

# ADVENTURE SUMMER

HIKING | CYCLING | RUNNING

2023

# Experience nature and technology.

Kaprun  
Hochgebirgsstauseen.



Summer panorama	4
Active holiday	6
Zell am See-Kaprun App	8
Safely out and about	10

<b>HIKING</b>	<b>12-31</b>
Zell am See   Thumersbach   Schüttdorf	14
Schmittenhöhe	19
Kaprun	23
Kitzsteinhorn   Maiskogel	27

<b>CLIMBING</b>	<b>32-39</b>
Vie ferrate and climbing routes	34
Sport shops	39

<b>CYCLING</b>	<b>40-53</b>
Leisurely tours	42
Mountainbike	44
Freeriding	48
Road bike	51
Guided bike tours and bike rental	53

<b>RUNNING</b>	<b>54-67</b>
Zell am See   Thumersbach   Schüttdorf	56
Schmittenhöhe	61
Kaprun	64

<b>HUTS</b>	<b>68-79</b>
Zell am See   Schmittenhöhe	70
Thumersbach	74
Kaprun   Kitzsteinhorn & Maiskogel	75
Kaprun   Kaprun Valley & High Mountain Reservoirs	78

Rules of conduct - grazing cattle	80
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## ZELL AM SEE-KAPRUN



# ACTIVE HOLIDAYS

## ZELL AM SEE-KAPRUN



## OFF INTO NATURE

Zell am See-Kaprun, in the heart of the Alps, attracts with its incredibly beautiful natural landscape for hiking, cycling and running.

**The morning run through the forest is accompanied by chirpy birdsong, the bike tour smells of summer hay flowers and the snow-white glacier fields glisten in the midday sun on the family hiking tour: in Zell am See-Kaprun, the term outdoor sports gets a new meaning. Because with a view of over thirty three-thousand-metre-high peaks and on the shores of the famous Lake Zell, you are out and about in a natural landscape that has inspired generations of holidaymakers, mountaineers and summer visitors for many decades – and that rightly so.**

### DIVERSE TOURS

Whether passionate amateur sportsman or woman or someone who enjoys being

active, whether beginner or real expert in your field: in the Zell am See-Kaprun region, you will find your very own personal training terrain. The fascinating combination of glacier, mountain and lake offers you a unique variety of tours from easy and challenging to high alpine, and leaves plenty of scope to test your limits or to try out something new.

### HOLIDAYS ON ALL LEVELS

The benefits of sport and being active in the mountains have long been scientifically proven: For example, a stay at an altitude of 1,500 to 2,000 metres above sea level is particularly beneficial to physical health. In addition, an active holiday in the

mountains, at the water and in the forest has been proven to reduce stress in the long term. An active holiday in Zell am See-Kaprun is therefore also a highly effective investment in your own health.

### HIKING IN ALL ITS FACETS

Whether it's long walks along well-maintained lakeside promenades, entertaining theme and idyllic alpine hiking tours or high alpine mountain tours: Zell am See-Kaprun is a hiking region that reflects the entire diversity of the Alps in a small area. The network of several hundred kilometres of trails is well marked, ultra-modern mountain railways guarantee fast summit success with fantastic panoramas. The tours lead through summer-fresh forests, across lush alpine meadows and far beyond the tree line into the fascinating mountain world of the Hohe Tauern National Park, the largest nature reserve in Central Europe. Never far away: the next hut or serviced alpine pasture inviting you to a culinary stop.

### HOLIDAY AT PEDALLING SPEED

Get out into the fresh air and conquer the region by bike: Zell am See-Kaprun offers ideal conditions for leisure bikers as well as for sporty ambitious mountain bikers, downhillers, gravel bikers and road bikers. Surrounded by the Hohe Tauern, with Austria's highest mountains, the Pinzgau Grass Mountains and the Kitzbühel Alps, you will find an enormous variety of routes here. Those who prefer to stay in the valley will find numerous tours around Lake Zell and in the

Kaprun valley that meet the requirements of the whole family. Mountain bikers enjoy magnificent views of the surrounding mountains and the Kitzsteinhorn, which is a designated El Dorado for downhillers with its natural freeride trails, especially on the alpine pastures high above the eastern shore of Lake Zell.

Road passes, mountain circuits, the Ironman World Championship course and the Grossglockner High Alpine Road guarantee a unique sports experience for road bikers.

### RUNNING HOLIDAYS

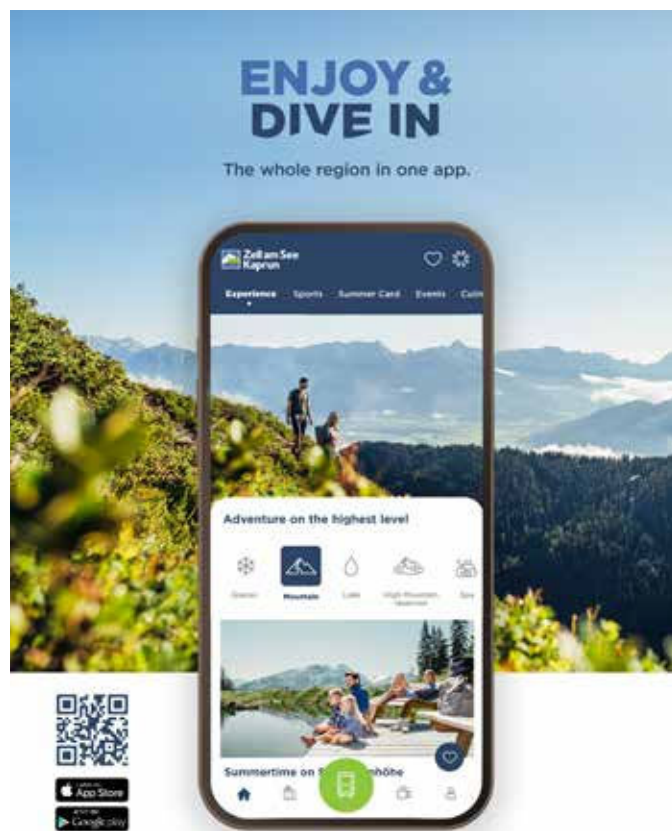
The 21 well-maintained and signposted running trails in Zell am See-Kaprun, of which more than 80 percent meet the strict guidelines of the Austrian Institute for School and Sports Facility Construction (ÖISS), promise pure variety. With a total length of more than 175 kilometres, the routes lead through moors, nature reserves and forests, along lakes and rivers and up to over 2,000 metres above sea level with challenging trails, high-altitude and mountain running tracks.





## THE WHOLE REGION IN ONE APP!

The Zell am See-Kaprun App offers the perfect overview for your relaxing holiday in Zell am See-Kaprun from the very first minute. From the lake temperature, the weather, current events to a digital route and tour planner, you will find everything you need to know consolidated in one place.



### TIP:

Your digital Mobility Card is available directly in the Zell am See-Kaprun App and allows you free travel by bus and train!

## SUSTAINABLE PRINTING

### Paper from sustainable production

Our brochure "Adventure Summer" has been printed on sustainable paper and therefore carries the PEFC seal of approval. This symbolises our commitment to sustainability and responsibly produced products, because PEFC stands for a transparent and independent control system that verifies sustainable forest management based on national standards.



### Regional production

Our brochure "Adventure Summer" has been printed exclusively in Austria – "Printed in Austria". This means local know-how; the added value stays in Austria and we can secure Austrian jobs. In addition, the production routes are very short.



### Mineral oil-free printing inks

All inks used in this product are exclusively mineral oil-free and also free of cobalt. They are produced on the basis of renewable raw materials.



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Zell am See-Kaprun Tourismus  
5700 Zell am See, Austria, T +43 6542-770  
welcome@zellamsee-kaprun.com  
www.zellamsee-kaprun.com

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# SAFELY OUT AND ABOUT

## HOW TO HAVE A PERFECT OUTDOOR HOLIDAY

The mountains are a fascinating natural environment. Anyone who is out and about here should be aware of the special characteristics and know their peculiarities. The most important things at a glance.

### SAFETY FIRST

- **Plan** your tour in advance and choose routes according to your physical condition and experience. Especially with children, you should plan enough breaks: routes with **short-cuts** are recommended. Especially on the first few days of your holiday, you should take more leisurely tours (easy “blue” routes). The body has to get used to the altitude and climate first.
- Get information about the **weather**: especially in the high mountains, there can be sudden changes in the weather. Snow in summer is not that unusual!
- Always stay on the **marked trails**. Avoid steep fields of old snow.
- Choose a moderate **walking pace**: for an ascent of 100 metres in altitude, allow about 20 minutes walking time.
- Choose the right **clothing** and footwear: sturdy shoes with treaded soles are essential for a hiking tour, but also for a mountain run.

- Do not hike alone, but in **small groups**.
- Observe the rules of conduct when dealing with **grazing cattle** (see p. 80).

### WELL-EQUIPPED – WHAT YOU SHOULD HAVE IN YOUR RUCKSACK

- Up-to-date maps
- Fully charged mobile phone, possibly a power bank
- Rainwear and a change of warm clothes (gloves, hat)
- Sufficient provisions (snacks, plenty of fluids, possibly power bars) for everyone
- Sun protection (cream, lip care, glasses, headgear)
- Hiking poles, headlamp
- First aid kit (plaster, bandages, wound spray, painkiller)

### In addition, for mountain bikers:

- Multitool, mini pump and spare inner tube

### GOOD ENCOUNTERS

- Be **considerate** to others – whether walking or cycling. Bikers in particular should

behave in a subordinate manner towards weaker groups: Hikers have right of way on narrow paths.

- Do not pick **plants** and keep your distance from **animals**: Please do not pet or feed them. If you discover an injured animal, please inform a local.
- Take your **rubbish** back to the valley; do not throw anything away
- Avoid **noise**
- Respect **prohibition signs** and information boards
- Close **pasture gates** and **fences** behind you

### FOR MOUNTAIN BIKERS IN PARTICULAR:

- Respect the **trail system** and **trail closures**; unmarked routes through the forest as well as through retreats and during the closed seasons of wildlife are a no-go
- Only ride fast enough to be **able to stop at any time**.
- Ride a **bike** that is in **good technical condition**
- **Helmets** are **compulsory**, **protectors recommended**
- Use routes appropriate to your **ability** and **condition**: Do not overestimate yourself
- Avoid unnecessary **brake tracks**
- **Permitted MTB times**:  
01.05.–31.08.  
8.00am–7.00pm  
01.10.–01.11.  
8.30am–4.00pm

### CHOOSING THE RIGHT ROUTE

Hiking trails and MTB routes are divided into levels of difficulty. You can identify the level of difficulty of a trail by its colour.

### Easy “blue” trails

are hiking trails suitable for families or cycling trails that can be used with normal bicycles and have a good trail surface. Blue hiking trails do not require any mountain experience or specific equipment. On blue cycle routes there are no special danger areas, or danger points are indicated by special signs.

### For an intermediate level of difficulty “red” hiking trails

require sufficient fitness and minimum mountain equipment. At least one person in the hiking group should have sufficient alpine experience. For cycling routes, sporty cycling skills are required. Particularly defensive cycling is required: the average gradient and incline is between 5 and 12 percent. You must anticipate curvy sections and motor vehicle traffic.

**Difficult “black” trails** or high alpine tours require sure-footedness and a head for heights from all hikers. Appropriate alpine experience is necessary. Black MTB trails are particularly demanding with difficult trail characteristics that require situation-adapted and far-sighted biking.

