

EN

# *Schladminger Tauern High Trail*

5 days filled with summits, lakes  
and mountain experience



**SCHLADMING  
DACHSTEIN**  
*We are there for you.*

## 5 days filled with summits, lakes and mountain adventures

### **The Schladminger Tauern »High Trail«**

Running along the summits and ridge lines of the Schladminger Tauern mountains are numerous high trails, which together form a trekking tour known as the »Schladminger Tauern Höhenweg«. This, in turn, represents part of **Central Alpine Trail # 02**.

In total, the Schladminger Tauern »High Trail« covers a distance of 70 kilometers in 7 different stages. The somewhat shorter **5-day tour** spanning **45 km** follows mountain trails flanking the Obertal and Untertal valleys of Rohrmoos, taking hikers on a broad loop from the Hochwurzen in Rohrmoos to the Planai in Schladming.

Lying in between are 5 stages along paths which, in some cases, look back on a long and fascinating history, with numerous summiteering adventures, breathtaking panoramas, friendly and inviting huts along the way, here amid an Alpine world teeming with an abundance of water in every form. The **best time** for a hike along the Schladminger Tauern High Trail is **from July to September**.

### **Package: Schladminger Tauern High Trail**

Designed to accompany the 5-day tour of the Schladminger Tauern High Trail, Schladming Tourist Office has put together an especially attractive package. In addition to **4 nights at mountain huts**, the package also includes 3 nights at an accommodation in the valley – along with all the fantastic benefits of the Schladming-Dachstein Sommercard. **Further details about the package can be found on pages 20 to 22.**



On Planai High Trail with view to Krahbergzinken summit © Gerhard Pilz



The cameras shown on elevation profiles indicate photo points where the pictures featured in the brochure were taken.

### **Schladminger Tauern High Trail »from above«**

At <https://vonoben.schladming-dachstein.at/> you can get a glimpse on the route of Schladminger Tauern High Trail via 360° drone images (navigate to »Schladminger Tauern Höhenweg« in the menu). Moreover, there are descriptions (german only) to several POIs and links to further related websites.

The tour descriptions on the following pages of this brochure are also available via the Schladming-Dachstein tour app for your smart phone and do also work via offline map. Additionally, you can download the GPS tracks on our website.

### **Imprint**

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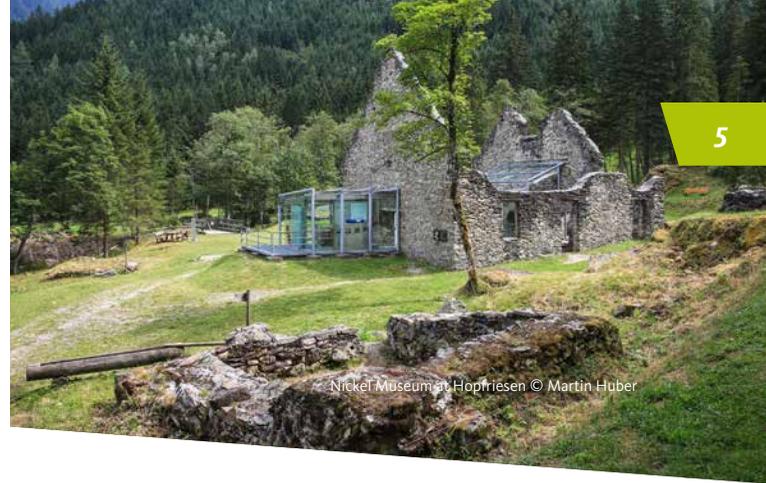
## **The Schladminger Tauern range ... where nature @ history flow into each other**

Long ago, in the old days, the mountains around Schladming were filled with the hustle and bustle of miners. Through hard work they wrested valuable treasures, like nickel and silver, from the mountains and carried up to 60 kilograms of stones containing ore out of the mines and into the valley.

### **Centuries of mining history**

Over hundreds of years there was intense mining activity throughout the Schladminger Tauern mountain range. The legacy of the miners' dangerous job can still be seen today within the impressive scenery of the Schladminger Tauern mountains. The deep mines amidst the craggy rocks of Zinkwand, Vetternspitze and around the Giglachsee lakes are a reminder of the hard life of the miners, who prospected for valuable ores on 2 500 m above sea-level. Eventually they carried the precious and heavy load to Hopfriesen, where it was processed in the smelting furnace.

