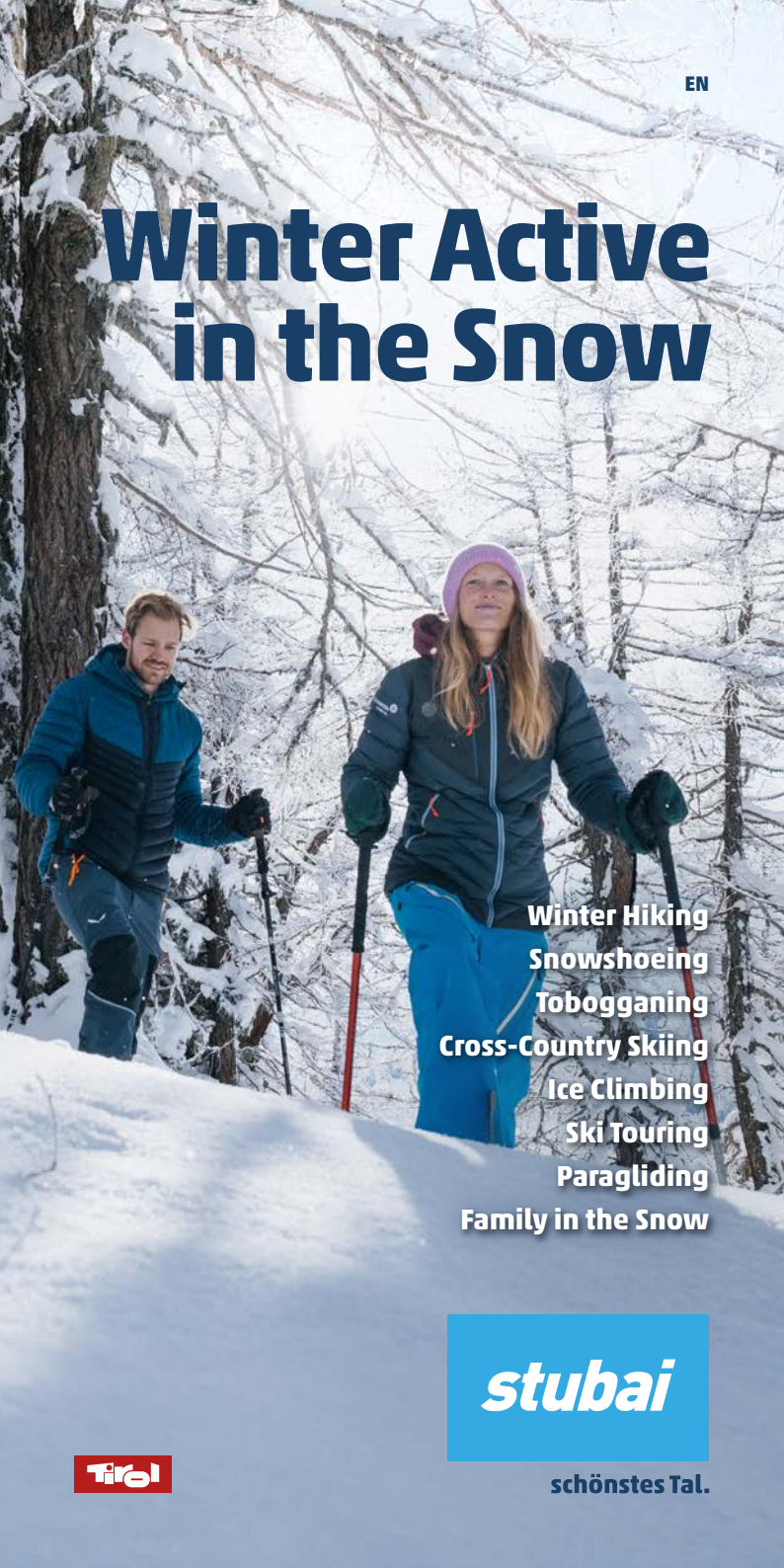
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Winter Active in the Snow



Winter Hiking
Snowshoeing
Tobogganing
Cross-Country Skiing
Ice Climbing
Ski Touring
Paragliding
Family in the Snow

stubai

schönstes Tal.

Tirol

Legend

Pictograms/Icons

- Winter Hiking
- Snowshoeing
- Cross-country Skiing
- Ice Climbing
- Ice Skating
- Paragliding
- Ski Tour
- Tobogganing
- Night Tobogganing
- Toboggan run / Trail illuminated
- Headlamp recommended
- Cable Cars / Gondola
- Suitable for children / ideal for families
- Rest Points – Lodges, Inns, Restaurants, etc.
- Attraction
- No dogs allowed

Difficulty

Low Medium High

Quality Seals

Tyrolean toboggan run quality seal

Tyrolean cross-country ski trail quality seal

Winter in the Stubai

White passion that moves you

When visiting the Stubai Valley in winter, guests will experience their own winter fairy tale. The snow-covered forests and mountains of the Stubai make it a place of astounding natural beauty and the perfect backdrop for exciting winter sports. As this 'WINTER ACTIVE' guide shows, skiing is far from the only activity by which one can indulge their love and passion for snow. Away from the slopes, the splendour of winter in all of its many facets is revealed: sometimes contemplative and reserved, sometimes wildly romantic and charming, sometimes fresh and completely untouched, or even demanding and captivating. But above all, it always remains: real Stubai!

An authentic natural experience awaits you, with sporting pleasures to motivate you, culinary adventures to inspire you, and a wide range of events to entertain you – multi-faceted and thrilling, just like the Stubai Valley itself.

The four Stubai cable car facilities not only provide access to four skiing areas, each with very different characteristics, they also let non-skiers immerse themselves in the enchanting world of snow and ice – with winter hiking and cross-country skiing trails as well as with toboggan runs. The Stubai Glacier pampers you with its culinary delights and panoramic views, the Schlick 2000 Skiing Centre is home to rustic lodges, and the Elferbahnen area in Neustift is popular for its fantastic tobogganing by both day and night and the Serlesbahnen area in Mieders for its family-friendly slopes.

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Mountain safety

Current **opening hours of the lodges and alpine facilities** are available at all offices of the Stubai Tirol Tourism Board.

Further information on the winter offer or on pre-planned tours can be obtained from the experts of the Stubai Alpine Schools (see opposite page).

Always wear appropriate **winter clothing and sturdy footwear.**

Please consider weather conditions. Depending on current conditions (fresh snow, icing, etc.), hiking trails can become considerably more demanding or impassable. Depending on the respective **avalanche situation,** trails and routes may be closed. Avalanche closures must be observed unconditionally.

First aid

Emergency Contact
140: Mountain Rescue – Alpine Emergency Hotline
112: European Emergency Hotline (accessible from any mobile phone & available network)

No Reception?
Emergency calls require network reception. Move to a better serviced location and repeatedly dial 112.
Euro Emergency Hotline: Access to any available network if, after switching on the phone, 112 is entered instead of the PIN code; alternatively via the SOS emergency call function.

Accident Reporting
- Who reports the accident? / Callback number?
- Where exactly is the accident scene?
- What happened?
- How many people are injured?

Emergency Call App SOS-EU-Alp
Smartphone users can use the SOS-EU-Alp Emergency Call App. It assists in making an emergency call and at the same time transmits your location information.

Alpine Information

Stubai-Alpin – Bergführerbüro
Bergführerbüro Stubai-Alpin, Dorf 5, 6167 Neustift im Stubaital
+ 43 (0) 5226 3461
www.stubai-alpin.com

Stubaier Bergführer GesbR
Sonnensteinweg 2, 6166 Fulpmes im Stubaital
+ 43 (0) 5225 64124
www.stubaierbergfuehrer.at

Disclaimer

All activities are conducted at your own risk. The Stubai Tirol Tourism Board accepts no liability for accidents, damage, or other contingencies that may occur during your holiday. The winter hiking trails, toboggan runs, snowshoeing routes, and cross-country skiing trails marked on the map partly lead through alpine or high alpine terrain. Appropriate equipment, knowledge of weather and snow conditions, as well as physical fitness are indispensable prerequisites. The Tourism Board accepts no liability for the condition and accessibility of the toboggan runs, winter or snowshoeing trails, and cross-country skiing trails listed on the winter map. Closures imposed by the local avalanche commissions must be strictly observed!

Public transport

Free buses with the guest card

With the **Stubai Guest Card,** all alpine and cross-country skiers, winter and snowshoe hikers, as well as tobogganists can use the **buses servicing the Stubai Valley free of charge** between 1 October and 1 May.

Current timetables and connections can be found at: **vvt.at**

Stubai Glacier

Simply high. At over 3,000 m.

Winter feels especially magical at the very top. The crisp, clear mountain air and the breathtaking mountain scenery make the Stubai Glacier an experience that goes far beyond just skiing. At over 3,000 metres, fascinating views meet a variety of winter experiences.

Highlights

TOP OF TYROL Summit Platform
At 3,210 metres, the summit platform offers a breath-taking panoramic views of more than 109 peaks rising above 3,000 metres. Accessible depending on snow conditions.

Schaufeljoch Chapel
Just a few minutes' walk from the Schaufeljoch mountain station, the Schaufeljoch Chapel invites you to pause and take in the peaceful atmosphere amid the impressive world of the Stubai Glacier.

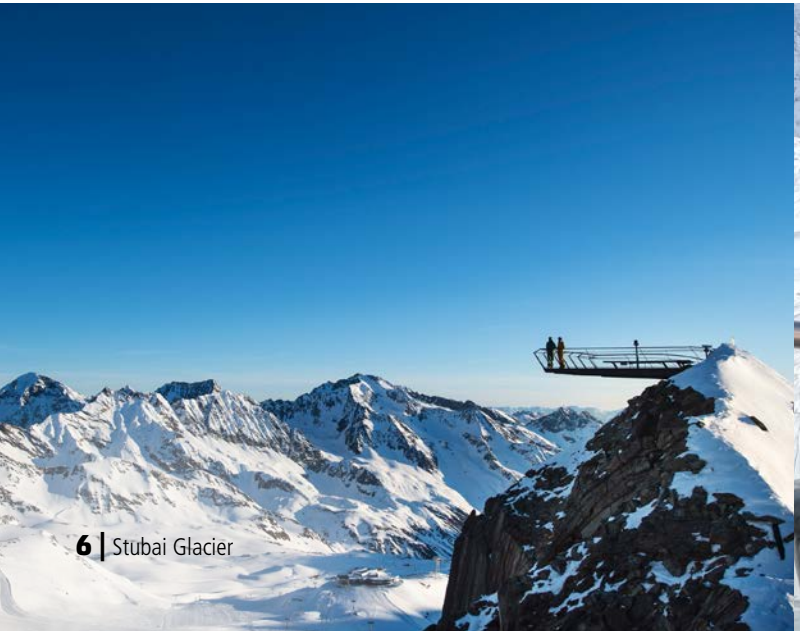
Mammoth Photo Point
A real eye-catcher at Gamsgarten: The six-metre-high wooden mammoth makes for extraordinary photo opportunities against an impressive mountain backdrop.

Ice Climbing Tower
The 20-metre ice climbing tower at the Gamsgarten mountain station is ideal for beginners' climbing courses and offers excellent training opportunities for all fitness levels. Open from December to March. Beginners' courses can be booked directly with the Stubai-Alpin Mountain Guide Office (contact details on page 5). Trial ice climbing every Friday.

Winter Hiking
Groomed winter hiking trails from the Eisgrat mountain station to the Gamsgarten mountain station (300 m in altitude, 45 min. walking time) as well as from the Gamsgarten mountain station to Bödelehütte (only a few metres in altitude, approx. 2-hour walk outward and return).

Cross-country Skiing
All cross-country skiers can expect the best training conditions on the trails at Gamsgarten and at the Fernau intermediate station.

Restaurant Schaufelspitz
Traditional Austrian cuisine with a modern twist. Dishes are prepared mainly with locally sourced ingredients. Fine wines, a cosy dining room and a sunny terrace.





Schlick 2000

Atmosphere with a view of the Kalkkögel summits

The Schlick 2000 is an insider tip for active people and connoisseurs alike. Known for its conviviality, winter sports enthusiasts looking for experiences beyond skiing will find cosy lodges and all kinds of Stubai delicacies on and off their plates. The Kalkkögel Summits, the Dolomites of Northern Tyrol, which lend the area its incomparable charm, are simply striking.

Highlights

Paragliding and Hang-gliding
Ideal flight terrain with a beautiful take-off site right at the mountain station near the Kreuzjoch Panorama Restaurant. Start site at 2,136 m with perfect thermal conditions.

