



high alps
nature park
zillertaler alps



SUMMER PROGRAMME

2019

Experience the nature
Reach for the Alps



Zillertal.at





REACH THE ALPS

FACTS & HIGHLIGHTS

- Size: 422 km²
- Protected natural area since 1991
- Altitude profile ranging from 1,000 m at Ginzling to 3,509 m at Hochfeiler
- An unparalleled experience of natural landscapes with 70 three-thousand-metre summits and glaciers, rich biodiversity at all alpine altitudes, old mountain forests, fascinating geological history and unspoiled cultural landscapes on alpine pastures and meadows
- Nature has priority – permanent developments with public roads or lift systems are prohibited with no exception
- Nature Park House in the mountaineering village of Ginzling
- Fascinating exhibitions and themed trails
- Walk through the Nature Park from hut to hut along the Berlin Hiking trail
- Internationally renowned climbing & bouldering areas
- Nature Park Schools in Brandberg and Tux





RATING		TRAIL & TERRAIN	
TOUR DIFFICULTY RATING		EASY HIKE	<ul style="list-style-type: none"> ■ hiking trail ■ relatively flat terrain ■ easy uphill climbs ■ ascents of 100–300 metres in altitude ■ 2–4 hours of walking
		MODERATE HIKE	<ul style="list-style-type: none"> ■ hiking trail ■ easy uphill climbs ■ ascents of 300–700 metres in altitude ■ 3–4 hours of walking
		DIFFICULT HIKE	<ul style="list-style-type: none"> ■ marked trails and/or routes off the beaten track ■ sections of steep alpine terrain ■ ascents of 500–1,200 metres in altitude ■ 4–8 hours of walking



REQUIREMENTS & EQUIPMENT

- not particularly physically demanding
- trainers with good soles or trekking shoes will suffice

- moderately demanding, relatively good fitness levels required
- decent trekking shoes with a good sole or hiking boots

- good stamina and fitness levels required
- steady footing and a good head for heights
- hiking boots



suitable for children & families



Take your own food and drink



Attention: Departure times may vary, at the time of printing the bus schedule has not yet been published!

The organizers reserve the right to make last minute programme changes or postponements in the event of adverse weather conditions or any other reason. Participation is at your own risk – the Zillertal Alps Nature Park administration team accept no liability of any kind!

REGISTRATION AND EQUIPMENT

REGISTRATION

- Via **www.naturpark-zillertal.at** under the link summer program by latest 20.00 hrs on the day before your proposed tour
- Direct via MyZillertal App or **www.myzillertal.app/naturpark**
- Via your accommodation provider by latest 20.00 hrs on the day before your proposed tour
- Direct with the Nature Park/Tourist Board offices by latest 17.00 hrs on the day before your tour
- **IMPORTANT:** Guests staying at Nature Park partner businesses can activate free participation with their voucher code. The voucher code is available from your Nature Park partner business.
- For selected tours, tickets are pre-reserved for guests of Nature Park Partner businesses and Nature Park members.

COSTS

- Free of charge for guests staying at Naturpark Park partner businesses and members of the High Alps Nature Park Zillertaler Alps association.
- Or else, please check the individual tour descriptions
- Children up to the age of 5 years are free of charge, children between the age 6-14 years only pay half
- Costs incurred for buses, trains, possible use of cable cars or taxis is **NOT** included.
- Take your ticket to the tour with you (either in printed form or in your wallet on your mobile phone)

EQUIPMENT

Appropriate hiking clothing with sturdy shoes, rain and sun protection as well as a water bottle are essential on all tours!

MEETING POINTS

See the tour descriptions

All meeting points are easily accessible using public transport



myZillertal.app

DEAR NATURE PARK ENTHUSIAST,

Our Nature Park is a high alpine conservation area in the truest sense of the words. It extends from the traditional mountaineering village of Ginzing to the Hochfeiler Peak at 3,509 m. Five different sub-valleys, narrow gorges, glaciated summits, innate and cultivated landscapes as well as an extraordinary biodiversity are the defining characteristics of the „Nature Park of the Year 2015“.

We invite you to discover the Nature Park together with our guides and find out more about the region. There is something to suit everyone – with hikes to the Berlin Hut, Watching Wildlife or Sunrise over the Tux Valley, herbal walks, a Mystic Walk, a Forest Experience Day for families or an ascent to Mount Ahorn's peak with Peter Habeler.

We highly recommend a visit to the Nature Park House, as well as staying with one of our partner companies who work in close collaboration with the Nature Park. Guests of our partner companies can participate in all our hikes and visit the exhibition at the Nature Park House for free.

The Nature Park is waiting to be discovered by you!

GF Willi Seifert | Katharina Weiskopf
Karin Bauer | Frederick Manck





EVENTS AND TOURS

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Thu 18.07.	5	9	23	1		18 22 36 13
Mon 22.07.	8	20	32	33		21 33 45 46
Tue 23.07.	6	7	16	27		19 20 29 40
Wed 24.07.	11	21	24	30		24 34 37 43
Thu 25.07.	4	13	10	17	28	17 26 23 30 41
Fri 26.07.	14	34	19			27 47 32
Mon 29.07.	8	18	31			21 31 44
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Fri 02.08.	14	19	26			27 32 39
Mon 05.08.	8	20	32	33		21 33 45 46
Tue 06.08.	6	7	16	29		19 20 29 42
Wed 07.08.	11	21	15	24	30	24 34 28 37 43
Thu 08.08.	4	10	17	28		17 23 30 41
Fri 09.08.	14	34	19			27 47 32
Mon 12.08.	8	13	18	31		21 26 31 44
Tue 13.08.	3	7	16	27	2	16 20 29 40 2
Wed 14.08.	11	21	25	22		24 34 38 35
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Tue 20.08.	6 7 16 29	19 20 29 42
Wed 21.08.	11 15 24 30	24 28 37 43
Thu 22.08.	4 10 17 28	17 23 30 41
Fri 23.08.	14 34 19 35	27 47 32 48
Mon 26.08.	8 18 31	21 31 44
Tue 27.08.	3 7 16 27	16 20 29 40
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Wed 04.09.	11 21 15 24 30	24 34 28 37 43
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Fri 06.09.	34 19	47 32
Mon 09.09.	8	21
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Wed 11.09.	11 22	24 35
Thu 12.09.	20	33
Fri 13.09.	16	29
Mon 16.09.	8	21
Tue 17.09.	12	25
Wed 18.09.	11	24
Thu 19.09.	19	32
Fri 20.09.	21	34
Mon 23.09.	8	21
Tue 24.09.	13	26
Wed 25.09.	11	24
Thu 26.09.	15	28
Fri 27.09.	16	29
Mon 30.09.	8	21

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Tue 01.10.	12	25
Wed 02.10.	11	24

NATURE PARK HOUSE IN GINZLING

The Nature Park House is located in the idyllic mountaineering village of Ginzling and, as a successful combination of architecture and nature, is a multifunctional meeting point for all mountain and nature lovers. The Nature Park House can be reached easily by public transport and is an ideal starting point for hiking and mountain tours.

Glacier.Worlds Exhibition

How are glaciers formed? How did mountaineers discover the peaks? Where will the Alps be a million years from now? All this and many more exciting details about the Zillertal Alps Nature Park can be found in the interactive “Glacier.Worlds” exhibition at Ginzling Nature Park House!

Info & Nature Park-Shop

We are there for you every step of the way with valuable advice and support: Information on tour possibilities and planning, hut recommendations or advice on appropriate behaviour in the protected area. You will find small gifts as well as hiking maps, books, postcards or T-shirts in our shop.

Alpine Library

Our library is stocked with an extensive range of maps, hiking and climbing guides as well as a large selection of specialist literature on the natural environment of the Zillertal and neighbouring alpine regions. You have not only the opportunity to read the interesting literature in peace with us, but can also borrow it on request.