Mining in the Schladminger Tauern range also brought about historic milestones such as the »**Schladminger Bergbrief**« – a document from 1408 which for the first time summarised the rights of miners and has significance worldwide. Even today this document is referenced in court procedures. The social service »Schladminger Bruderalade« also goes back to the mining history. The **town museum of Schladming** – formerly the »Bruderalade-Haus« of the miners – and the **Nickel Museum** in



Nickel Museum in Hopfriesen © Martin Huber

Hopfriesen retell these and other stories of Schladming's mining history.

### **The trails remain**

What is left of the miners are the trails they used to get into the mountains and carry down the ore from the mines. Nowadays, on the same trails, hikers enjoy the natural beauty of the scenery – the treasure of our time. For this purpose, the **Schladminger Tauern High Trail** runs along an especially abundant vein.

The silver shimmering tarns of Klammsee, Brettersee and the Giglachsee lakes, the lake plateau of Klafferkesel, the vitalizing Wild Waters of Obertal and Untertal valleys, Hochgolling's majestic north face, the prominent silhouette of Greifenberg, or Schladming's local mountain – the Planai – are just some of the jewels in this overflowing treasure chest that is waiting to be discovered and explored by you.



**Stage 1****From Hochwurzen summit to Giglachseen lakes**

**Starting point:** Hochwurzenhütte, elev. 1 850 m  
+43 3687 61 177

**Finish:** Ignaz Mattis Hütte, 1 986 m  
+43 664 42 33 823 or  
Giglachsee Hütte, 1,956 m  
+43 664 90 88 188

The starting point for the 5-day tour is the Hochwurzen summit lift in Rohrmoos, easy to reach by riding the hiking bus operated by the Planai-Hochwurzen lift company. When you book the package offered by the tourist office, the hiking bus as well as the ride up on the gondola lift are both included with the Sommercard.

The Hochwurzen summit lift will bring you up to the Hochwurzenhütte (**when booking the package, you will be able to pick up the first day's packed lunch here**). Now via the Kleine Wurzen and Hüttecksattel, you will hike to the top of the Rossfeld (1 919 m). Continue on to the Latterfußsattel, and from there you will hike up the scenic Guschen (elev. 1 982 m). Now, keep following path #773, with several up- and downhill sections, taking you past the Hochfeldmandl (a cairn below Hochfeld summit) and just below the striking crest of the Schie-deck. Now past Klammsee and Brettersee tarns, which will ultimately bring you to the **Giglachseen lakes**. As far as overnight lodgings are concerned, you can choose

**Infobox**

<b>Distance</b>	→	<b>11.3 km</b>
<b>Walking time</b>	🕒	<b>6 to 7 hrs</b>
<b>Ascent</b>	⬆️	<b>830 m</b>
<b>Descent</b>	⬇️	<b>720 m</b>
<b>Level</b>		<b>medium/difficult</b>

**Trail type**

<b>Path (10.2 km)</b>	—
<b>Dirt road (1.1 km)</b>	—



from the Giglachsee Hütte (1 956 m) on the western end of the Upper Giglachsee lake, or the Ignaz-Mattis-Hütte (1 986 m), located above the Lower Giglachsee lake.

**Points of Interest**

- » Sculpture at Rossfeld with Rohrmoos' coat of arms
- » Guschen with summit cross and glorious scenic views
- » Klammsee, Brettersee and Giglachseen lakes
- » The path runs along ridge lines in large parts, treating you to wonderful views



**Also if you have a reservation – it is very important to register for the overnight stay immediately on arrival at the respective hut!**

**Short alternative for ascent**

Take the hiking bus from Schladming and Rohrmoos to Preuneggtaal and Ursprungalm. From there take route #771 to Preuneggstadel and to Giglachseen lakes (1 ½ hours walking time/380 m in elevation gain).



**Stage 2****From Giglachseen lakes via Rotmandlspitze to the Keinprechthütte**

**Starting point:** Ignaz Mattis Hütte, 1 986 m  
 +43 664 42 33 823 or  
 Giglachseehütte, 1 956 m  
 +43 664 90 88 188

**Finish:** Keinprechthütte, 1 872 m  
 +43 664 43 30 346

At the beginning, you hike as far as the eastern end of the Lower Giglachsee lake where, at the lower end of the cirque – towards the south – you branch off on path #702 in the direction of Rotmandlspitze and Keinprechthütte.

Your hike now continues to the **ruins of historical miners homes** – the Schladminger Tauern were actually teeming with mining activity until the 19th century. Evidence still exists in the form of these old miners' houses as well as at the nickel smelter in nearby Obertal, which has been turned into a museum.

The trail leads across fields of scree, taking you through a series of steep switchbacks to the summit of the **Rotmandlspitze** (2 453 m), where you enjoy views of the Giglachkar and Duisitzkar alpine cirques. The numerous lakes in this area feed into the streams and rivers of Rohrmoos' Obertal Valley. Below the »Sauberg«, you will cross to Krukeckscharte gap, from where a series of switchbacks lead you to the broad Neualmkar and your destination, the **Keinprechthütte** (1 872 m).