Night Tobogganing
On the two Saturdays, December 26, 2026, and January 2, 2027, and then every Wednesday from January 6 until early March (depending on snow conditions), the 3 km long, floodlit toboggan run leads from the Froneben intermediate station back down into the valley. Ascent between 7:30 to 9 pm. (with Ski-Night-Show taking place at the same time until 10 pm)

Winter Hiking
Winter hiking trails take guests from the Valley and the intermediate station towards the Galtalm (approx. 1 ½ hour walk) and to Schlickeralm (approx. 2 hours). Idyllic routes through wintry nature.

Snowshoeing
Separate snowshoe trail from the intermediate station to the Schlickeralm. Guided hikes available upon advance booking via +43 (0) 5225 64764.





Elferbahnen Neustift

A real treat for both nature lovers and sports enthusiasts

Neustift's local mountain is named after its most prominent peak and is surrounded by a truly unique panorama. The Elfer has always been a natural sundial for the locals, as the sun appears behind the Elfer towers at 11 am sharp. On the mountain, you will discover a balance between man and nature – an unmatched joy allowing you to forget time for a few hours.

Highlights

Tobogganing Experience
Three natural toboggan runs, up to 6 km long, provide pure tobogganing fun in an idyllic winter setting. The varied routes promise an experience that you will want to enjoy again and again.

Night Tobogganing
On selected evenings – usually on Mondays*, Wednesdays, and Fridays, depending on snow conditions – we offer night tobogganing from 7:30 pm to 9:00 pm on the continuously illuminated "Sportrodelbahn Elfer – Neustift Dorf" toboggan run to the valley station. The run is always in top condition and passes cosy places to stop for refreshments.

*(Mondays only during school holidays)



Winter Hiking Enjoyment combined with Culinary Excellence
Hiking trails and snowshoe hikes through the Pinnistal Valley guarantee an unforgettable experience amidst a breath-taking mountain scenery. Enjoy traditional delicacies in one of the 4 lodges and mountain pastures. Standing at the top of the Elfer, numerous hours of sunshine offer relaxation and complete peace and quiet.

Largest Walk-on Sundial in the Alpine Region
Here, time becomes an experience: on the platform of the largest walk-on sundial, you can enjoy the view over the Stubai Valley.

Experience Flight
Feel like soaring above it all? After a short ascent by cable car, outstanding thermal and flight conditions are offered to all aviation enthusiasts, surrounded by incredible mountain scenery. When other flying areas are no longer available due to strong winds, the motto here still is usually: "Happy landings!"



Serlesbahnen Mieders

Discover winter fun & mountain experience

At the foot of the Serles Mountain, the 'High Altar of Tyrol', outdoor-lovers and families alike will find what a winter holiday is all about. Whether winter hiking or snowshoeing, sunbathing on the terraces of the lodges, or a fun toboggan ride – the Serlesbahnen offer unforgettable mountain experiences for the whole family in a unique atmosphere.

Highlights

Tobogganing
The 6 km-long toboggan run, which has been distinguished with the Toboggan Quality Seal, idyllically leads through the wintry mountain landscape from the mountain station to the valley station of the Serlesbahnen. When having fun on the toboggan, beautiful views of the valley and the surrounding mountain ranges constantly appear as you make your way through the forest. Toboggan rental at the valley station.

Winter Hiking
The groomed winter hiking trails lead to the Maria Waldrast Monastery, Gleins, or the Ochsenhütte and offer spectacular and unique views of the Karwendel Mountains, the Stubai Alps, and the Zillertal Alps.

Snowshoeing
Those who would like to delve even deeper into the snow-covered landscape near the Serles lifts will be thrilled by a snowshoe hike. With walking times between 20 minutes and 1.5 hours on the marked winter hiking trails, snowshoe beginners and experienced hikers will both be in their element. At the highest point of the route, the snowshoe hikers reach an altitude of 1,878 m.

For detailed information, see www.serlesbahnen.at

Viewing Platforms
From the Koppeneck, Serlesblick, and Karwendelblick platforms that can be reached during a winter hike, unique panoramic views are on display, allowing you to take in the splendour of winter in the Stubai.





Tobogganing

Where tobogganing meets nature

Pure pleasure awaits you in Tyrol's largest tobogganing area. The exhilaration of speed, the joy of being out and about, and the atmosphere that arises during a convivial break in a lodge are all things that make a tobogganing day truly unforgettable. A very special feeling arises in the Stubai: pure joy of life!

Tobogganists can experience the enchantment of the snow-covered world of the mountains on eleven toboggan runs, nine of which have been awarded the Tyrolean Natural Toboggan Run Seal of Quality, on a total length of over 44 kilometres. One of the longest stretches in Tyrol can be found in the Stubai as well: the toboggan run from the Elfer leads over more than six kilometres directly to the centre of Neustift and frequently delights young and older guests alike.





Classification according to difficulty

Low-difficulty Toboggan Run ●

A toboggan run classified as easy is also suitable for beginners and children. It has a maximum gradient of 14 % and an average gradient of up to 10 %.

Medium-difficulty Natural Toboggan Run ●

A medium-difficulty natural toboggan run has a maximum gradient of 18% and an average gradient of up to 12 %.

Technique & tips



Seating position

Depending on your skill level, you can either sit upright (suitable for beginners) or lie on your back (for experienced tobogganists).



Steering

With one hand you hold on to the rear of the sled, while the other hand controls the steering rope. In a curve, one brakes with the inner foot on one side and leans the upper body into the inside of the curve, thus steering the toboggan into the desired direction.



Braking

To slow down the toboggan, press both boot soles (near the runners) firmly into the ground. Lifting the sled's front, increases the braking effect.



Safety on the toboggan run



Suitable gear

The right equipment includes snow-proof winter clothing, sturdy boots with a good profile (no ski boots!), gloves, helmet, and ski goggles. Use a headlamp and reflective clothing in the dark. No plastic bobsleds or snow sliders for safety reasons.



Watch out for others

Watch out for other tobogganists and avoid putting others at risk or harming them. Pay attention to your responsiveness and make sure you are not impaired by alcohol or medication.



Control your speed

Control your speed and keep your distance. Adapt speed and riding style to your ability, the toboggan run, snow, ice, and weather conditions, as well as to the number of people around you. Tobogganing on ski slopes is dangerous and prohibited: The risk of colliding with skiers is too high. Tobogganing tracks that freeze over during the night adversely affect the quality of the slopes.



Ascent at the edge of the run

Walk at the edge of the track and watch out for approaching tobogganists. Ascend on the right, one behind the other. Special care must be taken in curves. Wait for your group members in clearly visible places. Make sure that your group is complete. Never stop in narrow places and blind spots. Only cross the toboggan run at points with sufficient visibility.



The right speed
Adapt your ride to your own skills and to the trail conditions, so that you can keep the toboggan under control at all times. Attention – braking distances increase on ice.



Behaviour on the toboggan run
Before you start, look over your shoulder to make sure that the toboggan run is clear from above. Sled with foresight and overtake with sufficient distance. Leisurely tobogganists should ride on the edge of the track. Over-takers should announce themselves by calling out.



Watch out for signs and info boards
Please pay attention to advance notices and information – e.g. 'Ride Slow' before piste crossings – for your own safety.



Keep the run clear
In the event of a fall, do not let go of the toboggan and leave the run as quickly as possible, as following tobogganists pose a risk.



Beware of dogs
As dogs are difficult to leash during ascent and descent, there is a high risk of collisions with descending tobogganists on the mostly narrow toboggan runs.



Providing first aid
In the event of accidents involving others, you should check that everything is OK, provide first aid, and if necessary, call 112 for help.

Neustift

Elfer – Neustift Dorf Sports Toboggan Run 1

Ascent: Elferbahnen cable cars
Length: 6.2 km
Difference in Altitude: 800 m
Opening Hours (Elferbahnen): Daily (9 am – 4 pm); night tobogganing on Mondays (only during school holidays), Wednesdays and Fridays (7:30 – 9 pm)
Rentals: Elferbahnen valley station
Start: Elferbahnen mountain station
Finish: Elferbahnen valley station
Parking: Elferbahnen valley station
Rest Points: Panorama Restaurant Elfer (1,790 m), Alm zum Weber Lois (1,100 m)

From the mountain station of the Elferbahnen directly to the valley station. Freshly groomed and snowed every day.

Elfer – Pinnistal Classic Toboggan Run 2

Ascent: on foot via the Issenangeralm (1 hour) to the mountain station of the Elferbahnen (2.5 hours)
Length: 5.8 km
Difference in Altitude: 800 m
Opening hours (Elferbahnen): daily (9 am – 4 pm)
Rentals: Elferbahnen valley station
Start: Elferbahnen mountain station
Finish: Neder (Neustift)
Parking: Elferbahnen valley station
Rest Points: Panorama Restaurant Elfer (1,790 m), Issenangeralm (1,380 m)

From the Elferbahnen mountain station behind the sundial through the Pinnistal Valley to the Neder district. From there it is a 20-minute walk along the winter hiking trail back to the valley station.

Pinnisalm – Issenangeralm Toboggan Run 3

Ascent: approx. 1 hour (from Issenangeralm)
Length: 2.8 km
Difference in Altitude: 180 m
Opening hours (Elferbahnen): 9 am – 4 pm (daily);
the Pinnisalm is open daily from 11 am to 5 pm
Rentals: Elferbahnen valley station
Parking: Elferbahnen valley station
Rest Points: Pinnisalm (1,557 m), Issenangeralm (1,380 m)

First, we take the classic toboggan run Elfer – Pinnistal to the crossing at Issenangeralm. From there you can leisurely walk in one hour through the impressive Pinnis Valley to the Pinnisalm. At 12 noon, if required, there is a transport service with a big sledge from the Issenangeralm directly to the Pinnisalm (reservation required:
+43 (0) 676 6082864).

Brandstattalm Toboggan Run 4

Ascent: from Josef car park approx. 1 ½ hours
Length: 3.5 km
Difference in Altitude: 420 m
Opening Hours: depending on snow conditions from December to April, closed on Tuesday and Wednesday (except public holidays), night tobogganing (on request).
Rentals: Brandstattalm
Parking: Josef (Oberbergtal)
Rest Points: Brandstattalm (1,810 m), closed on Tuesday and Wednesday (except public holidays)

The toboggan run leads back from the Brandstattalm, directly to the Josef car park.

Auffangalm Toboggan Run 5

Ascent: from Josef car park approx. 1 hour
Length: 2.2 km
Difference in Altitude: 225 m
Opening Hours: Open daily from 11 am to 5 pm, from December to April (depending on snow conditions), closed on Mondays and Thursdays (except public holidays).
Rentals: –
Parking: Parkplatz Josef (Oberbergtal)
Rest Points: Auffangalm (1,620 m)

From the Auffangalm the toboggan run leads directly back to the parking lot Josef. Night tobogganing on request.

Milderaunalm Toboggan Run 6 7

Ascent: 1 ½ hours (from Oberegg) / 2 hours, from the Wasserkraftwerk Milders (hydro-power station)
Length: 4.1 km (Oberegg) / 5.7 km (Bichlhof)
Difference in Altitude: 470 m (Oberegg) / 570 m (Bichlhof)
Opening Hours: daily, closed on Mondays (except on public holidays), night tobogganing on Tuesday, Friday and Saturday
Rentals: Milderaunalm
Parking: Oberegg (above Krössbach, for a fee), Wasserkraftwerk Milders (Oberbergtal)
Rest Point: Milderaunalm (1,671 m)

6 From the Milderaunalm to Oberegg
7 From the Milderaunalm to the Bichlhof



Fulpmes

Schlick 2000 Night Toboggan Run 8

Ascent: With the Schlick 2000 cable cars to the Froneben intermediate station
Length: 3 km
Difference in Altitude: 370 m
Opening Hours: On the two Saturdays, December 26, 2026, and January 2, 2027, and then every Wednesday from January 6 until early March (depending on snow conditions). Ascent from 7:30 to 9 pm, on evenings with Ski Night Show until 10 pm.
Rentals: Schlick 2000 valley station
Parking: Schlick 2000 valley station
Rest Points: Bruggeralm (1,362 m), Café-Bar Schlussliacht (1,005 m)

From the Froneben intermediate station via the valley descent to the valley station. Night tobogganing only, no dedicated toboggan run for daytime tobogganers.

Mieders

Mieders Toboggan Run 9

Ascent: With the cable cars to the Koppeneck mountain station.
Length: 6 km
Difference in Altitude: 640 m
Opening Hours: daily from 9 am to 4 pm,
Rentals: Serlesbahnen valley station, Mieders
Parking: Serlesbahnen valley station
Rest Points: Koppeneck Panorama Restaurant (1,605 m), Ochsenhütte (1,582 m), about 30 minutes from the mountain station

From the mountain station of the Serlesbahnen directly to the valley station.

