



# HIKING

## KÜHTAI - SELLRAINTAL VALLEY SUMMER & WINTER

unlimited

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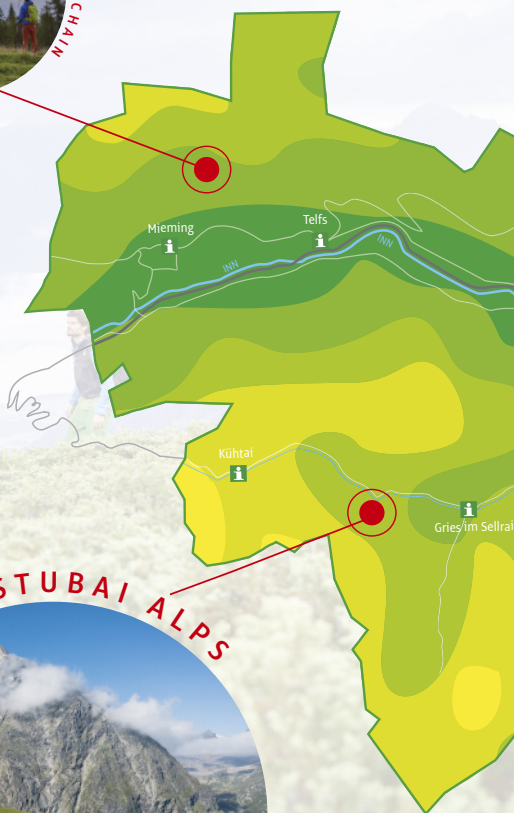
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# THE FIVE MASSIFS

Five different areas of outstanding natural beauty,  
five stunning hiking regions, five unmistakable mountain  
landscapes - one region: Innsbruck!







## SELLRAINTAL VALLEY & STUBAI ALPS

The deep Sellraintal valley lies southwest of Innsbruck opposite the famous Martinswand rock face and runs into the Stubai Alps. A mixture of steep and gentle side valleys cut into the heart of this mountain range where you'll encounter debris fields, colourful mountain meadows, deep cirques and bubbling mountain streams. The glaciers and their unmistakable traces have been shaping this landscape since the Ice Age and never fail to impress. A wide variety of crystalline rocks rise majestically up to more than 3,300 metres, creating a mountain landscape of breathtaking beauty, home to fauna such as ibex, chamois and eagles. In this unspoilt area, Sellrain, Gries im Sellrain, St. Sigmund, Praxmar and Lüsens have been awarded the title of "Mountaineering Villages". This scenery in this area is unique. On the one hand, at the valley entrance it's characterised by gently rolling hills; but at the head of the ten side valleys there's an abrupt change to rugged, glaciated giants. If you're interested in culture and history, you'll find a wealth of experiences to enjoy in the Mountaineering Villages in the Sellraintal valley. On the Knappenweg (Miners' Trail), for example, you can explore 17th century high-alpine ore extraction, or do the Three Lakes Circuit (Drei-Seen-Runde) in Kühtai and admire the chars which Emperor Maximilian I introduced to this unique landscape hundreds of years ago. Whether you start from an altitude of 2,020 metres in Kühtai, Austria's highest pass open in winter, at the head of the valley or at the entrance to the "Eisbrücke" (Ice Bridge) at 1,000 metres above sea level, the dense network of trails and a few refuges in the Sellraintal valley offer hikers and summiteers virtually endless opportunities to enjoy some intensive mountain experiences.

**Getting here:** coming from Innsbruck, at Kematen follow the signs to Sellrain; from the Inntal valley, at Haiming via the Haiminger Sattelle to Kühtai; and from Ötz via Ochsen Garten to Kühtai

## KARWENDEL NATURE RESERVE

The Nordkette mountains are part of the Karwendel Nature Reserve and form the rugged limestone backdrop to the north of Innsbruck. The Nordkettenbahnen funicular and cable cars take you from the city centre to the Hafelekar in just 30 minutes.

## PATSCHERKOFEL MOUNTAIN

The Patscherkofel is regarded as Innsbruck's home mountain and is part of the Central Alps, which are composed of slate

and quartz. There are lots of very popular hiking trails such as the Zirbenweg (Stone Pine Trail) or the Almenweg (Pasture Trail) 1600 which enable visitors to enjoy and explore the impressive gentle mountain landscape with its ancient stone pine forests and meadows of alpine roses. The Patscherkofel is easily recognisable from afar with its gentle shape and the striking transmission mast on its summit.

## **MIEMINGER KETTE CHAIN**

The limestone mountains of the Mieminger Kette chain, with the mighty Wetterstein mountains beyond, frame the wide Mieming Plateau some 40 kilometres west of Innsbruck, and form the backdrop for a plateau landscape unique in Tyrol. The gentle larch meadows form a picturesque contrast to the silvery-grey mountains and are the perfect place to enjoy a rather leisurely hike.

## **KALKKÖGEL MOUNTAINS**

The Kalkkögel mountains are a limestone chain southwest of Innsbruck which look strangely out of place, being surrounded by the crystalline Central Alps. But the mountains fascinate hikers with their bizarre peaks and rugged rock faces which look like an artistic snapshot of erosion. The 2,804 m high Schlicker Seespitze is the highest point of the mountain chain, which is seen very much as an area for rest and relaxation.

## **HIKING & CYCLING MAP**

Whether on foot or by bike, the tear-resistant and weather-proof Kompass Hiking & Cycling map is a trustworthy companion in the great outdoors, providing a detailed overview of all the hiking and biking trails in the Innsbruck region – from footpaths to Nordic walking trails, from family hikes to challenging hikes taking in a number of mountain inns and winter hiking trails, as well as bike trails and mountain bike and downhill trails. The map can be purchased in all Tourist Information offices in the Innsbruck region.







*Sunset on the Pockkogel Kühtai*



*Pochersee lake, Kühtai*



*Sellraintal valley winter landscape*



*Winter walk on the Kaiser-Franz-Josef-Trail Kühtai*



*Sulzkogel Kühtai*



*Praxmar*



# SAFE HIKING

First of all you have to be quite clear that mountain hiking is a **demanding activity in an environment which demands respect**. The rapid ascent by lift or cable car can often give a false impression. You have to have a certain level of physical fitness. **Hiking time calculations** are made using the following approximations: for 100 metres of elevation gain, 200 metres of elevation loss and one kilometre of hiking you should allow 20 minutes for each, all calculated without a break.

**Careful planning of the tour**, on-the-spot information about the conditions and, above all, the weather, as well as observing the advice of locals such as landlords should not be underestimated. You should make a decision on the best route based on the **current weather report**, and as you hike you need to pay full attention. Tiredness can have a significant effect on sure-footedness. Breaks for **a drink, a bite to eat and a rest** should be scheduled regularly to maintain performance and concentration. Finding your own optimal speed and reserving energy levels for the return are just as important.

In the mountains the **weather can be rough and change very quickly**, so you should always carry protection against rain and cold. Although the hiking routes are well marked and there is comprehensive signposting, you should also take a good **hiking map** along with a route description. Basic equipment includes **sturdy hiking boots with a tread sole**, breathable clothing and a backpack containing what you need for the hiking tour. Follow the rule "as little as possible - as much as necessary!" (See the following list of things to pack).





## EQUIPMENT CHECKLIST

- ▶ comfortable, sufficiently large backpack
- ▶ warm clothing with plenty of layers: sweater, rain jacket, possibly hat and gloves (for hiking tours over 2,500 m)
- ▶ sunglasses, sunhat and sunscreen
- ▶ up-to-date hiking map
- ▶ carbohydrate-rich food such as sports bars
- ▶ plenty of fluids, especially in mid-summer
- ▶ pocket knife
- ▶ hiking poles possibly
- ▶ pocket pharmacy with simple rescue blanket
- ▶ mobile phone (fully charged)
- ▶ Scotty app (available in the App Store and Google Play)
- ▶ SOS EU ALP (available in the App Store and Google Play)



SOS EU ALP



Scotty App



## PLEASE NOTE

Mountain trails and alpine routes lead into alpine and high alpine terrain and require good physical condition, mountain experience and the appropriate equipment.

Information about the condition of the hiking and mountain trails and possible obstacles can be obtained from Gries Tourist Information +43 512 / 53 56 61 82 or Kühtai Tourist Information +43 512 / 53 56 61 83 and online at [www.innsbruck.info](http://www.innsbruck.info)

## Emergency numbers

140 Mountain rescue  
112 European emergency call  
or the SOS EU ALP Emergency app

## Refreshment stops

All information provided about opening times (season- and weather-related) and contact details (possible change of landlord) is subject to change.  
Status March 2024.

# CLASSIFICATION OF THE HIKING TRAILS

## **The classification of the selected hiking tours is based on the guidelines in the State of Tyrol's Hiking and Mountain Trails Concept**

The classification criteria take into account the risk of falling, frequency of climbing sections and anchorage points, the possible need for scrambling and the demands of the trail for a wide range of techniques. The classification difficulty is based on an assessment of the routes in good, dry conditions and focusses on the most difficult part of the trail. Weather conditions can have a significant, short-term effect and radically change the difficulty of a trail.

The length of the trail, typical alpine dangers such as old snowfields, rockfalls, avalanches or flood debris, the altitude and the necessary equipment are not taken into account.

## **HIKING TRAILS**

Hiking trails are easy marked trails that are usually wide, not exposed, pose no real danger of falling and have only gentle gradients. Hiking trails can be done without any special alpine knowledge and skills.

Trails are marked on the yellow signposts without a coloured dot.

## **MOUNTAIN TRAILS**

Mountain trails and paths are mainly above the tree line in alpine terrain and should be tackled only in good weather conditions. These trails require experience, sure-footedness and, in some cases, a good head for heights. sturdy hiking boots with a tread sole and appropriate mountain clothing are essential.

Mountain trails are marked on the yellow signposts with a red or black dot.

- **Marked with a red dot:** mostly narrow, often steep mountain trails that may have short exposed passages, even short secured sections.
- **Marked with a black dot:** narrow, often steep mountain trails with a series of secured or exposed areas and/or simple climbing passages that require the use of hands.

These trails should only be taken by sure-footed climbers who have a good head for heights and excellent fitness levels and are well used to the weather conditions likely to be encountered in the high mountains.

## **ALPINE ROUTES**

Alpine routes are marked on the yellow signposts with the "Alpine Route!" triangle symbol. Alpine routes lead into open alpine or high alpine terrain, can be trackless, are not maintained and are usually not marked. These routes are only recommended for experienced and very fit climbers.