**Infobox**

<b>Distance</b>	→	<b>5.9 km</b>
<b>Walking time</b>	🕒	<b>3 ½ to 4 hrs</b>
<b>Ascent</b>	⬆️	<b>530 m</b>
<b>Descent</b>	⬇️	<b>620 m</b>
<b>Level</b>		<b>medium</b>

**Trail type**

<b>Path (5.8 km)</b>	—
<b>Dirt road (0.1 km)</b>	—



Blooming alpine roses at Giglachkar cirque © Herbert Raffalt

**Points of Interest**

- » In early summer, the hillsides of the Giglachkar are covered in Alpine roses (»Almrausch«)
- » Historical miners' housing in Vetternkar cirque
- » Summit adventure Rotmandlspitze with view of picturesque Duisitzkar and fjord-like Giglachkar cirques

**Short alternative for descent**

Take path #771 via Preuneggsattel to Ursprungalm (1 ½ hours/380 m in elevation change) or path #776 via Giglachalmen to Hopfriesen in Obertal (2 ½ hours/900 m in elevation change). From either points take the hiking bus back to Rohrmoos and Schladming.

**Tip for experienced hikers: Kalkspitzen summits**

The 2nd stage is the shortest of the Schladminger Tauern High Trail. **Well-trained hikers with experience in alpine terrain** can ascend to the summits of Steirische Kalkspitze and/or Lungauer Kalkspitze before making the 2nd stage. For this, you need 3 to 4 hours additionally.



## Stage 2: alternative route

### From Giglachseen lakes via Duisitzkarsee lake to Keinprechthütte

**Starting point:** Ignaz-Mattis-Hütte, 1 986 m  
+43 664 42 33 823 or  
Giglachseehütte, 1 956 m  
+43 664 90 88 188

**Finish:** Keinprechthütte, 1 872 m  
+43 664 43 30 346

At first, you walk to the trail junction at the Northeast shore of the bigger Giglachsee lake where you follow **trails #776/775** towards Duisitzkarsee lake. Walk down to the trail junction at Giglachbach creek, then keep right and continue along **trail #775**.

Gradually, the trail ascends along the slopes of Grob-feldspitze, Giglachalmspitze and Murspitzen, giving you a great view to Landauersee lake below. Eventually you reach the **Murspitzsattel** mountain saddle, from where you get a great view of Duisitzkar cirque with its picturesque lake. Now, there is a short steep passage with a steel rope for security. Once you reach the forest of Swiss stone pines and larches, the trail descends a little less steep until you reach **Fahrlechlütte** and **Duisitzkarseehütte** at Duisitzkarsee lake.

Take a rest at the huts and the lake – in summer the days are more than long enough to enjoy some time at the lake and marvel at the wonders of nature. Afterwards,



Duisitzkarsee lake at Obertal © Martin Huber

you continue on the trail towards Neualm at the East shore of the lake. Through a high forest you hike along a slope with some slight uphill and downhill passages. Once you reach Neualm (a private chalet) you make a right and continue uphill along **trail #774**, taking you up into beautiful Neualm cirque and finally, to **Keinprechthütte** amidst the impressive mountain scenery of Brettspitze, Zinkwand and Vetternspitze.

### Points of Interest

- » Trail #775 with panoramic view into Giglachkar cirque
- » Murspitzsattel ridge with view to Duisitzkarsee lake
- » Duisitzkarsee lake – a gem of nature
- » alpine meadows and scenery of Neualmkar cirque

### Short alternative for descent

A hike of 1 ¼ hours (vertical descent of 450 m) takes you from Duisitzkarsee lake to Eschachalm in Obertal valley, where the hiking bus takes you to Rohrmoos and Schladming.

### Infobox

<b>Distance</b>	→	<b>9.2 kms</b>
<b>Walking time</b>	🕒	<b>4 ½ to 5 hrs</b>
<b>Ascent</b>	⬆️	<b>571 m</b>
<b>Descent</b>	⬆️	<b>641 m</b>
<b>Level</b>		<b>medium</b>

### Trail type

<b>Path (7.2 kms)</b>	—
<b>Dirt road (2.0 kms)</b>	—



### Stage 3

## Via the gaps of Trockenbrotscharte and Gollingscharte to the Gollinghütte

**Starting point:** Keinprechthütte, 1 872 m  
+43 664 43 30 346

**Finish:** Gollinghütte, 1 643 m  
+43 676 53 36 288

From the Keinprechthütte, you will ascend above the Neualmkar in a broad curve leading to the **Trockenbrotscharte** gap (elevation 2 237 m). In early summer, the mountainsides covered with rhododendrons («Almrausch») are a truly memorable experience. After a brief descent to the **Landawirseehütte** – we recommend a short side trip to the Unterer Landawirsee lake (5 minutes roundtrip) and/or the Oberer Landawirsee lake (35 minutes roundtrip) – you walk down the alp road into the valley end called «Görichwinkel» from where you begin the ascent to the Gollingscharte gap (2 326 m).

