

# Hiking peaks here.

**Wild Water Trail**  
**Sunnenseit'n Trail**  
**Scenic Nature Sites**  
**Themed Trails**  
**Hiking Trails**  
**Seven Summits Stubai**  
**Stubai Mountain Lakes**  
**Stubai High Trail**

***stubai***



**On the majestic  
mountain peaks  
The sorrows of the world  
appear as dwarves to me,  
whenever they appear as  
giants to threaten me  
in the valley.**

Far away from the hustle and bustle and noise of city life: in the Stubai, everyone's attention is drawn towards the mountain peaks, imposing rock formations and glacial valley. The beauty of the mountain world is unveiled to visitors at first glance – the perfect outlines of the Stubai Alps are hard to match. The special features can often be found in the detail. It's worth seeking out hidden natural treasures that you wouldn't necessarily notice at first glance. Often really nearby, sometimes far in the distance, and indeed without having to climb steep rock faces and overcome great differences in altitude.

The waterfalls, high moors, mountain lakes, meadows and scenic vantage points within Stubai are a fine addition to the plentiful mountain peaks – and are equally popular with the local valley inhabitants. In order to access the mountains and scenic places, which reflect nature in its purest and most beautiful form, the Stubai Valley is covered in many kilometres of hiking trails and mountain paths. Discreet and unobtrusive, but always there to lead, guide and show you the way: towards pastures, mountain huts, peaks and glaciers.

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.....Fold-out overview map



# Mountain safety

## Mountain route classification guide

In order to be able to estimate which of the hiking trails and tours are possible, the mountain route classification guide provides an initial overview of the difficulty levels of the different hiking trails and tours.

### Hiking trail

Technical difficulty	- generally manageable walking distance - wide pathway with gentle gradients/slopes
Hiker requirements	- no mountaineering experience or mountain equipment required

### Red mountain path

Technical difficulty	- medium difficulty level, mostly narrow, often steep - optional secure walking and climbing passages
Hiker requirements	- alpine experience required - appropriate level of physical fitness - sure-footed - minimum level of mountaineering equipment

### Black mountain path

Technical difficulty	- difficult, narrow, very steep almost throughout, often exposed - longer secured climbing sections
Hiker requirements	- good alpine experience - good physical fitness - totally sure-footed with a good head for heights - suitable mountaineering equipment

### High Tour - Alpine Route

Technical difficulty	- very difficult - high alpine terrain, partly unmarked and exposed climbs - unsecured walking and climbing sections
Hiker requirements	- totally sure-footed, good head for heights, good physical fitness - suitable mountaineering equipment - excellent orientation skills

**Tip:** In adverse weather conditions (snow, storms, fog etc.) the hiking trails and tours can become much more challenging or even impassable!

# Mountain sports schools and mountain guides

Let our professional and nationally qualified mountain guides accompany you on challenging mountain tours – for a unique and stress-free mountain experience and maximum safety on the mountain.

## Stubai Alpine – Mountain guide office

T: +43 (0)5226 3461, [www.stubai-alpin.com](http://www.stubai-alpin.com)

## Stubaier Bergführer

T: +43 (0)5225 64124, [www.stubaierbergfuehrer.at](http://www.stubaierbergfuehrer.at)

## EARLA Bergsteigerschule

T: +43 (0)677 61827301, [www.earla.at](http://www.earla.at)

# First Aid

## Emergency numbers

140: Mountain rescue – Alpine emergency

112: European emergency service (works with any mobile phone and using any available network)

## No signal?

No emergency calls are possible in areas with no signal or in dead zones. Move to a more suitable location and keep dialling 112.

Euro emergency number: can be accessed using any available network by entering 112 instead of your PIN code when switching on your phone, or by using the SOS emergency call function.

## Reporting an accident

- Who is reporting the accident? / Your telephone number?
- Where exactly did the accident happen?
- What happened?
- How many people are injured?

## Tyrol mountain rescue emergency number

Smartphone users can install the new Tyrol mountain rescue emergency app. This helps when making emergency calls and transmits the caller's location at the same time.



# Mountain hiking check list

## Tour planning

- comprehensive tour planning in advance (get information on tour destinations and group members)
- get weather forecasts and check latest weather conditions
- tailor hiking tours and destinations to suit individual abilities – group tours should always be geared towards the weakest group member
- personal advice available in the mountain guide's office

## Equipment

Depending on summit destination:

- maps
- sturdy ankle trekking shoes or mountain boots
- hiking gear
- harness
- glacier equipment (crampon, ice axe etc.)
- navigation equipment (compass, GPS etc.)
- weatherproof clothing (waterproof jacket, waterproof trousers, gloves, hat)
- sun protection (sun cream, sunglasses, sun hat/shield cap)
- mobile phone, water bottle, first aid kit, torch
- hygiene equipment, hut slippers and hut sleeping bag

## Tips and suggestions

- **Ongoing navigation**
- **Be aware of alpine dangers** (rockfalls, avalanche threat, weather threats)
- When it comes to clothing, it's recommended to adopt the **layer principle**

# An alpine pasture is not a petting zoo!

## How to correctly assess the behavior of cattle

If you encounter livestock while hiking on an alpine pasture, you need to show a certain amount of caution. To avoid dangerous situations, it's important to follow a few recommendations and be aware of how the alpine pasture animals may react. Cattle herds can be divided into three types, depending on the type of animals:

### Suckler cow herds

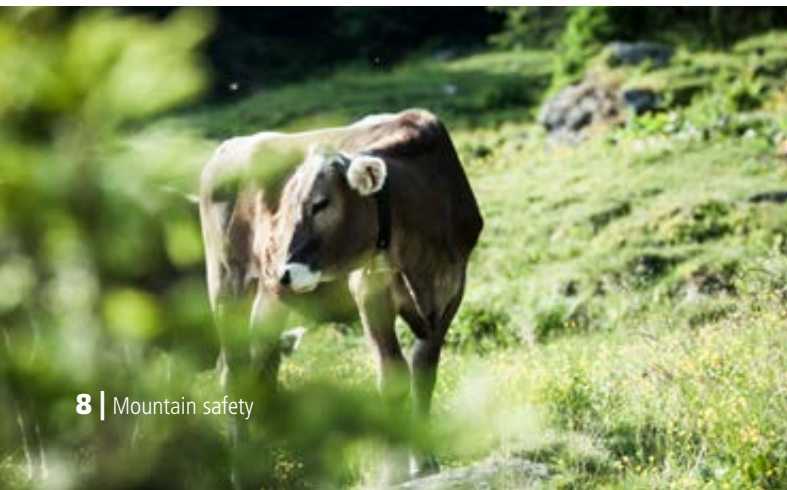
These are made up of mother cows and their calves. Young animals are inquisitive, but beware: Mother cows protect their calves impulsively (protective instinct!). If male adult animals (bulls) are present, you should be particularly careful.

### Young animal herds

These young animals are above all high-spirited, inquisitive, and enjoy moving around. If you touch them, this can quickly lead to uncontrolled movements.

### Cow herds

These are made up of cows who are regularly milked. They are therefore used to close contact with humans.



## Recommendations on the best possible way to avoid conflicts

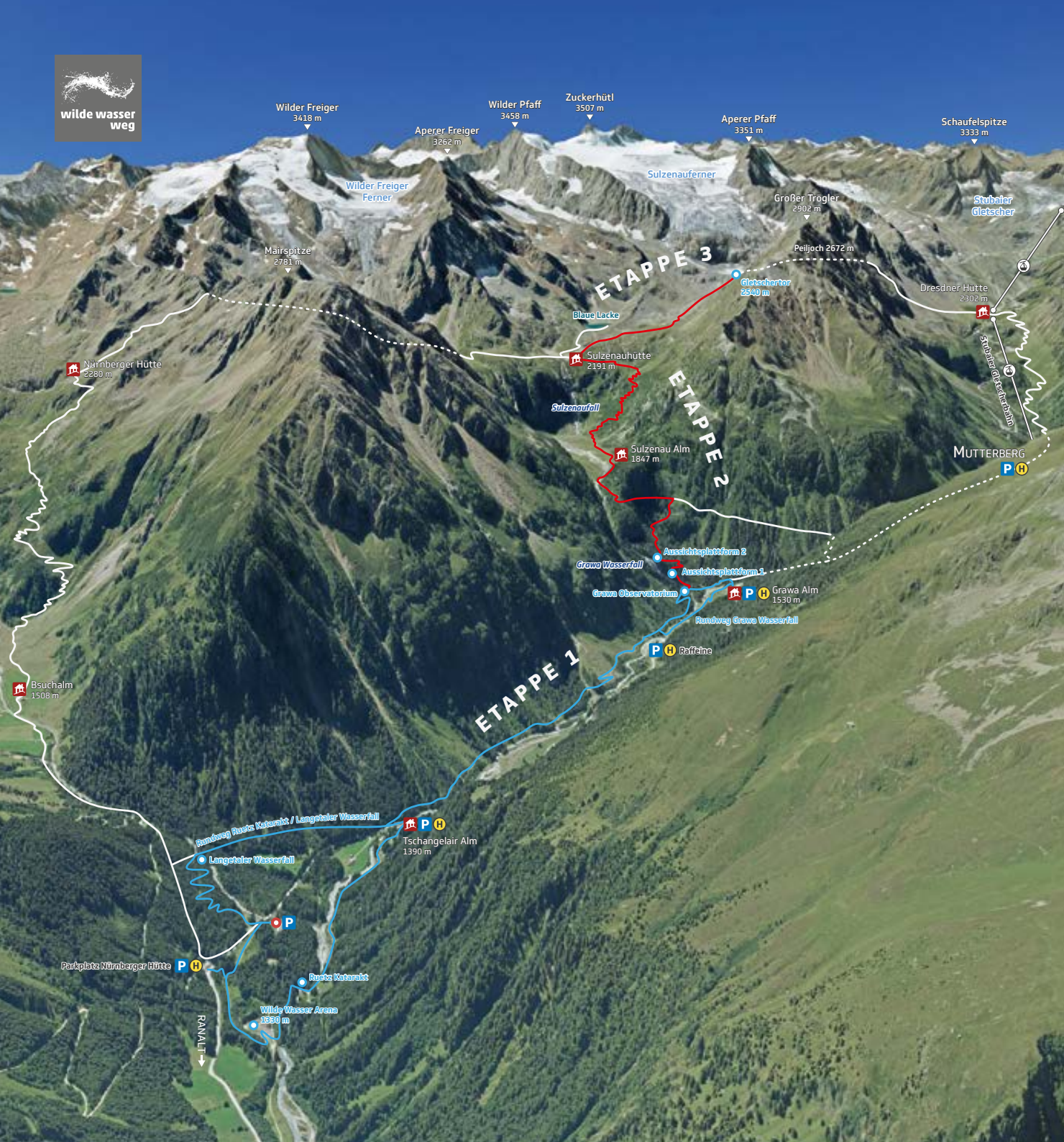
- If it's not absolutely necessary, do not approach grazing animals too closely and above all, do not stroke or feed calves! The animals could be irritated by the next hiker and trigger misunderstanding, meaning that they feel threatened.
- If a herd seems to be restless or if animals are already staring fixatedly at hikers, then you should definitely keep your distance! It's better to take a detour!
- Keep your dog on its lead and don't allow it to come too near to the herd or try to chase the herd. Dogs represent potential enemies, particularly to young animals, and are often attacked by the mother cows because of this. You should take your dog off its lead however, if you expect a cow may attack you. Unlike people, dogs are fast enough to get out of the way of an attack. This also then distracts the cow from the dog owner, so that he/she can leave the area of danger!
- If a dangerous situation does occur: Keep calm and don't run away! In an absolute emergency, give the cow a targeted hit on the nose with a stick. Failing this, you should walk slowly and steadily out of the danger zone, without turning your back on the animals. This is the only correct way to deal with a dangerous encounter.

## Threatening behaviour from cattle

If an encounter occurs, most cattle stand still at the beginning and stare fixatedly at their target. They raise and lower their head, bend their knees a little and snort (= intensive sniffing, because cattle do not have good eyesight). The animals then usually take a few, often slow steps in the direction of their target, before they start running.



The waters of the Grawa Waterfall crash 180 metres into the depths.



# The Wild Water Trail

## Experience the landscape-forming power of water

The Stubaier glacial streams have continued to demonstrate their power for thousands of years – the original beauty of this extensive river system has been preserved throughout this time. This rare and special natural treasure has provided easy access for visitors to the Stubaier Valley.

The Ruetz river has its source in the Stubaier Valley's glacial area. Whether in the form of a river, glacier, mudslide or avalanche – the waters of the Ruetz are constantly shaping the valley. The Ruetz river created the Stubaier Valley but this process is far from complete.

The Wild Water Trail invites its visitors to view the glacial high valley like an open book, from which the landscape-forming power of water can be read. An exciting history full of dramatic events.



Water as an elixir of life, shaping force of nature and a thrilling element of a hiking trip: the Wild Water Trail in Stubaier is all of these things.

## One route – three stages

### Stage 1

Ruetz Cataract (Ranalt) – Grawa Waterfall – Grawa Alm

Walking time: 1 ½ hours, altitude gain: 120 m



### Stage 2

Grawa Waterfall – Sulzenau Alm – Sulzenauhütte

Walking time: 2 ½ hours, altitude gain: 660 m



### Stage 3

Sulzenauhütte – Sulzenauferner (glacier)

Walking time: 1 ½ hours, altitude gain: 400 m



## Additional options

- **Grawa Waterfall Tour** from the Raffein Bridge to the **Grawa Waterfall**, continuing to Grawa Alm and back – 45 min.
- From the Grawa Alm to the **Grawa Waterfall**, along its left bank and passing two vantage points **up towards the Sulzenau Alm** and return trip along the old Almweg route – 3 ½ hours
- From **Mutterberg** by cable car to the middle station, **along the Peiljoch towards the Sulzenauhütte** and back to the valley station via the Sulzenau Alm – 4 ½ hours

# Wild Water adventure

Experience wild water up close over 10 kilometres and at an altitude of 1,200 m

The **Wild Water Trail** consists of three stages that can be explored all together or separately. The trail begins on the banks of the Ruetz river in the Wild Water Arena and leads through the spectacular Ruetz Cataract towards the Tschangelair Alm. From there it continues along past the Grawa Waterfall and the Sulzenau Alm to the Sulzenauhütte. The Sulzenau glacier represents both the end of the trail and the source of the river. It is from this glacier field that the water first comes to the surface, makes its way to the valley and shapes the nature display of the Wild Water Trail.

The **clearly signed route** leads hikers to **impressive spots** set amidst the wild beauty. The path to the high alpine terrain runs from the valley right up to where the trees come to an end – and takes you repeatedly **past mighty waterfalls such as the Grawa and the Sulzenau**.

With views over impressive glacier phenomena such as the jagged Sulzenau glacier and the Zuckerhütl, you trek through a landscape filled with large moraines and turquoise mountain lakes, smaller pools ('Lacken'), sandy marsh areas, smooth glacier ridges and idyllic wetlands, all surrounded by vast areas of cotton grass.

## Secrets of the Wild Water

Some of these natural processes that create fascination for hikers along the tour often take several thousand years to come about. In order to shed more light on these natural processes, there are seven info points spread along the route.

# Stage 1

## Wild Water Arena – Ruetz Cataract – Tschangelair Alm – Grawa Waterfall / Grawa Alm

**Walking time:** 1 ½ hours

**Difference in altitude:** ↑ 200 m ↓ 60 m

### Highlights

Wild Water Arena, Ruetz Cataract, Grawa Waterfall

### Rest points

Tschangelair Alm (1,390 m), Grawa Alm (1,530 m)

The trail begins on the banks of the Ruetz river in the **Wild Water Arena** near the quarry in Ranalt and leads through the spectacular **Ruetz Cataract** towards the **Tschangelair Alm**. A short approach route leads to this from the main road in the area between Ranalt and the Tschangelair Alm. Right next to the main road, there are **numerous parking spaces** (signposted: WildeWasserWeg) and a bus stop (Nürnberger Hütte).

Inside the **Wild Water Arena**, you can learn about the important role of water in the Stubai Valley. Various resting points also invite you to stop off at this special place and enjoy a first opportunity to take in some of the natural surroundings.

If you follow the Wild Water Trail starting from the Wild Water Arena, the contrast couldn't be greater. If you start with a walk along the banks of the leisurely flowing Ruetz river, you are suddenly surrounded by roaring masses of water. Two viewing platforms which hang partly over the abyss and a wooden bridge spectacularly convey the overwhelming power of the creek. Thanks to this force of nature, the magnificent canyon with its small waterfalls and rapids came into being. At the cataract's outlet point, which is characterised by rapids interspersed with boulders and rock faces, you come to the quaint Tschangelair Alm. Here you have the opportunity to take a brief rest before continuing to the final point of the first stage. The surrounding area is shaped by a thick succession of avalanche corridors and mudflows, and provides with vegetation that has adapted to these conditions: berry bushes and birch trees forced down into the valley, which are often separated by narrow stretches of spruce trees.

Just around a bend and suitably unexpectedly, the view opens up through the trees of the imposing Grawa Waterfall, the central attraction of the Wild Water Trail. The widest waterfall in the Eastern Alps and a natural monument – there are not enough superlatives to describe the wild beauty of this waterfall. The appearance of the Grawa Waterfall changes considerably, depending on the volume of water. In late autumn only a



The waters of the Grawa Waterfall crash 180 metres into the depths below.



Platform at the foot of the Grawa Waterfall

mere trickle can be seen on the right-hand side. In early summer when the snow is melting, and especially after heavy rainfall, the gush of water dissipates over the waterfall drop onto a wider surface area. Stepped cascades, wafting sprays of water, raging and foaming gushes of water – all of this can be observed here. The wooden walkways on the viewing platform at the foot of the waterfall which has been artfully adapted to the landscape are ideal for this purpose.

**Tip:** The entire first section was built so that it is easily accessible by buggies and for older hikers. Wheelchair users can manage the way with help.



## Ruetz Cataract circular route – Langetaler Waterfall

**Ruetz Cataract car park / Nürnberger Hütte bus stop – Wilde Wasser Arena – Ruetz Cataract – Tschangelair Alm – Langetaler waterfall – Ruetz Cataract car park / Nürnberger Hütte bus stop**

**Walking time:** 1 hour

The route from the starting point via the Tschangelair Alm hut provides a pleasant walk. This involves following the Wild Water Trail as far as the Tschangelair Alm, crossing the road there and walking back to the Ruetz Cataract car park or the Nürnberger Hütte bus stop. As you walk along the path, you cross the Langetalerbach via a bridge and there you can enjoy another small, but no less spectacular waterfall.

### Alternative route

Ruetz Cataract car park / Nürnberger Hütte bus stop – Wilde Wasser Arena – Ruetz Cataract – Tschangelair Alm – Ruetz Cataract car park / Nürnberger Hütte bus stop

**Walking time:** 1 hour

This involves following the Wild Water Trail as far as the Tschangelair Alm and walking over to the mountain pasture on the opposite side of the creek, and back to the Ruetz Cataract car park or the Nürnberger Hütte bus stop.

## Grawa Waterfall circular route

**Grawa Waterfall Circular route: Car park / Raffenin bus stop – Grawa Waterfall / Grawa Alm – car park / Raffenin bus stop**

**Walking time:** 40 minutes

This pleasant circular route starts at the Raffenin Gallerie, just before the Grawa Waterfall. In almost precisely 20 minutes, the Wild Water Trail leads you to the Grawa Waterfall. The route continues towards Grawa Alm, which is a worthy stop-off point. Shortly before the mountain pasture, the path leads back to the other side of the creek again and back to the bus stop or car park.

# Stage 2

## Grawa Waterfall – Sulzenau Alm – Sulzenauhütte

**Walking time:** 2 ½ hours

**Difference in altitude:** ↑ 670 m

### Highlights

Grawa Waterfall, Sulzenau Valley, Sulzenau Waterfall

### Rest points

Grawa Alm (1,530 m), Sulzenau Alm (1,857 m), Sulzenauhütte (2,191 m)



Next valley floor with meanders branching out close to the Sulzenau Alm

The second stage of the Wild Water Trail leads directly to the viewing platform at Grawa Waterfall and continues along the old 'Almsteig' route: direct, steep and straightforward. Sure footing, a good fitness level and, above all, good footwear is required here due to the wet soil. On the way up, the Grawa Waterfall can be experienced up close at two further vantage points – one of which sits level with a turbulent stilling basin and the other directly above the exposed edge. Here you can marvel at the powerful force of water and feel the rumbling of the waterfall as it sprays on your skin. After just over an hour's walk you come to the Sulzenegg (1,800 m), from where an almost flat path leads through the huge valley basin that has been shaped and dominated by the three waterfalls and the abundant meanders branching out towards the Sulzenau Alm, with views of the glacier along the way.

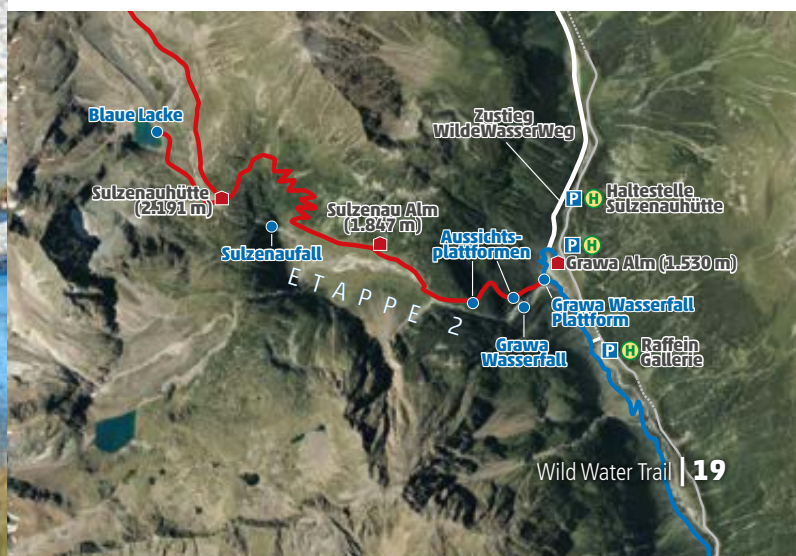
From this idyllically situated alpine hut, the trail leads really close to the foot of the most powerful of the three waterfalls – the Sulzenau Waterfall. Like a silver arrow, the water from this unique waterfall drops more than 200 m in a narrow swath, onto the wonderful green pasture floor of the Sulzenau Alm pasture. Especially in the early afternoon, the waterfall shimmers in every shade, whooshes and sprays, before finally forming a fantastic water mushroom.

The route then continues along pleasant serpentine paths towards the Sulzenauhütte, which stands on beautiful, flat terrain like an eagle's nest with magnificent views directly overlooking a rocky cliff edge.

### Alternative route

Return to the valley via the old mountain pasture route

**Walking time:** 3 ½ hours



# Stage 3

## Sulzenauhütte – Sulzenauferner (glacier)

**Walking time:** 1½ hours

**Difference in altitude:** ↑ 350 m

### Highlights

Blaue Lacke, Sulzenauferner

### Rest points

Sulzenauhütte (2,191 m)

On the third and final stage of the Wild Water Trail, the mountain scenery from the Sulzenauhütte to the foot of the Sulzenauferner is like a glacier-themed trail that has been shaped by nature. Seldom can the different appearances of the glacial landscape be marvelled at in such spectacular surroundings, over such a short distance: you walk through the countryside with views of the jagged icefall towers of the Sulzenauferner and the Zuckerhütl enshrining you from high above. Past huge moraine lakes, Turkish-blue mountain lakes such as the 'Blaue Lacke' or across colourful, polished glacial abrasions, hikers come to a glacial lake underneath the Peiljoch. Ultimately, this is also the point where the WildWater comes to the surface for the first time, allowing it to start its journey into the valley and hikers come to the end of their tour of the Wild Water Trail.