Telfes

Telfes Toboggan Run 10

Ascent: approx. 45 min. from the Kapfers car park in Telfes.
Length: 2 km
Difference in Altitude: 220 m
Opening Hours: daily (11 am – 5 pm), information on grooming and run conditions: Municipality of Telfes (Tel: +43 (0) 5225 62290)
Rentals: see page 90
Parking: Kapfers
Rest Points: –

From Gewöhre to Kapfers (district of Telfes) to the sports ground.

Schönberg

Gleins – Gleinserhof Toboggan Run 11

Ascent: 1 hour on the road from the centre of Schönberg to the Alpengasthaus Gleinserhof. 1 hour walk from the Serlesbahnen mountain station.(Please note the operating hours of the mountain cable car!)
Length: 2.6 km
Difference in Altitude: 380 m
Opening Hours: daily, night tobogganing: run illuminated daily until half past midnight
Rentals: Alpengasthaus Gleinserhof
Parking: Schönberg (at the end of the toboggan run)
Rest Points: Alpengasthaus Gleinserhof (1,420 m), hot meals all the time, closed on Mondays (except public holidays)

From Gleins to the centre of Schönberg. The access is approx. 5 min. away from the Gleinserhof (1,420 m).

Stubai night tobogganing

Tobogganing at night is a particularly atmospheric experience. Under the starry sky in the clear winter air, a toboggan run with a stop for refreshments becomes a delightful event. A total of seven routes are open to tobogganists in the Stubai even at night. Three routes are illuminated and two of them are easily accessible by cable car. For the unlighted night toboggan runs it is recommended to wear a headlamp. This way, your tobogganing will not just be a great fun, but also a safe experience.

Elfer – Neustift Dorf Sports Toboggan Run 1

Ascent: comfortable with the Elferbahnen cable car from the valley station
Opening Hours: On Mondays (only during school holidays), Wednesdays and Fridays, ascent: 7:30 – 9 pm
Rentals: Elferbahnen valley station
Rest Points: Panorama Restaurant Elfer (1,790 m), Alm zum Weber Lois (1,100 m)

Brandstattalm Toboggan Run 4

Ascent: 1 ½ hours
Opening Hours: Thursday through Monday
Rentals: at the Alm
Rest Points: Brandstattalm (1,810 m), closed on Tuesday and Wednesday (except public holidays), Night tobogganing (on request)



Auffangalm Toboggan Run 5

Night tobogganing on request!
Ascent: about 50 min.
Opening Hours: Open daily from 11 am to 5 pm, from December to April (depending on snow conditions), closed on Mondays and Thursdays (except on public holidays).
Rest Point: Auffangalm (1.620 m)

Milderaunalm – Oberegg Toboggan Run 6

Ascent: 1 ½ hours
Opening Hours: Tuesdays, Fridays, Saturdays
Rentals: at the Alm
Rest Point: Milderaunalm (1,671 m)

Milderaunalm – Bichlhof Toboggan Run 7

Ascent: 2 hours
Opening Hours: Tuesdays, Fridays, Saturdays
Rentals: at the Alm
Rest Point: Milderaunalm (1,671 m)

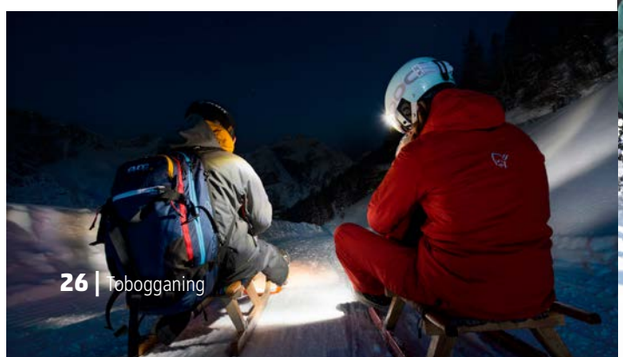
Fold-out overview map

Schlick 2000 Toboggan Run 8

Ascent: comfortable with the Kreuzjochbahn cable car from the valley station to the intermediate station Froneben
Opening Hours: On the two Saturdays, December 26, 2026, and January 2, 2027, and then every Wednesday from January 6 until early March (depending on snow conditions). Ascent from 7:30 to 9 pm, on evenings with Ski Night Show until 10 pm
Rentals: Schlick 2000 valley station
Rest Points: Bruggeralm (1,362 m), Café-Bar Schlussliacht (1.005 m)

Gleins/Gleinserhof Toboggan Run 11

Ascent: 1 hour
Opening Hours: Toboggan run illuminated every day until until half past midnight
Rentals: Alpengasthaus Gleinserhof
Rest Point: Alpengasthaus Gleinserhof (1,420 m), hot meals all the time, closed on Mondays (except public holidays)









The 11 Stubai toboggan runs

	Run	Night Tobogganing	Run Illuminated	Gondola	Walking Time	Rentals
	Neustift					
1	Elfer – Neustift Dorf	Mon*/Wed/Fri	☀	🚡	2 h	Valley Station Elferbahnen
2	Elfer – Pinnis Valley	–	–	🚡	2½ h	Valley Station Elferbahnen
3	Pinnisalm – Issenangeralm	–	–	–	2½ h	Valley Station Elferbahnen
4	Brandstattalm	on request		–	1½ h	at the Alm
5	Auffangalm	Reservation required		–	50 min.	at the Alm
6	Milderaunalm (Oberegg)	Tue/Fri/Sat		–	1½ h	at the Alm
7	Milderaunalm (Bichlhof)	Tue/Fri/Sat		–	2 h	at the Alm
	Fulpmes					
8	Schlick 2000 Night Tobogganing	Wed	☀	🚡		Valley Station Schlick 2000
	Mieders					
9	Serlesbahnen	–	–	🚡		Valley Station Serlesbahnen
	Telfes					
10	Telfes	–	–	–	45 min.	–
	Schönberg					
11	Gleins – Gleinserhof	Mon – Sun**	☀	–	1 h	Alpengasthaus Gleinserhof

* Monday only during school holidays.

** Inn closed on Mondays (except public holidays)

Night Tobogganing
Run Illuminated
Gondola
Walking Time
Headlamp recommended

Level of Difficulty

- low
- medium



Winter hiking

Feeling fresh snow – step by step

The snow draped beautifully across the trees and crunching under your feet, the crisp winter air in your lungs... There is hardly a more idyllic way to experience the Stubai Valley than by hiking in winter.

Amidst such natural splendour, the hectic pace of everyday life will simply fade away, while a stop in one of the warm and inviting parlours of a cosy alpine lodge will provide new strength.

On 80 kilometres of cleared and well-marked trails, active holiday-makers can let their thoughts run free and discover the enchanting winter wonderland of Stubai for themselves.

Notice:
The dotted winter hiking trails (no. 7, 14, 21, 22, 23, 25) in the winter hiking map cannot be cleared or gritted due to their location. Therefore, after snowfall or in thawing weather, possible difficulties are to be expected. When walking on icy surfaces, we recommend using shoe spikes (available for hire or purchase from sporting goods retailers). More information in the offices of the Stubai Tirol Tourism Board in Neustift and Fulpmes.





Winter hiking highlights

Five winter hiking trails have been summarized under the winter hiking highlights to make your choice easier. They extend through the entire valley and impress with grandiose natural landscapes, great views as well as peace and seclusion.

Pinnistal Valley 1

Beautiful, natural winter hiking trail in the wild and romantic Pinnis valley. – See details on the right.

Unterberg Circular Trail Falbeson 5

Easily accessible winter hike down in the valley in the Klaus Äuele Nature Park. – For details, see page 33.

Gamsgarten mountain station – Bödelehütte 11

Snowy winter hike at over 2,600 m with spectacular views of the Stubai mountains. – For details, see page 35.

Galtalm 15b

On the sunny side of the Schlick you can enjoy the fantastic valley view on the way to the Alm. – For details, see page 38.

Maria Waldrast 19

Contemplative hike in the midst of magnificent natural scenery to the historic Maria Waldrast monastery inn.– For details, see page 40.



Neustift

Pinnistal (tobogganing and hiking Tour) 1

Walking Time: 1 ¼ h (Issenangeralm), 2 ¼ h (Pinnisalm)
Length: 3.4 km / 6.1 km (to the alpine pastures)
Difference in Altitude: 400 / 592 m
Start / Finish: Neder, Zegger car park
Parking: Zegger car park (Neder)
Rest Points: Issenangeralm (1,380 m), Pinnisalm (1,557 m)

From the Zegger parking lot, take the road to the end of the toboggan run. From there, you reach the Issenangeralm after 1¼ hours along the toboggan run, which is steep in places (watch out for oncoming tobogganists!). Starting there, the most beautiful part of the route leads up a moderate incline to the Pinnisalm in another hour. Due to the sometimes heavy tobogganing traffic, we recommend a combined tobogganing and hiking tour: take the cable car to the Elferbahnen mountain station, then toboggan down the Elfer – Pinnistal toboggan run to the Issenangeralm and from there continue on foot to the Pinnisalm.

WINTER HIKING HIGHLIGHT

Neustift – Schaller 2

Walking Time: approx. 1 hour
Length: 3.3 km (total)
Difference in Altitude: 45 m
Start: Car park at Freizeitzentrum Neustift
Finish: Schaller, Schallerhof
Parking: Freizeitzentrum Neustift
Rest Point: Loipenhütte 'Alte Mühle' (1,002 m)

From the car park at the Freizeitzentrum, follow the riverside path up the valley towards Milders. Cross the bridge there and continue along the hiking trail. Before reaching the heating plant, cross the bridge over the Ruetz and follow the groomed winter hiking trail to Schaller. From there, continue to Krössbach or take the bus back to your starting point..

Neustift – Gröbenhof 3

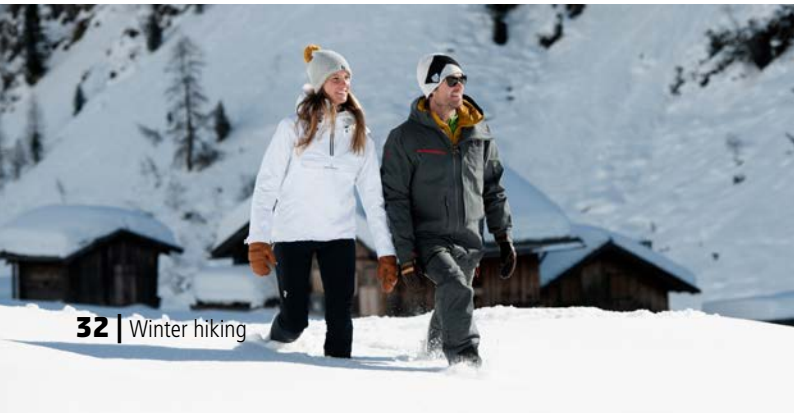
Walking Time: approx. 3 hours
Length: 9.5 km (total)
Difference in Altitude: 59 m
Start / Finish: Elferbahnen car park
Parking: Elferbahnen (Neustift)
Rest Points: Seestüberl (Lake Kampl, 966 m); Gröbenhof (1,000 m) – closed on Tuesdays and Wednesdays

Starting at the Elferbahnen car park, this route takes hikers via snow-covered meadows to Neder, where they cross the main road via an underpass. Follow the trail along the stream to Lake Kampl. Cross the bridge and follow the road for about 45 minutes, until you reach the Gröbenhof in Fulpmes. From there, take the same route back to Neustift.

Schaller – Krössbach 4

Walking Time: 45 min.
Length: 2.3 km
Difference in Altitude: 71 m
Start: Schaller
Finish: Ski lift Krössbach
Rest Point: Skialm Krössbach (1,100 m)

This hike connects Winter Hiking Trails No. 2 and No. 5. Start at Schallerhof and follow the winter hiking trail along the left-hand side of the stream. After approximately 30 minutes, you will reach Hotel Edelweiß. From there, the winter hiking trail continues to the ski lift in Krössbach.



Unterberg Circular Trail Falbeson 5

Walking Time: approx. 3 hours
Length: 9.6 km (total)
Difference in Altitude: 120 m
Start / Finish: Ski lift Krössbach
Parking: Ski lift Krössbach
Rest Points: Krössbach Skialm (1,100 m), Gasthaus Volderauhof (1,129 m), Marend Stüberl (1,200 m), Doadler Alm (1,250 m)

Cross the bridge directly at the car park and walk along the opposite side of the stream to Volderau in approx. 30 minutes. The winter hiking trail then leads slightly uphill for about 45 minutes to Klaus Äuele. Cross the main road there (underpass) and continue walking to the Marend Stüberl, which invites you to take a break. After another 15 minutes, you reach the Doadler Alm, from where you can hike back to the starting point.

