Themed- & adventure trails

in the Murau Region

Austria

www.regionmurau.at

murau STEIERMARK

Weil es dir gut tut.®

Themed trails & adventure trails in the Murau region

The natural world and fascinating facts brought together in beautifully designed paths

In the Southern Tauern Mountains, which rise to between 700 and 2,800 metres, lies the Murau region, a unique combination of picture-perfect mountain landscapes, idyllic valleys and pastures, and lush green woods and meadows.

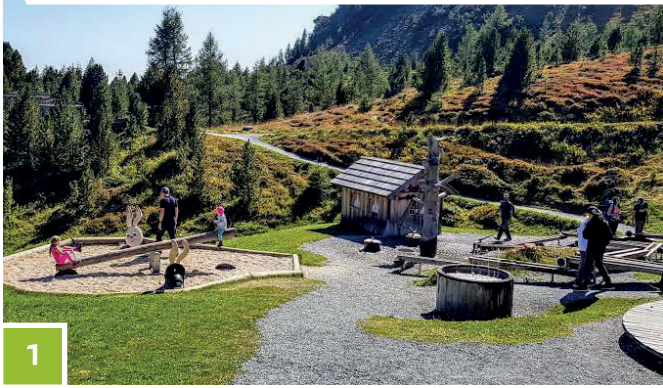
The Murau Region's beautifully designed themed trails not only provide stunning views, they also provide information about the region's diverse natural landscape and culture.

There's something for all the family, with a wide range of play areas along the routes. Trails that are particularly suitable for children are identified with the Murlis Family Tipp quality mark.

Information on the trails also includes the following symbols:

- Suitable for baby buggies
- Suitable for families
- Refreshments along the route
- Accessible
- Specially designed for children

Nocky's AlmZeit Adventure



1

CIRCULAR ROUTE

TURRACHER HÖHE

Your guide on this trail is Nocky the Mountain Bunny. He takes children and their parents on a two-hour walk around the AlmZeit circuit with fun games, quizzes and all sorts of information on the theme of time. Climb to the Sky, Chime Fence, Viewpoint: these are just some of the seven stations that await you on this pint-sized adventure.

Admission free

Duration: approx. 2 hours

Refreshments: Almzeit Hütte restaurant

Murlis Family TIPP

Turracher 3 Lakes Trail

2

CIRCULAR TRAIL

TURRACHER HÖHE

The Turracher Three Lakes Trail is an exceptional opportunity to immerse yourself in the stunning natural surroundings of the Nock Mountains. To consciously take in nature with all your senses or simply enjoy your impressions.

The walk through the mountains between Lake Turrach, the Grünsee and the Schwarzsee takes a pleasant two or three hours. You can also walk around Lake Turrach in 30 minutes.

Admission free

Distance: 7.5 km | **Duration:** 2 to 3 hours

Refreshments: Mei Zeit Hütte restaurant
Karlhütte restaurant, Turracher Höhe
Sonnalm restaurant, Turracher Höhe

Hoher Steg circuit

3

CIRCULAR ROUTE

PREDLITZ

Hoher Steg circuit incl. Predlitz via ferrata

The Hohe Steg – a short but spectacular ravine that was formed around 12,000 years ago through meltwater erosion.

It can be viewed from a circular walk or crossed a via ferrata – difficulty level A-C, length 400m.

Climbing equipment is essential for the via ferrata!

Admission free

Refreshments: Postwirt guest house, Predlitz

Arboretum

4

CIRCULAR TOUR

ST. RUPRECHT

The Arboretum is a generously proportioned botanical garden that is devoted to trees and accessible to the public. Numerous familiar but rare indigenous species of trees and shrubs can be seen here. Paths wind through the whole site. A tree walk with a woodlands specialist is a playful way of getting to know the flora better.
The site also includes ample rest areas, a barefoot path, an insect hotel, an anthill, a seminar cabin and a snack hut.

Admission fee
Distance: 1.5 km | **Duration:** 30 minutes to one hour

Refreshments: Anthofer guest house, St. Ruprecht

Detective trail

5

CIRCULAR ROUTE

ST. GEORGEN/KREISCHBERG

Explorers both big and small can get a fun booklet from the information office and stamp it as they tour St. Georgen.

The route around the village includes colourful little houses concealing letter stamps.

After successfully completing their detective work, explorers can collect a small prize from the tourist association information office at kreischberg.