The Sulzenauferner is one of the largest glaciers in the Stubai Alps.



Mountain lakes such as the Blaue Lacke are the product of retreating glaciers.



The Wild Water Trail runs right past the Sulzenau Waterfall.

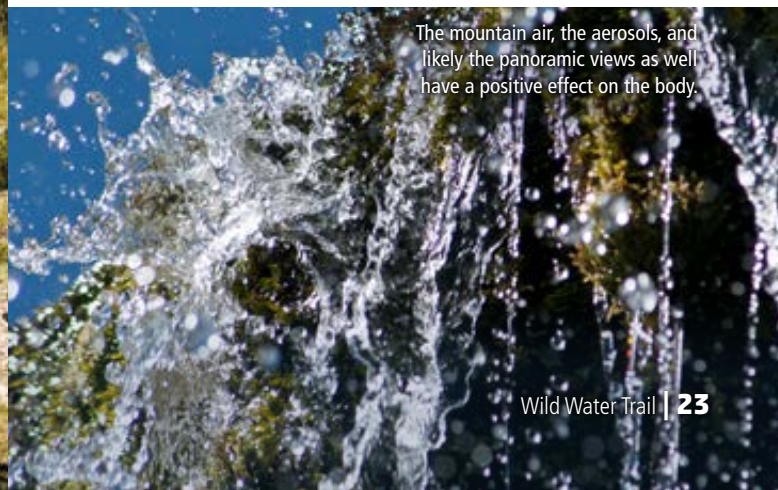
# Health derived from nature

## Waterfalls promote well-being

**A stay at the Stubaier waterfalls demonstrably improves health and well-being.** Waterfalls produce fine-particle aerosols close to their point of impact and mostly negatively charged ions. These microparticles are so small that they can penetrate even the thinnest bronchioles and purify them. They improve the patency of the upper respiratory system and can therefore have a healing or preventative effect on illnesses. This includes a wide range of health problems, such as asthma, allergies, stress or burnout.

Studies undertaken by the **Paracelsus Private Medical University of Salzburg** have shown that each one of the Stubaier waterfalls differ in their medical effects. The **Grawa Waterfall** is characterised by a high concentration of nanoaerosols and lower aerosol size. Staying at the Grawa waterfall for even one hour significantly improved the purification rate of the upper respiratory system and the subjective judgement of breathing quality.

The **Sulzenau Waterfall**, which tumbles into the Sulzenau basin, exhibits an exceptionally high concentration of aerosol and ions – even in areas where visitors can stay dry and in the sunshine for longer periods of time. When combined with the climb to reach it, it is ideal for the sports medicinal combination of hiking and waterfalls for improving the performance of the cardio-pulmonary system.



The mountain air, the aerosols, and likely the panoramic views as well have a positive effect on the body.



Fold-out overview map



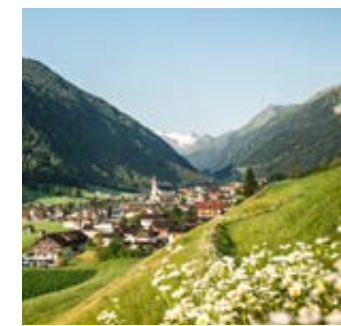


# Sunnenseit'n Trail

## Sun-blessed and easily accessible

On the sunny side of the Stubai, hikers can discover a cultural as well as scenic diversity and thereby enjoy a generous view onto the valley. Constantly facing the sun, the Sunnenseit'n Trail (sunny side trail) goes from the middle station Froneben (1,362 m) at Schlick 2000 via Vergör to the Pfurtschell farm and on to Kartnall. The total length of the path, which lies between about 1,250 and 1,350 m above sea level and connects the villages of Neustift and Fulpmes, is about 8 km. One of the highlights of the Sunnenseit'n Trail is the suspension bridge, with its 110 m spread hanging 50 m over the ground.

Above the suspension bridge, a new platform was also built – the scenic nature site 'Neustiftblick'. From there you can admire Neustift, the third biggest community of Tyrol. At the Pfurtschell and Kartnall farms along the path, where today tourism and agriculture secure the existence of the families today, a part of the history of the valley is apparent as well. Protected from flooding, mudslides and avalanches, the sunny side of the Stubai has been cultivated since the medieval times. Compared to the shady side (called Neder shady side by the locals), it is more suitable for agricultural use.



## Option 1 (starting in Fulpmes)

### Middle Station Froneben / Schlick 2000 – Suspension bridge / Scenic nature site Neustiftblick – Kartnall – Neustift Village

**Start:** Middle station Froneben/Schlick 2000 (1,362 m)

**Finish:** Neustift village (1,000 m)

**Walking time:** 3 ½ hours (2 hours to the suspension bridge)

**Difference in altitude:** ↑ 220 m ↓ 580 m

#### Rest points

Froneben Alm (1.306 m), Bruggeralm (1.362 m),  
Alpengasthof Vergör (1.266 m), Jausenstation Oberkartnall (1.285 m),  
Jausenstation Unterkartnall (1.285 m)

#### Getting there / starting point

Take the cable car at Schlick 2000 to the middle station Froneben, where the Sunnenseit'n Trail (sunny side trail) begins. There are enough parking spaces available at the valley station of the Schlick 2000 cable cars.

#### Tour description

Turn right immediately after exiting the cable car at the middle station. The path leads underneath the cable car slightly downwards to the Baumhausweg (tree house path). Follow this path until you reach the mountain hut Vergör after about 45 minutes. Enjoy a break there and then go on via the soon turning steep gravel road until you reach a junction after about 15 minutes. Turn left there in the direction of Pfurtschell (turning right you can reach the scenic nature site Gschmitz after 15 minutes). In the direction of Pfurtschell the small hiking path then leads into the road towards the Pfurtschell farms. If you follow that road, you'll reach Pfurtschell soon afterwards. The total walking time up to this point is about 1½ hours. Starting steep and later going on flat, within further 30 minutes a gravel road above Pfurtschell leads you to the highlight of the Sunnenseit'n Trail – the 110 meters long suspension bridge. There you'll also find the lookout platform Neustiftblick – one of twelve scenic nature sites in the Stubai. Once you have passed the suspension bridge, you keep on walking on gravel to Kartnall, flat in the beginning, then slightly dipping. After about 30 minutes you'll reach a hairpin bend, where a small hiking path leads off to the right (notice: You can also go directly down to Neustift and the valley floor via Ebnerhof on the gravel

road). If you follow the hiking trail, you'll reach Kartnall – the final point of the Sunnenseit'n Trail – within another 30 minutes of walking. There you can enjoy Tyrolean delicacies. At Kartnall, you can either take the steep descending hiking trail to the village center of Neustift (45 minutes) or go on inward bound for another hour via Forchach to Milders.

## Option 2 (Starting in Neustift)

### Parking Bachertal – Suspension Bridge / Scenic nature site Neustiftblick – Valley station Schlick 2000

**Start:** Car park Bachertal (1,040 m)

**Finish:** Valley station Schlick 2000 (1.000 m)

**Walking time:** 3 hours (1 ¼ hours to the suspension bridge)

**Difference in altitude:** ↑ 400 m ↓ 440 m

#### Rest points

Alpengasthof Vergör (1,266), Froneben Alm (1,306 m),  
Bruggeralm (1.362 m)

#### Getting there / starting point

This tour starts at the car park Bachertal slightly above the village center of Neustift. If you use the public bus, exit it at the stop Ortsmitte (village center) and go on straight for about 200 meters. Shortly after the Pardeller bakery turn right and follow that road for about 5 minutes until you reach the car park Bachertal.



## Tour description

The first part from parking Bachertal via the road into the direction of Kartnall goes up steep. After 5 minutes you'll reach a junction where you walk straight onto the hiking trail (to the left is the way to Kartnall). The hiking trail ascends steep and then leads into a wider gravel road. There you turn to the left and go on moderately steep to the highlight of the Sunnenseit'n Trail – the 110 meters long suspension bridge. There you'll also find the lookout platform Neustiftblick – one of twelve scenic nature sites in the Stubai. Up to that point, the total walking time is one and a quarter hours. If you have passed the suspension bridge, follow the gravel road to the next junction, where you turn right and descend to Pfurtschell. After a short period of time, in a curve of the road there is a hiking trail going to the left. Another 20 minutes later, this trail leads again into a junction, where you turn to the right (to the left you can reach the scenic nature site Gschmitz within 15 minutes). On gravel, the main route goes on to the Vergör mountain hut. The hut is worth a break. After a refreshment you have the possibility to either take the gravel road and go on for about 45 minutes to the valley station of the Schlick 2000 cable cars or via the Baumhausweg (tree house path) to the middle station

## Option 3 (Round course)

**Car park Bachertal – Suspension bridge / Scenic nature site Neustiftblick – Pfurtschell – Ebnerhof – Car park Bachertal**

**Start and finish:** Car park Bachertal (1,040 m)

**Walking time:** 3 hours (1 ¼ hours to the suspension bridge)

**Difference in altitude:** ↑ 400 m ↓ 400 m

## Getting there / starting point

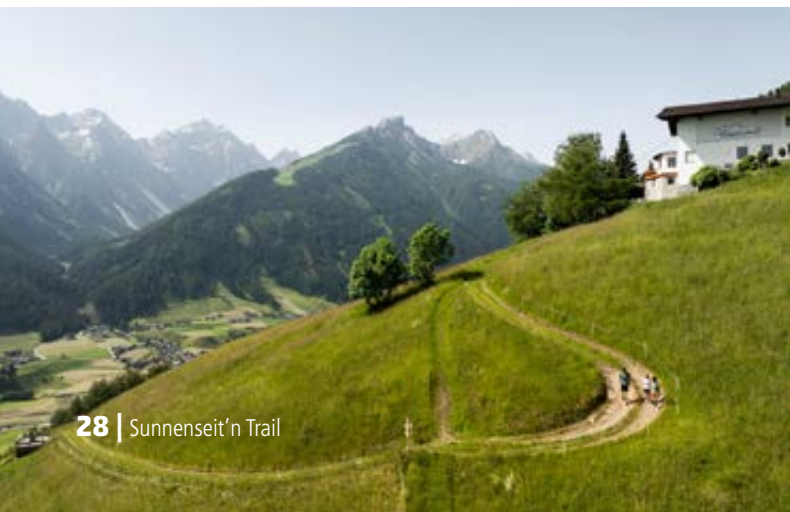
This tour starts at the car park Bachertal slightly above the village center of Neustift. If you use the public bus, exit it at the stop 'Ortsmitte' (village center) and go on straight for about 200 meters. Shortly after the Pardeller bakery turn right and follow that road for about 5 minutes until you reach the car park Bachertal.

## Tour description

From the car park Bachertal, you start walking on a steeply ascending road in the direction of Kartnall. After about 5 minutes you'll reach a junction, where you take the hiking trail going on straight (to the left is the way to Kartnall). The hiking trail goes up steep before leading into a wide gravel road. There you turn to the left and follow the gravel road which ascends moderately to the highlight of the Sunnenseit'n Trail – the 110 meters long suspension bridge. One of twelve scenic nature sites of the Stubai – the lookout platform Neustiftblick is also there. Up to this point, the total walking time is about 1 ¼ hours. If you have passed the bridge, follow the gravel road to the next junction. Like option 2 this route also goes down to the right to Pfurtschell. Between the two farmhouses, a meadow path leads down into the direction of Neustift Neder. Shortly before the forest, you have to turn left and follow the meadow path (signs: Rundtour Sunnenseit'n Weg, Neder). This meadow path leads into a hiking trail, which then leads into the road to Neder. Going down the mountain you'll reach a bridge shortly after the Jedlerhof farm. Pass that bridge and take the meadow path to the next junction. You then go on to the right between the farmhouses. On a hiking trail, you then reach Ebnerhof. After that the road slightly turns downwards to the left. Turn right at the next junction and follow the slightly ascending road into the direction of Neustift. From there, go on walking until you reach another junction, where on the right side the road leads to a meadow path. This path brings you back to your starting point.

## Take a ride up to Sunnenseit'n Trail

New: From the 2025 summer season, Taxi Schöpf (T: +43 (0)664 64124) will be offering a chargeable **shuttle service** with 5 to 6 trips a day from Milders and Neustift to Pfurtschell and back. For information on the timetable, see QR code.



# Stubai Super Card

Experience the top attractions throughout the valley! Valid from day one. Valid for your entire holiday.

If you spend your holiday in the Stubai with a participating partner establishment, a variety of services are included:

- Free use of the [Stubai Glacier cable cars](#): 1 ascent / descent per day (except with ski equipment)
- Free use of the [Serlesbahnen cable cars](#): 1 ascent / descent per day
- Free use of the [Schlick 2000 cable cars](#): 1 ascent / descent per day
- Free use of the [Elferbahnen cable cars](#): 1 ascent / descent per day
- Free use of the [buses 590](#) between Mutterberg and Innsbruck
- Free use of the [Stubaitalbahn railway](#) (Fulpmes – Innsbruck – Fulpmes)
- Two admissions per 7 days for 3 hours in the [waterpark StuBay](#) (entry to the sauna possible for a surcharge)
- Free use of the [Mieders swimming pool](#)
- 1 ride on the [Mieders summer toboggan run](#) per week

On top of all this, the Stubai Super Card also offers a range of attractive bonuses.

For the following participating partners you receive a discount of 30 %:

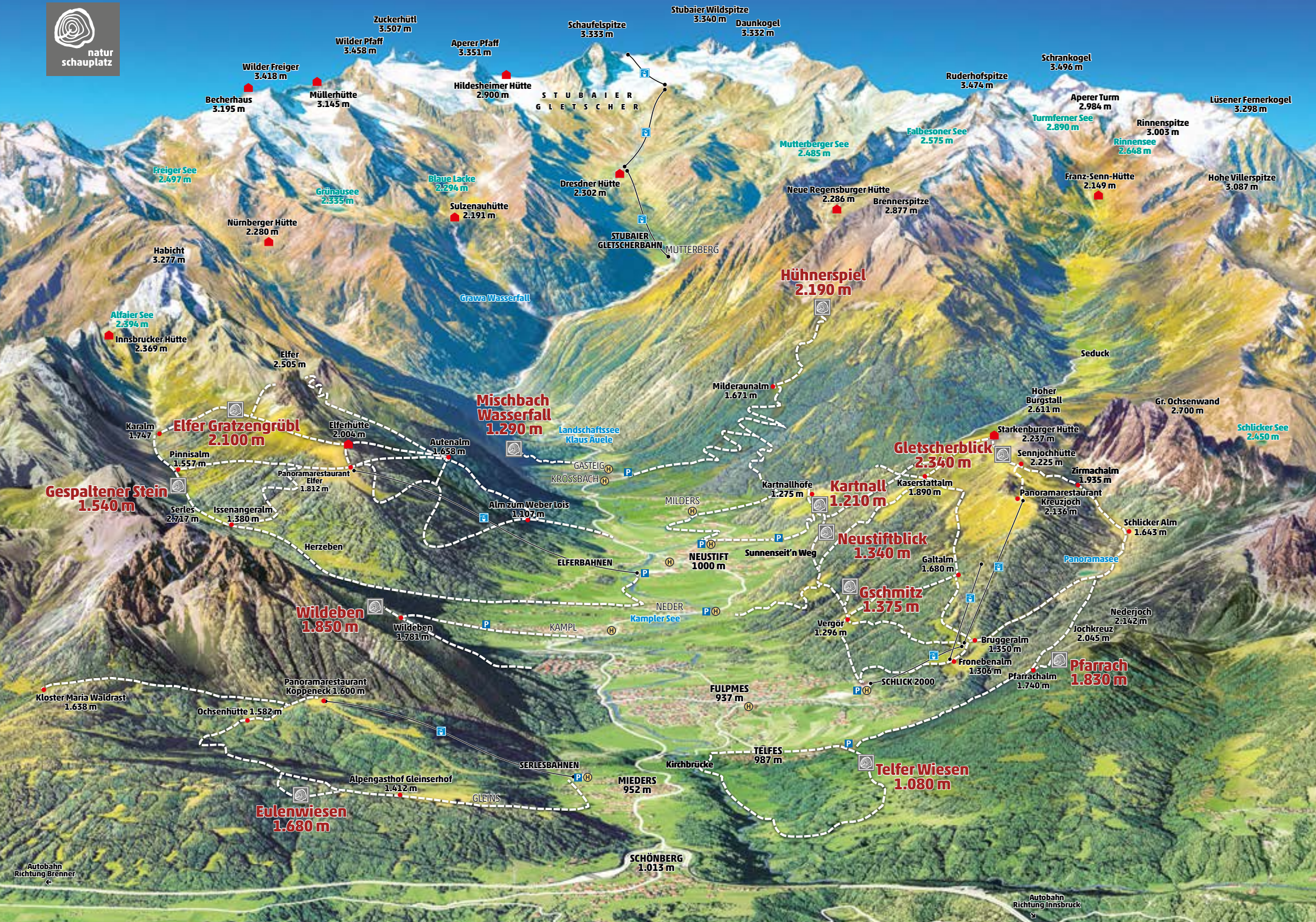
- Cinema tickets at [Fulpmes cinema](#)
- "The Sightseer" bus in Innsbruck
- First entry to [Air-Parc at StuBay](#)
- Bird of prey park in Telfes
- Additional rides at the [summer toboggan run in Mieders](#) for holders of Stubai Super Card
- [Crib museum](#) in Fulpmes
- [Bergisel jump stadium](#) in Innsbruck
- The combined ticket of the [Innsbruck Provincial Museums](#) (incl. Landesmuseum Ferdinandeum, Museum im Zeughaus, Tiroler Volkskunstmuseum, Hofkirche, DAS TIROL PANORAMA mit Kaiserjägermuseum)

Find out more at [www.stubai.at](http://www.stubai.at)



Fold-out overview map





# Stubai Scenic Nature Sites

## Treasures and secrets of the mountains

The beauty of the Stubai mountain landscape is clear at first glance. But what's really special is hidden away and often only appears upon closer inspection.

Twelve scenic natural sites, including waterfalls, moors, mountain lakes, meadows and viewing points are spread out over the valley and are often only a walk away.

We guide you through these magical places which tell stories and reveal a history, which present views and vistas, enticing and evocative, gems that glimmer and glow with energy. These natural treasures create a scene of breathtaking beauty that is exciting, inviting and diverse.

To make sure you're able to enjoy nature in its full glory, there are benches and loungers for you to rest, take it all in and dream. Simply enjoy, relax and capture the moment before a breathtaking mountain backdrop and captivating views.



# Neustiftblick

## High above Neustift

Neustift was first mentioned in a document in 1312, when the sovereign of that time transferred property 'in Nüwenstift' to the Stams monastery. However, place and field names indicate an agricultural use already by the Romans. Emperor Maximilian I. gave the first church to the 'Toler' (Neustift residents). He probably wanted to avoid the long walk to the church in Telfes, while hunting in the valley. In the 18th century, Franz de Paula Penz built a giant hall next to it, which since has become the second largest village church in Tyrol and still rises above the overall appearance of Neustift. Today, Neustift, located from 970 to 3,507 m above sea level, being the third largest municipality of Tyrol in terms of land counts around 5,000 inhabitants.

### **Circular route: Car park Bachertal – Suspension bridge / Scenic nature site Neustiftblick – Pfurtschell – Ebnerhof – Car Park Bachertal**

Start and finish: Car park Bachertal (1,040 m)  
Walking time: 3 hours (1 ¼ hours to the suspension bridge)  
Difference in altitude: ↑ 400 m ↓ 400 m

### **How to get there / starting point**

The tour starts at the car park Bachertal slightly above the village center of Neustift. If you use the public bus, exit it at the stop 'Ortmitte' (village center) and go on straight for about 200 meters. Shortly after the Pardeller bakery turn right and follow that road for about 5 minutes until you reach the car park Bachertal.

### **Tour description**

From the car park Bachertal, you start walking on a steeply ascending road in the direction of Kartnall. After about 5 minutes you'll reach a junction, where you take the hiking trail going on straight (to the left is the way to Kartnall). The hiking trail goes up steep before leading into a wide gravel road. There you turn to the left and follow the gravel road which ascends moderately to the highlight of the Sunnenseit'n Trail – the 110 meters long suspension bridge. One of twelve scenic nature sites of the Stubai – the lookout platform Neustiftblick is also there. Up to this point, the total walking time is about 1 ¼ hours. If you have passed the



bridge, follow the gravel road to the next junction. Like option 2 this route also goes down to the right to Pfurtschell.

Between the two farmhouses, a meadow path leads down into the direction of Neustift Neder. Shortly before the forest, you have to turn left and follow the meadow path (signs: Rundtour Sunnenseit'n Weg, Neder). This meadow path leads into a hiking trail, which then leads into the road to Neder. Going down the mountain you'll reach a bridge shortly after the Jedlerhof farm. Pass that bridge and take the meadow path to the next junction. You then go on to the right between the farmhouses. On a hiking trail, you then reach Ebnerhof. After that the road slightly turns downwards to the left. Turn right at the next junction and follow the slightly ascending road into the direction of Neustift. From there, go on walking until you reach another junction, where on the right side the road leads to a meadow path. This path brings you back to your starting point.

# Kartnall

## The gateway to the glacier

As the Stubai Valley basin had mostly become flooded, the farmers sought alternative land and, in the late 13th century, they found a profitable 'quarter' of land in Kartnall (from the Latin word 'quartinale'). This led to the creation of the upper and lower Kartnallhof. In order to be able to farm the fields, duties had to be paid in the form of natural produce (10 % of overall income). Nowadays, the existence of both family businesses is secured through tourism and the farming of cows, sheep and goats. The animals graze on the meadows and their milk is used to produce butter, Tyrolean 'Graukäse' cheese and curd cheese.

### **Circular route: Freizeitzentrum Neustift – Scenic nature site Kartnall – Kartnallhöfe – Forchach – Uferweg – Freizeitzentrum Neustift**

**Start and finishing points:** Freizeitzentrum Neustift (990 m) / Milders, power station at the start of the Oberbergtal valley (1,090 m)

**Destination:** Kartnallhöfe (1,285 m)

**Walking time:** 2 ½ hours

**Difference in altitude:** ↑ 400 m ↓ 400 m

#### **Rest points**

Jausenstation Oberkartnall (1,285 m),

Jausenstation Hofer – Unterkartnall (1,285 m)

### **Getting there / starting point**

The hike either starts at the Freizeitzentrum in Neustift or next to the power station where the Oberbergtal begins. The Freizeitzentrum is located directly at the roundabout in Neustift, within the village. There are plenty of free parking spaces there. The power station in the Oberbergtal can be reached by taking the 'Oberbergtal' turn off from the district of Milders. After approx. 700 m, you will come to the starting point with some free parking spaces.

### **Tour description**

The farmhouses in Kartnall are up to 700 years old and were built high in the mountains due to the fear of flooding. From Freizeitzentrum Neustift, the route continues along the road leading to the Bachertal. There you will find the entrance to the path that leads to Kartnall, which

is accessible from April to October. The trail then crosses a patch of forest along serpentine paths. After walking for approx. 45 minutes, we find ourselves amidst the green meadows of the Kartnall scenic nature site, with wonderful panoramic views as far as the Sulzenauferner glacier. The Jausenstation Oberkartnall and the Jausenstation Hofer, located at an altitude of 1,285 m, beckon us to stop off and try some Tyrolean delicacies.

From the Kartnall farmhouses, there is a road leading up to the Forchbach mountain farm, above Milders. In dry weather, you can also take the path back to the valley. In wet weather and outside the summer season, however, it is more advisable to follow the road towards the Oberbergtal. From the small power station in Milders, the route runs along the Oberbergbach stream. The path leading back to the centre of Neustift begins at the outlet between the Oberbergbach and Ruetz river.



