



Winter in the **Kühtai-Sellraintal valley** is a pure holiday adventure. Countless possibilities await snow-hungry holidaymakers: quiet winter hiking trails, toboggan runs, ice skating rinks, ice climbing walls and of course cross-country skiing trails, as well as pistes in an absolutely snow-sure location. Furthermore, the Kühtai-Sellraintal valley offers a unique ski touring area.

CROSS-COUNTRY SKIING

The **Praxmar-Lüsens** cross-country skiing area is located amid a magnificent mountain panorama at the foot of the Lüsener Fernerkogel peak. The location, at up to 1,737 metres above sea level, guarantees snow for the cross-country ski season, from the beginning of December through to mid-April. Trails of all levels of difficulty, awarded Tyrol's cross-country skiing seal of approval, are sure to warm the hearts of cross-country skiers – from beginners to experts. Cross-country skiers – whether fans of classic or skating styles – will find the ideal cross-country skiing area with perfectly prepared trails.

- **High-altitude trails in Kühtai:**
11 km of classic and skating trails
- **High-altitude trails in Praxmar – Lüsens:**
15 km of classic and skating trails
- **Circular trails in St. Sigmund and Gries im Sellrain**
- **Daily night-time cross-country skiing in Gries im Sellrain**

An overview of all cross-country skiing trails in the Innsbruck region and the latest trail status can be found at www.innsbruck.info/schneebericht and maps.innsbruck.info



WINTER HIKING

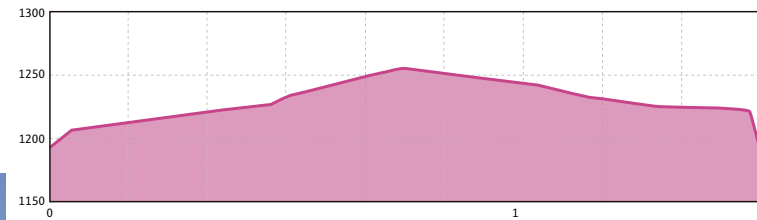
Experience a peaceful winter paradise on a walk through magical landscapes. Winter hiking is a leisurely pastime: enjoyed on cleared or prepared paths and without any steep inclines. Sturdy footwear and warm clothes are the only equipment you need.

GRIES WINTER HIKE (E1 – SELLRAINTAL VALLEY MAP)

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.

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
Tips | Notes: family-friendly
Elevation profile:

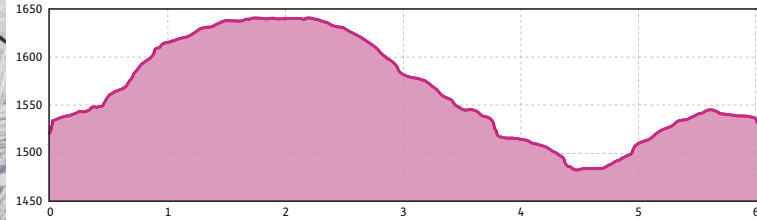


ST. SIGMUND –HAGGEN CIRCUIT (B1 – SELLRAINTAL VALLEY MAP)

From the car park in St. Sigmund you hike along the toboggan run in the direction of Gleirschalm hut and after about 200 metres you turn right onto the signposted winter hiking trail to Haggen where you turn right at the Schärmeralm hut. 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 hut. From there you follow the toboggan run downhill for a few minutes and return to your starting point.

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 hut, Bergrestaurant Ruetz, Forellenhof Haggen
Tips | Notes: family-friendly
Elevation profile:

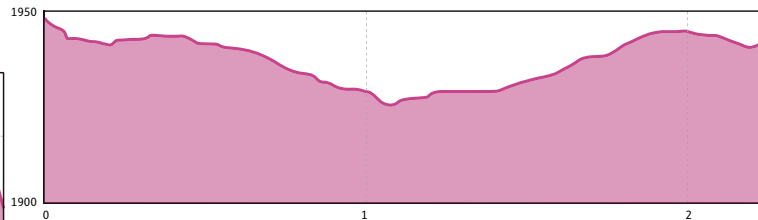


KAISER-FRANZ-JOSEF-TRAIL KÜHTAI (C2 – KÜHTAI MAP)

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.