Free entrance

Distance: 2 km | **Duration:** 2 to 3 hours

Refreshments: Restaurants along the route

Murlis Family TIPP

Kreischberg Dino Forest

6

CIRCULAR TRAIL

ST. GEORGEN/KREISCHBERG

In the summer, the World Cup resort of Kreischberg turns into a hiking area for the whole family. The 10-seater gondola lift carries visitors in comfort from the valley floor to an altitude of 1,800m above sea level. It's only a short distance from the top station of the gondola to Dinowald dinosaur forest, where you can meet all sorts of primitive giant beasts. You can also try disc golf - another fun sporting activity.

Fees apply to gondola ascents.

Gondola operating hours from: www.kreischberg.at

Admission free

Distance: 1.6 km | **Duration:** 1 hour

Refreshments: Restaurants on the Kreischberg

Murau Animal Trail

7

CIRCULAR ROUTE

MURAU/FRAUENHAIN

This meticulously prepared animal trail enables children to encounter the animals of the forest and learn more about them.

The explanatory boards give young explorers an understanding of the animal world, telling them about the behaviour of the animals that live in the forest, and their young.

The Frauenhain Animal Trail can be accessed from the Frauenalpe ascent.

Admission free

Distance: 1.7 km | **Duration:** 45 minutes

Refreshments: Restaurants in Murau

Murlis Family TIPP

Alphabet Letter Hunt

8

CIRCULAR TOUR

MURAU TOWN

A fascinating and informative experience for all ages. The treasure map (available in the tourism association information office in Murau) helps you to explore the town of Murau and its surroundings.

Red letters that make up a keyword are hidden all over the town.

When children give the keyword at the tourism association information office in Murau, they receive a certificate and a little prize.

Admission free

Distance: 3 km | **Duration:** 1.5 to 2 hours

Refreshments: Restaurants in Murau

Health circuit

9

CIRCULAR ROUTE

MURAU/ST. LEONHARDTEICH

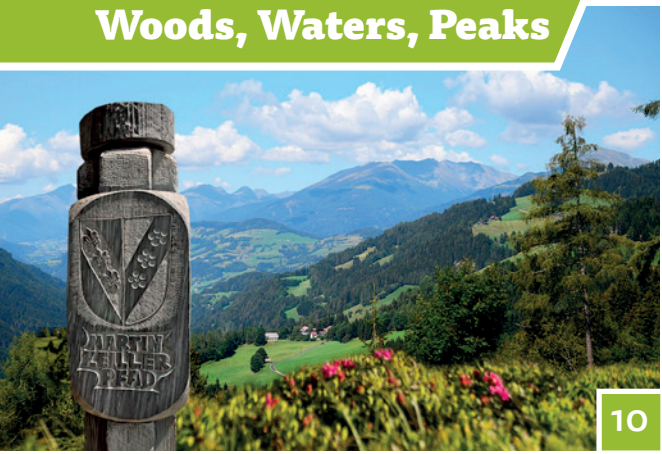
Get some exercise in the fresh air with magnificent views of artistic monuments such as the ruins of Grünfels Castle and the Hungerturm tower. The "Gesunde Runde" health circuit is made up of ten stations: climbing bars, monkey bars, different walking, slackline and more. Each station has texts and images explaining how to use them, and how they can benefit backs, abdomens and biceps.

Admission free

Distance: 2 km | **Duration:** 45 minutes

Refreshments: Restaurants in Murau

Woods, Waters, Peaks



10

CIRCULAR TRAIL

RANTEN

As you walk along this forest trail with 11 themed stations providing information about the interlinked ecosystem of the woods and waters, you enjoy stunning views of the Tauern Mountains. This impressive circuit starts and finishes at the Martin Zeiller path and the garden of the same name. Martin Zeiller the Younger, born in Ranten in 1589, is considered one of the outstanding travel writers and encyclopedists of his age.

Admission free

Distance: 16 km | **Duration:** 6 hours

Refreshments: Hammerschmied Inn, Ranten
Sofie's Hütte restaurant, Ranten

Hiking in places of power

11

STAGED TRAIL

KRAKAU

The goal of hiking is to deepen our relationship as humans with the landscape around us. Both the trails themselves, and selected spots along the routes, offer a wide range of opportunities to encounter and appreciate the natural beauty of the landscape in a sensitive manner. Exposed locations provide wonderful insights into the countryside and allow us to bring our own feelings and thoughts into the expanse of the alpine landscape.

