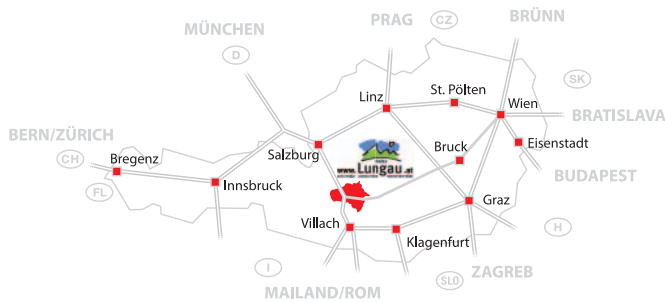
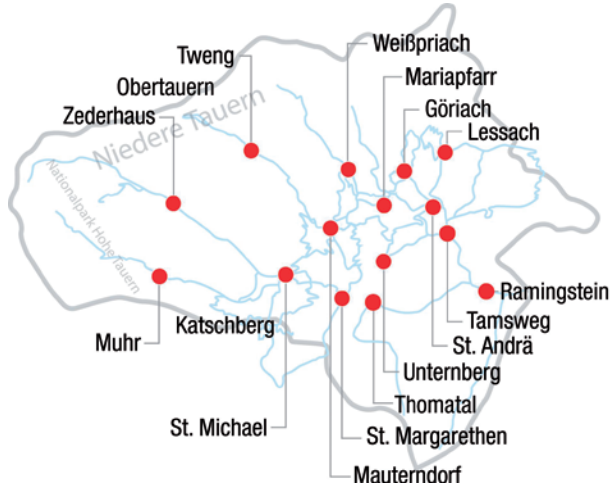




Lungau Summer in the Hills



Hut and mountain lake hiking

ATMOSPHERE · HEAVENLY SPHERE · ALPINE-SPORTS SPHERE

Ferienregion Lungau
 Rotkreuzgasse 100
 A-5582 St. Michael im Lungau
 Tel. 0043 (0)6477 8988
 Fax 0043 (0)6477 8988-20
 info@lungau.at
 www.lungau.at



ATMOSPHERE · HEAVENLY SPHERE · ALPINE-SPORTS SPHERE



WITH THE FRIENDLY ASSISTANCE OF



LungauCard
 Die Ferienregion Lungau All-inclusive erleben
 Information: card.lungau.at



General Information

Hikes to Alpine Tarns

of the High Country

Trails & Hiking Tours

and Nature Trails

Parks & Hiking Tips

Table of Contents

General Information	Page 3
Fabulous Hikes to Alpine Tarns	Page 9
Flavor of the High Country	Page 31
Hiking Trails & Hiking Tours	Page 79
Theme & Nature Trails	Page 82
Nature Parks & Hiking Tips	Page 89

Credits

Publisher:

Ferienregion Lungau
 Rotkreuzgasse 100, A-5582 St. Michael im Lungau
 Tel. 0043 (0)6477 8988, Fax 0043 (0)6477 8988-20
 info@lungau.at, www.lungau.at

Edition 2012

Editorial Texts: Ferienregion Lungau, Dr. Gertraud Steiner,
 kulturpublizistik@aon.at

Title Photos: Ferienregion Lungau

Photo Credits: Ferienregion Lungau (pp. 4, 5, 7, 20, 27, 58, 59, 60, 62, 64, 70, 72, 73, 77, 78, 82, 84, 87, 88), H. Modl (pp. 9, 13, 14, 17, 18, 22, 23, 26, 28), Zederhaus Touris Office (pp. 10, 11, 12, 31, 32, 39, 40), P. Macheiner (p. 15), Lungau Lift Co. (p. 16), Oberkofler Family (p. 19), P. Kröll (pp. 24, 25), Muhr Tourist Office (p. 29), www.oberkaernten.info (p. 30), Gruber Family (p. 33), Batlogg Family (p. 34), Gruber Family (p. 35), Gruber/Jäger Family (p. 36), Schiefer Family (p. 37), Dorfer Family (p. 38), Bergmann Family (p. 41), Macheiner Family (p. 42), Wirnsperger Family (p. 43), S. Perner (p. 44), Sagmeister Family (p. 45), Kocher Family (p. 46), Fuchsberger Family (p. 47), Kendlbacher Family (p. 48), Lerchner Family (p. 49), Kösslbacher Family (p. 50), Bliem Family (p. 51), A. Neuschitzer (p. 52), Sampl Family (p. 53), D. Buck (pp. 55, 61, 65, 67, 74, 76)