Surrounding Attractions

- Nature Park „Nasenwand“ via ferrate, numerous climbing and bouldering areas
- Geocache „Ginzling, it all began with mountaineering“:
Go treasure hunting with a GPS device and an inquisitive mind
- NEW 2019: “Die Dornauberger Riesen – The Dornauberger Giants” themed trail

Open daily from mid-June to early September, the exact Opening times can be found at www.naturpark-zillertal.at



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Exhibition dairy



Restaurant & shop



Exhibition farm

CHAMOIS – SURVIVALIST IN THE HIGH ALPS

Presentation, Thursday 18.07.

The chamois is an impressive wild animal that finds its natural habitat in the mountain landscapes. It moves gracefully and seemingly effortlessly through the rocky and often steep terrain. It is optimally adapted to its habitat in terms of camouflage. Wildlife biologist Christine Lettl (Tyrolean Federation of Hunters) tells us about the distribution of chamois as well as the special features of their biology and character and demonstrates the challenges this alpine climbing acrobat has to face today and in the future.

Lecture by BSc Christine Lettl: Thursday, 18.07. at 20.00 in Ginzling Mehrzwecksaal, free admission

WONDER WORLD OF ALPINE ANIMALS

Presentation, Slide show, Thursday 01.08.

If you traipse the mountains with open eyes and listening ears, you might encounter alpine salamander on the wayside, hear the warning cries of marmots or the clucking of snow grouse, discover chamois and alpine ibex climbing, or see alpine chough or eagles performing aerobatic flights. Wildlife photographers, Annamaria Pernstich and Valter Pallaoro, traverse the mountains with passion, watchful eyes and their camera. On this particular evening, they invite us to participate in the many fascinating encounters with the wonderful world of alpine animals.

Lecture by V. Pallaoro & A. Pernstich: Thursday, 01.08. at 20:30 at the Tux Center in Lanersbach, free admission

NATURE PARK FESTIVAL & STEINBOCKMARSCH

Saturday, 17.08

We organise a party on this day for young and old in the mountaineering village of Ginzling. Numerous adventure and handicraft stations, as well as the Alpine Club climbing tower await. The Stone Age is this year's motto of the Nature Park Festival. Tirol Survival School is also our guest, who will show us how to start a fire and deal with tools. The Life Radio team will also be in attendance with many activities.



NATURE PARK PARTNER BUSINESS



A Nature Park Partner business is a quality tested accommodation provider, who identifies with the ideals and philosophy of the Nature Park.

- Strong affinity with the Nature Park
- Competent information on the Nature Park region provided by the Nature Park host
- Free participation on the Nature Park guided tours
- Free admission to the Nature Park House exhibition
- Free use of the Nature Park library
- Sustainable business management
- Increased use of regional products
- Exclusive hikes for guests of Nature Park Partner businesses

PRESENTATION SERIES Magical Moments in the Nature Park

Every Monday from 17.06. bis 23.09.

Impressions and hiking tips for our visitors

The exciting presentation takes Nature Park Visitors to the most beautiful places in the Tux Valley and informs about the special features of the Zillertal Alps Nature Park and what it offers to visitors of all ages. Thanks to his many years of touring experience, his in-depth knowledge of the area and insights into the natural environment, the speaker can give you valuable tips on hikes and excursions in the Zillertal Alps.



Begins in Tux:

17.30 hrs at the Tux-Center, Lanersbach, in the „Gletschersaal“

Begins in Finkenberg:

20.30 hrs at Volksschule Finkenberg in the Aula (lobby)

VOLUNTEER PROJECTS ON ALPINE FARMS

Working together with the Nature Park team

What do we do?

Management of alpine farms is becoming increasingly challenging due to structural changes in the agricultural sector. The Nature Park administration therefore supports mountain farmers' endeavours in preserving their alpine pastures - this year we are involved in helping the Grieralm (Tux), the Friesenbergalm and the Brandberg mountain meadows at Kolmhaus. Together with Nature Park team, we help cut back shrubs and clear rocks and stones from grazing areas. Many alpine areas are at risk from bush encroachment, or mudslides and avalanches have left residual stone matter in the pastures. Your efforts will be a valuable contribution to promoting a pleasing biodiversity in the meadows, as well as caring for the alpine grazing pastures. Become part of our volunteer team and savour the mountain panorama of the Zillertal Alps while you help!

Please register with the Nature Park by **phone** or enter your details in our website **www.naturpark-zillertal.at**.

Characteristics:	Clearing of shrubs and stones, maintenance of stone walls
Duration:	7 hours, 6 of which are spent doing volunteer activities – 1 hour for lunch
Dates:	16.7., 13.8., 28.8. Grieralm, Friesenbergalm, Kolmhaus
Meeting Point:	Details available by phone, or in the event calendar under www.naturpark-zillertal.at
Equipment:	weatherproof clothing & sturdy shoes, tools will be provided
Refreshments:	A lunch snack will be provided, please bring food & drink for the rest of the day
Participants	Maximum number of participants: 8! Advance registration is required



KID'S ADVENTURE IN SCHEULINGWALD

Journey over Hill and Dale

Scheulingwald Forest is home to many secrets. We explore the hidden treasures of the forest in the protected area around Mayrhofen. This family hike takes us along narrow trails until "Schlangenkopffelsen – Snake Head Rock". Using fun and games, we explore the forest with its plants and inhabitants together. The hike ends at the water playground in Scheulingwald Forest, where you can enjoy spending the rest of the afternoon.

Especially suitable for children aged 3–9 years.

Characteristics:	Easy walk				
Duration:	ca. 3-4 hours; 45 min of which spent walking				
Dates:	13.7., 27.7., 17.8., 31.8.				
Meeting point:	10.10 hrs Europahaus Mayrhofen				
Costs:	Adults	€ 5,00			
	Children 6-14 years	€ 2,50			
	children ≤ 5 years	free			
	Free for all guests of our partner businesses				
Refreshments:	None, please bring a snack & drink! Kiosk near mini golf course (after the tour)				
Participants:	Maximum number of participants: 15! Advance registration is required – also for parents!				
Arriving by bus:	Dep.	9.38	↓ Tux Center Mayrhofen station	↑ Arr.	14.37
	Arr.	10.05			Dep.



FOREST EXPERIENCE DAY FOR FAMILIES IN THE TUX VALLEY

Searching the lost treasure

How did the children of Tux spend their leisure time 100 years ago? What did they play and where did they hide? We make our way to the secret places of the Tux children and discover the forest and its animals. We learn old children's games and search for a lost treasure of the Tux Valley. We have some tricky puzzles and tasks to solve, but together we will manage. This easy family hike leads from the Tux Center in Lanersbach along a narrow path to a forest near the hamlet of Gemais and back again.

Suitable for children from the age of 4–9.

Characteristics:	Easy walk on paths ca. 200 m in altitude difference			
Duration:	ca. 5 hours; 3 hours of which spent walking			
Dates:	11.7., 25.7., 8.8., 22.8., 5.9.			
Meeting point:	10.10 hrs Bus stop Tux Center Lanersbach			
Costs:	Adults	€ 5,00		
	Children 6-14 years	€ 2,50		
	children ≤ 5 years	free		
	Free for all guests of our partner businesses			
Refreshments:	None – please bring a snack & drink! Restaurants in Lanersbach after the tour			
Participants:	Maximum number of participants: 12! Advance registration is required – also for parents!			
Arriving by bus:	Dep. 9.40 Arr. 10.07	↓ Mayrhofen station Tux Center	↑ Arr. 15.05 Dep. 14.38	



MYTHICAL HIKE IN GINZLING

Journey back in time to the world of the Dornauberg Giants

People still recall the legend of the Dornauberger Giants in the mountaineering village of Ginzling. They lived here for many years and left behind many traces of their existence. These signs can still be seen today – if you know exactly where to look for them. Only a few years ago, two young boys found a so-called “spiritual energy line”, with which one can travel back to the time of the giants. On the way, they met Hedwig, Emil and Otto, the last three Dornauberger Giants. We immerse ourselves in the world of the giants, hear the rumbles, crashes and accompany them on their adventures.

Suitable for children from the age of 5.