Admission free
Distance: 2.5 - 16 km
Duration: 1 to 5 hours

Refreshments:
Restaurants along the routes

Eselsberg Alpine Experience

12

CIRCULAR TOUR

ST. PETER/KAMMERSBERG

Anyone wanting to learn about Alpine farming past and present, about flora and fauna or about what it's like to live in harmony with nature in the Alps can expand their knowledge at seven stations along the route. Along with the stations you can be fascinated by the "Summstein" (humming rock) and have fun with the Archimedean spiral at the Eselsberger creek play area. It's an outing that's well worth it - and where you can learn a great deal about Alpine farms and their management.

Admission free
Distance: 4.5 km | **Duration:** 1.5 hours

Refreshments: Hölzlerhütte restaurant, Eselsberg

Geopfad geological trail

13

STAGED TRAIL

ST. PETER/KAMMERSBERG

Along the Geopfad (geological trail), a hike from the tranquil village of Baierdorf to the Sölk Pass, 24 stations provide clear and highly accessible explanations of a wide variety of impressive terrain and the geological processes that have shaped it.

Admission free

Distance: 12 km | **Duration:** 4 hours

Refreshments: Neuwirt Inn (guesthouse), Baierdorf
Dorferhütte restaurant, Sölk Pass
Kreuzerhütte restaurant, Sölk Pass

Going Wild

14

CIRCULAR TRAIL

ST. PETER/KAMMERSBERG

Hear the birdsong in the forest and see our native animal species up close. The Going Wild circular trail is a fantastic experience for all ages. Discover life-size illustrations of a wide variety of native wild animals over the trail's 1.2 km, along with boards providing information about each of the animals. It's the ideal combination of learning and fun, enabling you to get to know the diversity of our native species.

Admission free

Distance: 2.7 km | **Duration:** 1.5 hours

Refreshments: Murauerhof, Marktcafe St. Peter/Kammersberg

Oberwölz Legends Trail

15

CIRCULAR ROUTE

OBERWÖLZ

At the 10 stations around the circular trail in Oberwölz, larger-than-life-size wooden sculptures including an accurate model lumberjack's hut, a dragon playground and other attractions provide an insight into the world of myths and legends for visitors to experience at first hand.

Admission free

Distance: 3 km | **Duration:** 2 hours

Refreshments: Cafe in the Garden, Oberwölz

Murlis Family TIPP

Outline map

1 Nocky's Almzeit
2 Time-Travelling Adventure
3 Turracher 3 Lakes Trail
4 Hoher Steg Circuit
5 Aboretum
6 Detective Trail
7 Kreischberg Dino Forest
8 Animal Trail
9 Alphabet Letter Hunt
10 health circuit
11 H
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14 G
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16 W
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19 G
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iking in places of power
selsberg Alpine Experience Trail
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Vild Lachtal
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a Natura
raggerschlucht Gorge
credible Landscapes

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29 St. Blasen Fitness Trail
30 Lois Steiner Trail

Wild Lachtal

16

CIRCULAR TRAIL

LACHTAL

About 4 km long, the trail runs at an altitude of between 1,600 and 1,700 metres above sea level, linking a total of 19 activity stations.

The trail consists of stations with motor skills activities, balance exercises, a Calisthenics station (body weight exercises), a water station, rope jungle, slacklining, a petting zoo, climbing facilities and lots of fun for all ages.

Admission free

Distance: 4 km | **Duration:** 2 hours

Refreshments: Restaurants along the route

Wayside Pharmacy

17

CIRCULAR ROUTE

PERCHAU AM SATTEL

Perchau am Sattel is home to a very special pharmacy.
A wide range of herbs and medicinal plants grow all along the forest's edge. Display boards describe their colours and shapes, and what they are used for.

Admission free

Distance: 5.7km | **Duration:** 2 hours

Refreshments: Löcker Inn, Perchau am Sattel

Via Natura

18

CIRCULAR TRAIL & STAGED TRAIL

NEUMARKT

Learn to read the book of nature.
The Via Natura long-distance hiking trail challenges all visitors to set out on a natural adventure, taking a closer look and thus learning what nature, and all its colours, forms and phenomena, has to teach us. The nature of human beings and the interaction between humans and nature is an integral component of the Via Natura.
Complete the whole circular trail in one go or individual stages.

Admission free
Distance: around 100 km in different stages
Duration: all together about 40 hours

Refreshments: Guest houses and restaurants along each stage

Graggerschlucht gorge

19

THEMED HIKE

ZEUTSCHACH

Graggerschlucht Gorge and Bionic Island. Graggerschlucht Gorge has Europe's first bionic island, which allows visitors to immerse themselves in the world of bionics. Bionics combines biology and technology, and provides us with ideas and approaches drawn directly from nature that have already been put into practice in many areas. Find out more about this discipline in the wonderful natural setting of Graggerschlucht Gorge and admire the breathtaking cascades of the waterfall at the head of the gorge.