Hikers who are in good condition and have **experience in high alpine terrain (!)** can make a side trip from the Gollingscharte up the **Hochgolling**. The route to the summit is quite exposed and sure-footedness is a must. There are hardly any climbing aids or steel ropes and you should schedule in about 3 ½ to 4 hours (out and back) for the additional 540 meter gain.

Eventually, from the Gollingscharte, you will hike down to the **Gollingwinkel**, where you will find yourself in



Hiker at Gollingwinkel © Gerhard Pilz

a natural amphitheater right at the foot of the mighty north face of the «Golling». Heading out of the valley, you reach **Gollinghütte** within a couple of minutes.

### Points of Interest

- » Trockenbrotscharte gap with views stretching from Obertal to Göriachtal valleys
- » Landawirseen lakes and Landawirseehütte
- » Gollingscharte gap, on the highest mountain in the Niedere Tauern range – the Hochgolling (2 862 m)
- » «Place of the Gods» Gollingwinkel: natural amphitheater at the foot of Hochgolling's North face

### Short alternative for descent

From Keinprechthütte via Neualm to Eschachalm in Oberal valley within 2 hours (650 m in elevation change). From there you take the bus back to Rohrmoos and Schladming.

### Infobox

<b>Distance</b>	→	<b>9.1 km</b>
<b>Walking time</b>	🕒	<b>ca. 6 hrs</b>
<b>Ascent</b>	⬆️	<b>960 m</b>
<b>Descent</b>	⬇️	<b>1 180 m</b>
<b>Level</b>		<b>medium/difficult</b>

### Trail type

<b>Path (7.5 km)</b>	—
<b>Dirt road (1.6 km)</b>	—



**Stage 4****From the Gollinghütte via Klafferkessel to Preintalerhütte and Waldhornalm**

**Starting point:** Gollinghütte, 1 643 m  
+43 676 53 36 288

**Finish:** Preintaler Hütte, 1 656 m  
+43 664 14 48 881 or  
Waldhornalm, 1 656 m  
+43 3687 61 475

After your daily »mountaineer's breakfast« you start out from **Gollinghütte** on the narrow trail towards Greifenberg. Via a series of serpentines, leading steeply uphill into a cirque characterized by scree, you eventually reach the **Greifenbergsattel** mountain saddle. Passing by a small lake – being the highest by altitude in the Schladminger Tauern mountain range – you continue over scree, further up to the summit of **Greifenberg** (2 618 m) – undoubtedly one of the most scenic mountains in all of the Niedere Tauern mountain range, and also the highest point of the entire tour.

After a much-deserved break, you will begin a short descent into the high-alpine landscapes of the **Klafferkessel**. The lake plateau of the Klafferkessel is a relic of the last Ice Age and impresses with its special alpine flora. It teems with water unlike any other area in the Alps, the core natural resource feeding »Wild Waters« in Rohrmoos' Untertal Valley. Passing by mountain lakes and tarns and the striking rock



formations of the **Greifenstein**, you cross over the plateau to the Klafferscharte ridge. The trail now takes you downhill through the Lämmerkar cirques to the **Preintalerhütte** and **Waldhornalm** refuges.

**Points of Interest**

- » Greifenberg summit (2 618 m) with memorable views of the Schladminger Tauern range
- » Klafferkessel plateau – home to 30 alpine tarns
- » The striking and photogenic Greifenstein close to the Klafferscharte ridge.
- » The imposing backdrop of the Waldhorn (2 702 m) as you hike down through the Lämmerkar cirques.

**Short alternative for descent**

From Gollinghütte take path #778 through Steinriesental valley to Seeleiten trail head in Untertal valley (2 hours and 570 m change in elevation). From there take the hiking bus back to Rohrmoos and Schladming.