## **VIA FERRATAS**

Via ferratas are not mountain trails but items of independent, alpine infrastructure. To use one it's absolutely essential to have via ferrata equipment including helmet and via ferrata set. Via ferratas are marked on the yellow signs with the adjunct "Klettersteig".

# EXPLANATION OF ROUTE DESCRIPTIONS

## **HIKING TIME ONE-WAY**

Total hiking time of the route from start to destination. If the start and destination are not the same, the return time is not included and may differ from the start to destination time depending on which way back is chosen.

## **HIKING TIME CIRCULAR TOUR**

Total hiking time of the tour if the start and destination are the same but a different route of descent is chosen for the return.

## **ELEVATION GAIN**

Metres of elevation for the ascent.

## **TOUR LENGTH**

For summit tours, the one-way route from the starting point to the summit is given. If the start and destination are not the same (e.g. if the route is extended), the total length is given, as is the case with circular tours.



## WINTER HIKING TRAILS

Winter hiking trails are specially created and marked trails that enable safe hiking in snowy conditions. Over the winter these hiking trails are well marked with magenta-coloured signs, they are maintained, only moderately steep and not exposed. With suitable footwear, these trails are relatively safe even in bad weather and snowfall. Before starting the tour, however, it's advisable to enquire at a Tourist Information office about the status of the trails and possible closures.



## TOBOGGAN RUNS

It's important not to confuse toboggan runs and winter hiking trails because toboggan runs tend to be steeper and more difficult to walk than designated winter hiking trails. Special care is also required because some toboggan runs use the same route for both the ascent and the descent. Therefore, please always keep to the right on the ascent, walk in single file if possible and do not stop at blind spots. The criteria for assessing the difficulty of natural toboggan runs are the maximum and average gradient and the curve radius, and they apply mainly to the descent and not the ascent. Toboggan runs are often icy in the curves and are closed for safety reasons when there is ice. You should always check, therefore, the status of the toboggan run at [www.innsbruck.info/sport/winter/rodeln.html](http://www.innsbruck.info/sport/winter/rodeln.html) or at any Tourist Information office before starting your tour, and all closures must be observed.

## HIKING IN THE INNSBRUCK AREA AND ON THE MIEMING PLATEAU

The Hiking Handbook that you have in your hands is just one of three products that focus on hiking in the Innsbruck region. All the handbooks are available from Tourist Information offices.



# MOUNTAINEERING VILLAGES

## **High up in the mountains but close to the city**

The term "mountaineering villages" refers to villages that are considered to be Alpine pioneers in their respective region. The landscape and customs have been continuously shaped by a historically developed mindset and reflect the essential harmony between man and nature. The motto is: "Less, but better."

Because of its unspoilt authenticity, the Sellraintal valley was able to win the Austrian Alpine Association's award. Mountaineering villages also pay particular attention to the aims of the Alpine Convention whose primary concern is sustainable development throughout the Alps. Mountaineering villages are small but rather fine places to enjoy at your leisure. The villages of Sellrain, Gries im Sellrain and St. Sigmund im Sellrain have belonged to this select group since June 2013. Mountain ranges over 3,000 metres high are an irresistible attraction to hikers and mountaineers. The high peaks of the Stubai Alps in the south and the Karwendel, Nordkette and Mieming mountains in the north provide a splendid backdrop. It's a wonderful natural landscape without noise, without traffic and without stress - instead, pure peace, quiet and relaxation! You can really sense what it means to escape from the noise of the outside world, especially in the two legally regulated quiet zones in the Sellraintal valley. The everyday stress of the office, the city and the traffic completely disappears when you're here. With good reason, the Sellraintal valley is one of the most sparsely populated areas in Tyrol! Breathe in the clear, fresh mountain air, which is guaranteed to be low-pollen away from the heavily used tourist trails, and marvel at the diverse flora and fauna. Or simply relax in one of the small villages that lie so high and where you'll find more mountain pastures than anywhere else. Climb up out of the valley and above the tree line, with an elevation gain of more than 2,000 metres, and leave all your everyday cares and woes behind. The Sellraintal valley was authentic, unspoilt and sustainable long before these terms became widely prevalent. Here you can still sense the perfect symbiosis of nature, man and economic survival. More than 30 peaks of 3,000 m or more and 100 peaks of 2,000 m or more provide countless opportunities to explore the rich landscape,



on remote trails too. The best way to experience this diversity is on the Sellrain Mountain Hut circuit – a multi-day hike from hut to hut.

**Mountain group:** Stubai Alps

**important summits:**

- ▶ Hinterer Brunnenkogel (3,325 m)
- ▶ Lüsener Fernerkogel (3,298 m)
- ▶ Hoher Seelaskogel (3,235 m)
- ▶ Zwieselbacher Roskogel (3,081 m)
- ▶ Sulzkogel (3,016 m)
- ▶ Zischgeles (3,004 m)
- ▶ Schöntalspitze (3,002 m)
- ▶ Rietzer Grieskogel (2,884 m)
- ▶ Roter Kogel (2,832 m)
- ▶ Rosskogel (2,646 m)
- ▶ Freihut (2,625 m)
- ▶ Windegg (2,577 m)

More information about the Mountaineering Villages at  
**[www.bergsteigerdoerfer.org](http://www.bergsteigerdoerfer.org)**









# S U M M E R H I K E S

KÜHTAI-SELLRAINTAL VALLEY

# SELLRAINTAL VALLEY PATH OF REFLECTION

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt, mountain trail

**Hiking time one way:** 3 hrs

**Elevation gain:** 480 m

**Length:** 9.6 km

**Start:** Marmota car park, Gries im Sellrain

**Destination:** Sellrain Church

**Refreshment stops:** Pizzeria Marmota, Bergsporthotel

Antonie, Gasthaus zur Post

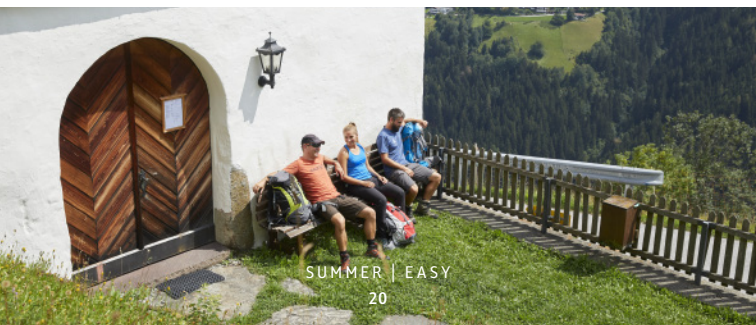
**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

You set off from St Martin's Parish Church in Gries and take the road to Obermarendebach from where you continue along a woodland path to the Grubach farms and on to the Sellrain districts of Duregg and Perfall. Carry on through the forest to St Quirin Pilgrimage Church. The descent to Sellrain, via the Stations of the Cross, starts 20 metres behind the church. This Path of Reflection (Besinnungsweg) takes you past lots of farms and viewpoints. There are so many heavenly places for you to enjoy at your leisure. Shortly after the end of the Stations of the Cross you turn right along the road and then left on a road down to the districts of Ausserzehend and Obere Grube. From here you head south diagonally downhill into the valley to Sellrain and St Anna's Church.

## HIGHLIGHTS

- ▶ Visiting three churches possible
- ▶ Lots of information panels along the trail tell all sorts of interesting stories, giving you plenty of food for thought



# INNSBRUCKER BANKL

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt

**Total hiking time:** 2 hrs

**Elevation gain:** 100 m

**Length:** 3.4 km

**Start | Destination:** Marmota car park, Gries im Sellrain

**Refreshment stops:** Pizzeria Marmota, Bergsporthotel Antonie, Gasthaus zur Post

**Tips | Notes:** family- and buggy-friendly

## ROUTE DESCRIPTION

You set off from St Martin's Parish Church in Gries im Sellrain and follow the asphalt road to Obermarendebach to your destination, the Innsbrucker Bankl, a bench from where you can enjoy magnificent views of the Inntal Valley. To return you make the short descent to the Grubach farms and hike back along the Path of Reflection to Gries.

## HIGHLIGHT

- The Innsbrucker Bankl (destination) offers magnificent views of the Inntal Valley.



# GRIES – KUNDL – LÜSENS – PRAXMAR

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail, mountain trail

**Hiking time one way:** 3 hrs

**Elevation gain:** 680 m

**Length:** 7 km

**Start:** Marmota car park, Gries im Sellrain

**Destination:** Praxmar

**Refreshment stops:** Alpengasthof Praxmar, Alpengasthof Lüsens

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

You set off from Gries fire station heading for Juifenau. You cross the bridge, go past the sports field and then follow the forest trail until it joins the trail to the Juifenalm mountain inn. Follow this trail to the fourth bend where you turn off at the signpost Lüsens/Praxmar and continue on the hiking trail to the Kundlhof. From there you can continue past two fish ponds to Lüsens or Praxmar. You can return by bus or return to Gries by the same route.

## HIGHLIGHT

- Picturesque fish pond where you can enjoy an extended break in Praxmar





# SEIGESALM HIKE

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt, forest trail

**Hiking time one way:** 3h 30m

**Elevation gain:** 800 m

**Length:** 7.25 km

**Start:** Eisbrücke car park, Sellrain

**Destination:** Seigesalm

**Refreshment stops:** Seigesalm

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

The Seigesalm mountain hut can be reached in a number of ways. From the "Eisbrücke" car park you walk for about 30 minutes along the trail towards Weidenchalets Pirchmoser/Potsdamer Hütte. You then turn right onto the forest trail to the Sattelalm (no service) and on to the Seigesalm. Alternatively, you can start from the Weidenchalets Pirchmoser mountain inn car park and this trail leads via the Almindalm to the Seigesalm. You can also make the ascent via the Moosböden mossland towards Sattelalm and continue to the Seigesalm. These routes are ideal if you want to do a circular hike. From the Seigesalm you'll be rewarded with magnificent views of the Inntal Valley.

