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# INNSBRUCK TREK

OUT AND ABOUT IN THE  
INNSBRUCK REGION ON YOUR OWN  
OR ON A GUIDED TOUR





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# INNSBRUCK TREK

**TYROL SOLO OR ON A GUIDED TOUR  
THROUGH GENTLE LARCH MEADOWS,  
LUXURIANT SWISS PINE FORESTS AND  
QUAINT MOUNTAINEERING VILLAGES**

Dear hiker

You've chosen one of the most beautiful types of holiday. You can now explore the Innsbruck region either on your own, which give you lots of flexibility, or the easy way on a guided tour with our experienced mountain guides. We've agreed all the key components with you and taken every care to book everything with our local partners. To ensure you enjoy your trip to the full, be prepared to encounter some cultural differences when you get here. Commit yourself fully to your voyage of discovery and don't just look at things as you would at home. The pace of life may be slower than you're used to. Immerse yourself in the local lifestyle and go with the flow. Our local partners are keen to do everything they can to make you feel completely at home. If there's anything about your trip you're not happy with, please contact our local representatives immediately and they'll deal with your concerns as quickly as possible.

Thank you for placing your trust in our company.

We wish you an exciting trip and look forward to your feedback at [asi.at/fragebogen](https://asi.at/fragebogen).

Ambros Gasser and the ASI Team

 ASI Reisen

*Innsbruck Trek –  
on your own*



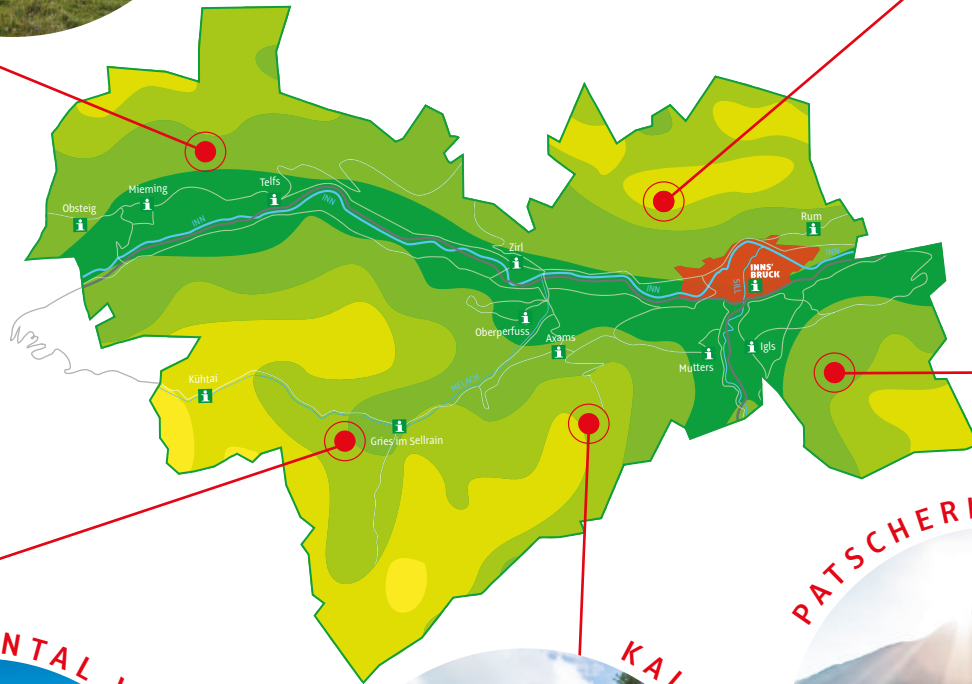
*Innsbruck Trek –  
guided tour*



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# INNSBRUCK REGION

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





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## 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.



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# GENERAL INFORMATION

## INNSBRUCK TREK THE TOUR AT A GLANCE

In the Innsbruck region, majestic mountain peaks and gentle larch groves compete for the attention of hikers. Hike through the mountains solo at your own pace or on a guided tour.

From outside the Golden Roof, amidst all the hustle and bustle of the Old town, you set off on the hike into the clear mountain air of the Karwendel mountains. On the Mieming Plateau you can enjoy the legendary larch meadows. The trail from Kühtai in the Stubai Alps takes you past the Mountaineering Villages of St. Sigmund and Gries im Sellrain to the Axamer Lizum with fine views of the Kalkkögel mountain chain. The last stage takes you along the Zirbenweg stone pine trail on the Patscherkofel mountain back to the city of Innsbruck where the streets are imbued with the buzz of sophisticated mountain sports.

## KEY FEATURES OF THE TOUR

Especially if you're hiking on your own without a guide, you should know how to map read, follow route descriptions and have a good sense of direction.

If, despite all the information provided in your travel documents, you're still in doubt, you should ask locals or contact us on the emergency number provided. Hiking on your own always comes with the charms and excitement of a real adventure!

## PROFILE

- ▶ From hotel to hotel
- ▶ 7-day trek; every day you have the choice of two routes at levels 3 and 4 of difficulty. The hikes at level 3 of difficulty are usually on good trails.
- ▶ For hikes at level 4 of difficulty, good fitness levels, a head for heights and surefootedness are essential.
- ▶ With luggage transfer





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## GETTING TO INNSBRUCK

To get off to as stress-free a start as possible to your holiday in the mountains, it's best to arrive in Innsbruck one day before. This gives you time to settle in and explore the enchanting alpine city. Next day, fully refreshed, you can then embark on the Innsbruck Trek.

## BY AIR

The nearest airports are Innsbruck, Munich and Memmingen. Innsbruck Airport has excellent connections to the city centre and a modern infrastructure. There are train or bus connections to Innsbruck from the more distant airports.

## BY TRAIN

If you decide to travel by train, you can begin to marvel at awe-some mountain scenery as you enjoy a comfortable and relaxing journey. The train brings you to Innsbruck's main station right next to the city centre. You don't need your own car for the Innsbruck Trek, so we recommend you opt for the comfort of the train.

## BY CAR

If you're travelling from Munich to Innsbruck by car, you have the choice of two routes. Either take the motorway from Munich to Kufstein and then the Innsbruck/Ost exit. (Important: a vignette is required on Austrian motorways and can be obtained from petrol stations and tobacconists near the border and online.) Or take the motorway from Munich in the direction of Garmisch and follow the signs to Seefeld and Zirl and the B171 to Innsbruck.

Parking spaces are scarce and subject to a charge throughout the city of Innsbruck, but you take advantage of a flat rate at the railway station multi-storey car park. As you enter the car park, take a standard ticket and, when you validate it, the hourly rate is at first displayed but you can then manually select the flat rate.

7-days: approx. €80. If you overstay, the standard hourly rate is added.

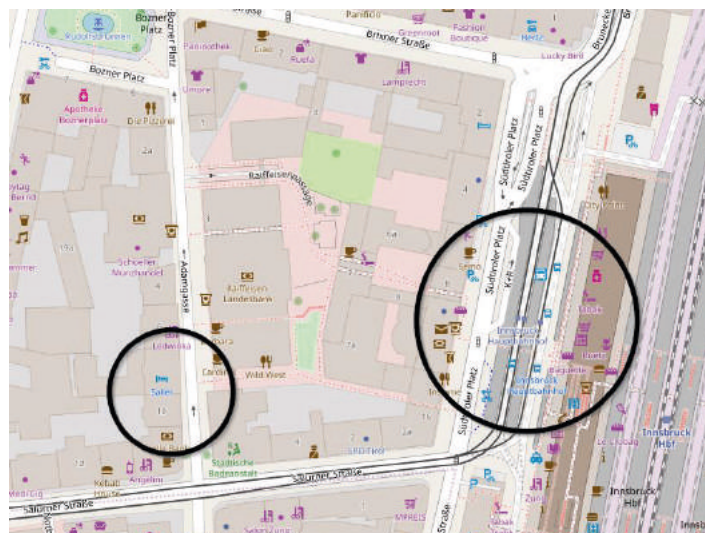
## LUGGAGE TRANSFER

We organise the transfer of your heavy luggage from hotel to hotel to ensure that you can enjoy the hikes carrying only light items.

**Please limit your heavy luggage to 1 item weighing no more than 20 kilograms.**

**On the day of your arrival, you must hand in your heavy item of luggage at Hotel Sailer by 10pm at the latest.**

Hotel Sailer  
Adamgasse 8  
6020 Innsbruck  
[www.sailer-innsbruck.at](http://www.sailer-innsbruck.at)



On each of the following stages of your hike, you must drop off your luggage at the hotel reception no later than **9am**, and it will be available to you from **4pm** at the earliest at your next hotel.

Your travel documents will contain your personalised luggage tag. Make sure that you complete the tag legibly and secure it to your heavy luggage to ensure transfer to the correct hotel.

It is strictly forbidden to pack the following items in your heavy luggage:

- ▶ essential medicines you have to take every day and life-saving appliances
- ▶ glass bottles and liquids in general as well as fragile objects
- ▶ money, valuables and documents

We accept no liability for damages resulting from failure to comply with these rules.

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## ACCOMMODATION

Regardless of whether you're doing the Innsbruck Trek on your own or on a guided tour, at the end of each day you can look forward to staying in a carefully selected 3 or 4 star hotel with bath/shower and WC. You can then unwind and relive the highlights of your day.

Below is an overview of the complete hotel package - the enclosed hotel voucher will tell you which of the following hotels has been booked for you for the dates of your trip.



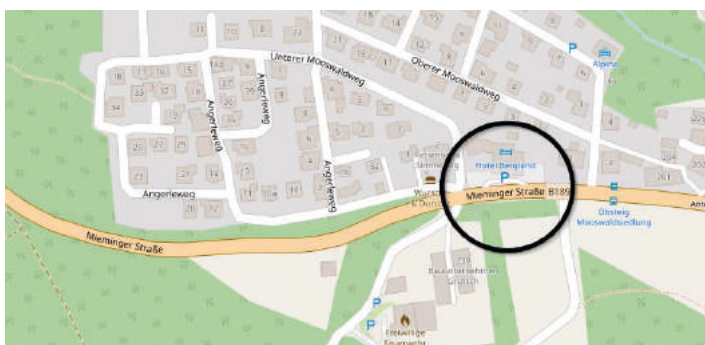
## DAY 1 & 2 | OBSTEIG

### Hotel Bergland Obsteig\*\*\*\*

Unterer Mooswaldweg 1  
6416 Obsteig  
[www.bergland-obsteig.at](http://www.bergland-obsteig.at)

### Hotel Bergland Obsteig - Landhaus\*\*\*

Unterer Mooswaldweg 1  
6416 Obsteig  
[www.bergland-obsteig.at](http://www.bergland-obsteig.at)



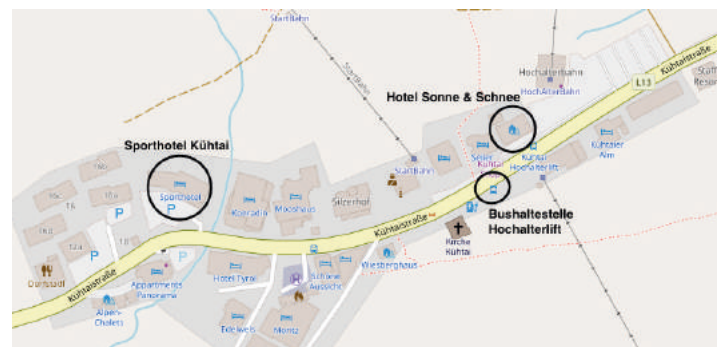
## DAY 3 | KÜHTAI

### Hotel Sonne und Schnee\*\*\*

Kühtai 45  
6183 Kühtai  
[www.sonneundschnee.at](http://www.sonneundschnee.at)

### Sporthotel Kühtai\*\*\*\*

Kühtai 9  
6183 Kühtai  
[www.sporthotel-kuehtai.com](http://www.sporthotel-kuehtai.com)