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
Elevation profile:

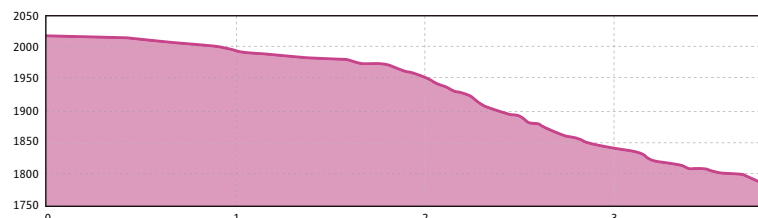


KÜHTAI – ZIRMBACHALM HUT (D2 – KÜHTAI MAP)

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 "Küh-Teppich" (magic carpet) 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 hut.

FACTS & FIGURES

Difficulty level: easy
Trail composition: forest trail
Hiking time one way: 1 h (no round trip possible)
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
Elevation profile:



SNOWSHOE HIKING

If you are looking for unspoilt nature in winter, snowshoeing is the perfect choice. While you would sink into the snow in normal shoes, wide snowshoes are ideal for making your own tracks in deep snow. Simply dress for winter, hire the snowshoes and poles from a sports shop and off you go!

Those wanting to try this sport for the first time are in good hands with the guided snowshoe taster tours. But expert snowshoers can also trek cross the wintry landscape every week in the company of a professional. All information on the offers that can be enjoyed free of charge with the Welcome Card guest card can be found at the Tourist Information Office.

Tour tips can be found on the interactive map at maps.innsbruck.info

TIP: MORE VARIETY IN WINTER WITH THE WINTER ACTIVITY PROGRAMME

There is so much more to winter than skiing – especially if you've never been to the Innsbruck region! Because, even away from the pistes and snowy slopes, there is plenty to see and do on the guided winter activity programme. Enjoy the original side of winter on snowshoe and winter hikes or on cross-country skiing excursions. From easy to challenging, trained guides will take winter fans on tours into their winter wonderland. **Best of all: the winter activity programme is included in the free Welcome Card guest card.**

For all information on tours, equipment and registration see www.innsbruck.info/winteraktiv



FUN ON THE SNOW & ICE

Those looking for even more action on the snow and ice are sure to be overjoyed with the offer of ski safaris, snowshoeing, ice skating or tobogganing. The Kühtai-Sellraintal valley has something for every taste, while the weekly programme from Innsbruck Tourismus provides information on organised activities and rental equipment.

NEDER GRIES TOBOGGAN RUN (E1 – SELLRAINTAL VALLEY MAP)

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.

FACTS & FIGURES

Difficulty level: easy
Trail composition: forest trail
Hiking time one way: 25 min
Elevation gain: 150 m
Length: 1.5 km
Start: Marmota car park, Gries im Sellrain
Destination: Juifenau
Refreshment stops: Marmota Restaurant
Tips | Notes: family-friendly, toboggan hire at Sport Seppl in Gries

JUIFENALM TOBOGGAN RUN (D3 – SELLRAINTAL VALLEY MAP)

The perfectly prepared toboggan run, 5.5 km in length, starts from the Juifenalm hut 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.

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 hut
Refreshment stops: Juifenalm hut
Tips | Notes: family-friendly

KOGLALMPRAXMAR TOBOGGAN RUN (D4 – SELLRAINTAL VALLEY MAP)

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 hut 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.

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 hut (hut offers no service)
Refreshment stops: Alpengasthof Praxmar
Tips | Notes: family-friendly, no service at the Koglalm hut

PRAXMAR – MOOS TOBOGGAN RUN (D4 – SELLRAINTAL VALLEY MAP)

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.

FACTS & FIGURES

Difficulty level: easy
Trail composition: forest trail
Hiking time one way: 20 min
Elevation gain: 90 m
Length: 0.7 km
Start: Praxmar car park
Destination: Alpengasthof Praxmar
Refreshment stops: Alpengasthof Praxmar
Tips | Notes: family-friendly, floodlit toboggan run

GLEIRSCH TOBOGGAN RUN (B1 – SELLRAINTAL VALLEY MAP)

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 hut.