WINTER HIKING HIGHLIGHT

Auffangalm / Brandstattalm (Oberbergtal) 6

Walking Time: 50 min. (Auffangalm), 1½ hours (Brandstattalm),
Length: 2.2 km (Auffangalm), 3.5 km (Brandstattalm)
Difference in Altitude: 225 m (Auffangalm), 420 m (Brandstattalm)
Start / Finish: Josef car park (Oberbergtal)
Parking: Josef car park (Oberbergtal)
Rest Points: Auffangalm (1,620 m), closed on Mondays and Thursdays (except public holidays); Brandstattalm (1,810 m), closed on Tuesdays and Wednesdays (except public holidays)

From the Josef car park, the trail steadily ascends through snowcovered forests along the toboggan run to the Auffangalm and on to the Brandstattalm. You can look forward to regional delicacies.

Auffangalm / Brandstattalm (Milders) 7

Walking Time: about 2 hours (Auffangalm), 2½ hours (Brandstattalm)
Length: 5.5 km (Auffangalm), 6.8 km (Brandstattalm)
Difference in Altitude: 530 m (Auffangalm), 710 m (Brandstattalm)
Start / Finish: Car park at Wasserkraftwerk Milders (Milders hydro-power station)
Rest Points: Auffangalm (1,620 m), closed on Mondays and Thursdays (except public holidays); Brandstattalm (1,810 m), closed on Tuesdays and Wednesdays (except public holidays)

This route starts at the car park at the Wasserkraftwerk (hydro-power station) above Milders in the direction of Oberbergtal. Follow the road in the direction of Bichlhof. From there, a forest trail leads to the Auffangalm and on to the Brandstattalm.



Milderaunalm (Oberegg) 8

Walking Time: approx. 1 ½ hours (descent with rental sled possible)
Length: 4.1 km to the Alm
Difference in Altitude: 470 m
Start / Finish: Oberegg car park
Parking: Oberegg (above Krössbach, for a fee)
Rest Point: Milderaunalm (1,671 m)

From the car park in Oberegg, above Krössbach, the trail leads via the toboggan run in 1 ½ hours up to the Milderaunalm. There, you can strengthen yourself with numerous local specialities before returning to the valley with a rental sled.



Milderaunalm (Milders) 9

Walking Time: approx. 2 hours (descent with rental sled possible)
Length: 5.7 km
Difference in Altitude: 570 m
Start / Finish: Car park at Wasserkraftwerk Milders (Oberbergtal)
Parking: Car park at Wasserkraftwerk Milders
Rest Point: Milderaunalm (1,671 m)

This option starts at the car park near the Wasserkraftwerk (hydro-power station) above Milders in the direction of Oberbergtal. From there, follow the signposted trail, direction Milderaunalm.



Eisgrat mountain station – Gamsgarten Mountain Station 10

Walking Time: approx. 45 min.
Length: 1.6 km
Difference in Altitude: 300 m
Start: Eisgrat mountain station
Finish: Gamsgarten mountain station
Parking: Stubai Glacier valley station
Rest Points: Gamsgarten mountain station (2,620 m), Eisgrat mountain station (2,900 m)

From the Eisgrat mountain station, a prepared winter hiking trail leads in serpentines to the Gamsgarten mountain station. It takes about 45 minutes to cover the 300 metres in altitude.



Gamsgarten mountain station – Bödelehütte 11

Walking Time: approx. 2 hours
Length: 3.9 km (there and back)
Difference in Altitude: 50 m
Start / Finish: Gamsgarten mountain station
Parking: Stubai Glacier valley station
Rest Points: Gamsgarten mountain station (2,620 m), Bödelehütte (2,600 m)

From the Gamsgarten mountain station, follow the flat, prepared winter hiking trail to the Bödelehütte. Return along the same path. It takes about 2 hours to get there and back.



Fulpmes

Fulpmes – Medraz 12

Walking Time: approx. 2 hours
Length: 6.3 km (total)
Difference in Altitude: 97 m
Start / Finish: Schlick 2000 valley station
Parking: Schlick 2000 valley station
Rest Points: Gröbenhof (1,000 m), closed on Tuesdays and Wednesdays

Start at the Schlick 2000 valley station and walk below the lift in the direction of the Gröbenhof, which you reach after 30 minutes. Follow the Wiesenweg trail to the first fork in the road (approx. 30 min. from Gröbenhof) and turn left towards Medraz/Fulpmes. After another half hour you reach Medraz. Walk for a few metres on the sidewalk to the Franz-Senn-Weg (Fulpmes) junction. Turn left and follow the signs to Fulpmes, from where you will return to the starting point.

Fulpmes – Medrazer Stille 13

Walking Time: approx. 1 hour
Length: 3.2 km (total)
Difference in Altitude: 77 m
Start / Finish: Adventure Park Fulpmes
Parking: Adventure Park Fulpmes
Rest Point: Kraxlhütte at Adventure Park Fulpmes

This winter hiking trail starts at the Adventure Park in Fulpmes. Follow the signs to Medraz / Medrazer Stille. A cleared forest road takes you to the Medrazer Stille in about 30 minutes. From there, take the same way back to the starting point.

Fulpmes – Telfes 14

Walking Time: approx. 2 hours
Length: 5 km (total)
Difference in Altitude: 135 m
Start / Finish: Schlick 2000 valley station
Parking: Schlick 2000 valley station
Rest Point: Café-Bar Schlussliacht (Schlick 2000 valley station)

This tour starts at the Schlick 2000 valley station. Follow the road, which is directly next to the large car park of the Schlick 2000, in the direction of Plöven/Telfes for about 10 min. until you reach the Schlicker Bach creek. Turn left before the bridge and follow the road for approx. 150 m to the next bridge. Cross it and follow the road in the direction of Plöven/Telfes. After a few metres, you will reach another fork in the road. Turn left there and follow the road in the direction of Gagers/Kapfers. You will reach the hamlet of Gagers after about 30 minutes, and Kapfers after another 20 minutes In Kapfers, turn right and follow the main road to the rail crossing. Above the rail crossing the trail leads back to the starting point at the valley station.



Schlickeralm 15a

Walking Time: approx. 2 hours
Length: 5.2 km (total)
Difference in Altitude: 286 m
Start / Finish: Froneben intermediate station
Parking: Schlick 2000 valley station
Rest Points: Schlickeralm (1,643 m), Froneben Alm (1,306 m), Bruggeralm (1,362 m)

The winter hiking trail Schlickeralm is located in the Schlick 2000 ski area. It starts at the intermediate station Froneben and takes approximately 1 hour to walk through the Schlicker Talboden to the Schlickeralm. After a cosy stopover, you follow the same path back to the intermediate station Froneben. Then, you can relax by taking the cable car back down to the valley.

Galtalm 15b

Walking Time: approx. 2 hours
Length: 4 km (total)
Difference in Altitude: 271 m
Start / Finish: Froneben intermediate station
Parking: Schlick 2000 valley station
Rest Points: Galtalm (1,634 m), Bruggeralm (1,362 m) Froneben Alm (1,306 m)

The winter hiking trail Galtalm is located in the Schlick 2000 ski area. This sunny trail starts at the intermediate station Froneben, passes by the Bruggeralm, and ends at the Galtalm. It takes about 1 hour to reach the Galtalm. A special highlight of this trail is that it passes under the ski slope through a tunnel. After a relaxing break at the Galtalm, you follow the same path back, either to the Bruggeralm or to the intermediate station Froneben. From there, you can watch the skiers making their tracks in the snow on your way back, and then enjoy a leisurely cable car ride down from the intermediate station Froneben. This winter hiking trail is also suitable for ski tourers.

WINTER HIKING HIGHLIGHT

Froneben Alm 16

Walking Time: 1 hour
Length: 2.7 km
Difference in Altitude: 306 m
Start: Schlick 2000 valley station
Finish: Froneben Alm
Parking: Schlick 2000 valley station
Rest Point: Froneben Alm (1,306 m)

From the Schlick 2000 car park, turn left past the valley station and continue on a well-marked trail slightly uphill through beautiful winter forests for about 900 m until you reach a fork in the road. Turn right to the Froneben Alm, then simply follow the trail. Return along the same trail or continue for about 10 minutes to the Froneben intermediate station and take the cable car back to the starting point.



Mieders

Gleinserhöfe 18

Walking Time: 1 ½ hours
Length: 5.6 km
Difference in Altitude: 72 m
Start: Serlesbahnen mountain station
Finish: Alpengasthaus Gleinserhof
Parking: Serlesbahnen valley station
Rest Points: Panoramarestaurant Koppeneck (1,605 m), Ochsenhütte (1,582 m), Alpengasthaus Gleinserhof (1,420 m), closed on Monday (except public holidays)

From the mountain station, the trail takes you in approx. 1 ½ hour to the popular Gleinserhöfe, which invite you to unwind and enjoy the magnificent view of the Serles and the Kalkkögel Summits. Return on the same trail or by toboggan via the toboggan run down to the valley to Schönberg.

Maria Waldrast 19

Walking Time: 1 hour
Length: 2.6 km
Difference in Altitude: 150 m
Start: Serlesbahnen mountain station
Finish: Klostergasthof Maria Waldrast
Parking: Serlesbahnen valley station
Rest Points: Panoramarestaurant Koppeneck (1,605 m), Klostergasthof Maria Waldrast (1,638 m)

The Maria Waldrast Monastery (Kloster Maria Waldrast) can be reached from the mountain station in an hour's walk. The Monastery Inn invites you to stop for a bite to eat.

WINTER HIKING HIGHLIGHT



Ochsenhütte 20

Walking Time: 30 min.
Length: 1 km
Difference in Altitude: 37 m
Start: Serlesbahnen mountain station
Finish: Ochsenhütte
Parking: Serlesbahnen valley station
Rest Points: Panoramarestaurant Koppeneck (1,605 m), Ochsenhütte (1,582 m)

The Miederer Berg also offers something for leisurely hikers. In only 20 min. you can get from the mountain station to the Ochsenhütte.

Telfes

Telfer Wiesen – Kirchbrücke 21

Walking Time: approx. 3 hours
Length: 9 km (total)
Difference in Altitude: 267 m
Start / Finish: Kapfers car park
Parking: Kapfers (chargeable)
Rest Points: Wiesenhof Slowdown self-service kiosk (838 m), Saturdays, Sundays and public holidays, 11:00 am – 4:00 pm

Starting from the car park in the hamlet of Kapfers in Telfes, a wide and level forest path takes you in the direction of Telfer Wiesen. This beautiful path leads past many larches, and after only 15 minutes, you reach the 'Telfer Wiesen' natural site. With its large reclining platform, the area invites you to linger. After another half hour, you reach a junction and follow it to the right in the direction of the Kirchbrücke. The path leads slightly downhill past the Gallhof and the Wiesenhof. After the Wiesenhof, turn right, cross the Ruetzbach and follow the path towards the Kirchbrücke. After a total walking time of about 2 ½ hours you reach the Kirchbrücke. Now it's about a 30-minute uphill return to the starting point.

Telfer Wiesen – Stockerhof 22

Walking Time: approx. 2 hours
Length: 6 km (total)
Difference in Altitude: 160 m
Start / Finish: Kapfers car park
Parking: Kapfers (chargeable)
Rest Points: Alpengasthaus Stockerhof (1,196 m), closed on Mondays and Tuesdays (except public holidays)

Starting from the car park in the hamlet of Kapfers in Telfes, a broad and level forest trail leads in the direction of Telfer Wiesen. Along the trail you will pass numerous larches, and after an hour you will reach the Stockerhof. Return the same way.

Schönberg

Schönberg Aussichtswarte 23

Walking Time: 20 min.
Length: 0.9 km
Difference in Altitude: 9 m
Start / Finish: Gasthof Domanig
Parking: Gasthof Domanig
Rest Points: Sparmarkt Gietl, Hotel Stubai, Hotel Handl

This easy and short circular trail begins at the car park behind the Gasthof Domanig. Follow the signs and you will soon reach the lookout point, then the Lourdes Chapel and back to the starting point.