Characteristics:	Easy walk in and around the village of Ginzling						
Duration:	ca. 3 hours; ca. 1,5 hours of which spent walking						
Dates:	18.7., 1.8., 15.8., 29.8.						
Meeting point:	09.45 hrs Nature Park House in Ginzling						
Costs:	Adults			€ 5,00			
	Children 6-14 years			€ 2,50			
	Children ≤ 5 years			free			
	Free for all guests of our partner businesses						
Refreshments:	None – please bring a snack & drink! Several guest houses in Ginzling (after the tour)						
Participants:	Maximum number of participants: 15! Advance registration is required – also for parents!						
Arriving by bus:	Dep.	9.10	↓	Mayrhofen station	↑	Arr.	12.48
	Arr.	9.36		Ginzling NP-House		Dep.	12.30



THE MILL CLATTERS...

An exciting family walk in Brandberg

The mountain farmers of Brandberg live and work, in the truest sense of the words, on the sunny side of life. Thanks to the favourable conditions, the people of Brandberg cultivated cereals at high altitudes around their farms until only a few decades ago. We bring the mountain farmers experiences to life, as we walk around the farms and trails to the Schrofen Mill. Once there, we grind flour from corn and discover the various grains that can grow in the mountains. We observe wildlife along the meadow's edge and solve the odd puzzle or two on the historic Mitterstall Barn. Our efforts are then rewarded with a tasting session of farmer's bread.

Especially suitable for children aged 3–9 years.

Characteristics:	easy walk (not suitable for pushchairs), ca. 200 m in altitude difference		
Duration:	ca. 3 hours; 1 of which spent walking		
Dates:	9.7., 23.7., 6.8., 20.8., 3.9.		
Meeting point:	10.00 hrs Gasthof Thanner in Brandberg		
Costs:	Adults	€ 5,00	
	Children 6-14 years	€ 2,50	
	children ≤ 5 years	free	
	Free for all guests of our partner businesses		
Refreshments:	None – please bring a snack and drink! Gasthof Thanner (after the tour)		
Participants:	Maximum number of participants: 12! Advance registration is required – also for parents!		
Arriving by bus:	Dep. 9.40	↓ Mayrhofen BH	↑ Arr. 14.33
	Arr. 9.55	↓ Brandb. GH Thanner	↑ Dep. 14.20



HIPPACH HERB GARDEN

Herbalists introduce you to the world of local herbs

Discover with us the lovingly constructed herb garden that was planted in 2017 at the “Widum” (parsonage) in Hippach – the so called “Kräutergachtl”. Thanks to the support of volunteer helpers, the teaching and show garden was created in the form of a sun and rainbow. You will find more than 150 native plants in this smallest of spaces. Feel the fascination of this special place of spiritual energy and listen to the traditional knowledge of our local herbalists. Depending on the season, we will prepare a tasty treat, which we will enjoy sampling together.

Characteristics:	leisurely stroll through the herb garden						
Duration:	ca. 3 hours						
Dates:	28.5. – 3.9. every Tuesday						
Meeting point:	10.00 hrs Station Ramsau / Hippach						
Costs:	Adults € 5,00 Free for all guests of our partner businesses						
Refreshments:	Several guest houses in Hippach						
Participants:	Maximum number of participants: 12! Advance registration is required						
Arriving by train:	Dep.	9.47	↓	Mayrhofen Station	↑	Arr.	13.29
	Arr.	9.53		Hippach/Ramsau Station		Dep.	13.23



PLEASANT VILLAGE TOUR THROUGH MAYRHOFEN

From Europahaus into the secluded Scheulingwald Forest

After receiving information on the Zillertal Alps Nature Park, we walk through the Scheuling Forest, home to a particularly rich world of flora and fauna. This walk takes us through the village with its‘ assortment of historical buildings and into the protected area of the Scheuling Forest. We will then walk over the Zillersteg Bridge to Kumbichl, from where we have excellent views of the Ziller Gorge and Tuxer Gorge. Afterwards we will reach the sub-district of Dorf-Haus, which is particularly pretty with its old farmhouses. The knowledgeable Nature Park guides will tell you all about the cultural and natural features of the region.

Characteristics:	easy walk in and around the village with ca. 150 m in altitude difference			
Duration:	ca. 3 hours; 2 of which spent walking			
Dates:	20.5. – 30.9. every Monday			
Meeting point:	13.00 hrs Europahaus Mayrhofen			
Costs:	Adults € 5,00 free for guests of our partner businesses and from the tourist region Mayrhofen Hippach with their guest card			
Refreshments:	Several guest houses in Mayrhofen (after the Tour)			
Participants:	Maximum number of participants: 20! Advance registration is required!			
Arriving by bus:	Dep. 12.08 Arr. 12.35	↓ Tux Center Mayrhofen station	↑ Arr. 16.37 Dep. 16.10	



View of Mayrhofen

HERBAL WALK AROUND THE BURGSCHROFEN

There is a herb for every ailment

We hike alongside the Ziller River and soon see our destination, Burgschrofen. The little wooded hill stands proudly above the valley floor. Burgschrofen is an insular biotope and under a conservation order. Winter linden trees, fir trees, mountain maple, ash trees and larches surround Burgschrofen Chapel. A narrow trail takes us up this Calvary Hill where we find many medicinal herbs, which we discuss in detail with our herbal expert. Together, we walk back to Mayrhofen.

Characteristics:	Easy walking in easy terrain						
Duration:	ca. 4 hrs; 1 of which spent walking						
Dates:	6.6., 4.7., 18.7., 1.8., 29.8.						
Meeting point:	10.00 hrs Europahaus Mayrhofen						
Costs:	Adults		€ 5,00		Free for all guests of our partner businesses		
Refreshments:	Restaurant Hotel Schrofenblick, several guest houses in Mayrhofen (after the tour)						
Participants:	Maximum number of participants: 15! Advance registration is required						
Arriving by bus:	Dep.	9.08	↓	Tux Center	↑	Arr.	14.37
	Arr.	9.35		Mayrhofen station		Dep.	14.10



WILD HERB WALK IN TUX

Insider tips for your very own "natural pharmacy"
of medicinal herbs

During our wild herb walks through forests and meadows, the natural enigmas of the Tux Valley are slowly revealed to us, as well as secrets about the healing powers of alpine herbs. This "natural pharmacy" is governed by the seasons and literally on our doorstep, where real treasures can be discovered at any time of the year. We discuss ancient knowledge on the healing powers of herbs, tree resins and roots, as well as their diverse applications and processing methods. The bus stop at the Hintertux Glacier (next to the Hintertuxerhof) is both meeting and starting point for this interesting tour through nature. From there, we head towards Bichlalm.

Characteristics:	Easy walking in easy terrain with ca. 200 m in altitude difference				
Duration:	ca. 4,5 hrs; 2 of which spent walking				
Dates:	13.6., 27.6., 11.7., 25.7., 8.8., 22.8.				
Meeting point:	10.00 hrs Bus stop Hintertux Cable Car				
Costs:	Adults € 10,00 Free for all guests of our partner businesses				
Refreshments:	Bichlalm, several guest houses in Hintertux (after the tour)				
Participants:	Maximum number of participants: 15! Advance registration is required!				
Arriving by bus:	Dep. 9.10	↓	Mayrhofen station	↑	Arr. 15.05
	Arr. 9.50		Hintertux Cable Car		Dep. 14.25

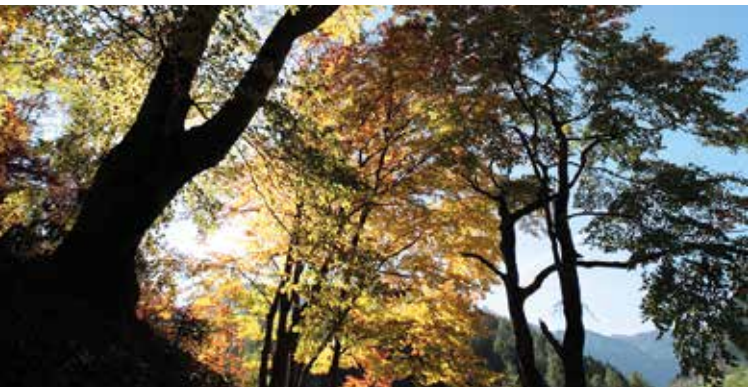


THE “GLOCKE” NATURAL GEM

Botanical walk through a breathtaking ravine forest

The nature trail is located in a protected area called the Glocke, an island full of an interesting mix of geological and botanical rarities in the Nature Park member village of Finkenberg. Only three of this type of botanical rarity has remained intact in the Eastern European Alps since the Ice Age – and one of them is here in Finkenberg! Particularly impressive is the 70 metre deep Tux Stream Gorge and the legendary “Teufelsbrücke” – Devil’s Bridge. Learn some interesting facts about this very special forest, its’ historical uses, unique plant world and extraordinary geological features. This exciting round walk is full of mystery, unexpected secrets and interesting.