## HIGHLIGHT

► Alpine rose blossom in June and July



# NATURE AND GLACIER TRAIL

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Hiking time one way:** 2 hrs

**Elevation gain:** 160 m

**Length:** 4.5 km

**Start:** Praxmar car park

**Destination:** Fernerboden Lüsens

**Refreshment stops:** Alpengasthof Praxmar, Alpengasthof Lüsens

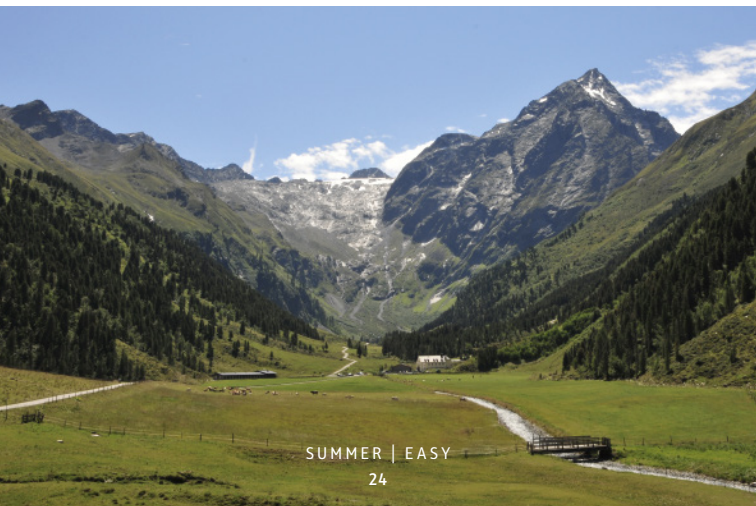
**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

Set off from the end of the car park in Praxmar heading south towards Lüsens. Information panels along the first section of the trail provide lots of information about the Sellraintal valley's fauna and flora, with a special focus on endangered amphibians. The second section from Lüsens continuing south to the "Fernerboden" valley floor provides a fascinating insight into the development of glaciers to the present day. From a natural viewing platform you can enjoy magnificent views of the surrounding mountains.

## HIGHLIGHT

- Information panels with information about flora, fauna and the world of glaciers



# SONNBERGALM WONDER HIKING TRAIL

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Hiking time one way:** 1 hr

**Elevation gain:** 350 m

**Length:** 3 km

**Start:** Sonnbergalm car park, St. Sigmund

**Destination:** Sonnbergalm

**Refreshment stops:** Sonnbergalm

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

The trail starts at the Sonnbergalm car park between St. Sigmund and Haggen behind the Krainhof farm. It heads evenly uphill beside a sunny forest. Some stations point to natural wonders such as the ibex populations in the Alps and the age of the spruce forests. The Sonnbergalm mountain hut offers stunning views of the surrounding mountains and excellent home cooking.

## HIGHLIGHTS

- ▶ The impressive "Adlerhorst" (Eagle's Nest) viewing point offers magnificent views of the Gleirschthal valley
- ▶ "Wonders of Nature" information panels along the trail



# ST. SIGMUND – HAGGEN CIRCUIT

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Total hiking time:** 3 hr

**Elevation gain:** 240 m

**Length:** 5.9 km

**Start | Destination:** Ruetz Mountain Restaurant car park,  
St. Sigmund

**Refreshment stops:** Schärmeralm Haggen, Ruetz Mountain  
Restaurant, Haggen Forellenhof trout farm

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

You set off from the car park and walk past the two forest lakes. You then turn right and continue through the forest on to Haggen. Cross the bridge, pass the Haggen trout farm and at the "Maria Schnee" chapel you follow the farm track out of the valley. Cross the main road and continue out of the valley along the trail between fields to the beginning of the asphalt section. At the fork you head briefly uphill to a holiday home in the woods and from there you take a mountain trail to the Brandhöfe farms. From there you head down to the main road and out of the valley to Alt-Peida. After the cattle grid you cross the bridge to the other side of the valley and then follow the woodland path. Where this meets the asphalt trail into the Gleirschtal valley, you go downhill over the bridge and past the Fuchs playground and shortly after that you turn left and past the forest lakes again back to the starting point.

## HIGHLIGHTS

- ▶ Idyllic forest lake
- ▶ Fuchs playground in St. Sigmund with all sorts of play equipment

# SATTELE – FALTEGARTENKÖPFL

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail, mountain trail

**Total hiking time:** 3h 30m

**Elevation gain:** 450 m

**Length:** 4 km

**Start | Destination:** Sattelle car park, Haiming

**Refreshment stops:** Feldringalm

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

Starting from Kühtai, you head downhill towards Ötz and then, at the beginning of the village of Ochsengarten, it's uphill in the direction of Sattelle in the district of Haiming. The car park is at the very highest point, and from there it's very gently uphill along a forest trail to the Feldringalm mountain hut. From here you follow a well signposted mountain trail out of the forest, continuously heading east, to the Faltegartenköpfl. This unremarkable summit rises up out of the wide mountain ridge as a band of rock. What's all the more surprising is that it offers magnificent views of the Inntal valley, the Mieming Plateau and the majestic Mieminger Kette chain beyond. Return by the same route.

## HIGHLIGHT

► Wonderful views of the Inntal valley



# JUIFENALM – WINDEGG

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** forest trail, mountain trail

**Hiking time one way:** 4 hrs

**Elevation gain:** 1,150 m

**Length:** 6 km

**Start:** Juifenalm car park, Gries im Sellrain

**Destination:** Windegg summit cross

**Refreshment stops:** Juifenalm

**Tips | Notes:** summit tour, location of “andalusite”, a rare mineral

## ROUTE DESCRIPTION

Starting from the Juifenalm car park, you take either the wide forest trail or the rather steeper summer trail to the Juifenalm mountain hut. When you come to the so-called “Jagdhütte” (hunting lodge), the forest clears and you continue on the trail to the Juifenalm at 2,020 metres above sea level. From here you now follow a mountain trail uphill heading northeast – past lush alpine roses, mountain flowers and beautiful alpine pastures to the Windegg summit cross (2,577 m). From here you can admire the magnificent views far down into the Inntal valley and the Stubai Alps. Return by the same route.

## HIGHLIGHTS

- ▶ Relatively easy summit tour with magnificent views
- ▶ Between Juifenalm and Windegg you might come across “andalusite”, a rare mineral, right next to the mountain trail





# PRAXMAR – WESTFALENHAUS

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 3 hrs

**Elevation gain:** 920 m

**Length:** 6.8 km

**Start:** Praxmar car park

**Destination:** Westfalenhaus

**Refreshment stops:** Westfalenhaus, Alpengasthof Praxmar, Alpengasthof Lüsens

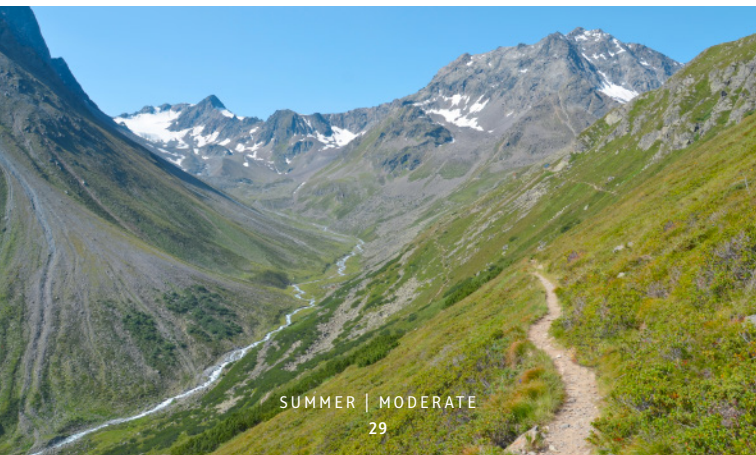
SUMMER | MODERATE

## ROUTE DESCRIPTION

From the car park in Praxmar you head south and immediately turn right uphill on the mountain trail with signpost to the Westfalenhaus. Later you cross the Schöntal valley above Lüsens and join mountain trail no. 141 which leads up from Lüsens. From the wide mountain trail you turn west into the Längental valley and after about three hours you come to the Westfalenhaus, an Alpine Association mountain inn. You can hike back to Lüsens via the winter trail on the valley floor and then back to Praxmar via the forest trail.

## HIGHLIGHTS

- Splendid views of the impressive Lüsener Fernerkogel and the 19th century glacial moraines in the Längental valley
- The Westfalenhaus is the starting point for lots of summit ascents



# PRAXMAR – FREIHUT – ST. SIGMUND

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 5h 30m

**Elevation gain:** 920 m

**Length:** 9.7 km

**Start:** Praxmar car park

**Destination:** St. Sigmund

**Refreshment stops:** Alpengasthof Praxmar, Gleirschalm, Mountain Restaurant Ruetz

**Tips | Notes:** summit tour

## ROUTE DESCRIPTION

From the car park in Praxmar you follow the signs for the Freihut trail no. 30 and then follow the road north to an asphalt road with barrier. Follow this for a short distance and before the signpost with bench you turn left onto the mountain trail and follow the signs. Continuously gaining height, you cross the mountain flanks heading out of the valley to a cirque below the summit. It's now steeper up to the summit plateau and the small cross on the top of the Freihut mountain, from where there are breathtaking panoramic views. For the descent you cross the summit plateau and follow the mountain trail west down to St. Sigmund. In the area of the Gleirschalm hut you finally come to the asphalt road and follow this down to St. Sigmund and into the village.

## HIGHLIGHTS

- ▶ Even during the ascent there are magnificent views of the Lüsener Fernerkogel; from the summit magnificent panoramic views of the entire Sellraintal valley and its gorge-like junction with the Inntal valley
- ▶ Awesome summit plateau with artistically laid patterns and stone lettering
- ▶ On the descent you can see how the spruce forest creates a heart-shaped border around St. Sigmund

# THREE LAKES CIRCUIT KÜHTAI

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Total hiking time:** 3 hrs

**Elevation gain:** 440 m

**Length:** 7 km

**Start | Destination:** Wiesberghaus, Kühtai

**Refreshment stops:** Drei-Seen mountain hut, inns, restaurants etc. in Kühtai

**Tips | Notes:** family-friendly

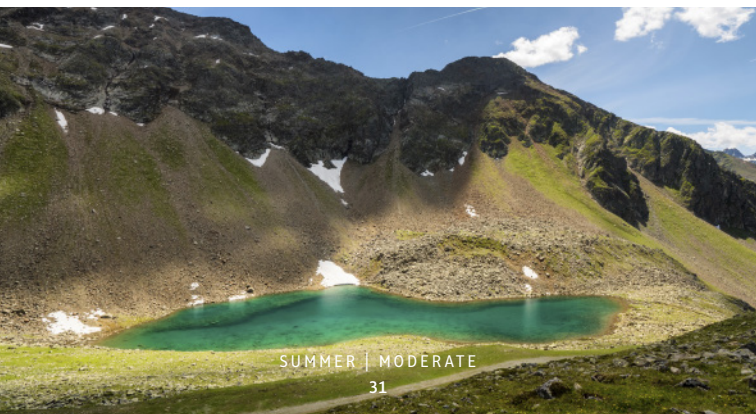
SUMMER | MODERATE

## ROUTE DESCRIPTION

The trail starts immediately opposite Kühtai Tourist Information Office and behind the Wiesberghaus and heads east on a gentle uphill gradient to the Hirschebensee lake (2,164 m). From there it's a bit steeper uphill past the Mittlerer Plenderlessee lake (2,317 m) and finally beneath the chairlift via the Three Lakes Hut (Drei-Seen-Hütte) to the Finstertal valley reservoir. Return either on the asphalt trail past the Graf Ferdinand House or via the marked and signposted mountain trail down to Kühtai.