Design: Die Medienwerkstatt GmbH, www.diemedienwerkstatt.info

Print: SAMSON Druck GmbH, www.samsondruck.at

Summer panorama: Heinz Vielkind, Panoramastudio

Interactive hiking map (<http://karte.lungau.at>):

Intermaps Software GmbH

Not liable for errors or inaccuracies. Information may be subject to change. Any reproduction, in whatever format, in whole or in part, is allowed only with the express written permission of the publisher.

Huts in the Lungau



26 Sauschneideralm /p. 73
 27 Tonimörtl Hut /p. 42
 28 Keinprecht Hut /p. 67
 29 Ignaz Mattis Hut /p. 67
 30 Giglachsee Hut /p. 68
 31 Ober Hut /p. 69
 32 Jausenstation Dicktler Hut /p. 73
 33 Grangler Hut /p. 41

34 Jausenstation Wielandhof /p. 74
 35 Hansal Hut /p. 43
 36 Landawirsee Hut /p. 63
 37 Laßhoferalm /p. 44
 38 Lenznalm /p. 45
 39 Wildbach Hut /p. 46
 40 Preber-Halter Hut /p. 59
 41 Grazer Hut /p. 70

42 Ludlalm /p. 74
 43 Dorfer Hut /p. 47
 44 Platschalm /p. 48
 45 Niggei Hut /p. 59
 47 Twenger-Alm /p. 57
 48 Dr. Josef Mehrl Hut /p. 64
 49 Hoislalm /p. 32
 50 Brantweiner Hut /p. 49

51 Kößlbacheralm /p. 50
 52 Bonner Hut /p. 70
 53 Schlögelberger Alpine Inn & Wildlife Park /p. 75
 54 Adlerhorst Summit Restaurant /p. 75
 55 Speiereck-Halterhut /p. 51
 56 Jausenstation Neuhauserstubb /p. 76
 58 Pritz Hut /p. 52

59 Hanslbaueralm /p. 60
 60 Gasthof Bacher /p. 76
 61 Gamskogel Hut /p. 77
 62 Stöcklalm /p. 53
 63 Hiasleralm /p. 60
 64 Rotgüldense Hut /p. 64
 65 Sticker Hut /p. 65
 66 Alpengasthof Jedl /p. 78

67 Golling Hut /p. 69
 68 Altwirtsalm /p. 61
 69 Adamalm /p. 61
 70 Kößlerhasalm /p. 55
 71 Wasteialm /p. 56

Welcome to Summer in the Hills in the Lungau



Awaiting you here in the Lungau region, nestled between the peaks of the Niedere Tauern and Nockberge, is a superlative hiking paradise. The fragrant air of the Alps, the countryside filled with alpine pastures and a colorful carpet of plants and wild herbs spread out before you, along with the tranquil beauty of nature, turn every hike into a memorable experience and give you the pure enjoyment and relaxation you have been looking for.

Some sixty mountain lakes, crystal-clear and iridescent, shimmering emerald greens and silvers, lie scattered amidst green pastures and silent combes, or beneath rocky crags and alpine summits.

**Is it possible to become addicted to such blissful moments as these?
Oh, yes indeed!**

Natural jewels have something about them. The joy of a newly discovered mountain lake creates a longing and curiosity for the next one. A wide-ranging, clearly marked network of trails provide a constant source of enthusiasm for walkers and experienced mountaineers, but also for those who want to take an extended stroll in the country, flee the stresses of daily life, embark on a nature pilgrimage or just experience a few moments of complete bliss. These trails promise tours that are guaranteed to appeal no matter how the day happens to shape up, be that bright sunshine or the quiet romance of overcast skies.