**Infobox**

<b>Distance</b>	→	<b>7.7 km</b>
<b>Walking time</b>	🕒	<b>6 to 7 hrs</b>
<b>Ascent</b>	⬆️⬆️⬆️	<b>1 035 m</b>
<b>Descent</b>	⬆️⬆️	<b>1 025 m</b>
<b>Level</b>		<b>difficult</b>

**Trail type**

**Path (7.7 km)** —



**Stage 5****Via the Planai High Trail  
back to Schladming**

**Starting point:** Preintalerhütte, 1 656 m  
+43 664 14 48 881

**Finish:** Planai gondola mountain terminal &  
Schladminger Hütte, 1 828 m  
+43 3687 22 639

From the Preintalerhütte you start out along the »Höfertsteig« trail #782. Below the amazing scenery of the **Hochwildstelle** (2 747 m) you walk to the trail junction of Neualmscharte/Planai Höhenweg. From here follow path #781 in the direction of the Planai. Passing by at Neualm – an unstaffed mountain hut – the route takes you steadily uphill to the **Kaltenbach** trail crossing (2 040 m), where you continue left on trail #779.

Below the summits of the Ulmspitze, Hasenkarspitze, Sonntagerhöhe and Seerieszinken, you will finally leave the very rugged and exposed terrain below the summit of Krahbergzinken, also leaving behind several sections secured with steel ropes. Via the Krahbergsattel mountain saddle you reach the **Planai**, Schladming's most famous local mountain. From here, enjoy a comfortable ride on the gondola lift back down to the center of the mountain town (included with your Sommercard, when you book the package). If you still haven't had your fill of hiking, however, you can always make your way into town on one of the numerous hiking paths (#779 and #53, World Cup Trail or #50) that are available.

**Infobox**

<b>Distance</b>	→	<b>11.8 km</b>
<b>Walking time</b>	🕒	<b>6 to 8 hrs</b>
<b>Ascent</b>	⬆️	<b>1 125 m</b>
<b>Descent</b>	⬇️	<b>955 m</b>
<b>Level</b>		<b>difficult</b>

**Trail type**

<b>Path (11.5 km)</b>	—
<b>Dirt road (0.3 km)</b>	—



At Kaltenbach with view to Hochgolling © Gerhard Pilz

**Points of Interest**

- » Neualm and Kaltenbach with marvelous views of the Riesachsee lake and the Steinriesental valley.
- » Substantial portions of the path run along the ridgeline and treat you to wonderful views.

**Short alternative for descent**

From Preintalerhütte via **Riesachsee lake** and **Riesach waterfalls** (the largest in Styria) to Seeleiten trail head in Untertal valley (2 ½ hours and 570 m in elevation change). From there take the hiking bus back to Rohrmoos and Schladming.

**Tip for experienced hikers: Höchstein summit**

Hikers with good stamina can make a detour via the **Höchstein** (2 543 m) from the trail junction Kaltenbach, later returning to the Planai High Trail. If this appeals to you, you should reckon with an additional 3 hours of walking time along with an additional 350 vertical meters.



### Stage 5: alternative route

## Via the Neualmscharte gap and Hans-Wödl-Hütte to Steirischer Bodensee lake

**Starting point:** Preintaler Hütte, 1 656 m  
+43 664 14 48 881

**Finish:** Seewigtalstüberl, 1 078 m  
+43 3686 20 114

From Preintalerhütte and Waldhornalm you cross over the creek and follow »Höfertsteig« #782 towards Neualmscharte/Planai. At the trail junction „Höfertsteig“ you keep right (staying on trail #782), now hiking uphill towards **Neualmscharte** gap. Approximately after 2 hours you reach the gap, providing a great view throughout the Seewigtal valley with its 3 lakes.

From there, the narrow trail at first descends through a steep chute. Eventually the trail gets a little less steep and the scenery becomes greener shortly before you reach the **Obersee** lake - the first of 3 lakes in the Seewigtal valley. You walk out of the valley along the shore and further down via another terrace and through clear forest to the **Hüttensee** lake.

Passing by along the slope above the lake you reach **Hans-Wödl-Hütte** where you deserve a stop to enjoy some refreshments. After taking a break at the hut you continue your way down into the valley along the well-maintained hiking trail. Shortly before reaching the **Steirischer Bodensee** lake you can make a small side



View across Obersee lake at Seewigtal valley © Gerhard Plitz

trip (2 minutes) to a waterfall. Along the shore of the Bodensee you walk to **Forellenhof** inn (directly at the lake) and further out to the trail head and car parking at **Seewigtalstüberl** inn, from where the bus takes you back to Schladming.