## HIGHLIGHTS

- ▶ Cooling off by the Hirschebensee lake after the climb.
- ▶ Finstertal valley reservoir
- ▶ The Plenderlesseen lakes are a delightful place to spend some time. You can enjoy watching the chars cavorting in the waters; they were introduced by Emperor Maximilian more than 500 years ago.



# KÜHTAI – PIRCHKOGEL

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 2h 30m

**Elevation gain:** 800 m

**Length:** 3.5 km

**Start:** Kühtai Tourist Information Office

**Destination:** Pirchkogel summit

**Refreshment stops:** Kaiser Max Hütte, inns and restaurants in Kühtai

**Tips | Notes:** summit tour, perfect for sunrise walks

## ROUTE DESCRIPTION

You set off on the ascent from behind Kühtai Tourist Information Office via the ski slope. You cross the Stocktal stream at the wooden bridge behind the fenced off catch basin.

Follow trail no. 151 past the Kaiser Maximilian hut and you leave the ski area at about 2,400 metres above sea level at the Schwarzmoos lakes. You pass a memorial cross, traverse the northern slope of the Hinterer Grieskogel with a short, rope-secured section and come to the Pirchkogel summit via the wide eastern ridge. Here you're rewarded with awesome views. The cross is located on an outlying rock facing the Inntal valley and is just a few minutes' walk. The descent can be made from there heading west via the Feldringer Böden plateau to Marlstein or back via the ascent route to Kühtai.

## HIGHLIGHTS

- ▶ Idyllic Schwarzmoos lakes
- ▶ From the summit, awesome panoramic views stretch from the Wildspitze over the Arlberg to the Zugspitze and far to the east to the Inntal and Sellraintal valleys and the Stubai Alps





# KÜHTAI – SULZKOGEL

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 4 hrs

**Elevation gain:** 1,020 m

**Length:** 6.3 km

**Start:** Kühtai Tourist Information Office

**Destination:** Sulzkogel summit

**Refreshment stops:** inns and restaurants in Kühtai

**Tips | Notes:** summit tour

SUMMER | MODERATE

## ROUTE DESCRIPTION

If you complete this hike you'll have clocked a 3,000 m peak! You hike from Kühtai Church to the Finstertal reservoir dam - either via the asphalt trail or the mountain trail. From there you continue on trail no. 146 on the east bank to the end of the reservoir. At the fork to the Finstertaler Scharte behind the lake, you carry on towards Sulzkogel. You pass a small waterfall and the mountain trail swings west into a barren high valley. The climb to the Sulzkogel summit is now in sight. You climb a steep, southeast-facing slope and finally over the west side to the summit adorned with quite a large cross. You descend by the same route.

## HIGHLIGHTS

- ▶ View from the summit of the Finstertal reservoir coloured emerald-green by sediments.
- ▶ Barrier house at the dam with exhibition room about the Sellrain-Silz power plant group
- ▶ 3,000 m summit with the shortest ascent far and wide



# RIETZER GRIESKOGE

SUMMER | MODERATE

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 3 hrs

**Elevation gain:** 950 m

**Length:** 5.1 km

**Start:** Avalanche galleries car park, outside Kühtai

**Destination:** Grieskogel summit

**Refreshment stops:** none

**Tips | Notes:** summit tour

## ROUTE DESCRIPTION

Coming from Innsbruck, the tour starts at the small car park above the upper avalanche gallery outside Kühtai. You cross the road and come to the landscaped gallery where the trail first runs beside the gallery gently downhill. You then head uphill on a road into the Klammbachtal valley. The track comes to an end at a water intake at about 1,900 metres and you continue on a mountain trail into the valley. At a fork you follow the signs to "Rietzer Grieskogel" and continue across the Narrenböden pastures with constant views of the summit with its mighty cross. The mountain trail then leads up onto the Bachwandkopf and up to the ridge, from where you head east over the ridge to the summit.

## HIGHLIGHTS

- ▶ Breathtaking views of almost the whole Inntal valley
- ▶ Huge summit cross



# KNAPPENWEG TRAIL

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 4h 30m

**Elevation gain:** 500 m

**Length:** 10 km

**Start | Destination:** Dortmunder Hütte car park, Kühtai

**Refreshment stops:** Dortmunder Hütte, mountain huts around the Hochötz ski resort

**Tips | Notes:** the Knappenweg can be hiked via several routes - further information at the Tourist Information Offices.

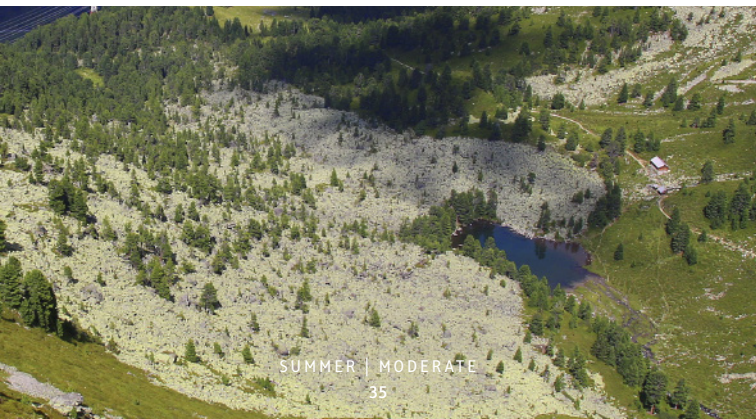
SUMMER | MODERATE

## ROUTE DESCRIPTION

The Knappenweg (Miners' Trail) enables hikers to explore the history of mining in the Wörgetal valley. From the Dortmunder Hütte inn in Kühtai you hike through a breathtaking mountain landscape past the Längental valley reservoir and the Mittergrathütten into the Hochötz ski resort. On the way you come to the faithfully reconstructed Miners' House at the entrance to the Wörgetal valley by the Pochersee lake. Photos show the mining past of the region and you'll also learn more about the history of the mountain huts and pastures along the way. After the Miners' House you continue via the Balbachalm to Hochötz and from there the best option is to take the cable car down to Ochsen Garten and the bus back to Kühtai.

## HIGHLIGHTS

- ▶ Fragrant stone pine forests along the entire route
- ▶ Authentic 17th century Miners' House with crushing mill & ore mill
- ▶ Landslide rubble around the Pochersee lake



# WEIDENCHALET PIRCHMOSE – ROTER KOSEL – PRAXMAR

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** forest trail, mountain trail

**Hiking time one way:** 7 hrs

**Elevation gain:** 1,380 m

**Length:** 12.4 km

**Start:** Weidenchalets Pirschmoser car park, Sellrain

**Destination:** Praxmar

**Refreshment stops:** Alpengasthof Praxmar, Potsdamer Hütte

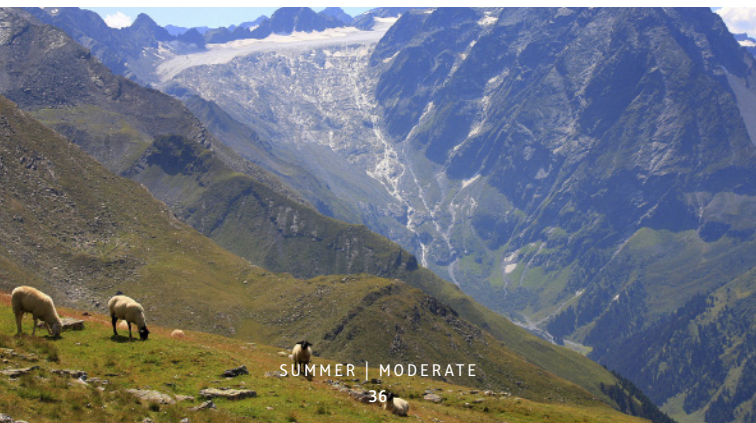
**Tips | Notes:** summit tour

## ROUTE DESCRIPTION

From the Weidenchalets Pirschmoser car park you follow the forest trail and then the mountain trail to the Potsdamer Hütte. Continue in the direction of Kastengrat beside the Widersberg to the Roter Kogel. You descend via the west side of the mountain past the Aflinger Alm hut to Praxmar

## HIGHLIGHTS

- ▶ Hiking destination for those in search of peace and quiet
- ▶ Fantastic views from the summit of the Lüsener Fernerkogel and the Lüsener Ferner, the largest glacier in the Sellraintal valley
- ▶ Location of andalusite, a rare mineral





# ST. SIGMUND – PFORZHEIMER HÜTTE

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** asphalt, forest trail, mountain trail

**Hiking time one way:** 3 hrs

**Elevation gain:** 820 m

**Length:** 7 km

**Start:** Gleirschalm car park, St. Sigmund

**Destination:** Pforzheimer Hütte

**Refreshment stops:** Pforzheimer Hütte, Gleirschalm, Ruetz Mountain Restaurant

SUMMER | MODERATE

## ROUTE DESCRIPTION

From the car park in St. Sigmund you head south along the asphalt track to the Gleirschalm (25 min), then past beautiful alpine meadows and mountain streams deep into the Gleirschtal valley to the Pforzheimer Hütte hut. Return by the same route.

## HIGHLIGHTS

- ▶ Starting point for the ascent of some 3,000 m summits
- ▶ Pforzheimer Hütte (hut on the Sellrain Mountain Hut circuit)
- ▶ Mica schist around the river bed at the Riglkapelle chapel behind the Gleirschalm



# PRAXMAR – ZISCHGELES

## FACTS & FIGURES

**Difficulty level:** moderate

**Trail composition:** mountain trail

**Hiking time one way:** 4 hrs

**Elevation gain:** 1,320 m

**Length:** 5.2 km

**Start:** Praxmar car park

**Destination:** Zischgeles summit

**Refreshment stops:** Alpengasthof Praxmar

**Tips | Notes:** summit tour

## ROUTE DESCRIPTION

You set off from the car park in Praxmar heading southwest on the mountain trail as far as the Kamplooch. The mountain trail turns north and, after some steep bends, finally leads you up into the Satteloch and you cross this hollow heading southwest up to the north ridge. You then carry on across a boulder field to the Zischgeles summit. To return you can either take the same trail or, if you'd like to turn the hike into a round trip, choose the mountain trail towards Oberstkogel which is secured with a chain for a short distance at one point. You hike below the Oberstkogel on lush green mountain slopes to the Dreizeiger with three large stone men. You continue downhill following the mountain trail to Praxmar beside the Schefalm to the starting point. The name Zischgeles derives from "Francis" and its Tyrolean nickname "Zischg".