None of the hikes presented here offer extreme challenges, but rather are in keeping with the tone of. This includes landscapes and scenery seemingly plucked from the pages of a picture book, as well as the joy of discovering those quiet hidden spots of glorious natural beauty, experiencing first-hand the botany, geology and ancient traditions of the region. All of this is accompanied by an outstanding infrastructure, including a valley bus and self-guided theme trails, plus genuinely hospitable hosts at alpine huts and hikers' refuges, mountain inns, country cafés and summit restaurants. A Lungau also captivates guests with its service, scores high marks with countless culinary specialties and embraces you with a warmth not soon to be forgotten.

Each of the huts we present has its own little “secret.” This might be some cultural treasure passed down through the generations of the same family, a unique craft, or a service, such as perhaps a Kneipp spa dedicated to your good health. Nutritious, delicious country fare and the best of farmhouse cooking is always at the top of the list. Traditional Lungau dishes include homemade doughnuts, dumplings, (unsweetened pastry), bacon, and cheese. Of the various thirst-quenchers, buttermilk with native , the name for lingonberries here in the Lungau, has become particularly popular. The culinary highlight of any hike in the Lungau is undoubtedly, referred to by the experts as “Lungau marzipan.” We are more than happy to share the recipe, but be forewarned, only up at an alpine hut does it ever taste quite so heavenly. Let us simply say, if there were ever an excuse for ignoring your daily calorie count, is definitely it.

Lungauer Rahmkoch – “Lungau Marzipan”

Ingredients: ½ kg butter, ½ kg of granular flour, ¼ l cream, 180 g sugar, cinnamon, anise, raisins, rum

Directions: Melt the butter. Mix the sweetened cream into the flour and then stir the mixture into the melted butter. (Important: don’t let the butter get too hot!) Allow the mixture to simmer for 30 minutes, stirring continuously, until this so-called “Koch” falls from the spoon. Add sugar, cinnamon, anise, raisins and rum to taste. Pour the mixture into an oblong mold and keep in a cold place for about 12 hours.

The tours described here do assume that you enjoy extended walks and that you are essentially in good physical condition with average stamina. The trails’ descriptions are intended to give you an accurate sense of their physical demands. Recklessness is something we advise strongly against, since the mountain world doesn’t tolerate foolishness lightly. Our information section also gives you some important tips and lists essential telephone numbers.



In conclusion, the Lungau Holiday Region wishes to thank

- Dr. Gertraud Steiner for authoring the editorial texts,
 - Mr. Peter Bayr for his descriptions of the alpine hut and lake routes, as well as for compiling cartographical materials,
 - Mr. Hannes Modl for his descriptions of the alpine hut and lake routes, as well as for his wealth of ideas during the creative and realization process, and also
 - all of the owners, managers and staff of our region’s alpine huts.
- Without their support and dedication, it would not have been possible to produce this brochure.

Additional Reading on this Topic:

- Dr. Gertraud Steiner: Winkelwelt. Sagen aus dem Lungau. Wolfgang Pfeifenberger Verlag 1999
- Dr. Gertraud Steiner: Sagen und Mythen entdecken auf Salzburger Almen. Tyrolia Verlag 2005



Interactiv Hiking Map:



Valley Bus, Lungau Shuttle & Mountain Lifts

The valley buses and Lungau shuttle bring you comfortably and in environmentally-friendly fashion to and from the trailheads, making it possible to begin your hike over in one valley and return from the next.

Detailed timetables and rates are contained in the official bus and shuttle brochures, available at all local tourist offices; the Lungau regional tourist office, Tel. 0043 (0)6477 8988; the Tamsweg Post Bus Offices, Tel. 0043 (0)6474 2213; or online at www.taerbus.at, www.svv-info.at, or www.postbus.at.

Please also note that toll charges apply in some valleys if you opt to drive your own car.

Take a deep breath, relax and enjoy the wonderful views that accompany your rides on the region's mountain lifts (cable cars on the Grosseck/Speiereck from Mauterndorf and St. Michael, as well as the Aineckbahn lift on the Katschberg). Reaching the mountaintops has never been faster or easier. Details regarding times and fares are available from the Lungau regional tourist office, Tel. 0043 (0)6477 8988 or online at www.bergbahnen-lungau.at, www.katschi.at.

There is nothing left to do now but allow yourself to be delightfully surprised, impressed and enchanted, walking the intriguing theme trails or out on magically beautiful hikes to legendary mountain lakes and fascinating alpine huts.

Let's head for the hills – Lungau-style!