## FACTBOX

### Important phone numbers

<b>Euro emergency:</b>	<b>112</b>
<b>Mountain rescue:</b>	<b>140</b>
<b>Ambulance:</b>	<b>144</b>



# HIKING IN ALL ITS FACETS

WALKS, ALPINE PASTURE HIKING TOURS,  
THEME TRAILS AND HIGH ALPINE  
MOUNTAIN TOURS



## PURE VARIETY

From the shores of Lake Zell to over 2,000 metres above sea level – our hiking routes reflect the entire diversity of the region. We have paid attention to variety in our selection. Above all, comfortable ascents by mountain railway guarantee fast summit success and amazingly beautiful panoramas. Even the little











ones will find a great adventure in nature on entertaining theme trails. Challenging tours in the high mountains ensure an unforgettable mountain experience even for experienced alpinists. Thus, everyone finds what they are looking for: Lasting and impressive moments between glacier, mountain and lake.

### TOURS IN DETAIL

Zell am See | Thumersbach | Schüttdorf  
Schmittenhöhe  
Kaprun  
Kitzsteinhorn

Page  
14–18  
19–22  
23–26  
27–31

### SYMBOLS

-  mountain railway ascent and/or descent
-  circular tour
-  long-distance tour
-  summit tour
-  special panorama
-  fauna highlights
-  flora highlights
-  art and cultural highlights
-  highlights for families
-  suitable for pushchairs

# ZELL AM SEE THUMERSBACH SCHÜTTDORF

FROM THE LAKESHORE TO THE  
PINZGAU GRASS MOUNTAINS



## SEEPROMENADE WALK

On the most beautiful promenade around Lake Zell



<b>Difficulty:</b>	■ EASY		
<b>Start:</b>	various, around Lake Zell	<b>Surface:</b>	asphalt, gravel path
<b>Distance:</b>	11.1 km	<b>Duration:</b>	approx. 3 h
<b>Refreshments:</b>	Beach Club Zell am See, Haus Gabi, Beach Club Thumersbach, Gasthof Wieshof		
<b>Features:</b>	🔄 🚶		

This extensive walk takes you once around Lake Zell. Alternatively, you can shorten the tour with a boat trip from Thumersbach to Zell or vice versa. In Thumersbach, the "Thumersbacher Höhenpromenade" is a beautiful alternative to the lakeside trail.

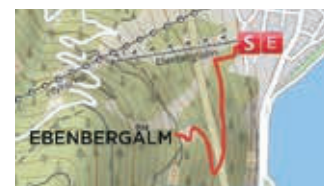


## EBENBERGALMSTEIG

Short hiking tour with a great panorama

<b>Difficulty:</b>	■ INTERMEDIATE	<b>Trail no.:</b>	57
<b>Start:</b>	Nik. Gassner Promenade	<b>Surface:</b>	forest path
<b>Distance:</b>	0.9 km	<b>Duration:</b>	approx. 40 min
<b>Ascent:</b>	209 altit. metre	<b>Descent:</b>	20 altit. metre
<b>Refreshments:</b>	Ebenbergalm		
<b>Features:</b>	👁️ 🚶		

The Ebenbergalmsteig is a short but steep trail of only 900 metres. It begins in the Nikolaus-Gassner-Promenade. Go through the "Skiwiese" subway a few metres to the left of the Hotel Berner. It ends after approx. 200 m at the Ebenbergalm with a fantastic view of the town and Lake Zell.



## SCHWALBENWAND

A picture-postcard Pinzgau Grass Mountain

<b>Difficulty:</b>	■ INTERMEDIATE	<b>Trail no.:</b>	82, 83
<b>Start:</b>	Thumersbach, Berggasthof Mitterberg	<b>Surface:</b>	nature trail, forest path
<b>Distance:</b>	11.4 km	<b>Duration:</b>	approx. 4 h 40 min
<b>Ascent:</b>	799 altit. metre	<b>Descent:</b>	797 altit. metre
<b>Refreshments:</b>	Berggasthof Mitterberg at the start/finish		
<b>Features:</b>	🏔️ 👁️		

This hiking tour leads via trail no. 82 to the 2,011-metre-high summit of the Schwalbenwand. This Pinzgau Grass Mountain is one of the most popular hiking destinations in the region; in summer, cows, horses, goats and sheep

graze here. At the summit, you enjoy a fantastic view of the Hohe Tauern, the Kitzbühel Alps, the Steinerne Meer and the Leogang Mountains. Return to the starting point via trail no. 83.



## THUMERSBACHER HÖHENPROMENADE

New vantage points from the eastern shore of Lake Zell



<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> c, a, 90
<b>Start:</b> Thumersbach village square	<b>Surface:</b> asphalt, forest path
<b>Distance:</b> 4.3 km	<b>Duration:</b> approx. 1¼ h
<b>Ascent:</b> 258 altit. metre	<b>Descent:</b> 258 altit. metre

**Refreshments:** Beach Club, Speisenmeisterei, Dorftreff

**Features:**

The Thumersbacher Höhenpromenade, on the eastern shore of Lake Zell, is one of the most popular walks in the region: from here you can enjoy wonderful views of the lake, the Kitzsteinhorn and the Kitzbühel Alps. This small circular tour leads from the Thumersbach village square via the higher situated trail through the forest in direction Grafleiten and in a small loop via trail no. 90 back to the starting point.



## “GUESTBOOK” \*THEME TRAIL\*

Following the tracks of famous personalities



<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> 90
<b>Start:</b> Thumersbach	<b>Surface:</b> forest path
<b>Distance:</b> 1.4 km	<b>Duration:</b> 35 min (one direction)
<b>Ascent:</b> 60 altit. metre	<b>Descent:</b> 58 altit. metre

**Refreshments:** Beach Club, Dorftreff, Speisenmeisterei

**Features:**

From the village square in Thumersbach, you can reach the “guestbook” theme trail on the Thumersbach Höhenpromenade on foot in just a few minutes. The trail is dedicated to famous personalities who had a close connection to Zell am See-Kaprun, including the Trapp family and Stefan Zweig. The centrepiece of the idyllic forest trail is the oversized “guestbook” at an amazingly beautiful viewing plateau.



## WIESEN-KÖNIG-REICH \*THEME TRAIL\*

Lilies and orchids, lapwings and dragonflies



<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	
<b>Start:</b>	Schüttdorf	<b>Surface:</b>	asphalt, gravel, nature trail
<b>Distance:</b>	1.2 to 7.5 km	<b>Duration:</b>	20 min to 2¼ h
<b>Ascent:</b>	38 altit. metre	<b>Descent:</b>	41 altit. metre

**Refreshments:** Haus Gabi, Tennisstüberl, Wolf Schroll Bäck

**Features:**

The theme trail leads from the Erlberg lido or the tennis hall in the Granisiedlung to the extensive wetlands of the "Zeller See Südufer" nature and landscape conservation area. Discover numerous rare plants and animals in the fens and wet meadows. Along the way are listening stations, vantage points and information portals for explorers of all ages. Tours are also possible by bicycle.

Information:  
[www.wiesenkoenigreich.at](http://www.wiesenkoenigreich.at)



# SCHMITTENHÖHE

## HIGH-ALTITUDE HIKING TOURS ON ZELL'S LOCAL MOUNTAIN



## SISI CIRCULAR TRAIL

An imperial walk on historical tracks



<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	1
<b>Start:</b>	mountain station Schmittenhöhebahn	<b>Surface:</b>	gravel, mountain meadow path
<b>Distance:</b>	0.9 km	<b>Duration:</b>	approx. ½ h
<b>Ascent:</b>	48 altit. metre	<b>Descent:</b>	48 altit. metre

**Refreshments:** Schmitten Cafe, Berghotel Schmittenhöhe, Schnaps Hans Alm

**Features:**

Starting at the Elisabeth Chapel on the Schmittenhöhe, this short and family-friendly circular trail offers magnificent views of more than 30 three-thousand-metre-high peaks. The ideal beginner's tour at just under 2,000 m above sea level with comfortable ascent by mountain railway!





# HÖHENPROMENADE ADVENTURE TRAIL

Playful panoramic tour on the Schmittenhöhe

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	68
<b>Start:</b>	mountain station Schmittenhöhebahn	<b>Surface:</b>	gravel, mountain meadow
<b>Distance:</b>	2.4 km	<b>Duration:</b>	approx. 1½ h
<b>Ascent:</b>	56 altit. metre	<b>Descent:</b>	154 altit. metre

**Refreshments:** Hochzeller Alm, Berghotel Schmittenhöhe, Schnaps Hans Alm, Schmitten Cafe

**Features:**   

From the mountain station of the Schmittenhöhe cable car (1,965 m), the Höhenpromenade runs below the mountain ridge in a north-easterly direction: hike past the Hochzeller Alm and the Salersbachköpfl. **This year the route runs** towards the end of the hiking trail via a junction

directly to the Mystical Forest (No. 66). A free shuttle service runs from the Schmiedhofalm to the Sonnenalmbahn mountain station. The trail is ideal for a family hiking tour as it is lined with viewing telescopes and platforms, theme boards and activity stations.

## ADVENTURE HIKING TOUR “SCHMIDOLIN’S BAPTISM OF FIRE”

On tour with the friendly dragon

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	56
<b>Start:</b>	mountain station areitXpress or cityXpress	<b>Surface:</b>	forest path
<b>Distance:</b>	3 options: Mini: 0.5 km – 30 a.m. Midi: 1.0 km – 50 a.m. Maxi: 1.5 km – 70 a.m.	<b>Duration:</b>	1–3 h
<b>Refreshments:</b> AreitLounge			

**Features:**  

The dragon Schmidolin invites you, and especially children, to explore his realm on this diverse and interactive adventure trail. Along the trail, tests of courage must be passed and riddles must be solved.

Starting from the mountain station of the areitXpress or the cityXpress, there are three options to choose from. The free adventure passes and certificates are available at the ticket offices in the valley station.



## NEW FROM WINTER 2023/24: RECONSTRUCTION SONNKOGELBAHN



We create more comfort. A state-of-the-art combined lift and a new Sonnkogel restaurant are being built. They will go into operation in winter 2023/24 as a 6-seater chairlift with heated seats, weather protection hood and automatically locking restraining bars. In summer, 8-seater cabins are used for transportation. The Sonnkogel restaurant is also being completely

renovated and will open in winter with more seats and a two-story sun terrace with a unique view of the Lake Zell, the Schmittenhöhe and the Hohe Tauern.

The following attractions **will therefore be closed:** **The herbal hiking trail, the Sonnkogel playground, the Sonnkogel restaurant and the disc golf course.**

## 4-LAKE HIKING TOUR

Lakes and works of art high above Zell am See

<b>Difficulty:</b>	■ INTERMEDIATE	<b>Trail no.:</b>	50
<b>Start:</b>	mountain station Schmittenhöhebahn	<b>Surface:</b>	gravel, mountain meadow
<b>Distance:</b>	5.7 km	<b>Duration:</b>	approx. 3½ h
<b>Ascent:</b>	39 altit. metre	<b>Descent:</b>	670 altit. metre

**Features:**    

After the ascent with the Schmittenhöhe cable car to almost 2,000 metres above sea level, this circular tour leads downhill to the valley station of the cityXpress at 1,325 metres. Along the way, in addition to the three res-

ervoirs, there are also works of art as well as rest and play areas for families. You enjoy a great view of Lake Zell throughout the tour. Take the cityXpress into the valley and then the Schmittenbus No. 71 back to the starting point.