### Points of Interest

- » Höfertsteig trail with grand view to Riesachsee lake
- » Wildlochsee lake: a worthwhile detour on the way up to Neualmscharte gap
- » Neualmscharte gap (2 347 m), providing a great view into Seewigtal valley with its 3 lakes
- » The »3 lakes tour« out of Seewigtal valley with Obersee, Hüttensee and Steirischer Bodensee lakes

### Infobox

<b>Distance</b>	→	<b>9.4 km</b>
<b>Walking time</b>	🕒	<b>5 to 6 hrs</b>
<b>Ascent</b>	⬆️	<b>776 m</b>
<b>Descent</b>	⬇️	<b>1 302 m</b>
<b>Level</b>		<b>medium/difficult</b>

### Trail type

<b>Path (7.6 km)</b>	—
<b>Dirt road (1.0 km)</b>	—
<b>Asphalt (0.8 km)</b>	—



## An unbeatable package

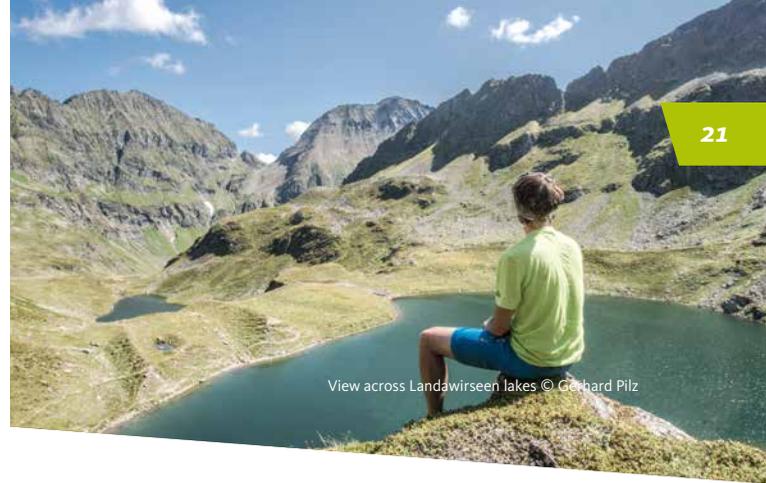
### 1 week of mountain adventure in Schladming

Designed to accompany the 5-day tour along the Schladminger Tauern High Trail, Schladming Tourist Office has put together an especially attractive package. In addition to 4 nights at mountain huts, the package also includes 3 nights at accommodations in the valley – along with all the fantastic benefits of the **Schladming-Dachstein Sommercard**.

### Schladminger Tauern High Trail Package

The package begins with one overnight including breakfast and Sommercard at a private B&B (with option to upgrade to a 3- or 4-star hotel) in the valley. The **packed lunch** for day one on the Schladminger Tauern High Trail can be picked up at the Hochwurzenhütte.

During the 5 hiking days out on the Schladminger Tauern High Trail, you will spend your nights at **4 different refuge huts** in the Schladminger Tauern mountains, with breakfast and packed lunch included at each. After the last stage - the Planai High Trail (or an alternative route) – you will be able to enjoy 2 additional nights at the B&B (or hotel) in the valley, once again with all the benefits of the Schladming Dachstein Sommercard.



View across Landawirseen lakes © Gerhard Pilz

### Important information for package buyers

In case you book a multiple-day hike along the Schladminger Tauern High Trail, there are a few things you have to keep in mind:

- » If you discontinue the tour and descend to the valley, **please inform the next mountain refuge hut** in order to avoid unnecessary search and rescue operations.
- » The **dinner at the huts is NOT included** in the package and has to be paid for separately at the huts.
- » The mountain refuge huts only **accept cash payment**.
- » It is **not possible to bring your dog**, as there are parts of the route leading through alps that are dedicated „**dog-free**“ areas. Moreover, there are several sections not suitable for dogs at all.
- » For kids, we recommend a **minimum age of 15 years and experience in alpine terrain**.
- » Hikers who book their package with the tourist office Schladming stay at a Sommercard partner accommodation in the valley. There, you will already get the Sommercard in advance, also for the stay after the multiple-day hike. **On the day of arrival (at the partner accommodation) the Sommercard is valid from 1 pm.**



Steirischer Bodensee lake © René Eduard Perhab



At Greifenbergsattel, with view to Greifenberg summit © Gerhard Pitz

## All details at a glance

- » On arrival you spend 1 night at a private B&B in the valley, including breakfast and Sommercard
- » Your packed lunch for the 1st stage can be picked up at Hochwurzenhütte
- » 4 nights at mountain refuge huts, including breakfast as well as packed lunch for the day ahead
- » In conclusion, 2 nights at a valley B&B including breakfast and Sommercard
- » Free ride on the Hochwurzen summit lift and the Planai gondola (with Sommercard)
- » All benefits of the Schladming-Dachstein Sommercard
- » Lunch box and drinking bottle
- » Hiking map Schladming, scale 1 : 25 000

from  
**€ 359,-\***  
 per person

\* Price including local tourist taxes, breakfast and pack lunch.