Tälerbus.
LUNGAU MURAU



POSTBUS
Ein Unternehmen der ÖBB

Difficulty Rating for Hiking Paths in the Alpine Region



The following descriptions assume dry, summerlike weather conditions.

● easy

Simple hiking paths in permanently populated areas and adjacent forested areas, proceeding through flat terrain with few significant uphill stretches.

Special Requirements: None, regular running shoes or street shoes are sufficient. No special equipment necessary. Navigable without use of a hiking map.

● intermediate/medium

Mountain trails that require a certain degree of sure-footedness. Steep stages, water courses, narrow trails at points, wash-out dirt and vegetation may be encountered along these trails.

Special Requirements: Basic map-reading skills are required. Hiking/trekking/mountaineering boots with a good tread and extending above the ankle are recommended, as is a topographical hiking map of the area in question.

● difficult

Difficult alpine and mountaineering trails, secured at exposed points by cables, manmade stairways, ladders, chains etc. You may often need to use your hands to maintain balance and move along the trail. The precise trail is not always readily recognizable. Occasionally very exposed areas present a real danger of falling, loose rock, and steep grassy or rocky slopes. Summer hikers may well still encounter unthawed snowpack from the previous winter.

Special Requirements: Hikers must have appropriate hiking and mountaineering experience, as well as being able to navigate with a detailed topographical hiking map. Hiking/trekking/mountaineering boots with a good tread and extending above the ankle are indispensable. Hikers should have no physical impairments preventing them from tackling fixed-cable stages, steep stairways or similar obstacles where hiking poles are occasional more of a handicap than a help.

In the Lungau region you will often find additional red-white-red markings (some of which have trail numbers) next to the yellow trail signs, directing you from one sign location to the next.

Correct Trail Behavior

1. Prior to every tour, verify the mountaineering experience and physical capabilities of all participants, including children. Hikes in the mountains often demand a high degree of sure-footedness and an absence of any vertigo problems.
2. Plan your hike carefully using tour descriptions and maps. Information provided by regional alpine associations and the staff of alpine huts can be of critical assistance.
3. Make sure you have clothing and equipment appropriate to your expedition and weather conditions. High-ankle boots with a good tread and clothing providing adequate protection against rain and cold are very important.
4. Prior to setting out, notify staff at the alpine hut or hotel, or family and friends of your planned route and destination, as well as the estimated time of your return.
5. Match your tempo to that of your weakest team member. A slow pace is especially important at the start of a hike. Always pay attention to the other members of your group to catch any early signs of exhaustion.
6. Never leave marked trails. Use extreme caution in crossing steep grassy slopes, especially when wet (to avoid slipping). Traversing steep snow fields and glaciers is particularly hazardous.
7. Never kick rocks off the trail, since you may injure other hikers. Do not stop in areas threatened by falling rock; leave such areas as quickly as possible.
8. If the weather turns, fog moves in, the trail becomes too difficult or is in poor condition, turn back. Rather than being something to be ashamed of, it shows you are using your common sense!
9. If there is an accident, remain calm. If you are unable to take care of the problem yourself, use your mobile phone, shout, signal with a light or wave large items of clothing in order to summon assistance. In general, accident victims should not be moved or left alone.
10. Be kind to local animal and plant life. Carry your trash back to the valley.
11. Interaction with animals: Do not tease calves, sheep, horses, or other animals. Instead behave "normally" and show no fear. Never leave pathways across alpine pastures, and keep a wide distance between you and the animals.
12. Always keep your dog on a leash. Never allow your dog to charge after grazing animals. Mother cows, in particular, can suffer stress if their calves appear threatened.

Alpine Emergency Number: 140
International Emergency Number: 112

(Source: UIAA/VAVÖ)

01 Boarnlacke (elev. 2,214 m)

Riedingtal Nature Park, Zederhaus

Legendary People of Immense Strength

It is said that the simple, good farmhouse cooking, summers spent on the high pastures, and the exercise that comes with having to walk long distances contributed to making the people of Zederhaus incredibly strong. Legends grew of people with almost supernatural strength.