### PINZGAU WALK

Long-distance classic with a long tradition

<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> 719
<b>Start:</b> mountain station Schmittenhöhebahn	<b>Surface:</b> gravel, mountain meadow
<b>Distance:</b> 17.1 km	<b>Duration:</b> approx. 6 h (walking time)
<b>Ascent:</b> 883 altit. metre	<b>Descent:</b> 811 altit. metre

**Refreshments:** take plenty of provisions and water with you

**Features:**   

This long and challenging long-distance tour takes you along one of the most beautiful high-altitude trails in the Eastern Alps from the mountain station of the Schmittenhöhebahn to the mountain station of the Schattberg X-Press in Saalbach. (Return

journey to Zell am See by bus). Good physical condition and good weather are required for the all-day hike. There are no serviced huts along the way. The tour promises fantastic views over the Salzach Valley and the peaks of the Hohe Tauern.

### ADVENTURE HIKING TRAIL MYSTICAL FOREST

In the realm of nature of Pinzgau's sagas

<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> 66
<b>Start:</b> Höhenpromenade	<b>Surface:</b> forest path
<b>Distance:</b> 1.2 km	<b>Duration:</b> approx. 1 h
<b>Ascent:</b> 20 altit. metre	<b>Descent:</b> 139 altit. metre

**Refreshments:** Schmiedhofalm

**Features:**    

The theme trail reveals the mysterious world of Pinzgau's sagas. You reach the path along the Höhenpromande and follow the signposted path downhill towards the Schmiedhofalm.

A total of eight stations invites you to engage with nature and the forest with all your senses. The highlight is the children's adventure playground at the Schmiedhofalm.

## KAPRUN

### FAMILY HIKING TOURS CLOSE TO THE WATER



### KAPRUN MOOS TOUR

Popular circular hiking trail

<b>Difficulty:</b> ■ <b>EASY</b>	<b>Trail no.:</b> 14, 16, 18
<b>Start:</b> Auhof	<b>Surface:</b> gravel, nature trail
<b>Distance:</b> 5.4 km	<b>Duration:</b> approx. 1 h
<b>Ascent:</b> 47 altit. metre	<b>Descent:</b> 49 altit. metre

**Refreshments:** Auhof, TAUERN SPA Bar

**Features:**   

From the Auhof restaurant, walk in the direction of flow to the right of the Kapruner Ache and then turn right again to the TAUERN SPA Kaprun. From there, walk between fields and turn left into Brunnwiesenweg and

then right into Filzmooswäldchen. At the end of the small wood (along the Kapruner Moor) you reach a small playground. Afterwards, you walk below Kaprun Castle along the cycle path back to the starting point.



### KAPRUN VIEW TOUR

On the tracks of 4,000 years of settlement history

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	21, 17, 13, 15, 26, 32, 24, 20
<b>Start:</b>	Kirchbichl	<b>Surface:</b>	asphalt, gravel, nature, meadow and forest trail
<b>Distance:</b>	21 km	<b>Duration:</b>	up to 6 h (shortcut possible)
<b>Ascent:</b>	596 altit. metre	<b>Descent:</b>	591 altit. metre
<b>Refreshments:</b> Klammsseestüberl, Alpenhaus Kesselfall, cafés and restaurants in the centre			
<b>Features:</b>	🔄 👁		

This tranquil tour leads from Kirchbichl in the centre of Kaprun via Kaprun Castle and the Lechnerberg into the valley. Then via the Bürgkogel to the Kesselfall Gorge and back to the start-point. The tour offers remarkable, clearly marked views of the Kaprun Valley.



### KLAMMSEE CIRCULAR HIKING TRAIL

A refreshing hiking tour close to the water



<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	17
<b>Start:</b>	Sigmund Thun Gorge	<b>Surface:</b>	nature trail, forest and meadow path
<b>Distance:</b>	2.8 km	<b>Duration:</b>	approx. 1 h
<b>Ascent:</b>	145 altit. metre	<b>Descent:</b>	145 altit. metre
<b>Refreshments:</b> Klammsseestüberl, Almwirtschaft Schneckenreith			
<b>Features:</b>	🔄 🍃 🍃 🧑🧑🧑		

Hike from the Sigmund Thun Gorge car park to the idyllic Klammssee lake. The Klammsseestüberl on the lakeside has a playground and a fitness trail. Out of the valley, the path is lined with natural history boards. **Tip:** Combine the hike with a visit to Schneckenreith-

alm and the spectacular Sigmund Thun Gorge.



### BÜRGKOGELSTEIG

To the oldest settlement area of Kaprun

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	17, 15/15a
<b>Start:</b>	Klammweg trail	<b>Surface:</b>	asphalt, nature and forest trail
<b>Distance:</b>	1.7 km	<b>Duration:</b>	approx. 1 h
<b>Ascent:</b>	200 altit. metre	<b>Descent:</b>	206 altit. metre
<b>Refreshments:</b> Klammsseestüberl			
<b>Features:</b>	🔄 👁 🍃		

The Bürgkogel is the oldest settlement area in Kaprun Hintertal: 4,000 years ago, the 950 m high hill was inhabited by Celts. After about 15 minutes on Klammweg trail No. 17, turn off at the “Bürgkogelsteig” sign.



## EDUCATIONAL HERB TRAIL MOOSERBODEN

A family-friendly hiking tour 2,000 m above sea level



<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	31
<b>Start:</b>	Mooserboden	<b>Surface:</b>	nature trail, mountain meadow
<b>Distance:</b>	2 km	<b>Duration:</b>	approx. ¾ h
<b>Ascent:</b>	15 altit. metre	<b>Descent:</b>	241 altit. metre

**Refreshments:** Bergrestaurant Mooserboden, Fürthermoaralm

**Features:**

The educational herb trail from the Bergrestaurant Mooserboden to the Fürthermoaralm reveals wonderful views of the mountain peaks, but also invites you to take a closer look at the delicate natural landscape along the way. From the Kessel-fall, shuttle buses and the Lärchwand inclined lift take you uphill to the Kaprun High Mountain Reservoirs.



## KITZSTEINHORN MAISKOGEL

MAGNIFICENT GLACIER VIEWS



## MAISKOGEL HUT TOUR

A delightful family hiking tour above Kaprun



<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	25, 27
<b>Start:</b>	mountain station MK Maiskogelbahn	<b>Surface:</b>	nature, forest and meadow trail
<b>Distance:</b>	4.1 km	<b>Duration:</b>	approx. 1½ h
<b>Ascent:</b>	130 altit. metre	<b>Descent:</b>	179 altit. metre

**Refreshments:** four huts, see description

**Features:**

From the mountain station of the MK Maiskogel cable car (1,570 m) you walk through a mystical forest landscape to the first hut, the quaint Unterbergalm. From here, the al-ways flat trail leads in a beautiful loop to the Alpengasthof Glocknerblick, to the Maiskogel Alm Ranch, including a petting zoo, and back to the mountain



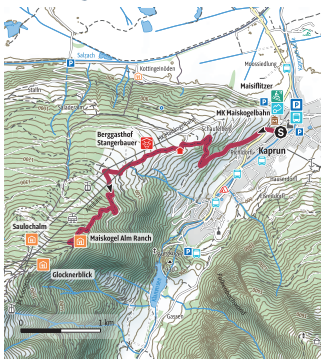
station with the Saulochalm situated a little lower.

**MAISKOGELWEG THROUGH THE WOOD**  
From Kaprun Center up to the family mountain Maiskogel

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	35
<b>Start:</b>	High School (Schulstrasse)	<b>Surface:</b>	asphalt, forest and meadow trail
<b>Distance:</b>	4.8 km	<b>Duration:</b>	approx. 2 h
<b>Ascent:</b>	784 altit. metre	<b>Descent:</b>	20 altit. metre
<b>Features:</b>	🚶 🧭 🏠		

Begin opposite the High School and continue along Schaufelbergstrasse until you reach the first bend. Continue straight on to the Ortlehen farm, then right to the farm Vorderweisstein where the route turns off to the right. From here it continues over a stone path to the Maiskogel track. After approx. 200 m branch off to the left, and after about 150 m take a narrow, marginally steep path off to the right. Now continue ascending in windings through timber forests and small

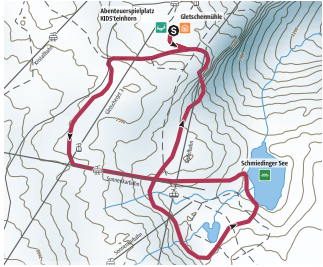
clearings to the Maiskogel track and then left to the Maiskogel.



**GLACIER LAKE HIKING TOUR**  
Short cicular route in high alpine territory

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	41b
<b>Start:</b>	Alpincenter	<b>Surface:</b>	nature trail, gravel
<b>Distance:</b>	2.9 km	<b>Duration:</b>	approx. 1 h
<b>Ascent:</b>	195 altit. metre	<b>Descent:</b>	195 altit. metre
<b>Refreshments:</b>	Restaurant Gletschermühle		
<b>Features:</b>	🚶 🧭 🏠		

This path leads from the Alpincenter to the Gletscherblick over the moraines and to the emerald green glacier lake. From here, you can continue past striations caused by glacial movement and streams with wonderful view points along the way, before returning back to the Alpincenter.



**RETTEWAND CIRCULAR WALK**  
Beautiful circular walk near Alpincenter at 2,452 m

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	41c
<b>Start:</b>	Alpincenter	<b>Surface:</b>	nature trail
<b>Distance:</b>	2.3 km	<b>Duration:</b>	approx. 1¼ h
<b>Ascent:</b>	133 altit. metre	<b>Descent:</b>	133 altit. metre
<b>Refreshments:</b>	Restaurant Gletschermühle		
<b>Features:</b>	🚶 🧭 🏠		

This walk starts at the Alpincenter and proceeds to the interesting geological stone formations at the foot of the Tristinger and Rettenwand. From here, it continues from the view point at the Graswandkreuz (cross) over the Gletscherblick panorama path and back to the Alpincenter.





ALMROSENWEG

Short circular route at Langwied

Difficulty:	■ EASY	Trail no.:	2c
Start:	Langwied	Surface:	nature and meadow trail
Distance:	0.5 km	Duration:	approx. 30 min
Ascent:	15 altit. metre	Descent:	15 altit. metre

Refreshments: Häuslalm

Features:

This short circular route, which begins at the Häuslalm, runs over hills covered in Almrosen (alpine roses), juicy green alm meadows with bubbling brooks and back again to the starting point on the Langwiedboden.



HIRTERBODENWEG

Circular hiking trail halfway to the Kitzsteinhorn



Difficulty:	■ INTERMEDIATE	Trail no.:	41d
Start:	Langwied	Surface:	nature and meadow trail
Distance:	0.9 km	Duration:	approx. 20 min
Ascent:	41 altit. metre	Descent:	34 altit. metre

Refreshments: Häuslalm

Features:

The 3K K-ONNECTION or the Gletscherjet I take you comfortably to Langwiedboden. Here the short tour leads from the Häuslalm on a beautiful route to an old shepherd's ruin and back again. The trail reveals wonderful views of the Zell Basin, and the rest areas along the way invite to stop.



ALEXANDER ENZINGER-WEG

High-alpine crossing from the Kitzsteinhorn to the Maiskogel

Difficulty:	■ DIFFICULT	Trail no.:	5
Start:	Alpincenter	Surface:	nature, forest a. meadow trail
Distance:	8.5 km	Duration:	approx. 4 h
Ascent:	101 altit. metre	Descent:	955 altit. metre

Refreshments: Glocknerblick, Maiskogelalm, Saulochalm

Features:

Modern cable cars take you from Kaprun to the Alpincenter 2,450 metres above sea level on the Kitzsteinhorn. From here, follow the signposted trail to the Maiskogel. This wonderful crossing reveals great views of the glacier and Lake Zell and leads through the impressive natural landscape of the high mountains.