# Eulenwiesen

## Romantic meadows and forests

They provide shade, but allow sufficient light for the undergrowth. The larch trees on the 'Eulenwiesen' enable a protected variety of flowers (pasqueflower, blue gentian, arnica ...) to grow and create space for mat-grass and dwarf-shrubs. These larch alpine meadows ('Larchbergmahder') came into being as a result of slash-and-burn agriculture. Due to the many floods in the valley basin, the farmers needed new grazing areas and found these at about 1,700 metres above sea level. Whereas spruce trees and pine trees were burnt out, the larch trees were only scorched on the outside and were budding again the following spring. Such places of natural beauty can only be maintained through the diligent care and cultivation of the farmers. Once a year the 'Eulenwiesen' are therefore mowed by hand and scythed.

## Tour 1

### Alpengasthaus Gleinserhof – Eulenwiesen – Alpengasthaus Gleinserhof

**Start and finishing point:** Alpengasthaus Gleinserhof (1,412 m)

**Walking time:** 2 ½ hours

**Difference in altitude:** ↑ 350 m ↓ 350 m

#### Rest point

Alpengasthaus Gleinserhof (1,412 m)

### Getting there / starting point

From the 'Ortsmitte' bus station in Schönberg, along Gleinserweg, through the motorway underpass. Past the parish farm until the fork leading to Gleins or Weide-Moosweg. From the Gleinserweg public car park, you can reach the Alpengasthaus Gleinserhof and its parking spaces at the end of the mountain road.

### Tour description

Starting from Gleinserhof, the path gradually starts to ascend along the forest path in the direction of Eulenwiesen. At the first signpost (Eulenwiesen), turn left and, after 2 bends in the road and one hour's walking time, you will arrive at the Eulenwiesen meadow. Staying at the



mountain edge, you will walk through meadows surrounded by larch trees and, after a further 15 minutes, you will reach the Eulenwiesen Nature Meadow. Return In The Same Direction From Which You Came. The Entire Hike Takes Around 2 ½ Hours.

## Tour 2 (Circular route)

### Serlesbahnen – Eulenwiesen – Serlesbahnen

**Starting Point:** Serlesbahnen Summit Station (1,600 M)

**Finishing Point:** Serlesbahnen Valley Station (982 M)

**Walking Time:** 4 ½ Hours

**Difference In Altitude:** H 350 M | 1,000 M

#### Rest Points

Panoramarestaurant Koppeneck (1,600 M), Ochsenhütte (1,582 M), Alpengasthaus Gleinserhof (1,412 M)

### Getting there / starting point

The Serlesbahnen Cable Cars Are Located At The Valley Entrance In The Municipality Of Mieders. There Are Plenty Of Free Parking Spaces There.

### Tour Description

Starting At The Serlesbahnen Summit Station, The Route Takes You Past The Panoramarestaurant Koppeneck, On The Forest Path Leading To Gleinserhof (Signposted). After A Short Walk You Will Reach Ochsenhütte. From There, Continue Along The Forest Path In The Direction Of Gleinserhof And, After Around 1 Hour, You Will Come To A Fork In The Road Where You Should Turn Right In The Direction Of Eulenwiesen (Signposted). Continue On The Forest Path For Around 45 Minutes To The Start Of The Eulenwiesen Meadow. Staying At The Mountain Edge, You Will Walk Through Meadows Surrounded By Larch Trees And, After A Further 15 Minutes, Reach The Eulenwiesen Nature Meadow. The Beginning Of Your Return Will Be In The Same Direction From Which You Came. At The Fork Shortly Before The Gleinserhof, You Can Either Walk Along The Forest Path Back To The Serlesbahnen Summit Station Or Hike Via The Gleinserhof On A Hiking Trail Down To The Serlesbahnen Valley Station.

# Elfer Gratzengröbl

## The wonder of the rocks

The 'Elfer', the home mountain of the municipality of Neustift, has not only always been a natural time marker for local people, but it also displays unique geological features. It is impressive to see how two different rock formations come together here. On the one side, the bright and rugged limestone rock towers on the Serles ridge, on the other the prehistoric rock of the Stubai mountains, the so-called Ötztal-Stubai-Crystalline, that forms the base of the mountain. The limescale deposits were lifted from the sea during the formation of the Alps, whenever the African and Eurasian plates collided with one another. You can observe the limestone with its red and yellowish limestone layers beneath the summit of the Kesselspitze, the craggy, highly rugged formation and the bright scree created by sharp-edged boulders.





## Circular route 1

### Elferbahnen summit station – Autenalm – Elferbahnen summit station

**Start and finishing point:** Elferbahnen summit station (1,794 m)

**Walking time:** 4 hours

**Difference in altitude:** ↑ 800 m ↓ 800 m

#### Rest points

Panoramarestaurant Elfer (1,794 m), Elferhütte (2,080 m), Autenalm (1,665 m)

### Getting there / starting point

Direct bus connection to Neustift (bus stop: Neustift i. St., Abzweigung Elferbahnen). There are also plenty of free parking spaces located next to the Elferbahnen valley station.

### Tour Description

From the Elferbahnen summit station, a steep serpentine pathway leads to the Elferhütte. Just above the mountain hut, the panoramic route branches off onto the western side of the valley, climbs a bit further and then continues for some time at this level, with beautiful panoramic views into the wildly romantic Pinnistal Valley. After around 1 ½ hour's walk, shortly after the turning for Zwölfernieder, you reach the Elfer scenic nature site, which is situated on a plateau and offers a fantastic panoramic view along the Serleskamm. Larchwood benches are an inviting place to take a rest here. The return journey leads over the Zwölfernieder and Autenalm. This involves following the same road back for the first

300 metres, before turning left in the direction of Zwölfernieder and Autenalm. You will arrive at the Zwölfernieder in approximately 30 minutes. From the Zwölfernieder, the narrow but solid path then leads (for the first 30 minutes) up a rather steep gradient towards the Autenalm. From the Autenalm, you have the option of taking a relatively flat path back to the summit station (45 minutes) or a descent to the Elferbahnen valley station (2 hours).

## Circular route 2

### Elferbahnen summit station – Pinnistal – Elferbahnen valley station

**Starting point:** Elferbahnen summit station (1,794 m)

**Finishing point:** Elferbahnen valley station (993 m)

**Walking time:** 5 ½ hours

**Difference in altitude:** ↑ 450 m ↓ 1,250 m

#### Rest points

Panoramarestaurant Elfer (1,794 m), Elferhütte (2,080 m), Karalm (1,737 m), Pinnisalm (1,550 m), Issenangeralm (1,380 m),

### Getting there / starting point

Direct bus connection to Neustift (bus stop: Neustift i. St., Abzweigung Elferbahnen). There are also plenty of free parking spaces located next to the Elferbahnen valley station.

### Tour description

From the Elfer lift summit station, a steep serpentine pathway leads up to the Elferhütte. Just above the mountain hut, the panoramic route branches off onto the western side of the valley, then climbs a bit further, before a relatively flat path leads into the Pinnistal Valley with beautiful panoramic views. After around 1 ½ hour's walk, shortly after the turning for Zwölfernieder, you reach the Elfer scenic nature site, which is situated on a plateau and offers a fantastic panoramic view along the Serleskamm. Larchwood benches invite hikers to take a rest here. From the scenic nature site, the descent slowly begins in the direction of the Karalm, which is reached in another hour's walk. From the Karalm, a forest road leads to the district of Neder. During the 2 ½ hour descent you pass the Pinnisalm and Issenangeralm. When you arrive in Neder, turn left and follow the signs towards Neustift. After another half an hour you reach the car park at the Elferbahnen valley station.

# Gschmitz

## Sun-drenched meadows

The term 'Gschmitz' literally means 'mowed strip of grass', – in the late Middle Ages the dense forest was cleared away and only the larch trees remained. The oldest larch trees in Gschmitz date back 400 years. Another explanation regarding the name's origin is the art of forging, which also had a rich tradition in Fulpmes from as far back as the Middle Ages, and even today is still one of the main industries in the region. Many of the blacksmiths in Fulpmes also ran farms for their own self-sufficiency – fields and meadows near Gschmitz needed to be set aside for this purpose.

### **Circular route: Schlick 2000 middle station – Vergör – Gschmitz – Schlick 2000 valley station**

**Starting point:** Schlick 2000 middle station (1,362 m)

**Finishing point:** Schlick 2000 valley station (1,000 m)

**Walking time:** 3 hours

**Difference in altitude:** ↑ 260 m ↓ 630 m

#### **Rest points**

Froneben Alm (1,350 m), Bergrestaurant Bruggeralm (1,350 m),

Alpengasthaus Vergör (1,300 m)

### **Getting there / starting point**

Direct bus connection to Fulpmes. There are also plenty of free parking spaces located next to the Schlick 2000 valley station.

### **Tour description**

From the Schlick 2000 middle station, you follow the almost level forest path towards Vergör. After approx. 30 minutes you turn left into a narrow forest path and follow this for a further 20 minutes until the forest starts to thin out. From there, it is just a short walk to the Alpengasthaus Vergör, which beckons you to stop off and try some Tyrolean delicacies. Then the route continues into the valley over a forest path which starts off with a steep climb and leads directly to Gschmitz. Around 30 minutes later you arrive at the idyllic larch meadows. The viewing platform, which is situated just a few metres above three barns, offers wonderful panoramic views of Serles, Elfer, Habicht and into the Pinnis Valley.

The same route leads back to the Alpengasthaus Vergör. From Vergör, a gently climbing forest path will take you back to the Schlick 2000 valley station in approx. 1 hour.



# Telfer Wiesen

## A sea of flowers and blossoms

Telfes, in the Stubai valley, was first settled a very long time ago, in around 1700 BC. Findings from the early Bronze Age would lead us to this conclusion. The main reason for this is believed to be the fertile land around the Telfer Wiesen. The name 'Telf' itself provides further indication of this. It is derived from the Indo-Germanic word stem, 'tellevo', which literally means 'usable ground'. Grass is really easy to grow here due to the location and the long periods of sunshine. Even today the Telfer Wiesen meadows are used exclusively for farming and are some of the most beautiful larch meadows in the Tyrol. The rich gentian blossoms in the springtime are particularly impressive.

### Circular route: Telfes – Gasthof Kirchbrücke – Telfes

**Start and finishing point:** Telfes, Kapfers district (1,090 m)

**Walking time:** 2 ½ hours

**Difference in altitude:** ↑ 350 m ↓ 350 m

### Getting there / starting point

Direct bus connection to Telfes. In Telfes, you travel upwards through the village to the district of Kapfers and keep right for Telfer Wiesen, where you come to a small car park once you have passed the final few houses.

### Tour description

Starting from the car park in the Kapfers district of Telfes, a broad, flat forest path leads to the Telfer Wiesen. This magnificent path runs past many larch trees and within 15 minutes you arrive at the 'Telfer Wiesen' scenic nature site. With its large sunbathing deck and shady trees, this is an attractive stop-off point. Another half hour later you come to a fork in the road and follow this round to the right, in the direction of Kirchbrücke. The path slopes off gently near the creek, passing Gallhof and Wiesenhof. After passing the Wiesenhof, you take a right turn, cross the Ruetz river and follow the path further towards Kirchbrücke. After a total walk of around two hours the path heads up the mountain towards Telfes. After approx. 30 minutes you arrive back at the starting point. The restaurant meiZeit in StuBay invites you to linger and enjoy.



# Wildeben

## On the search for Edelweiss

This scenic nature site can be reached via a steep path that leads to a flat high plateau. This combination of ruggedness and charm is also what gives this scenic nature site its name of 'Wild-Eben', which literally means 'Wild-Smooth'. But this place is about more than just its location, sitting high up in the mountains almost like a throne, the area offers the space, and indeed the relaxation, to let the surrounding mountain environment really work its magic on you. And you might even spot an edelweiss, with its flowers reaching out towards the sun between the jagged rocks.

### **Circular route: Kampler Staumauer – Scenic nature site Wildeben – Kampler Staumauer**

**Start and finishing point:** Neustift, Kampl (994 m)

**Walking time:** 4 hours

**Difference in altitude:** ↑ 800 m ↓ 800 m

#### **Rest point**

Alpengasthof Wildeben (1,770 m)

### **Getting there / starting point**

The tour starts at the end of Hühlebachstraße, next to the 'Kampler Staumauer' concrete dam, which is located in the Kampl district of Neustift. Before reaching the outer limits of the town of Kampl, you turn right, just before the petrol filling station. You will find a limited number of parking spaces at the starting point. Alternatively, the climb can also be completed via the forest path starting in Medrazer Stille.

### **Tour description**

From the Kampler concrete dam, which is located at the edge of the forest in Kampl, the steep, red-marked forest path winds its way up to the Alpengasthaus Wildeben. For experienced hikers, there is the option of making the climb via the black hiking trail which runs through the Kampler Höhle. The route leads through rugged countryside as far as Seilbach, which you cross via a ravine. From there, the trail climbs steeply to Wildeben. Even from there, you can enjoy a beautiful view of the Stubai Valley. After a pleasant rest, you continue along a steep climb to the highest point in the tour: the Wildeben scenic nature site. This special

place, with edelweiss flowers growing nearby, is a great place to recharge your batteries. From Wildeben, it is also possible to reach the summit of the Serles via the Serles-Jöchl. Those hikers not wishing to climb any further, however, can head back down the valley past the Alpengasthof Wildeben. Here it is possible to descend using the same path or initially via the forest path, which then branches off into the ascending path.



# Hühnerspiel

## Gathering place for black cockerels

High up beneath the Brennerspitze, lies an open, overgrown plateau with alpine roses and cranberry bushes. The glistening white Stubai Ice Caves can be seen in the distance. This scenic nature site is, however, the annual gathering place for black cockerels to mate, scuffle and 'play about' together. The peak mating season for roosters falls between late March and early June – which runs alongside the start of the hiking season. The roosters begin their courtship displays at dawn, as they try to impress with their posturing and chest thrusts, diverse sounds and exuberant leaps. They always take a break before sunrise, which hunters describe as morning prayer. Sunrise sees the start of the so-called 'sun courtship', which, including interludes of scuffling, lasts all day. Hühnerspiel therefore gives a whole new meaning to the concepts of nature and drama.

## Circular route 1

**Krössbach / Oberegg – Milderaunalm – Hühnerspiel scenic nature site – Milderaunalm – Krössbach / Oberegg**

**Start and finishing point:** Krössbach / Oberegg (1,136 m)

**Walking time:** 5 hours

**Difference in altitude:** ↑ 1,000 m ↓ 1,000 m

### Rest point

Milderaunalm (1,671 m)

## Getting there / starting point

The tour starts at Oberegg car park (fee required), above Krössbach. The car park can be reached by crossing the bridge opposite Gasthof Sportalm in Krössbach which heads towards Unteregg/Oberegg and then following the road for around 700 metres. If travelling by public transport, you go as far as the centre of Krössbach bus stop and the car park is approx. 15 minutes' walk from there.

## Tour description

The starting point is the car park in Oberegg, above Krössbach. The forest path climbs sedately for approx. 1 ½ hours up to Milderaunalm. From there, it is a further 1 ½ hour's hike to the Hühnerspiel scenic nature site. The climb up runs directly from the mountain pasture to a grassy plateau, namely the Hühnerspiel. A swivelling seat at this natural beauty spot makes it possible to enjoy the panoramic views from every angle. The descent leads you down the same path for around 2 hours, via the Milderaunalm and back to Oberegg.



## Circular route 2

### **Oberbergtal car park 'Josef' – Brandstattalm – Hühnerspiel – Milderaunalm – Auffangalm – Oberbergtal car park 'Josef'**

**Start and finishing point:** Oberbergtal / Car park 'Josef' (1,360 m)

**Walking time:** 5 ½ – 6 hours

**Difference in altitude:** ↑ 1,050 m ↓ 1,050 m

#### **Rest points**

Brandstattalm (1,811 m), Milderaunalm (1,671 m),

### **Getting there / starting point**

The tour starts at the 'Josef' car park in the Oberbergtal Valley. The car park can be reached by turning off in the direction of Oberbergtal from Milders and following the road for approx. 3.5 kilometres.

### **Tour description**

The starting point is the 'Josef' car park in the Oberbergtal Valley, from which you can reach the Brandstattalm via the forest path in approx. 1 hour. The route then continues along a hiking trail, which runs directly from the Brandstattalm towards Seblasspitze. After around 20 minutes, you branch off left towards Hühnerspiel. After continuing for a further 1 ½ hours via the 'Madlasböden', you will arrive at the scenic nature site. After around one hour's descent, you come to the Milderaunalm. From there, it continues along the forest path for approx. one hour towards the Auffangalm. From the Auffangalm, the forest path leads back to car park 'Josef'.

## Circular route 3

### **Milders / Start of Oberbergtal power station – Milderaunalm – Hühnerspiel Scenic Nature Site – Milderaunalm – Milders / Start of Oberbergtal power station**

#### **Start and finishing point:**

Milders / Start of Oberbergtal power station (1,090 m)

**Walking time:** 5 hours

**Difference in altitude:** ↑ 1,100 m ↓ 1,100 m

#### **Rest point**

Milderaunalm (1,671 m)



### **Getting there / starting point**

The tour starts at the car park, at the power station in Milders. The car park is located 300 metres up the road heading towards the Oberbergtal. If travelling by public transport, the starting point is a 10 minute walk from the centre of Milders bus stop.

### **Tour description**

The starting point is the car park at Milders power station, at the entrance to the Oberbergtal. The forest path climbs sedately for approx. 1 ½ hours up to Milderaunalm. From there, it is a further 1 ½ hour's hike to the Hühnerspiel scenic nature site. The descent leads you down the same path for around 2 hours, via the Milderaunalm and back to Milders.

# Gletscherblick

## The glaciers

Special places are often located quite nearby, even though sometimes small or large amounts of self-perseverance or the ability to inwardly extend yourself is required to reach these places. The 'Gletscherblick' (glacier view) scenic nature site is just such a place: so near, so unassuming, yet it can only be reached via a short path. The reward for your efforts: like a huge painting, the view of the Stubai Glacier manifests itself along with its eternally ice-covered, protruding summit – around the striking Zuckerhütl, while one can make out the Sulzenauferner, Fernerstube and Grünaufener glaciers, located in the northern Oberbergstal of the Alpeiner Ferner.

### Schlick 2000 summit station – Sennjoch – Starkenburger Hütte – Kaserstattalm – Froneben Alm – Schlick 2000 middle or valley Station

**Starting point:** Schlick 2000 summit station, Kreuzjoch (2,136 m)

**Finishing point:** Schlick 2000 middle station (1,363 m)

**Walking time:** 4 hours

**Difference in altitude:** ↑ 400 m ↓ 1,100 m

### Rest points

Panoramarestaurant Kreuzjoch (2,136 m), Sennjochhütte (2,225 m), Starkenburger Hütte (2,237 m), Kaserstattalm (1,890 m), Bruggeralm (1,350 m), Froneben Alm (1,306 m)

### Getting there / starting point

The tour starts at the Kreuzjoch summit station, which can be really easily reached by the Schlick 2000 cable car. There are plenty of free parking spaces at the Schlick 2000 valley station. There are also direct bus connections from within the surrounding area.

### Tour description

From the Kreuzjoch summit station, you walk along the gently climbing panoramic route in the direction of Starkenburger Hütte (signposted: Starkenburger Hütte – Panoramaweg), before reaching the Sennjochhütte after approx. 30 minutes. The path leads up towards the mountain ridge, and then branches off to the left. The trail then drops off slightly until the next intersection. There you take a right turn once more and follow the short but steep climb until you finally come to the highest point of the 'Gletscherblick' scenic nature site. The wooden loungers at this scenic beauty spot are not only an excellent place to take a rest, but this location also offers magnificent views of the Stubai mountain region. From the 'Gletscherblick' scenic nature site, you can already catch sight of the Starkenburger Hütte. After a final descent, you reach the mountain hut in approx. 2 hours. To return to the Schlick 2000 middle station, you walk via the Kaserstattalm and from there you continue along as far as the Bruggeralm or the Froneben Alm. You should allow a further 2 hours for the return journey.



# Pfarrach

## A resting point with fabulous views

The Pfarrach Scenic Nature Showplace is another special place that invites you to come and spend some time. This place is known simply as 'Marchraste' by the locals, which basically means a spot of land earmarked for taking a rest. With its small cross, this place also serves as an orientation point for farmers, who graze their cows and sheep in the surrounding area.

### Circular route: Telfes – Pfarrach Meadow – Pfarrach Scenic Nature Site – Telfes

**Start and finishing point:** Telfes, Kapfers district (1,090 m)

**Walking time:** 4 ½ hours

**Difference in altitude:** ↑ 750 m ↓ 750 m

### Rest point

Pfarrachalm (1,740 m)

### Getting there / starting point

Direct bus connection to Telfes. In Telfes, you travel upwards through the village to the district of Kapfers. Just past Hotel Oberhofer, you turn left and after a few minutes you come to a public car park.

### Tour description

The ascent to Pfarrachalm can either be made via the forest path or the Hirtensteig route (described here). The route starts off along the forest road and continues straight until the first bend. There, you take a left turn before a short trek brings you to the start of the Hirtensteig. Now the route climbs steeply until you finally come to the forest path again and you reach the Pfarrachalm from there (walking time: approx. 2 hours). From the Pfarrachalm, you can reach the Pfarrach Scenic Nature Site in around 15 minutes via the hiking trail in the direction of Saile/Nockspitze. The return route either follows the ascent trail or the forest path.



# Pinnistal – Split Stone

## Relic of spectacular landslides

As romantic as this nature site may be, the history of its origins is just as spectacular. The giant stone that lies here is made from dolomite, which, like all the dolomite ranges in the Stubai Valley, is made up of what is known as Brenner Mesozoic. It is proof of the tremendous rock movements that took place here in the Pinnistal (Pinnis Valley) several thousand years ago, in the middle of the Elfer's flanks and the Serles mountain crest. The stone is thought to have broken in two auf crashing to the ground and has remained here split open ever since.

North of the Pinnisalm are even more large blocks of dolomite which are also the result of these spectacular landslides. They mostly come from a large eruption site on the flank of the Elfer summit, which is extremely rugged with numerous spires and pillars.

### Elferbahnen mountain station – Pinnistal – Elferbahnen valley station

**Starting point:** Elferbahnen mountain station (1,794 m)

**Finishing point:** Elferbahnen valley station (993 m)

**Walking time:** 3 hours

**Difference in altitude:** ↓ 950 m

#### Rest points

Elfer Panoramarestaurant (1,794 m), Pinnisalm (1,550 m),  
Issenangeralm (1,380 m)

### Arrival / starting point

Direct bus connection to Neustift (bus stop: Neustift i. St., Abzweigung Elferlifte). There are also plenty of free parking spaces next to the Elferbahnen valley station.

### Tour description

From the Elferbahnen mountain station, follow the forest path directly past the sundial. A slight slope leads to the Pinnisalm in the Pinnistal, which can be reached in approx. one hour. From there it only takes

another 5 minutes in the direction of Neder to reach the natural site of 'Pinnistal – Split Stone'. To return from there to the starting point at the Elferbahnen valley station, follow the forest path down the valley past the Issenangeralm until you reach the Neder district after approx. 1 hour and 45 minutes. Then turn left and follow the signposts to Neustift. After 20 minutes, you will reach the carpark at the Elferbahnen.

Alternatively, the natural site can also be reached directly via the district of Neder (walking time: 2 hours), or can be combined with the Elfer.