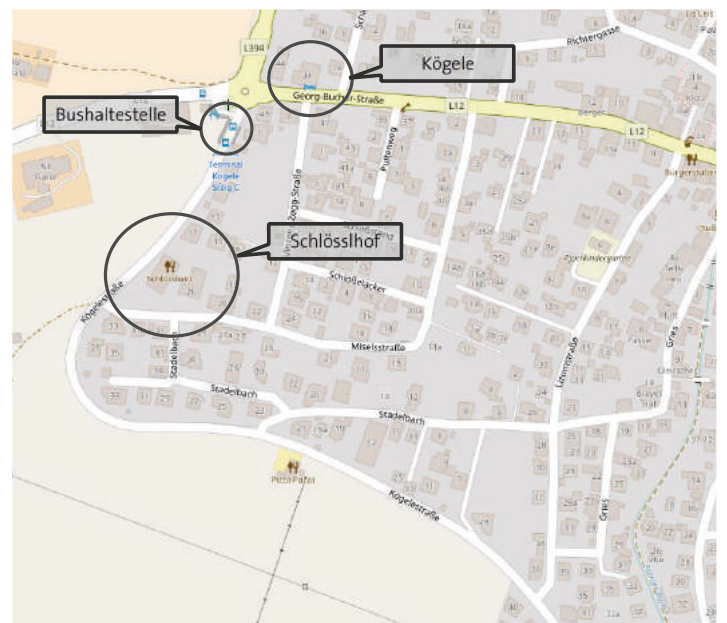
## DAY 4 | AXAMS

### Alpinhotel Schloßhof\*\*\*\*

Kögelestraße 19  
6094 Axams  
[www.alpinhotel-schloesslhof.at](http://www.alpinhotel-schloesslhof.at)

### Hotel Kögele\*\*\*

Georg-Bucherstraße 34  
6094 Axams  
[www.hotelkoegele.com](http://www.hotelkoegele.com)





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## DAY 5 | MUTTERS

### Sporthotel Schieferle\*\*\*

Nockhofweg 28

6162 Mutters

[www.sporthotel-schieferle.at](http://www.sporthotel-schieferle.at)

Additional information:

If you're being accommodated at this hotel, then dinner has been reserved for you from 6pm in the Lärchenwald restaurant below the Muttereralmbahn valley station

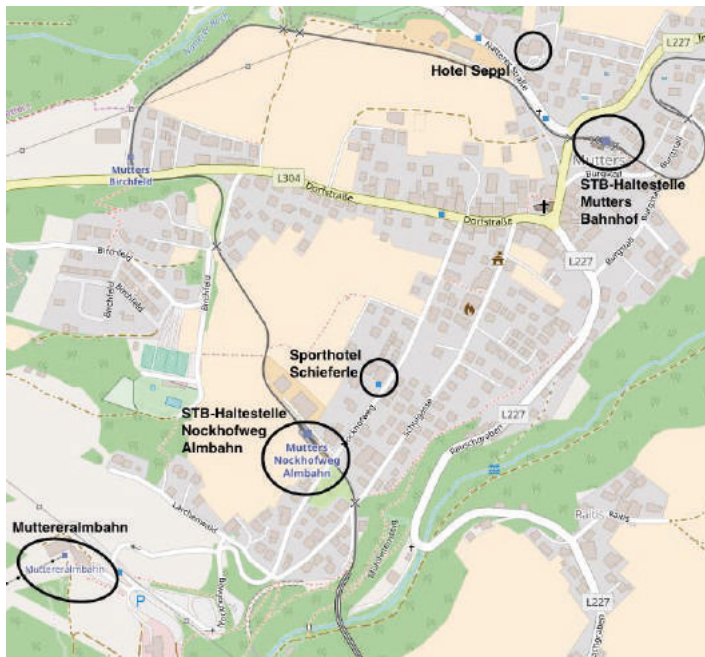
[www.laerchenwald-mutters.at](http://www.laerchenwald-mutters.at)

### Hotel Seppi\*\*\*\*

Georg-Bucherstraße 34

6162 Mutters

[www.hotel-seppi.at](http://www.hotel-seppi.at)



## DAY 6 | IGLS

### Hotel Bon Alpina\*\*\*

Hilberstraße 8

6080 Igls

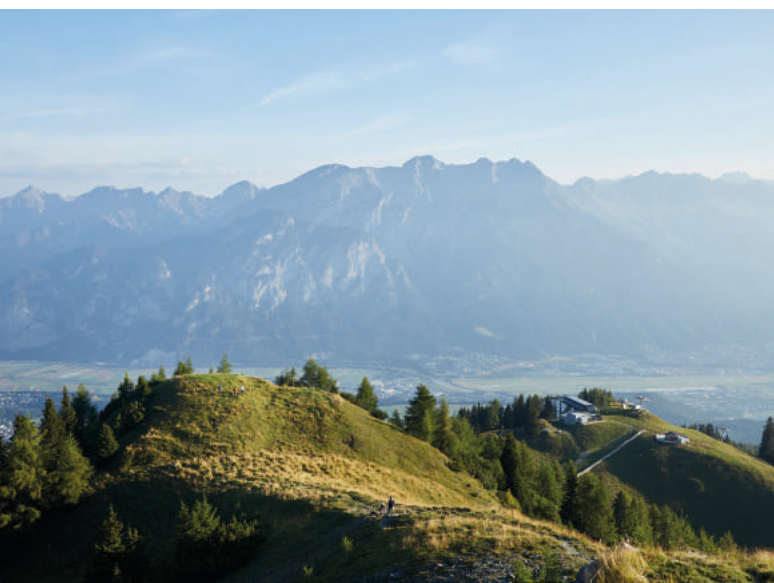
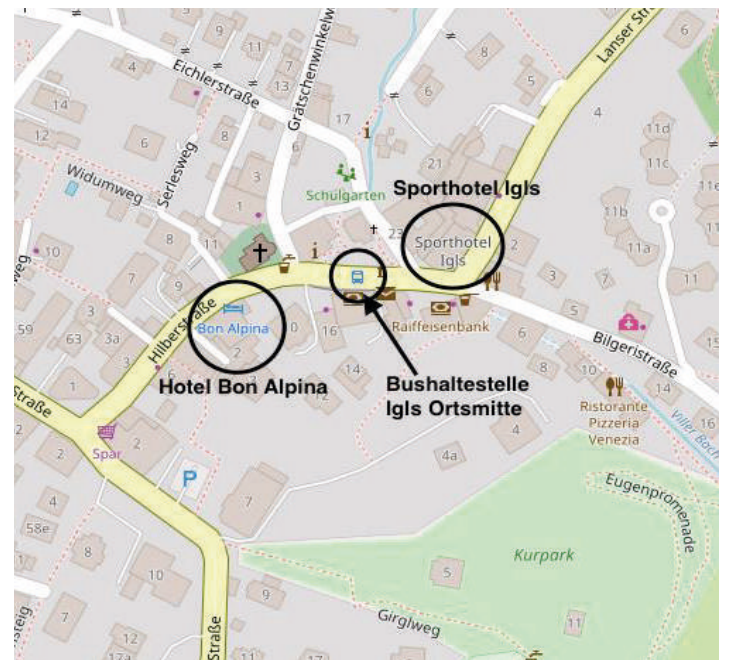
[www.bon-alpina.at](http://www.bon-alpina.at)

### Sporthotel Igls\*\*\*\*

Hilberstraße 17

6080 Igls

[www.sporthotel-igls.com](http://www.sporthotel-igls.com)



## BOARD

Your trip includes the provision of meals as mentioned in your travel confirmation. Please budget for the additional costs of lunch snacks, drinks, tips, bus, lift and cable car charges, optional excursions/sightseeing tours such as the bad weather programme, and souvenirs. In restaurants and other service providers, it's customary to add a 5-10% tip if you're satisfied with the service.

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## GETTING READY FOR THE INNSBRUCK TREK

For the most part, the Innsbruck Trek follows easy and moderate mountain trails. There are two routes of varying difficulty to choose from each day. You must always be aware that some of the trails in the high mountains are more than 2,000 metres above sea level. The weather can suddenly deteriorate and snowfall is possible below 2,000 metres even in summer. Therefore, the following precautions must be observed:

- ▶ Obtain the weather report for the full duration of your hike before setting off
- ▶ Enquire in your hotel about the local conditions, possible (short-term) trail closures and the mountain huts' closing days
- ▶ Take additional warm clothing and bivouac sack or foil rescue blanket

## ROUTE DESCRIPTIONS AND GPS DATA

If you've chosen to do the Innsbruck Trek on your own, it's best to find your way by using the route description on the following pages in conjunction with the maps provided.

The information about the start and finish of the daily descriptions always refers to the actual starting or finishing points of each stage of the hike. Routes are always given in metres and kilometres. Times are only indicative, as each person hikes at a different speed.

The individual trail descriptions of each daily stage are divided into paragraphs, determined by the waypoints of the GPS data collected. Always read a few lines ahead. Do you need to be prepared for something? Where's the next waypoint? Do you need to take transfer times into account?

Download GPS data at  
[www.asi.at/ibktrek-gps](http://www.asi.at/ibktrek-gps)

## SIGNPOSTING

Signposting of the end of each stage is generally very good. Please note that the signposts are yellow, in compliance with the province of Tyrol's trail concept.

## DAILY TRANSFERS

We recommend you use the "Scotty" app which has all the relevant information to ensure that you're always up to date with bus, lift and cable car timetables during the Innsbruck Trek:



**Every day before setting off, please check the last times of any bus, lift or cable car you need!**

**Up to and including the Obsteig - Sattelle stage, transfers are made by public transport, which can be used free of charge with the Welcome Card Plus.**

Ask at the lift stations about discounts available with the Welcome Card.

More information about the Welcome Card at  
[www.innsbruck.info/welcome](http://www.innsbruck.info/welcome)





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## EQUIPMENT LIST

Before you set off hiking in the mountains, there's quite a lot of planning you need to do and things to be aware of. This has already been done for you as far as the routes and accommodation are concerned. To make further planning easier, ASI guides have put together a packing list. The following lists should serve as a guide, especially if you're doing the tour on your own.

## LIST OF CLOTHING TO PACK FOR THE INNSBRUCK TREK

There's nothing worse than standing in soaking wet socks at 1,500 metres above sea level and realising that you've left your spare pair back at home safe and dry on the bed. Or realising at the end of the stage that ten pairs of socks were after all a few too many. So, here's an overview of the most important items of clothing you need for the Innsbruck Trek.

- ▶ sturdy mountain boots with a solid tread sole
- ▶ 3 pairs of hiking socks (Merino wool or appropriate material)
- ▶ 3 items of appropriate underwear
- ▶ 1 long, breathable pair of hiking trousers, with zip-off legs if possible
- ▶ 1 pair of hiking shorts
- ▶ 1 pair of waterproof trousers, if your hiking trousers are not sufficiently waterproof
- ▶ 2 appropriate shirts, 1 short- and 1 long-sleeved
- ▶ 1 fleece or thin quilted jacket: lightweight and useful as an extra layer of warmth
- ▶ 1 wind and rainproof jacket as outerwear
- ▶ 1 item of headgear: sunhat/cap/buff
- ▶ 1 pair of sunglasses, with sufficient protection category (at least cat. 2)
- ▶ thin gloves, perhaps
- ▶ swimwear (swimming trunks/bikini)

## OTHER EQUIPMENT

In addition to items of clothing, there are a few helpful items that should be included in every hiker's backpack to make the day easier. So leave room for the following:

- ▶ waterproof cover for your backpack
- ▶ hydration system for the backpack or water bottle
- ▶ hiking poles
- ▶ spikes for slippery passages and possible traverse of old snow-fields
- ▶ pocket knife
- ▶ wash bag with toiletries
- ▶ maps/travel or hiking guide
- ▶ compass

- ▶ power bank, as well as charging cable for camera or mobile phone
- ▶ camera
- ▶ zip lock bags/plastic bags
- ▶ ID card
- ▶ insurance card or health insurance card
- ▶ Alpine Club membership card
- ▶ cash, since you can often only pay with cash in the mountain huts

## MOUNTAIN FIRST AID KIT: PACKING LIST FOR EMERGENCIES

If your boots are rubbing or your knees are hurting, it's a good idea to bring along a few things that will provide immediate first aid. You must also pack an appropriate emergency kit in your backpack for the mountain tour. It's important to adapt the first aid kit to your own personal needs.

- ▶ first aid kit
- ▶ blister plasters/plasters
- ▶ sports ointment
- ▶ tape, in case of back or knee pain
- ▶ paper handkerchiefs
- ▶ personal medication
- ▶ sun cream
- ▶ tick tweezers

## VACCINATIONS & HEALTH

There are no prescribed vaccinations for Austria. The seasonal TBE (tick-borne encephalitis) vaccination is recommended. Austria is malaria-free.