**Please note:** This high-altitude trail should only be used by experienced hikers. Narrow and exposed sections require surefootedness and good weather. Take the MK Maiskogel cable car back to the centre of Kaprun.



# FASCINATION ROCKS

## VIE FERRATE AND CLIMBING ROUTES



## IN THE VERTICAL

Climbing is one of the most challenging, but also one of the most fascinating mountain sports. In and around Zell am See-Kaprun, you will find impressive and diverse climbing and via ferrata areas. Both experts and beginners will find numerous routes of all levels of difficulty.

The Höhenburg via ferrata arena at the Kaprun High Mountain Reservoirs 2,000 metres above sea level is particularly impressive. In addition to several via ferrata routes in the rock, the world's highest-situated via ferrata route on a dam wall invites you to climb vertically.

## MOUNTAIN GUIDES

### **Bergführer Mountainguides Zell am See-Kaprun**

Caspar-Vogl-Straße 19, 5700 Zell am See  
T +43 664 75052351  
[info@bergfuehrer-zellkaprun.at](mailto:info@bergfuehrer-zellkaprun.at)  
[www.bergfuehrer-zellkaprun.at](http://www.bergfuehrer-zellkaprun.at)

### **Bergführer Michele G.Gallonetto**

Hinterleitenweg 3, 5710 Kaprun  
T +43 699 10967639  
[michelegallonetto@hotmail.com](mailto:michelegallonetto@hotmail.com)  
[www.michelegallonetto.com](http://www.michelegallonetto.com)



# VIE FERRATE AND CLIMBING ROUTES



## HIGH ALPINE VIA FERRATA EXPERIENCE Höhenburg via ferrata arena – at Mooserboden

<b>LIMBERG-ZWERG</b>	<b>Difficulty:</b> B/C
<b>Climb length:</b> 50 metres	<b>Duration:</b> approx. ¼ h
<b>MOOSER-MANDL</b>	<b>Difficulty:</b> C
<b>Climb length:</b> 100 metres	<b>Duration:</b> approx. ½ h
<b>DROSSEN-HEX</b>	<b>Difficulty:</b> E
<b>Climb length:</b> 100 metres	<b>Duration:</b> approx. ½ h

With its via ferrata and sport climbing facilities for children and adults, the via ferrata arena near the Kaprun High Mountain Reservoirs is one of the mountain sports hot-spots in Zell am See-Kaprun. Three vie ferrate with various levels of difficulty have been drilled into the rocks of the historic Höhenburg in high alpine environment. All three routes end at the summit of the Höhenburg, where there

is also a small sport climbing garden. The descent back to the dam wall is via the easy Höhenburg hiking trail. The vie ferrate are accessible during the opening hours of the reservoirs, and guided tours with a certified mountain guide are also available on request (contact: T +43 50313 23201). Ascent by bus and inclined lift.

[www.verbund.com/kaprun](http://www.verbund.com/kaprun)

## MOBO107 Mooserboden dam wall

<b>DAM WALL VIA FERRATA</b>	<b>Difficulty:</b> A/B with C variant
<b>Climb length:</b> 240 metres	<b>Duration:</b> 20–50 min

The MOBO107 is the world's highest-situated via ferrata at a dam wall. A small flying fox takes you to the start of the via ferrata. After the iron ladder, steel ropes and steps, a rope bridge awaits you at the exit. The "Stoabergblick" viewing platform in the middle of the via ferrata is a good place to take a short break. The most challenging

part is the so-called "Swing", which can be avoided. The via ferrata can be climbed daily during opening hours, on request also guided by a certified mountain guide. Basecamp MOBO107 is located at the Mooserboden kiosk. Via ferrata equipment can be rented there daily during opening hours.

[www.verbund.com/kaprun](http://www.verbund.com/kaprun)

## RETTEWAND CLIMBING GARDEN AND GRÜNSTEINFINDLING Kitzsteinhorn

The access to the 17 climbing routes on the Grünsteinfinding and the 11 routes on the Grüne Rettenwand is from the Alpin-center (2,450 m) via the marked

trail no. 719 (Lakarscharte) or a bit further on trail no. 711. Ascent by 3K K-connection from the centre of Kaprun.

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

## KITZLOCH GORGE VIE FERRATE Taxenbach

<b>KLAMMBLICK</b>	<b>Difficulty:</b> B/C
<b>Climb length:</b> 150 metres	<b>Duration:</b> 1¼–2 h
<b>KITZ VIA FERRATA</b>	<b>Difficulty:</b> C/D variant Höhlensprint: E/F
<b>Climb length:</b> 300 metres	<b>Duration:</b> 2–3 h
<b>FREIFALL</b>	<b>Difficulty:</b> D
<b>Climb length:</b> 250 metres	<b>Duration:</b> 1½–2½ h

The selective and creatively designed vie ferrate in the spectacular Kitzloch gorge are suitable for experienced climbers as well as families with very good climbing experiences and equipment (for children from 130 cm in

height). The vie ferrate are accessible daily during the opening hours of the Kitzloch Gorge. Via ferrata equipment can be rented directly at the entrance to the Kitzloch gorge.

[www.taxenbach.at](http://www.taxenbach.at)  
[www.kitzlochklamm.at](http://www.kitzlochklamm.at)





SUUNTO 9 PEAK PRO  
Adventure  
starts here



UTTENDORF/WEISSEE VIE FERRATE  
Weißsee Glacier World

KRONPRINZ RUDOLF	Difficulty: A/B
Climb length: 350 metres	Duration: approx. 50 min
KRISTALL VIA FERRATA	Difficulty: E
Climb length: 400 metres	Duration: 1½-2 h

In the area of Berghotel Rudolfshütte over 2,300 m above sea level and on the Weißsee Seewände, you will find two magnificent vie ferrate, of which one is one of Austria's most difficult via ferrata.

www.weissee.at

**Little Yosemite – climbing garden** Hans-Gruber-Weg  
Perfectly secured, ideal training ground for children and adults. Approx. 30 minutes from Berghotel Rudolfshütte, level of difficulty III to upper VIII, ideal for the whole family (top-rope).

VIE FERRATE AND CLIMBING ROUTES  
Weißbach bei Lofer

ZAHME GAMS	Difficulty: B/C
Altitude metres: 110 m	Duration: approx. 35 min
WEISSE GAMS	Difficulty: D
Altitude metres: 130 m	Duration: approx. 30 min
WILDE GAMS	Difficulty: E/F
Altitude metres: 110 m	Duration: approx. 50 min

**New:** “Gams Kitz” via ferrata, 90 altitude metres/200 m, level of difficulty B, duration 30 min, very suitable for children. The “Brechlplatte”

climbing garden and the children's climbing garden offer various routes in the easy to medium difficulty range. [www.weissbach.at](http://www.weissbach.at)

## YOUR PREMIUM SPORTS & RENT SHOP

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MENSCHEN**

## ZELL AM SEE KAPRUN

Sport shops:

### BRÜNDL SPORTS

#### Schmittenhöhebahn valley station

Schmittenstrasse 119  
T +43 6542 47552

#### cityXpress valley station

Schmittenstrasse 7  
T +43 6542 70350

#### areitXpress valley station

Salzachtal Bundesstrasse 22  
T +43 6542 530990

#### areitXpress mountain station

Salzachtal-Bundesstrasse 22  
T +43 6542 53164

### DISCOUNT RENTAL

Sebastian-Hörl-Strasse 7  
T +43 664 1665951

### HERVIS

Schmittenstrasse 1  
T +43 6542 47393

### INTERSPORT SCHOLZ

Bahnhofstrasse 13  
T +43 6542 72606

### SPORT 2000

#### Areit

Alfred-Kubin-Strasse 2a  
T +43 6542 550732

#### Schmitten

Schmittenstrasse 125  
T +43 6542 47308

### SPORT ACHLEITNER

Postplatz 2  
T +43 6542 73581

Sport shops:

### BRÜNDL SPORTS

#### Flagshipstore

Nikolaus-Gassner-Strasse 4  
T +43 6547 8388

#### Kaprun Outlet

Nikolaus-Gassner-Strasse 5  
T +43 6547 838877

#### Kitzsteinhorn Alpincenter

Am Kitzsteinhorn  
T +43 6547 8621360

#### Maiskogel valley station

Kitzsteinhornplatz 1  
T +43 6547 8388870

#### Outlet

Augasse 1a  
T +43 6547 838877

#### Tauern Spa

Tauernspaplatz 1  
T +43 6547 20402025

#### Waidmannsheil

Nikolaus-Gassner-Strasse 1  
T +43 6547 838860

### EUROSPORT

Nikolaus-Gassner-Strasse 15d  
T +43 6547 20314

### HERVIS

Sigmund-Thun-Strasse 22  
T +43 6547 20184

### SKI DOME OBERSCHNEIDER

#### Ski Dome II

Langwiedboden, Kitzsteinhorn  
T +43 6547 8621366

### SKIPRO

Nikolaus-Gassner-Strasse 8  
T +43 6547 8600

### SPORT 2000 GLASER

Sigmund-Thun-Strasse 20  
T +43 6547 8392



# CYCLING HOLIDAYS

LEISURE, CROSS-COUNTRY AND  
E-BIKE TOURS, MOUNTAIN BIKE,  
GRAVEL BIKE, FREERIDE AND ROAD BIKE



## ENJOYMENT AT PEDALLING SPEED

We firmly believe that cycling makes you happy. How else can you explain that cyclists in Zell am See-Kaprun always have a smile on their faces. What does cycling mean to you? Relaxation, experience, sporty challenge or simply fun? In the end, all of our selected tours offer pure enjoyment. Because whether

you cycle to the highest waterfalls in Central Europe, pedal to an alpine pasture for a Pinzgau snack, train on the most beautiful panoramic road in the Alps or get your adrenalin kick on a freeride trail: If you're firmly in the saddle, you already enjoy the best of your holiday.







### BRAND NEW GRAVEL BIKE TRAILS

A gravel bike is a cross between a road bike and a mountain bike – the tyres are treaded and wider than road bike tyres, a light road bike frame and curved handlebars are ideal for changing grip and sitting position. You too can try your hand at this new trendy cycling sport!

## TOURS IN DETAIL

Leisure tours	42–43
Mountain bike and gravel bike tours	44–47
Freeriding	48–50
Road bike tours	51–52
Guided bike tours and bike rental	53

## SYMBOLS

-  mountain railway ascent and/or descent
-  circular tour
-  long-distance tour
-  summit tour
-  special panorama
-  suitable for gravel bikes





# LEISURE TOURS

## DISCOVER THE REGION BY BIKE

### TOUR AROUND LAKE ZELL

Panorama tour around the world-famous Lake Zell

<b>Difficulty:</b>	■ EASY		
<b>Start:</b>	Zell am See, Seepromenade	<b>Surface:</b>	gravel, asphalt
<b>Distance:</b>	11.2 km	<b>Duration:</b>	approx. ¾ h
<b>Refreshments:</b> Seecamp, Prielau Castle			
<b>Features:</b>	↻		

From Zell am See, you cycle along the Seepromenade in direction of the north shore. At Prielau Castle, visit the idyllic Trinity Chapel dating from 1370 before returning to the lakeshore. The route now heads south via the district of Thumersbach, where you should spare some time for the beautiful nature and landscape conservation area “Zeller See Südufer” with the Wiesen-König-Reich theme trail, which is well worth seeing. From here, you return to the centre of Zell am See.