## HIGHLIGHT

- ▶ Stunning mountain scenery with views of most of the 3,000 m summits and glaciers of the Sellraintal valley



# SELLRAINTAL VALLEY HIGH ALTITUDE TRAIL

## FACTS & FIGURES

**Difficulty level:** difficult

**Trail composition:** mountain trail

**Hiking time one way:** 7 hrs

**Elevation gain:** 1,120 m

**Length:** 15 km

**Start:** car park by the Zirnbachalm between Haggen and Kühtai

**Destination:** Oberperfuss Bergbahnen car park

**Refreshment stops:** Sonnbergalm, Rosskogelhütte

**Tips | Notes:** Cable car ascent fare reduction with Welcome Card. In early winter when there's little snow, mostly in December, this trail is completely snow-free thanks to its south-facing location.

SUMMER | DIFFICULT

## ROUTE DESCRIPTION

The Sellraintal High Altitude Trail leads along the 2,000 m line from the Zirnbachalm, which lies between Haggen and Kühtai, to the Rosskogelhütte by the Rangger Köpfel in Oberperfuss. The well signposted trail begins 300 metres east of the Zirnbachalm and leads initially steeply uphill to the Sonnberg grazing pastures. Then the trail leads with a moderate gradient high above the Sellraintal valley through the Haggener and Peider Sonnberg pastures, across the mountain flanks of the Koflerspitzen and the Weissstein to below the Rosskogel, and from the Kögele to the Rosskogelhütte inn. The easy way back to Oberperfuss in the valley is to take the gondola cable car. From the High Altitude Trail you can also climb the Seejoch, Weissstein and Rosskogel. Descent into the valley is via the Sonnbergalm to St. Sigmund via the Heuriesenweg trail to Gries im Sellrain or via St. Quirin to Sellrain.

## HIGHLIGHTS

- ▶ Hiking above the tree line
- ▶ Plenty of observation benches along the trail

# RIDGE WALK IN THE FOTSCHERTAL VALLEY

## FACTS & FIGURES

**Difficulty level:** difficult

**Trail composition:** mountain trail

**Total hiking time:** 9 hrs

**Elevation gain:** 1,470 m

**Length:** 19 km

**Start | Destination:** Eisbrücke car park, Sellrain

**Refreshment stops:** Potsdamer Hütte, Furggesalm, Schmalzgrubenalm

**Tips | Notes:** summit tour, ridge traverse, stamina and settled weather essential

SUMMER | DIFFICULT

## ROUTE DESCRIPTION

From the Tanneben district you set off across magnificent mountain meadows to the Schmalzgrubenalm. From there you continue through the forest until you emerge from the trees for the first time just before the Salfeinssee lake, where you must stop and admire the breathtaking views of the Inntal valley and the reflections of the Kalkkögel mountains in the lake. You then follow the ridge between the Fotschertal and Senderstal valleys heading south. The hike takes you across four summits: Grieskogel (2,168 m), Breitschwemmkogel (2,264 m), Angerbergkopf (2,400 m) and Schaflegerkogel (2,504 m). After the last one, you return via the Furggesalm to the Weidenchalets Pirchmoser inn and out along the forest trail through the Fotschertal valley to the starting point.

## HIGHLIGHT

► Four summit conquests in one tour



# ST. QUIRIN – ROSSKOGEL

## FACTS & FIGURES

**Difficulty level:** difficult

**Trail composition:** mountain trail

**Hiking time one way:** 4 hrs

**Elevation gain:** 1,387 m

**Length:** 6.2 km

**Start:** St. Quirin, Sellrain

**Destination:** Rosskogel summit

**Refreshment stops:** none

**Tips | Notes:** summit tour, in early winter when there's little snow, often into late December, this trail is completely snow-free. The trail runs consistently on the sunny side and so, if hiking in warm weather, you should set off early.

SUMMER | DIFFICULT

## ROUTE DESCRIPTION

Starting from St. Quirin in Sellrain you follow the signs at the beginning of the forest trail west of the church. The forest trail takes you directly onto the mountain trail through the forest up to Meils. You follow a wide ridge heading steadily west, with the Rosskogel constantly in view. Slowly and with just a gentle gradient, you cross wonderful alpine pastures heading for the summit. At about 2,400 metres you leave the ridge and deviate onto the mountain trail on the Rosskogel's southern slopes up to the summit. The tour is an absolute highlight with its scenic beauty and the magnificent panoramic views, especially towards Innsbruck and the Inntal valley.

## HIGHLIGHT

- St. Quirin Pilgrimage Church (oldest church in the Sellraintal valley)





# ST. SIGMUND – ZWIESELBACHER ROSSKOGE

## FACTS & FIGURES

**Difficulty level:** difficult

**Trail composition:** road, forest trail, mountain trail

**Hiking time one way:** 5 hrs

**Elevation gain:** 1,550 m

**Length:** 10.5 km

**Start:** Gleirschalm car park, St. Sigmund

**Destination:** Rosskogel summit

**Refreshment stops:** Pforzheimer Hütte, Gleirschalm, Ruetz Mountain Restaurant

**Tips | Notes:** summit tour, recommended as a Bike & Hike tour

## ROUTE DESCRIPTION

You set off from the Gleirschalm car park and, if you're biking, it's best to follow the asphalt road to the Gleirschalm and continue on the forest trail into the valley. From about 1,750 metres it's steep and rough and it's best to continue on foot. After about 2h 30min hours you come to the Pforzheimer Hütte from where you continue southwest into the Walfeskar cirque. Once in the cirque, it's a very steep climb on the south side with several hundred metres of elevation gain until you reach a ridge, from where you have good views of the "Zwieselbacher" cross. You descend a few metres towards the Kraspesferner and in a wide arc heading southwest up to the summit. Return is by the same route.

## HIGHLIGHT

► The glacial trough behind the Pforzheimer Hütte



# LÜSENER FERNERKOGEL

## FACTS & FIGURES

**Difficulty level:** difficult

**Trail composition:** mountain trail, glacier, ridge scrambling

**Hiking time one way:** 6 hrs

**Elevation gain:** 1,660 m

**Length:** approx. 9 km

**Start:** Lüsens car park

**Destination:** Fernerkogel summit

**Refreshment stops:** Alpengasthof Lüsens

**Tips | Notes:** summit tour, glacier equipment compulsory, mountain guide recommended

SUMMER | DIFFICULT

## ROUTE DESCRIPTION

From the car park you follow the forest trail into the valley to the Fernerboden just before the head of the valley. Here you follow the signs towards the mighty "Mauer" (wall) left of the trail. Passing by alder scrub, the partially secured trail heads up into the Wall. After about 2,200 metres you cross a bridge over the Lüsener Ferner meltwater stream. Continue on the mountain trail heading east onto a moraine which you follow until the end of the mountain trail and the beginning of the large Lüsener Ferner glacier basin. Continue west along the edge of the glacier to the "Plattige Wand" where there's a rather laborious climb across rubble up to a wind gap. From here you descend a few metres to the north before you come to the Rotgratferner glacier basin. You cross this to reach the lowest point between the Rotgratspitze and Fernerkogel at about 3,200 metres. You head up over the ridge to the highest point where there's a beautiful cross. On really fine days the panoramic views extend from Munich over the Karwendel mountains to the Wilder Kaiser range and on to the Grossglockner, the Dolomites and the highest mountains of the Stubai and Ötztal Alps, the Zugspitze and even more.

## HIGHLIGHT

- Glacial polish from the last glacier high point in the 19th century along the so-called "Wall"



# MULTI-DAY TOURS AND VIA FERRATAS

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KÜHTAI-SELLRAINTAL VALLEY





# SELLRAIN MOUNTAIN HUT CIRCUIT

The Sellrain Mountain Hut Circuit is a high-alpine, multi-day circular hike through the entire Kühtai-Sellraintal valley region. It can be done by various routes and shows off all the many wonderful features of the Sellrain mountains such as the massive and glacier-covered granite gneiss mountains in the far Lüsenstal valley, the gentle hills around the Fotschertal valley and the mighty Acherkogel high above the Tyrolean Oberland. Comprising seven days, 80 kilometres and a challenging elevation gain of 5,700 m, the Sellrain Mountain Hut Circuit is a very special kind of mountaineering experience. The tour starts in Sellrain at 900 metres and its highest point is the Schöntalspitze at more than 3,000 metres. Its seven stages take in numerous refuges where you can enjoy delicious Tyrolean cuisine, rustic accommodation and restful peace and quiet.

The stops on the tour are the Potsdamer Hütte, the Westfalenhaus and the Pforzheimer Hütte, Schweinfurter Hütte, Bielefelder Hütte and Dortmunder Hütte mountain inns. This route demands a high level of fitness and mountain experience.

Detailed information on the stages at [www.innsbruck.info/huettenrunde](http://www.innsbruck.info/huettenrunde)

Latest information is available from any of our Tourist Information Offices and online at [www.innsbruck.info](http://www.innsbruck.info)

**BED  
RESERVATION!**

In summer beds are in short supply and you're advised to reserve one in good time.





# KÜHTAI – PANORAMA- VIA FERRATA

## FACTS & FIGURES

**Difficulty level:** D/E (very difficult)

**Hiking time of the tour (with lift support):**

ascent: 30 min, via ferrata: approx. 2h 30min,

descent approx. 1h 30min

**Total time:** approx. 4 – 5 hrs

**Elevation gain:** 260 m

**Start | Destination:** Drei-Seen-Bahn car park, Kühtai

**Refreshment stops:** Drei-Seen-Hütte, inns and restaurants in Kühtai

**Tips | Notes:** a good level of fitness is essential, and that's not all! Via ferrata equipment and helmet are obligatory, and sure-footedness, a good head for heights and via ferrata experience are also required! Equipment can be hired from the Drei-Seen-Bahn valley station. Using the cable car will reduce the length of the tour by about 1 to 1h 30min.

Best time of year: July, August, September

## ROUTE DESCRIPTION

You start from the Drei-Seen-Bahn car park in Kühtai. At the mountain station you follow the "Klettersteig" signs. A magnificent via ferrata in the metamorphic gneiss rock of the Sellrain mountains leads up to the 2,807 m high Pockkogel. Its two sections take you across the steep northeast flank of the Pockkogel. To descend you follow the markings along the standard trail via the Finstertal reservoir.