Admission free

Distance: 3,9 km | **Duration:** 2 hours

Refreshments: Zecki's Hütte restaurant and Zeckiland playground, St. Marein
Fischerwirt Inn, Zeutschach
Seeblick Guesthouse, Zeutschach
Russkeusche restaurant, Zeutschach

Incredible Landscapes

20

THEMED HIKE

NEUMARKT

The thousand of years old cultural landscape between Zirbitzkogel and Grebenzen is full of secrets: traces of Celts and Romans, mystical castle ruins, legendary places.
With the free app "SagenLand", visitors move on a exciting journey through time.
Three interactive cultural routes make historic monuments, archaeological sites and folklore experiences digitally.
Ideal for families, hikers and culture lovers.

Admission fee
Distance: three routes from 3,8 to 5,6 km
Duration: about 2 to 3 hours

Refreshments: Inns along the routes

Fairy tale riddle forest

21

CIRCULAR ROUTE

ZEUTSCHACH

Nature park Fairy tale riddle forest, an unforgettable experience in the nature park Zirbitzkogel-Grebenzen. Various fairytale stations and a forest trail provide entertainment for the whole family. There is a flaw hidden in every park.
It needs to be found.

There is also a gold launderette, Celtic tree circle, a water and a big playground and lots of animals.

Admission fee

Distance: 1 km | **Duration:** 30 minutes

Refreshments: Gasthof Seeblick Inn

Murlis Family TIPP

Hörfeld Moor

22

CIRCULAR TRAIL

MÜHLEN

Hörfeld Moor is situated south of Mühlen on the border between Styria and Carinthia, in a basin that was carved out by glaciers in the Ice Age. It is home to over 500 species of butterflies, moths and birds.

A reinforced walkway runs around and across the moor, giving visitors an insight into the vulnerable and protected habitats that comprise it.

Please keep to the marked trail.

Admission free

Distance: 6.7 km | **Duration:** 2.5 hours

Refreshments: Gössler Inn guesthouse, Mühlen
Hirschenwirt restaurant, Mühlen

Hans in Luck Fairytale

23

CIRCULAR ROUTE

MÜHLEN

Hike the fairytale of Hans in Luck. At the Gössler und Hirschenwirt guest houses in Mühlen, they will give you a "lump of gold" and a bowl. You'll need to take good care of them! After getting some information from the "listening station" at the farm mill, follow in the exciting footsteps of Hans in Luck. At each station you can trade in a cow, a goose or a pig. When you are finally free of all your burdens, the guesthouse will give you a reward. Guided hikes run in the summer holidays.

Admission fee

Distance: 5.5 km | **Duration:** 2.5 hours

Refreshments: Gössler Inn guesthouse, Mühlen
Hirschenwirt restaurant, Mühlen

Mühlen Adventure Mile

24

CIRCULAR TRAIL

ADVENTURE MILE BY MÜHLEN LAKE

A circular trail around Mühlen Lake that offers fun and relaxation for the whole family. Activity areas are great places to take a break, learn, play and relax. The adventure mile trail around the lake offers parents and children beautiful views and also nature activity areas and an adventure playground. Children will love the eight fun and interesting stations on the trail around the lake.

Admission free

Distance: 1.9 km | **Duration:** 30 minutes

Refreshments: Lake Campsite Guesthouse, Mühlen
Buffet Kreinbucher restaurant, Mühlen

All Family trails

25

CIRCULAR ROUTE

ZEUTSCHACH

Two trails and one goal on the Alles Familie (all about the family) trail in Zeutschach. Visitors to these two trails can enjoy walking games, chat while they hike, go on little expeditions and have fun with old-fashioned games. (The shorter route is suitable for baby buggies and wheelchair accessible). Every game follows signposts with a quote that reflects what you have just experienced.
The two trails start from the car park right by Graslupp Lake.

Admission free

Distance: 3.6 km or 6 km | **Duration:** 2 or 3.5 hours

Refreshments: Fischerwirt Inn, Zeutschach
Seeblick Inn guesthouse, Zeutschach
Russkeusche restaurant, Zeutschach,
Zecki´s Hütte restaurant, St. Marein

Mariahof Bee Nature Trail

26

STAGED TRAIL

MARIAHOF

Information boards by the trail provide details on the life of bees. Bees are vital to maintaining plant biodiversity, so our farmers pay particular attention to flowering times and sustainable harvesting.