In this regard, Ignaz Künsinger tells the tale of one particular son who was told by his father, a farmer in Zederhaus, to take a deer he had recently shot and register it with the authorities in Moosham. But instead of loading it onto the back of the wagon, he carried the creature on his shoulders, not dropping it until he stood in front of the game official in Moosham. The latter was astonished and asked where the lad's wagon was. His matter-of-fact response: *"For a deuced animal like this, it wasn't worth the effort of harnessing up a horse. They were all out grazing anyway."*

Along the toll road (€ 8 fee, incl. valley bus during the main vacation season) by bus or car to the Schliereralm (1,495 m) in Riedingtal nature park and then take the valley bus to the Königalm (1,667 m). From the Königalm, we continue on the alpine path to the Zauneralm. Directly behind the Zauneralm we reach path no. 711 which leads us to the beautifully located Boarnlacke (2,214 m), a small lake. If you continue hiking, you will reach Riedingscharte gap (2,275 m). Ca. 100 m below, you can see the Riedingsee. For the hike down, you will backtrack along the same route.

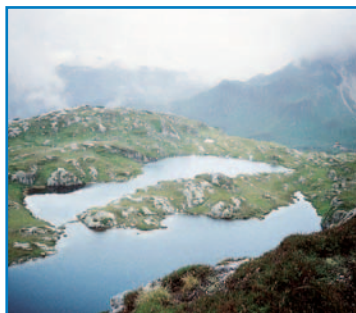
Elevation Change:	ca. 600 m
Difficulty:	● intermediate
Time on Trail:	approximately 2.5 hours to the Riedingscharte
Bus Service:	No. 770 to Zederhaus – Schliereralm – Königalm
Parking:	Parking lot in the Schlierersee area
Refreshments:	Schliereralm, Königalm, Zauner Hut

02 Esser See (elev. 2,088 m)

Riedingtal Nature Park, Zederhaus

The Court Butcher and Zederhaus Bread

Cattle traders from Salzburg used to trek across the Tappenkar and Taferlnock to sell their oxen and calves in Zederhaus. The court butcher, Perner, never shied away from making the long trip either, ever striving to supply the table of the Prince Archbishops with the best meat available.



On one such occasion, he had just come to an agreement with a hill farmer and sealed the deal with a handshake. The farmer's wife served up a hearty snack which included bread and butter. The fine gentleman ate the butter, and slid the bread into his pocket, saying, "I'll take that with me to Salzburg so that my lords see what terrible bread you have." On the Tappenkar, however, he was surprised by bad weather. Exhausted and hungry, he rummaged about and pulled out the bread. Nibbling away, he gradually regained his strength, later claiming that he had never tasted better bread.

From the "Jakoberalm" parking lot in the Riedingtal nature park in Zederhaus - ca. 0.5 km before the Schliereralm (toll road/€ 8 fee, incl. valley bus during the main vacation season), a supply road branching off to the right leads to the Jakoberalm at an elevation of 1,839 m (time on trail ca. 1.0 hr.). Westward on path no. 702, you will reach the Esser See at an elevation of 2,088 m. From there, you will go uphill to the Franz-Fischer-Hütte (2,020 m), where the Zaunersee is also located. Downhill via the Hüttenweg path (no. 711), you will again reach the Riedingtal road.

Elevation Change:	ca. 600 m
Difficulty:	● intermediate to ● difficult
Time on Trail:	approximately 4.5 hours for the entire hike
Bus Service:	No. 770 to Zederhaus – Schliereralm
Parking:	At the base of the trail up to the Jakoberalm
Refreshments:	Jakoberalm, Gruberalm, Schliereralm

03 Ilgsee (elev. 2,099 m) – Zaunersee (elev. 2,020 m, via the Haselloch)

Riedingtal Nature Park, Zederhaus

Death of the Königbauer Farmer below the Haselloch

The beautiful Zederhaus Valley was once particularly remote and daunting, being about a six- to seven-hour hike from the market town of St. Michael. Not much longer and far more beautiful is the trail over the Tappenkar (elev. 2,135 m) to Kleinarl or a crossing of the Taferlnock (elev. 2,236 m) into the Flachau region. Messengers, woodcutters, peddlers, pig castrators and cattle dealers all hiked along these trails and "into the wide outside world."