Characteristics:	Easy walk in and around Finkenberg (ca. 120 m in altitude difference)			
Duration:	ca. 4 hours, 1.5 of which spent walking			
Dates:	22.5. – 2.10. every Wednesday			
Meeting point:	10.00 hrs Finkenberg, car park opposite the church			
Costs:	Adults € 10,00 Free for all guests of our partner businesses			
Refreshments:	Hotel Schöne Aussicht, several guest houses in Finkenberg (after the tour)			
Participants:	Maximum number of participants: 15! Advance registration is required!			
Arriving by bus:	Dep. 9.40 Arr. 9.52	↓ Mayrhofen station ↓ Finkenberg Dorf	↑ Arr. 14.35 ↑ Dep. 14.23	



THE SUN VILLAGE OF BRANDBERG: GEM IN THE ZILLERTAL VALLEY

Biodiversity and alpine cultural landscape

The hike begins with a guided tour through the over 100 year old renovated Schrofen Mill, where we watch flour being milled. We continue along the varied cultural landscape trail through the mountains of this sunny village. Passing Steinerkogel Guesthouse, the path leads through meadows and trails into the sun-drenched mountain forest. After traversing undulating terrain we reach the district of Ritzl and back to the renovated Mitterstall Barn. Here we visit the Kulturlandschaften Welten (Cultural Landscapes Worlds) Nature Park exhibition. Visitors receive an intensive insight into the rural and agricultural way of life during this voyage of discovery along the Cultural Landscape Trail, which is characterised by its extreme and steep cultural terrain and unique biodiversity.

Characteristics:	Moderate hike, partly on paths (250 m in altitude difference)						
Duration:	ca. 4,5 hrs; 2,5 of which spent walking						
Dates:	21.5., 7.6., 21.6., 17.9., 1.10.						
Meeting point:	10.00 hrs Gasthof Thanner in Brandberg						
Costs:	Adults € 10,00 Free for all guests of our partner businesses						
Refreshments:	Gasthof Thanner, Berggasthof Steinerkogel						
Participants:	Maximum number of participants: 15! Advance registration is required!						
Arriving by bus:	Dep.	9.40	↓	Mayrhofen station	↑	Arr.	16.06
	Arr.	9.55	↓	Brandb. GH Thanner	↑	Dep.	15.55



CULINARY HERB TRAIL IN RAMSBERG

Back to the roots of regional delicacies

We commence our pleasure hike from the bus stop at Brandberg. To start with, we walk on a meadow path between the traditional and rustic farmhouses of Brandberg before turning onto a forest path. We reach the rustic Karlalm alpine farm along this beautiful, panoramic path. Once there, we enjoy a snack and the proprietor takes us on a cheese tasting session of locally produced and matured cheeses. We then hike on towards Kotahornalm alpine farm, where a regional honey tasting awaits us. The honey is produced directly by the busy bees near the alp. Depending on the weather, we either walk back the same way or continue in the direction of the Gerlossteinbahn cable car, where we head back towards the valley.

Characteristics:	Moderate hike (partly on paths) with 800 Hm in ascent and 200 Hm in descent		
Duration:	ca. 5 hrs; 3 of which spent walking		
Dates:	10.6., 1.7., 15.7., 25.7., 12.8., 5.9., 10.9., 24.9.		
Meeting point:	9.00 hrs Bus stop Brandberg, GH Thanner		
Costs:	Adults (including tasting) € 15,00 Free for all guests of our partner businesses! (excluding the cable car)		
Refreshments:	Karlalm, Kotahornalm		
Participants:	Maximum number of participants: 15! Advance registration is required!		
Arriving by bus:	Dep.	8.45	Mayrhofen station
	Arr.	9.00	Brandberg GH Thanner
Return by bus:	Dep.	16.29	Hainzenberg Gerlossteinbahn
	Arr.	16.57	Mayrhofen station



OUT AND ABOUT IN THE VALLEY - THE SOURCE OF THE ZILLER RIVER

From the source area in the upper Zillergrund to Häusling

From the terminus of the Zillergrund, we head briefly into the valley until we spot the headwaters of the river, from which the Zillertal Valley derives its name. We then walk leisurely out of the valley alongside the Ziller River. On our hike we visit the “Steinbock.Worlds”, an info point with enclosure, where you can observe real ibexes. Shortly afterwards we reach Bärenbad at the entrance to Hundskehle. After about one hour, we reach the very quaint Gasthof In der Au. Our route takes us from the Au past numerous alpine pastures and on to Häusling. In contrast to the steep, black rock ridges on the opposite side of the valley, the bright facade of the Chapel of Our Lady of the Snow shimmers a bright welcome in the distance. In Häusling we can take a break in the guest house before catching the bus back to Mayrhofen.

Characteristics:	Moderate hike with 200 Hm in ascent and 800 Hm in descent		
Duration:	ca. 6 hrs; 4,5 of which spent walking		
Dates:	12.7., 26.7., 2.8., 9.8., 16.8., 23.8., 30.8.		
Meeting point:	09.50 hrs Bus stop Staumauer Zillergrund		
Costs:	Adults € 10,00 Free for all guests of our partner businesses!		
Refreshments:	Gasthof Häusling		
Participants:	Maximum number of participants: 15! Advance registration is required!		
Arriving by bus:	Dep.	8.50	Mayrhofen BH
	Arr.	9.47	Staumauer Zillergrund
Return by bus:	Dep.	16.42	Gasthof Häusling
	Arr.	16.21	Mayrhofen station



FROM THE ZILLER RIVER TO THE TALBACH WATERFALL

Discovering the treasures of the valley floor

From Hippach-Ramsau station, we walk along the banks of the Ziller River for a short distance before turning off along the „Laimacher Waldweg“ (Laimach Forest Trail). Just above the valley floor we make our way down-valley along the forest edge, while enjoying fabulous views of the well-kept cultural landscapes of the Nature Park Region. The undulating trail leads us to the impressive Talbach-Waterfall. After crossing a bridge and following a quaint forest trail, we arrive at the residential area of the market town of Zell am Ziller. The tour ends at Zell railway station, where we can catch the train back to Mayrhofen.

Characteristics:	Moderate hike, some steep steps at the trail beside the waterfall (150 m in altitude)				
Duration:	ca. 4 hours, 3 hrs of which spent walking				
Dates:	31.5., 14.6., 26.6., 12.7., 17.7., 7.8., 21.8., 4.9., 26.9.				
Meeting point:	9.00 hrs Station Hippach/Ramsau				
Costs:	Adults € 10,00 Free for guests of our partner businesses!				
Refreshments:	Several guest houses in Zell am Ziller (after the tour)				
Participants:	Maximum number of participants: 15! Advance registration is required!				
Arriving by train:	Dep. 8.47 Arr. 8.53	↓ Mayrhofen station Hippach/Zell station	↑ Arr. 12.59 Dep. 12.48		



NATURAL MONUMENT SCHRAUBEN WATERFALL

Walk to the Waterfall in Hintertux



The Tux waterfalls thunder and roar down into the valley and an imposing natural spectacle awaits us on this walk. Deep rock basins, natural rock bridges, caves, gorges and the Schrauben Waterfall, a protected natural monument, will simply take your breath away! We will immediately be able to see the Kessel Falls at the start of the walk and then we will head up to the Schrauben Waterfall. Following a narrow forest trail, we will walk through the forest preserve and pass the so-called whales mouth, a rock formation that actually looks like the mouth of a fish. Highpoints of this walk are amazing Gorge and the stunningly beautiful valley at Waldeben. From there we will walk back down to the base station of the lifts. We will have Swarovski Optic binoculars with us and participants can also benefit from lots of nature watch tips.