## MOUNTAIN TOUR PROVISIONS

If you're planning a mountain tour, you should think about an appropriate, healthy diet the day before you set off on your planned tour. But, from a nutritional point of view, it's not only the day before that's important, but also the day of the hike itself. A healthy diet can have a positive influence on the body, and energy reserves can be maintained with the right snacks in between. Good carbohydrates, magnesium and plenty of liquid are important to provide the energy and powers of endurance needed. Our recommendations for provisions for a day's hiking:

- ▶ muesli bar or flapjack
- ▶ fruit or dried fruit (longer shelf life than fresh fruit)
- ▶ nuts
- ▶ wholegrain bread for a snack
- ▶ sport or energy bar
- ▶ vegetables such as carrots
- ▶ magnesium tablets (help with calf cramps)

## DEALING WITH ANIMALS

On the mountain pastures you'll encounter a variety of animals: cows, sheep, horses, etc. Never forget: we're guests and passing through the animals' habitat. To make sure they don't feel nervous, it's important to keep calm and show no anxiety. If you're a bit worried, it's a good idea to use a hiking pole or branch which can clearly indicate the necessary respect.

When cows, horses etc. approach, they do so out of pure curiosity. On remote paths they're not at all used to people. Young animals especially are endowed with a natural sense of curiosity. But contact with them should be avoided as the mothers' protective instincts might come to the fore and they'll aggressively try to defend their young.

Dog owners must be particularly cautious. Keep your dog on a lead when passing grazing animals. But if an animal tries to attack your dog, for your own protection it's best to let go of the lead.

## DEALING WITH A THUNDERSTORM

No matter how carefully you plan, you can still get caught up in a storm.

### In which case ...

- ▶ ... do not stay on ridges, summits or in water channels.
- ▶ ... do not seek shelter under solitary trees, at the entrance of caves or at the foot of rock faces.
- ▶ ... seek shelter in valleys or hollows. Unfortunately, only getting under cover provides proper protection.

If there's the threat of a thunderstorm, it's essential you turn back in plenty of time.

## POSSIBLE WARNING SIGNS OF A THUNDERSTORM

- ▶ humid air or cumulus clouds in the sky
- ▶ cumulonimbus clouds with dark underside and frayed edges or rumbles of thunder

**ATTENTION! You're in mortal danger if your hair stands on end or you notice a crackling or sizzling noise, because that means there's an electrical charge in the air. You must leave the danger area at once!**

## DEALING WITH AN EMERGENCY

As a rule, you're pretty unlikely to be involved in an emergency on the mountain. But it can happen anyway - even having taken all

due precautions. In which case, how you react can be lifesaving.

**It's important to keep calm, even if that's difficult in an exceptional situation.**

If someone is seriously injured, that person should preferably stay in a clearly visible place at the scene of the accident, but not in any area which might be dangerous. You must never leave an injured person on their own!

Try using your mobile phone to make an emergency call or seek help by using signals such as shouting, whistling, waving (with items of clothing).

If no network is available, you should move to a better location and keep dialling 112. If you have a smartphone, it would be sensible to install Tyrol Mountain Rescue's emergency call app. This helps send an emergency call and at the same time transmits your location.

To make the accident report, the following information is important:

- ▶ Who is making the emergency call? You should have a call back number ready.
- ▶ Where exactly is the site of the accident?
- ▶ What has happened?
- ▶ How many people are injured?

## EMERGENCY NUMBERS

**140** Mountain Rescue - Mountain emergency number

**112** European emergency call

The Euro emergency number 112 works on all networks and even without a SIM card and credit on a prepaid phone.

**Tip:** dial "112" instead of entering your pin code!

## ASI SERVICE PHONE

Monday-Friday, 9am-6pm

Tel. +43 512 / 54 60 00

## ASI EMERGENCY PHONE

In emergencies outside the above times

Tel. +43 664 / 20 22 999



## 10 GOLDEN RULES FOR SUCCESSFUL HIKING

Good planning, sound self-assessment and careful interaction with the natural environment are all important factors in successful hiking. The following 10 rules cover everything you need to take into account to make your mountain tour a wonderful experience you'll never forget.

### 1. SAFE AND SOUND IN THE MOUNTAINS

Since hiking in the mountains is an endurance sport, you should check your own fitness before each mountain tour and accurately assess your strength. A pace should be found that suits all members of the group. A decision on the length of the hike should be made based on the collective fitness of the group. Time pressure should be avoided as much as possible.

### 2. IT'S ALL DOWN TO PLANNING

Every hike should be precisely planned, and hiking maps, hiking guides, internet and experts can help. They tell you about the level of difficulty, length, elevation gain/loss and current conditions on the trails. Particular attention should be paid to the weather forecast as wind, rain, cold and thunderstorms increase the risk of accidents. If you're in any doubt, it's best to ask in the morning in your hotel or during your lunch break in a mountain hut.

### 3. ADAPTING YOUR EQUIPMENT

You should adapt the contents of your backpack according to the specific demands of the tour and bear in mind the weight of your backpack. You should always pack the essentials such as protection against rain, sun and cold as well as a first aid kit and mobile phone. Map & compass, apps and GPS make orientation easier.

### 4. THE RIGHT FOOTWEAR

Well-fitting hiking boots relieve and protect your feet while hiking and improve surefootedness. When buying hiking boots, you should ensure they fit perfectly, are waterproof and have a non-slip tread sole.

### 5. KEEP YOUR WITS ABOUT YOU

Too fast a pace and tiredness can strongly affect your concentration and surefootedness. Tripping or slipping, the most common causes of accidents, can lead to falls. It's especially important on the descent to pay attention, as concentration is most likely to be affected as you come to the end of that day's stage. Extra vigilance

also helps avoid a rockfall.

### 6. KEEP TO MARKED TRAILS

It's very important to follow all signposts and avoid taking any shortcuts. Leaving the marked trails increases the risk of rockfalls, falling and disorientation. If you're lost, you're best advised to go back to the last known point. Old snowfields are often underestimated and can be very dangerous.

### 7. TAKING REGULAR BREAKS IS KEY

Only if you take timely breaks can you give your body a rest and truly enjoy the surrounding scenery. You need to eat and, above all, drink if you're to maintain your concentration and performance. Isotonic drinks or fruit juices diluted with water are perfect as thirst quenchers and provide essential vitamins and minerals.

### 8. RESPONSIBILITY FOR CHILDREN

If you're hiking with children, you should make sure that there's plenty of fun and variety. In sections where there's an increased risk of falls, each adult can only keep an eye on one child. The tour length should be planned accordingly for the little ones, and tours that require sustained concentration should be avoided.

### 9. HIKING WITH OTHERS

Hiking in a group has the advantage of being able to help one another and ensures flexibility. Before setting off on your hike, it's advisable to inform people you know or the hotel staff about your hiking destination, route and, if applicable, when you plan to return. Writing in the mountain hut or summit logs can also mean you'll be found more quickly in an emergency.

### 10. RESPECT THE MOUNTAIN ENVIRONMENT

The natural environment needs to be respected and protected. The trails need to be looked after and you should take all litter home with you. Everything you take up into the mountains needs to come back down into the valley. You should also keep noise to a minimum to avoid disturbing wild and grazing animals. You must put dogs on a lead when crossing alpine pastures. You should not touch any plants, especially in protected areas. To get to the starting point each day, we recommended using public transport or car sharing.

Based on the 10 recommendations of the Alpine associations (Club Arc Alpin).

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## TIPS FOR A SOLO TOUR

Especially if you're hiking on your own without a guide, you should know how to map read, follow route descriptions and have a good sense of direction.

If, despite all the information provided in your travel documents, you're still in doubt, you should ask locals or contact us on the emergency number provided. Hiking on your own always comes with the charms and excitement of a real adventure!



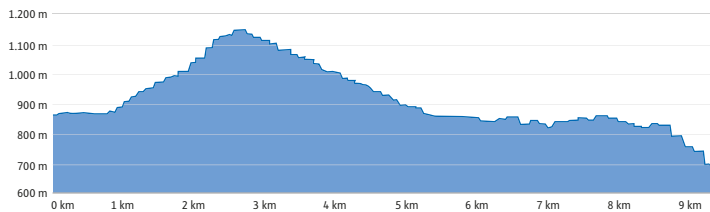


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# DAY 1 ROUTE OPTIONS

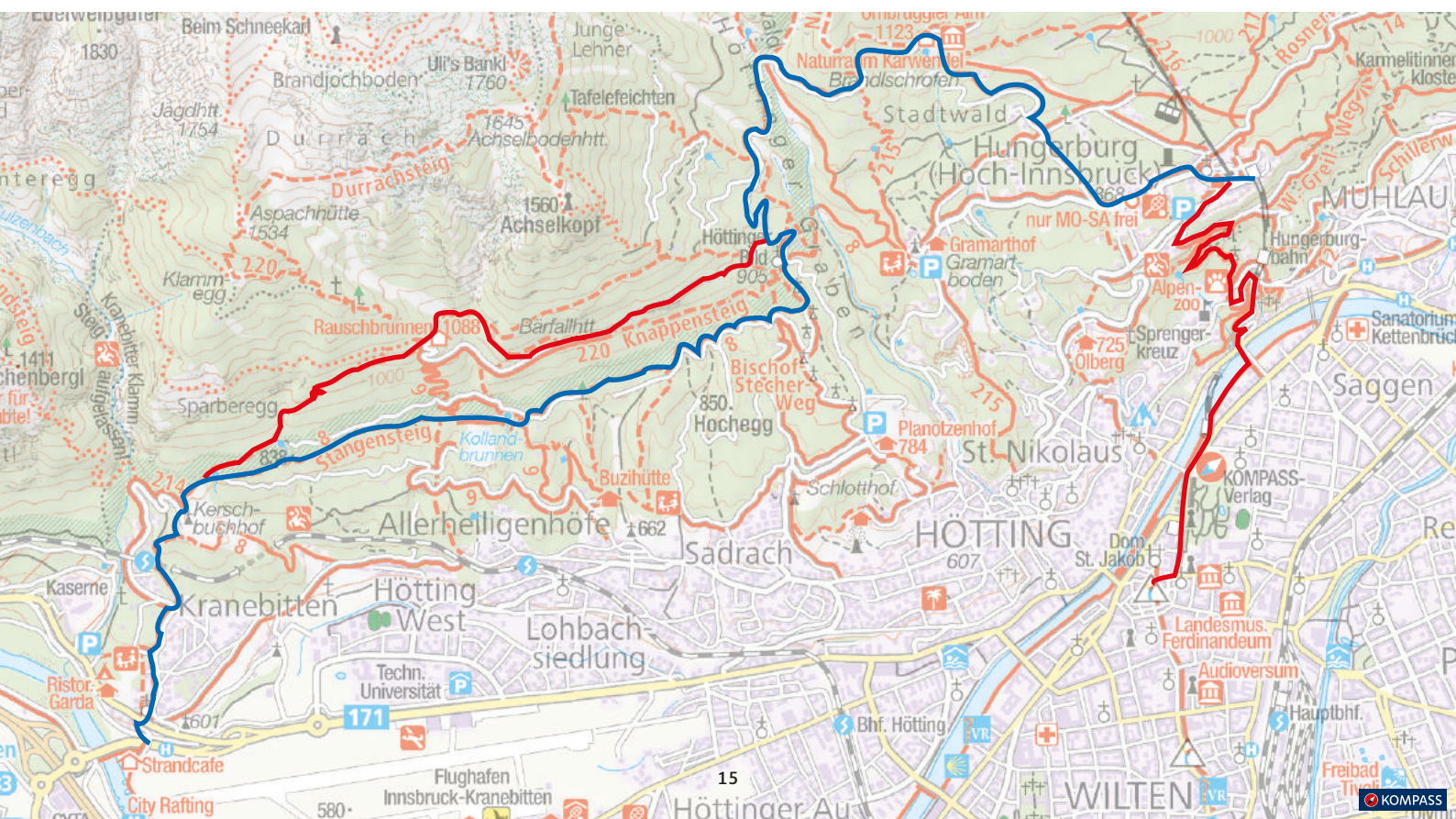
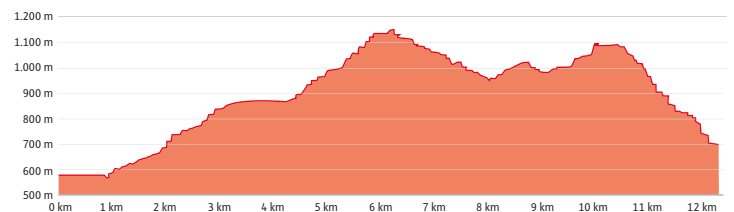
## EASY | FROM HOCHINNSBRUCK TO THE UMRÜGGLER ALM