This easy hike runs from Vockenberg to Maierdorf in Mariahof.

Admission free
Distance: 2.5 km | **Duration:** 40 minutes

Refreshments: Bertl's Genuss Kuchl
Mostschenke Moorstüberl

Dürnberg Moor

27

CIRCULAR ROUTE

MARIAHOF

As a witness to the Ice Age, Dürnberg Moor invites visitors on a voyage of discovery, and its display boards provide them with an insight into its sensitive habitats. Rare animals and plants, such as the carnivorous sundew, can be found here. The look-out tower has views over the landscape of the moor. From the Ice Age island in Oberdorf in Mariahof, the trail leads via the Anawander Organic Farm - Moorstüberl tavern to the moor.

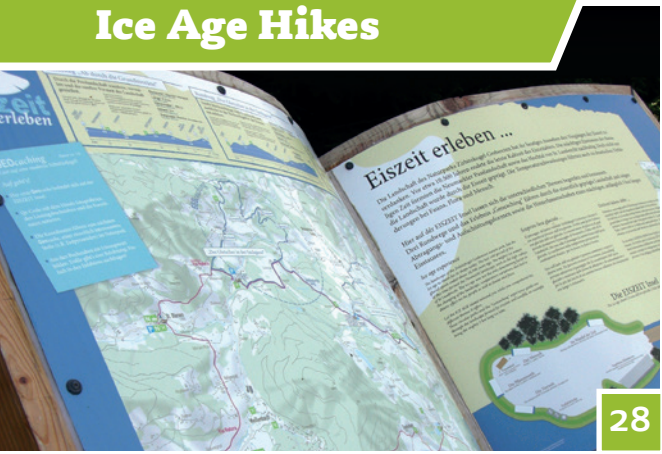
Please keep to the marked trail.

Free entrance

Distance: 2.5 km | **Duration:** 40 minutes

Refreshments: Anawander Moorstüberl, Mariahof

Ice Age Hikes



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CIRCULAR TRAILS

Wrap up warm, you're heading for the Ice Age. Visit the Ice Age island in Oberdorf/Mariahof or hike one of the three circular trails through the Zirbitzkogel-Grebenzen nature reserve, which was shaped by the Ice Age.

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ST. LAMBRECHT ICE RESERVOIR

This circular trail runs through the town of the same name. The three information points display fascinating evidence of the former ice reservoir that is still visible today. Starting point: Viewing platform in front of the school in St. Lambrecht.

Admission free
Distance: 3.8 km | **Duration:** 1.5 hours

Refreshments: Inns and cafés along the routes

Ice Age Hikes

28

CIRCULAR TRAILS

OFF ACROSS THE GROUND MORAINE[1]

Several information points on the trail between Oberdorf and Mariahof show how the landscape was formed. The starting point is the Ice Age island in Oberdorf in Mariahof.

Admission free

Distance: 9.1 km | **Duration:** 3 hours

THE GLACIER IN THE CUL-DE-SAC[2]

The Glacier in the Cul-De-Sac circular trail runs through the area between St. Blasen and Thajagraben and starts from the Ice Age start point in St. Blasen.

Admission free

Distance: 10.2 km | **Duration:** 4 hours

Refreshments: Inns and cafés along the routes

1 2

St. Blasen Fitness Trail

29

CIRCULAR TRAIL

ST. BLASEN

This themed trail aims to improve people's health. The St. Blasen Fitness Trail is a slightly rolling path through woods and meadows that provides for a wide variety of training.

A squirrel mascot called Toni accompanies visitors along the trail, leading them round three stations. Between the stations there are quizzes and body weight exercises.

Admission free

Distance: 2 km | **Duration:** 1 hour

Refreshments: Gasthof Kirchmoar, St. Blasen

Lois Steiner Trail

30

CIRCULAR ROUTE

ST. LAMBRECHT/ST. BLASEN

The Murau Region is of major importance for folk culture. It is a Styrian region that has an incredibly large treasury of songs, which are passed down from generation to generation.

This treasury was preserved thanks to the dedication of Lois Steiner.

Four stations along the trail tell the story of his life and his love of folk music, and encourage visitors to sing along.

Admission free

Distance: 4.8 km | **Duration:** 1.5 hours

Refreshments: Gasthof Kirchmoar, St. Blasen

Munich: 267 km
Salzburg: 151 km
Vienna: 234 km
Graz: 108 km

murau
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