Characteristics:	Short, round walk with one steep section (ca. 260 m in altitude difference)						
Duration:	ca. 3-4 hours; 2.5 of which spent walking						
Dates:	30.5., then 4.6.–3.9. every Tuesday, 13.9., 27.9.						
Meeting point:	9.30 hrs Base station of the Hintertux Cable Car						
Costs:	Adults		€ 10,00				
	Free for guests of our partner businesses!						
Refreshments:	Several guest houses in Hintertux (after the tour)						
Participants:	Maximum number of participants: 15! Advance registration is required!						
Arriving by bus:	Dep.	8.45	↓	Mayrhofen station Hintertuxer Gletscher	↑	Arr.	14.35
	Arr.	9.25				Dep.	13.55



THROUGH MAGICAL FORESTS INTO THE UNTAMED GUNGGL

Forest tour in a wild and romantic valley near Ginzling

Starting from the Nature Park House, walk along the “Ginzlinger Rundwanderweg” (Round Walk) for a short way, before turning off into the small Gunggl Valley. We follow an ancient, winding path uphill through a dense mountain forest. Whilst walking along this trail, we find out lots of exciting information about the forest and its inhabitants. As soon as we hear the bubbling waters of the stream, we know the Maxhütte can’t be far off. The valley suddenly opens up to reveal wide grazing pastures and high peaks that mark the end of the valley. We walk a little further through lovely alpine pastures until we see a distinctive step in the topography, where small waterfalls tumble down into the valley basin. On the way back, we can stop at the quaint Max Hut and enjoy some welcome refreshments before our descent back to Ginzling.

Characteristics:	Moderate hike with steep sections (600 metres in altitude)						
Duration:	ca. 5 hours, 4 hrs of which spent walking						
Dates:	11.7., 25.7., 8.8., 22.8., 5.9.						
Meeting point:	9.45 hrs Nature Park House Ginzling						
Costs:	Adults		€ 10,00				
	Free for guests of our partner businesses!						
Refreshments:	Maxhütte Several guest houses in Ginzling (after the tour)						
Participants:	Maximum number of participants: 15! Advance registration is required!						
Arriving by bus:	Dep.	9.10	↓	Mayrhofen station	↑	Arr.	14.48
	Arr.	9.36		NP-Haus Ginzling		Dep.	14.30



TUX MAGNESITE MINE

On the trail of the Tux Valley mining history

Before the first tourists discovered the Tux Valley, the highest mining and metallurgical plant in Europe was located there at 1,700 m above sea level. Until its closure in 1976, magnesite mining provided gainful employment for up to 400 workers. A special company-owned housing estate with elementary school, canteen, department store, cinema and ski lift sweetened the lives of working-class families. We will walk to the Barbara Chapel with its beautiful frescoes by Tyrolean painter, Max Weiler, and learn interesting details on the history of this impressive company as we walk to the former factory premises. We will also hear at first-hand how the rock was transported from the mountain down to the valley. An interesting panoramic hike with fantastic views of the Tux and Zillertal Alps!

Characteristics:	Moderate hike with 800 metres altitude difference in the descent		
Duration:	ca. 4 hours.; 2.5 of which spent walking		
Dates:	15.7., 29.7., 12.8., 26.8.		
Meeting point:	9.30 hrs Ticket office of the Finkenberger Almbahnen		
Costs:	Adults € 10,00 Free for guests of our partner businesses!		
Refreshments:	Please bring a snack and drink! Several guest houses in Vorderlanersbach (after the tour)		
Participants:	Maximum number of participants: 15! Advance registration is required!		
Arriving by bus:	Dep. 9.10 Arr. 9.23	↓ Mayrhofen station Finkenberg Vorderl.	↑ Arr. 15.05 Dep. 14.40



WEITENTAL: HEAVENLY & FLOWER-STREWN VALLEY

Colourful alpine flowers, waterfall and marmots!

Our exciting tour begins after a short gondola ride to the Sommerbergalm. The first section takes us uphill along an adventure-filled trail through the „Tux.Worlds“. We leave this and can already see the Tuxer Joch-Haus, which offers fabulous views of the surrounding mountains. Leaving the refuge hut behind us, we enter the idyllic Weitental Valley and its treasure-trove of exciting experiences. In addition to the vast array of colourful alpine flowers, many marmots have made this valley their home. You are bound to see them eating, playing or indulging in a spot of sunbathing in the alpine pastures. The gorge at the end of the valley is yet another highlight. The trail leads alongside the mountain stream, which sinks deeper and deeper until it plunges into the depths of a beautiful waterfall. After the waterfall, we stroll leisurely through the alpine terrain and sparse woodlands back to Hintertux.

Characteristics:	Moderate round walk with 300 HM in ascent and 800 HM in descent						
Duration:	ca. 6 hours; 5 of which spent walking						
Dates:	5.7., 12.7., 26.7., 2.8., 9.8., 16.8., 23.8., 30.8., 6.9., 19.9.						
Meeting point:	9.00 hrs Base station of the Hintertux Cable Car						
Costs:	Adults		€ 10,00		Free for guests of our partner businesses!		
Refreshments:	Tuxer-Joch-Haus						
Participants:	Maximum number of participants: 15! Advance registration is required!						
Arriving by bus:	Dep.	8.10	↓	Mayrhofen station	↑	Arr.	16.05
	Arr.	8.50		Hintertux Cable Car		Dep.	15.25



TRACES OF THE STONE AGE AT PFITSCHER JOCH

Exciting journey into the history of the Pfitscher Joch

We will walk to the Pfitscher Joch, a striking alpine crossing from South Tyrol to the Zillertal Valley and the site of some recent sensational Stone Age finds! Now we know that the Pfitscher Joch has been crossed already 10.000 years ago to find and trade with rock crystals. During our journey back in time we will walk along the same paths used by Stone Age hunters. Back then, where you found animals, you could find people. They followed the animals, thereby ensuring their own survival. Elevated look-out points, a Stone Age camp and former “workshops” can often be seen right next to the trail – we gain an intense insight into the lives of the mountain folk. The exciting „Boundless Pfitscher Joch “exhibition at the Lavitzalm - which we will visit - is dedicated to this theme. We can also learn interesting facts on the “eternal ice” and how glaciers have shaped the landscape.

Characteristics:	Moderate hike on mountain paths and alpine meadows (600 HM in ascent)						
Duration:	ca. 6 hours; 5 of which spent walking						
Dates:	8.7., 22.7., 5.8., 19.8., 12.9.						
Meeting point:	9.00 hrs Bus stop Schlegeis-Stausee						
Costs:	Adults		€ 10,00				
	Free for guests of our partner businesses!						
Refreshments:	Lavitzalm, Pfitscher-Joch-Haus						
Participants:	Maximum number of participants: 15! Advance registration is required!						
Arriving by bus:	Dep.	7.55	↓	Mayrhofen station	↑	Arr.	16.48
	Arr.	8.45		Schlegeis-Stausee	↑	Dep.	16.00



TOUR OF ALPINE MEADOWS IN THE MOUNTAINEERING VILLAGE OF GINZLING

Along narrow trails and through fantastic cultural landscapes

We walk past the historic Fürstenhaus with its picturesque chapel and through the secluded forest up to Innerböden (1,301 m). From there, we continue our tour of alpine pasturelands over a moderate incline until Oberböden (1,533 m), where a fantastic view of the opposite side valleys opens up. Soon we have reached the picturesque Wildalm (1,740 m) with its summit cross, both popular photo opportunities. In the background, we see the glaciated peaks of the Zillertal Alps and Zsigmondy Peak, a summit with a very special history! There are several possibilities to get back down to the mountaineering village from Wildalm, such as past the rustic Paschbergalm alpine farm (1,358 m). It does not take long to walk back down to Ginzling from here, where we can also visit the interactive Glacier Worlds exhibition at the Nature Park House.