### ROMANTIC ROUTE

Small tour of Kaprun

<b>Difficulty:</b>	■ EASY		
<b>Start:</b>	Kaprun Centre	<b>Surface:</b>	asphalt, gravel, forest ground
<b>Distance:</b>	6.2 km	<b>Duration:</b>	approx. 20 min
<b>Refreshments:</b> Auhof			
<b>Features:</b>	↻		

This short circular tour on the “Romantikweg” is the ideal route to get a nice view of Kaprun’s location. Start the tour in the town centre and cycle to the Tauern SPA. The trail first continues along the Salzach downstream and

then loops back through the Kapruner Moos to Kaprun. A worthwhile detour is Kaprun Castle: it is not only a great photo backdrop, but also an unusual venue for concerts, festivals and folkloric evenings.

### TAUERN CYCLE PATH TO KRIMML

Zu den höchsten Wasserfällen Mitteleuropas

<b>Difficulty:</b>	■ DIFFICULT		
<b>Start:</b>	Zell am See	<b>Surface:</b>	asphalt
<b>Distance:</b>	67.2 km	<b>Duration:</b>	approx. 4½ h
<b>Features:</b>	🚶		
		<b>Altitude metres:</b>	312 m

The Tauern Cycle Path from the Krimml Waterfalls to the city of Salzburg is one of the most beautiful and popular cycling routes in Europe: on this tour, you cycle from Zell am See to the highest waterfalls in Central Europe. On the always well-marked track you pass the National Park towns of Kaprun, Niedereinsill, Stuhlfelden, Mittersill, Hollersbach, Neukirchen and Krimml. The quaint, single-track Pinzgau railway

or the public bus are a good choice for the return journey (from 01.05. 3 times daily bicycle transport possible). The tour in the opposite direction is somewhat easier.



# MOUNTAIN BIKE

## BY BIKE ACROSS ALL MOUNTAINS



### WALDHEIM ENZIANHÜTTE

After-hours tour with a view across Lake Zell

<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> ZE7
<b>Start:</b> Thumersbach village centre	<b>Surface:</b> asphalt, gravel
<b>Distance:</b> 13 km	<b>Duration:</b> approx. 2½ h
<b>Refreshments:</b> Enzianhütte	<b>Altitude metres:</b> 557 m
<b>Features:</b> ↻ 👁	

From Thumersbach, follow the valley road uphill to Waldheimhof. Shortly afterwards, turn right and cycle uphill to the fifth turn (Enzianhütte junction). From here, take the marked trail to the Enzianhütte. Continue along Erlbergweg downhill and return to the starting point.



### ERLHOFPLATTEN-TOUR

Diverse circular tour from Thumersbach

<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> ZE6
<b>Start:</b> Thumersbach village centre	<b>Surface:</b> asphalt, gravel
<b>Distance:</b> 21.5 km	<b>Duration:</b> approx. 2½ h
<b>Refreshments:</b> Enzianhütte	<b>Altitude metres:</b> 847 m
<b>Features:</b> ↻ 👁 🚲	

This beautiful circular tour starts in Thumersbach and leads along the shores of Lake Zell in southerly direction to Bruck an der Glocknerstraße. From there, a few hundred metres after Fischhorn Castle, follow the trail to the left uphill in direction Erlhofplatte with the ORF broadcasting station visible from afar. The signposting "12 A" serves as a good orientation. At the turnoff in direction Hundstein, head downhill past the Ron-

achbauer to the Enzianhütte. Return to the starting point via the Erlbergweg.



### MITTERBERG

High up to a fantastic vantage point




<b>Difficulty:</b> ■ <b>INTERMEDIATE</b>	<b>Trail no.:</b> ZE5
<b>Start:</b> Thumersb. vill. centre	<b>Surface:</b> asphalt
<b>Distance:</b> 4.5 km	<b>Duration:</b> approx. 1 h
<b>Refreshments:</b> Berggasthof Mitterberg	<b>Altitude metres:</b> 457 m
<b>Features:</b> ↻ 👁	

Start the tour in Thumersbach on the eastern shore of Lake Zell: turn uphill at the chapel in the village centre and cycle along the valley road into the Thumersbach Valley. After 350 m, turn left at the "Mitterberg" junction: From here, the trail

meanders with fantastic views to Berggasthof Mitterberg located 1,207 metres above sea level. The inns fantastic sun terrace is like a first-row seat with a view of the Kitzsteinhorn, Schmittenhöhe and Lake Zell. Return the same way.

3K K-ONNECTION TOUR

The new 3K K-connection tour starts with a relaxed ascent with the MK Maiskogelbahn.



<b>Difficulty:</b> ■ INTERMEDIATE	<b>Trail no.:</b> KA6
<b>Start:</b> MK Maiskogelbahn mountain station	<b>Surface:</b> gravel, forest ground, asphalt
<b>Distance:</b> 9.8 km	<b>Duration:</b> approx. 2½ h
<b>Refreshments:</b> Saulochalm, Maiskogel Alm Ranch, Eder Alm, Salzburgerhütte, Häuslalm, Gletschermühle	<b>Altitude metres:</b> 698 m
<b>Features:</b>    	

From the mountain station at 1,570 m, you first pass Maiskogel Alm Ranch towards the Astenweg trail. This wonderfully developed forest path leads down to the quaint Ederalm at 1,420 m. From here the trail climbs steadily. The Astenweg trail meanders

in wide bends through the alpine pasture area uphill to the Salzburger Hütte. Here you cross the sunny plateau with its many alpine flowers and small streams. The route continues uphill to the Langwied at 1,976 m and to the Alpincenter.

THUMERSBACH - HUNDSTEIN

Long, challenging and beautiful





<b>Difficulty:</b> ■ DIFFICULT	<b>Trail no.:</b> ZE8
<b>Start:</b> Thumersbach village centre	<b>Surface:</b> gravel, forest ground, asphalt
<b>Distance:</b> 14.3 km	<b>Duration:</b> approx. 3 h
<b>Refreshments:</b> Enzianhütte, Statzerhaus	<b>Altitude metres:</b> 1.340 m
<b>Features:</b>  	

In Thumersbach, turn off the Talstraße in the village centre onto the Erlbergweg, which you follow to the Enzianhütte (1,326 m) and the Ronachkopf. From here you continue in direction Tödlingalm. There are still a few hairpin bends to be negotiated below the

Hahneckkogel: Afterwards, the trail only climbs slightly to the Ebner Scharte (1,873 m). Caution: From here on, snowfields are still possible even in early summer. Follow the markings to Statzerhaus (2,117 m) on the Hundstein. Return the same way.

KITZSTEINHORN

To the Alpincenter 2,450 metres above sea level



<b>Difficulty:</b> ■ DIFFICULT	<b>Trail no.:</b> KA7
<b>Start:</b> Kaprun tourist information	<b>Surface:</b> gravel, asphalt
<b>Distance:</b> 23.2 km	<b>Duration:</b> approx. 6 h
<b>Refreshments:</b> Unteraigen, Salzburger Hütte, Häuslalm, Gletschermühle	<b>Altitude metres:</b> 1.951 m
<b>Features:</b>    	

From the Kaprun tourist information, take the Schaufelbergstraße in direction Stangerbauer (see description of the Maiskogel-Bachler Trail). At the last bend on the right-hand side, pass the federal forestry barrier and follow the trail to the Köpfel Lift turnaround

point and the Plani Maiskogel. From here, continue straight ahead until approx. 100 metres before Heli's Hütte: from here, turn right downhill along the Astenweg for approx. 3.5 km and from there only uphill via Ederalm, Salzburgerhütte and Häuslalm to the Alpincenter.

HOCHSONNBERG - PINZGAUER HÜTTE

Circular tour on the sunny side of the Salzachtal Valley

<b>Difficulty:</b> ■ DIFFICULT	<b>Trail no.:</b> 10 D
<b>Start:</b> Piesendorf Tauernradweg	<b>Surface:</b> gravel, asphalt
<b>Distance:</b> 27.1 km	<b>Duration:</b> approx. 4½ h
<b>Refreshments:</b> Hochsonnbergalm, Pinzgauer Hütte	<b>Altitude metres:</b> 1.090 m
<b>Features:</b>  	

Take the Tauern Cycle Path to Piesendorf, where you turn right at the church in the Walchen district and follow the trail towards Naglbauer. At the last turn before Naglbauer, turn right towards Mittereggbauer. The forest road leads to the Hochsonnbergalm (1,841 m), where the

trail branches off to the Pinzgauer Hütte (1,700 m) shortly before. The descent first leads in direction Schmittenhöhe. After approx. 300 m, take a right turn downhill. Follow this route back to Piesendorf. Hochsonnbergalm and Pinzgauerhütte are also recommended as individual tours.



# FREERIDE

## TRAILS ON THE KITZSTEINHORN



### MAISKOGEL TRAIL

especially for families and beginners

<b>Difficulty:</b>	■ EASY	<b>Trail no.:</b>	F2
<b>Start:</b>	MK Maiskogel- bahn mountain station	<b>Surface:</b>	gravel, forest ground
<b>Distance:</b>	4.3 km	<b>Duration:</b>	approx. 15 min.
<b>Refreshments:</b>	Saulochalm, Berggasthof Stangerbauer	<b>Altitude metres:</b>	430 m

**Features:** ☒ ☑

The F4 Maiskogel Trail is definitely the highlight for our local mountain in Kaprun, representing the perfect start for all beginners. The trail winds along for 4.3 km from the Maiskogel

mountain station at 1,570 m through a series of extended and tighter banked curves, waves and smallish jumps, ending at the mid-station of the MK Maiskogelbahn.

### BACHLER TRAIL

Down the Maiskogel in curves

<b>Difficulty:</b>	■ DIFFICULT	<b>Trail no.:</b>	F3
<b>Start:</b>	Astenweg	<b>Surface:</b>	gravel, forest ground
<b>Distance:</b>	5.2 km	<b>Duration:</b>	approx. 1 h
<b>Refreshments:</b>	Schneckenreith, Klammseestüberl	<b>Altitude metres:</b>	600 m

**Features:** ☒ ☑

Freeride mountain bikers are treated to the experience they've been hoping for on this variety-packed, completely natural trail. More than five kilometres of downhill fun in flowy terrain. The entrance at Astenweg/turnoff 4 can be reached after a downhill ride from the mountain station/Maiskogel or from Langwiedboden via a short climb.

**Please note the closure from 10 September.**



WÜSTLAU TRAIL

Extra-long and tricky downhill fun

Difficulty:	■ DIFFICULT	Trail no.:	F4
Start:	Langwiedboden, Häuslalm	Surface:	gravel, forest ground
Distance:	7.7 km	Duration:	approx. ¾ h
Refreshments:	Ederalm, Schneckenreith	Altitude metres:	1.070 m
Features:	☞ 🚲		

The almost 8 km long Wüstlau Trail starts at the Häuslalm directly at Langwiedboden (1.976 m) and requires not only skill, but also endurance and stamina. You reach the starting point via Gletscherjet I or 3K K-connection. The technically very challenging trail leads across alpine pastures and through forest sections to the valley at the Kesselfallstraße not far from the “Kesselfall/ Gletscherjets” car park. Numerous hairpin bends, turns in the road as well as stone and root passages require skill and courage. Not for beginners!

GEISSSTEIN TRAIL

Via the flanks of the Kitzsteinhorn into the valley

Difficulty:	■ DIFFICULT	Trail no.:	F5
Start:	Alpincenter	Surface:	gravel, forest ground
Distance:	2.3 km	Duration:	approx. 20 min
Refreshments:	Häuslalm, Krefelderhütte	Altitude metres:	500 m
Features:	☞ 🚲		

The starting point of this high-speed trail in high alpine terrain is the Alpincenter 2.450 m above sea level. You can get there comfortably by Gletscherjet I or 3K K-connection and Gletscherjet II. The trail leads through banked curves at speed and is peppered with smaller jumps. The Geißstein Trail ends at Langwiedboden, but leads directly into the Wüstlau Trail that continues downhill into the valley.