Prices for valley accommodations are per person based on double occupancy, prices in the mountain refuge huts are based on accommodation in a group room and membership in an Alpine Club. Supper at the mountain refuge huts is not included in the package price and thus has to be paid separately for at each hut in cash.

## Well prepared into the mountains

### Equipment

A well-packed backpack is very helpful, while headwear, gloves, a good jacket and pants should be included in your basic gear. Waterproof shoes, hiking poles, sunglasses, sun block and plenty to drink are essential. Especially when it comes to multi-day hikes, keep what you are carrying as compact as possible, so that it is easy to carry even over the course of several days. On pages 28 and 29 of this brochure we provide a checklist for you.

### Cable-Car Operating Hours

The Hochwurzen summit lift and Planai gondola generally run daily throughout the Sommercard season (end of May until beginning of October). Precise information – including daily hours of operation – can be found on the website of the Planai-Hochwurzen lifts [www.planai.at/en](http://www.planai.at/en)

### Hiking bus

The hiking buses of Planai-Hochwurzen lift company service the valleys of Preunegg, Obertal, Untertal and Seewigtal. The buses run daily during Sommercard season (usually between end of May and end of October). Bus schedules are available as brochure in the tourist office or available online at [www.planaibus.at](http://www.planaibus.at).



Hochwurzen cable-car with the Dachstein in the backdrop © Alexander Klünnsper

## Hiking safely

### **Safety, GPS data @ alpine emergency signal**

For multi-day tours in alpine terrain, **good physical condition, surefootedness, and a head for heights** as well as **experience in alpine terrain** are essential. Also, it is very important to pay close attention to weather conditions and forecasts. We highly recommend that, before starting out on your tour, you check for an update on the latest weather situation!

Rapid changes in weather and temperature, thunder storms, wind, fog and snow fields represent a concrete danger and demand you behave appropriately out on trail. Your hut hosts know the mountains well and can give you good tips about the weather and trail conditions. Lack of appropriate gear, overestimating your personal abilities, recklessness and poor physical condition can all lead to critical situations. **In thunderstorms, you must do everything you can, to avoid summits, ridges and fixed-cable stages!**

### **Emergency Numbers**

**Dial 140:** for alpine emergencies – Austria-wide

**Dial 112:** Euro emergency GSM service



Hüttensee lake near Keinprechtthütte © Martin Huber

### **GPS data and orienteering**

Available GPS data - just like hiking maps - is only a guidance for orientation and can never depict a trail exactly with all its details. Especially in exposed terrain and at potentially dangerous spots it is essential to judge on site how or if to proceed. **Walking times calculated by online platforms that have no hiking expertise (like Google Maps) are not a solid planning criteria for a hiking tour!**

### **The alpine emergency signal**

Within a one-minute period, give a signal six times at regular intervals (approximately every 10 seconds). This signal can be visual (by flashing your torch or waving a piece of clothing, for example), or audible (with a whistle, shouting, etc.). After signaling six times, wait for a minute.

**You answer this way:** If you become aware of someone making an emergency signal, respond with your own, this time 3 signals at 20-second intervals for a minute. At this point, begin your rescue efforts.



Lenisee lake near the Gígglachkar cirque © Herbert Raffalt

## The 10 Hiking Commandments

1. Never take a hike in the mountains without careful planning. Obtain lots of information in advance about what to expect during your tour: trail conditions, hazards, potential difficulties etc.
2. Are you in the right physical condition to tackle the hike? Be in shape before you head into the mountains, and do not expect to get into shape while you are there.
3. Bring along the right equipment. Don't carry anything unnecessary, but don't leave things at home you might need in an emergency either.
4. Obtain the latest information about the weather. Never feel bad about interrupting a tour for safety reasons.
5. The walking tempo of a group has to be based on the pace of the slowest member. Only continue after a break if the slowest hiker has had plenty of time to rest.
6. Take regular breaks, eat and drink frequently.
7. How to behave around animals? Never leave marked paths, **respect animal habitats, grazing areas & plants.**
8. Emergency equipment (first-aid kit, signal whistle, mobile phone) must always be with you.
9. If you are hiking alone: Be certain to let someone know your route and when you expect to return.
10. If something happens, try to remain calm and keep your wits about you. If in doubt, call for help.



