

EN

Schladminger Tauern High Trail

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 Steirischer Bodensee lake.

Lying in between are 5 stages along paths which, in some cases, look back on a long and fascinating history, with numerous summiting 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-Dachstein has put together an especially attractive package. In addition to **4 nights at mountain huts**, the basic 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.**

This brochure describes the tour starting on the Hochwurzen. Of course you can also hike in the opposite direction and book the package.



Alpine cuisine is an important part when discovering the places along Schladminger Tauern High Trail. © NA Sölk-täler/Lupi Spuma



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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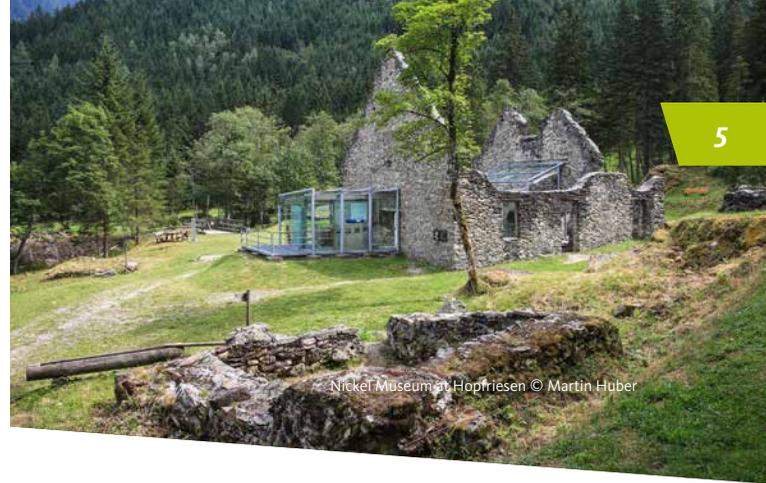
The Schladminger Tauern range ... where nature & history flow into each other

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 gruff 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 Bruderlade« also goes back to the mining history. The **town museum of Schladming** – formerly the »Bruderlade-Haus« of the miners – and the **Nickel Museum** in Hopfriesen retell these and other stories of Schladming's mining history.



Nickel Museum in Hopfriesen © Martin Huber

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 Klafferkessel, 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 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. 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 Schiedeck. 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 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

Short alternative for ascent

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

Infobox

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

Trail type

Path (10.2 km)	—
Dirt road (1.1 km)	—



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

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

Trail type

Path (5.8 km)	—
Dirt road (0.1 km)	—



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 Vetternkarkirch
- » 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 to the East, giving you great views to Giglachkar cirque and 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 **Fahrlehhütte** and **Duisitzkar-seehütte** at Duisitzkarsee lake.

Take a rest at the huts and the lake and then continue on the trail towards Neualm at the East shore of the lake. Through a high forest you hike along a slope with uphill and downhill passages. Once you reach **Neualm** (a private



Duisitzkarsee lake at Obertal © Gerhard Pilz

chalet) you make a right and continue uphill along **trail #774**, taking you into beautiful Neualm cirque and finally, to **Keinprechthütte** amidst the impressive mountain scenery of Brettspitze, Zinkwand and Vetternspitze.

This alternative route leads through less exposed terrain than the original route and can therefore also be walked in bad weather or residual snow fields at higher altitudes.

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

From Duisitzkarsee lake a hike of 1 hour (vertical descent of 450 m) takes you to Eschachalm in Obertal valley, where the hiking bus takes you to Rohrmoos and Schladming.

Infobox

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

Trail type

Path (7.2 kms)	—
Dirt road (2.0 kms)	—



Stage 3**Via the gaps of Trockenbrotscharte and Gollingscharte to the Gollinghütte**

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

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

From the Keinprechtthütte, 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 **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 **Göllingwinkel**, where you will find yourself in a



Hiker at Göllingwinkel © Gerhard Pilz

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

Points of Interest

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

Short route for descent and alternative route

From Keinprechtthütte via Neualmkar to Eschachalm in Obertal valley within 2 hours (650 m in elevation change). There you take the bus back to Rohrmoos and Schladming or to the valley of Untertal for the ascent to the Göllinghütte.

Infobox

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

Trail type

Path (7.5 km)	—
Dirt road (1.6 km)	—



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.