Schönberg – Gleins 24

Walking Time: 1 ½ hours
Length: 3.1 km
Difference in Altitude: 377 m
Start: Car park Schönberg (near football field)
Finish: Alpengasthaus Gleinserhof
Parking: Car park Schönberg
Rest Points: Alpengasthaus Gleinserhof (1,420 m), closed on Mondays (except public holidays)

The winter hike leads via the toboggan run (approx. 50 metres above the car park) up to Gleins. From there, continue straight along the road to the Alpengasthaus Gleinserhof.

Winter hiking trail to Gleins 25

Walking Time: 2 ½ hours
Length: 4 km
Difference in Altitude: 377 m
Start: Car park Schönberg (near football field)
Finish: Alpengasthaus Gleinserhof
Parking: Car park Schönberg
Rest Points: Alpengasthaus Gleinserhof (1,420 m), closed on Monday (except public holidays)

From the car park, do not hike to the toboggan run, but in the direction of the football pitch and then continue to Mieders (signposted). After approx. 2 km, turn left in the direction of Zirkenhof. Then hike along the forest road until you reach the Gleinserhof turn-off.





Snowshoeing

Discover the beauty of unspoilt nature

When peacefully snowshoeing through the Stubai winter landscape, you can experience nature with all your senses. The exercise in fresh air, the gentle immersion in glittering deep snow, and the knowledge that in winter you can reach places you would never reach without snowshoes, make this nature activity so special. Local guides know the most beautiful areas for snowshoeing and provide insight into Stubai's unique natural environment. Discover an authentic holiday experience that you wouldn't want to miss.

Nature-friendly Enjoyment

In winter, the animals of the wild are in energy-saving mode. That's why disturbances are especially difficult for them to cope with. In order to guarantee their peace and quiet, here are a few simple tips that will not impair the quality of your hike:

- Please keep dogs on a leash
- Observe official tour routes to protect forest dwellers (red deer and wood grouse).
- Do not enter feeding areas of wild animals (observe signs).
- Pass forest lines directly; it is the area the sensitive black grouse inhabit
- Conserve the forest: Please avoid young forests and afforested areas





Snowshoeing routes

Froneben – Schlickeralm 1

Walking Time: approx. 3 hours
Length: 5.7 km (there and back)
Difference in Altitude: 288 m
Start / Finish: Schlick 2000, intermediate station Froneben (1,362 m)
Parking: Schlick 2000 valley station
Rest Points: Schlickeralm (1,643 m), Bruggeralm (1,362 m)

From the car park at the Schlick 2000 valley station in Fulpmes, the cable cars take you comfortably to the Froneben intermediate station. From there, the route takes you uphill along the track for the first few minutes. After the mountain station of the tow lift, the snowshoe hiking trail branches off to the right in the direction of Schlickerbach and then continues along the right-hand side of the track through the forest, ascending slightly towards the Schlickeralm. After about 1 km, due to the steepness of the slope, you change to the road for about 100 m, which you then leave to the right at the first opportunity. Continue along the road slightly to the right, continuing on a slightly steeper ascent for a short while until you reach the crossroads north of the Panorama Lake. From here the trail is much flatter along the Schlickerboden (Please avoid feeding game over a large area). From the Schlickeralm you cross the ski slope (watch out for others) and start below the garage building always on the right side of the slope. After 200 m, follow the signs and walk across the Abendweide pasture to the Panorama Lake. From there, past the large wooden disc on the Scheibenweg trail, always keep to the right of the ski slope and descend back to the Froneben intermediate station.



Neustift – Forchach – Inneres Mahd 2

Walking Time: approx. 2 ½ hours
Length: 4 km (there and back)
Difference in Altitude: 263 m
Start / Finish: General car park (approx. 300 m above Forchach)
Parking: General car park (approx. 300 m above Forchach)
Rest Points: Jausenstation Hofer – Unterkartnall (1,300 m), closed on Tuesdays and Wednesdays; Jausenstation Oberkartnall (1,275 m), closed on Thursdays

The starting point is about 400 metres after the tunnel, directly after the fork on the right side. Following the forest trail, the hike leads from here through idyllic winter forests to Inneres Mahd. Some wonderful options for a rest break are the Jausenstation Hofer – Unterkartnall and the Jausenstation Oberkartnall. They can be reached by following the asphalt road for about 500 metres.





Waldraster Jöchl 3

Walking Time: approx. 2 hours
Length: 4 km (there and back)
Difference in Altitude: 300 m
Start / Finish: Serlesbahnen, Koppeneck mountain station
Parking: Serlesbahnen valley station
Rest Point: Koppeneck Panorama Restaurant (1,605 m)

Due to the high starting point, this hike is accessible from early winter until spring. From the mountain station you pass the Koppeneck Panorama Restaurant, hiking parallel to the winter hiking trail towards the east. After a few metres, you cross the hiking trail and proceed gently uphill, almost straight ahead in a southerly direction to Waldraster where you are awaited by a summit cross at 1,878 m.



Alpengasthaus Gleinserhof – Eulenwiesen 4

Walking Time: approx. 3 hours
Length: 7.5 km (there and back)
Difference in Altitude: 297 m
Start / Finish: Alpengasthaus Gleinserhof
Parking: Alpengasthaus Gleinserhof
Rest Points: Alpengasthaus Gleinserhof (1,420 m), closed on Monday (except public holidays)

From the Gleinserhof you pass the last buildings of Gleins heading southeast on a forest road. After approx. 15 minutes, turn left in the direction of Eulenwiesen, through the forest slightly uphill. After two bends, hike straight ahead for about an hour before you reach the light larch forest of the Eulenwiesen after two more bends. Over the extensive hilltop of the Eulenwiesen, one finally arrives, slightly descending, at two small huts. From here, return to the starting point the same way you came.



Bichl / Aufangalm / Brandstattalm 5

Walking Time: 2 hours (Auffangalm), 3 hours (Brandstattalm)
Length: 5.4 km (Auffangalm), 6.6 km (Brandstattalm)
Difference in Altitude: 533 m (Auffangalm), 710 m (Brandstattalm)
Start: Car park at Wasserkraftwerk Milders (Milders hydro-power station)
Finish: Auffangalm and/or Brandstattalm
Parking: Car park at Wasserkraftwerk Milders
Rest Points: Auffangalm (1,620 m), closed on Mondays and Thursdays (except public holidays); Brandstattalm (1,810 m), closed on Tuesdays and Wednesdays (except public holidays)

From the car park at the hydro-power station above Milders, follow the road uphill to the Bichlhöfe farms (the road is cleared of snow as far as this point). Just above the houses, continue along a forest track to Auffangalm, then climb a slightly steeper section to Brandstattalm.



Snowshoe tour providers

If you are interested in a guided snowshoe tour, please contact one of the local alpine schools, ski schools or mountain guides.





Cross-country skiing

Consciously experiencing nature

Perfectly groomed and tracked, the cross-country skiing network in the Stubai, which has been awarded the Tyrolean Cross-Country Skiing Seal of Quality, guarantees snow in abundance. Cross-country skiers will find what their heart desires here, and so much more.

More than 30 km at all altitude levels to enjoy your favourite sport, including an illuminated cross-country trail for the night cross-country skiing experience, a breath-taking scenery, and the opportunity to consciously discover the varied winter landscape. Body, mind, and soul will rejoice exercising in the fresh mountain air and quickly find themselves in harmony in the cross-country skiing rhythm. That's why skaters and classic cross-country skiers, beginners or professionals, feel so alive and at home in the Stubai Valley.





Neustift – Milders Trail 1

Style: Skating & Classic
Length: 5.3 km
Difference in Altitude: 20 m
Start: Freizeitzentrum Neustift
Finish: Freizeitzentrum Neustift
Parking: Freizeitzentrum (Neustift Dorf),
Rest Point: Loipenhütte 'Alte Mühle'

Starting at the Freizeitzentrum Neustift, the cross-country ski trail climbs gently towards the village of Milders before returning to the starting point. There are several access and exit points along the route with bus connections.



Medrazer Circular Trail 2

Style: Skating & Classic
Length: 1.9 km
Difference in Altitude: 10 m
Parking: Fulpmes (underground car park)
Start / Finish: Hotel Tirolerhof (Fulpmes)

The Medrazer circular trail is a 1.9 km-long, easy track on the outskirts of Fulpmes.



Krössbach – Doadler Alm Trail 4

Style: Skating & Classic
Length: 10.6 km
Difference in Altitude: 110 m
Start / Finish: Krössbach Ski Lift
Parking: Krössbach Ski Lift
Rest Point: Doadler Alm (closed on Wednesdays), Marend Stüberl

From Krössbach, the trail climbs gently all the way to Falbeson. Along the way, the Marend Stüberl and Doadler Alm offer excellent places to stop for refreshments. On the return journey, you'll benefit from the elevation gained on the way up, although a few short sections require good technique when skiing downhill.



Falbeson Trail (easy and medium difficulty) 5 7

Style: Skating & Classic
Length: 2.2 km (easy) / 3.3 km (medium difficulty)
Difference in Altitude: 23 m (easy) / 39 m (medium difficulty)
Start / Finish: Doadler Alm
Parking: Doadler Alm (Falbeson)
Rest Point: Doadler Alm (closed on Wednesdays), Marend Stüberl

The district of Falbeson is the Stubai Valley's cross-country skiing paradise. Securely situated amidst the snow, you will find a multitude of routes across all levels of difficulty here. The two Falbeson routes (easy and difficult) start at the Doadler Alm and lead out of the valley to Klaus Äuele. From there you can loop back to the starting point.

Elite Trail (Klaus Äuele) 8

Style: Skating & Classic
Length: 3.3 km
Difference in Altitude: 50 m
Start / Finish: Doadler Alm
Parking: Doadler Alm (Falbeson)
Rest Point: Doadler Alm (closed on Wednesdays)

The Elite trail is the only track in the Stubai cross-country skiing region that is classified as difficult. It requires lots of stamina and a sound cross-country technique. Constant uphill stretches are rewarded with several fast downhill runs. Surrounded by the beautiful Stubai Mountains, the Elite trail is a must for experienced cross-country skiers.

Moos Tour 9

Style: Skating & Classic
Length: 2.8 km
Difference in Altitude: 8 m
Start / Finish: Alpenhotel Tirolerhof (Neustift)
Parking: Public car park Tourist office Neustift

The Moos Tour is a 2.8 km long, easy cross-country ski trail in the centre of Neustift. It starts at the Tirolerhof in Neustift and leads over the 'Moos' to Neder and from there back again.

Gamsgarten Trail at the Stubai Glacier 10

Style: Skating
Length: 2 km
Difference in Altitude: 63 m
Start / Finish: Gamsgarten mountain station (Stubai Glacier)
Parking: Stubai Glacier valley station
Rest Points: Gamsgarten Marktrestaurant, Service Restaurant Zur Goldenen Gams, Schneekristall pavilion

The skating trail Gamsgarten on the Stubai Glacier is easily accessible from the Gamsgarten mountain station (2,620 m). From there, the cross-country skiing track runs past the Kinderland in a large reversal loop back to the starting point, offering a magnificent panorama of the highest Stubai Mountains. After a lot of fresh snow and/or a storm, please consult the information office at the Stubai Glacier for trail conditions.

Fernau Trail at the Stubai Glacier 11

Style: Skating
Length: 1 km
Difference in Altitude: 20 m
Start / Finish: Fernau intermediate station
Parking: Stubai Glacier valley station
Rest Points: Dresdner Hütte, Cable Bar

The Fernau skating trail on the Stubai Glacier is easily accessible from the intermediate station. From there, the cross-country ski trail runs in a large loop near the station. After large amounts of fresh snow and storms, please ask the information office at the Stubai Glacier about the preparation of the cross-country ski trail.

Night Trail Falbeson 5

Style: Skating & Classic
Length: 2.4 km
Difference in Altitude: 20 m
Start / Finish: Doadler Alm
Parking: Doadler Alm (Falbeson)
Rest Points: Doadler Alm (closed on Wednesdays), Marend Stüberl

Flat cross-country skiing trail near the Doadler Alm with illumination from 5 to 9 pm.



Families in the snow

From snow angels to ice giants

The Stubai Valley holds the key to perfect winter happiness: experiencing winter like a child, seeing it through innocent eyes. Getting involved with the little pleasures and the big ones – all with the curiosity and joy of a child. How freeing it is to let yourself fall into the fresh deep snow, to stretch your wings like a snow angel, to build a snowman in untouched nature, and to enjoy a snowball fight from the bottom of your heart. That's how quickly you will become a child yourself again.

This is particularly easy in the Stubai, as it is known for its family-friendliness. In the BIG Family Stubai Premium Homes, the BIG Family Stubai partner facilities, and the BIG Family Stubai Restaurants, even the smallest guests' wishes are fulfilled. And the Stubai winter is the most fascinating adventure playground you can imagine for a break with your entire family.