## HIGHLIGHTS

- ▶ First section of the rock face level D/E (partly overhanging)
- ▶ Second section of the rock face level D
- ▶ Excellent rock face also with natural hand holds
- ▶ Breathtaking panoramic views from the summit

You'll find detailed descriptions of the via ferratas at [www.climbers-paradise.com](http://www.climbers-paradise.com)



# WINTER HIKES & TOBOGGAN TOURS

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KÜHTAI-SELLRAINTAL VALLEY



# GRIES WINTER HIKE

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Total hiking time:** 45 min

**Elevation gain:** 50 m

**Length:** 1.5 km

**Start | Destination:** Marmota car park, Gries im Sellrain

**Refreshment stops:** Restaurant Marmota, Bergsporthotel Antonie, Gasthaus zur Post

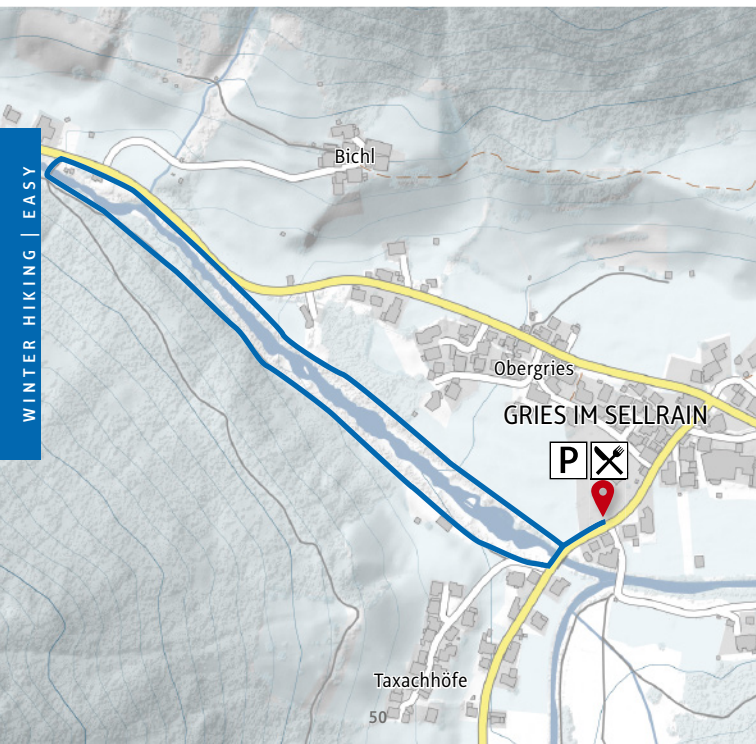
**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

From the Marmel adventure playground in Gries you bear right uphill along the Zirmbach stream towards the Kneipp centre. From here you follow the main road to the bridge by a riding school. On the other side of the stream you return to the village on a forest trail.

## HIGHLIGHT

► Marmel adventure playground with toboggan hill





# PRAXMAR – LÜSENS

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Hiking time one way:** 45 min

**Elevation gain:** 60 m

**Length:** 2.3 km

**Start:** Praxmar car park

**Destination:** Lüsens

**Refreshment stops:** Alpengasthof Praxmar, Alpengasthof Lüsens

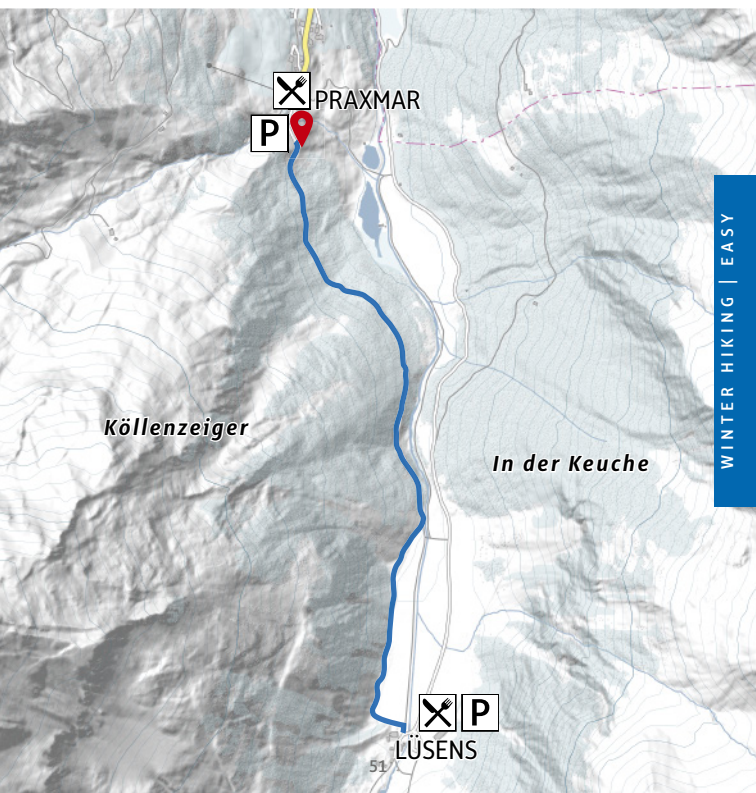
**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

You set off from the car park in Praxmar, at the end of which the trail leads alongside the cross-country ski trail through a beautiful Swiss pine forest to Lüsens.

## HIGHLIGHT

► Idyllic winter hike through the Swiss pine forest





# ST. SIGMUND – HAGGEN CIRCUIT

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Total hiking time:** 2 hrs

**Elevation gain:** 240 m

**Length:** 6 km

**Start | Destination:** Gleirschalm car park, St. Sigmund

**Refreshment stops:** Schärmeralm, Ruetz Mountain

Restaurant, Forellenhof Haggen

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

From the car park in St. Sigmund you hike along the toboggan run in the direction of Gleirschalm and after about 200 metres you turn right onto the signposted winter hiking trail to Haggen where you turn right at the Schärmeralm. You walk through Haggen and cross the main road from where you walk on the sunny side of the valley and come to the Krainhof and continue on the prepared trail to Alt-Peida. After the cattle grid you cross the road and then the bridge. On the other side of the valley, you head back into the valley until you reach the toboggan run to the Gleirschalm.

From there you follow the toboggan run downhill for a few minutes and return to your starting point.

## HIGHLIGHT

► Idyllic forest lake

WINTER HIKING | EASY



# KAISER-FRANZ-JOSEF- TRAIL KÜHTAI

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Total hiking time:** 45 min

**Elevation gain:** 37 m

**Length:** 2.2 km

**Start | Destination:** Hohe-Mut-Bahn valley station, Kühtai

**Refreshment stops:** inns, restaurants etc. in Kühtai

**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

From behind the Hohe-Mut-Bahn valley station in Kühtai, the trail leads through the underpass and continues through a beautiful Swiss pine forest heading west. It goes in a loop until you come back to the original path, which you then follow to the starting point.

## HIGHLIGHT

► Idyllic winter hiking trail through a snowy Swiss pine forest



# KÜHTAI – ZIRMBACHALM

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Hiking time one way:** 1 h

**Elevation gain:** 10 m

**Length:** 3.8 km

**Start | Destination:** Kühtai Tourist Information Office

**Refreshment stops:** inns, restaurants etc. in Kühtai

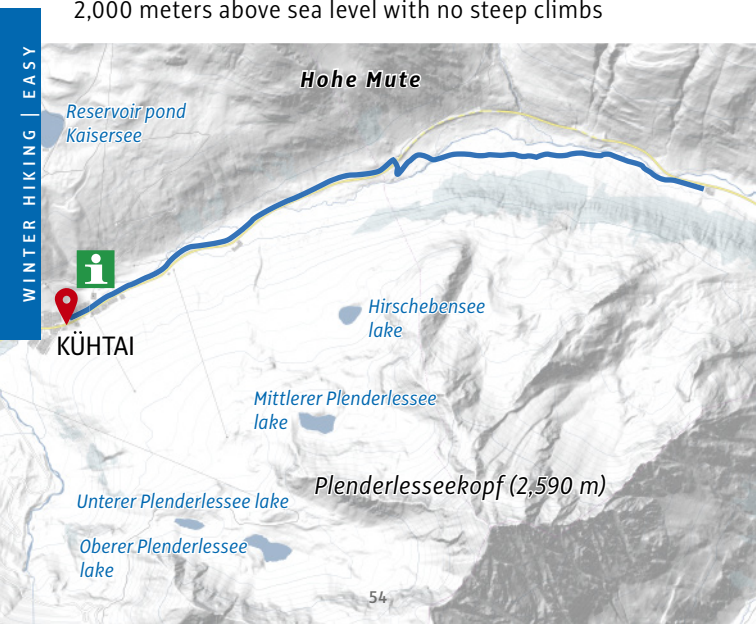
**Tips | Notes:** family-friendly, Return journey on foot or by public transport

## ROUTE DESCRIPTION

The hike starts from outside Kühtai Tourist Information Office. The trail leads through the village in the direction of Innsbruck. A groomed trail from the Hoch Alter car park heads for the nursery lift “Kühteppich” and on to the “March” at the beginning of the first avalanche gallery. At this point the trail runs slightly downhill on the other side of the road as far as the Zirmbachalm.

## HIGHLIGHT

- All the pleasures of hiking above the tree line at 2,000 meters above sea level with no steep climbs



# FOTSCH SELLRAIN TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt, forest trail

**Hiking time one way:** 1h 30m

**Elevation gain:** 370 m

**Length:** 3.5 km

**Start:** Eisbrücke car park, Sellrain

**Destination:** Weidenchalets Pirschmoser

**Refreshment stops:** none

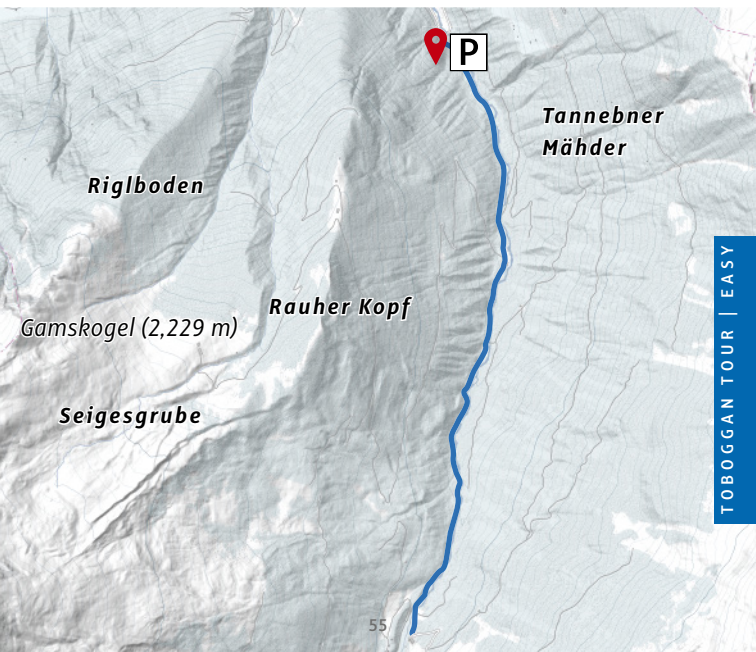
**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

Starting point of this popular toboggan run is the car park at the Eisbrücke (Ice Bridge) in Sellrain. From here you follow the toboggan run to the Weidenchalets Pirschmoser mountain inn. In winter the toboggan run is closed for vehicles (except residents).