### Grazing cattle and You

Mother cows do have particular maternal and protective instincts. It is tempting to pet calves sleeping aside of the herd. However, in case the calf gets frightened it makes sounds, telling its mother "I am in danger". No need to say, that the mother and the entire herd will come for its defence

- » **Always keep your distance. Kids should not get close to cows and calves.** The best you can do is passing by a herd slowly.
- » Dogs are perceived as a special threat by cattle and horses. Thus, never approach grazing animals with a dog. You will only put yourself in danger! **In general, dogs have to be kept on the leash.** However, in the event of danger, let your dog off its lead!
- » **Do not feed any animals** on the grazing land – especially not horses. They get jealous easily and you might be in the center of opposing interest quite quickly
- » Cattle are used to being driven by a farmer carrying a stick. If you are hiking in one of the summer grazing areas, be sure to carry a hiking pole, just in case you need to protect yourself.

## Your backpack check list

For a multiple-day hike we recommend a backpack with a capacity of around 40 liters. This double page provides a check list with the most important utensils that you should bring along for such a hike.

### Top pocket

- Hiking map
- Blister pads & handkerchiefs/tissues
- Pocket knife, lighter, (cable ties)
- Cash & membership cards of alpine clubs
- Cell phone (with full battery, charger & offline maps)
- Booking confirmation

### Front pocket

- Small snacks, such as granola bars
- Drinking bottle (in the side pocket if available)
- Sunscreen, sunglasses and hat/cap
- rubber pads for hiking poles

### Back/middle of backpack (near the spine)

- Lunch box (on top of the main compartment)
- Kagoul or poncho, (rain paints)
- Undervest („Soft Shell“), e.g. fleece or merino wool
- Jacket („Hard Shell“) – breathable
- Functional shirts – breathable
- First-aid kit (incl. 2,5 cm wide sticking plaster)

### Bottom of backpack

- Bivouac sack
- Gloves & cap
- Headlamp
- Toiletry (e.g. tampons) & towel
- Waterproof bag for valuables
- Underwear & trekking socks
- Sleeping bag, slippers & earplugs
- Trekking sandals & spare shoelaces



### On the body

- Functional shirt – breathable, with UV-radiation blocker
- Hiking pants – best, if pant legs can be zipped off
- Functional underwear & socks – breathable
- Hiking boots – waterproof
- Hose cloth (“Buff”)
- Hiking poles (light weight construction, adjustable)

## A Taste of Schladming

You always wanted to **smell fresh mountain air?**

It is a dream of you to wake up amidst impressive mountain scenery **when the first sunrays of the day touch the summits?** You want to witness the morning light moving down mountain slopes while **enjoying a cup of coffee?**

Then »A taste of Schladming« is exactly what you are looking for, because this offer combines all these experiences, including a night at Preintalerhütte as well as 3 nights at an accommodation of your choice in the valley. The following services are included in the package:

- » 3 nights in the valley at an accommodation of your choice, including Schladming-Dachstein Sommercard
- » 1 (optionally 2) nights at Preintalerhütte
- » breakfast, one of them at Preintalerhütte refuge
- » packed lunch for the following hiking day
- » Hiking map Schladming, scale 1 : 25 000
- » Lunch box & drinking bottle
- » Brochure »Hut & Refuge Guide«

from  
**€ 239,-\***  
per person

\* Prices for valley accommodation are per person and based on double occupancy, prices in the mountain refuge base on group room occupancy, including local tourist taxes. Dinner is not included and has to be paid for on site in cash. Additional nights on request.

Morning view into Lämmerkar cirques @ Gerhard Pilz



from  
**€ 166,-\***  
per person

## Another TOP package: »Obertal Mountain Time«

»Obertal Mountain Time« is another appealing package for a multi-day hike. It caters especially to hikers who only want to walk short stages and really want to enjoy the time on the trail, at the lakes, and at the chalets. This route is also suitable for families with **kids who already have some hiking experience.**

Obertal Mountain Time: that means 4 days of hiking and 3 overnight stays at chalets and huts in the Schladminger Tauern range: **Giglachseehütte** or **Ignaz-Mattis-Hütte** at Giglachseen lakes, **Duisitzkarseehütte** or **Fahrlehhütte** at Duisitzkarsee lake, and **Keinprechthütte** at the foot of the historic »Zinkwand« mining district.

- » 3 nights in the huts on the mountain, including breakfast
- » packed lunch for 3 hiking days
- » Hiking map Schladming, scale 1: 25,000
- » Lunch box & drinking bottle to fill yourself
- » Brochure »Hut & Refuge Guide«

\* Price based on group room (with membership in an alpine club), each with breakfast. Dinner is not included in the price and must be paid in cash on site. Additional nights (also in accommodation in the valley) on request.

Schladming 



***Booking Contact for all packages***

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