Activities for Families





Highlights for families

Winter fun beyond the slopes

- **TOP OF TYROL viewing platform** at the Stubai Glacier
- **Mammoth as photo point** at the Gamsgarten mountain station on the Stubai Glacier
- **Snow mammoth** for climbing, unwinding, and sliding at the Gamsgarten mountain station at the Stubai Glacier (depending on snow conditions from January to March)
- **Largest walk-on sundial of the Alps** at the Elferbahnen Neustift mountain station
- **Snow playground with igloo and fun sports equipment** at the mountain station of the Serlesbahnen Mieders
- **Tandem paragliding flight** for children at Elferbahnen Neustift





Stubai Light Park

at Kampler See

In winter, the Kampler See lake glows with a very special light. Opening on November 27, 2026, alongside the Advent Market, the **new Stubai Light Park** invites visitors to enjoy enchanting evening strolls until February, weather permitting. Along the circular trail around the Kampler See, visitors will find a total of nine elaborately staged light installations bring typical animals of the Stubai Valley to life, including **deer, marmots and ibex.** Additionally, QR codes along the trail allow visitors to discover each of the Seven Summits Stubai in an interactive and visually engaging way. Fairy lights twinkling in the trees, around the playground and near the Seestube restaurant add to the magical atmosphere, making the circular trail a memorable experience for the whole family.

Opening hours
The Light Park is open daily from dusk until 10 pm. Admission is free.

Getting there
Kampler See is easily accessible by public transport, with a bus stop nearby. For those arriving by car, two paid parking options are available: directly at Kampler See and in Neder (Zegger).



Events especially for families and kids

Action and winter magic



Snowcat riding at the Stubai Glacier

Every Tuesday from December 29, 2026. Meet at 2 pm at the ice climbing tower in the Gamsgarten area at Stubai Glacier.

Price: € 6 per child. Registration required by Monday afternoon at the kiosk in Gamsgarten, next to the Intersport shop at the Gamsgarten mountain station. Please note: Snowcat rides are exclusively for children. Adults are not permitted to ride.

Winter Hiking Nights

Experience a unique nature experience during the hiking night in Klaus Äuele! On four Tuesdays (January 12, January 19, January 26 and February 2, 2027), let yourself be enchanted by a magical winter landscape illuminated by torches and lanterns. Along the way, you can expect cosy stops with traditional music and the opportunity to taste authentic Stubai specialities. Other highlights include a torchlight hike and a dog sled ride. Starts at 7:30 pm. Free shuttle bus!
For more information, visit: www.stubai.at







Winterpark Neustift

Skiing, tobogganing, sliding

The Neustift winter park is located 100 metres above the ice skating rink in Neustift. Children can slide, bobsleigh or ski on a groomed slope. The ascent on the 40-metre-long conveyor belt is free of charge. Tires for sliding and bobsleighs for riding are also available free of charge.

The Neustift Winter Park is open daily from 1 pm to 4 pm, depending on snow conditions, from Christmas until the end of February.

Activities

Highlight

Free rental of sports equipment such as bobsleighs and tires



Natur Aktiv Park Klaus Äuele

Brilliant nature fun

In the Natur Aktiv Park Klaus Äuele, winter sports enthusiasts will find idyllic winter charm, like something out of a picture book. The flat alluvial land – formed by the Ruetz River, the lifeline of the Stubai Valley – is a wonderful place to be active. On a winter hike you can roam the snow-covered forest and discover the tracks of many a forest dweller along the way: observe just how quickly a squirrel can disappear into the treetop. Let your eyes wander over the deep green spruce trees draped in their lush wintry dress and gaze up to the stunning peaks of the Stubai. Enjoy the pleasure of making your rounds on the cross-country skiing trails, either leisurely or actively, depending on your mood. On the other hand, how nice it is to sit quietly on a stone on the shore and let the surroundings work their magic on you. The power and beauty of the water is on full display here in an impressive flowing and frozen form and makes the Nature Active Park Klaus Äuele a real gem amidst the Stubai Mountains.

Activities

Highlights

- Natural ice rink
- Rest point Klaus Äuele Marend Stüberl with skate rentals



Ice skating in the Stubai

Graceful winter adventure

Ice skating can be the highlight of a winter day and is simply part of the season. When gracefully gliding over the ice, you feel alive and free. Ice curling is not only fun, but also challenging. Three ice rinks are available for the perfect experience on ice in the Stubai. Here you can perfect your pirouettes and put your curling skills to the test.

Eislaufplatz Neustift

Contact: Eislaufplatz Neustift,
Location: Next to the Neustift Musikpavillon
Opening Hours: Mondays to Sundays 1 – 7 pm

700 m² artificial ice surface in the heart of Neustift with PA system, floodlight, and skates rental. On Fridays, the ice disco from 7:30 pm to 9:30 pm gets the party going.



Fulpmes Eisarena

Contact: Fulpmes Eisarena, +43 (0) 660 4202560,
info@eisarenafulpmes.at, www.eisarenafulpmes.at
Location: In the village centre near the Musikpavillon
Opening Hours: Tuesdays to Sundays, 2 – 6 pm,

The roofed artificial ice arena in Fulpmes offers 900 m² of ice surface. Skates can be rented here directly. Small snacks and drinks (mulled wine, sodas, hot chocolate, etc.) will be available. Particularly popular is the guest curling in the mornings and evenings from 6:15 pm (with advance booking!), as well as the ice disco every Saturday from 7 pm! The curling area offers space for up to 48 persons. There are plenty of parking spaces available for guests in the underground car park.



Natureislaufplatz Klaus Äuele

Contact: Marend Stüberl, +43 (0) 676 7237454
Location: Natur Aktiv Park Klaus Äuele
Opening Hours: 10 am – 5 pm daily

Idyllically situated natural ice rink (approx. 500 m²) in Falbeson. Wonderful view of the winter landscape. Ideal for families with different interests, as it is close to the hiking and cross-country skiing trails. Skate rental and stop for refreshments at the Marend Stüberl. You can expect typical Tyrolean cuisine with changing specialities (such as Blattln, Stubaier Strietzl, homemade cakes).

Ski touring experience in the Stubai

Invigorating, enriching, and inspiring

With skins under your touring skis, you can enjoy a wide range of routes across every level of difficulty, through dense spruce forests and across wide alpine meadows to the most famous peaks of the Stubai Valley. Impressive views are on offer when touring the 3,507 m high Zuckerhütl, one of the Stubai's Seven Summits and at the same time the highest peak of the Stubai Alps. The Franz-Senn-Hütte (2,147 m) is considered one of the best ski tour bases in the Eastern Alps and is the starting point for numerous summit tours in the Stubai.The piste tours of the Serlesbahnen Mieders, as well as the Elferbahnen are among the most beautiful ones in Tyrol. Not only during the day is the range of ski tours in the Stubai fascinating, in the evening as well, the lovers of this sport get their money's worth.

IMPORTANT!
Please note the **designated piste tour evenings at the times set** by the cable cars.

Whether you're a beginner or a more experienced touring athlete, the Stubai has the perfect route for every skill level. The mountain guides (contact details on page 5) also offer a wide range of courses for beginners, guided day-tours, circular tours lasting several days, as well as avalanche safety trainings.

The alpine schools and mountain guide offices also have the perfect experts to obtain information on individual ski tours in the Stubai.

Piste tour highlights

The Stubaital offers numerous ski tour ascents in secured terrain.

- Elferbahnen valley station to the Panorama Restaurant Elfer or to the Elferhütte
- Milderaunalm from the Oberegg car park via the toboggan run
- Auffangalm from the Josef car park or via the Bichlhof farm across the toboggan run
- Brandstattalm from the Josef car park or via Bichlhof along the toboggan run
- Serlesbahnen valley station via the valley run or the Wassertal to the Koppeneck Panorama Restaurant or to the Ochsenhütte
- Froneben intermediate station (Schlick 2000) to Galtalm





Ice climbing in the Stubai

Simply breathtaking

The Stubaital is rich in waterfalls. In winter, they transform into captivating ice formations and objects of desire for numerous ice climbers from all over the world. Climbing frozen waterfalls is a special experience. Due to the high climbing and safety requirements as well as the required experience (e.g. assessment of ice stability and avalanche risks) it is often referred to as the supreme discipline of alpinism. The area of the Grawa-Alm not only offers the impressive and beginner-friendly Grawa waterfall, but also numerous more difficult routes. In the Pinnis Valley, ice climbers will find some of the most famous ice falls in Austria. Those who want to make their first stress-free ice climbing attempts will find perfect conditions at the 20-metre-high ice climbing tower on the Stubai Glacier. There, the Stubai mountain guides regularly offer ice climbing courses. They are also the right contacts for more ambitious ice climbing goals. Contact details can be found on page 5.

Detailed information about the ice climbing tours are available in the Eisklettерführer Tirol (published by Alpinverlag).



Paragliding & hang-gliding

A Valley made for flying

In the paraglider scene, the Stubai has always been known for the best flight conditions. The extraordinary thermals, the impressive landscape, and the first-class take-off and landing sites make it a true flying paradise for paragliders and hang-gliders alike.

At an altitude of 2,136 metres, the popular take-off site at Kreuzjoch in the Schlick 2000 offers ideal thermic conditions for paragliding. A vertical drop of over 1,200 metres can be covered on a flight over Fulpmes.

The Elfer is very popular both as a training area and among sporty pilots. With the Elferbahnen, gliders can quickly and comfortably reach the mountain tops. Take-off and landing sites are located directly next to the cable car facilities.

Several flight schools are available at the foot of the Stubai Mountains that offer courses for beginners and advanced pilots. A tandem flight is recommended in any case, because the massive, imposing summits and fascinating mountain formations of the Stubai look even more spectacular from above.

Neustift

Air 4 You	+43 (0) 664 3420343 | info@air4you.at
AirXperience	+43 (0) 676 3690361 | info@airexp.at
Alpen-Paragliding-Center	+43 (0) 5226 3344 | flugschule@apc-stubai.at
Flugschule Parafly	+43 (0) 5226 3344 | info@parafly.at
Fly Stubai	+43 (0) 664 4442694 | peerlorenz@aon.at
Fly Together – Michael Müller	+43 (0) 664 1602309 | flytogether@aon.at
Human Eagle	+43 (0) 664 4099663 | office@humaneagle.com
Tandem Stubai	+43 (0) 681 81863905 | hallo@tandem-stubai.at



Stubai alpine huts and lodges

Stop off, rest & enjoy

Alm zum Weber Lois (1,100 m)

Contact: Alexandra Neunhäuserer | +43 (0) 650 6167004
www.facebook.com/zumweberlois | zumweberlois@gmail.com
Opening Hours: Open in conjunction with the cable car opening times (expected from December 18, 2026). Open daily depending on snow conditions and the condition of the toboggan run.
Location: The hut is located right next to the toboggan run, which leads from the Elferbahnen mountain station to the valley. The Hut can be reached on foot from the valley in 25 minutes
Atmosphere: Rustic and cosy alpine hut
Culinary Delights: Hot meals served from 11:00 am, traditional dishes, homemade cakes, and fine spirits such as Zirbenschnaps and Enzianschnaps
Highlight: The terrace offers a fantastic view of the Stubaital!



Alpengasthaus Gleinserhof (1,420 m)

Contact: Hammer Family | +43 (0) 5225 62100
info@gleinserhof.at | www.gleinserhof.at
Opening Hours: Hot meals all the time, closed on Mondays (except public holidays)
Location: Gleins (above Schönberg)
Atmosphere: Very sunny location with view to the Stubai Glacier, sun terrace
Culinary Delights: Tyrolean specialities with products from our own farm, e.g. beef goulash, dumplings, curd cake, Tyrolean Gröstl, farmer's bread and much more.
Highlights: Family-friendly illuminated natural toboggan run, starting point for snowshoe hikes (Naturschauplatz Eulenwiesen)



Alpengasthaus Stockerhof (1,196 m)

Contact: Melanie Maier and Daniel Popa, +43 (0) 664 1648324, stockerhof-kreith@outlook.com, www.alpengasthausstockerhof.at
Opening Hours: Wednesday to Sunday (10 am – 5 pm), hot meals: 11 am – 4 pm, closed on Mondays and Tuesdays (except public holidays)
Location: Kreith
Atmosphere: A cosy parlours, a beautiful dining hall, wonderful sun terrace
Culinary Delights: Tyrolean traditional cuisine and homemade cakes
Highlight: Wonderful winter hike from Telfes to Stockerhof



Auffangalm (1,620 m)

Contact: Tim Hamann, + 43 (0) 676 6623620
info@auffang-alm.at, www.auffang-alm.at
Opening Hours: Open from December to April (depending on snow conditions), 11:00 am to 5:00 pm, closed on Mondays and Thursdays (except on public holidays.)
Location: Oberbergtal
Atmosphere: Rustic Tyrolean alpine hut
Culinary Delights: Home cooking with fresh products and daily changing daily recommendations
Highlight: Every Saturday we serve Graukasstriezel (a savoury Tyrolean pastry filled with cheese).