# Mischbach Wasserfall

## Imposing water feature

The Mischbach creek runs milky white up to a ridge before it freely falls almost one hundred meters into the deep. In doing so the water separates into two silken streaks, which are carried from one side to the other by the wind like veils and constantly adopt new forms. The Mischbach waterfall, which in former times was called Urfall (primal fall) by the locals, got his final name because of the mixed waters it is being fed. The downstream flowing spring water of the Glücksgrat (fortune ridge) is mixed up with the melt water of the Habicht glacier, which reaches up till shortly below the Habicht summit. You can experience the Mischbach waterfall very closely at a platform that has been built at the base of the waterfall.

### Circular route: Bus stop 'Gasteig' – Mischbach Wasserfall – Bus stop 'Gasteig'

**Start and finishing point:** Neustift / Bus stop 'Gasteig'

**Walking time:** 1 ¼ hours

**Difference in altitude:** ↑ 200 m ↓ 200 m

### Getting there / starting point

Direct bus connection to Gasteig, where the tour starts.

### Tour description

At the bus stop in Gasteig, cross the road and follow the pavement into the valley until you reach a fountain after about 150 metres. There you turn left and walk along the road for 2 minutes until you reach the Gasteigerhof. At the Gasteigerhof, a dirt road branches off to the right and leads to the foot of the Mischbach waterfall. Before the Mischbach, turn left and after a short while you reach the forest. In the forest, a hiking trail leads in a few steep serpentines to the natural scene of the Mischbach waterfall. There, a wooden platform invites you to linger and admire the waterfall. The entire ascent takes about 40 minutes. The way back is the same.



## The Stubai Outdoor Pass

You can get the stamp pass also as an app. For more information see page 153.

Visit scenic nature sites and collect stamps! You can find a stamping tool at the information log at every nature site. Stamp booklets are available from our tourist offices. Nature-lovers can receive a stamp upon presentation of their stamp booklet and visitor card. Once you have discovered a minimum of five scenic nature sites, you will receive a T-shirt from the Stubai Tyrol Tourism Association offices in Neustift and Fulpmes. If you discover all 12 sites you will also receive a surprise gift.

# Stubai Contem- plation Trail

To bring people to reflection  
and joy

Based on an initiative by pastor Eduard Niederwieser, the Stubai Contemplation Trail (Stubai Besinnungsweg) was built over the course of 1996 and 1997, at the entrance to the Pinnistal valley. The Neustift artists Hansjörg Ranalter and Gotthard Obholzer designed various biblical sculptures, which were installed along the route.

## Circular route: Neder, Pinnistal – Issenangeralm – Neder, Pinnistal

**Start and finishing point:** Neustift, Neder district (970 m)

**Walking time:** 3 hours

**Difference in altitude:** ↑ 550 m ↓ 550 m

### Rest point

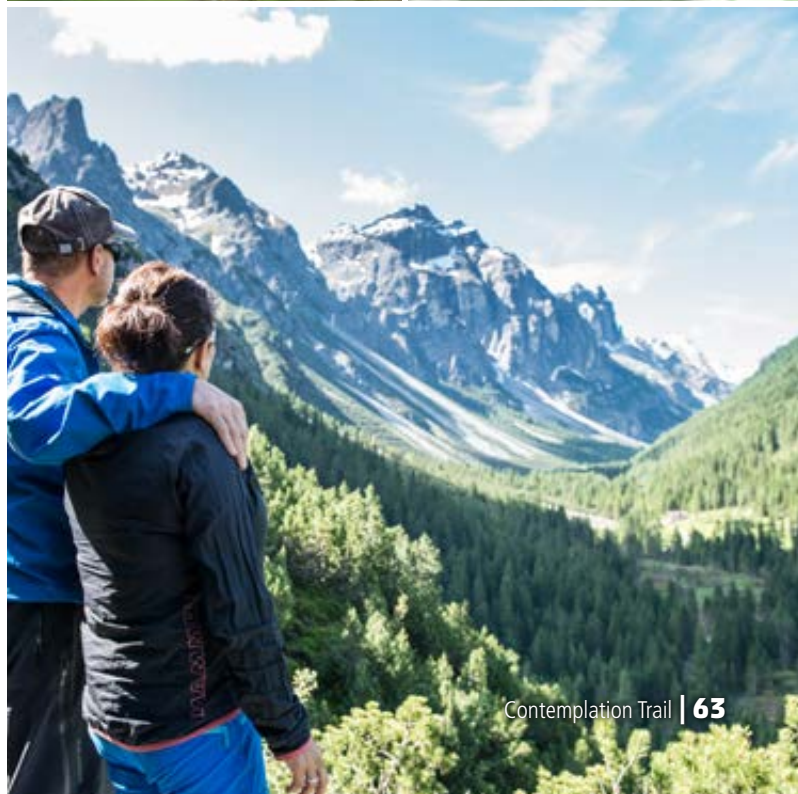
Issenangeralm (1,380 m)

## Getting there / starting point

The tour starts at the fee-based Zegger car park (free for visitors with valid Stubai Guest Card) in the Neder district of Neustift. The parking spaces can be found directly before the entrance to Neder, as you head into the valley, on the right-hand side of the road.

## Tour description

Follow the road to the forest track that leads into the Pinnistal valley. After another 500 meters, you reach the starting point of the Contemplation Trail, right in front of the hydroelectric power station. There, turn left and shortly afterward you will come to a path that ascends the eastern side of the Pinnistal through sparse forest, with numerous switchbacks and steps. Once you reach the highest point (1,397 m), the path leads gently downhill for the most part, passing a wayside cross, partly over some steps again and across avalanche terrain. After crossing a wooden bridge and walking uphill for a few metres, you finally arrive at the Issenangeralm (1,366 m). The trail then leads back to the starting point via the forest path leading through the Pinnistal.



# Walking trails for families and children

## Adventures for people of all ages

Easy and readily accessible hiking trails for the entire family make sure you have unforgettable holiday experiences and are also fun for children. There's no room for boredom on the many adventure and themed trails in the Stubai Valley – they provide an abundance of entertainment and adventure, and children can learn about nature in the process. Whether it's splashing around in the Serles waters or climbing up into the dwarf treehouses – hiking in the Stubai Valley is an adventure however old you are.

### Tips for family-friendly hiking trails

- p. 70 Serlespark:** Those looking for action will love the Serles Park. While parents enjoy the view, children can let off steam in the water play area with its water flume and white waterway. Afterwards, you can race back down into the valley with the Serlesblitz summer toboggans.
- p. 78 Stubai Baumhausweg (Treehouse Trail):** The excitement continues at the Schlick 2000 middle station. Little adventurers can discover the treehouses of Bardin the Dwarf on climbing frames and ropes. For children aged 4 and over or accompanied by parents.
- p. 11 WildWaterTrail:** On the first stage of the WildWaterTrail, experience the formative force of the glacial streams by getting up close to the Grawa Waterfall, the highlight of the tour.
- p. 76 Grand Schlick Hiking Trail:** On the Naturlehrweg, both young and old can get to know nature at various adventure stations. Continue on the Scheibenweg (Disc Trail) past the Panoramasee – perfect for a relaxing stop-off. The Scheibenweg involves running in competition against wooden disks.

- p. 86 Glacier Trail and Mammoth adventure playground:** The impressive glaciers can be visited at the Stubai Glacier, which is nearly 3,000 m in height. At the Eisgrat mountain station there is also the Mammoth adventure playground, with a six-metre high mammoth in which you can climb, slide and play.
- p. 66 Stubai Wild Animal Trail Gleins:** On this adventure trail, children can learn all about the animals of the forest, both big and small. The life-sized wooden animals with climbing and gym elements guarantee a unique forest experience – and not just for the little ones!
- p. 33 Scenic Nature Sites:** Whether you're heading through a never-ending sea of flowers or swinging above the valley – the scenic nature sites in the Stubai invite you to pause and take a rest, and guarantee unforgettable moments for people of all ages.



# Stubai Wild Animal Trail Gleins

## Getting to know the animals of the forest

The forest is full of animals of all shapes and sizes that live in the treetops or on the ground. Many of them can only be seen very rarely, as they are much too shy to come into close proximity to humans. Others, however, can be seen more often when strolling through the forest. Four stations dotted along the trail allow you to get to know the animals of the forest whilst climbing, playing or marvelling.

### Schönberg – Gleinserhof

#### Starting point

Schönberg – Gleinser Weg, start at forest path (1,085 m)

**Finishing point:** Alpengasthaus Gleinserhof (1,412 m)

**Walking time:** approx. 1 ½ hours

**Difference in altitude:** ↑ 335 m

#### Rest point

Alpengasthaus Gleinserhof (1,412 m)

### Getting there / starting point

Direct bus to Schönberg, 'Ortsmitte' bus station. The Gleinserweg public car park is situated after the motorway underpass, near the parish farm.

### Tour description

The starting point of this family-friendly themed trail is the village of Schönberg in the Stubai Valley. After the motorway underpass, follow the signposting to Gleinserhof. After approx. 5 minutes of walking, a forest path branches off to the right into the forest. Follow this path for the next 60 minutes until you have reached the paved Gleinser Weg once again. From there, it takes another 10 minutes to get to Gleinserhof.

#### Start: The bee – the busy one

The busy honeybee will introduce you to the exciting world of forest animals. At the starting station, the rest of the trail route is explained, and you can also be sure of plenty of fun and games along the way. The forest adventure can begin from this point.

#### Station 1: The spider – the tightrope walker

Learn more about the spider while climbing and balancing. Although usually an unwanted guest, especially in people's homes, the spider is an important being for the environment.

#### Station 2: The red deer – the king

The red deer, with its majestic antlers, is probably one of the best-known wild animals. Unfortunately, it is an extremely shy inhabitant of the forest, and doesn't feel comfortable around people. Feel its fur, hear its calls and touch the antlers at Station 2.

#### Station 3: The squirrel – the treetop acrobat

At this station, kids can let off steam and learn all the important things about the squirrel while climbing and jumping around.

#### Station 4: The snake – the sun worshipper

Even the viper can be found in our native forests. Children can become better acquainted with the snake at this station, and can move just like it by sliding along.

#### Station 5: Selfie station

Once you have reached your destination, you can enjoy the exquisite panorama with a view of the Serles. This has to be captured. At the last station, the entire family can take a souvenir photo in front of a breath-taking mountain backdrop.





# The Stubai mountain railways

## Enchanting hiking and relaxation landscapes

Would you like to experience the Stubai mountain regions below the treeline and without even getting out of breath? Thanks to the Stubai mountain cable cars, the most beautiful hiking regions are accessible to everyone in the summertime. They offer an attractive hiking opportunity for both young and old, sports enthusiasts and leisure seekers, and those people who want to see the world from a little higher up.

The **Elferbahnen** cable cars offer countless hiking trails. Climbers, paragliders, hang-gliders and bikers appreciate the diverse offer. The largest walk-in sundial in the Alps offers a fantastic panoramic view.

The **Schlick 2000** cable cars bring hikers to an alpine mountain landscape way beyond their expectations – almost like a forgotten world. The Kalkkögel mountain chain, a geological feature of the Schlick, remind one with all their ruggedness and steepness of the famous Dolomites in the southern part of the Brenner Pass. For this reason, travel and mountaineering guidebooks often refer to this mountain chain as the ‘Dolomites of the North’.

On the other side of the valley, the **Serlesbahnen** cable cars take hikers and mountain enthusiasts up the mountain. At the foot of the Serles, also called the “High Altar of Tyrol”, an extensive network of trails with unique views awaits. According to legend, the main peak of the Serles is a king petrified as punishment, and the two neighboring peaks are his sons, also petrified. This is also the basis for the name ‘King Serles’.

Even in summer, the **Stubai Glacier** is easily accessible by cable cars. At over 3,000 meters, a diverse world of experiences awaits: the highlight is the “Top of Tyrol” summit platform with its fascinating panoramic views. For young explorers, the high-altitude playground—with a mammoth and a snow groomer—offers fun and action. Culinary delights can be enjoyed at the Eisgrat restaurant, which features a panoramic terrace.

# Serlespark

## Adventure at the foot of the king

The Serlespark sits truly majestically at the foot of the Serles, which is a great place for hiking, but also for spending some relaxation time. The reservoir, the so-called Serles lakes, is transformed during the summer months into the perfect oasis of tranquillity at almost 1,600 metres above sea level. Children can play here in the shallow water – with their own water play area along with a tongueshaped swimming pool and a whitewater run to the dam construction. The Serlespark circular hiking trail runs from the Koppeneck summit station around these Serles lakes towards the Koppeneck viewing platform. From the broadly laid out wooden construction, hikers can expect 360° views of the entire surrounding mountain landscape. Two other platforms, the Karwendelblick and Serlesblick, are located along the lovely hiking trail which leads to Europe's highest monastery, the Maria Waldrast monastery, and attract visitors with their equally magnificent views. For younger visitors, there are seven stations along the same route where they can playfully discover nature and complete their collection pass. Furthermore, those riding the summer toboggan will travel at lightning speed across a distance of 2.8 km, at speeds of up to 42 km/h, down the valley to the Serlesbahnen car park. During this exciting adventure ride you cover a difference in altitude of 640 m – in the quickest possible time.

**Start and finishing point:** Serlesbahnen summit station (1,600 m)

**Walking time:** as long as your heart desires and your legs can still carry you

**Destination:** Serles lakes, Viewing platforms, Circular hiking trails

**Difference in altitude:** depending on hiking trail

### Rest points

Gasthaus Koppeneck (1,600 m) Ochsenhütte (1,582 m),  
Alpengasthof Sonnenstein (1,400 m), Maria Waldrast (1,636 m) and  
depending on hike, for example, Alpengasthaus Gleinserhof (1,420 m)

### Getting there / starting point

Valley station at the Serlesbahnen in Mieders



### Tour description

From Koppeneck summit station, a walkway leads around the Serles lakes to the Koppeneck viewing platform, which offers fantastic views of the Stubai and Inntal valleys. From here you can follow the newly laid hiking trail towards the Ochsenhütte, then the path turns towards the Maria Waldrast Monastery and leads gently downhill to the monastery building. The Karwendelblick and Serlesblick viewing platforms are located just above the Ochsenhütte. The Karwendelblick platform is north-easterly facing, with views of the Inntal and the Nordkette, while the Serlesblick platform, on the other hand, faces a south-easterly direction, overlooking the upland moor, the gently sloping larch forests and the Alpine divide in the distance. From the Maria Waldrast Monastery, you can either take the same path directly back to the summit station or go via the 'Eulenwiesen' scenic nature site (see next page).

# Serles Kapellenweg

## Contemplation at the king's foot

The Kapellenweg trail in Mieders is part of the 'Quo Vadis' pilgrim trail that leads from the Cathedral of St. James in Innsbruck to the pilgrimage site of Maria Waldrast. Within the municipal district of Mieders, the pilgrim trail runs along the so-called Kapellenweg (Chapel route). The 15 rosary chapels on the old path from Mieders to Maria Waldrast are believed to have been built in the second half of the 17th century, while the paintings are an impressive modern testament to this time and were spread across the walls of the little chapels in a colourful fresco by the Tyrolean artist, Caspar Jele. The open chapel floors are totally dedicated to the life, suffering and resurrection of the Lord – according to the secrets of the joyful, sorrowful and glorious Rosary.

Generally speaking: 'Walking is man's best medicine', according to Hippocrates (460 – 375 BC). Prolonged walking, i. e. keeping your body constantly 'on the move', also starts to move your soul. Hiking on the Kapellenweg trail is therefore an extremely thought-provoking hike that is rewarded with some healing and thirst-quenching water from the Waldraster natural spring.

### Tour: Mieders village fountain – Koppeneck – Maria Waldrast

**Starting point:** Mieders village fountain (952 m)

**Walking time:** 3 hours (from Mieders village fountain), 1 hour from Serlesbahnen summit station

**Difference in altitude:** ↑ 800 m

#### Rest point

Klostergasthof Maria Waldrast (1,636 m)

### Getting there / starting point

The starting point is the village fountain in Mieders or the valley station at the Serlesbahnen. Parking is possible at the valley station at the Serlesbahnen.

### Tour description

At the village fountain in Mieders, the Kapellenweg trail initially leads uphill towards Schmelzgasse. At the first small chapel, the road eventually turns to the left, until you come to a fork in the road. From here you follow the pleasant and steadily rising forest path until you are just below the Koppeneck, where the summit station for the Serlesbahnen is also located. When you come to a large crossing, you follow the flat hiking trail and stick to the signs marked throughout until you reach Maria Waldrast. The return route follows the same hiking trail back to the Koppeneck. Here you can decide whether or not to take the cable car into the valley. Alternatively, both the hiking trail and the summer toboggan run will take you to the valley. The 'Serlesblitz' will have you back down the valley in just a few minutes and the ride is an experience for all the family.



Maria Waldrast Monastery

# Schlick Panoramic Trail

## StubaiBlick

After walking for barely 15 minutes hikers come to the 'StubaiBlick' viewing platform and are rewarded with a stunning view stretching as far as the Zillertal Alps and the Wilder Kaiser. The short hiking trail is purposely designed so that elderly people and families with buggies can also enjoy this incredible view.

### Tour: Kreuzjoch summit station – Panoramic Trail – Viewing platform 'StubaiBlick'

**Starting point:** Kreuzjoch summit station (2,136 m)

**Walking time:** 30 minutes

**Difference in altitude:** ↑ 30 m

#### Rest point

Kreuzjoch summit station (2,136 m)

### Getting there / starting point

The cable car leads to the Kreuzjoch summit station, which is the direct starting point for the panoramic trail. There are sufficient parking spaces available at the Schlick 2000 valley station.

### Tour description

Immediately as you exit the Kreuzjoch summit station, the hiking trail follows a gentle loop to the right, along the mountain ridge leading to the viewing platform. The secure and broadly laid out hiking trail, with its slight gradient and total length of 500 m, is also suitable for families with baby carriages and elderly people.



# Grand Schlick Hiking Trail

## From the summit to the valley

### Kreuzjoch Summit Station – Nature Trail (Naturlehrweg) – Schlickeralm – Abendweide – Panoramasee – Disc Trail (Scheibenweg) – Froneben Middle Station.

This beautiful hiking trail combines all the natural beauty aspects that the Schlick hiking region has to offer. But that's not all: Knowledge and information about the mountains are given high priority during the educational and adventure trails.

### Tour description

From the Kreuzjoch mountain station, the educational **Nature Trail (Naturlehrweg)** gently descends in a loop and takes around 2 hours to walk down the mountainside to the Schlickeralm, which is located on the wide valley floor of the Schlick. The evening pasture begins at the Schlickeralm, which awaits hikers with rest stops for just under one kilometer and half an hour's walk. At the end of this trail, there is a panoramic lake with loungers on the edge of the shore where you can relax. From here,



Nature Trail



Disc Trail



Action on the Slides Trail

the signposted **Disc Trail (Scheibenweg)** first leads quite flat and then in three hairpin bends in an hour to the Bruggeralm. The Froneben middle station is just a few meters from the hut and the cable car will take you back down to the valley in no time. Alternatively, you can hike along the Tree House Trail (see next page) to the Vergör snack station or take the forest trail down to the valley, which is just under 350 meters in altitude. The entire route of the Grand Schlick Hiking Trail is suitable for baby carriages!

**Starting point:** Kreuzjoch summit station (2,136 m)

**Finishing point:** Froneben middle station (1,362 m)

**Walking time:** 4 ½ hours

**Difference in altitude:** ↓ 700 m

**Rest points:** Schlickeralm (1,643 m), Bruggeralm (1,362 m)

## Getting there / starting point

The cable car leads to the Kreuzjoch summit station, which is the direct starting point for the Naturlehrweg. There are sufficient parking spaces available at the Schlick 2000 valley station. The wooden disks for the Scheibenweg are available at the Talstation desk.

# Slides Trail and Lakes Trail

## Tirol's first slides trail and idyllic lakes

### Schlick Slides Trail (Schlicker Rutschenweg)

From the Galtbergbahn mountain station, there are 9 closed tube slides along the hiking trails at 6 stations. The slides provide fast descents for young and old in the middle of the mountain landscape. Slide mats can be rented at the mountain station for a fee.

### Schlick Lakes Trail (Schlicker Seenweg)

After the ascent with the Galtbergbahn cable car, the lakes trail leads downhill past the new Galtalmsee lake to the panoramic lake. You then hike downhill along the Disc Trail (Scheibenweg) to the Froneben middle station, bringing the tour to an eventful conclusion.

**Starting point:** Galtbergbahn mountain station (1,760 m)

**Finishing point:** Froneben middle station (1,362 m)

**Walking time for the Slides Trail:** about 1 hour

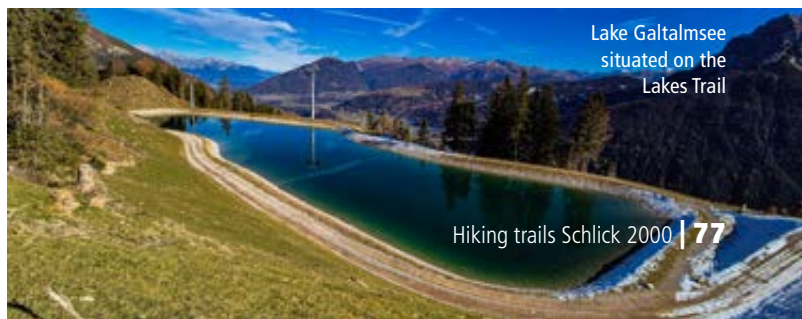
**Walking time for the Lakes Trail:** about 2 hours

**Difference in altitude:** ↓ 400 m

**Rest points:** Galtalm (1,634 m), Bruggeralm (1,362 m)

## Getting there / starting point

Take the Kreuzjochbahn to the Froneben middle station. After a short walk to the Galtbergbahn and subsequent ascent to the starting point. The Slide Trail and the Lake Trail start right at the station. There are plenty of parking spaces at the Schlick 2000 valley station. The slide mats are available at the Galtbergbahn mountain station. The wooden disks for the Disk Trail (Scheibenweg) are available at the ticket office at the valley station.



Lake Galtalmsee  
situated on the  
Lakes Trail

# Tree House Trail

## Up in the treetops with Bardin the dwarf

A number of unusually designed tree houses within a woodland of almost 5,000 m<sup>2</sup> invite both younger and older adventurers on an exciting discovery trip. On the Tree House Trail you can visit Bardin the dwarf in his home. Along with a treasure hunt, the themed tree houses offer various opportunities for games, climbing, building, thrills and rest.

### Tour: Froneben middle station – Tree House Trail – Alpengasthof Vergör – Schlick 2000 valley station

**Start point:** Schlick 2000 middle station (1,362 m)

**Finishing point:** Schlick 2000 valley station (1,000 m)

**Walking time:** approx. 2 hours

**Difference in altitude:** ↑ 44 m ↓ 400 m

**Rest points:** Froneben Alm (1,306 m), Bruggeralm, (1,362 m), Alpengasthof Vergör (1,266 m), Gasthof Gröbenhof (1.000 m)

### Getting there / starting point

The cable car leads to the Froneben summit station, which is the direct starting point for the Tree House Trail. There are sufficient parking spaces available at the Schlick 2000 valley station.

### Tour description

From the Schlick 2000 middle station, follow the wide hiking trail downhill to the Froneben Alm. From there, an almost level forest path leads to Vergör. After approx. 30 minutes, turn left onto a narrow forest path and follow this for a further 20 minutes until the forest starts to thin out. From there, it is just a short walk to the Alpengasthof Vergör. Return via the forest path in the direction of the Schlick 2000 valley station. After approx. 10 minutes, turn right at another tree house station and follow the hiking trail until you leave the forest again after another 30 minutes. Once at the bottom, you can either walk 5 minutes into the valley to Gasthof Gröbenhof or 20 minutes out of the valley back to the Schlick 2000 valley station.