## HIGHLIGHT

- All the fun of tobogganing for the whole family in an idyllic winter landscape



# NEDER GRIES TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt, forest trail

**Hiking time one way:** 25 min

**Elevation gain:** 150 m

**Length:** 1.5 km

**Start | Destination:** Marmota car park, Gries im Sellrain

**Refreshment stops:** Restaurant Marmota, Bergsporthotel  
Antonie, Gasthaus zur Post

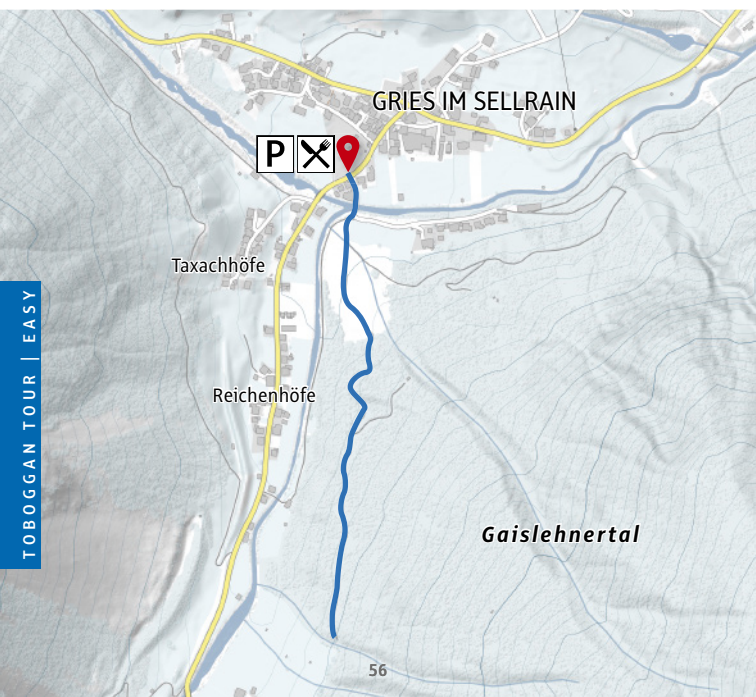
**Tips | Notes:** family-friendly, toboggan hire at Sport Seppl in  
Gries

## ROUTE DESCRIPTION

From the car park you walk past the fire station, cross the bridge and next to the sports field you follow the toboggan run to the village of Juifenau where you have the option of carrying on to the Juifenalm.

## HIGHLIGHT

► Very short toboggan run - ideal for children





# JUIFENALM TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Hiking time one way:** 2 hrs

**Elevation gain:** 600 m

**Length:** 5.5 km

**Start:** Juifenalm car park, Gries im Sellrain

**Destination:** Juifenalm

**Refreshment stops:** Juifenalm

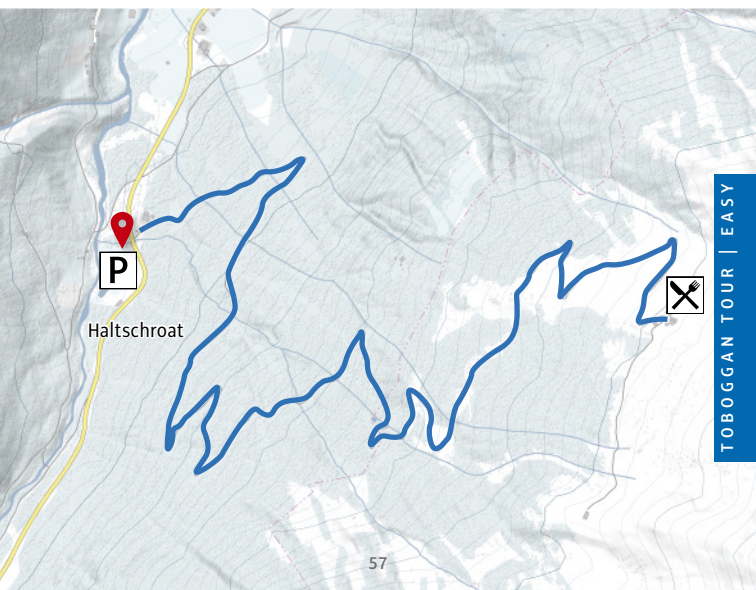
**Tips | Notes:** family-friendly

## ROUTE DESCRIPTION

The perfectly prepared toboggan run, 5.5 km in length, starts from the Juifenalm car park, 400 metres beyond the district of Juifenau. It heads for Praxmar and leads to the managed Juifenalm. At first a series of sharp bends takes you through the forest to the hunting lodge, from where the forest opens up and you can begin to anticipate the wonderful panorama to be enjoyed at the hut.

## HIGHLIGHTS

- ▶ 5.5 km of tobogganing fun with guaranteed snow
- ▶ Unique homemade cheese dumplings at the Juifenalm



# KOGLALM PRAXMAR TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt, forest trail

**Hiking time one way:** 1h 30m

**Elevation gain:** 450 m

**Length:** 5 km

**Start:** Praxmar car park

**Destination:** Koglalm

**Refreshment stops:** Alpengasthof Praxmar

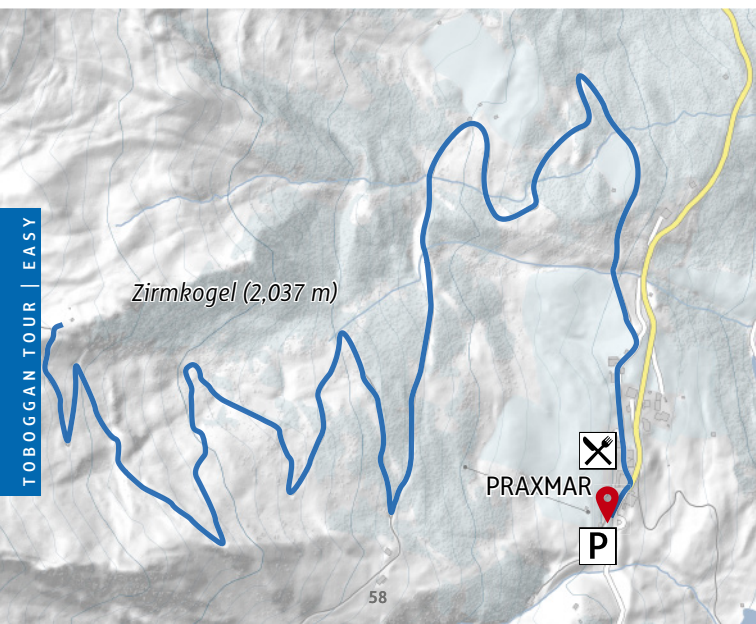
**Tips | Notes:** family-friendly, no service at the Koglalm

## ROUTE DESCRIPTION

From the car park in Praxmar you follow the road for about 400 metres out of the valley past the Alpengasthof Praxmar until it joins the toboggan run. A 4.5 km long, perfectly prepared toboggan run leads to the Koglalm which offers no service but, if you want to fortify yourself, bring a snack with you as there are tables and benches outside the hut.

## HIGHLIGHT

- The "Kanzelkehre", the last bend, offers magnificent views of Praxmar and the Lüsenstal valley



# PRAXMAR – MOOS TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** forest trail

**Hiking time one way:** 20 min

**Elevation gain:** 90 m

**Length:** 0.7 km

**Start | Destination:** Praxmar car park

**Refreshment stops:** Alpengasthof Praxmar

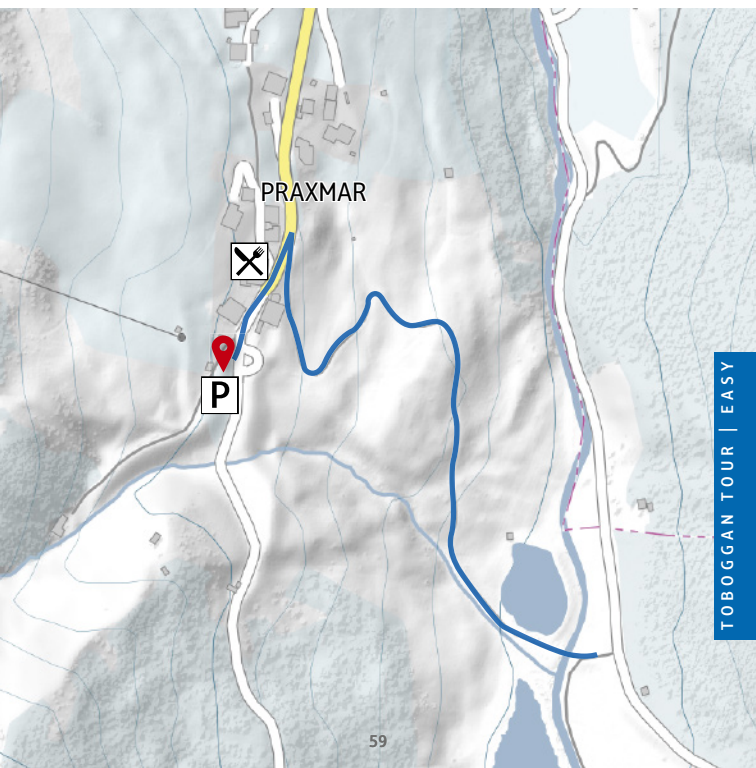
**Tips | Notes:** family-friendly, floodlit toboggan run

## ROUTE DESCRIPTION

Right next to the car park in Praxmar, the floodlit toboggan run leads down to "Moos" and into the valley floor. You return by the same route.

## HIGHLIGHT

► Floodlit, child-friendly toboggan run



# GLEIRSCH TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt, forest trail

**Hiking time one way:** 30 min

**Elevation gain:** 150 m

**Length:** 1.5 km

**Start | Destination:** Gleirschalm car park, St. Sigmund

**Refreshment stops:** Gleirschalm, Ruetz Mountain Restaurant

**Tips | Notes:** family-friendly. The toboggan run is floodlit daily – irrespective of the hut's opening times.

Information about toboggan rental can be found at the Tourist Information Offices.