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: Gleirschalm hut car park, St. Sigmund
Destination: Gleirschalm hut
Refreshment stops: Gleirschalm hut, Ruetz Mountain Restaurant
Tips | Notes: family-friendly. The toboggan run is floodlit daily until midnight

KÜHTAI TOBOGGAN RUN (C2 – KÜHTAI MAP)

The starting point is the car park at the valley station of the Drei-Seen-Bahn cable car in Kühtai. Please ascend using the left-hand path as seen from below. The Graf-Ferdinand-Haus hut with its welcoming atmosphere awaits you at the top. The toboggan run with plenty of curves is now open to zoom down, meaning separate ascents and descents are possible.

TOURFACTS

Difficulty level: easy
Trail composition: forest trail
Hiking time one way: 45 min
Elevation gain: 200 m
Length: 1.4 km
Start: Drei-Seen-Bahn cable car, Kühtai
Destination: Graf-Ferdinand-Haus hut
Refreshment stops: Graf-Ferdinand-Haus hut
Tips | Notes: family-friendly, floodlit daily until 10.30 pm, toboggan hire at the hut

RODELHÜGEL GRIES (E1 – SELLRAINTAL VALLEY MAP)

There is also plenty for the little ones, with a toboggan slope for younger guests at the Marmota Restaurant.

NATURAL ICE RINK GRIES (E1 – SELLRAINTAL VALLEY MAP)

There is a natural ice rink at Gries im Sellrain. Open daily (weather permitting), admission free.



SKI TOURING

The Kühtai-Sellraintal valley is particularly attractive for ski touring from December until well into spring, when you can choose between easy or difficult ascents and speedy descents!

Tips and recommendations

- The Avalanche Training Centres (ATC) in Kühtai and Praxmar are fixed facilities for practising avalanche rescue techniques using transceivers and avalanche probes.
- Lampsenspitze ski touring trail:
The aim of this tour is to teach avalanche awareness to ski tourers with simple but enduring safety tips for them to apply while training along the tour to the Lampsenspitze. The route starts directly in Praxmar at the fixed Avalanche Training Center, and can be completed independently without a guide.

Latest information at www.innsbruck.info/skitouren and lawinen.report/bulletin/latest

ICE CLIMBING

The Sellrain valley offers a wide range of tour options on various waterfalls. Some of the many routes have impressive names – Easy Afternoon, Hanging Gardens or Pig's Trough! But all have one thing in common: each offers bone-chillingly cold climbing for exciting ascents.