### Dwarf playground

This treehouse welcomes you on an exciting tour of discovery, with a zip line, suspension bridge, net tube tunnels and much more. Those who sniff the scented boxes will be surprised by the spicy, sweet and woody scents of the forest.



### **Dwarf farmhouse**

On Bardin's farm, you can watch his chickens, goats and cows, among other things. You can also jump and play in the haystacks.

### **Dwarf treasure chamber**

Bardin's treasure chamber glitters and glistens as the sun's rays split into quartz, pyrite and amethyst. A suspension bridge, slide and double swing invite you to come and play and climb.

### **Dwarf pointed hat**

You can climb right to the top of Bardin's pointed hat. There you can watch the animals of the forest in secret.

### **Dwarf kitchen**

With sophisticated slide and climbing elements, treasures can be hoisted from the forest floor into the treehouse. The forest treats can then be sorted, stored and processed.

### **Dwarf bedroom**

It's time for a nap after all that hard work. Bardin's treehouse sways gently like a swing. With the swinging rope, you can then plunge back onto the firm ground and head off on your next adventure.

### **Dwarf music chamber**

Dwarves are gifted singers and musicians. In the music chamber, children can make their own music on singing bowls and wind chimes, and listen in on the secret sounds of the forest.

### **Dwarf parlour**

The small and big family members all come together cheerfully in the dwarf parlour. The cosy seating areas and games tables offer the best conditions for hilarious fun and games.

### **Dwarf fire station**

Bardin always keeps an overview in his fire station. The command center is located in the tree house and can be explored. A slide, climbing nets and sliding poles make it possible to be on the scene in no time at all during operations!



# Tree House Stamp Booklet

Climb up the treehouses, collect stamps and grab treasures! The stamp booklets are available from our tourist offices, directly in the information boxes of the respective starting treehouse, or at the Schlick 2000 valley station. There is a pair of pliers in every treehouse for stamping. Redeem the stamp booklet at the end of the trail, in the surrounding alpine pastures or at the Schlick 2000 valley station and secure a surprise from Bardin's treasure!



# Elfer Summit Station

Panoramic views, starting point in the mountains and cosy stops

The Elferbahnen summit station is more than an arrival hall for cable cars, as you can enjoy the sunshine here; the panorama restaurant offers typical Tyrolean delicacies and all eleven hikes set off from here into the fascinating mountain region. The large, accessible sundial is located within sight of the mountain station. Alternatively, the sun loungers offer you the chance to leave everyday life behind you for a couple of hours and simply enjoy the panoramic views.

**Start and finishing point:** Elferbahnen summit station (1,794 m)

**Destination:** summit tours on the Elfer, Zwölfer and Habicht, Geh-Zeiten-Weg, Elfer circular path, sundial and much more

**Walking time:** As long as your heart desires and your legs can still carry you

**Difference in altitude**

From 0 to hundreds of metres, depending on the walk

## Getting there / starting point

Elferbahnen valley station car park in Neustift

# Elfercoaster

Fast-paced fun through the alpine panorama

With the Elfer Coaster, a new highlight is being created on the Elfer for anyone who wants to combine activity, nature, and a touch of thrill. Stretching over approximately 1.5 kilometers, the track winds its way through the mountain forest. Curves, waves, and varied sections ensure plenty of riding fun, while the speed can be individually controlled—ideal for families as well as for those who prefer a faster pace.

Along the way, impressive views repeatedly open up over the Stubai Valley and the surrounding mountains. After the ride, you are conveniently brought back to the starting point at the mountain station—perfect for another run or for continuing with a hiking tour. The Elfer Coaster can therefore be seamlessly integrated into a day out on the Elfer, adding an extra experience to the existing hiking and leisure offerings.

## Getting there / starting point

Elferbahnen valley station car park in Neustift

New  
from  
summer  
2026

New from summer 2026:  
Adrenaline meets the view  
on the Elfercoaster

# Elfer Sundial

## Mountain times

Even as you get off the cable car, the largest accessible equatorial sundial in the Alpine region catches your eye. The impressive larchwood construction, with its inner diameter of 8 metres, literally transports visitors to the centre of time. The choice of location is no accident: for the local people, the mountainous massif of the Elfer in Neustift has always been an enormous time indicator that makes the rhythm of the sun and nature visible. The same can be said of the origin of the name – since anyone can remember, the Elfer and its neighbouring mountain, the Zwölfer, have been used to gauge when it's midday. Because at exactly eleven o'clock the sun stands directly over its summit and then reaches the Zwölfer one hour later. A Viscope telescope also attracts visitors to take a closer look at an area stretching from the Stubai Valley to Innsbruck.

### Circular route: Elfer summit station – Panorama Trail – Sundial

**Start and finishing point:** Elfer summit station (1,794 m)

**Destination:** Elfer sundial (1,780 m)

**Walking time:** approx. 5 minutes

**Difference in altitude:** level

#### Rest points

Panoramarestaurant Elfer (1,794 m), Elferhütte (2,080 m)

### Getting there / starting point

Elferbahnen valley station car park in Neustift

### Tour description

A flat path runs from the Elferbahnen summit station to the walk-in sundial which also has seats and fantastic panoramic views. From the sundial, you can either climb up the 'Sonnenzeit' hiking trail or walk back to the summit station.

The largest walk-in sundial  
in the Alpine region



# Glacier Trail

## Tracing the glacier

Along the hiking trail from Fernau middle station to Eisgrat mountain station, the Stubai Glacier reveals itself in all its splendour. At almost 3,000 meters, there is also plenty to experience in the summer months. The 'Kingdom of Snow' fully lives up to its name in summer as well. A massive moraine is the visible sign of the irrepressible power of the eternal ice. The path runs along the moraine, which testifies to earlier glacier advances, past the colourful Oberfernau moor, the impressive glacier-polished rock of the Eisjochferner slope to the Eisgrat mountain station. 150 years ago the glacier stretched as far the present day middle station. The ice left behind the impressive moraine walls on its ridge, which are still clearly visible. The Fernau reservoir is an enticing place to stop for a rest. From the panorama terrace at the Eisgrat mountain station, a delightful birds-eye view of the spectacular Stubai mountains can eventually be observed from 2,900 metres above sea level.

### Fernau middle station – Fernau Reservoir – Eisgrat mountain station

**Starting point:** Fernau middle station, Stubai Glacier (2,300 m)

**Destination:** Eisgrat mountain station (2,900 m)

**Walking time:** 2 hours

**Difference in altitude:** ↑ 600 m

#### Rest points

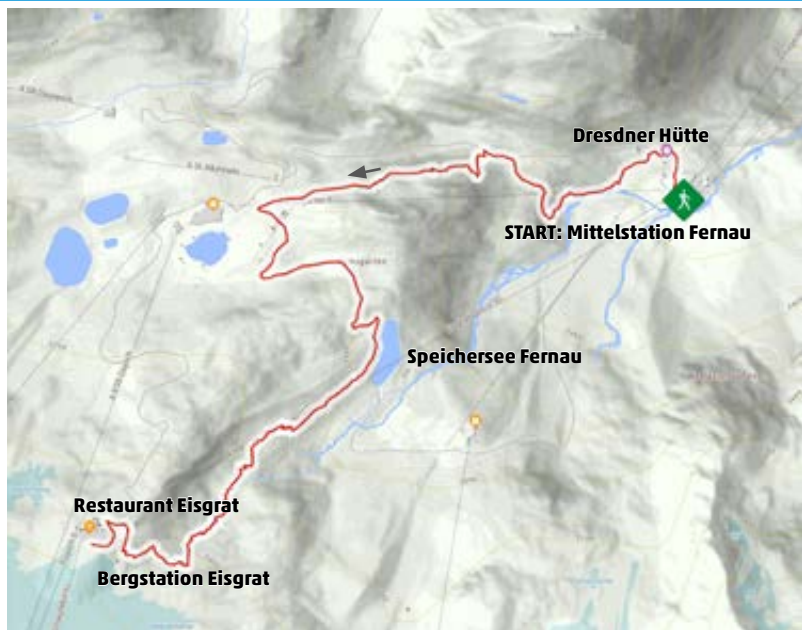
Restaurant Eisgrat (2,900 m), Dresdner Hütte (2,308 m)

### Getting there / starting point

Eisgrat valley station (1,695 m), sufficient parking spaces are available there.

### Tour description

From the Eisgrat valley station (1,695 m), the Fernau middle station (2,300 m) can be conveniently reached with the 3S Eisgratbahn gondola lift. Follow the AV 102 hiking trail from the middle station to Kapellenstein. From there, the new trail runs along a moraine as far as the Fernau reservoir. From here you get to the mountain station Eisgrat (2,900 m). The gondola takes you back to the valley station.



Hiking on the  
Glacier Trail



# Top of Tyrol

## View at 3,210 meters

Impressively embedded in the panorama of the Stubai Glacier, the “Top of Tyrol” summit platform offers a unique 360° view of 109 peaks over 3,000 meters. A view that stretches from the Stubai Alps all the way to the Dolomites. At an altitude of 3,210 meters, it juts out nine meters beyond the edge of the rock like a sword tip. The Viscope viewing telescope allows a closer look at the surrounding peaks and displays their names. The platform can be reached from the mountain station of the Schaufeljoch cable car via a short footpath (5 min.).


A short detour to the Schaufeljoch Chapel is also recommended, located at the foot of the Schaufelspitze, not far from the Schaufeljoch mountain station.



# STUBAI ULTRA TRAIL

03. – 04.07.2026

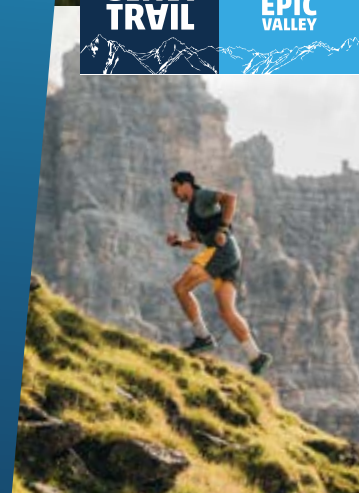
- STUBAI 100
- STUBAI ULTRA
- STUBAI CLASSIC
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STUBAI  
ULTRA  
TRAIL

EPIC  
TRAILS  
EPIC  
VALLEY



# Mutterberger See Hike

This beautiful and varied trail takes you to the magnificent Mutterberger See, passing waterfalls, Swiss stone pines and grassy slopes on the way.

## Fernau middle station – Dresdner Hütte – Niederl – Mutterberger See – Wilde Grub'n – Eisgrat valley station

**Starting point:** Fernau middle station

**Destination:** Mutterberger See, Eisgrat valley station

**Difficulty level:** medium

**Walking time:** 3 ½ hours

**Difference in altitude:** ↑ 800 m ↓ 1,350 m

### Rest points

The Dresdner Hütte (2,308 m) is open from late June until late September (weather permitting) and offers refreshments and overnight accommodation.

### Tour description

#### Fernau middle station stage

Start at the Fernau middle station at 2,300 m, and walk past the Dresdner Hütte to the Niederl wind valley.

#### Niederl stage

Cross through Niederl wind valley to the Wilde Grub'n. Sure-footedness and a good head for heights are a must. After a brief descent, you leave the Wilde Grub'n via the bridge on the left and head up to Mutterberger See.

#### Mutterberger See stage

The beautifully situated Mutterberger See is an enticing place to stop for a rest. The surrounding mountain peaks are reflected in its waters, while on hot summer days nature lovers can occasionally venture into the lake for a refreshing swim.

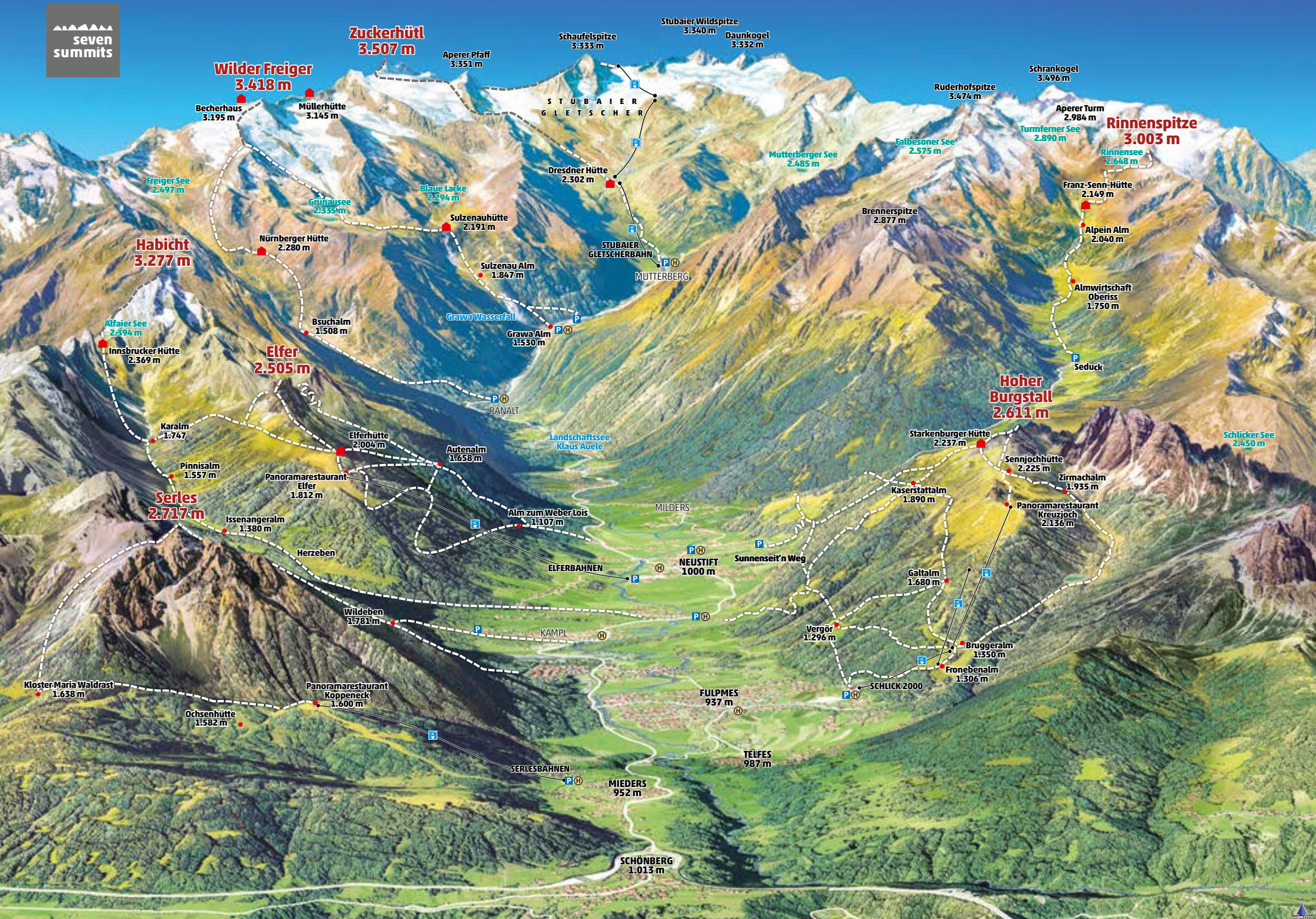
#### Wilde Grub'n stage

Hike through grassy slopes, Arolla pines and mountain pines as far as the Eisgrat valley station.



Fold-out  
overview map





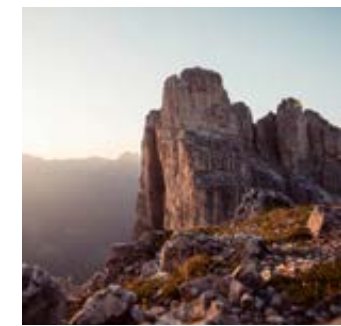
# Seven powerful peaks

Versatile. Distinctive. Formative.

Magnitude shows itself in different ways. With regards to the Seven Summits of the Stubai valley, it is not height that is of main importance, but rather what these mountains mean to the people. It's about the impressions **the peaks leave with the people; it's about the ones that tell a story and the ones that form the landscape.**

From early on the Seven Summits Stubai have attracted mountaineering pioneers and have helped to develop the profession of mountain guiding. Maps have been created and improved over time. Alpine huts were built and trails opened, so that the Seven Summits of the Stubai valley were soon no longer reserved only for the alpine conquerors.

Nowadays, a large number of mountain lovers can enjoy the impressive peaks. Some of them are relatively easy to reach even without a mountain guide and others require technique and alpine knowledge. Some of the paths to the Seven Summits Stubai are wellattended and cared for, others are only reachable on their original tracks. However, all of the Seven Summits Stubai have in common that they reward successful conquerors with a stamp in the Seven Summit pass, which can then be exchanged for a prize, depending on the number of summits reached.



# Zuckerhütl (3,507 m)

## The demure one

It is not without reason that the highest mountain in the Stubai Alps has the name it does. If you take a look at the summit from the east, you will understand why it is called Zuckerhütl (German term for sugarloaf), a brave pyramidal peak, like a sugarloaf on the one side, charming from the other; cool and denying, rocky and rough on the next side. The Zuckerhütl reigns over the region. The highest mountain of the Stubai valley is positioned at the border to South Tyrol, but yet is still solely on North Tyrolean territory. Despite its impressive height of **3,507 meters** above sea level, the Zuckerhütl is a rather conservative mountain, however even it is not a 'walk in the park'. Above all, it is the climb to the peak that can pose challenging.



### A well-deserved reward

You must only cast a glance from the west, towards the south, and then to the east to know why it is worth making the effort to ascend the highest peak of the Seven Summits Stubai. Not only are there the Dolomites, which sparkle in the sun, but also the Zillertal Alps that smile back at you. Next to them, the Hohe Tauern mountain range with the Großglockner and the Großvenediger (Great Venetian) present themselves, and the Ötztal Alps as well as the Karwendel mountain range send their greetings. These mountains welcome you heartily.

### Safe protection

In **1863** Joseph Anton Specht, one of the first mountaineers in the Alps with numerous **first ascents**, started together with the most qualified mountain guides of the Stubai valley, Alois Tanzer and Pankraz Gleinser, the ascent from the south side of the Schaufelnieder across the Pfaffenjoch and the Pfaffenschneide to the peak of the 3,507 meter high Zuckerhütl. Some years then passed before mountaineers regularly summited the Zuckerhütl, thanks to the work of the Austrian and the German Alpine Associations. In 1875, the **first alpine hut in the Stubai valley, the Dresdner Hütte**, was built. Experienced mountain shepherds, chamois hunters and mountain guides also played a considerable role in the development of the mountain.

### Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★★★★



### Starting point

Top station Schaufeljochbahn, Stubai Glacier (3,170 m)

**Destination:** Zuckerhütl (3,507 m)

**Walking time:** ↑ 3 ½ hrs – ↓ 4 ½ hrs

**Difference in altitude:** ↑ 400 m ↓ 400 m

### Rest points

Jochdohle (3,150 m), Dresdner Hütte (2,308 m)

### Characteristics

High mountain route including glacier-climbing passages (UIAA II – 2nd level on the International Mountaineering and Climbing Federation scale), full safety equipment mandatory (rope, crampons, etc.), very good orientation needed in case of foggy conditions, knowledge about rescue measurements out of crevasses needed as well. We recommend that

people without high mountain experience go with a certified mountain guide. Experience in hiking and appropriate fitness is also required when going with a guided tour.

### Getting there / starting point

The starting point of this tour is the top station of the Schaufeljoch cable car at Stubai glacier. To get there, take the Gamsgarten cable car (first ascent at 8 am) to the top and then switch to the Rotadl cable car. Numerous free parking spaces are provided at the mountain base station of the Stubai glacier.

### Ascent main summit (east summit)

Start from the restaurant Jochdohle near the top station of Schaufeljoch cable car and walk south alongside the bottom of the Schaufelspitze until you arrive at the top station of the Fernau chair lift (not operated in summer) – Fernaujoch or Schaufelnieder. From there, hike on the Heinrich Klier route to Pfaffenjoch (3,212 m), where you cross back to the Stubai side of the mountain and pass the Sulzenaufener (glacier). Once you are on the Pfaffensattel (saddle), depending on the conditions, you can scramble over large rocks to the top. Duration: 3 ½ hours for ascent. In high summer, the alternative summit “Zuckerhütl Westgipfel” is recommended due to the danger of falling rocks. Please enquire about the current conditions directly at the surrounding huts or at the mountain guide offices.

### Alternative ascent (west summit)

Up to the Pfaffenjoch (3,212 m) you follow the same path as to the east summit. About 500 m after the Pfaffenjoch you branch off from the main trail at the Sulzenaufener retchts in the direction of the Pfaffenkogel. Head southwest past the Pfaffenkogel until you reach the lowest point of the ridge to the west summit. Now follow the ridge first over easy boulder terrain, then over a steep firm slope and finally over a steep rock face (safety hook) to the summit.

### Descent

You can descend on the same route as coming up (Pfaffensattel – Sulzenaufener – Pfaffenjoch – top station Rotadl cable car). Alternatively, there is the possibility to descend directly to the Dresdner Hütte. To do this, leave the ascending path shortly before Pfaffenjoch and descend via Fernaufener.

# Wilder Freiger (3,418 m)

## The formidable one

Simply stop and look up at this monolith. From the Grünausee, which is close to the Sulzenauhütte, you can see the Wilder Freiger (to the north) posing in front of you – as beautiful to look at as his Italian name ‘Cima Libera’ sounds. In the back part of Ridnaun in the Stubai Alps, on the borders of Austria and Italy, the Wilder Freiger rises from the main Alpine

Wilder Freiger  
from the north



ridge between Freigerscharte (gap) and Pfaffennieder. The gap of the Pfaffennieder separates it from the Wilde Pfaff and the Zuckerhüt, a **3,418-meter high pyramidal peak of consolidated snow ('firn')**, that demonstrates that it belongs to the 'big ones' in the valley and therefore functions a favorite playground for alpine adventurers.

### Different sides

Via paths, glaciers and icy flanks, the Wilder Freiger can be ascended from different sides and by different paths. The sea of mountain ridges and clouds that form a panorama for you when standing at the top is nothing less than overwhelming. The 360° view stretches from the Dolomites to the Ortler and to the Ötztal, as well as to the Stubai Alps and to the Hohe Tauern.

### Stable connection

When ascending the Wilder Freiger **for the first time in 1869** Julius Ficker and his two mountain guides from the Stubai, Pankraz Gleinser and Sebastian Rainalter, had to walk all the way from Neustift to Ranalt, where they hiked through Längental to their overnight stay at the hut on the Hoher Grübel. The next day, they hiked about 5 hours from the hut to the peak. The glacier and the massive ice, which was covering the Wilder Freiger, were impressive and demanding at the same time, as they surrounded them on all sides. Bit by bit, alpine huts were built and trails installed around the Wilder Freiger. Already in 1912, a high mountain route – **the Lübecker Weg** – connected the Dresdner Hütte across the peak of the Wilder Freiger with the hut on the Becher. This path was installed as an ice free crossing from Stubai, over the main Alpine ridge to Ridnaun, from the Dresdner Hütte via Peiljoch to the Fernerstube (cabin) and from there onto the bottom of the ridge to the Aperer Freiger and further on across the slopes uphill to the Lübecker Scharte (gap) where an almost continuous wire-rope secured ascent begins.

## Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★★★★

**Starting points:** parking space Sulzenauhütte (1,590 m)  
or Nürnberger Hütte (1,370 m)

**Destination:** Wilder Freiger (3,418 m)



### Walking time via Sulzenauhütte

Day 1: ↑ 2 hrs, Day 2: ↑ 5 hrs – ↓ 6 hrs

### Difference in altitude

Day 1: ↑ 600 m, Day 2: ↑ 1,300 m ↓ 1,900 m

### Walking time via Nürnberger Hütte

Day 1: ↑ 2 ½ hrs, Day 2: ↑ 4 ½ hrs – ↓ 5 hrs

### Difference in altitude

Day 1: ↑ 1,000 m, Day 2: ↑ 1,150 m ↓ 2,150 m

### Rest points

Sulzenau Alm (1,857 m), Sulzenauhütte (2,191 m),  
Bsuchalm (1,580 m), Nürnberger Hütte (2,297 m)

### Characteristics

High mountain route – no orientation aids the top, orientation can be hard in foggy conditions, full safety equipment mandatory (rope, crampons, etc.). We recommend that people without high mountain experience go with a certified mountain guide.

## Getting there / starting point

Starting points for both routes is the parking lot for the Sulzenauhütte and the Nürnberger Hütte which are located at the far end of Stubai Valley. There you will find enough free parking spaces.

## Ascent

**Day 1:** Walk easily for 2 hours via the Sulzenau Alm to the Sulzenauhütte or for 2 ½ hours via the Bsuchalm to the Nürnberger Hütte. Both huts are ideal for an overnight stay and will work perfectly as a starting point for the ascent of the Wilder Freiger.

**Day 2:** First, ascend to the Seescharte (gap at 2,762 m), which can be reached from the Sulzenauhütte via Grünausee (lake) or from the Nürnberger Hütte on a winding path. Afterwards the path leads from below the Gamsspitze across chunky rocks to the beginning of the glacier (at about 3,160 m). Hike across the ridge to reach a snowfield at about 3,340 m, where you then walk on to the ridge leading to the peak of the Wilder Freiger. You will pass a small tollhouse made of stone.

## Descent

Descend the same way, that you ascended.

# Habicht (3,277 m)

## The distinctive one

This peak proves that one can be powerful even without being the biggest. When it comes down to the mere facts, the Habicht with its 3,277 meters has to line up behind its colleagues Zuckerhütl and Wilder Freiger, however the Habicht is an equal competitor to the others in the Stubai Alps, being the highest peak of the Habicht ridge. No wonder that the 'Hoger', as it is called by the locals, due to his distinctive shape was believed to be the highest mountain of the Tyrol for a long period.



View from the Pinnistal  
to the Habicht

### Amazing panorama

Whoever wants to see the Stubai Alps in all their greatness, along with a view on the Northern Limestone Alps as well as the western Zillertal Alps and the Dolomites, absolutely must hike up the Habicht. It is an additional bonus to get to see the rocky bastions of the Tribulauns and the Goldkappel in the south of the isolated peak of the Habicht.

### A forerunner in tourism

Imagine hiking up a mountain and believing that you are the first person in history to do so, only to realize at the top that perhaps someone else had already been there before. Peter Carl Thurwieser from Kramsach experienced this. On his **first ascent of the Habicht on September 1, 1836** he found a figure made of stone on the peak, which led to the conclusion that someone must have been there before him. Even though Thurwieser chose and ascended the Habicht out of all the high peaks of the Stubai as the first mountaineer, local hunters and the helpers of the field measurement had probably been there before him. There are no written documents of an earlier ascent, so Thurwieser has kept the honor of being the first. According to Thurwieser's report, it took him and his mountain guide, Ingenuin Krösbacher from Fulpmes, 3 hours and 25 minutes to ascend from the northern Pinnisalm via Pinnisjoch gap, from there onto the west to the Speikgrathöhe and across a snow field and the eastern ridge of the Habicht to the top. They then stayed 4 ½ hours on the mountain, wrote rave reports about the view and took barometric measurements.

### Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Neustift, district of Neder (970 m)

**Destination:** Habicht (3,277 m)

**Walking time:** Day 1: ↑ 4 ½ hrs (from Karalm: 2 hrs),

Day 2: ↑ 3 hrs – ↑ 6 ½ hrs (from Karalm: 2 ½ hrs)

**Difference in altitude:** Day 1: ↑ 1,400 m,

Day 2: ↑ 900 m ↓ 2,300 m

### Rest points

Issenangeralm (1,380 m), Pinnisalm (1,550 m), Karalm (1,737 m), Innsbrucker Hütte (2,369 m), Elferhütte (2,080 m)

## Characteristics

High mountain tour – demanding hiking with passages of climbing (UIAA I), partially rope-secured, The difficulty depends strongly upon the current conditions (snow fields, ice). No special glacier equipment is required to cross the snowfield. We recommend that people without high mountain experience go with a certified mountain guide.

## Getting there / starting point

The tour starts at the parking lot Zegger at the district of Neder in Neustift. Guests with a valid Stubai Guest Card can park for free and others must pay a fee. The parking lot is located right before the entrance of Neder on the right hand side.

## Ascent

From the parking space, walk about 2 ½ hours through the Pinnis valley, passing the Issenangeralm and the Pinnisalm, until you reach the Karalm. It is also possible to get to the Karalm in 2 ½ hours from the Elferhütte, through a beautiful landscape. Alternatively, you can hire the shuttle service from Neder to Karalm (call 0043 5226 2877).

From the Karalm, a winding path leads to the Innsbrucker Hütte (2 hours), from which the Habicht is a 3-hour hike away. (Attention: Due to the length of the tour, we recommend staying overnight at Innsbrucker Hütte and starting the ascent of the Habicht from there the next day.) The path is well-marked leading from the hut: first, cross broken rocks, climb over boulders until you reach the remains of the glacier at top of the peak. You can cross the small glacier bowl, which has no crevasses (no crampons necessary), without any trouble. The path up to the peak is partly rope-secured and winds over rocky terrain.

## Descent

Descend the same way, that you ascended.

# Rinnenspitze (3,003 m)

## The enticing one

Small effort – big reward. This slogan fits the Rinnenspitze, which is centrally located in the Oberberg valley. There are not many 3,000-meter high peaks, which can claim that they are easy. It is this easy 3,000 meter summit that opens the gate to the world of the glaciers and all their beauty and diversity. The Oberberg valley leads the way to the Rinnenspitze. It became famous in early times because it offered the shortest way from Innsbruck into the eternal ice, initially with the destination Alpeiner Ferner. Now the Rinnenspitze attracts hikers and causes them to fall in love with the Stubai summits. It marks the entryway to conquering the Seven Summits Stubai.

View from Rinnensee  
to Rinnenspitze



## Huge power

You either come to the Rinnenspitze because of the power of its water or because of its view. Before you know it, the icy giants stand in front of you. Eyes are especially drawn to the Lüsener Ferner. If you dare to take a glance into the depths below, you will find the Rinnensee at its base. Without any doubt, this mountain lake is considered to be one of the most beautiful lakes of the Alps, and absolutely worth the hike.

## Healing waters

Many hundred years ago, when bears and wolves still lived in this rough region, legend says that a hunter shot a bear, and so began the myth of the spring at Bärenbad. Bärenbad is in the Oberberg valley where the Oberberg stream joins the Seebach stream. The legend of the wondrously healing waters at Bärenbad was born when the wounded bear rolled itself into a pool near the spring and soon trotted away after being completely healed. Around the year 1500, the water of the spring was analyzed and was found to contain a high level of iron and other minerals, which caused people from different countries to believe in the healing power of the Bärenbad waters. Primarily in the 17th and 18th centuries, they travelled to the three springs: a sulfur spring, a chalybeate spring and a mixed spring. In the year 1958, Bärenbad closed because the inflow of the spring had run dry.

## Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** Car park Seduck (1,450 m)

**Destination:** Rinnenspitze (3,003 m)

**Walking time:** ↑ 5 ½ hrs – ↓ 4 ½ hrs

**Difference in altitude:** ↑ 1,560 m ↓ 1,560 m

## Rest points

Franz-Senn-Hütte (2,147 m), Almwirtschaft Oberiss (1,750 m)

## Characteristics

Hiking (black mountain track) and via ferrata (fixed rope route) – steel wires on the ridge at the peak – via ferrata graded A (B at one part). We recommend that hikers without climbing experience bring a via ferrata set (harness, etc.)

## Getting there / starting point

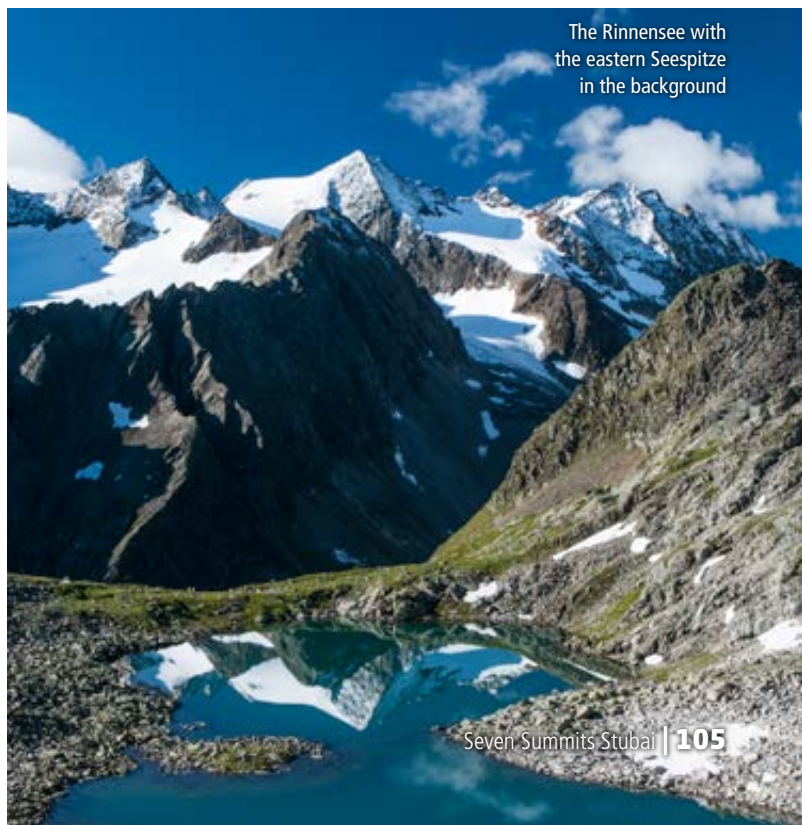
The tour starts in Seduck in the Oberbergtal valley, which can be reached from Neustift-Milders. Turn right in Milders and follow the road for approx. 4.5 kilometers to the free parking spaces in Seduck.

## Ascent

On the right-hand side of the valley, you hike up a moderate incline to the end of the valley at the Oberissalm. There a winding path leads through the woods and mountain pines up to the Alpeinalm, where you can already see the Franz-Senn-Hütte. Directly behind the hut, cross the Alpein stream ascending north in the direction of the Rinnensee. From here, a steeper track leads uphill along the eastern ridge of the Rinnenspitze. At the end, a steep but secured ridge with steel wires and iron steps brings you to the summit cross. For the whole ascent, plan on 4 ½ hours.

## Descend

Descend the same way, that you ascended.



The Rinnensee with the eastern Seespitze in the background

# Serles (2,717 m)

## The dominating one

Above all mountains rules a king. Actually, the ruler of the Tyrolean mountains is a queen, who reigns with her mighty scepter the world of summits from the Stubai Alps all the way to the city of Innsbruck. Among these summits stands the Serles as an almost completely isolated pyramid of rocks which, according to a myth, is a ferocious knight with his two sons. They were cursed by a farmer because of their violent temper, their cruelty and their barbarity. Now **King Serles** and his sons as secondary peaks have remained fossilized there where his castle once had been. The



The Serles –  
high altar of Tyrol

outstanding three-piece- setting of the summit on which the story is probably based greatly impressed Goethe during his travels to Italy and thus he gave them the name Hochaltar Tirols (high altar of Tyrol) to the Serles.

### Absolute view

You not only can see the Serles from Innsbruck, you can also see at least as far from the peak itself. The exposed position opens up amazing mountain views and a panorama beyond comparison, from the Zuckerhütli to the Tux glaciers and from the Dolomites to the Karwendel mountain range. The view from the Serles includes the Inn Valley, the Stubai, as well as the Zillertal Alps.

### Distinctive origin

**In 1579, when Georg Ernstinger**, a mountaineer from Innsbruck, ascended the Serlesspitze from Schönberg via Gleinserberg and Maria Waldrast for the first time, he noticed the specific water at Maria Waldrast. However he was not the first person to value the quality of the **water at Maria Waldrast**. The place at the bottom of the Serles was already sacred for the Celts. The pilgrims on their way to Rome used the route via Maria Waldrast and drank the water of Maria Waldrast, which has of some of the highest quality in Tyrol. Its journey is said to take almost 100 years through limestone and mineral-based soil on primary rock. The secluded place at the base of the Serles houses a monastery with a church, a fountain of mercy and a chapel of origin at the edge of the forest. It is the **highest located place of pilgrimage in Austria**.

### Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★☆☆☆

**Starting point:** Neustift, Kampl (994 m)

**Destination:** Serles (2,717 m)

**Walking time:** ↑ 4 ½ hrs – ↓ 4 hrs

**Difference in altitude:** ↑ 1,700 m ↓ 1,700 m

### Rest points

Alpengasthof Wildeben (1,781 m),

Klostergasthof Maria Waldrast (1,641 m),

Panoramarestaurant Koppeneck (1,600 m)

### Characteristics

Hiking (black mountain track) – short via ferrata (fixed rope route) like passage after the Serlesjöchl (saddle)



## Getting there / starting point

The tour starts at the end of the H hlebachstra e at the dam in Kampl, a district of Neustift. Drive out of the valley, turn right shortly before the end of Kampl, before the gas station. There are only a few parking lots available at the starting point.

## Ascent

At the dam in Kampl, on the edge of the forest, the steep track through the woods starts, winding its way up for about 2 hours to the Alpengasthof Wildeben. Directly behind the bar, a steep path leads up to the Serlesj chl (2,384 m) - 2 hours. Up on the saddle, climb a small rock face via a short ladder. Then, there is a short passage secured with steel wires before the path winds its way up the southwest side, which is covered with rubble but gets wider slowly but surely. Finally, you reach the big summit cross passing an exposed rocky wall.

You can also ascend the Serles by starting at the Maria Waldrast monastery. For this route up you need 3 hours. By car you reach the monastery via Matri am Brenner.

## Descend

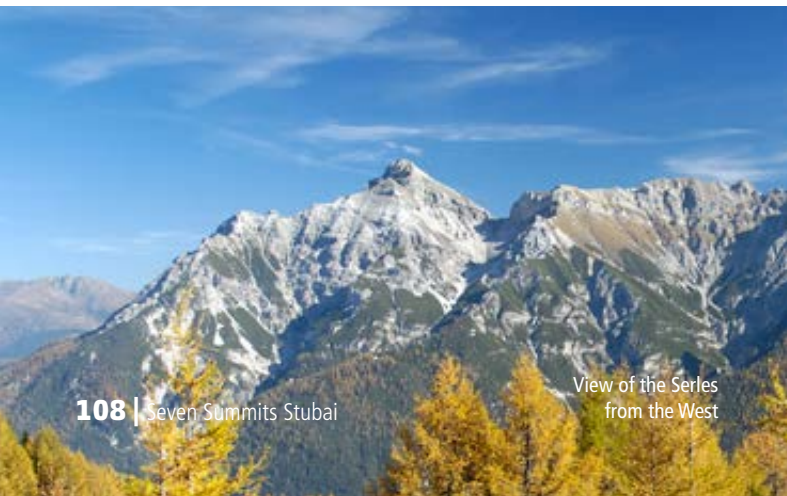
Descend the same path you ascended. Alternatively, you can hike via the Maria Waldrast monastery to the top station of the Serles cable car. For that route, turn left at the Serlesj chl (saddle) south-east and follow the path, at first over crushed stone then through mugo pines, later on through the woods to the Maria Waldrast monastery (about 3 hours). From there, a relatively flat path leads to the top station of the Serles cable car (45 minutes). You can either take the cable car there to descend or walk for 1   hours to Mieders.

# Hoher Burgstall (2,611 m)

## The convincing one

Of average height and beautiful shape – this description may fit to several mountains in the Stubai Alps. However, with this summit, it is the plainness that surprises. At the Hoher Burgstall many a mountaineer may not expect to discover anything new because the summit is the easiest to hike of all the Seven Summits Stubai. However, this mountain full of views at the southwest end of the Kalkk gel mountain range teaches the alpinists to think differently. As a powerful limestone mass of intrusive rock based on primary rock, the Hoher Burgstall convincingly shows diversity of the Stubai mountains, and not only offers exciting views but also a variety of insights.

The Hoher Burgstall  
in the midst of the  
Kalkk gel mountain range



## First impression

On days with good weather and clear views, the peak of Hoher Burgstall opens up a unique 360° panorama from the Karwendel mountain range over the Zillertal Alps and the mountains of the Gschnitztal up to the glaciers around the Zuckerhütl and the Franz-Senn-Hütte.

## Great men

**Sir Edmund Hillary**, first climber of the Mount Everest in the year 1953, marked his first summit in the Alps four years before by conquering the Hoher Burgstall. However, much stronger than this is the connection of **Franz Senn** to Alpinism in the Stubai. Born 1831 in Längenfeld, he came to Neustift as a priest in 1881 and formed the touristic developments in the valley. He was a dedicated mountaineer and educated youth to be carriers and mountain guides. He produced maps including hiking times by means of his own expenses and introduced guiding fees. His mountain guides had to fix trails, secure paths and mark routes when they were not on the go in the mountains. In 1869, he founded the German Alpine Association together with three companions from Munich. Its purpose was to promote mountaineering as an experience. The only record of the clergyman Franz Senn's own mountaineering activities in the Stubai valley can be found in the memory of his ascent of the Hoher Burgstall in July 1881. Unfortunately, his dream of an alpine hut at the Alpeiner Ferner was not realized before his death, however later thanks to the Austrian Alpine Association's section of Innsbruck.

## Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** top station Schlick 2000, Kreuzjoch (2,136 m)

**Destination:** Hoher Burgstall (2,611 m)

**Walking time:** ↑ 3 hrs – ↓ 3 hrs

**Difference in altitude:** ↑ 500 m ↓ 500 m

## Rest points

Panoramarestaurant Kreuzjoch (2,136 m), Sennjochhütte (2,225 m), Starkenburger Hütte (2,237 m), Kaserstattalm (1,890 m), Froneben Alm (1,350 m)

## Characteristics

Hiking (red mountain track) – short rope secured passages, short exposed section close to the peak

## Getting there / starting point

The tour starts at the top station Kreuzjoch, which you can reach by Schlick 2000 cable car. At the valley station, you find numerous free parking spaces. Schlick 2000 cable car can be reached via the village of Fulpmes.

## Ascent

From the top station Kreuzjoch, start walking the easy-ascending panoramic path in the direction of Starkenburger Hütte. After the Sennjochhütte, follow the signs to Hoher Burgstall. The path leads uphill over the ridge, then turns right and passes underneath the south wall of the Niederer Burgstall. Then the path leads through a well secured channel of rocks winding its way up to the summit of the Hoher Burgstall, the last part going directly along the ridge. Duration: 3 hours to ascend.

## Descent

The descent goes over the south side of the summit to the Starkenburger Hütte (2,237 m). From the hut, the path leads uphill for about 300 meters vertical height back to the top station of Schlick 2000. Alternatively, the descent can be made to the Kaserstattalm (1,890 m) and from there on to the Froneben Alm (1,350 m), located at the middle station of Schlick 2000.

## Alternative ascending routes

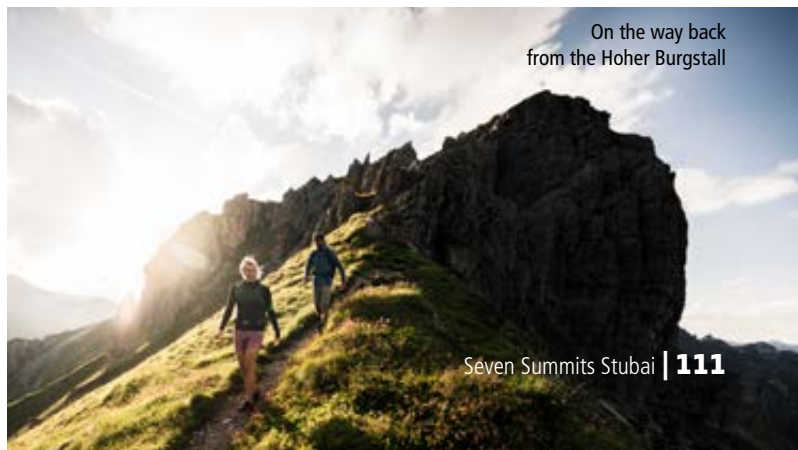
**Starting point:** parking space Freizeitzentrum Neustift (990 m)

**Destination:** Hoher Burgstall (2,611 m)

**Walking time:** ↑ 4½ hrs – ↓ 3 hrs

**Difference in altitude:** ↑ 1,600 m ↓ 1,600 m

**Rest point:** Starkenburger Hütte (2,237 m)



On the way back from the Hoher Burgstall

# Elfer (2,505 m)

## The shy one

Posing for the cameras and nevertheless not attracting too much attention. Every day at 11 am the sun lights up its back to present it in the spotlight, as seen from Neustift, however some of its glory is hidden shortly thereafter. You must hike up the Elfer to capture all of its beauty because at close range its rocky towers and spikes are much more impressive. Even though the blunt **Dolomite rocks situated on a foundation of primary rock** and the rocky formation of the Elferspitze and its Elfer towers may remind you of the Dolomites, the 'home mountain' of the Neustift inhabitants with its glacial peaks of the Stubai Alps knows where it belongs. Proud and glorious on the one hand, shy and insecure on the other, the Elfer knows how to confound its spectators. While the summit cross at the eastern Elferturm (2,499 m) leads you to believe it is the highest point, the main summit, also known as Elferkofel (2,505 m), doesn't want to be forgotten.



The rugged Dolomites  
of the Elfer

### Proud neighbors

It is perfectly fine if you let your eyes wander from the Elferspitze in all directions. As the rather shy one of the Seven Summits Stubai, this peak is not disappointed if it does not get all of the attention. The Serles ridge with the Kirchdachspitze (2,840 m) in the east, the Karwendel mountain range in the northeast and the Kalkkögel mountain range with the Schlicker See Spitze (2,804 m) opposite it in the northwest like to be in the limelight.

### Challenging climbing

It is easy to understand why the Dolomite spikes of the Elfer always have attracted climbers. Fritz Kasperek, one of the first ascendants of the Eiger north face, discovered the Elfer in the '40s as a climbers mountain while he was stationed at the army high mountain school in Fulpmes during World War II, erected to educate young commissioned officers. Still to this day, the pitons of his route are visible.

### Route data and rating

**Fitness:** ★★★★★

**Technique:** ★★★★★



**Starting point:** top station of Elfer cable car (1,794 m) / valley station of Elfer cable car in Neustift (993 m)

**Destination:** Elfer (2,505 m)

**Walking time:** ↑ 2 ½ hrs – ↓ 2 ½ hrs

**Difference in altitude:** ↑ 750 m ↓ 750 m

### Rest points

Panoramarestaurant Elfer (1,794 m), Elferhütte (2,080 m), Autenalm (1,665 m), Karalm (1,737 m)

### Characteristics

Hiking (red mountain track)

### Getting there / starting point

The tour starts at the valley station of Elfer cable car at the outskirts of Neustift. Directly at the valley station you find numerous free parking lots. Use the cable car to get to the top station where the hike begins.

### Ascent

From the top station of the Elfer cable car, a winding path leads up for about 30 minutes to the Elferhütte. Then, follow the distinctive ridge

uphill in the direction of Elferspitze. Shortly before the summit, you reach the Elfer saddle. There, turn right and hike up the short rope-secured passage for a few minutes until you reach the Elferspitze. Altogether it will take you approximately 2 to 2 ½ hours to ascend.