ROAD BIKE

THE PERFECT ROAD TRAINING

IRONMAN 70.3 WORLD CUP CYCLE ROUTE

In wide curves down the Maiskogel

Difficulty:	■ DIFFICULT	Trail no.:	R 3
Start:	Zell am See, sports grounds	Surface:	asphalt
Distance:	90.7 km	Duration:	approx. 4 h
Refreshments:	Embacherhof, Almer Bauernkasten, Winklhof	Altitude metres:	950 m
Features:	🔄		

On the official Ironman 70.3 World Cup cycle route you bike around the Dientner Mountains with the Hundstein Massif. The starting point is the football pitch in Zell: from there the route leads to Bruck, Taxenbach and Lend, where you turn off towards Dienten. The Filzensattel is the highest point of the tour. Now you head downhill via Maria Alm to Saalfelden. The route leads past Pfaffing via Schützing back onto the main road to Maishofen, Zell am See and Piesendorf, where you turn around: Bike to Kaprun and past Tauern SPA and Kaprun Castle to Schüttdorf and Bruck back to the sports ground.


GROSSGLOCKNER HOCHALPENSTRASSE  
Austria's highest mountain in your sights

<b>Difficulty:</b>	■ DIFFICULT	<b>Trail no.:</b>	R 4
<b>Start:</b>	Zell am See	<b>Surface:</b>	asphalt
<b>Distance:</b>	72.4 km	<b>Duration:</b>	approx. 5½ h
<b>Refreshments:</b>	Gasthof Ferleiten, Rest. Fuschertörl	<b>Altitude metres:</b>	1.658 m
<b>Features:</b>	 		

The tour leads from Zell am See via Bruck, Fusch and Ferleiten up to the Fuscher Törl (2,428 m). The Grossglockner High Alpine Road, which was opened in 1935 and is a listed monument, is considered one of the most beautiful panoramic roads in Europe. The Fuscher

Törl is one of the big visitor magnets. The first view of Austria's highest mountain is revealed here. A 1.6-kilometre-long no through road leads from the Fuscher Törl to the Edelweißspitze. For amateur cyclists, the Fuscher Törl is the finish of the timed section.

KITZBÜHEL TOUR  
Cross-border pass tour

<b>Difficulty:</b>	■ DIFFICULT	<b>Trail no.:</b>	R 5
<b>Start:</b>	Zell am See	<b>Surface:</b>	asphalt
<b>Distance:</b>	124.9 km	<b>Duration:</b>	approx. 5½ h
<b>Refreshments:</b>	Gasthof Hohe Brücke, Gasthof Hüttwirt, Winklhof and more	<b>Altitude metres:</b>	1.137 m
<b>Features:</b>			

The tour starts in Zell am See and heads west on the Tauern Cycle Path. Pass the town of Mittersill and follow the road "Kürsingerdamm" to the junction with Rettenbachstraße. The road joins the Passturn Straße B161: After crossing the pass, you will pass through Jochberg,

Aurach and Kitzbühel. Follow the B161 past Oberndorf to the Speckbacherstraße turnoff. The tour leads via Fieberbrunn, Hochfilzen, Leogang and Saalfelden to Gerling and via Kammer Castle and Maishofen back to Zell am See.

ZELL AM SEE KAPRUN

Guided bike tours:

**ADVENTURE SERVICE OUTDOORSPORTS**  
Salzachtal Bundesstraße 22  
T +43 664 5059920  
www.adventureservice.at

**EVENT IMPULS**  
Alfred-Kubin-Straße 11/2  
T +43 664 3633069  
www.eventimpuls.at

Bike rental:

**ADVENTURE SERVICE OUTDOORSPORTS \***  
Salzachtal Bundesstraße 22  
T +43 664 5059920

**BIKE & CAR CENTER ZELL AM SEE-KAPRUN \***  
Anton Wallner Straße 5  
T +43 664 88667931 oder  
T +43 664 2530381

**BRÜNDL SPORTS AREITXPRESS TALSTATION \***  
Salzachtal-Bundesstraße 22  
T +43 6542 53164

**EUROSPORT ZELL AM SEE \***  
Schillerstraße 5  
T +43 6542 47267

**FAHRRADCENTER ZELL AM SEE \* + \*\***  
Kitzsteinhornstraße 1  
T +43 6542 53151

**HUTTER SIMON**  
Thumersbacher Straße 34  
T +43 676 7802088

**INTERSPORT SCHOLZ \***  
Bahnhofstraße 13  
T +43 6542 72606

**SPORT ACHLEITNER**  
Postplatz 2  
T +43 6542 73581

**SPORT 2000 ZELL AM SEE \* + \*\***  
Postplatz 4  
T +43 6542 550732

Guided bike tours:

**BERGFÜHRER MICHELE G. GALLONETTO**  
Hinterleitenweg 3  
T +43 699 10967639  
www.michelegallonetto.com

**BEWEGT, DAS SPORTCAMP**  
www.bewegt-kaprun.at  
T +43 650 501 227 3

**BIKE SCHULE KAPRUN**  
Sigmund Thun Straße 18  
T +43 660 8661122  
www.bikeschool-kaprun.com

Bike rental:

**BRÜNDL SPORTS MAISKOGELBAHN TALSTATION \***  
Kitzsteinhornplatz 1b  
T +43 6547 8388 8873

**EUROSPORT KAPRUN \***  
Nikolaus-Gassner-Straße 15d  
T +43 6547 20314

**SPORT 2000 GLASER \***  
Sigmund-Thun-Strasse 20  
T +43 6547 8392

\*also e-bikes  
\*\*also road bikes



# PURE RUNNING PLEASURE

RUNNING, TRAIL RUNNING AND  
NORDIC WALKING



## THE MOST BEAUTIFUL PLACE FOR RUNNING

Zell am See-Kaprun offers the very best conditions for runners: Like hardly any other region in the Alps, it has specialised in the special requirements and needs of runners for many years. The first routes were designed and signposted, many more followed. The routes of different lengths and levels of

difficulty can be found both in the valley and at altitude. Trail running in particular is a wonderful new experience for many city runners: on well-marked trails, you literally run over hill and dale. An unforgettable altitude training at eye level with Austria's highest mountains.

### TOURS IN DETAIL

Zell am See   Thumersbach   Schüttdorf	56–60
Schmittenhöhe	61–63
Kaprun	64–67



# ZELL AM SEE THUMERSBACH SCHÜTTDORF

RUNNING WITH URBAN FLAIR AND  
IN FRONT OF THE MOST BEAUTIFUL  
MOUNTAIN SCENERY

## ZELL PROMENADE RUN NO. 01

Running on the most beautiful promenades

<b>Distance:</b>	5.7 km	<b>Surface:</b>	gravel, asphalt
<b>Lowest point:</b>	752 m	<b>Highest point:</b>	827 m
<b>Max. gradient:</b>	18 %	<b>Altitude metres:</b>	107 m

This enjoyable tour leads from the town centre counter-clockwise once around Zell am See. The alternation between forest sections and the lakeshore provides variety and wonderful views of the town and the surrounding area. Especially the route along the Seepromenade is a real experience in the early morning. At just under six kilometres, this not too long and easy tour is also ideally suited for beginners.



## SCHMITTEN-EBENBERG-TRAIL NO. 02

Great panoramic tour at the foot of the Schmittenhöhe

<b>Distance:</b>	7.6 km	<b>Surface:</b>	gravel, asphalt forest ground
<b>Lowest point:</b>	752 m	<b>Highest point:</b>	992 m
<b>Max. gradient:</b>	30 %	<b>Altitude metres:</b>	255 m

This challenging run leads from the town centre on idyllic trails through the forests and up to 1,000 metres above sea level. After the start, the ascent is relatively steep: This is followed by a more leisurely section until just before Waldgasthaus Köhlergraben. Continue along the contour line in southerly direction to the highest point of the tour, the Ebenbergalm. From here, the route continues southwards on a wide loop and through the forests and through the

forests again relatively steeply downhill and back to the starting point along the lakeshore.



## LAKE ZELL RUN NO. 03

The absolute classic among the running routes

<b>Distance:</b>	11.1 km	<b>Surface:</b>	gravel, asphalt
<b>Lowest point:</b>	750 m	<b>Highest point:</b>	766 m
<b>Max. gradient:</b>	4 %	<b>Altitude metres:</b>	25 m

This circular tour around Lake Zell is the absolute classic among the running routes. You run almost exclusively along the water and enjoy wonderful views of the Kitzsteinhorn, Schmittenhöhe, lake and town on the eleven-kilometre route. The recommended running direction is anti-clockwise. As an option, you can also run along the Thumersbacher Höhenpromenade in the Thumersbach district, but in

contrast to the basic route, there are a few metres of altitude to overcome.



CITYXPRESS-HILLCLIMB NO. 04

Short but intense city mountain run

Distance:	3.8 km	Surface:	forest ground, gravel, asphalt
Lowest point:	762 m	Highest point:	1,352 m
Max. gradient:	40 %	Altitude metres:	563 m

This rather intense mountain run starts in the town centre and leads uphill to the middle station of the cityXpress (1,326 m). You will cover a total of 563 metres in altitude via beautiful forest paths. The return journey is comfortable by train, which is free of charge with the Summer Card. Shortly before reaching your destination, you can choose the alternative via the idyllic Plettsaukopf reservoir. Here you will be rewarded with fantastic views of the Kitzsteinhorn and the surrounding mountains.

Alternative 4a  
to the Plettsaukopf  
reservoir



ZELL TRAIL POWERED BY SALOMON NO. 05

Brilliant high-altitude run above the roofs of Zell am See

Distance:	7.8 km	Surface:	gravel, asphalt, forest ground
Lowest point:	752 m	Highest point:	992 m
Max. gradient:	30 %	Altitude metres:	298 m

Challenging but very diverse run on which you get to know Zell am See and the surrounding area in the best possible way. After a leisurely warm-up run along the lake, the route leads uphill to the Dr. Müller Promenade at Einöd, which you follow back to Zell. Now parallel to the 'Schmittchen-Ebenberg Trail' to Gasthof Ebenberg, from where the route leads directly and very

steeply downhill into town.



SCHÜTTBACH CHALLENGE NO. 06

Panorama circular tour with 300 altitude metres

Distance:	6.3 km	Surface:	gravel, asphalt, forest ground
Lowest point:	755 m	Highest point:	1,042 m
Max. gradient:	38 %	Altitude metres:	303 m

As you can already deduce from the name, this circular tour is a real challenge. All in all, it is not too long, but due to the steep uphill and downhill sections and the three hundred metres in altitude that have to be managed, it is almost a mountain run. However, the alternation between beautiful forest passages and scenic stretches compensates for all the effort.



PORSCHEEALLEE RUN NO. 07

Panoramic circular tour in the nature reserve

Distance:	5.9 km	Surface:	gravel, asphalt
Lowest point:	750 m	Highest point:	763 m
Max. gradient:	6 %	Altitude metres:	25 m

Completely flat, ideal for running south of Lake Zell, perfect for tempo runs but also for very leisurely jogging. From Schüttdorf, the route follows the unique Porscheallee in south-easterly direction, then in a wide loop back through the nature reserve at the edge of the lake.





THUMERSBACHER HÖFE LAUF NO. 08

Running experience in the Thumersbach Valley

<b>Distance:</b>	7.7 km	<b>Surface:</b>	meadow ground, gravel, asphalt
<b>Lowest point:</b>	764 m	<b>Highest point:</b>	1,002 m
<b>Max. gradient:</b>	20 %	<b>Altitude metres:</b>	293 m

Challenging run on the sunny side of the Thumersbach Valley. On diverse – in part sensational – trails, you discover the beauty of our rural cultural landscape. The trail leads almost 4 km, always slightly uphill, into the valley from one farm to the next. The way back is either the same, or there is an option via the valley

road with little traffic.