- ▶ Total hiking time: 3h 30m
- ▶ Length: 9.4 km
- ▶ Starting point: Hungerburg
- ▶ Finish: Kranebitten bus stop
- ▶ Elevation gain/loss uphill | downhill: 350 m | 600 m
- ▶ Trail composition: forest trails, tree root trails
- ▶ Altitude profile:



## MODERATE | FROM INNSBRUCK TO THE RAUSCHBRUNNEN INN

- ▶ Total hiking time: 5h 30m
- ▶ Length: 13 km
- ▶ Starting point: Congress Innsbruck
- ▶ Finish: Kranebitten bus stop
- ▶ Elevation gain/loss uphill | downhill: 750 m | 700 m
- ▶ Trail composition: forest trails, tree root trails
- ▶ Altitude profile:



## DAY 1

### FROM HOCHINNSBRUCK TO THE UMBRÜGGLER ALM

#### ARRIVAL IN INNSBRUCK AND LUGGAGE DROP-OFF

After arriving at Innsbruck's main station, it's just a few minutes' walk to the

Hotel Sailer | Adamgasse 8 | 6020 Innsbruck

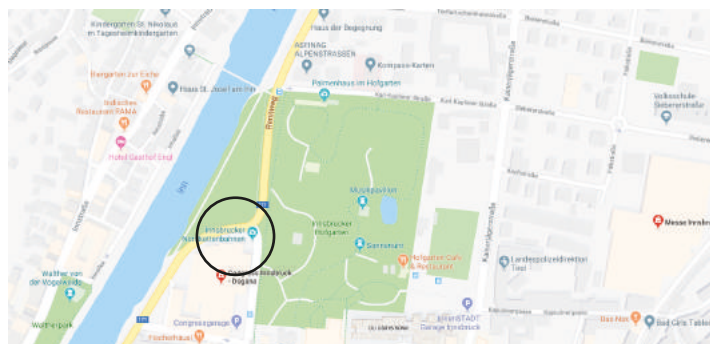
[www.sailer-innsbruck.at](http://www.sailer-innsbruck.at)

**Please drop your luggage off, with your luggage tag attached, by 10am at the latest.**

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Ascent on the funicular to the Hungerburgbahn mountain station. Operating hours at [www.nordkette.com](http://www.nordkette.com)



#### TRAIL DESCRIPTION FROM THE HUNGERBURGBAHN MOUNTAIN STATION TO KRANEBITTEN

Get off the Hungerburgbahn funicular and take a moment to enjoy the panoramic views of Innsbruck. Then go past the Café Bar Hitt und Söhne. To the right, next to the Nordkettenbahn, a road leads to the car park. Go left here. Follow this one-way road for about 125 m. then turn right into Gramartstrasse below the Theresienkirche church. A sign points the way to Gramart. After another 550 m on the asphalt road (at house number 54), the path you now need branches off to the right. Follow the signs to the Umbrügglers Alm up the initially asphalted road. This brings you to a major junction on the Katzenbründlweg road. Another sign points the way to the Umbrügglers Alm. It's now an easy walk on the forest road straight to the mountain restaurant.

Go back about 250 m to the last junction and follow the signs to the Höttinger Bild chapel (40 min). Keep following the forest road mostly downhill, ignoring all converging and diverging trails. You pass the Höttinger Graben stream. Continue downhill and follow the signs to Höttinger Bild. The forest road leads you directly to the pilgrimage chapel.

Go past the chapel and follow the wide Bischof-Stecher trail heading south. After approx. 250 m you cross a forest trail, you continue straight on and come to a short steep descent. But after about 90 m you're back on a forest road which you follow to the right. At the next junction, follow the signs on the Stangensteig trail to the Rauschbrunnen inn to the right. Here the forest trail changes into a tree root path called the Stangensteig trail, which now takes you to Kranebitten.

Ignore the next turnoff to the Rauschbrunnen inn and follow the forest road to the left. You soon turn right again onto the parallel path which brings you directly to the Kollandbrunnen fountain. Follow the forest road again uphill. You pass an avalanche line after which the forest road becomes a trail. You now follow the Stangensteig trail. Ignore all converging and diverging trails until the trail ends and turns into a wide forest trail. Follow the signs to the Kerschbuchhof farm where you then follow the signs to Kranebitten. At the next junction keep to the right and climb, quite steeply in parts, through the forest directly to Kranebitten railway station.

Go past the railway station and soon you come down to a road on the left. Congratulations, you've now reached the end of the first stage of your hike!

**Destination:** Kranebitten Klammgeist bus stop

#### TRANSFER: KRANEBITTEN – OBSTEIG

Innsbruck Gasthof Kranebitten stop ▶ Take bus 4123 to Telfs Anton-Auer-Strasse ▶ Change to bus 4176 to Obsteig Mooswaldsiedlung



## DAY 1

### FROM INNSBRUCK TO THE RAUSCHBRUNNEN INN

#### ARRIVAL IN INNSBRUCK AND LUGGAGE DROP-OFF

After arriving at Innsbruck's main station, it's just a few minutes' walk to the

Hotel Sailer | Adamgasse 8 | 6020 Innsbruck

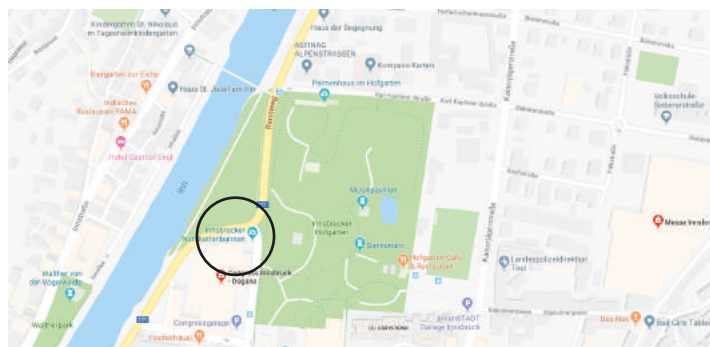
[www.sailer-innsbruck.at](http://www.sailer-innsbruck.at)

**Please drop your luggage off, with your luggage tag attached, by 10am at the latest.**

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Ascent on the Hungerburgbahn funicular to the Hungerburgbahn mountain station. Operating hours at [www.nordkette.com](http://www.nordkette.com)



#### TRAIL DESCRIPTION FROM CONGRESS INNSBRUCK TO KRANEBITTEN

Start from the Hungerburgbahn Congress station and head north. Walk by the Imperial Gardens following the River Inn down river. Go past the Hungerburgbahn's Löwenhaus station and you come to the Huttererpark where you cross the Inn on the Hans-Psenner footbridge. On the other side you cross the road and follow the Heinrich-Süss-Weg. Follow a green sign pointing the way to the Alpine Zoo and you come directly to the Hungerburgbahn's Alpine Zoo station. Below this, follow the forest road to the left and you come to the Alpine Zoo car park. Go to the zoo entrance where you branch off to the right uphill. You pass a large iron gate and the staff car park. Follow the yellow sign to Hungerburg on the wide hiking trail. After a series of hairpin bends the trail merges with mountain road no. 110. Follow this road uphill, past the Zur Linde kindergarten directly to the funicular railway's Hungerburg station. Take a moment to enjoy the panoramic views of Innsbruck, then go past the Café Bar Hitt und Söhne. To the right, next to the Nord-

kettenbahn, a road leads to the car park. Go left here. Follow this one-way road for about 125 m then turn right into Gramartstrasse below the Theresienkirche church. A sign points the way to Gramart. After another 550 m on the asphalt road (at house number 54), the path you now need branches off to the right. Follow the signs to the Umbrüggler Alm up the initially asphalted road. This brings you to a major junction on the Katzenbründlweg road. Another sign points the way to the Umbrüggler Alm. It's now an easy walk on the forest road straight to the inn.

Go back about 250 m to the last junction and follow the signs to Höttinger Bild (40 min). Keep following the forest road mostly downhill, ignoring all converging and diverging trails. You pass the Höttinger Graben stream. Continue down to the next junction where, just above the Höttinger Bild chapel, the trail you need branches off to the Rauschbrunnen inn. Stay on this forest trail for approx. 1.5 km until you see a sign on the right pointing to a tree root trail which takes you directly to the Rauschbrunnen inn. You'll again be rewarded with impressive panoramic views.

From the Rauschbrunnen inn you first descend to the first bend on the forest road where a trail branches off to the right with the indication that it's 45 minutes to Kranebitten. Follow this tree root path at first on the level and then in parts steeply downhill. Ignore all converging and diverging trails until the trail ends and turns into a wide forest trail. Follow the signs to the Kerschbuchhof farm from where you follow the signs to Kranebitten. At the next junction keep to the right and the climb through the forest directly to Kranebitten railway station is quite steep in parts. Go past the railway station and soon you come down to a road on the left. Congratulations, you've now reached the end of the first stage of your hike!

**Destination:** Innsbruck Gasthof Kranebitten bus stop

#### TRANSFER KRANEBITTEN – OBSTEIG

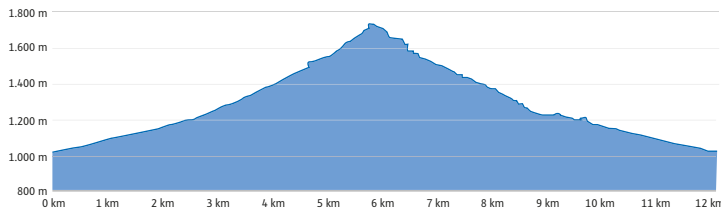
Innsbruck Gasthof Kranebitten stop ▶ Take bus 4123 to Telfs Anton-Auer-Strasse ▶ Change to bus 4176 to Obsteig Mooswaldsiedlung

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# DAY 2 ROUTE OPTIONS

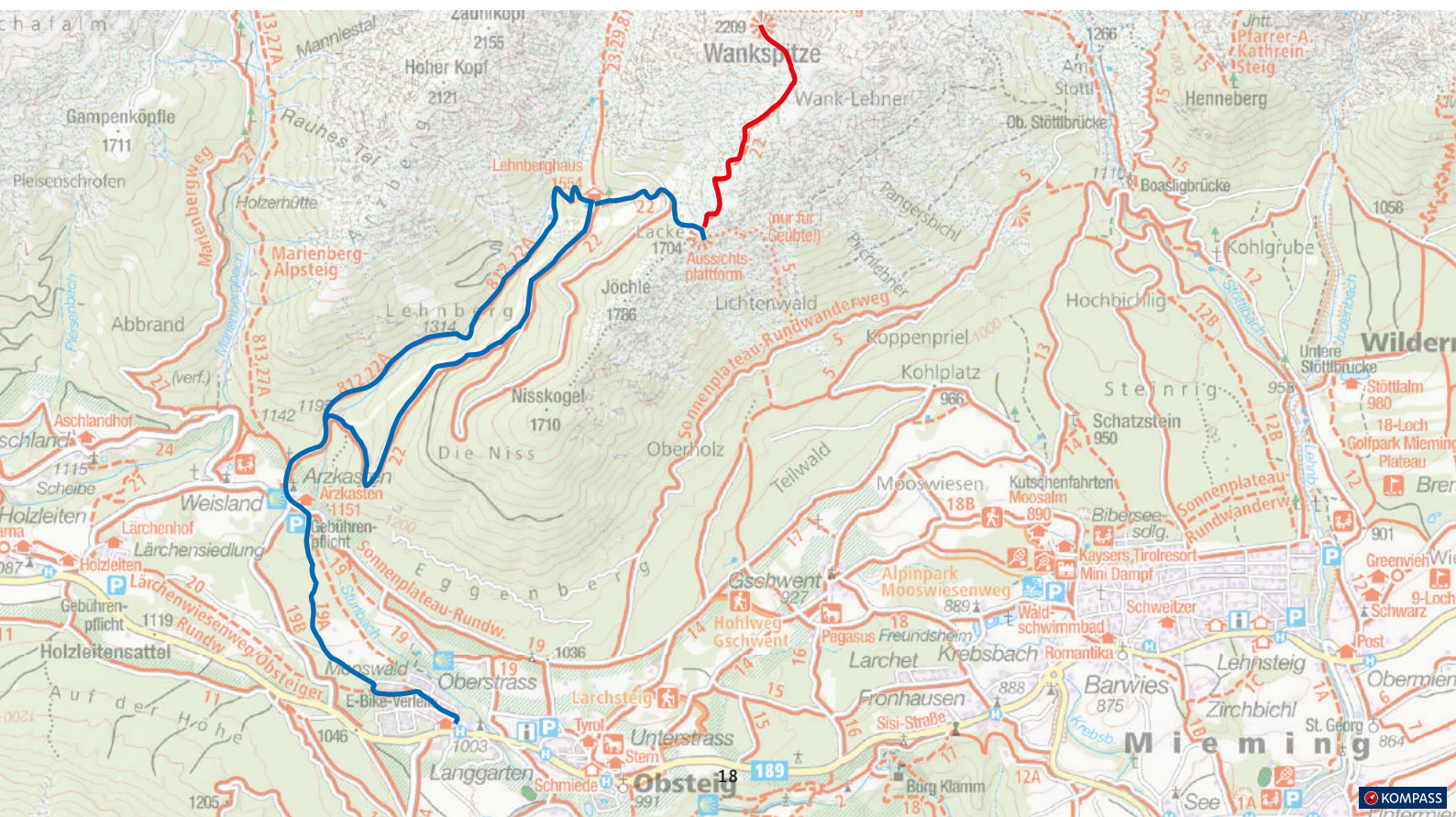
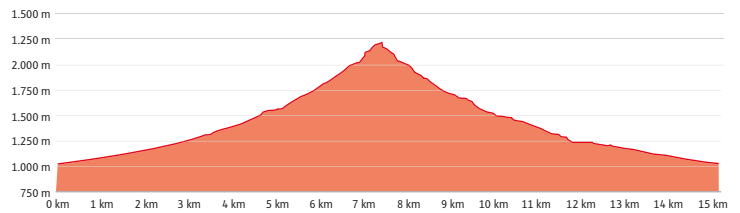
## EASY | FROM THE MIEMING PLATEAU TO THE LEHNBERGHAUS AND THE LACKE