At the best times of year, even the most locally savvy and hardy wanderers had to be watchful of drastic changes in the weather. On October 8, 1844, Blasius Dorfer, who lived on the Königbauer farm in Zederhaus, came to an untimely end. Together with his sister, a dairymaid at their parents' hill farm, he was on his way from the cattle market in St. Johann when they were overcome by driving snows. Ignaz Kürsinger wrote down the story of the two unfortunate siblings, as it was retold to him by Maria Dorfer: *I tapped my way slowly forward in the dark, gloomy night – in the snow and fog – but without knowing where I was heading. Overcome by enormous fatigue, I called back to my brother to tell him to follow me. Full of fear, I shouted "Come, we're going home!"* But her brother's voice was lost in the dark, snowy night. Maria Dorfer eventually fell down a snow-covered slope on the Wurmfeldspitze and lost consciousness, though she was able to save herself on the following day, finding her way back to her mountain hut, where the shocked herdsman there gave the half-frozen woman some hot soup and sent for farmhands in the valley to help assist in the recovery of her unfortunate brother.

Along the toll road (€ 8 fee, incl. valley bus during the main vacation season) by bus or car to the Schliereralm (1,495 m) in Riedingtal nature park and then by valley bus to the Königalm (1,667 m). The uphill trail leads from the Königalm (1,667 m) to the Haselloch (2,136 m). From there, we take marked path no. 702, which is uphill at first and then continues down into the valley, to the Ilgsee. The Zaunersee is located right by the Franz-Fischer-Hütte (2,020 m). The downhill trail into Riedingtal is via Hüttenweg path (no. 711).

Elevation Change:	ca. 470 m
Difficulty:	● intermediate
Time on Trail:	ca. 5 hours for the entire hike
Bus Service:	No. 770 to Zederhaus – Schliereralm – Königalm
Parking:	Parking lot in the Schlierersee area
Refreshments:	Königalm, Hoislalm, Gruberalm, Schliereralm

04 Rothenwändersee (elev. 2,010 m)

Riedingtal Nature Park, Zederhaus

Jovial, high-spirited people of Zederhaus

The Zederhaus *Prangstangen* are quite famous. These large, 8-meter-high, wooden poles, beautifully garlanded in flowers, are ceremoniously paraded to church on the 24th of June. Of course, this process requires some strong young lads. Many tales have been told over the years about these jovial, crafty and



thoroughly muscular citizens of Zederhaus. Even the term *Hanswurst* – the German name given to a village buffoon – is said to have its origins with a native of this valley. The village church is actually consecrated to two saints, John the Baptist and John the Evangelist, which is why so many local boys were christened Johannes (meaning John, commonly shortened to Hans or Hannes). Historian Ignaz Kürsinger, who was the superintendent of Lungau schools during the 1840's, once commented that the valley's children often bore the strangest Christian names. *There I read Petronilla and Angela, Isabella and Hemma, Polikarpus and Athanasius, etc. (733).* The originator of these odd names turned out to be Vicar Joseph Königsdorfer, who summarily gave newborns whatever name happened to appear on the church calendar on the day of their christening.

From the “Jakoberalm” parking lot in Riedingtal nature park in Zederhaus - ca. 0.5 km before the Schliereralm (toll road/€ 8 fee, incl. valley bus during the main vacation season), a supply road branching off to the right leads to the Jakoberalm at an elevation of 1,839 m (time on trail ca. 1.0 hr.). From there, we hike along the “Tauernhöhenweg” no. 702 up to the Rothenwändersee (2,010 m) and continue to the junction for the Grosskesselalmen. Path no. 741 then leads downhill into the valley to the Riedingstraße and from there back to the starting point.

Elevation Change: ca. 530 m

Difficulty: ● **intermediate**

Time on Trail: ca. 5 hours for the entire hike

Bus Service: No. 770 to Zederhaus – Schliereralm

Parking: At the start of the trail up to the Jakoberalm

Refreshments: Jakoberalm, Kößlerhiasalm, Muhreralm, Schwarzenbichlhütte

05 Schlierersee (elev. 1,495 m)

Riedingtal Nature Park, Zederhaus

Of the Weisseck Dog

Above the Riedingsee (elev. 2,169 m), where the hiker can look out over the flower-covered Upper Rieding Valley, towers the mighty Weisseck (elev. 2,711 m), home to quartz and rare minerals, and to the legends into which they are woven. Where today's Schliereralmsee now lies, there was once a broad area of high moors, the so-called *Ei'g' hages Moos*. The pathway there from Zederhaus was known as the Winter Way, because sleighs loaded with hay or wood once traveled along this route.