THUMERSBACH TOUR NO. 09

Pure trail running

<b>Distance:</b>	3.7 km	<b>Surface:</b>	forest and meadow ground
<b>Lowest point:</b>	764 m	<b>Highest point:</b>	891 m
<b>Max. gradient:</b>	20 %	<b>Altitude metres:</b>	159 m

This short but not entirely easy tour starts and ends at the entrance to the Thumersbach Valley on the eastern shore of Lake Zell. On a total length of just under four kilometres, you experience the great contrast between the “sunny side” of the valley with its meadows and fields and the shady side of the valley with its dense forests. Especially the second section out of the valley deserves the title “Pure trail running!”.

If the tour is too short for you, then you can combine it with the Grafleiten tour.



SCHMITTENHÖHE

ALTITUDE TRAINING ALMOST 2,000 METRES ABOVE SEA LEVEL



HOCHSONNBERGALM TRAIL NO. S1

Altitude training on Schmittenhöhe

<b>Distance:</b>	9.6 km	<b>Surface:</b>	gravel, alpine pasture ground
<b>Lowest point:</b>	1,724 m	<b>Highest point:</b>	1,965 m
<b>Max. gradient:</b>	26 %	<b>Altitude metres:</b>	367 m

This running tour is altitude training in its absolutely most beautiful form! From the starting point at the Schmittenhöhe (1,965 m) you first descend to the Kettingalm, from there on forest paths always in westerly direction to the Hochsonnbergalm (1,841 m). The route takes you along fantastic trails, with great views and no significant differences in altitude,

to the Kesselscharte and from there back to the starting point.



PANORAMA TRAIL NO. S2

From the Schmittenhöhe into the Kitzbühel Alps

Distance:	6.8 km	Surface:	gravel, alpine pasture ground
Lowest point:	1,740 m	Highest point:	1,956 m
Max. gradient:	26 %	Altitude metres:	357 m

From the starting point on the Schmittenhöhe, you first descend to the Kettingalm and from there over beautiful trails up to the Kesselscharte. Sensational trails lead you down to the Pinzgauer Hütte (1,700 m), where a short stop for refreshments is recommended. The trail leads back through the forest towards the Schmittenhöhe. The tour can be combined with the

trail-running variant via the Breiteckalm.



BREITECKALM VARIANTE (without number)

Additional tour for anyone looking for that little extra

Distance:	2.6 km	Surface:	meadow ground, gravel
Lowest point:	1,740 m	Highest point:	1,965 m
Max. gradient:	22 %	Altitude metres:	194 m

For the two high-altitude running trails Hochsonnbergalm Trail and Panorama Trail there is a fantastic alternative back to the starting point on the Schmittenhöhe. To do this, turn right shortly after the Kettingalm via the ski slope and immerse yourself here in the mountain forests that stretch to just before the Breiteckalm. From there, take the newly constructed gravel path back uphill to the Schmittenhöhe.



EXTRA TOUR HALF MARATHON (without number)

Running from Zell am See to Kaprun and back

Distance:	21.1 km	Surface:	gravel, asphalt
Lowest point:	757 m	Highest point:	786 m
Max. gradient:	4 %	Altitude metres:	29 m

The start of this half-marathon route is at the tourist information office in the centre of Zell am See. From here, the route continues along the Seepromenade through Porscheallee to Bruck an der Glocknerstraße. Head west along the banks of the Salzach to the centre of Kaprun, where you follow the Kapruner Ache back to the banks of the Salzach. At the Brückenwirt turnoff, head to Schüttdorf and back to Zell am See. Almost the entire route runs along promenades and combined footpaths/cycle paths.

The tour is described on the running map.



GRAFLEITEN TOUR NO. 10

Höhenpromenade with stunning views

Distance:	4.6 km	Surface:	forest ground, gravel, asphalt
Lowest point:	765 m	Highest point:	945 m
Max. gradient:	20 %	Altitude metres:	244 m

The tour starts with a first-class forest run along the beautifully laid out Höhenpromenade. The route then takes you uphill on a hardly frequented road to the hamlet of Grafleiten. There the route turns, leading back to the starting point via meadows, fields and forests in a quite challenging and diverse way.



# KAPRUN

## FROM THE MOOR VIA THE GORGE UPHILL TO THE KITZSTEINHORN



## KAPRUN TRAIL POWERED BY SALOMON NO. 11

Once around Kaprun

<b>Distance:</b>	7.6 km	<b>Surface:</b>	gravel, asphalt
<b>Lowest point:</b>	755 m	<b>Highest point:</b>	790 m
<b>Max. gradient:</b>	14 %	<b>Altitude metres:</b>	62 m

Discover the area around Kaprun and the TAUERN SPA on this circular tour. The nature trail along the Salzach, the beautiful avenue below the castle, the centre of Kaprun, the tunnel beneath the church and finally the way back through meadows to the spa guarantee a perfect running experience. Ideally, you combine the running training with a detour to the TAUERN SPA Zell am See-Kaprun.



## TAUERN SPA TOUR NO. 12

The classic among the running routes

<b>Distance:</b>	5.8 km	<b>Surface:</b>	gravel, asphalt
<b>Lowest point:</b>	755 m	<b>Highest point:</b>	765 m
<b>Max. gradient:</b>	2 %	<b>Altitude metres:</b>	12 m

This running route is a classic – even among the locals! Relatively short and without any notable ascents, it is also ideal for newcomers to running. The route is just under six kilometres long and takes you around the Kaprun Moor, then along the banks of the Salzach and the Kaprun Ache back to the starting point at the TAUERN SPA. If one round is not enough, you can simply add a second one.

**Refreshments:** Auhof



## MOOR TOUR NO. 13

Discover a special habitat

<b>Distance:</b>	4.7 km	<b>Surface:</b>	gravel, asphalt
<b>Lowest point:</b>	757 m	<b>Highest point:</b>	790 m
<b>Max. gradient:</b>	14 %	<b>Altitude metres:</b>	53 m

The easy circular route leads from the centre of Kaprun to the “Kaprun Moor” in north-eastern direction. On flat and wide paths throughout, you cross an enchanted landscape, where the tawny owl and the chiffchaff, among others, have their habitat. Take your time and discover the magical beauty of the “Kaprun Moor”: Information boards along the way provide details about the special features of the biotope.





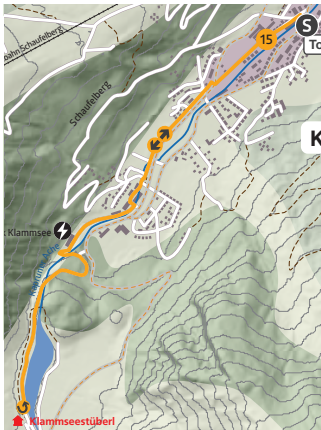
GORGE RUN NO. 15

Along the Kapruner Ache to the Klammsee reservoir

Distance:	7.3 km	Surface:	gravel, asphalt
Lowest point:	768 m	Highest point:	854 m
Max. gradient:	20 %	Altitude metres:	96 m

This run of medium length and difficulty leads from the centre of Kaprun uphill to the idyllic Klammsee reservoir. The leisurely warm-up run along the cycle path on the Kapruner Ache is followed by an escarpment up to the lake, at the end of which the Kaprun fitness course invites you to a short workout. During the day, the tour can also be combined with a visit to the Sigmund Thun Gorge (admission fee).

**Please note:** The gorge is not a running route.



KLAMMSEE RESERVOIR TOUR NO. 16

Once around the Klammsee reservoir

Distance:	1.7 km	Surface:	gravel
Lowest point:	830 m	Highest point:	857 m
Max. gradient:	22 %	Altitude metres:	34 m

The fitness course on the southern shore of the Klammsee reservoir is the starting and finishing point of this short and easy tour, thus complementing endurance training perfectly. Apart from some altitude metres in the area of the impressive dam wall, you can simply enjoy the exceptionally beautiful landscape on this flat and trouble-free circular route. Combining the tour with the Wüstlau Loop is possible.



WÜSTLAU LOOP NO. 17

Short trail running route into the Kaprun Valley

Distance:	3.6 km	Surface:	meadow ground, gravel
Lowest point:	849 m	Highest point:	904 m
Max. gradient:	20 %	Altitude metres:	65 m

The starting and finishing point of this short, crisp and not entirely easy route is the fitness course on the southern shore of the Klammsee reservoir. From here, the run leads into the valley and along the Grubbach stream back to the lakeshore. The route promises trail running at its best in unique surroundings and is the highlight of every training session on the fitness course. It is

recommended to use trail running shoes with a good tread especially in wet conditions.

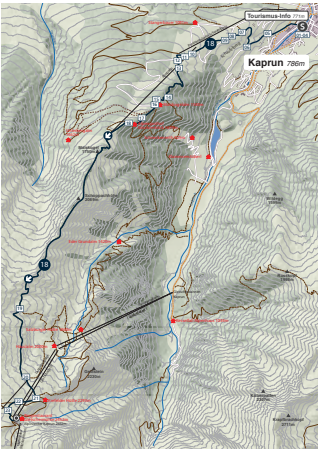


MOUNTAIN RUN KITZSTEINHORN NO. 18

From the valley to the high alpine terrain of the Kitzsteinhorn

Distance:	13.5 km	Surface:	alpine trails
Lowest point:	768 m	Highest point:	2,447 m
Max. gradient:	40 %	Altitude metres:	1786 m

This very long and demanding mountain run from the centre of Kaprun to the Alpincenter 2,450 m above sea level is quite a challenge even for trained athletes. However, incredibly beautiful and high alpine paths with stunning views of the Kitzsteinhorn compensate for the efforts of almost 1,800 altitude metres. The new 3K K-ONNECTION cable car takes you comfortably back to the starting point in Kaprun. As you are in alpine terrain, good shoes, the best weather and the utmost attention at every step are essential.



# NOW IT'S TIME TO STOP FOR REFRESHMENTS

## THE MOST BEAUTIFUL HUTS, ALPINE PASTURES AND MOUNTAIN RESTAURANTS



## THE TASTE OF PINZGAU

Let's face it: a snack never tastes better than after a long hike or bike ride. And anyway, the mountain air seems to fuel hunger and thirst even more. A tempting smell of fried bacon, cheese dumplings and sweet Kaiserschmarrn accompanies you along the way already. Pinzgau cuisine is famous for its classics – and sometimes they are prepared in com-

pletely new ways. All this is worth sampling during a stop – ideally on a beautiful sun terrace with a unique view of the mountains.




Due to the weather changes in opening times are possible.



**Up-to-date information** can be found in the **Zell am See-Kaprun app** and at the **website**.

## HUTS IN DETAIL

Zell am See   Schmittenhöhe	70–73
Thumersbach	74
Kaprun   Kitzsteinhorn & Maiskogel	75–78
Kaprun   Karpun Valley & High Mountain Reservoirs	78–79

## SYMBOLS

-  mountain railway-ascent and/or descent
-  accessible by MTB
-  accessible by car

-  suitable for pushchairs
-  overnight accommodation



# ZELL AM SEE SCHMITTENHÖHE MOUNTAIN INNS AND HUTS



## JAGA-ALM 1,200 m



Enjoy regional and seasonal delicacies from our own farm and hunt on our large sun terrace with the best view of Lake Zell or stay a while in our cosy public rooms. Children's playground, petting zoo and indoor playroom keep our younger guests busy.

