Outdoor pool	+43 512 / 50 27 081	www.ikb.at
Hallenbad Amraser Straße	Indoor pool	+43 512 / 50 27 051	www.ikb.at
Hallenbad Höttinger Au	Indoor pool	+43 512 / 50 27 071	www.ikb.at
Hallenbad Olympisches Dorf	Indoor pool	+43 512 / 50 27 061	www.ikb.at
INZING			
Freibad Inzing	Outdoor pool	+43 5238 / 88 400	www.inzing.tirol.gv/Schwimmbad
MIEMING			
Waldschwimmbad Barwies	Outdoor pool	+43 5264 / 53 72	
MUTTERS			
Familienbad Mutters	Outdoor pool	+43 512 / 54 61 43	www.mutters.at
TELFS			
Telfer Bad	Indoor pools & Outdoor pools	+43 5262 / 62 137	www.telfer-bad.at
VÖLS			
Blaike	Outdoor pool	+43 512 / 30 29 11	www.voels.at
ZIRL			
Badeanlage Zirl	Outdoor pool	+43 5238 / 54 018	www.tiscover.com

SWIMMING LAKES



	CATEGORY	CONTACT	WEBSITE
INNSBRUCK			
Baggersee Rossau	Swimming lake	+43 512 / 50 27 091	www.ikb.at
LANS			
Alpenbad Lanser See	Swimming lake	+43 512 / 37 73 36	www.lansersee.at
MIEMING			
Badesee Untermieming	Swimming lake	+43 5264 / 59 30	www.badesee-mieming.at
NATTERS			
Ferienparadies Natterer See	Swimming lake	+43 512 / 54 67 32	www.natterersee.com



WELCOME CARD

Look carefully, it's worth your while! Wherever the tiny Welcome Card symbol is visible in the glossary, numerous included services and attractive offers await your enjoyment. With the Welcome Card, the guest card of Innsbruck Region, it is super-simple for visitors to enjoy their days of vacation to the hilt and experience the best and the most diverse that Innsbruck Region has to offer. The card is free of charge, available at all participating hosts.

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No liability for data and subject to modifications. Cutoff date March 2018.

CLIMBING HALLS / BOULDERING



	CATEGORY	CONTACT	WEBSITE
AMRAS			
Boulderanlage Amras	Outdoor boulder area		www.innsbruck.gv.at
AXAMS			
Freizeitzentrum Axams	Boulder hall	+43 5234 / 68 322	www.axams.tirol.gv.at
INNSBRUCK			
Kletterzentrum Innsbruck	Climbing hall, boulder hall, rope climbing & bouldering outdoors	+43 512 / 39 73 40	www.kletterzentrum-innsbruck.at
Innsbrucker Turnverein	Kletterhalle	+43 512 / 58 40 21	www.innsbrucker-turnverein.at
OBERPERFUSS			
Hotel Kleißl	Outdoor climbing wall	+43 5232 / 81 365	www.kleissl.at
RUM			
Kletterhalle Rum	Climbing hall & Boulder hall	+43 650 / 46 03 110	www.rum.at/klettern
TELFS			
Bergstation Boulder-und Kletterzentrum Telfs	Climbing hall	+43 664 / 28 48 500	www.bergstation.tirol
ZIRL			
Boulderraum der AV-Jugend in Zirl	Climbing hall	+43 5238 / 54 00 11 17	b4-zirl.at

ALPINE CLUB REFUGES IN THE INNSBRUCK REGION

	CONTACT	WEBSITE
ELLBÖGEN		
Meissner Haus	+43 512 / 37 76 97	www.meissner-haus.at
IGLS		
Schutzhaus Patscherkofel	+43 512 / 37 71 96	www.schutzhaus-patscherkofel.at
INNSBRUCK		
Pfeishütte	+43 664 / 91 48 434	www.pfeishuette.at
KÜHTAI		
Dortmunder Hütte	+43 5239 / 52 02	www.dortmunderhuette.at
MIEMING		
Coburger Hütte	+43 664 / 32 54 714	www.coburgerhuette.at
RIETZ		
Peter-Anich-Hütte	+43 664 / 51 82 895	www.alpenverein.at/peteranichhuette
SELLRAIN		
Potsdamer Hütte	+43 676 / 93 10 811	www.potsdamer-huette.de
ST. SIGMUND IM SELLRAIN		
Pforzheimer Hütte	+43 5236 / 521	
Westfalenhaus	+43 664 / 78 80 875	www.westfalenhaus.at
TULFES		
Glungezerhütte	+43 5223 / 78 018	www.glungezer.at
ZIRL		
Solsteinhaus	+43 664 / 33 36 531	www.solsteinhaus.com



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