Hiking through the lake plateau of Klafferkessel © Herbert Raffalt

Infobox

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

Trail type

Path (7.7 km) —



Stage 5:**Via the Neualmscharte gap and Hans-Wödl-Hütte to Steirischer Bodensee lake**

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

Finish: Seewigalstüberl, 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 Seewigal 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 Seewigal 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 trip (2 minutes)

Infobox

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

Trail type

Path (7.6 km)	—
Dirt road (1.0 km)	—
Asphalt (0.8 km)	—



View across Obersee lake at Seewigal valley © Mathäus Gartner

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 **Seewigalstüberl** 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 Seewigal valley with its 3 lakes
- » The »3 lakes tour« out of Seewigal valley with Obersee, Hüttensee and Steirischer Bodensee lakes

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.



(page 20)

Stage 5: alternative route for experienced hikers Via the Planai High Trail back to Schladming

Starting point: Preintalerhütte, 1 656 m
+43 664 14 48 881 or
Waldhornalm, 1 656 m
+43 3687 61 475

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

From the Preintalerhütte and Waldhornalm 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,



View from Seerieszinken to Krahbergzinken © Gerhard Pilz

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.

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.

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.

Infobox

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

Trail type

Path (11.5 km)	—
Dirt road (0.3 km)	—



An unbeatable package

1 week of mountain adventure in the Schladming-Dachstein region

Designed to accompany the 5-day tour along the Schladminger Tauern High Trail, Schladming-Dachstein offers 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 accommodation in the valley.

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:

- » At the huts it is important to register for the overnight stay immediately on arrival, even if you have a reservation.
- » 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.
- » Most mountain refuge huts **accept cash payment** only.
- » 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 Schladming-Dachstein 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 and on the last day of hiking the Sommercard is valid from 1 pm.**



Steirischer Bodensee lake © René Eduard Perhab



On Höfersteig with view to Waldhorn summit. © Gerhard Pilz

All details at a glance

- » On arrival you spend 1 night at a private B&B in the valley, including breakfast, packed lunch and Sommercard
- » 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, the hiking bus from the Seewigtal (5th stage) or the Planai summit lift (alternative route 5th stage)
- » All benefits of the Schladming-Dachstein Sommercard
- » Lunch box and drinking bottle
- » Hiking map Schladming, scale 1 : 50,000

from
€ 499,00
 per person*

* Price includes overnight tax, breakfast and packed lunch. Prices are per person based on a double room (in the valley) and group room (hut) with membership in an alpine club. The dinner is not included in the price. Additional nights on request.

TIP for real mountain enthusiasts:

Additional nights are possible on request at the Hans-Wödl-Hütte, Putzentalm and Rudolf-Schober-Hütte!

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

Hiking bus

The hiking buses of Planai-Hochwurzen lift company service the valleys of Preuneggatal, 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.



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

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 Gíglachkar 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.



Neualm alpe in the Obertal valley © Gerhard Pilz

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 pants)
- 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)

»Tasting the Mountains«

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 **»Tasting the Mountains«** is exactly what you are looking for, because this offer combines all these experiences, including a night at Waldhornalm, Hans-Wödl-Hütte or 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 Waldhornalm, Preintalerhütte and/or Hans-Wödl-Hütte
- » breakfast, one of them at Preintalerhütte refuge
- » 1 packed lunch per overnight stay in a hut for the following hiking day
- » Hiking map Schladming-Dachstein, scale 1 : 50,000
- » Lunch box & drinking bottle
- » Brochure »Hut & Refuge Guide«

from
€ 333,00
per person*

* Prices are per person based on a double room (in the valley) and group room (hut) with membership in an alpine club, each with breakfast. The Dinner is not included in the price. Additional nights on request.

Morning view out the window © Michael Kuscher



Another TOP package: »Obertal Mountain Time«

from
€ 210,00
per person*

»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 Fahrlechlütte at Duisitzkarsee lake, and Keinprechtthütte at the foot of the historic »Zinkwand« mining district.

- » 3 nights in the huts on the mountain, including breakfast
- » three packed lunch for the hiking days
- » Hiking map Schladming-Dachstein, scale 1 : 50,000
- » Lunch box & drinking bottle to fill yourself
- » Brochure »Hut & Refuge Guide«

* Prices are per person based on group room (hut) with membership in an alpine club each with breakfast. Dinner is not included in the price. Additional nights, also in accommodation in the valley, on request.

Booking contact for all packages:

Tourismusverband Schladming-Dachstein

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