## ROUTE DESCRIPTION

From the car park the first part of the route is via the toboggan run to the Gleirschbrücke bridge. Immediately after the bridge you turn left and follow the footpath through the forest to the Gleirschalm.

## HIGHLIGHTS

- ▶ Short floodlit toboggan run perfect for children
- ▶ Refreshments at the Gleirschalm serving homemade delicacies



# KÜHTAI TOBOGGAN RUN

## FACTS & FIGURES

**Difficulty level:** easy

**Trail composition:** asphalt

**Hiking time one way:** 45 min

**Elevation gain:** 200 m

**Length:** 1.9 km

**Start:** Drei-Seen-Bahn, Kühtai

**Destination:** Graf Ferdinand Haus

**Refreshment stops:** Graf Ferdinand Haus, inns and restaurants in Kühtai

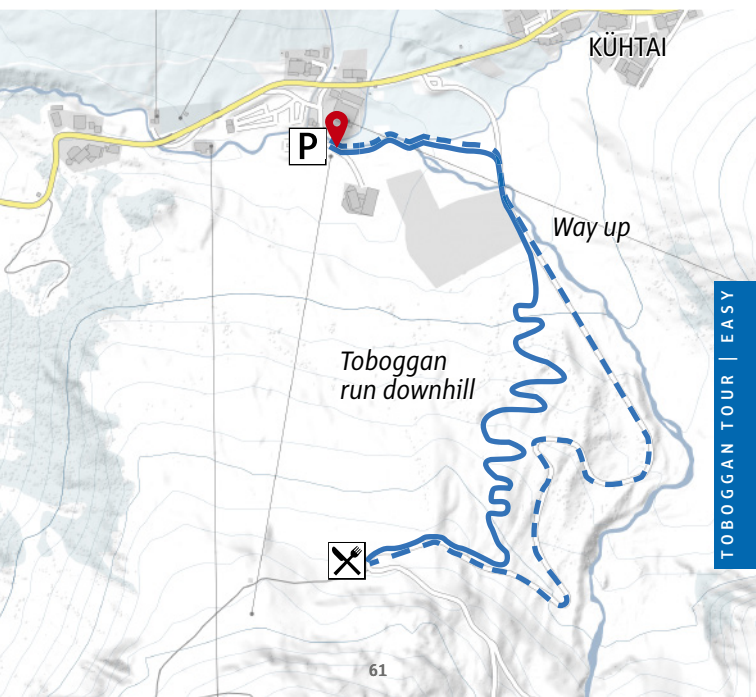
**Tips | Notes:** family-friendly, floodlit daily until 10.30 pm, toboggan hire at the hut

## ROUTE DESCRIPTION

The starting point is the car park at the Drei-Seen-Bahn valley station in Kühtai from where you follow the prepared toboggan run to the managed Graf Ferdinand House.

## HIGHLIGHT

► Night toboggan run







# G L O S S A R Y

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MOUNTAIN HUTS,  
INNS & REFRESHMENT STOPS



All information provided about opening times (season- and weather-related) and contact details (possible change of landlord) is subject to change. All information as of March 2024. The latest information about opening times and contact details for the refreshment stops can be obtained in any of our Tourist Information offices and online at [www.innsbruck.info](http://www.innsbruck.info).

MOUNTAIN HUTS AND INNS

NAME	CONTACT
Almindalm   1,755 m	+43 664 / 99 70 995
Drei-Seen-Hütte   2,311 m	<a href="http://www.gerberhotels.com/drei-seen-huette-kuehtai">www.gerberhotels.com/drei-seen-huette-kuehtai</a>
Feldringalm   1,888 m	+43 650 / 94 35 792 <a href="http://www.feldringalm-tirol.at">www.feldringalm-tirol.at</a>
Furggesalm   1,938 m	+43 664 / 47 03 023
Gleirschalm   1,666 m	+43 650 / 81 26 722
Graf-Ferdinand-Haus   2,145 m	+43 5239 / 21 666 <a href="http://www.graf-ferdinand.at">www.graf-ferdinand.at</a>
Juifenalm   2,022 m	+43 664 / 54 22 090 <a href="http://www.juifenalm.at">www.juifenalm.at</a>
Pforzheimer Hütte   2,310 m	+43 699 / 13 29 45 81 <a href="http://www.pforzheimerhuette.at">www.pforzheimerhuette.at</a>
Potsdamer Hütte   2,009 m	+43 676 / 60 20 560 <a href="http://www.potsdamer-huette.de">www.potsdamer-huette.de</a>
Kaiser Max Hütte   2,244 m	+43 5239 / 52 20 <a href="mailto:hotel@konradin.at">hotel@konradin.at</a>



OPENING TIMES	SLEEPING CAPACITY & HIKING TIME
start June–end September open daily	no overnight accommodation   hiking time from Weiden- chalets Pirschmoser car park: 45 min
mid-June–mid-September during lift operation	no overnight accommodation   hiking time from Drei-Seen-Bahn car park: 1 h 30 min
mid-June–mid-September	no overnight accommodation   hiking time from Sattelle car park Haiming: 45 min
mid-June–mid-September open daily	no overnight accommodation   hiking time from Weidenchalets Pirschmoser car park: 1 hr
see notice at the car park or information at Tourist Information	no overnight accommodation   hiking time from Gleirschalm car park: 30 min
around early December - around mid-April	no beds available   hiking time from the Drei-Seen-Bahn car park: 45 min
mid-May–mid-October closed Tuesdays	no overnight accommodation   hiking time from Juifenalm car park: 1h 45m
mid-June–mid-September open daily	60 beds   hiking time from Gleirschalm car park: 3 hrs
mid-July– start October open daily	30 beds   hiking time from Weiden- chalets Pirschmoser car park: 1h 30m
Mid June - mid September Monday and Tuesday closed	no overnight accommodation   hiking time from the Drei-Seen- Bahn: 1 hr

MOUNTAIN HUTS AND INNS

NAME	CONTACT
Rosskogelhütte   1,778 m	+43 664 / 45 21 315 www.rosskogelhuette.tirol
Schärmeralm   1,646 m	+43 5236 / 20 900 www.schaermeralm.at
Schmalzgrubenalm   1,678 m	+43 676 / 57 01 683
Seigesalm   1,872 m	+43 664 / 63 53 622
Sonnbergalm   1,950 m	+43 676 / 70 12 384
Westfalenhaus   2,276 m	+43 677 / 62 49 53 15 www.westfalenhaus.at

REFRESHMENT STOPS

NAME	CATEGORY
GRIES	
Gasthaus zur Post	Inn
Bergsporthotel Antonie	Restaurant
Restaurant, Pizzeria Marmota	Restaurant/Pizzeria

ST. SIGMUND

Alpengasthof Lüsens	Inn
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OPENING TIMES	SLEEPING CAPACITY & HIKING TIME
mid-May–end October closed on Mondays and Tuesdays	24 beds   hiking time from Haggen car park: 7 hrs
start June–mid-October closed Thursdays	6 beds   hiking time from Gleirschalm car park: 45 min
Mid-June - end of October Satur- day, Sunday and public holiday in fair weather	no overnight accommodation   hiking time from Weidenchalets Pirschmoser car park: 2h 30m
mid-June–September open daily	no overnight accommodation   hiking time from Eisbrücke car park: 2h 30m
mid-Juni– mid-September open daily	no overnight accommodation   hiking time from Sonnbergalm car park: 1 hr
mid-June– mid-September open daily	38 beds   hiking time from Praxmar car park: 3 hrs

CONTACT	WEBSITE
Gries 14 6182 Gries im Sellrain	–
Gries 16 6182 Gries im Sellrain +43 5236 / 203	<a href="http://www.hotel-antonie.at">www.hotel-antonie.at</a>
Gries 30a 6182 Gries im Sellrain +43 5236 / 333	<a href="http://www.marmota.eatbu.com">www.marmota.eatbu.com</a>
Lüsens 1 6184 St. Sigmund im Sellrain +43 664 / 78 80 875	<a href="http://www.luesens.at">www.luesens.at</a>

REFRESHMENT STOPS

NAME	CATEGORY
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ST. SIGMUND

Alpengasthof Praxmar	Inn
Bergrestaurant Ruetz	Inn
Forellenhof	Inn

KÜHTAI

Dortmunder Hütte	Inn
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CONTACT	WEBSITE
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Praxmar 8 6184 St. Sigmund im Sellrain +43 5236 / 212	<a href="http://www.praxmar.at">www.praxmar.at</a>
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St. Sigmund 31 6184 St. Sigmund im Sellrain +43 5236 / 510	<a href="http://www.gasthof-ruetz.at">www.gasthof-ruetz.at</a>
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Haggen 8 6184 St. Sigmund im Sellrain +43 650 / 44 47 760	<a href="http://www.bergoase.at">www.bergoase.at</a>
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Kühtai 21 6183 Kühtai +43 5239 / 52 02	<a href="http://www.dortmunderhuetten.at">www.dortmunderhuetten.at</a>
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Information  
on renting  
selected hiking equipment  
(spikes, walking sticks etc.)  
at any Tourist  
Information  
office.



## **MOUNTAIN HIKING PROGRAMME**

Every year, an extensive hiking programme is available to visitors to the Innsbruck region, which you can use free of charge with the Welcome Card. Themed hikes and discovery tours are just as much part of the programme as summit hikes or adventurous excursions for the whole family.

**[www.innsbruck.info](http://www.innsbruck.info)**





— Important hiking path



Sellrain valley hut circuit

- - - Via ferrata



Parking





Chair Lift



Tourist Information



Cable car, Gondola lift



Refreshment stop





# WHAT ADVENTURES AWAIT ME IN INNSBRUCK TODAY?

Latest news, Events, tips,  
adventures and much more





DANIEL



VERENA



PAUL



LEA

... AND  
MANY MORE  
BLOGGERS

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[blog.innsbruck.info](http://blog.innsbruck.info)



## EXPLORING & WALKS TO EXPLORE

Explore Innsbruck! The EXPLORING brochure shows all of Innsbruck's highlights and makes the city the starting point for exciting day trips in the area – no more than three hours away. WALKS TO EXPLORE is the perfect companion for curious explorers and city adventurers: several themed city walks off the beaten track taking you behind the scenes in Innsbruck.





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Tourist Information Gries  
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Tel. +43 512 / 53 56 61 82 · [gries@innsbruck.info](mailto:gries@innsbruck.info)  
[WWW.INNSBRUCK.INFO](http://WWW.INNSBRUCK.INFO)

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