- ▶ Total hiking time: 6 hrs
- ▶ Length: 12 km
- ▶ Starting point: Hotel or Landhaus Bergland in Obsteig
- ▶ Finish: Hotel or Landhaus Bergland in Obsteig
- ▶ Elevation gain/loss uphill | downhill: 700 m | 700 m
- ▶ Trail composition: forest trails, tree root trails
- ▶ Altitude profile:



## MODERATE | FROM THE MIEMING PLATEAU TO THE LEHNBERGHAUS, LACKE AND WANKSPITZE SUMMIT

- ▶ Total hiking time: 8 hrs
- ▶ Length: 15 km
- ▶ Starting point: Hotel or Landhaus Bergland in Obsteig
- ▶ Finish: Hotel or Landhaus Bergland in Obsteig
- ▶ Elevation gain/loss uphill | downhill: 1,200 m | 1,200 m
- ▶ Trail composition: forest trails, tree root trails
- ▶ Altitude profile:





u n l i m i t e d

## DAY 2

### FROM THE MIEMING PLATEAU TO THE LEHNBERGHAUS AND THE LACKE

#### LUGGAGE DROP-OFF

Today there's no need to drop off your luggage as you'll be returning to your hotel in the evening. But remember to ask at the hotel reception about the transfer to the Sattelle on day 3

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Hotel or Landhaus Bergland in Obsteig

#### TRAIL DESCRIPTION FROM YOUR HOTEL IN OBSTEIG TO THE LEHNBERGHAUS

To the west of your hotel take the Unterer Mosswaldweg trail (right next to the Wurscht und Durscht snack bar). Head up this village street. Follow the yellow signs to Arzkasten. After approx. 450 m you come to a junction where you keep straight on towards Arzkasten or Lehnberghaus. A wide forest hiking trail now leads you directly to the Arzkasten inn which you go past and, directly behind it and opposite a small fountain, there are more signposts. From here it's 1h 15m to the Lehnberghaus, 1h 45m to the Lacke, and 3 hrs to the Wankspitze summit. Continue to follow the yellow signs on a wide forest trail. After about 550 m there are two signs to the Lehnberghaus. Take the one to the left (your way back is to the right). Keep going left on the forest road by the side of the Sturlbach stream which you cross once, and shortly after that you leave the road and follow the signs on a narrow path alongside the stream. Slowly the trail becomes steeper and steeper and, about 100 metres below the Lehnberghaus, the path branches off from the stream and there are some very steep sections for you to climb. But then you'll soon see the welcoming flag of the Lehnberghaus, a private refuge.

#### TO THE LACKE VIEWING PLATFORM

There are yellow signs directly below the Lehnberghaus. This is the starting point for the detour to the Lacke viewing platform (30 min) or the Wankspitze summit (2 hrs).

Initially you follow a very steep road and after approx. 200 m you branch off to the right. On a narrow, tree root trail you continue climbing steeply uphill and come to a forest trail taking you higher. Here you go 20 m to the right and immediately the trail branches off again to the left. After another steep climb with an elevation gain of 100 m you come to the Lacke, a viewing platform that's really worth visiting with its commanding views of the Mieming

Plateau, Inntal Valley, Wetterstein and Karwendel mountains, as well as the Ötztal Valley and the Stubai Alps (and much more in good visibility!)

After your detour, you retrace your steps to return to the Lehnberghaus.

#### DESCENT FROM THE LEHNBERGHAUS

You head south from the Lehnberghaus on the easy forest road or you can follow the toboggan run back down into the valley. Ignore all converging and diverging trails. After approx. 2 km the forest road makes a 180° sweep to the right. After approx. 600 m you come to the junction described above, from where you can return to your hotel via the Arzkasten inn on the trails you're now familiar with.

**Destination:** Hotel or Landhaus Bergland in Obsteig





## DAY 2

### FROM THE MIEMING PLATEAU TO THE LEHNBERGHAUS, LACKE AND WANKSPITZE SUMMIT

#### LUGGAGE DROP-OFF

Today there's no need to drop off your luggage as you'll be returning to your hotel in the evening. But remember to ask at the hotel reception about the transfer to the Sattelle on day 3.

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Hotel or Landhaus Bergland in Obsteig

#### TRAIL DESCRIPTION FROM YOUR HOTEL IN OBSTEIG TO THE LEHNBERGHAUS

To the west of your hotel take the Unterer Mosswaldweg trail (right next to the Wurscht und Durscht snack bar). Head up this village street. Follow the yellow signs to Arzkasten. After approx. 450 m you come to a junction where you keep straight on towards Arzkasten or Lehnberghaus. A wide forest hiking trail now leads you directly to the Arzkasten inn which you go past and, directly behind and opposite a small fountain, there are more signposts. From here it's 1h 15m to the Lehnberghaus, 1h 45m to the Lacke, and 3 hrs to the Wankspitze summit. Continue to follow the yellow signs on a wide forest trail. After about 550 m there are two signs to the Lehnberghaus. Take the one to the left (your way back is to the right). Keep going left on the forest road by the side of the Sturlbach stream, which you cross once, and shortly after that you leave the road and follow the signs on a narrow path alongside the stream. Slowly the trail becomes steeper and steeper and, about 100 metres below the Lehnberghaus, the path branches off from the stream and there are some very steep sections for you to climb. But then you'll soon see the welcoming flag of the Lehnberghaus, a private refuge.

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gain of 100 m you come to the Lacke, a viewing platform that's really worth visiting with its commanding views of the Mieming Plateau, Inntal Valley, Wetterstein and Karwendel mountains, as well as the Ötztal Valley and the Stubai Alps (and much more in good visibility!)

#### TO THE WANKSPITZE SUMMIT

From the Lacke, head northeast uphill. The clearly visible path is sometimes rather steep and becomes increasingly alpine. Please pay attention to the ground markings and every now and again you'll be able to see the summit cross. After an elevation gain of 500 m from the Lacke, you're standing on the Wankspitze summit. With a little bit of luck, you'll encounter alpine fauna such as chamois, ibex and marmots.

After your detour, retrace your steps to return to the Lehnberghaus.

#### DESCENT FROM THE LEHNBERGHAUS

You head south from the Lehnberghaus on the easy forest road or you can follow the toboggan run back down into the valley. Ignore all converging and diverging trails. After approx. 2 km the forest road makes a 180° sweep to the right. After approx. 600 m you come to the junction described above, from where you can return to your hotel via the Arzkasten inn on the trails you're now familiar with.

**Destination:** Hotel or Landhaus Bergland in Obsteig



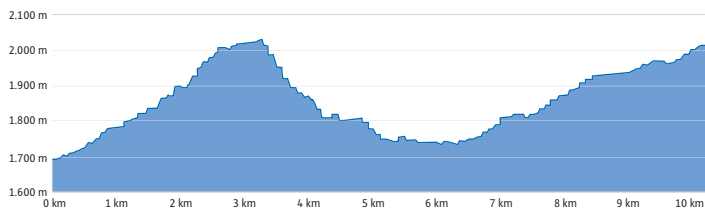


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# DAY 3 ROUTE OPTIONS

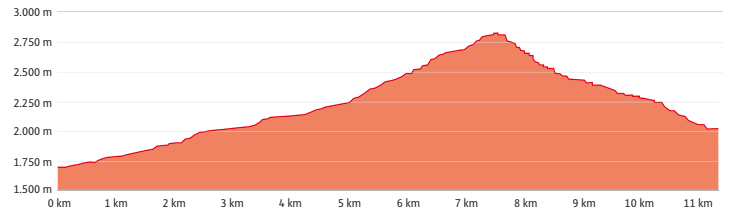
## EASY | VIA THE FELDRINGALM TO KÜHTAI

- ▶ Total hiking time: 4h 30m
- ▶ Length: 10.5 km
- ▶ Starting point: Sattelle bus stop
- ▶ Finish: Hotel Kühtai
- ▶ Elevation gain/loss uphill | downhill: 650 m | 350 m
- ▶ Trail composition: forest trails, alpine trails, woodland paths
- ▶ Altitude profile:



## DEMANDING | PIRCHKOGEL MOUNTAIN TRAVERSE

- ▶ Total hiking time: 7 hrs
- ▶ Length: 11.5 km
- ▶ Starting point: Sattelle bus stop
- ▶ Finish: Hotel Kühtai
- ▶ Elevation gain/loss uphill | downhill: 1,150 m | 800 m
- ▶ Trail composition: forest trails, alpine trails
- ▶ Altitude profile:





u n l i m i t e d

## DAY 3

### VIA THE FELDRINGALM TO KÜHTAI

#### LUGGAGE DROP-OFF & TRANSFER

At 9am a transfer will take you and all your luggage to the Sattelle, from where you set off on your hike while your heavy luggage is transferred to your hotel in Kühtai.

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Sattelle bus stop

#### TRAIL DESCRIPTION FROM THE SATTELE TO KÜHTAI

From the bus stop follow the Pirchkogelweg trail on the forest road in the direction of the Feldringalm inn (45 min) or the Pirchkogel mountain (4 hrs). At first the forest road is quite easy but becomes steeper and steeper. Just below the Feldringalm inn you can take shortcuts on the final bends and, either way, you come to the inn.

The way from here is clearly signposted. Follow the trail uphill heading to the Pirchkogel mountain (3h 45m).

After an ascent which is steep in places, you come to a high pla-

teau. Follow the wooden post markings heading southeast. Quite soon you're at the lookout point with summit cross on the Feldringer Böden high plateau. Yellow signs point the direction. Keep to the signs to Marlstein (30 min). This meadow trail is quite steep in parts. You go through a red gate into a wooded area. You cross the forest road once and continue to follow the trail which brings you directly to Marlstein.

Above the Marlstein Mountain Hotel you follow the wooden fence and take the Kaiser-Franz-Josef-Weg trail to Kühtai. Go past the industrial cable car, bear left heading for the electricity pylons and continue to follow the signs. This hiking trail takes you past Mareil and to the main Kühtai-Ötz road.

Just 50 metres before the main road, turn left and walk parallel to the road on a forest trail. Ignore all converging and diverging trails except for a major fork where you bear left. You'll see signs to the Kaiser-Franz-Josef-Weg trail which takes you above the Längental reservoir and the Dortmunder Hütte hut to Kühtai.

**Destination:** Hotel Kühtai





u n l i m i t e d

## DAY 3

### PIRCHKOGEL MOUNTAIN TRAVERSE

#### LUGGAGE DROP-OFF & TRANSFER

At 9am a transfer will take you and all your luggage to the Sattelle, from where you set off on your hike while your heavy luggage is transferred to your accommodation in Kühtai.