Characteristics:	Moderate hike on mountain paths with 750 HM in ascent and descent				
Duration:	5,5 hrs, 4,5 of which spent walking				
Dates:	20.6., 10.7., 24.7., 7.8., 14.8., 4.9., 20.09.				
Meeting point:	08.20 hrs Nature Park House in Ginzling				
Costs:	Adults € 10,00 Free for guests of our partner businesses!				
Refreshments:	Please bring a snack and drink! Several guest houses in Ginzling (after the tour)				
Participants:	Maximum number of participants: 15! Advance registration is required!				
Arriving by bus:	Dep. 7.55	↓	Mayrhofen Station	↑	Arr. 14.48
	Arr. 8.16		NP-Haus Ginzling		Dep. 14.30



2-SUMMIT TOUR IN SCHWENDBERG

Mountain ridge hike from Melchboden into the Tux Alps

From Melchboden bus stop, we quickly leave the hustle and bustle of the high road behind us and reach the Arbiskopf (2,133 m) after only a short while. An almost Scandinavian-like landscape stretches out ahead of us, which we can admire from the second summit, the Rauenkopf (2,268 m). The surrounding meadows are strewn with hollows, wetlands and alpine flowers and are used as high alpine grazing pastures for cattle in summer. Our easy walk along the mountain ridge finally ends when we turn left shortly before the ascent to Kreuzjoch and soon reach the Rastkogelhütte (2,117 m). After enjoying some refreshments, we continue on to Sidanalm and walk down to Sportalm, where we can catch the bus back down to the valley.

Characteristics:	Challenging hike with 400 Hm in ascent and 600 Hm in descent			
Duration:	ca. 6 hrs; 4 of which spent walking			
Dates:	3.7., 17.7., 31.07., 14.8., 28.8., 11.9.			
Meeting point:	10.45 hrs Bus stop Melchboden at the Zillertaler Höhenstraße (High Road)			
Costs:	Adults € 10,00 Free for guests of our partner businesses!			
Refreshments:	Rastkogelhütte, Schafleitenalm, GH Mösl			
Participants:	Maximum number of participants: 15! Advance registration is required!			
Arriving by bus:	Dep. 9.50 Arr. 10.40	↓ Hippach Station ↓ Melchboden/Sportalm	↑ Arr. 16.40 ↑ Dep. 16.00	



The summit cross Kreuzjoch

WILD AND ROMANTIC BODENALM

Fabulous hike with an alpine snack made from regional products

Bodenalm is located at 1,700 m above sea level in Zillergrund, the longest tributary valley in the Zillertal Alps Nature Park. The Bodenalm is particularly special because it is one of the last dairy alps in Tyrol with no road infrastructure, and is therefore only accessible on foot. A narrow trail, partly carved into the rock, leads from Häusling and its beautiful Maria Schnee - Our Lady of the Snows Chapel - up to the alpine dairy farm. The hike offers an impressive insight into the daily and arduous work of the alpine farmers. The Grundschartner (3,057 m), whose striking northern ridge attracts many ambitious climbers every year, towers over the Bodenalm. After an ascent of around 1½ hours, with some steep sections, a hearty alpine snack with local products awaits, which we enjoy whilst taking in the incredible panorama surrounding the Bodenalm.

Characteristics:	Moderately difficult hike with steep sections and ca. 650 m in elevation				
Duration:	ca. 6 hours, 4 of which are spent walking				
Dates:	18.7., 1.8., 15.8., 29.8.				
Meeting point:	9.20 hrs Bus stop Häusling (Zillergrund)				
Costs:	Adults (including tasting)		€ 15,00		
	Free for guests of our partner businesses!				
Refreshments:	Bodenalm, Gasthof Häusling (after the tour)				
Participants:	Maximum number of participants: 15! Advance registration is required!				
Arriving by bus:	Dep. 8.50	↓	Mayrhofen Station GH Häusling	↑	Arr. 15.42
	Arr. 9.16				Dep. 15.21



SUNRISE OVER THE TUX VALLEY

Torseen Lakes, Ramsjoch and Gröblspitze



You will need to get up early for this tour! We will travel by minibus to the Nasse Tuxalm (1,843 m). From there, it's a gentle climb to the „Torseen“ (lakes at 2,258 m), where we can watch the sunrise. During this tour we will find out more about alpine farming, fresh herbs and their wonderful aroma and taste, their medicinal properties and wide range of uses – from making schnapps to delicious cuisine. Having taken some wonderful photos, the tour takes us to Ramsjoch and the Gröblspitze Peak. From here the Eggalmbahn lifts provide a comfortable descent back down to the valley. We will have Swarovski Optic binoculars with us and participants can also benefit from lots of nature watch tips.

Characteristics:	Moderately difficult hike with 700 m in ascent
Duration:	ca. 7 hrs; 4.5 of which spent walking
Dates:	3.7., 10.7., 24.7., 7.8., 21.8., 28.8., 4.9.
Meeting point:	4.15 hrs Tux Center in Lanersbach
Costs:	Adults € 10,00 Free for guests of our partner businesses! Taxi costs € 9,00 to 16,00 Boarding the taxi: post office Mayrhofen 03.45 hrs Finkenberger Almbahn lifts 04.00 hrs
Refreshments:	None – Please bring a snack and drink!
Participants:	Maximum number of participants: 15! Advance registration is required!
Return by bus:	Dep. 11.38 ↓ Tux Center Arr. 12.05 ↓ Mayrhofen Station



WATCHING WILDLIFE: CHAMOIS, MARMOTS ET AL.

Out and about with hunters in the Tux Valley



Junsalm in the Tux Valley, nestled at the foot the Kalkwand Mountain, offers some very rewarding hiking routes. The variety of plants and abundance of wild animals is unique here. A Nature Park guide will accompany you along the way to Zilljöchel and Gröblspitze (2,395 m) and, with a bit of luck, we will see chamois, marmots and golden eagle on their morning forays. You will find out more about the behaviour and characteristics of the wildlife, hunting and the development of human settlements in the Tux Valley. We will have Swarovski Optic binoculars with us and participants can also benefit from lots of nature watch tips. We either walk down to the valley or take the Eggalmbahn cable car.

Characteristics:	Difficult hike with 600 Hm in ascent and 1.100 Hm in descent			
Duration:	ca. 6-7 hrs; 4-5 of which spent walking depending on the descent			
Dates:	17.7., 31.7., 14.8.			
Meeting point:	6.30 hrs Tux Center in Lanersbach			
Costs:	Adults € 10,00 Free for guests of our partner businesses! Taxi € 10,00 Junsalm			
Refreshments:	Please bring a snack and drink! Eggalm			
Participants:	Maximum number of participants: 15! Advance registration is required!			
Arriving by bus:	Dep. 6.00 Arr. 6.20	↓ Mayrhofen Station ↓ Tux Center	↑ Arr. 14.35 ↑ Dep. 14.08	



UNTERSCHRAMMACHKAR: NATURAL GEM BELOW THE OLPERER

Neumarkter Route to the Olperer Hut

We start our fantastic high alpine tour at Schlegeis and walk from Zamsgatterl up to the picturesque Unterschrammachkar. The meandering brook, numerous wetlands and colourful alpine grasses all add to its special appeal. We then cross the bubbling brook and hike along a well laid-out panoramic trail to the Olperer Hut (2,389 m). We gradually get closer to a rise in the terrain, which offers us a tantalising peek of the mountain refuge hut. Before we stop there, however, we make a short detour to the suspension bridge just above the hut - and make the most of a great photo opportunity! Once arrived and having enjoyed a welcome rest at the Olperer Hut, we can enjoy impressive views of the highest peaks of the Zillertal Alps and the glacier at Schlegeis. Well refreshed, we will then begin our descent.