Service Restaurant zur Goldenen Gams (2,626 m)

Contact: Zur Goldenen Gams | +43 (0) 5226 8141119
www.stubaier-gletscher.com
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the Gamsgarten mountain station in the immediate vicinity of the cross-country skiing trail, the ice climbing tower and the winter hiking trail to the Eisgrat
Atmosphere: Excellent service, Tyrolean and international cuisine, comfortable and spacious sun terrace, play corner for children.
Culinary Delights: Tyrolean cuisine and oven-fresh pizzas
Highlight: Especially child-friendly



Biohotel Rastbichlhof (966 m)

Contact: Steuxner Family | +43 (0) 5226 2373
urlaub@rastbichlhof.at | www.rastbichlhof.at
Opening Hours: Coffee & cake: From 02:00 pm, evening menu: From 06:30 pm
Location: Wonderfully quiet and unspoilt location surrounded by fields directly on the Ruetz stream in Neustift-Kampl. Parking lot for guests right at the house.
Atmosphere: Sun terrace with incomparable panoramic views of the Stubai mountains, cosy farmhouse parlour and restaurant.
Culinary Delights: In our kitchen, we focus on freshness, taste and 100% certified organic products. In the afternoon we serve coffee & cake
Highlight: Dinner only with table reservation. For conscious connoisseurs.



Brandstattalm (1,810 m)

Contact: Tanja Falbesoner | +43 (0) 650 8112304
info@brandstatt-alm.at | www.brandstatt-alm.at
Opening Hours: Depending on snow conditions from December to April, closed on Tuesdays and Wednesdays (except public holidays), night tobogganing (on request)
Location: Oberberg Valley
Atmosphere: Traditional Tyrolean alpine lodge in a very sunny location with a wonderful view of the Stubai Valley
Culinary Delights: Traditional dishes with fresh ingredients from the region and great attention to detail. Changing, seasonal daily specials.
Highlights: Wonderful natural toboggan run. For ski tourers, the Seblasspitze attracts with its fantastic skiing terrain.



Bruggeralm (1,362 m)

Contact: Bruggeralm | +43 (0) 5225 64644
+43 (0) 664 3334806 | gerold.bacher@hotmail.com
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the Schlick 2000 intermediate station
Atmosphere: The mountain restaurant impresses with its rustically and comfortably furnished parlours.
Culinary Delights: This mountain lodge is certified as a "Stubaier Genuss-Betrieb" and is known for its excellent cuisine featuring regional produce. The menu includes traditional Tyrolean dishes as well as a selection of delicious cakes.
Highlight: Daily après-ski at the umbrella bar outside the Alm.



Café-Bar Schlussliacht (1,005 m)

Contact: Schlick 2000 | +43 (0) 5225 62321
info@schlick2000.at | www.schlick2000.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the valley station of Schlick 2000
Atmosphere and Culinary Delights: The ultimate meeting place for everyone looking to have a great time with the latest hits of the season or enjoy a little refreshment after a fantastic day on the slopes.
Highlight: Après-ski



Doadler Alm (1,250 m)

Contact: Familie Völlenklee | +43 (0) 5226 2033
doadleralm@gmail.com | www.doadleralm.at
Opening Hours: Open all day, hot meals all day, closed on Wednesdays
Location: Falbeson
Atmosphere: The original inn is idyllically situated on the way to the Stubai Glacier. Two cosy furnished parlours with oven.
Culinary Delights: Certified as a "Stubaier Genuss-Betrieb", this mountain hut offers an extensive menu. Home-style cooking with a better view! We serve homemade specialities, traditional Tyrolean dishes and delicious sweet treats.
Highlight: Starting point for cross-country skiing as well as to groomed winter hiking trails.



Dresdner Hütte (2,300 m)

Contact: Familie Hofer | +43 (0) 5226 8112
info@dresdnerhuette.at | www.dresdnerhuette.at
Opening Hours: Summer: End of June to end of September, Winter: End of October to end of April
Location: At the intermediate station of the Stubai Glacier cable cars
Atmosphere: Rustic hut in the middle of the skiing area Stubai Glacier
Culinary Delights: Tyrolean specialities at 2300 m
Highlights: Overnight stay in the middle of the ski area



Froneben Alm (1,306 m)

Contact: Lukas Rasinger | +43 (0) 650 6368720
lukas.rasinger@gmail.com | www.fronebenalm.com
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the Galtbergbahn valley station, just below the Schlick 2000 Intermediate station
Atmosphere: Wonderful sun terrace, cosy parlours right next to the valley descent.
Culinary Delights: Known for its good Tyrolean cuisine with products from its own farm.
Highlights: On request hut evenings for groups. Great destination for the whole family.



Galtalm (1,634 m)

Contact: Hotel Stubaierhof
+43 (0) 5225 62266 | info@galtalm.at | www.galtalm.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Fulpmes, Schlick 2000 ski area, accessible directly via piste no. 13
Atmosphere: Wonderful sun terrace with great panoramic view, cosy parlours.
Culinary Delights: Best quality products from our own alpine pasture and region, such as various dumplings, bacon, Kaiserschmarrn, grey cheese, yoghurt, cake, milk, elderberry juice.
Highlight: Alpine gourmet enjoyment with fine Austrian brandies from the hotel's own Schnapsothek.



Gasthof Gröbenhof (1,000 m)

Contact: Schüller Family
+43 (0) 5225 62442 | gasthof@groebenhof.at | www.groebenhof.at
Opening Hours: Winter: Early December to mid-April, summer: Mid-May to early November, closed on Tuesdays and Wednesdays
Location: Fulpmes
Atmosphere: Family-run gourmet inn amidst the unique mountain scenery at the edge of the forest above Fulpmes.
Culinary Delights: Certified as a "Stubaier Genuss-Betrieb", this venue serves a wide range of regional products, including goat's cheese and beef goulash, with many ingredients sourced from local farmers. The menu features both traditional Tyrolean dishes and international specialities..
Highlights: The host himself prepares meals, cosy parlours with tiled stove, large sun terrace. Brewery 'Hey Brewing'



Geieralm (1,129 m)

Contact: Geieralm | diegeieralm@gmail.com | www.geieralm.at
Opening Hours: Open all year, closing days as posted on the notice board
Location: In Volderau, right at the main road
Atmosphere: Rustic parlours in Tyrolean style
Culinary Delights: Tyrolean specialities as well as international cuisine
Highlight: The changing daily specials bring additional variety

Grawa Alm (1,530 M)

Contact: Johanna Krösbacher
+43 (0) 676 4121009 | feldhof@stubaital.at | www.grawa-alm.com
Opening Hours: Open all year round, hot meals all day, possible day off in the off-season.
Location: On the main road, before reaching the Stubai Glacier
Atmosphere: With lots of heart managed by the 4th generation of the Krösbacher family. The Grawa Alm is characterised by family charm and rustic cosiness.
Culinary Delights: Stubai farm with valuable food from its own agriculture and alpine farming; excellent Kaiserschmarrn, superb Gröstl
Highlight: View of the grandiose Grawa waterfall, frozen in winter

Issenangeralm (1,380 M)

Contact: Ribis Family | +43 (0) 664 9657023
info@issenangeralm.at | www.issenangeralm.at
Opening Hours: Open all year, closing days as posted on the notice board
Location: Pinnis Valley
Atmosphere: Rustic and cosy parlour. Large sun terrace with a magnificent view of the Stubai mountains.
Culinary Delights: Tyrolean home-style dishes, hearty snacks
Highlight: The Alm invites you to take a break when tobogganing and winter hiking.

Jausenstation Hofer – Unterkartnall (1,300 m)

Contact: Stefanie Hofer | +43 (0) 5226 3429
kartnall1.hofer@aon.at | www.stubai-neustift.com/kartnall-hofer/
Opening Hours: Open all year, closed on Tuesdays and Wednesdays
Location: Sunny side, above Neustift
Atmosphere: A beautiful mountain farm in a sunny hillside location above the valley floor, featuring a traditional parlour dating back to the 18th century, historic stone walls and a panoramic terrace
Culinary Delights: Tyrolean cuisine with focus on regional, seasonal and farm products, from baked dumplings, Kaiserschmarren to Stubai pot dumplings as well as homemade cakes and strudels.
The homemade syrups are also very popular.
Highlights: Hereditary farm since the 17th century, terrace with a far-reaching view over the whole valley and its mountains. Rustic farmhouse parlour. Freshly cooked meals!

Jausenstation Oberkartnall (1,275 m)

Contact: Trudi Pfurtscheller Family | +43 (0) 5226 3488
kartnall@a1.net | https://jausenstationoberkartnall.jimdofree.com
Opening Hours: Open all day, closed on Thursdays
Location: Above Neustift
Atmosphere: Sunny side of the valley above Neustift; wonderful sun terrace, cosy farmhouse parlour
Culinary Delights: A diverse range of Tyrolean cuisine, from delicious soups to flavorful main dishes and traditional desserts.
Highlight: Sunny terrace with a large playground area



Klostergasthof Maria Waldrast (1,638 m)

Contact: +43 (0) 5273 6219 | info@mariawaldrast.at
www.mariawaldrast.at
Opening Hours: Open all year, closing days as posted on the notice board
Location: Can be reached from the mountain station of the Serlesbahnen via the Winter Hiking Trail. The pilgrimage site of Maria Waldrast with the Monastery Inn lies at the foot of the Serles (2,717 m) and right next to the illuminated toboggan run.
Atmosphere: The cosy, rustic dining rooms of the Klostergasthof radiate authentic Tyrolean charm. Sun lovers can soak up the sunshine on the spacious sun terrace.
Culinary Delights: In the monastery kitchen, fresh regional quality products are used to create delicious treats.
Highlight: Maria Waldrast is named after the Holy Mother of God. The water that emerges from the spring is said to have a healing effect.



Loipenhütte 'Alte Mühle' (1,002 m)

Contact: Autenalm
+43 (0) 664 2602681 | info@autenalm.at | www.autenalm.at
Opening Hours: Open daily in winter from 10 am to 6 pm
Location: The lodge is located right at the crosscountry skiing trail Neustift – Milders.
Atmosphere: Ideal for a short break, a cosy finale after a strenuous cross-country skiing round or to enjoy the spring sun.
Culinary Delights: All kinds of delicacies and excellent mulled wine
Highlight: Located directly on the crosscountry skiing trail



Marend Stüberl Klaus Äuele (1,200 m)

Contact: Emanuel Siegmeth | +43 (0) 676 7237454
Opening Hours: Open all day
Location: Situated directly in the Natur Aktiv Park Klaus Äuele
Atmosphere: Sociable, cosy and enjoyable
Culinary Delights: You can expect typical Tyrolean cuisine with changing specialities (such as Blattln, Stubaier Strietzl, homemade cakes).
Highlights: Skate rental for the nearby natural ice rink. Due to its location directly on the winter hiking trail, on the cross-country ski trail and on the Kids Park Klaus Äuele, it is ideal for young and old!



Marktrestaurant Eisgrat (2,900 m)

Contact: Marktrestaurant Eisgrat | +43 (0) 5226 8141119
reservierung.gastro@stubaier-gletscher.com
www.stubaier-gletscher.com
Opening Hours: Open all day, linked to operation of the cable cars, hot meals from 10:30 am to 3 pm
Location: Directly in the Eisgrat mountain station
Atmosphere: Modern self-service restaurant with a view of the Stubai Glacier. Spacious panoramic terrace with deckchairs.
Culinary Delights: For pasta lovers. Colorful salad bar with selected seasonal salads, large selection of savory and sweet dishes.
Highlight: Highest pasta manufactory in the world with show kitchen



Marktrestaurant Gamsgarten (2.620 m)

Contact: Marktrestaurant Gamsgarten | +43 (0) 5226 8141119
reservierung.gastro@stubaier-gletscher.com
www.stubaier-gletscher.com
Opening Hours: Open all day, linked to operation of the cable cars, hot meals from 10:30 am to 3 pm
Location: Right at the Gamsgarten mountain station
Atmosphere: The largest restaurant in the ski area offers a magnificent view of the Stubai Glacier for young and old.
Culinary Delights: Dishes from the giant pan and the fresh Kaiserschmarren are the trademarks of the Marktrestaurant Gamsgarten.
Highlights: Atmospheric house bar with coffee specialities



Milderaunalm (1,671 m)

Contact: Christian Volderauer | +43 (0) 699 10036813
kontakt@milderaunalm.at | www.milderaunalm.at
Opening Hours: Open all day, closed on Mondays (except public holidays)
Location: The hut is located uphill, to the north of the Krössbach district.
Atmosphere: The rustic parlours invite you to enjoy cosy get-togethers.
Culinary Delights: Typical regional delicacies: Stubai grey cheese soup, oven-fresh ribs, Milderaun snacks, fresh cakes as well as daily changing dishes and much more.
Highlights: Wonderful panoramic location with fantastic views of the Stubai. Tuesdays, Fridays and Saturdays night tobogganing until 4 am. By the way, the Milderaunalm is an insider tip for ski tourers as well, as there is a separate ski touring trail here.