For more information see www.innsbruck.info

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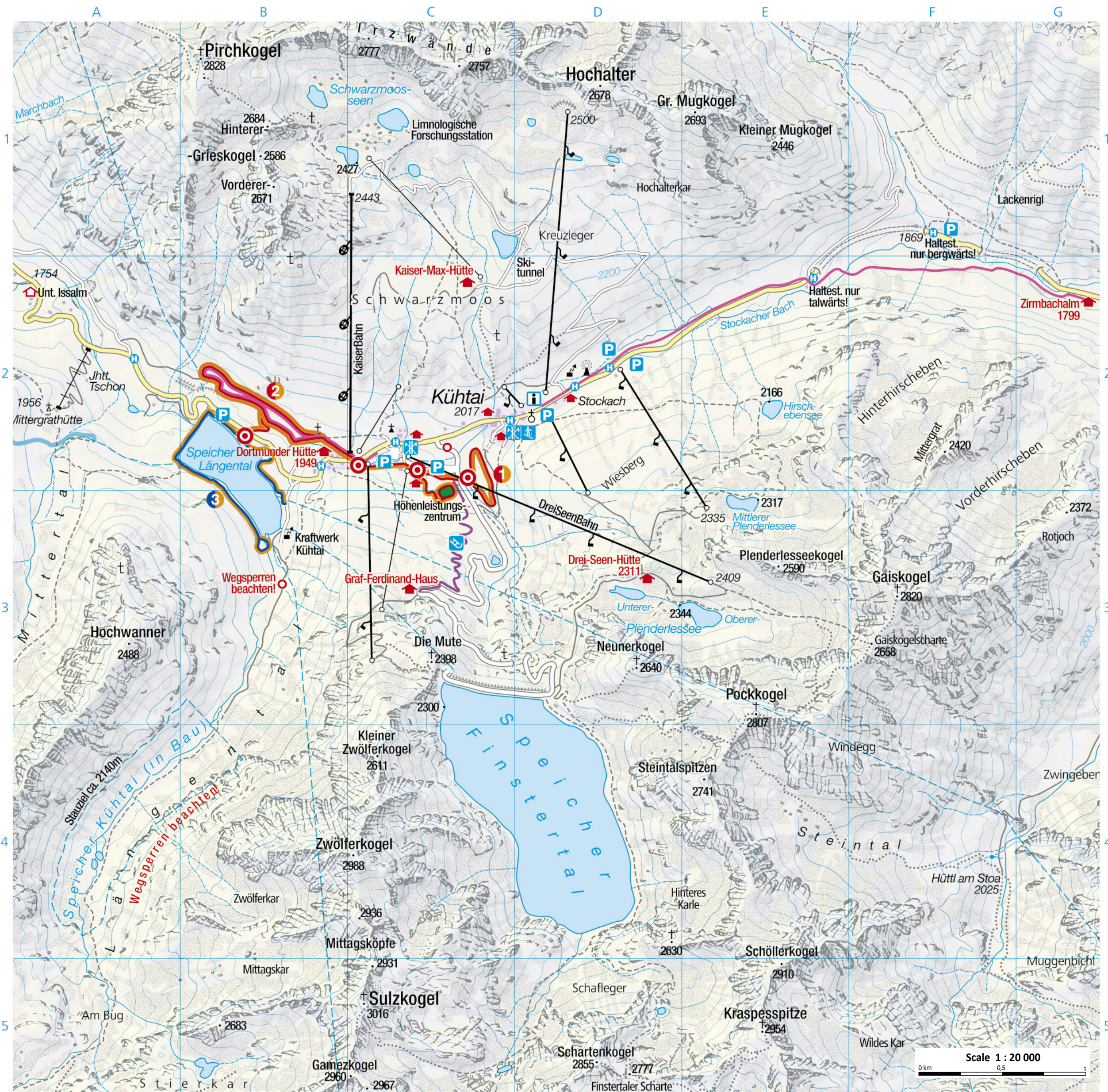
I am recyclable and made from sustainable forestry. Please do not dispose of me in our beautiful environment; put me in the bin instead.



Tourist Information Gries
Gries 17 • 6182 Gries im Sellrain, Austria
Tel. +43 512 / 53 56 61 82 • gries@innsbruck.info
www.innsbruck.info