Characteristics:	Full-day hike with some steep paths and altitude differences of 650 m						
Duration:	ca. 7 hrs; 5.5 of which spent walking						
Dates:	5.7., 2.8., 16.8., 30.8.						
Meeting point:	9.00 hrs Bus stop Schlegeis-Stausee						
Costs:	Adults € 15,00 Free for guests of our partner businesses!						
Refreshments:	Olpererhütte, several huts/guest houses in Schlegeis (after the tour)						
Participants:	Maximum number of participants: 15! Advance registration is required!						
Arriving by bus:	Dep.	7.55	↓	Mayrhofen Station Schlegeis Stausee	↑	Arr.	17.48
	Arr.	8.45				Dep.	17.00



TETTENSJOCH: HIGH ABOVE THE TUX VALLEY

Expedition through the stages of vegetation in alpine landscapes

Accompany one of the Nature Park guides on a foray. We take a taxi up to around 2,000 metres above sea level near Elsalm Farm. From here, we follow a forest trail in an easterly direction, whilst savouring magnificent views over the Tux Alps, Zillertal Valley and Reichenspitz Mountains. An old hunting trail takes us high up over the alpine pastures to Tettensjoch (2,276 m). Rock glaciers, moraines and a double mountain ridge dominate the landscape. During the descent to Löschbodenalm Farm and the Höllenstein Hut (1,710 m) we traverse high grazing pastures, the dwarf shrub belt and reach the natural treeline with larch, pine and spruce. The final stage takes us along an old trail and into the sub-district of Klausboden, before heading back to Lanersbach. An exciting hike for every hobby nature photographer.

Characteristics:	Challenging hike (400 Hm in ascent / 1.000 Hm in descent)		
Duration:	ca. 7-8 hrs; 4 of wicht spent walking		
Dates:	9.7., 23.7., 13.8., 27.8.		
Meeting point:	09.15 hrs! Tux-Center Lanersbach		
Costs:	Adults € 10,00 Free for guests of our partner businesses! Taxi € 10.00 Elsalm		
Refreshments:	Höllensteinhütte		
Participants:	Maximum number of participants: 15! Advance registration is required!		
Arriving by bus:	Dep. 8.45 Arr. 9.12	↓ Mayrhofen station Tux Center	↑ Arr. 18.05 Dep. 17.38



PANORAMATOUR IN THE ZILLERGRUND

Through beautiful alpine landscapes along lonesome, alpine trails

From the end of the Zillgrund Valley, we walk along the gently undulating “Seeweg” (Lake Trail) until we reach the quaint Hohenaualm. We continue from there towards the end of the valley and, after a small ascent, reach a magnificent alpine pasture, where we turn left onto the solitary Hannemannweg Trail. We negotiate a pronounced plateau in the terrain and reach a crossroad, which leads off to the Zillerplattenscharte to the right. We stay on the wonderful “Höhenweg” (High Trail) and reach the Plauener Hut after passing another two corries. We stop here for refreshments and to enjoy the fabulous views of the peaks and glacier world surrounding the Reichenspitze. From the hut, we continue along a varied trail back down to Zillergrund and our original starting point, where the bus is waiting for us.

Characteristics:	Challenging alpine hike with an ascent of 1,100 metres in altitude			
Duration:	ca. 6-7 hrs, 4.5–5 of which are spent walking			
Dates:	11.7., 25.7., 1.8., 8.8., 15.8., 22.8., 29.8., 5.9.			
Meeting point:	8.50 hrs Bus stop Staumauer Zillergrund			
Costs:	Adults € 10,00 Free for guests of our partner businesses!			
Refreshments:	Plauener Hütte, Hohenaualm			
Participants:	Maximum number of participants: 15! Advance registration is required!			
Arriving by bus:	Dep. 7.50	↓ Mayrhofen station	↑ Arr. 17.42	
	Arr. 8.47	↓ Staumauer Zillergr.	↑ Dep. 16.50	



HIKE TO HIPPOLDSPITZE & EISKARSEE LAKE

The magic of a mountain lake

We take a taxi from Lahnersbach to Hobalm. This alpine farm is located below Geiseljoch, an ancient pastureland for cattle belonging to Frauenchiemsee Monastery. We hike on a forest road alongside the Hobarbach River to Vallruckalm alpine farm. Once there, we enjoy our packed lunch and relish the panoramic view back down the valley. Afterwards we make our way to the Eiskarsee Lake, which is usually frozen in spring and autumn. On the way back we walk down to Vallruckalm via the Nederjoch - with its sea of alpine roses - and the Nasse-Tux-Alm, before we enjoy refreshments at the Geiselhöfen. The taxi takes us back to Lanersbach.

Characteristics:	Challenging, difficult hike with 1.000 Hm in ascent and 1.200 Hm in descent			
Duration:	ca. 8 hrs; 6 of wight spent walking			
Dates:	2.7., 16.7., 6.8., 20.8., 3.9.			
Meeting point:	6.20 hrs Tux Center in Lanersbach			
Costs:	Adults € 10,00 Free for guests of our partner businesses! Taxi € 16.00 to the Hobalm and back from the Geiselhöfe			
Refreshments:	Please bring a snack and drink! Geiselhöfe (after the Tour)			
Participants:	Maximum number of participants: 12! Advance registration is required!			
Arriving by bus:	Dep. 6.00 Arr. 6.20	↓ Mayrhofen station Tux Center	↑ Arr. 16.35 Dep. 16.08	



AT THE FOOT OF THE GERLOSSTEINWAND

High alpine trail from Gerlosstein to Brandberg

We ride up to the starting point of our panoramic tour with the Gerlosstein cable car. The magnificent Gerlossteinwand lies ahead of us. Our hike takes us over the shoulders of the giants through Krummholz and alpine meadows to the picturesque alpine crossing Heimjöchl. The Brandberger Kolm (2,700 m) moves into our field of vision. On the way to the mountain yoke, jaw-dropping views of the Zillertal and Tux Alps await. After stopping for refreshments at Kolmhaus, we descend along the forest path to the mountain village of Brandberg.

Characteristics:	Challenging, difficult hike with 600 Hm in ascent and 1.200 Hm in descent		
Duration:	ca. 8 hrs; 6 of wicht spent walking		
Dates:	10.7., 24.7., 7.8., 21.8., 4.9.		
Meeting point:	8.20 hrs Hainzenberg Gerlossteinbahn		
Costs:	Adults € 10,00 Free for guests of our partner businesses!		
Refreshments:	Please bring a snack and drink! Kolmhaus, Gasthof Thanner (after the tour)		
Participants:	Maximum number of participants: 12! Advance registration is required!		
Arriving by bus:	Dep.	7.30	↓ Mayrhofen station Hainzenberg Gerlossteinbahn
	Arr.	7.54	
Return by bus:	Dep.	17.25	↓ Brandberg GH Thanner Mayrhofen station
	Arr.	17.36	



THE HIGH TRAIL TO SOUTH TYROL

From Schlegeis to one of the Nature Park's most beautiful spots

From Schlegeis, we walk initially along the Neumarkter Route into the picturesque Unterschrammachkar. Once through the dwarf pine forest the cirque opens up, where a stream meanders alongside the trail and through the landscape, which is home to many peaty hollows and colourful alpine flowers in summer. Once arrived at Hinterboden, we turn left and walk past a small lake in a southerly direction. We walk along the fairly level trail, below the Ameis and Kellerkopf peaks until Stampfler Boden. It is not far now until we arrive at Pfitscher Joch-Haus, which is actually just on the other side of the Austro-Italian border in South Tyrol, where we can enjoy some great food. We walk back through the Zamsergrund Valley via the rustic Lavitzalm, which lies just beneath the distinctive "Rotbachlspitze" (Red Stream Peak).