Ochsenhütte Mieders (1,582 m)

Contact: Anne-Marie Siegler und Marco Krammel | +43 (0) 677 63011346
info@ochsenhuettemieders.at | www.ochsenhuettemieders.at
Opening Hours: Open all day, linked to the cable cars
Location: The rustic Ochsenhütte lodge is located directly next to the Ochsenlift and the winter hiking trail. Reachable in just approx. 30 minutes from the Serlesbahnen mountain station.
Atmosphere: Newly built cosy mountain hut with a beautiful sun terrace and breathtaking views of the surrounding mountains all the way to Innsbruck.
Culinary Delights: After a day in the snow, warm soups, hearty regional delicacies, and sweet classics await you, just as they have been served in the mountains for generations
Highlights: Every Tuesday there is ski touring evening. The hut is open until 10 pm for this event.



Panoramarestaurant Elfer (1,790 m)

Contact: Elisabeth Schöpf | +43 (0) 676 7059039
info@panoramarestaurantelfer.at | www.panoramarestaurant-elfer.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the mountain station of the Elferbahnen cable cars
Atmosphere: Cosy parlour, beautiful panorama terrace
Culinary Delights: Certified as a "Stubaier Genuss-Betrieb", this mountain restaurant delights with regional products such as dumplings, Kaiserschmarrn, apple strudel and fiery schnapps.
Highlights: Located right at the toboggan runs; on Wednesdays and Fridays also open for night tobogganing; wonderful view into the valley and the surrounding mountains as well as for watching the paragliders



Panoramarestaurant Koppeneck (1,605 m)

Contact: Werner Schöpf | +43 (0) 676 4762571
info@koppeneck.at | www.koppeneck.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the Serlesbahnen Mieders mountain station
Atmosphere: Cosy rooms with a view of the Serles and the Kalkkögel Summits
Culinary Delights: The use of regional and in-house products is characteristic of the Koppeneck's healthy and hearty dishes.
Highlights: Ideal for festivities of all kinds



Panorama Restaurant Kreuzjoch (2,136 m)

Contact: Panorama Restaurant Kreuzjoch | +43 (0) 5225 62321500
panorama@schlick2000.at | www.schlick2000.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the Kreuzjoch mountain station
Atmosphere: Tyrolean cosiness meets modern design. The new, accessible Kreuzjoch panoramic restaurant combines alpine charm with contemporary comfort and breathtaking 360-degree views of the Tyrolean mountains.
Culinary Delights: A taste of Tyrol with a modern twist. Regional ingredients, quality and genuine hospitality define the culinary experience, rooted in tradition yet interpreted with a contemporary touch.
Highlights: Take in the spectacular mountain panorama, soak up the sun in comfortable loungers and treat yourself to homemade cakes and exquisite desserts. This is what a relaxing winter break at Kreuzjoch is all about.



Pinnisalm (1,557 m)

Contact: Familie Christian Siller | +43 (0) 676 6082864
Opening Hours: Open every day (depending on snow conditions)
Location: Pinnis Valley
Atmosphere: This beautifully situated Alm at the end of Pinnis Valley is very well suited as destination of an approx. 1-hour hike with slight gradients. It can be reached on foot during the day from the centre of the Elfer toboggan run.
Culinary Delights: Traditional dishes in a rustic setting
Highlight: Free shuttle service with attached toboggans from the Issenangeralm to the Pinnisalm (departure on request around 12 noon, depending on snow conditions, reservation required!)



Restaurant Schaufelspitz (2,900 m)

Contact: Restaurant Schaufelspitz | +43 (0) 676 849275401
reservierung.gastro@stubaier-gletscher.com | www.stubaier-gletscher.com
Opening Hours: October to early May from 11 am to 4 pm
Location: Directly in the Eisgrat mountain station
Atmosphere: The Schaufelspitz is the heart of the alpine gastronomy at the Stubai Glacier with its beautiful pine parlour, warming fireplace and fantastic sun terrace.
Culinary Delights: In our elegant full-service restaurant, we serve traditional Austrian cuisine prepared with fresh, locally sourced ingredients.
Highlights: Wine connoisseurs appreciate the extensive wine list with an Austrian touch.





Schlickeralm (1,643 m)

Contact: +43 (0) 664 3540349
info@schlickeralm-stubai.at | www.schlickeralm-stubai.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Situated right on the slopes in the heart of the Schlick 2000 ski area, also ideal for winter hikers and snowshoe hikers.
Atmosphere: Traditional alpine inn in the winter sports area
Highlights: Overnight accommodation and a spacious sun terrace.



Schneekristall Pavillon (2,620 m)

Contact: Schneekristall Pavilion at the Gamsgarten
+43 (0) 5226 8141119, www.stubaier-gletscher.com
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the Gamsgarten mountain station in the immediate vicinity of the cross-country skiing trail, the ice climbing tower and the winter hiking trail to the Eisgrat
Atmosphere: Après-ski hotspot in the ski area, set against a breathtaking glacier backdrop
Culinary Delights: Drinks, burgers and finger food.
Highlight: Roof that opens on sunny afternoons



Seestüberl (966 m)

Contact: Furian Family | +43 (0) 676 3648854
furianbernd@gmail.com | www.kampler-seestube.at
Opening Hours: Open all year (occasional closing days, see notice on site)
Location: Situated right at Lake Kampl, which is ideal for a winter walk or a torchlight hike
Atmosphere: A very idyllically situated family business with a cosy parlour and sun terrace
Culinary Delights: Specialities on the excellent menu are the lamb dishes; changing dishes of the day and tasty home-made cakes and tarts.
Highlight: Spacious children's playground in immediate vicinity



Sennjoch Hütte (2,240 m)

Contact: Schlick 2000 | +43 (0) 676 7777455
sennjochhuette@schlick2000.at | www.schlick2000.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right at the mountain station of the Sennjochbahn
Atmosphere: Rustic alpine charm at its finest. The highest-altitude mountain hut in the Schlick 2000 ski area delights visitors with its spacious sun terrace and après-ski bar
Culinary Delights: Traditional Tyrolean mountain fare, featuring regional ingredients and hearty, authentic flavours – perfect for a relaxing break in the mountains
Highlights: Sunny spots to unwind and breathtaking views of the striking Kalkkögel mountain range



Ski Alm (1,100 m)

Contact: Ski Alm | +43 (0) 670 6510781
Opening Hours: Open all year round, closing days as posted on the notice board
Location: In Krössbach at the Stubaitalstraße
Atmosphere: Rustic hut at the drag lift
Culinary Delights: Down-to-earth Tyrolean cuisine such as Tyrolean Gröstl, Kasspätzln, various dumplings and much more.



Tschangelair Alm (1,410 m)

Contact: Familie Zittera | +43 (0) 5226 3767
info@hoferwirt.at | www.hoferwirt.at
Location: The Alm is located in the direction of the Stubai Glacier.
Atmosphere: Rustic, original and cosy; one of the oldest inns in the Stubai
Culinary Delights: The menu features genuine Stubai delicacies.
Highlight: Fresh trout from own farm and local game.



Volderauhof (1,129 m)

Contact: Volderauhof | +43 (0) 676 4817373
Opening Hours: Open all year round, closing days as posted on the notice board
Location: Right at the Stubaitalstraße with a view of the glacier
Atmosphere: Quaint and old traditional inn
Culinary Delights: Tyrolean cuisine
Highlight: Delicious Kaiserschmarrn



Wiesenhof Slowdown (838 m)

Contact: Lisa Holzknecht | +43 (0) 676 7062226
Opening Hours: Saturdays, Sundays and public holidays from 11 am to 4 pm
Location: Located directly on Winter Hiking Trail 21 (Telfer Wiesen–Kirchbrücke) and Cycle Route 19 in Telfes/Mieders.
Atmosphere: Charming, lovingly furnished self-service kiosk, perfect rest stop for hikers, with stunning views of the Stubai Alps
Culinary Delights: Coffee, homemade cakes, refreshments and snacks
Highlight: Lovely children's playground



Zirmachalm (1,935 m)

Contact: Harald Daxl | +43 (0) 664 9509454
info@tenniscafe-steinach.at
Opening Hours: Open all day, linked to operation of the cable cars
Location: Right on ski slope number 1 in the Schlick 2000 ski resort, slightly above the Zirmachbahn valley station.
Atmosphere: Charming hut with a sun terrace right next to the ski slope
Culinary Delights: Hut classics like Kaiserschmarrn, Kasspatzln, dumplings, etc. await, as well as refined pasta and meat dishes.
Highlight: Free W-LAN



Rental stations

Skis, toboggans, cross-country skis, shoe spikes and more

Neustift

Brandstattalm	+43 (0)650 8112304	
Carve.in	+43 (0) 664 1412293	
Eislaufplatz Neustift		
Intersport Martin	+43 (0) 664 7964593	
Intersport Schönherr	+43 (0) 5226 3690	
Intersport Stubaier Gletscher	+43 (0) 5226 8141158	
Kindl's Skiverleih	+43 (0) 676 5097540	
Marend Stüberl	+43 (0) 676 7237454	
Milderaunalm	+43 (0) 699 10036813	
Rent a Ski Neustift Olympia	+43 (0) 676 3305112	
Sport Danler	+43 (0) 5226 2203	
Sportfarm Milders	+43 (0) 5226 30407	
Sport Hofer – Sport 2000	+43 (0) 5226 2428	
Sport Stubai Neustift	+43 (0) 5226 30288	
Talstation Elferbahnen	+43 (0) 5226 2270	

Cross-country Skiing
Ice Skating
Skiing/Snowboarding
Ski Touring
Snowshoeing
Tobogganing
Shoe spikes (for rent and sale)

Fulpmes

Eisarena Fulpmes	+43 (0) 660 4202560	
HP-SPORTS	+43 (0) 664 4765650	
Intersport Pittl Rent	+43 (0) 5225 64115	
Skischule Fulpmes	+43 (0) 664 4611 834	
Sportfarm Fulpmes	+43 (0) 5225 64560	
Talstation Schlick 2000	+43 (0) 5225 62270	

Telfes

Sport Resch	+43 (0) 699 12133803	

Mieders

Skiverleih Serlesbahnen	+43 (0) 5225 6277640	
Talstation Serlesbahnen	+43 (0) 5225 62776	

Schönberg

Alpengasthaus Gleinserhof	+43 (0) 5225 62100	

Contact/ Imprint

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Imprint
Graphic Design: Martin Eiter
Photos: TVB Stubai Tirol, Stubaier Gletscher, Elferbahnen, Schlick 2000, Serlesbahnen, Stubai Alpin – Bergführerbüro, Andre Schönherr, Alexandra Erhart, Tom Bause, Sebastian Marko, Karin Pasterer, Christoph Malin, Schlick2000/Gartner, MK Illumination;
Subject to errors, changes and printing/typesetting errors.

Last updated: October 2026

Stubai Winter Card

Take the mountain cable cars up to winter hiking trails, snowshoe tours and toboggan runs.

The Stubai Winter Card is available from November 28, 2026 to April 11, 2027 and is valid for 5 out of 7 days. Winter hikers, snowshoe hikers and tobogganers can use the card on the following cable cars:

- Serlesbahnen Mieders (multiple trips per day possible)
- Schlick 2000 Skiing Centre (multiple trips per day possible)
- Elferbahnen in Neustift (multiple trips per day possible)
- Stubai Glacier cable cars (1 ascent and descent per day)

The Stubai Winter Card is available at the ticket offices of all Stubai cable cars.

Prices
Adults: € 151.20, Seniors: € 121.00,
Youths: € 98.30, Children: € 75.60
(plus € 2 deposit for KeyCard)

This card is not valid for skiers.

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