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Sattelle bus stop

#### TRAIL DESCRIPTION FROM THE SATTELE VIA THE PIRCHKOGEL MOUNTAIN TO KÜHTAI

From the bus stop follow the Pirchkogelweg trail on the forest road in the direction of the Feldringalm inn (45 min) or the Pirchkogel mountain (4 hrs). At first the forest road is quite easy but becomes steeper and steeper. Just below the Feldringalm inn you can take shortcuts on the final bends and, either way, you come to the inn. The way from here is clearly signposted. Follow the trail uphill heading to the Pirchkogel mountain (3h 45m).

After an ascent which is steep in places, you come to a high

plateau. Follow the wooden post markings heading southeast. Quite soon you're at the lookout point with summit cross on the Feldringer Böden high plateau. Yellow signs indicate the direction. Keep to the signs to Pirchkogel (#151).

After the first climb, you cross a forest road after approx. 300 m and then keep to the increasingly steep trail. With the Pirchkogel mountain in constant view, you're now accompanied by the impressive backdrop of the Sellrain mountains. Approx. 400 metres below the summit another trail joins yours from your right. Keep straight on to the summit.

From the summit you can clearly see the trail you need. Follow the path and look out for the red/white/red markings. Soon you'll have a fine view of two small lakes. Go down to these.

You now walk past the Kaiserbahn mountain station. Keeping Kühtai in sight, follow the signs on the trail (# 151) via Schwarzmoos to the church in Kühtai. You've now reached today's destination.

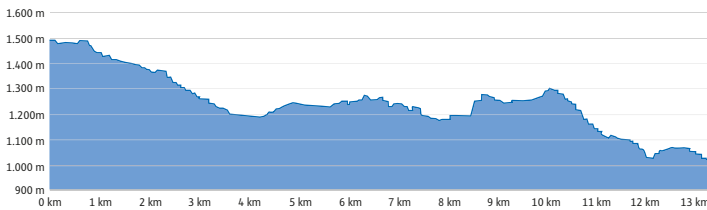
**Destination:** Hotel Kühtai



# DAY 4 ROUTE OPTIONS

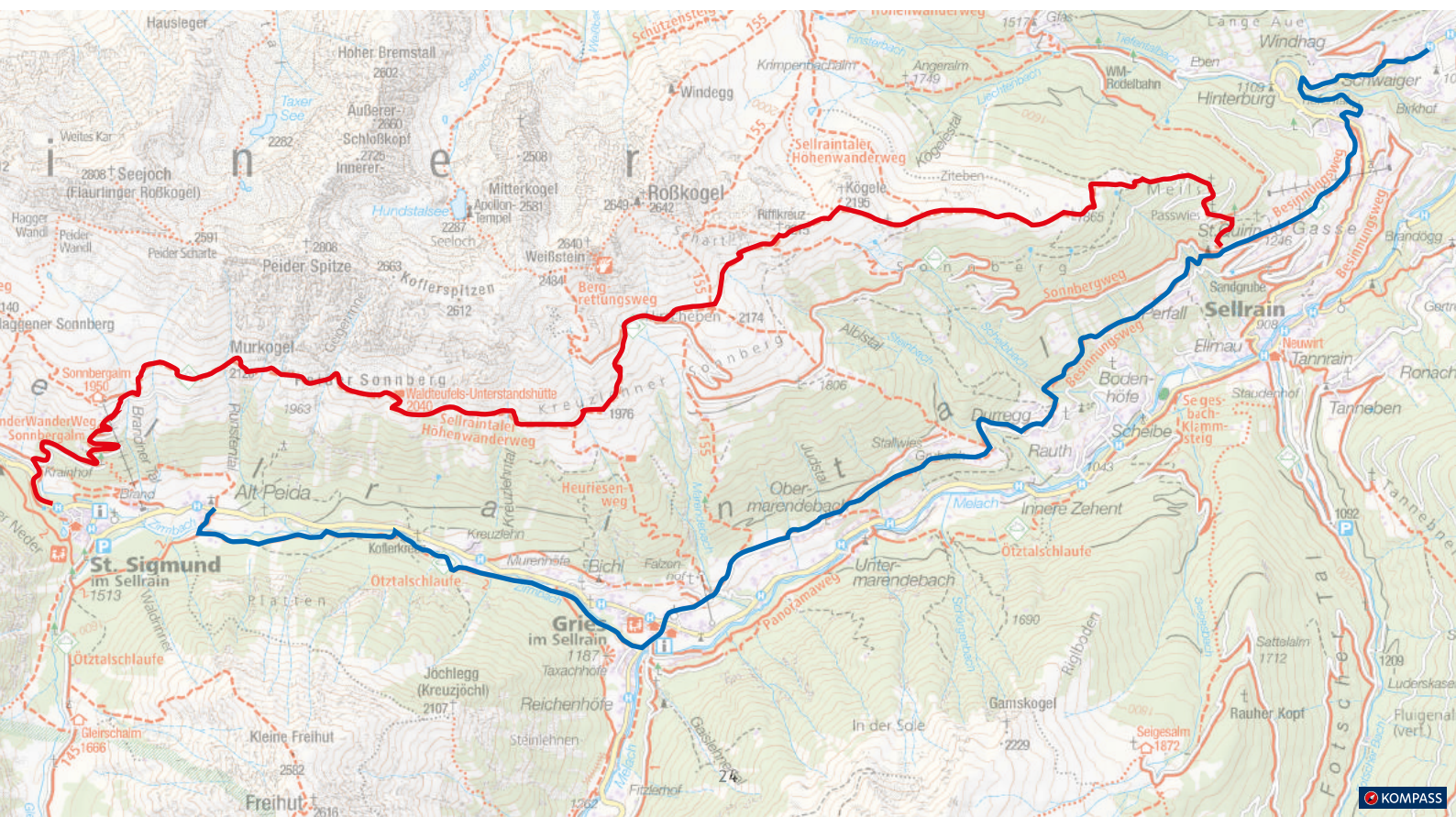
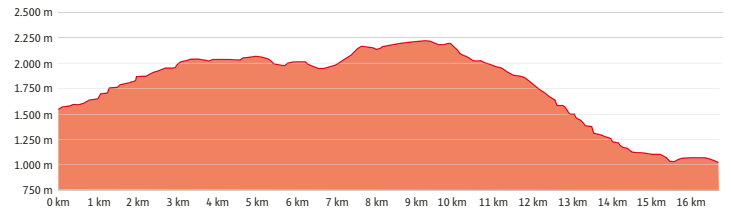
## EASY | ALONG THE PATH OF CONTEMPLATION THROUGH THE MOUNTAINEERING VILLAGES

- ▶ Total hiking time: 5 hrs
- ▶ Length: 13 km
- ▶ Starting point: Alt Peida bus stop
- ▶ Finish: Oberperfussberg bus stop and terminus
- ▶ Elevation gain/loss uphill | downhill: 350 m | 850 m
- ▶ Trail composition: forest hiking trails, meadow paths, forest trails
- ▶ Altitude profile:



## DEMANDING | SELLRAIN VALLEY HIGH-ALTITUDE TRAIL TO ST. QUIRIN

- ▶ Total hiking time: 9h 30m
- ▶ Length: 17 km
- ▶ Starting point: Neu Peida bus stop
- ▶ Finish: Oberperfussberg bus stop and terminus
- ▶ Elevation gain/loss uphill | downhill: 1,050 m | 1,550 m
- ▶ Trail composition: forest road, alpine trails, paths
- ▶ Altitude profile:





u n l i m i t e d

## DAY 4

### ALONG THE PATH OF CONTEMPLATION THROUGH THE MOUNTAINEERING VILLAGES

#### LUGGAGE DROP-OFF & TRANSFER

Drop off your luggage at the hotel reception no later than 9am for transfer to your next hotel.

Then take bus 4166 from Kühtai village or Kühtai Hochalterlift ▶ to St. Sigmund im Sellrain and ▶ get off at the Alt Peida bus stop

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** St. Sigmund Alt Peida bus stop

#### TRAIL DESCRIPTION FROM THE ALT PEIDA BUS STOP TO ST. QUIRIN

You get off at the Alt Peida bus stop just below

St. Sigmund. Approx. 25 m after the bus stop, follow the yellow signs to Waldweg forest trail Gries to the right. You cross the Zirnbach stream on a short asphalt section. Immediately after, a signpost points the way to Gries (1 hr). Follow this wide forest trail along the Zirnbach stream. After about 30 minutes, the forest trail ends or branches off to the left. Continue to follow the signs, now on a beautifully laid out forest hiking trail. Ignore all converging and diverging trails. Just above Gries the woodland path turns into a forest trail again.

You now come directly to Gries. Cross the Zirnbach stream to the left. Follow the asphalt village road, go past the children's playground and the Marmota pizzeria to the village centre. Cross the main street and go past the church on the right and you come to a school. The sign here tells you it's 3 hrs on the Path of Contemplation to Sellrain, and 2h 30m to St. Quirin. Follow the asphalt road uphill and past the ski lift in Gries. After about 1.5 km after Gries school, the Path of Contemplation branches off from the road and at a small turning place descends to the right. It's a gently undulating path to the Grubach farms from where you again follow the asphalt road for about 750 m to Durregg. Another sign points the way up through beautiful old farms. Shortly afterwards you're back on a well maintained forest trail which takes you via some undulating sections to St. Quirin.

The yellow signs below St. Quirin Pilgrimage Church point the way to Oberperfuss. You pass between two houses and come to a meadow path into the Tiefental valley. You pass Peter Jordan's carpentry shop and come directly to the main road from Sellrain

to Oberperfuss which you cross and follow the signs to Tauegert 1-12 (dead end). After approx. 50 m, follow the road to the right downhill (Wohnkonzepte Martin Pöder). After about 50 m, bear left at a wrought iron gate to the left of a wire netting fence with barbed wire. This forest trail leads you first down to the Tiefentalbach stream which you cross and go back up on the other side. You're now on the main road to Oberperfuss. Follow this to the right. After about 1 km, go past the Bergheim Inn and you've reached the destination of today's hike.

**Destination:** Oberperfussberg bus stop and terminus

#### TRANSFER

##### OBERPERFUSSBERG – AXAMS

From the Oberperfussberg turning point ▶ Take bus 4165 to Innsbruck Ziegelei/Haftanstalt ▶ Change to bus 4162 to Axams Terminal Kögele



## DAY 4

### SELLRAIN VALLEY HIGH-ALTITUDE TRAIL TO ST. QUIRIN

#### LUGGAGE DROP-OFF & TRANSFER

Drop off your luggage at the hotel reception no later than 9am for transfer to your next hotel.

Then take bus 4166 from Kühtai village or Kühtai Hochalterlift ▶ to St. Sigmund im Sellrain and ▶ get off at the Alt Peida bus stop

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** St. Sigmund Alt Peida bus stop

#### WEGBESCHREIBUNG VON DER BUS-HALTESTELLE ALT PEIDA BIS NACH ST. QUIRIN

From the bus stop, go back a short distance on the main road and then uphill to the left. After approx. 350 m, a small asphalt road branches off to the right. Follow this down to the Zirmbach stream which you then cross. The Sonnbergalm is signposted. After about 220 m the asphalt road turns into a forest road, the Wonder Walking Trail ("Wunderwanderweg") to the Sonnbergalm (1 hr) and also the Sellrain Valley high-altitude trail. Follow the forest road uphill. Via a series of hairpin bends, past various "information boards" and the "Eagle's Nest" you come to your next turnoff just below the Sonnbergalm. At first it's on another level forest road, then the signpost points the way to the right. After about 100 m, the Sellrain Valley high-altitude trail branches off to the left on an alpine trail. This is uphill at first. You go past avalanche barriers and the trail takes you along the slopes of the Peider Sonnberg mountain. You have to cross small valleys or channels, some sections of which are secured by ropes. You go past the Murkogel viewing point and the Waldeufl emergency shelter and come via some shorter descents to another turnoff. Follow the signs to Weißstein or Roßkogelhütte to the left. After an elevation gain of 250 m you come to a forest road which you follow for approx. 350 m downhill to the right. Then turn left at a metal gate, following the signs, and go over a small wooden stile. You pass the turnoff to the Rosskogel and can now see the summit. Just below the summit you pass the Riffkreuz cross with extraordinary views of the whole Lower Inntal Valley and the Kalkkögel mountain chain. At the Kögele mountain (St. Quirin is signposted), follow the path downhill heading west. Again, just below the summit, you cross a wire fence with the help of a large wooden stile. Head west following the marked trail with the help of some red/white/red trail markers. Ignore another woo-

den stile. Follow the signs to St. Quirin (1 hr) and soon you come to another stile which you climb over.