## Descent

Go around the Elferkofel on the south side and you will reach the Zwölfernieder within about 3/4 of an hour. From Zwölfernieder, a small but nice path going slightly down leads to the eastern flank of the Elfer and then almost flat to the Elferhütte. This route takes about 2 ½ hours. Alternatively, you can descend from Zwölfernieder to the north via the Autenalm (1,655 m) or to the south via Karalm (1,737 m).

# Good to know

## Seven Summits Stubai Viewing Point

**Is there a place from which I can see all of the Seven Summits?**

Yes, there is. The viewing point at the Starkenburger Hütte provides you with a view of all of the Seven Summits Stubai.

## Additional information

**Where can I get more information about the Seven Summits Stubai?**

Along the ascending paths to the Seven Summits Stubai, there are information guideposts, which give you background details and tell stories about these mountains. You can also find further information on <https://www.stubai.at/en/activities/hiking/seven-summits>

**Which of the Seven Summits Stubai are manageable for me?**

By reading the tour descriptions, you will get an initial overview of the peaks and the challenges climbing them. You can get more information at anytime in our mountain guide offices.



Elferspitze  
and Neustift



The Seven Summits  
Stubai Viewing Point

# The Stubai Outdoor Pass

You can  
get the  
stamp pass  
also as an app.  
For more information  
see page 153.

Will I be rewarded for successfully ascending the summits? Yes, you will receive a Seven Summits Stubai award (3 summits = Seven Summits Stubai T-shirt, 7 summits = Seven Summits Stubai trophy) when you present your Stubai Outdoor Pass, along with your Stubai Guest Card to the staff at the tourist office. In order to do this, you will find an embossing tool on top of each mountain, so that you can mark your pass. Additionally, the Stubai Outdoor Pass serves as a souvenir, upon receiving your prize at the tourist offices in Neustift and Fulpmes.



# Stubai Mountain Lakes

**Crystal clear. Impressive. Mystical.**

The Stubai mountain lakes, idyllically hidden away around the glorious mountain landscape, inspiring hikers with their beauty and charm. The Stubai mountain lakes conjure up a special kind of magic when the sunlight gently sparkles on the water's calm surface. Here, we present the most breath-taking Stubai mountain lakes along with some suggestions for visiting them. Sites of energy for the locals and places of longing for guests, they are a worthwhile destination on any hiking adventure, whether it's early in the morning when day breaks into gentle sunlight, during the day when the cool, crystal clear waters invite you to dip in your toe, or in the late afternoon when warm colours herald the sunset, revealing the natural splendour of the Mutterberger See (2,485 m), the Grünausee (2,335 m), the Freiger See (2,497 m), the Schlicker See (2,450 m), the Rinnensee (2,648 m), the Alfaier See (2,394 m), the Falbesoner See (2,575 m), the Turmferner See (2,890 m) and the Blaue Lacke (2,294 m).

It's easy to discover the lakes on foot with your own stamp card. Visitors to these nine scenic mountain lakes can look forward to a present afterwards.



**stubaier  
bergseen**

# Mutterberger See (2.485 m)

At an altitude of 2,485 m, the three most impressive 3,000-metre peaks of the Stubai Valley – the Wilder Freiger, the Wilder Pfaff and the Zuckerhütl – are reflected majestically on the surface of the Mutterberger See. The basin which holds the lake was forged into the rocky ground below by glaciers formed many thousands of years ago. This cirque, which was sealed in place by fine sand, forms the lakebed that we know today. The Mutterberger See is, as part of a series of smaller lakes and wetlands, the region's largest expanse of water. It is not at risk from avalanches, and is supplied by water from underground. As a result, landmass is prevented from seeping in, and it is able to maintain its character as a lake in full. A trip eastwards brings you to the Unterer Hölltal, a half-silted-up lake with expansive deposits of cotton grass. Still further east is a swamp area known as the Hoachgruaba, which has barely any areas of open water at all. Hiking along a trail of just under one kilometre, visitors can track the evolutionary development of high mountain lakes, forged over many thousands of years and encompassing numerous forms – from open lakes to silted wetland.

## Route data and rating

**Fitness:** ★★★★★

**Starting point:** Fernau middle station, Stubai Glacier (2,300 m)

**Finishing point:** Mutterberg valley station, Stubai Glacier (1,749 m)

**Walking time:** 4 hours

**Difference in altitude:** ↑ 810 m ↓ 1,360 m

**Rest points :** Dresdner Hütte (2,308 m)

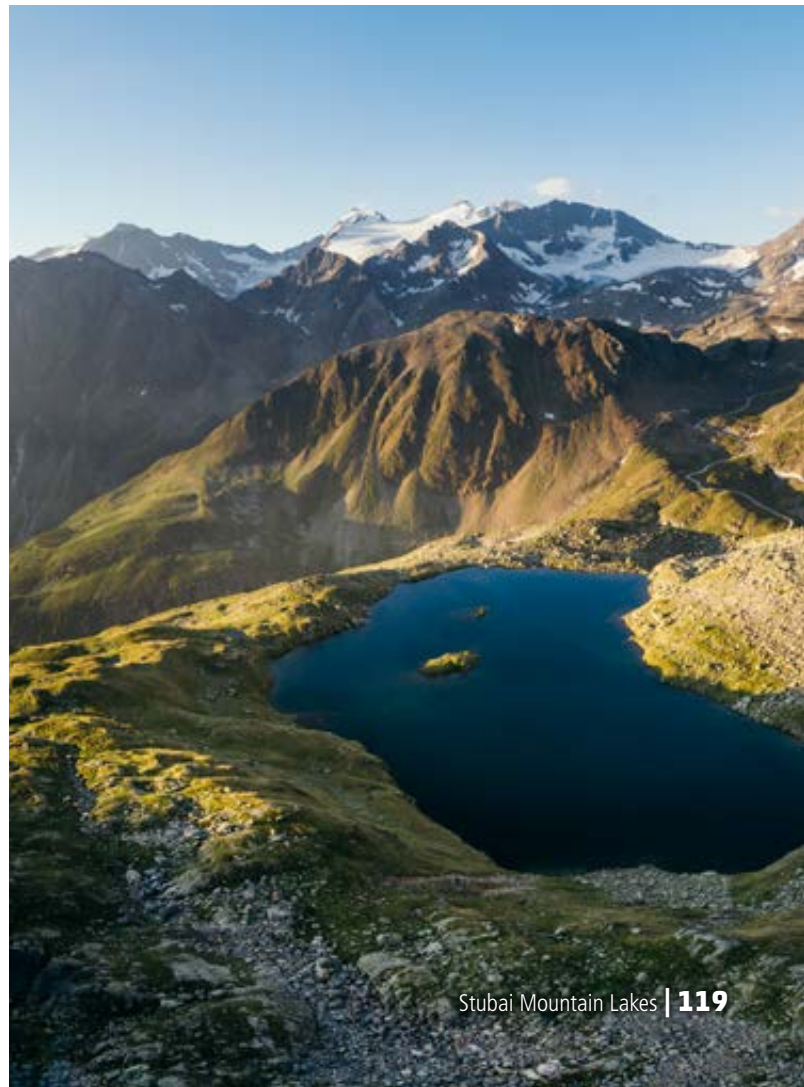
## Getting there / starting point

Travel by car or by bus to the end of the valley to the Stubai Glacier cable car valley station. There are numerous free parking spaces there.

## Tour description

The round tour to Mutterberger See starts with the ascent to the middle station of the Stubai Glacier cable car. Right next to the middle station

is the Dresdner Hütte, which is the starting point for this tour. Winding paths lead up to the small, beautifully located Egesensee lake and from there (south, past the lake) to the Niederl. At this junction, you descend for about 20 minutes through the Wilde Grube to the Regensburgerbrügl. From there, the trail continues slightly uphill along the Stubai High Trail (Stubai Höhenweg) until a signpost indicates the last, short and steep ascent to Mutterberger See lake. It takes about 2 ¼ hours to get to the lake. The descent is via another trail in the direction of the Mutterbergeralm. On the trail, you pass several small lakes and wetlands. Finally, you reach the Wilde Grube again, where you descend the last steep path to the starting point of the tour, the Stubai Glacier cable car valley station.



# Grünausee (2,335 m)

Spanning an area of almost 50,000 m<sup>2</sup>, the Grünausee is the largest of the nine mountain lakes in the Stubai Valley. Located at an altitude of 2,335 m, it is what is known as a cirque lake, the bed of which was also forged by the moraines of the Wilder-Freiger glacier. These long-deserted rock masses date all the way back to the major glacial upheavals that occurred in 1850 and 1920. The lake's immediate surrounding area is additionally characterised by glacial rock deposits left over by a mass of ice dating back over 10,000 years. The Grünausee was fed by the Kleiner Grünau glacier, which – thanks to its murky glacial mix of water and fine mineral deposits – only served to render the lake's appearance cloudy. However, since the complete melting of the glacier, the lake's waters have been restored to their clear and wonderful array of colours. The lake releases its water into the Freigerbach, a tributary of the Sulzenaubach, which itself flows into the Ruetz river situated next to the Grawa Alm. One stage of the Stubai High Trail (Stubai Höhenweg) runs directly along the banks of the Grünausee, between Sulzenau Hütte and Nürnberg Hütte.

## Route 1

### Route data and rating

**Fitness:** ★★☆☆☆

#### Start and finishing points

Parking space Sulzenauhütte (1,590 m)

**Walking time:** 5 hours

**Difference in altitude:** ↑ 840 m ↓ 840 m

**Rest points:** Sulzenau Alm (1,857 m), Sulzenauhütte (2,191 m)

### Getting there / starting point

By car to the Sulzenauhütte's Hüttenparkplatz car park, shortly after the Grawa waterfall. Free parking spaces are available there. Take the bus to the 'Sulzenauhütte' bus stop.



### Tour description

From the Sulzenauhütte car park shortly after the Grawa Alm, the trail leads over the bridge and then continues its winding ascent through the forest. Above the forest edge, you will reach the Sulzenaualm after about 1 hour. From there, the winding path continues for another hour up to the Sulzenauhütte. From the Sulzenauhütte, the trail runs eastwards, descending once briefly and then ascending to Grünausee. You will reach Grünausee from Sulzenauhütte after about 45 minutes. The same route leads back to the starting point.

## Route 2

### Route data and rating

Fitness: ★★★★★

**Starting point:** parking space Sulzenauhütte (1,590 m)

**Finishing point:** parking space Nürnberger Hütte (1,370 m)

**Walking time:** 7 hours

**Difference in altitude:** ↑ 1,090 m ↓ 1,300 m

**Rest points:** Sulzenau Alm (1,857 m), Sulzenauhütte (2,191 m), Nürnberger Hütte (2,297 m), Bsuchalm (1,580 m)

### Getting there / starting point

By car to the Sulzenauhütte's Hüttenparkplatz car park, shortly after the Grawa waterfall. Free parking spaces are available there. Take the bus to the Sulzenauhütte bus stop.

### Tour description

From the Sulzenauhütte car park, shortly after the Grawa Alm, the trail leads over the bridge and then continues its winding ascent through the forest. Above the forest edge, you will reach the Sulzenaualm after about 1 hour. From there, the winding path continues for another hour up to the Sulzenauhütte. From the Sulzenauhütte, the trail runs eastwards, descending once briefly and then ascending to Grünausee. You will reach Grünausee from the Sulzenauhütte after about 45 minutes. Back from Grünausee you hike along the Stubaier Höhenweg past smaller mountain lakes to the Niederl (2,630 m), the highest point of the tour. The back drops steeply down to the Nürnberger Hütte. From there the trail leads via the Bsuchalm to the bus stop at the Nürnberger Hütte car park. Hint: If you parked your car at the Sulzenauhütte car park, you can return there by public bus.

# Freiger See (2,497 m)

The Freiger See lies just off the beaten track, at an altitude of 2,497 metres above sea level. To the south, the remnants of the Gröbl glacier stretch into the distance. To the south-west, its namesake, the Wilde Freiger, rises majestically to 3,419 metres above sea level. This visually striking mountain is part of the Seven Summits Stubai family, and can be scaled from several sides. Covering an area of just 23,450 m<sup>2</sup>, the Freiger See is just half the size of the Grünausee, situated below it. Living conditions are extremely tough in high-altitude bodies of water such as these. The sheet of ice only disperses late in the year, and returns long before winter comes to the valley. Its fascinating green-blue tinge, an attribute often seen in high-altitude lakes, is due in part to its extremely low nutrient content. As you can imagine, the scope of life at this height is limited. It is mostly dominated by algae and tiny lifeforms such as miniature crabs. For scientists, lakes found at such formidable heights are considered to be sensitive indicators of factors such as atmospheric pollutants, as well as both prehistoric and current climate events.



## Route data and rating

Fitness: ★★★★★

### Start and finishing points

Parking space Nürnberger Hütte (1,370 m)

Walking time: 6 ½ hours

Difference in altitude: ↑ 1,140 m ↓ 1,140 m

Rest points: Bsuchalm (1,580 m), Nürnberger Hütte (2,297 m)

## Getting there / starting point

Either travel by car to the Nürnberger Hütte car park, where you'll find numerous parking spaces, or by bus to the Nürnberger Hütte stop.

## Tour description

The tour to Freiger See starts at the Nürnberger Hütte car park. From there, follow the 'Nürnberger Hütte'/'Bsuchalm' sign and hike up through the forest to the start of the Langetal valley. You reach the Bsuchalm after about 45 minutes. The route then takes you on winding paths up to the Nürnberger Hütte (total walking time: 3 hours). From the hut, initially you follow the Stubai High Trail (Stubaier Höhenweg) in the direction of the Bremer Hütte, but then leave the turnoff to the Bremer Hütte on the left and briefly follow the trail in the direction of Wilder Freiger until the 'F. See – Roter Grat' arrow sign indicates the next turnoff. The trail leads southwards up to a plateau, at the end of which Freiger See, which is relatively hidden, is nestled. Walking time from Nürnberger Hütte: approx. 45 minutes. The same route leads back to the starting point.

# Blaue Lacke (2,294 m)

The Blaue Lacke is a relatively recent product of climate change. After the most recent ice age, the ice masses retreated. They did not, however, continue to release their grip on the terrain, given that there were repeated occurrences of glacial advances. The last major advance is believed to have happened in 1850. This theory is substantiated by the occurrence of numerous moraines in the upper mountains. And it is behind one of these moraines that today's Blaue Lacke formed at 2,294 metres. The captivating interplay of colour in the water depends both on its underlying surface and the amount of cloud cover, but the effect is stunning either way. This region, once dominated by huge glaciers,



suffered repeated catastrophes in the valley below as a result of seismic shifts in the mass of ice. Records report, for example, that in the 1770s the Aperer Freiger glacier experienced a huge fracture, sending an enormous block of ice down into the lower-lying waters with tremendous force before breaking up. The resulting torrent continued its destructive path across the Sulzenau Valley, the Grawa Waterfalls and all the way to Ruetz, causing major devastation in the valley. The old inn located in Ranalt was one of many buildings to be torn away.

## Route data and rating

**Fitness:** ★★☆☆☆

**Starting point:** Fernau middle station, Stubai Glacier (2,300)

**Finishing point:** parking space Sulzenauhütte (1,590 m)

**Walking time:** 4 ½ hours

**Difference in altitude:** ↑ 620 m ↓ 1,320 m

**Rest points:** Dresdner Hütte (2,308 m), Sulzenauhütte (2,191 m), Sulzenaualm (1,857 m)

## Getting there / starting point

Travel by bus or car to the end of the valley to the Stubai Glacier cable car valley station. There are numerous parking spaces there.

## Tour description

First you take the Stubai Glacier cable car to the middle station and from there, you hike to the Dresdner Hütte, which is located right next to the station and is the starting point for the tour. From there, follow the signs in the direction of 'Peiljoch'. At the beginning, you cross the Fernaubach over a bridge, then go steeply up to the beautifully situated crossing, the Peiljoch. After a short descent, you reach the first destination, Sulzenausee, after about 2 hours of walking. From there, don't follow the 'Wilde Wasser Weg', and instead cross a small bridge and hike in a southeasterly direction for about 15 minutes uphill to a plateau at the start of the glacier. The trail then descends along the moraine to Blaue Lacke (walking time from Dresdner Hütte: approx. 3 ½ hours). From Blaue Lacke, you descend to Sulzenauhütte in about 10 minutes. Go from Sulzenauhütte for the hiking trail via the Sulzenaualm down into the valley to the Sulzenauhütte bus stop or via the Wild Water Trail to the Grawa Alm bus stop.

# Schlicker See (2,450 m)

Covering roughly 3,900 m<sup>2</sup>, which makes it the smallest of the nine Stubai mountain lakes, the Stubai High Trail (Stubai Höhenweg) approaches the Schlicker See from Starkenburger Hütte and continues in the direction of Franz-Senn-Hütte. Looking down from the Seejöchl to the Schlicker See, visitors can clearly make out the boundary between the Kalkkögel dolomites and Ötztal-Stubai crystalline rocks. Here, far-reaching and small-chipped limestone deposits flow effortlessly into the silicate crests, beautifully adorned with luminous green growth. This place, situated on this geological border, is an unparalleled hotspot of plant biodiversity. The Schlicker See itself is deeply embedded into the region's stolid silicate deposits. A closer look reveals a number of marmots living in the gaps between these boulders. Simply by emitting a loud whistle, these animals are able to warn their colonies of any unwanted intruders. The lake's miniature underwater world is invigorated by the presence of char, which depend on insects for food and therefore remain small even when fully grown. Nevertheless, these 'masters of survival' continue to multiply, and today have succeeded in forming a stable stock.



# Route 1

## Descent to the middle station Schlick 2000

### Route data and rating

**Fitness:** ★★☆☆☆

**Starting point:** Top station Schlick 2000 (Kreuzjoch) (2,316)

**Finishing point:** middle station Schlick 2000 (1,362 m)

**Walking time:** 4 ½ hours

**Difference in altitude:** ↑ 610 m ↓ 1,360 m

**Rest points:** Starkenburger Hütte (2,237 m), Kaserstattalm (1,890 m), Galtalm (1,680 m), Brugger Alm (1,350 m)

# Route 2

## Descent to Neustift village

### Route data and rating

**Fitness:** ★★☆☆☆

**Starting point:** Top station Schlick 2000 (Kreuzjoch) (2,316)

**Finishing point:** Neustift Dorf (1,000 m)

**Walking time:** 5 ½ hours

**Difference in altitude:** ↑ 610 m ↓ 1,680 m

**Rest point:** Starkenburger Hütte (2,237 m)

### Getting there / starting point

Travel by bus or car to the Schlick 2000 valley station, where there are numerous free parking spaces.

### Tour description

From the Kreuzjoch mountain station, take a leisurely hike up the ascending panoramic trail in the direction of the Sennjoch and further south past the Kleiner Burgstall to the Burgstallsattel. After the traverse to the Schlicker Schartl, the trail descends briefly to the Stubai High Trail (Stubai Höhenweg) and over scree fields to the tour's destination, Schlicker See lake. The total walking time to the Schlicker See lake is about 2 ½ hours. The way back is a nice round trip via the Starkenburger Hütte. Follow the Stubai High Trail south past the Hoher Burgstall. From the Starkenburger Hütte, you walk back via the Kaserstattalm and Galtalm to the Schlick 2000 middle station and from there, travel by cable

car to the valley station. For the way back to the middle station, you need to leave about 2 hours. Alternatively, you can also descend directly from the lake to Neustift.



# Rinnensee (2,648 m)

We have come to the highest of Stubai's nine mountain lakes. The Rinnensee lies at a height of 2,648 metres, situated just beneath the mountain's peak. Its basin was carved out by the sheer force of the glaciers originating from the last ice age. The fact that it is still present today, after more than 10,000 years, and with an undisturbed surface (without having been overwhelmed by land deposits and other debris) is largely attributable to its location. Neither avalanches nor mudslides have succeeded in reaching its location, as has been the case with many other high-altitude mountain lakes. It spans an area of roughly 18,000 m<sup>2</sup>. Despite its enormous height and the associated living conditions, a broad array of life thrives here. Arctic char manage to eke out a meagre existence. Due to a lack of food, these fish species from the Salmonidae family remain very small, albeit highly diverse in terms of form. Amphibians such as Alpine newts seek out this aquatic oasis in what is otherwise a barren mountainous landscape. In addition to the species already mentioned, it is predominantly the larvae of various types of flies – stone flies, caddis flies and mayflies – that thrive here. At this altitude, such an occurrence is considered quite special.

## Route data and rating

**Fitness:** ★★★★★

**Start and finishing points:** Car park Seduck (1,450 m)

**Walking time:** 8 hours

**Difference in altitude:** ↑ 1,200 m ↓ 1,200 m

**Rest points:**

Almwirtschaft Oberiss (1,750 m), Franz-Senn-Hütte (2,147 m)

## Getting there / starting point

The tour starts in Seduck in the Oberbergthal valley, which can be reached from Neustift-Milders. Turn right in Milders and follow the road for approx. 4.5 kilometers to the free parking spaces in Seduck.

## Tour description

On the right-hand side of the valley, you hike up a moderate incline to the end of the valley at the Oberissalm. From there, the trail continues in many serpentines, initially through trees and mountain pines, to the Alpeiner Alm, from where you can already see the Franz-Senn-Hütte. Directly at the hut you cross the Alpeiner Bach and ascend northwards towards Rinnensee lake. In total, the ascent takes about 3 hours. Go back the same way.



# Alfaier See (2,394 m)

At this lake, situated just half an hour's walk away from Innsbrucker Hütte, sunrise is without a doubt the best time to enjoy this great spectacle of nature. The panoramic mountain view with the summit outline of the Tribulaun peaks and the low-lying Gschnitztal – all the way through to the Zillertaler Alps in the east – is truly a marvel to behold. In spring, the lake, situated in a cirque basin, is fed by the melted snow and ice of the mighty Habicht, one of the peaks of the Seven Summits. Depending on the availability of this melted snow and ice, its water level can fluctuate between eight and twelve metres. The lake's surrounding area is characterised by a collection of imposing boulders and smoothcut rock slabs. Just like its basin, these glaciers are a testament to the last ice age, when ice covered the Alps a thousand metres thick. Only the highest peaks, such as that of the Habicht, jutted out from the sheer mass of ice. The flora-rich mountain meadows surrounding the lake and cabin have been used by farmers for centuries as grazing grounds for their Tyrolean mountain sheep. The lake's name is derived from the lower-lying (and very old) Alfair Alm.

## Route data and rating

**Fitness:** ★★★★★

**Start and finishing point:** Neder (Neustift), parking space Zegger (970 m)

**Walking time:** 8 hours

**Difference in altitude:** ↑ 1,430 m ↓ 1,430 m

**Rest points:** Issenangeralm (1,380 m), Pinnisalm (1,550 m), Karalm (1,737 m), Innsbrucker Hütte (2,369 m)

## Getting there / starting point

The tour starts at the Zegger car park (free for guests with a valid Stubai guest card) in the Neustift district of Neder. The 'Neustift Neder' bus stop is located directly next to the parking spaces.

## Tour description

From the car park, follow the signposts in the direction of Pinnistal and hike in approx. 2 ½ hours past the Issenangeralm and Pinnisalm to the



Karalm. Alternatively, for the Neder–Karalm route, a payable shuttle service can also be used (tel.: +43 (0)5226 2877). The Elferbahnen cable car can also be used as an entry point. From the mountain station, follow the path past the sundial directly to the Pinnisalm. From there, follow the

forest path into the valley until you reach the Karalm. From the Karalm, a lazy path leads through numerous winding paths to the Innsbrucker Hütte in approximately 1 ½ hours. From there you follow the Stubai High Trail (Stubai Höhenweg) and reach the Alfaier See after about 30 more minutes. Back to the valley, take the same path.