Characteristics:	Challenging hike with an ascent of around 800 m in altitude				
Duration:	ca. 7 hours, 6 of which are spent walking				
Dates:	15.7., 29.7., 12.8., 26.8.				
Meeting point:	9.00 hrs Bus stop Schlegeis Reservoir				
Costs:	Adults		€ 10,00		
	Free for guests of our partner businesses!				
Refreshments:	Pfitscher-Joch-Haus, Lavitzalm				
Participants:	Maximum number of participants: 15! Advance registration is required!				
Arriving by bus:	Dep.	7.55	↓ Mayrhofen station Schlegeis Reservoir	Arr.	17.48
	Arr.	8.45		Dep.	17.00



THE NATURAL PARADISE OF THE TUX ALPS

From Stoankasern to Lake Junssee and the Geier Peak

From the Tux Center, we take one of the hiking taxis to Stoankasern, where the last mountain dairy in the Zillertal Valley can be found. From thereon, we walk initially through some lovely alpine pastures, accompanied by the inquisitive stares of the local population of marmots. After a few terrace-like steps in the terrain, our path turns to the right and surmounts a steep, grassy slope over a number of hairpin bends and a short rocky section, secured by steel cable. Once we have managed to pass this section, we will be rewarded with views of the magnificent Lake Junssee, which now lies at our feet. The trail leads from the lake over a stony slope to a mountain yoke, from which it only takes a few minutes to walk to the Geier Peak, where a magnificent mountain panorama awaits. After walking back, the hiker's taxi takes us back to Lanersbach.

Characteristics:	Full-day hike with steep sections; around 1,000 m in altitude difference				
Duration:	ca. 7.5 hours, 6.5 of which are spent walking				
Dates:	8.7., 22.7., 5.8., 19.8., 2.9.				
Meeting point:	6.30 hrs Tux-Center Lanersbach				
Costs:	Adults € 10,00 Free for guests of our partner businesses! Taxi € 16.00 Junsalm back and forth				
Refreshments:	None – please bring a snack and drink! Bergkäserei Stoankasern (end of tour)				
Participants:	Maximum number of participants: 15! Advance registration is required!				
Arriving by bus:	Dep. 6.00	↓	Mayrhofen station	↑	Arr. 15.35
	Arr. 6.20		Tux Center		Dep. 15.08



THE SECRET OF THE ETERNAL ICE

The „Berliner Hütte“ glacier trail

During the last ice age, several glaciers in Zemmgrund merged to form a gigantic ice stream, giving the valley its present shape. In the meantime, and as a result of climate change, the glaciers have retreated far into the high mountains. The highlight of our tour is the stage along the Glacier Trail (no ice contact), where we approach the Berlin Hut in fresh mountain air. We learn interesting facts about geology, the formation of the Alps and the world of „Eternal Ice.“ Finally, we reach the Berlin Hut, built in 1879 and now a listed building. It is a popular base for mountaineers and glacier researchers and is a symbol of alpine history. The architecture and flair of the hut will work its magic as we enjoy the fascinating mountain panorama on the terrace!

Characteristics:	Full-day hike in alpine terrain with around 800 m in altitude difference			
Duration:	ca. 8 hours, 6.5 of which are spent walking			
Dates:	8.7., 22.7., 5.8., 19.8., 2.9.			
Meeting point:	8.30 hrs Gasthof Breitlahner in the Zemmgrund Valley			
Costs:	Adults € 10,00 Free for guests of our partner businesses!			
Refreshments:	Grawandhütte, Alpenrosenhütte, Berliner Hütte, Waxeggalm, GH Breitlahner			
Participants:	Maximum number of participants: 15! Advance registration is required!			
Arriving by bus:	Dep. 7.55 Arr. 8.23	↓ Mayrhofen station ↓ GH Breitlahner	↑ Arr. 17.48 Dep. 17.15	



ON SECLUDED PATHS TO LAKE FRIESENBERGSEE

From Breitlahner through scenic Wesendlkar

We leave the listed Gasthof Breitlahner behind us, hike through the „grassy wall“ and reach an unspoilt Swiss stone pine forest. Once we have finished this section, we reach the dwarf pine forest and the picturesque Wesendlkar opens up ahead. Finally, we reach a fork in the trail a few meters south of Lake Wesendlkarsee, where we merge with the Berlin High Trail. Petersköpfl Peak, a coveted photo motif, is directly above us! Now it only takes a few minutes until we see the historic Friesenberghaus with its magnificent mountain lake. After a relaxing break for refreshments, we walk down leisurely to the Schlegeis Reservoir.

Characteristics:	Full-day hike with 1.300 Hm in ascent and 800 Hm in descent		
Duration:	6 hrs, 5 of which spent walking		
Dates:	28.6., 26.7., 9.8., 23.8., 6.9.		
Meeting point:	8.25 hrs Bus stop Breitlahner		
Costs:	Adults € 10,00 Free for guests of our partner businesses!		
Refreshments:	Friesenberghaus, Dominikushütte and Bergrestaurant Schlegeis (after the Tour)		
Participants:	Maximum number of participants: 15! Advance registration is required!		
Arriving by bus:	Dep. 7.55 Arr. 8.23	↓	Mayrhofen station Breitlahner
Return by bus:	Dep. 17.00 Arr. 17.48	↓	Schlegeis Reservoir Mayrhofen station



ALPINE HIKE WITH PETER HABELER

Join him on his favourite mountain

Which mountain sports enthusiast doesn't dream of doing a tour with a worldfamous alpinist, and maybe get to hear a story or two about his expeditions? With Peter Habeler, who has already climbed five eight-thousand-metre peaks, you have the chance to do that. The peak of his career was the first ever ascent of Mt. Everest without additional oxygen together with Reinhold Messner in 1978. On this hike you can conquer your inner demons and climb your own "Everest"! Our tour takes you from the mountain station of the Ahorn cable car to the Edelhütte. From there, the trail leads over grassy slopes and scree fields up to a saddle where the steep, rocky steep climb begins along the western ridge, leading to the summit of Mt. Ahorn at 2,976 m above sea level. From the summit we can enjoy a wonderful view of the surrounding mountains, before we enjoy some refreshments in the Edelhütte.

Characteristics:	Challenging alpine tour with around 1,000 m in altitude difference						
Duration:	ca. 6 hours; 5.5 of which spent walking						
Dates:	10.7., 30.7., 23.8.						
Meeting point:	8.00 hrs Base station of the Ahorn Lifts						
Costs:	Adults		€ 20,00				
	Free for guests of our partner businesses!						
Refreshments:	Edelhütte						
Participants:	Maximum number of participants: 20! Advance registration is required!						
Arriving by bus:	Dep.	6.57	↓	Tux Center	↑	Arr.	16.07
	Arr.	7.20		MHF Post office		Dep.	15.42





„PFITSCHERJOCH WITHOUT BORDERS“

Lavitzalm / Zamsergrund

Pfitscher Joch is an ancient mountain pass that has been used for thousands of years between the Inn and Zillertal valleys in the North and the Pfitschertal and Eisacktal valleys in the south. This exhibition displays the results of many years of research on this mountain “saddle”. Archaeologists have managed to discover previously unknown facts on the early history of this alpine crossing. **July–September: Monday & Friday open from 13.00 - 18.00 hrs, free admission!**



CULT. LANDSCAPE. WORLDS

Mitterstall / Brandberg

One of the mountain farming cultural monuments in the Nature Park Region is the Mitterstall (Mitter Barn). After renovation work was completed on this listed building, Mitterstall forms the centre piece of a Nature Park exhibition called, „Brandberg – our cultural landscape through the ages“. The exhibition is spread over three rooms and tells of the harsh conditions alpine farmers had to endure, with details on the characteristic landscapes of pastures, mountain meadows and includes personal stories about the local people. Open daily in summer. **Free admission!**



STEINBOCK.WORLDS

Zillertal

The alpine ibex is an animal that has a deeply rooted tradition at the Zillertal Alps Nature Park and, until recently, a very chequered history. Up until the beginning of the 17th century there was a population of several hundred animals, which was eradicated in a few years. Despite attempts to reintroduce ibex to the Zillertal Valley, only limited success has been enjoyed. A small population currently lives wild in the depths of the valleys, although seldom seen by visitors to the Nature Park. You can enjoy the opportunity to see a few live examples up close. Open daily in summer. Free admission!

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Bahnhof in Mayrhofen
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NEW



HIKING MAP & PUBLIC TRANSPORT NETWORK:

Available in the Europa-haus & Nature Park House.

The map of the public transport network on the opposite page compactly summarises almost all rail and bus connections, hiker routes into the Stillupl Valley as well as the hiker's taxi to Floitental with their respective stops.



TIPP: You can use almost all bus & rail services free with the Zillertal Activcard! www.vvt.at, www.postbus.at

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