You now continue down into the valley. You cross a forest road several times, your trail always well signposted. Look out for signs in the forest or red/white/red markings.

Above St. Quirin (at an altitude of approx. 1,300 m) you come to a forest road again. Straight ahead is the so-called Path of Contemplation, but bear left to St. Quirin Pilgrimage Church.

The yellow signs below St. Quirin Pilgrimage Church point the way to Oberperfuss. You walk between two houses and come to a meadow path into the Tiefental Valley. You pass the Peter Jordan's carpentry shop and come directly to the main road from Sellrain to Oberperfuss, which you cross and follow the signs Tauergert 1-12 (dead end). After approx. 50 m, follow the road to the right (Wohnkonzepte Martin Pöder). Again after about 50 m, bear left at a wrought iron gate to the left of a wire netting fence with barbed wire. This woodland path leads you first down to the Tiefentalbach stream which you cross and go back up on the other side. You're now on the main road to Oberperfuss. Follow this to the right. After about 1 km, go past the Bergheim Inn and you've reached the destination of today's hike.

**Destination:** Oberperfussberg bus stop and terminus

#### TRANSFER

#### OBERPERFUSSBERG – AXAMS

From Oberperfussberg bus stop (turning point) take bus 4165 ▶ to Innsbruck Ziegelei/Haftanstalt ▶ Change to bus 4162 to Axams Terminal Kögele



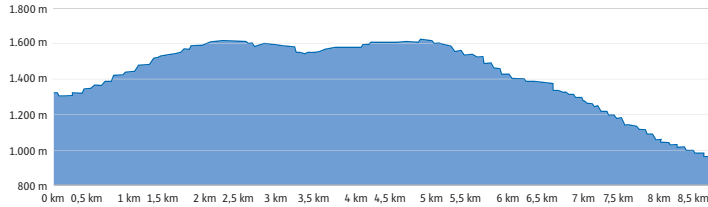


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# DAY 5 ROUTE OPTIONS

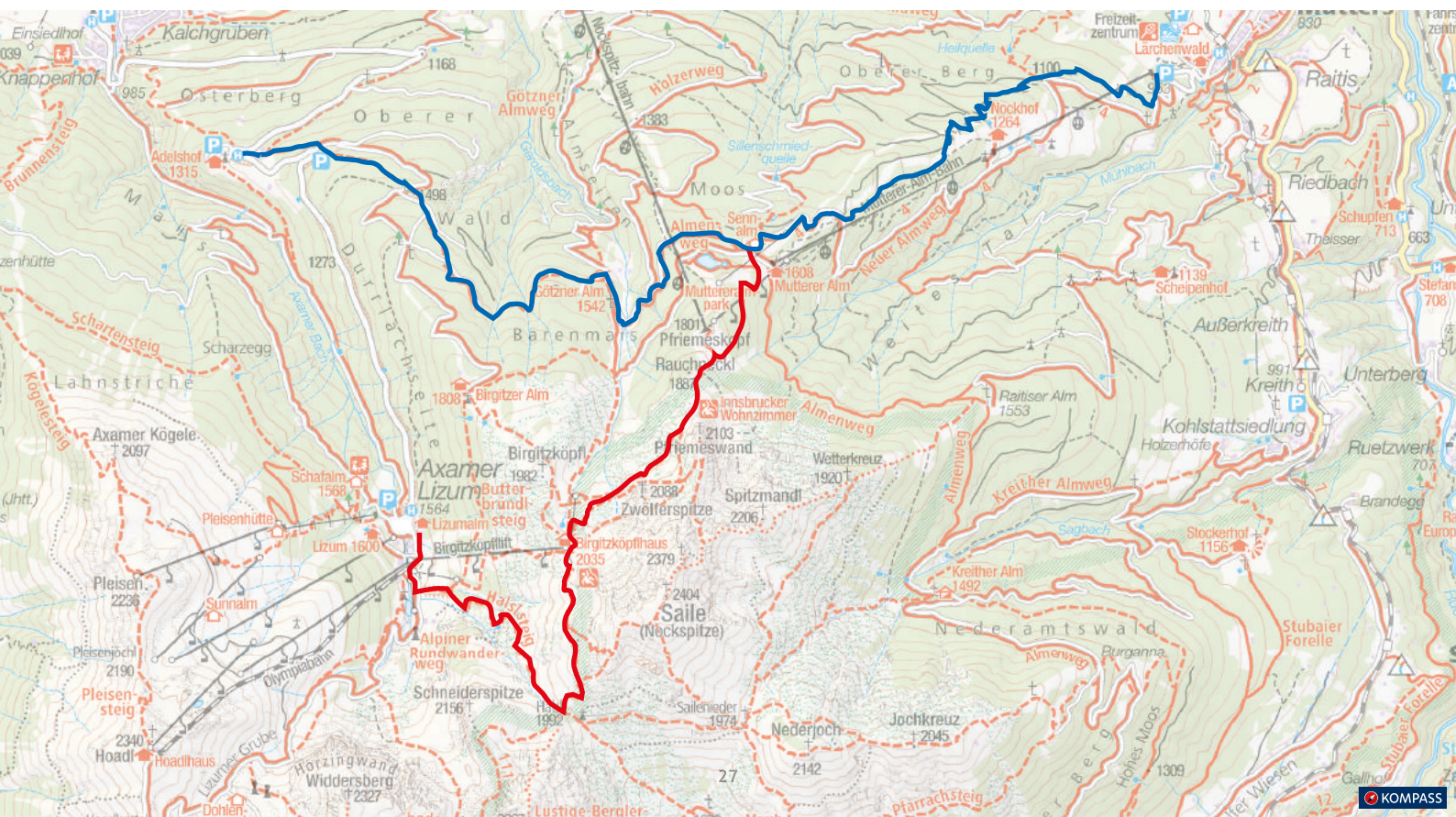
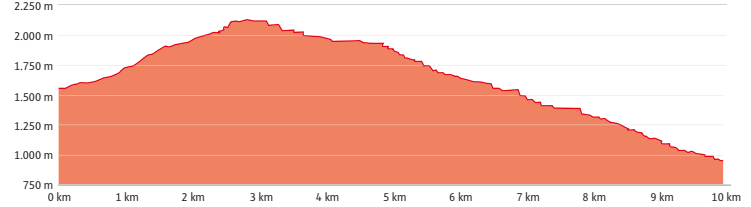
## EASY | ALONG THE INNSBRUCK ALPINE PASTURE TRAIL

- ▶ Total hiking time: 4h 30m
- ▶ Length: 9 km
- ▶ Starting point: Adelsdorf bus stop
- ▶ Finish: Mutters
- ▶ Elevation gain/loss uphill | downhill: 450 m | 800 m
- ▶ Trail composition: forest trails, alpine trails, woodland paths
- ▶ Altitude profile:



## MODERATE | FROM THE BIRGITZKÖPFL TO THE MUTTERER ALM

- ▶ Total hiking time: 6 hrs
- ▶ Length: 10 km
- ▶ Starting point: Axamer Lizum bus stop
- ▶ Finish: Mutters
- ▶ Elevation gain/loss uphill | downhill: 550 m | 1,150 m
- ▶ Trail composition: forest trails, alpine trails, woodland paths
- ▶ Altitude profile:





u n l i m i t e d

## DAY 5

### ALONG THE INNSBRUCK ALPINE PASTURE TRAIL

#### LUGGAGE DROP-OFF & TRANSFER

Drop off your luggage at the hotel reception no later than 9am for transfer to your next hotel.

Then take bus 4162 from Axams Terminal Kögele (platform C) ▶ and get off at the Adelshof stop

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Axams Adelshof bus stop

#### TRAIL DESCRIPTION FROM THE ADELSHOF TO THE MUTTERER ALM

After getting off at the bus stop, first go down the road back for about 150 metres. At a gravel loading station your path branches off to the right. Go past some small holiday homes and you come to a junction where you follow the signs to the Birgitzer Alm to the right uphill. You're now on the toboggan run, but leave this again at the Birgitzer Alm car park. Here a forest hiking trail branches off next to the car park sign. Quite soon and climbing steadily, this trail again crosses the forest road you left at the car park. After approx. 200 m on the forest hiking trail, you once more come to a forest road. Follow this to the left. After approx. 200 m, another trail branches off to the right. Follow the signs to the Götzner Alm. A short steep climb brings you to the next forest road. Follow this to the left. You pass a large game feeding station and the forest road narrows and becomes a trail. You walk along the Götzner Graben river bed and the undulating trail then leads you directly to the Götzner Alm. This tree root trail is steep in parts.

At the Götzner Alm follow the forest road uphill. A sign points the way to the Mutterer Alm (25 min). This forest road is an easy walk to the Mutterer Alm.

You now have several options for the descent.

- ▶ Return on the Muttereralm gondola lift - buy a ticket at the mountain station.
- ▶ Return on a Mutterer Alm mountain cart (a kind of summer toboggan) - buy a ticket at the mountain station.
- ▶ Descent on foot via the Hirschlacke and Nockhof.

Full information & operating hours for the Muttereralm gondola lift at

[www.muttereralm.at](http://www.muttereralm.at)

**Destination:** Stubaitalbahnhof tram stop Mutters Nockhofweg





## DAY 5

### FROM THE BIRGITZKÖPFL TO THE MUTTERER ALM

#### LUGGAGE DROP-OFF & TRANSFER

Drop off your luggage at the hotel reception no later than 9am for transfer to your next hotel.

Then take bus 4162 from Axams Terminal Kögele (platform C) ► to the Axamer Lizum bus stop (terminus)

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Axamer Lizum bus stop

#### TRAIL DESCRIPTION FROM THE BIRGITZKÖPFL TO THE MUTTERER ALM

Behind the bus stop, take the road to the left heading for the Hotel Lizumerhof or Hotel Olympia. A gravel trail branches off to the left directly opposite the Hotel Olympia. Follow the signs to Halsl, Saile, Ampferstein and Birgitzköpflhaus. The gravel trail merges back into the asphalt road and past the lifts, a path again branches off to the left up to the Halsl mountain (1 hr).

Continue along the avalanche dam for about 130 m, then turn right at the next fork heading towards the stream. It's now consistently quite steep up the Halslsteig trail. At the right time of the year you can experience the splendour of the alpine roses, but in any case you'll be rewarded with fantastic views of the Kalkkögel mountain chain, the so-called "North Tyrolean Dolomites". Always in view: the Ampferstein and the Marchreispitze summit as well as the Axamer Lizum.

You now keep to this trail which leads you up to the Halsl where a sign points the way to the Birgitzköpflhaus. After about 1 km on this trail you come to the hut.

From here it's very clear how to proceed. From in front of the Birgitzköpflhaus, descend heading northeast. Pass below the ski lift, and yellow signs point the way to the Mutterer Alm and the Pfriemesköpfl mountain on a nicely laid out path. Just below the Pfriemeswand a path branches off to this very peak. Keep going straight ahead in the direction of Mutterer Alm (35 min).

There is now a short descent, steep in parts, and you come to a forest road. Follow this to the right downhill and you come directly to the Mutterer Alm gondola lift mountain station.

Full information & operating hours for the Muttereralm gondola lift at

[www.muttereralm.at](http://www.muttereralm.at)

#### MUTTERER ALM TO THE MUTTERS-NOCKHOFWEG STOP

From the Mutterer Alm you can see a small water park with water wheels. Go past these and follow the forest road downhill. Next to an adventure playground, a forest trail branches off to the left marked with a red arrow. Take this trail. You soon cross a road. Follow the signs to Mutters, Nockhof and Hirschlacke. You go past the Hirschlacke pond and keep to the main trail, following the red/white/red markings on the trees. Further signs point the way to Mutters and Nockhof. At an altitude of about 1,400 m, the trail turns into a forest trail and you come to a ski slope. Continuing downhill, you cross the forest road or the Mountain Cart track. Cross this keeping straight on. From here it becomes more and more important to watch out for bikers as you're in the middle of the so-called Mutterer Alm Park where there are various downhill bike trails into the valley. Take care as you cross these trails several times. Small stiles help you to climb over the fences.