Kühtai Map

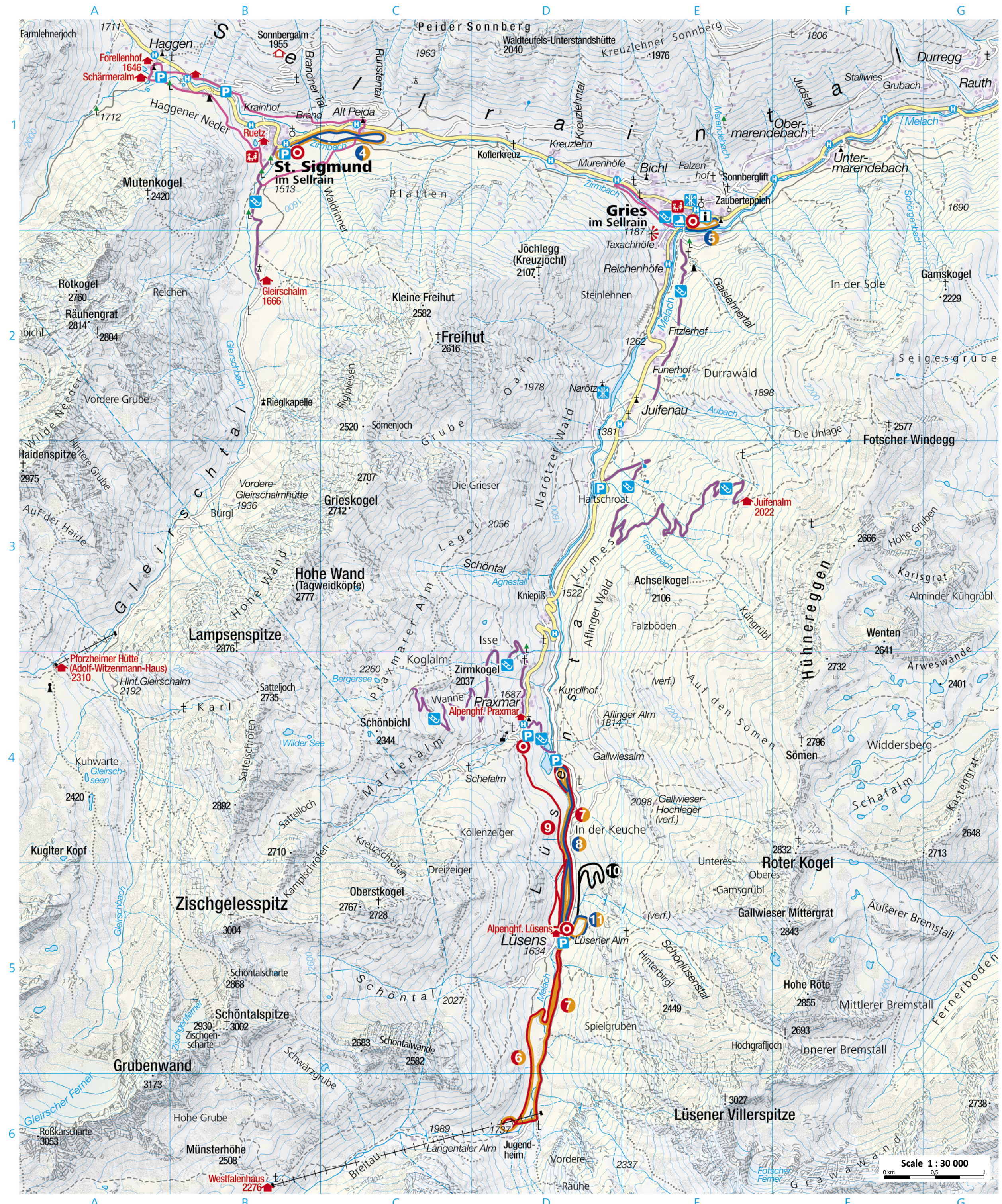


Cross-country ski trails				 Cross-country ski run – classic easy	 Cable railway – Cable car	 Hotel/inn/restaurant/alpine hut (winter)
 Claudia	2 km	 Fernerboden L1	5,5 km	 Cross-country ski run – classic moderate	 Chairlift	 Inn/restaurant/refuge (summer)
 Maximilian	3,4 km	 Sport L2	11 km	 Cross-country ski run – classic difficult	 T-bar ski lift	 Scenic view, panoramic view
 Bilgeri	4,5 km	 Tyrol L3	5,5 km	 Cross-country ski run – skating style	 Ice rink	 Playground (usable in winter)
 St. Sigmund	5,5 km	 Forest path L4	5,0 km	 Winter hiking trail cleared	 Ski school	 Church, chapel, shrine
 Gries	1 km	 Waterfall L5	0,8 km	 Toboggan run	 Ski rental	 885  Elevation mark, cross on mountain peak, wayside cross
		 Training L6	0,7 km	 Toboggan hill	 Parking, bus stop	 Broadcasting tower, power station, monument
				 Cross country skiing starting point	 Information	

All routes have been researched as well as possible and should be understood as suggestions. The actual quality of the routes may e.g. be restricted or completely prohibited by owners. Please always comply with all prohibitions, information and signage provided on the routes! Without exception, we accept no liability because the routes are outside our sphere of influence. You will need to make your own enquiries when actually on the routes.

We correct our map series in short time intervals and request also correction references of the map users to the following address : KOMPASS-Karten GmbH, Karl-Kapferer-Straße 5, A-6020 Innsbruck, <http://www.kompass.de/service/kontakt>

Sellraintal Valley Map



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