## Alternative Route

### Route data and rating

**Fitness:** ★★★★★

**Starting point:** top station of Elfer cable car (1,794 m)

**Finishing point:** valley station of Elfer cable car (993 m)

**Walking time:** 8 hours

**Difference in altitude:** ↑ 850 m ↓ 1,700 m

**Rest points:** Pinnisalm (1,550 m), Karalm (1,737 m), Innsbrucker Hütte (2,369 m), Issenangeralm (1,380 m)

### Getting there / starting point

The tour starts at the valley station of the Elferbahnen cable cars in Neustift where there is plenty of free parking. Alternatively, you can reach the Elferbahnen with the local bus service by getting off at the stop 'Neustift i. St. Abzw Elferbahn'. Ride up to the mountain station in the Elferbahnen gondola, where the tour begins.

### Tour description

You travel to the mountain station with the Elferbahnen cable cars and then past the sundial in the direction of the Pinnisalm. A path leads gently upwards towards the Pinnisalm, which you reach after around one hour of walking. From there, follow the forest path into the valley for around 45 minutes until you reach the Karalm. From the Karalm, an easy route leads through numerous winding paths to the Innsbrucker Hütte in approximately 1 ½ hours. From there, you follow the Stubai High Trail (Stubai Höhenweg) and reach the Alfaier See after about 30 minutes. On your way back down the valley, start by taking the same route as far as the Pinnisalm. From there, follow the forest path and pass the Issenangeralm until you reach the district of Neder. From Neder follow the path along the stream until you reach the valley station of the Elferbahnen. You should plan around 4 hours for the entire descent. If you want to skip the section from the Karalm to Neder, you can pay to use the shuttle service (tel.: +43 (0)5226 2877).

# Falbesoner See (2,575 m)

When making your way from the Neue Regensburger Hütte and heading in the direction of the Dresdner Hütte, the Stubai High Trail (Stubai Höhenweg) takes you in the direction of the Falbesoner See. This moraine lake rests at 2,850 m above sea level and is dammed up by the moraine on the left-hand side of the Hochmoos glacier. The glacier's melted snow and ice initially feeds the lake itself, then flows onward into the Hohe Moos ('high bogs'). Incidentally, it is still possible here to make out the cloudy glacier water as it continues its meandering flow. The basin in which the flood moor lies is significantly older than the lake itself. Its origin dates back to the last ice age when it was released by the glaciers.



It was there that a lake initially formed, which then silted up over several millennia before transforming itself into a moor. Today, there is only a little remaining peat. In early summer, the wetlands are covered by dense white cotton grass – something definitely worth seeing for yourself. The traces left behind by the glaciers at every turn, with moraine walls and beautifully smooth-cut rock slabs, have come to characterise this high-altitude habitat.

## Route data and rating

**Fitness:** ★★★★★

### Start and finishing point

Parking space Waldcafé (Falbeson) (1,220 m)

**Walking time:** 7 ½ hours

**Difference in altitude:** ↑ 1,360 m ↓ 1,360 m

**Rest points:** Neue Regensburger Hütte (2,286 m)

## Getting there / starting point

The tour starts at the car park at the Waldcafé in Falbeson. The 'Falbeson' bus stop is right next to the car park.

## Tour description

From Waldcafé, the route first takes you on many winding paths through Falbeson forest. After around 600 metres up, the terrain flattens out and you reach the Falbesoner Ochsenalm (not serviced) via a forest path (walking time: 1 ½ h). The steep trail winds along next to the waterfall to the Neue Regensburger Hütte (walking time: 1 ½ h). From the Neue Regensburger Hütte, follow the Stubai High Trail (Stubai Höhenweg), at first relatively flat, as far as the Hohe Moos and then climbing more steeply towards Grawagrubennieder, the highest Stubai High Trail crossing. At approximately 2,500 metres you reach a fork and from there, follow the signs towards Falbesoner See (walking time from Regensburger Hut: approx. 1 h). The same route leads back to the starting point.

# Turmferner See (2,890 m)

Just a few decades in age, this glacial scour lake stands at 2,890 metres above sea level. The Turmferner See was formed by the most recent retreat of the glacier known as Turmferner. This glacier forged its basin and filled it with its own melted snow and ice. Even after the most recent ice age, lakes of this type have continued to spring up in many different places. One prominent example is the Bodensee. The water found in the Turmferner See is clouded by what is known as 'glacial milk' – water that contains very fine stone deposits that have been ground by the ice. Its surface area spans approximately 14,500 m<sup>2</sup> and is situated in the barren high-mountain landscape beneath the Apere Turm. Despite its location at nearly 3,000 metres above sea level, its summit can be reached without having to traverse a glacier. That is why its name includes the term 'aper', meaning snow-free. The lake's surrounding landscape is dominated by glacial deposits and moraines, the scars left behind by once-mighty glaciers. The Turmferner See is roughly 175 metres long and 100 metres wide.



## Route data and rating

**Fitness:** ★★★★★

**Start and finishing point:** Car park Seduck (1,450 m)

**Walking time:** 9 ½ hours

**Difference in altitude:** ↑ 1,480 m ↓ 1,480 m

### Rest points

Almwirtschaft Oberiss (1,750 m), Franz-Senn-Hütte (2,147 m)

## Getting there / starting point

The tour starts in Seduck in the Oberbergtal valley, which can be reached from Neustift-Milders. Turn right in Milders and follow the road for approx. 4.5 kilometers to the free parking spaces in Seduck.

## Tour description

On the right-hand side of the valley, you hike up a moderate incline to the end of the valley at the Oberissalm. From there, the trail continues in many serpentines, initially through trees and mountain pines, to the Alpeiner Alm, from where you can already see the Franz-Senn-Hütte. The hut can be reached in about 1 ½ hours. From the Franz-Senn-Hütte, continue along the stream in the direction of Alpeiner Ferner. On the Alpeiner Ferner

# The Stubai Outdoor Pass

You can get the stamp pass also as an app. For more information see page 153.

Hike to the Stubai mountain lakes and collect stamps! You can find the stamping tool at the information board located at every Stubai mountain lake. It's worthwhile collecting them! If you hike to at least 7 of the 9 mountain lakes, show your stamp pass and guest card at one of our tourist offices in Neustift or Fulpmes and you will receive a small gift.

plateau, at approximately 2,500 metres, the trail leads to the lateral moraine, in the direction of the Verborgener Berg Ferner. Continue along the path in the direction of the Aperer Turm. Shortly below the summit, you reach Turmferner See lake. The walking time from the Franz-Senn-Hütte is about 3 hours. The same route leads back to the starting point.



# Get to know the Stubai Alps

## The hiking badge for adults and children

Get to know the most beautiful hiking destinations in the Stubai Valley: the hut and mountain inn tours are a blend of leisurely and challenging hikes, but the destinations are definitely worth seeing. A number of quaint mountain huts and inns invite hikers to stop off and enjoy their facilities either during or after their walks.

Younger hikers can also collect points at the inns and huts. There are great bronze, silver and gold medals for all participants. For the more challenging summit tours, we recommend that you hire a mountain guide.

**So let's hit the mountains and collect your stamps!**

### The points system

#### Adults

Bronze – minimum 25 points

Silver – minimum 35 points

Gold – minimum 45 points

#### Children

Bronze – minimum 20 points

Silver – minimum 30 points

Gold – minimum 40 points

#### Examples of locations offering 1 point

Dresdner Hütte, Froneben Alm or Bruggeralm, Grawa Alm, Isseangeralm, Alm zum Weber Lois

#### Examples of locations offering 2 points

Autenalm, Elferhütte, Isseangeralm, Kaserstattalm or Schlickeralm

#### Examples of locations offering 3 points

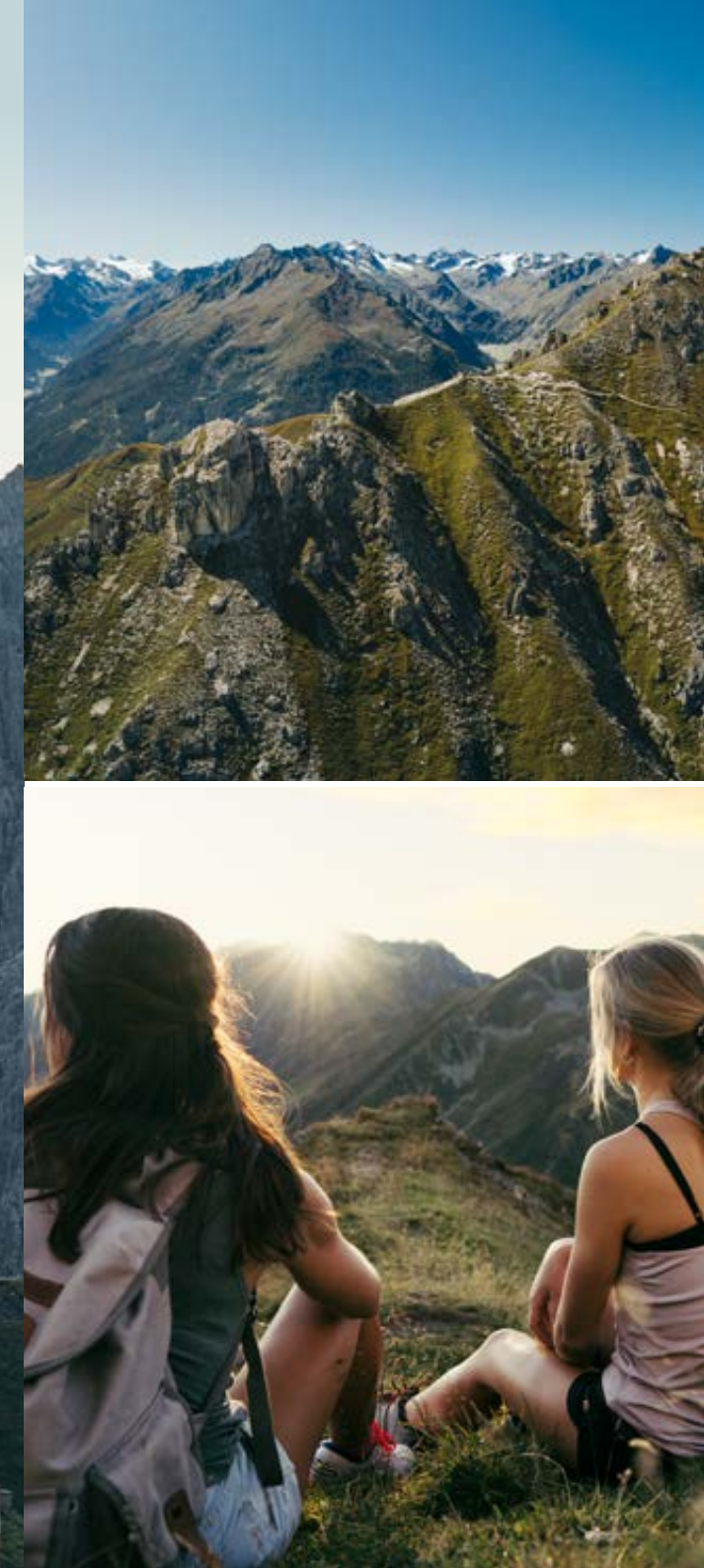
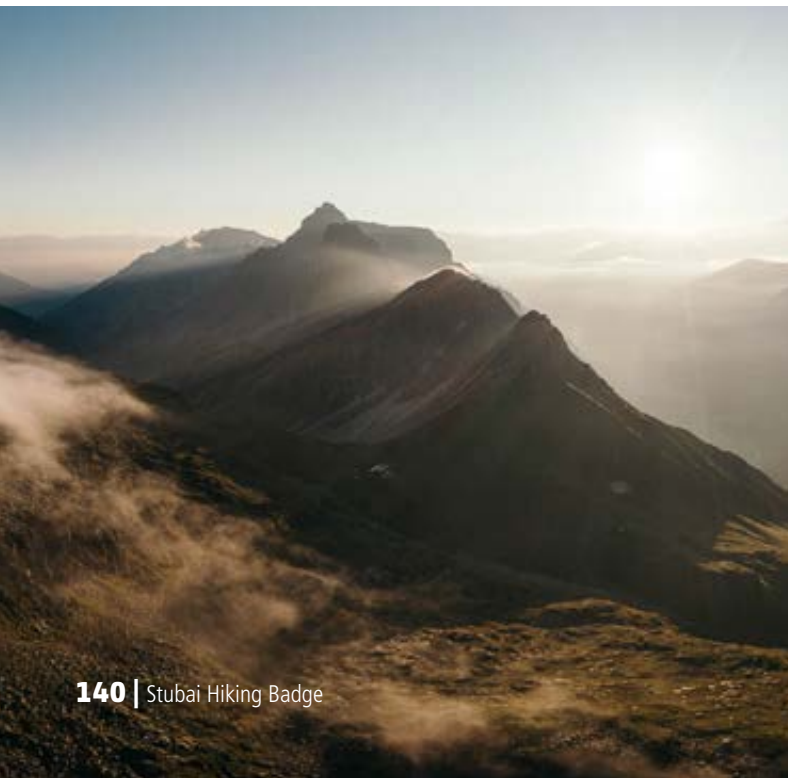
Franz-Senn-Hütte, Innsbrucker Hütte, Starkenburger Hütte, Sulzenauhütte

**The hiking pass for your badge is available from the Stubai Tyrol Tourism Association offices**

You can get the stamp pass also as an app. For more information see page 153.



Fold-out overview map





# Stubai High Trail

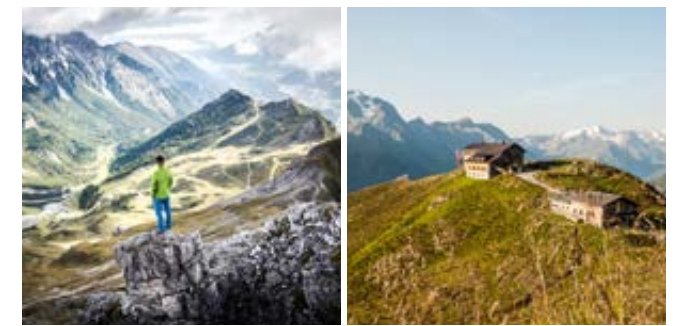
## 8,000 metres difference in altitude – 1 valley

8,000 metres difference in altitude, 100 kilometres, 8 mountain huts – and all in a single valley: the Stubai High Trail (Stubaier Höhenweg) is one of the most beautiful high hiking trails in the Alps, which takes you across seven stages (walking time 3 – 7 hours) through the Stubai Alps.

The High Trail is a black mountain path and passes exclusively through alpine countryside. Sure-footedness, a suitable basic level of fitness, a good head for heights and the proper equipment are therefore prerequisites for exploring this powerful mountain region of the Stubai Valley on the Stubai High Trail.

The High Trail can be walked in two directions: the start and finishing points for these trail routes are represented by the Innsbrucker Hütte or the Starkenburger Hütte. Furthermore, a special feature of the Stubai High Trail is the fact that it is possible to make valley descents from each of the mountain huts and the same applies in the other direction if travelling from the valley. Thus the long-distance hiking trail can also be completed in different stages.

The Stubai High Trail bears the Tyrolean Mountain Trail Seal of Quality and is one of the Great Walks Tyrol. These are the most spectacular long-distance hiking trails in Tyrol.



# Difficulty level

The High Trail is a black mountain path and passes exclusively through alpine and high alpine countryside.

The route is partly secured with steel cables and rungs. Throughout the entire trail the glaciers must neither be entered nor crossed but hikers should nevertheless expect steep snowfields, especially in early season.

You should always keep up to date with the latest weather conditions and take these into account when planning your tour. Always bear in mind that temperatures can drop suddenly in high mountain areas. Don't forget that a rucksack that is too heavy can severely hinder your hiking enjoyment and sure-footedness and can therefore represent a safety risk.

## Equipment check

We recommend bringing the following equipment for any hiking tour on the Stubai High Trail:

- maps
- sturdy ankle trekking shoes or mountain boots
- hiking gear
- weatherproof clothing (waterproof jacket, waterproof trousers, gloves, hat)
- sun protection (sunscreen, sunglasses, sun hat/shield cap)
- mobile phone, water bottle, first aid kit, torch
- hygiene equipment, hut slippers and hut sleeping bag

# Good to know

## Alpine club membership recommended

Due to insurance coverage reasons and also for the purpose of receiving discounted overnight stays at the mountain huts, we recommend membership of an alpine club. You can take out a membership at Neustift Alpine Centre or at any of the huts.

## Reservations

The well-maintained huts along the high-altitude trail serve as bases for overnight stays and refreshments. Please reserve your sleeping place in the dormitory / room in advance.

## Payment and information at the huts

As it is NOT possible to pay electronically by card at most huts, we recommend that you have enough cash with you. Information about the next stage, trail conditions, weather forecasts etc. can be obtained from the hut keepers in person.

## Best time of year

Mid-June to early October (depending on weather conditions – Always check the current situation at the huts or mountain guide offices.)

## Walking times

All walking times are given as guidelines only and are based on the times required for a seasoned mountain climber. Plan your reserves accordingly.



# Ascent

## By gondola lift from Fulpmes ...

After ascending the mountain on the Kreuzjoch gondola lift, the mountain hut can easily be reached in approx. 1 ½ to 2 hours from the Schlick 2000 summit station.

## ... or on foot from Neustift

From Neustift at 1,200 metres altitude, either via the Kartnallhöfe and over the Forcherkogel or directly across larch meadows to the Starkenburger Hütte. Approx. 3 ½ to 4 hours are required for both ascents.



# Stage 1

## Starkenburger Hütte – Franz-Senn-Hütte

**Difference in altitude:** ↑ 440 m ↓ 530 m

**Duration:** 7 hours

**Length:** 15 km

From the Starkenburger Hütte, the first stage of the Stubai High Trail runs along the south-western slope, passing underneath the Hoher Burgstall mountain. The trail continues through a prominent stone and gravel area, underneath the Kalkkögel and past the Seejöchl overlooking Schlicker See. Then it continues further to the Sendersjöchl, before winding down steep serpentine paths on the southern mountainside towards the Rote Wand and finally rising gently up to the Seducker Hochalm. After crossing the Viller Grube, the trail runs further along the inner slopes of the Oberbergtal and over a final, short climb to the destination point, the Franz-Senn-Hütte.

# Stage 2

## Franz-Senn-Hütte – Neue Regensburger Hütte

**Difference in altitude:** ↑ 650 m ↓ 500 m

**Duration:** 4 hours

**Length:** 8 km

Heading out from the Franz-Senn-Hütte, the second stage initially leads out of the valley to the Kuhgschwetz. From there it leads up a steep slope to the Platzenturm and then follows the Platzengrube traverse as far as the eastern ridge. After walking up steep serpentine paths and following a long turn-off to the right you finally come to the Schrimmennieder. Around 20 minutes' walk beyond the Schrimmennieder is the 2,829 metre high Basslerjoch, from where you can enjoy wonderful views of the Stubai Main Ridge. After descending back down to the Schrimmennieder, the walk continues downwards to a crossroads, from where an almost flat path leads into the valley from the Milderanaum to the Neue Regensburger Hütte.

# Stage 3

## Neue Regensburger Hütte – Dresdner Hütte

**Difference in altitude:** ↑ 900 m ↓ 850 m

**Duration:** 7 hours

**Length:** 12 km

From the Neue Regensburger Hütte, the third stage runs into the valley along the Hohe Moos, towards Falbesoner See. Before reaching the lake the trail crosses the valley below the Hochmoosferner and takes you on a steep climb up the Grawagrubennieder. There, the trail runs underneath the Grawawandferner and along Mutterberger See, before a gentle climb takes you to the lower region of the Glamergarbe. It then makes a short climb through the Wilde Grub'n into a saddle and upwards to the Dresdner Hütte.

# Stage 4

## Dresdner Hütte – Sulzenauhütte

**Difference in altitude:** ↑ 400 m ↓ 500 m

**Duration:** 3 hours

**Length:** 4 km

The fourth stage initially runs from the Dresdner Hütte to the Stubai Glacier middle station. Behind the buildings, the trail then continues in the direction of the Fernau river and climbs up to either the 'Trögler' or 'Peiljoch' crossroads. For experienced mountain hikers, there is the possibility of ascending the Trögler at this point (walking time: 2 hours, climb to Sulzenauhütte: 1 hour).

The actual high trail continues along a steep path that is, however, well secured with ropes. After climbing through serpentine paths and crossing the Sulzenau Glacier ice moraines, you come to the Sulzenauhütte.

# Stage 5

## Sulzenauhütte – Nürnberger Hütte

**Difference in altitude:** ↑ 650 m ↓ 550 m

**Duration:** 4 hours

**Length:** 5 km

The fifth stage runs in an easterly direction from the Sulzenauhütte and across several streams to Grünausee, the largest lake in the Stubai Alps, then continues in a north-easterly direction as far as the Nürnberger Hütte. Along this stage, there are also routes to the summit that should not be missed in good weather: a tour along the Mairspitze (walking time: 3 hours) that offers splendid views of the extensive sections of the Stubai High Trail, or the Gamsspitzl (walking time: 5 hours) – until August time there is often a steep snowfield to cross here on the way to the summit. The faster option – without actually conquering the summit – is via the Niederl shortcut. The steel support cables on the ascent up to the Nürnberger Hütte provide sure footing for the walk.



# Stage 6

## Nürnberger Hütte – Bremer Hütte

**Difference in altitude:** ↑ 600 m ↓ 450 m

**Duration:** 4 hours

**Length:** 5 km

Along this stage, you can see up close what a formative influence the glaciers have had on the landscape. From the Nürnberger Hütte, the trail starts off flat and runs along expansive grinding glacier plates before dropping off to Langetal river. The trail continues over the bridge to the other side of the valley, before leading out of the valley via a small, steep slope. After climbing over stone slabs, you eventually come to the so-called 'paradise'. From there, the trail continues upwards to the Zollhütte am Simmingjöchl, situated at 2,754 metres above sea level, and then further on to the stage finish at the Bremer Hütte.

# Stage 7

## Bremer Hütte – Innsbrucker Hütte

**Difference in altitude:** ↑ 800 m ↓ 850 m

**Duration:** 7 hours

**Length:** 9.5 km

In good weather, experienced hikers can start the stage by climbing down a short volcanic chimney that is well secured by cables and rungs, via Lauterer See. Less experienced hikers usually descend via the normal route which runs underneath the material ropeway. The route then continues to the Trauljöchl and, after crossing the vast Traulgrube, over a rope-secured ascent of the Wasenwand to the Pramarspitze. At the foot of the Habicht, the trail then passes over the Glättegrobe, before making a final climb up the Sendesgrad and passing Alfaier See on the way to the Innsbrucker Hütte.

# Descent

## Route 1: Through the Pinistal Valley to Neder

An approx. 1 hour walk from the Innsbrucker Hütte to the Karalm. From here, either take the taxi back to the valley or walk through the Pinnistal valley to Neder (approx. 1 ½ hours).

## Route 2: Via the Elferbahnen summit station to Neustift

An approx. 1 hour walk from the Innsbrucker Hütte to the Karalm. From here, a 20-minute walk to the Pinnisalm and continue along a gentle climb for 1 hour to the Elfer summit station. From here, a gondola ride back to Neustift.



# Contact/ Imprint

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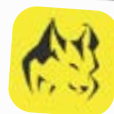
[www.stubai.at](http://www.stubai.at)

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2000, Lorenz Marko, Naturidea, Loewenzahn.at, outdooractive, Harald  
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