The trail brings you once again onto a forest road. After approx. 50 metres there's another yellow sign on the right which points the way to Mutters. You now come back onto the forest road just above the Mutterer Alm gondola lift valley station. Follow this as far as the valley station, from where you go down the road towards the village centre. After following the road for approx. 700 m, you come to a level crossing. Directly on the right hand side is your stop for the Stubaitalbahn tram which will take you to Innsbruck by an most impressive route.

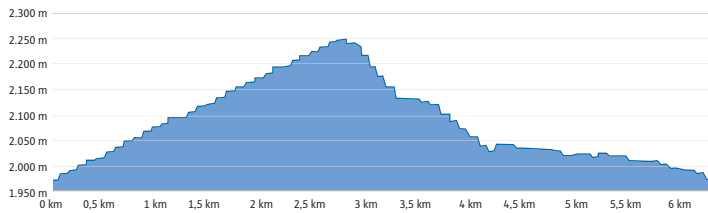
**Destination:** Stubaitalbahn tram stop Mutters Nockhofweg

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# DAY 6 ROUTE OPTIONS

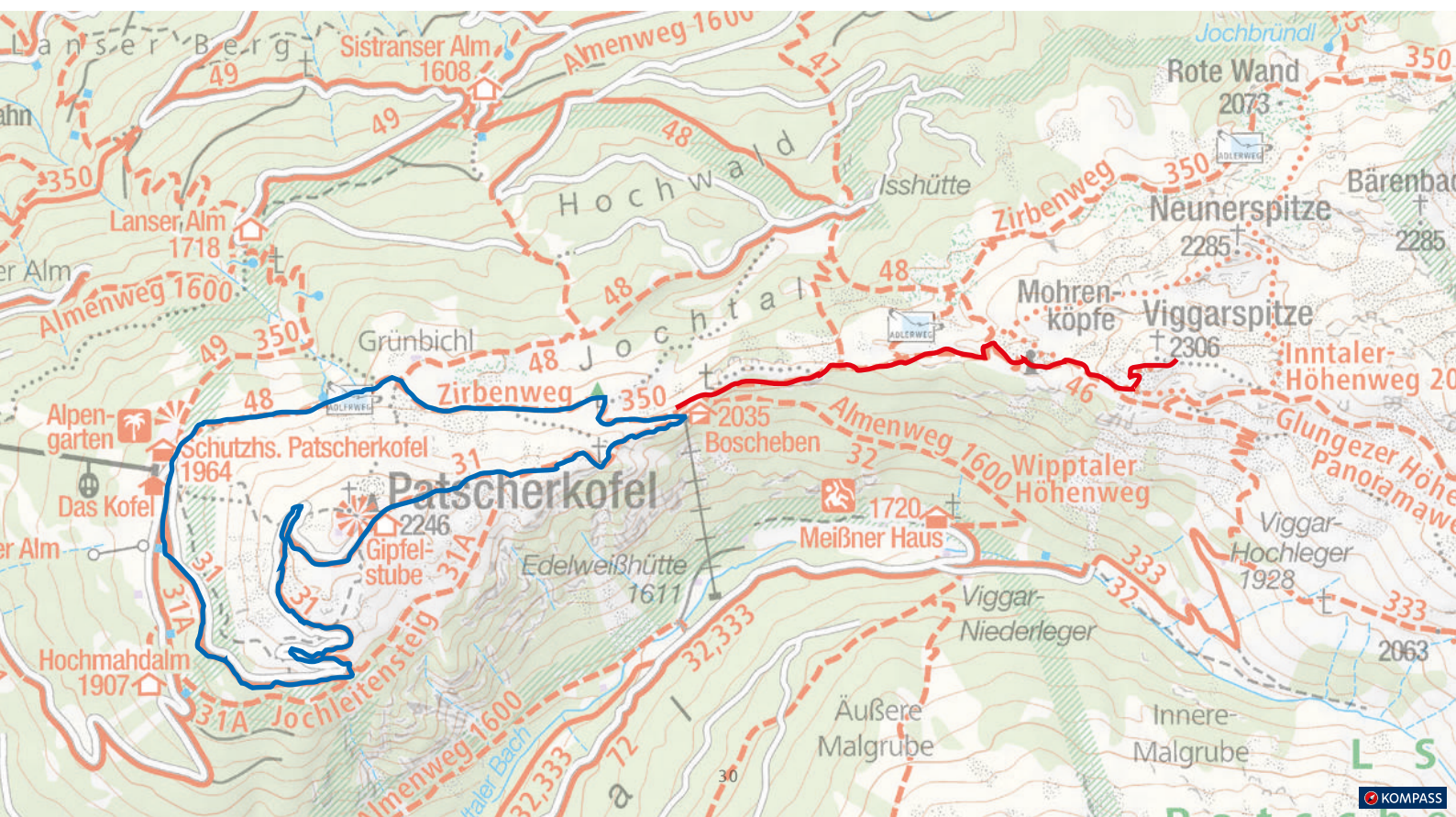
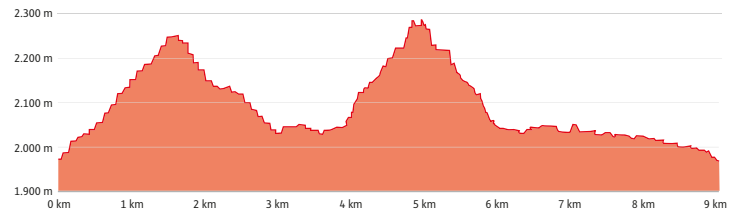
## EASY | PLEASURE HIKE HIGH ABOVE INNSBRUCK

- ▶ Total hiking time: 2h 30m
- ▶ Length: 6.5 km
- ▶ Starting point: Patscherkofelbahn mountain station
- ▶ Finish: Patscherkofelbahn mountain station
- ▶ Elevation gain/loss uphill | downhill: 300 m | 300 m
- ▶ Trail composition: well laid out trails
- ▶ Altitude profile:



## MODERATE | PATSCHERKOFEL AND VIGGARSPITZE

- ▶ Total hiking time: 5 hrs
- ▶ Length: 9 km
- ▶ Starting point: Patscherkofelbahn mountain station
- ▶ Finish: Patscherkofelbahn mountain station
- ▶ Elevation gain/loss uphill | downhill: 600 m | 600 m
- ▶ Trail composition: well laid out trails, alpine trails
- ▶ Altitude profile:





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## DAY 6

### PLEASURE HIKE HIGH ABOVE INNSBRUCK

#### LUGGAGE DROP-OFF & TRANSFER

Drop off your luggage at the hotel reception no later than 9am for transfer to your next hotel.

From Mutters you then take the STB (Stubaitalbahn) tram to Innsbruck and ► get off at the Terminal Marktplatz stop ► Change to bus J and get off at the Igls Patscherkofel terminus

You then change to the Patscherkofel cable car and take this to the mountain station.

Full information & operating times for the Patscherkofelbahn at [www.patscherkofelbahn.at](http://www.patscherkofelbahn.at)

**Tip:** before you set off on today's hike, buy a return ticket because, after the hike, you're again taking the cable car to the valley. The Welcome Card Plus entitles you to a reduction on the ticket price

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Patscherkofelbahn mountain station

#### TRAIL DESCRIPTION TO THE PATSCHERKOFEL SUMMIT HOUSE VIA THE FOREST ROAD

Right outside the Patscherkofelbahn mountain station, heading south, the forest road divides into three paths and you take the middle forest road. It's now an easy walk on this forest road directly to the Patscherkofel summit and summit house.

#### TRAIL DESCRIPTION TO THE PATSCHERKOFEL SUMMIT HOUSE ON THE SUMMIT TRAIL

Right outside the Patscherkofelbahn mountain station, heading south, the forest road divides into three paths and you take the left forest road steeply uphill. At the first bend, a wooden signpost points the way to the Gipfelstube restaurant (40 min). You now follow this clear trail uphill. Twice you pass the road up to the summit before reaching the Patscherkofel summit and summit house.

#### TRAIL DESCRIPTION FROM THE PATSCHERKOFEL SUMMIT HOUSE TO THE BOSCHEBEN MOUNTAIN INN

Behind the Patscherkofel summit house, heading east, a yellow signpost points the way to Boscheben and the Zirbenweg stone pine trail. This is the start of a descent which is stony in parts. The so-called Jochleitensteig trail branches off once to the right but keep heading east and you come directly to the Boscheben mountain inn.

There are yellow signs approximately 50 metres from the Boscheben mountain inn. Follow the ÖAV (Austrian Alpine Club) nature trail to the Patscherkofelbahn cable car. The wide Zirbenweg stone pine trail is a jewel in Innsbruck's hiking area. This trail is an easy walk directly to the Patscherkofelbahn mountain station. You've now reached your hiking destination! Enjoy the panoramic views of Innsbruck before taking the Patscherkofelbahn back down to the valley.

**Destination:** Patscherkofelbahn mountain station



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## DAY 6

### PATSCHERKOFEL AND VIGGARSPITZE

#### LUGGAGE DROP-OFF & TRANSFER

Drop off your luggage at the hotel reception no later than 9am for transfer to your next hotel.

From Mutters you then take the STB (StubaitalBahn) tram to Innsbruck and ► get off at the Terminal Marktplatz stop ► Change to bus J and get off at the Igl's Patscherkofel terminus

You then change to the Patscherkofel cable car and take this to the mountain station.

Full information & operating times for the Patscherkofelbahn at [www.patscherkofelbahn.at](http://www.patscherkofelbahn.at)

**Tip:** before you set off on today's hike, buy a return ticket because, after the hike, you're again taking the cable car to the valley. The Welcome Card Plus entitles you to a reduction on the ticket price

#### ROUTE

Please follow the signposts mentioned in the introduction.

**Start:** Patscherkofelbahn mountain station

#### TRAIL DESCRIPTION FROM THE BOSCHEBEN MOUNTAIN INN TO THE VIGGARSPITZE AND BACK

Right outside the Patscherkofelbahn mountain station, heading south, the forest road divides into three paths and you take the middle forest road. It's now an easy walk on this forest road directly to the Patscherkofel summit and summit house.

#### TRAIL DESCRIPTION TO THE PATSCHERKOFEL SUMMIT HOUSE ON THE SUMMIT TRAIL

Right outside the Patscherkofelbahn mountain station, heading south, the forest road divides into three paths and you take the left forest road steeply uphill. At the first bend, a wooden

signpost points the way to the Gipfelstube restaurant (40 min).

You now follow this clear trail uphill. Twice you pass the road up to the summit before reaching the Patscherkofel summit and summit house.

#### TRAIL DESCRIPTION FROM THE PATSCHERKOFEL SUMMIT HOUSE TO THE BOSCHEBEN MOUNTAIN INN

Behind the Patscherkofel summit house, heading east, a yellow signpost points the way to Boscheben and the Zirbenweg stone pine trail. This is the start of a descent which is stony in parts. The so-called Jochleitensteig trail branches off once to the right but keep heading east and you come directly to the Boscheben mountain inn.

There are yellow signs approximately 50 metres from the Boscheben mountain inn. Follow the trail in the direction of Zirbenweg or Tulfeinalm. You continue eastwards on a well laid out trail. Further signs point the way to the Viggarspitze. With this already in view, the trail becomes steadily steeper and, just below the summit, there's another steep climb. Return to the Boscheben mountain inn on the same path.

Here you follow the ÖAV (Austrian Alpine Club) nature trail to the Patscherkofelbahn cable car. The wide Zirbenweg stone pine trail is a jewel in Innsbruck's hiking area. This trail is an easy walk directly to the Patscherkofelbahn mountain station. You've now reached your hiking destination! Enjoy the panoramic views of Innsbruck before taking the Patscherkofelbahn back down to the valley.

**Destination:** Patscherkofelbahn mountain station





# DAY 7

## IT'S GOODBYE TO THE INNSBRUCK REGION

### BREAKFAST & DEPARTURE

After breakfast, you set off on your own on your return journey or choose to stay a bit longer and enjoy some relaxation.

At the end of the Innsbruck Trek, the luggage transfer service also ends, so you're now responsible for your own luggage.

### TRANSFER

#### IGLS – INNSBRUCK MAIN STATION

From Igls take bus J to ► Innsbruck's main station

If you arrived by plane:

**transfer from Innsbruck's main station to Innsbruck airport**

Please get off bus J at Innsbruck's main station and ► change to bus F ► Terminus Innsbruck's airport.

**We wish you a safe journey home & hope to see you again soon in the Innsbruck region!**





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