### Berghotel Jaga-Alm

New rooms and hotel apartments with a unique view.  
All-inclusive catering and Zell am See-Kaprun Summer Card.

**Contact:** Family Pfeffer, 5700 Zell am See, Sonnmalmweg 57  
T +43 6542 72969, [info@jaga-alm.at](mailto:info@jaga-alm.at)  
[www.jaga-alm.at](http://www.jaga-alm.at)



## SCHMIEDHOF ALM 1,720 m



Get away from the hustle and bustle in the valley and head up to 1,720 m above sea level. Take the Sonnenalmbahn and Sonnkogelbahn uphill, then via the Mystic Forest hiking trail after approx. 45 min., and enjoy our wonderful sun terrace with panoramic views, Pinzgau specialties and Styrian delicacies. For your children, there is a play corner, playground, Bobby Cars and sand pitch. You can also follow hiking trail no. 64.

**TIP:** Enjoy our **Kneipp and barefoot path**.

**Directly at the playground Weißer Hirsch at our Alm.**

**Contact:** Family Mayr, 5700 Zell am See, Schmitt 117  
T +43 6641826290, [servus@schmiedhofalm.at](mailto:servus@schmiedhofalm.at)  
[www.schmiedhofalm.at](http://www.schmiedhofalm.at)



## AREITLOUNGE 1,398 m



**Contact:** T +43 6542 73262  
[www.aret-alm.at](http://www.aret-alm.at)



## BERGHOTEL BLAICKNER'S SONNALM 1,400 m



**Contact:** T +43 6542 73262  
[www.hotelsonnmalm.at](http://www.hotelsonnmalm.at)



## EBENBERGALM 996 m

**Contact:** T +43 699 11552241





## EDER HÜTTE 1,800 m

The Eder Hut on the Schmittenhöhe is located 1,800 m above sea level in the midst of the Salzburg mountains. Directly on the Pinzgau walking trail. With culinary delicacies, a marble run, warm Pinzgau hospitality and a genuine feel-good atmosphere, you can enjoy a piece of Salzburg lifestyle culture. With 90 seats inside, a quaint and cosy atmosphere with great attention to detail welcomes you. The large sun terrace, with its fantastic view, offers a further 110 seats with table service.

**Contact:** Victoria and Martin Schmiderer  
T +43 6542 53175, [info@eder-huette.at](mailto:info@eder-huette.at)  
[www.eder-huette.at](http://www.eder-huette.at)



## FRANZL 1,900 m



**Contact:** T +43 6542 789 777  
[www.schmitten.at](http://www.schmitten.at)



## HOCHSONNBERGALM 1,841 m



**Contact:** T +43 664 3643481  
T +43 664 1912973



## HOCHZELLER ALM 1,960 m



**Contact:** T +43 664 3410450  
[www.hochzelleralm.com](http://www.hochzelleralm.com)



## KETTINGALM 1,760 m



**Contact:** T +43 664 53 57 223  
T +43 6542 218 230  
[www.kettingalm.at](http://www.kettingalm.at)



## PINZGAUER HÜTTE 1,704 m



**Contact:** T +43 6549 7861



## JAUSENSTATION PFEFFERBAUER 900 m



**Contact:** T +43 6542 73450  
[www.pfefferbauer.com](http://www.pfefferbauer.com)



## SCHMITTEN CAFE 1,965 m



**Contact:** T +43 6542 789 211  
[www.schmitten.at](http://www.schmitten.at)



## BERGHOTEL SCHMITTENHÖHE SCHNAPS HANS ALM 1,965 m



**Contact:** T +43 6542 53690



## SCHOBER ALM 1,100 m



**Contact:** T +43 6542 55777  
[www.schober-alm.at](http://www.schober-alm.at)



## SONNKOGEI BERGRESTAURANT 1,850 m



In 2023 closed due to reconstruction!



# THUMERSBACH

## MOUNTAIN INNS AND HUTS



# KITZSTEINHORN & MAISKOGEL

## MOUNTAIN INNS AND HUTS



### ENZIANHÜTTE

#### 1,300 m



**Contact:** T +43 664 73555853  
www.berggasthof-zellamsee.at



### BERGGASTHOF MITTERBERG

#### 1,200 m



**Contact:** T +43 6542 72493  
www.berghotel-schmitten.at



### SCHÜTZINGALM

#### 1,655 m



**Contact:** T +43 664 2812492



### STATZERHAUS

#### 2,117 m



**Contact:** T +43 6542 74438



### TÖDLINGALM

#### 1,800 m

**Contact:** T +43 664 5285354



### SALZBURGER HÜTTE

#### AT THE KITZSTEINHORN 1,860 m



Beautiful excursion from Langwied Boden (upper terminus 3K K-connection or upper terminus Panoramabahn), via a descent easily accessible for all ages within approx. 20 minutes. Alternatively, there is a wonderful hike from the valley, approx. 2.5 hours walking time (trail number 711). Surrounded by chamois and marmots, we treat you to Kaiserschmarrn, Brettljause snack platter and Hüttenburger ... Ideal for hut parties with friends – overnight stays on mattresses in the dormitory possible, reservation required. Cool playground with our miniature sheep "Henry & Paula". The hut is located directly on the spectacular Kaprun-Maiskogel-Kitzsteinhorn bike trail. A great downhill ride across challenging single trails.

**Contact:** T +43 6549 7349 or +43 664 385 6431  
info@klawunn.at, www.klawunn.at  
Overnight stay by reservation only!  
Closed Tuesdays





## BERGDORF HOTEL ZAGLGUT RESTAURANT AT THE MAISKOGEL 1,000 m



Beautiful excursion from the village Kaprun in about 40 minutes walking distance – also for younger and older people. Restaurant with sun deck and fantastic panoramic view up to lake of Zell am See. Easily accessible with the car or bicycle by an asphalted road. Regional and seasonal specialties. 1 x per week barbecue evening. Insider tip: Enjoy a perfect start in the day with our breakfast in a magnificent location.

**Contact:** T +43 6547 70200, office@zaglgut.at, www.zaglgut.at



## EDERALM 1,420 m



**Contact:** T +43 664 3918577



## RESTAURANT GLETSCHERMÜHLE 2,452 m



**Contact:** T +43 6547 8621  
www.kitzsteinhorn.at



## GLOCKNERBLICK 1,670 m



**Contact:** T +43 664 8206000  
www.glocknerblick-kaprun.at



## HÄUSLALM 1,976 m



**Contact:** T +43 664 2112713  
www.haeuslhof.at



## KITZSTEINHORN GIPFELRESTAURANT 3,029 m



**Contact:** T +43 6547 8621  
www.kitzsteinhorn.at



## KREFELDERHÜTTE 2,295 m



**Contact:** T +43 664 5444 726  
www.krefelderhuette.at



## MAISKOGEL ALM RANCH 1,540 m



**Contact:** T +43 676 5275740  
www.maiskogelalm.at



## SAULOCHALM 1,570 m



**Contact:** T +43 699 17219108  
www.saulochalm.at



## ALMWIRTSCHAFT SCHNECKENREITH 920 m



**Contact:** T +43 664 5126999



## BERGGASTHOF STANGERBAUER 1,100 m



**Contact:** T +43 6547 8804





## JAUSENSTATION UNTERAIGEN approx. 860 m



**Contact:** T +43 6547 7277  
www.bauernhofurlaub-  
kaprun.com



## UNTERBERGALM 1,570 m



**Contact:** T +43 664 4427666



## HEINRICH SCHWAIGER HAUS 2,802 m



**Contact:** T +43 664 6565555  
www.heinrich-schwaiger-  
haus.at



## KESSELFALL ALPENHAUS 1,068 m



**Contact:** T +43 660 3522242  
www.kesselfall.at



## KLAMMSEESTÜBERL 850 m



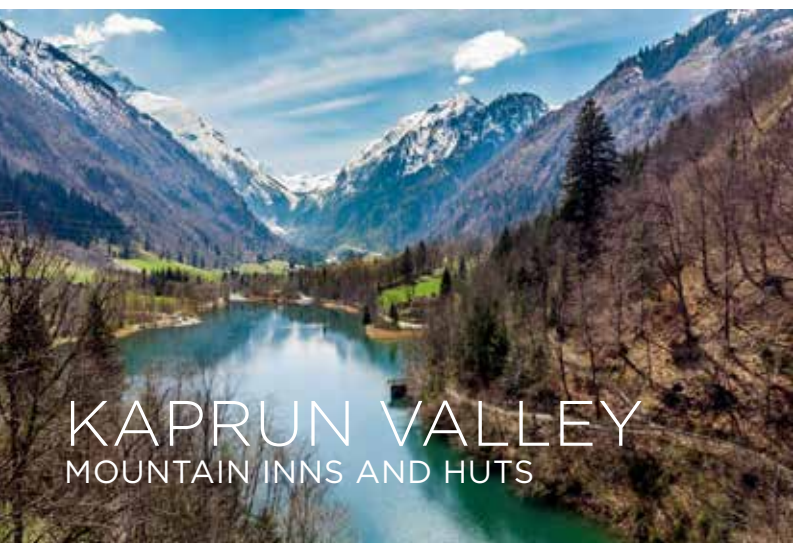
**Contact:** T +43 5 0313 23201  
www.verbund.com/kaprun



## BERGRESTAURANT MOOSERBODEN 2,040 m



**Contact:** T +43 6547 84580 or  
T +43 664 4988847  
www.mooserboden.at



# KAPRUN VALLEY MOUNTAIN INNS AND HUTS



## EBMATTENHÜTTE FÜRTNER- MOARALM AT THE MOOSER- BODEN 1,803 m



**Contact:** T +43 650 4246861  
www.fuertnermoar.at  
Overnight stay by reservation only!



## GLEIWITZER HÜTTE AT FUSCH VALLEY 2,176 m



**Contact:** T +43 664 9294989  
www.gleiwitzerhuetten.at



# 10 RULES OF CONDUCT FOR DEALING WITH GRAZING CATTLE

1. **Avoid contact** with grazing cattle, **do not feed** them, **keep** a safe **distance**!
2. **Keep calm, do not startle** grazing cattle!
3. Suckler cows protect their calves, **avoid encounters between suckler cows and dogs!**
4. Always keep **dogs under control** and keep them on a **short leash**. If an attack by grazing cattle is foreseeable: **Let your dog off the leash immediately!**
5. On alpine pastures and meadows, **stay on hiking trails!**
6. If grazing cattle is blocking the way, **keep as much distance as possible!**
7. If grazing cattle approaches: **Stay calm, do not turn your back**, avoid the animals!
8. **Leave the grazing area quickly** at the first sign of restlessness!
9. **Respect fences!** If there is a gate, use it, then **close it properly** and cross the pasture quickly!
10. **Treat** the people working here, nature and the animals with **respect!**



# GO EXPLORE

  
**SCHMITTEN**  
Zell am See - Kaprun

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the little ones.



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panorama on a boat trip.



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the E-Motocross Park.

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





KITZSTEINHORN.AT

# TOP OF SALZBURG

KITZSTEINHORN, 3.029 M



The Kitzsteinhorn and the Maiskogel offer a unique nature experience for the whole family.



## K-ONNECTION

Ultimate comfort and unique panoramic views from Kaprun via the Maiskogel to TOP OF SALZBURG on 3,029 m



## EXPLORER TOUR

Travelling through four climate zones with a national park ranger exploring the Hohe Tauern's flora & fauna



## BIKE & LIFT

Picturesque bike tours on the Kitzsteinhorn & Maiskogel – to be perfectly combined with cable car rides

## Tip for beginners & families:

Maiskogel Trail



InfoService  
+43 6547 8621