The last farm in the valley was the old Schwarzenbichler property. This meant, of course, that its residents also had the longest walk to church. One stormy, pitch-black night, a strange visitor knocked on the front door. It was an icy grey mountain dwarf with a knee-length beard and a storm lantern, who immediately ordered the farmer's wife to follow him. Their path, according to the tale, took them steeply uphill to the rocky cliffs of the Weisseck. Once at the top, the dwarf now explained, they would encounter the Weisseck Dog which, at this very midnight hour, would appear before the mountain with a wooden key in its mouth. With this key, the farmer's wife would be able to unlock all the treasures hidden within the mountain. Sadly, faced with the prospect of meeting this scary creature, the woman did not have the courage to carry on. The treasure remained where it was. But it is said that if the pine tree in front of the house is ever felled in order to build a cradle, the child who lies in it will again be called upon to win those mysterious treasures.

A Lake used for Hydroelectric Power

This expedition begins on the enchanting hiking path that leaves from the car park located near the southern entrance to the Tauern Tunnel (elev. 1,345 m). The hike to the Schlierersee takes about 1 hour. As you follow this trail, you will pass several alpine huts on the way to the Örgenhiasalm (elev. 1,710 m) in the Upper Rieding Valley. This portion of the hike takes around 2 hours. A valley bus runs between the Schliereralm and Königalm mountain inns.

Elevation Change: ca. 370 m

Difficulty: ● **easy**

Time on Trail: ca. 1 to 3 hours (depending on tour variant)

Bus Service: No. 770 to Zederhaus – Wald – Schliereralm

Parking: near the Tauern Tunnel (south entrance), Schliereralm

Refreshments: Schliereralm, Gruberalm, Hoislalm, Ilgalm, Königalm, Zauner Hut, Örgenhiasalm

06 Blauseen (elev. 2,013 m)

Twenger Lantschfeld

Of the Lantschfeld Witches

Lying in an isolated combe beneath the Grosser (elev. 2,501 m) and Kleiner (elev. 2,418 m) Pleisslingkeil – the two highest peaks of the Radstädter Tauern – are the two Blauseen lakes. From this beautiful lookout point, hikers are able to enjoy fantastic views of the Tauern mountains and out across the alpine pastures of the Lantschfeld. The valley head was once the site of one of the Lungau region's biggest hut villages, including a small chapel which, after undergoing complete restoration, still stands to this day. Though an avalanche in the 1930's destroyed most of the huts, these pastures continue to be used for summer grazing. The dairymaids who once ran these huts must have been quite resolute and hardworking people who demanded a degree of fear and respect, otherwise they would not have acquired their nickname as the *La'schfödhexen* (= Lantschfeld Witches). At the beginning of June, the time of year when cattle were returned to the high pastures, the rain so vital for the growth of seeds and the fields frequently did not arrive. But through years of experience, the older residents of the Lungau developed the superstition that, whenever the Lantschfeld Witches returned to their alpine huts, the event would always be accompanied by beneficial rains.



You can drive your car through the magical Lantschfeld Valley – as far as the Almtor. From there, hike along trail No. 744, which will bring you to the hut village and a chapel (elev. 1,649 m). From here, the path leads up to the Windsfeld (elev. 1,950 m). At the fork, branch off to the right towards the Blauseen lakes. At the entrance to the Lantschfeld Valley, just past the large lumber yard, you will see a gate. For a fee of € 6,-, you can obtain the key to this gate from the village hall in Tweng, open Monday through Thursday from 8am – 3:30pm and Friday from 8am – 11:30am. Outside of these times, the key can also be obtained from the Muik Family at Gasthof Twengerhof, right across from the village hall.

Elevation Change: ca. 880 m
Difficulty: ● **intermediate**
Time on Trail: approximately 3.5 hours from the Almtor to Blauseen Lakes
Parking: close to the lumber yard
Refreshments: Genossenschaftshütte Tweng, Müllnerbauer Hut

07 Twenger Almsee (elev. 2,120 m)

Obertauern Lantschfeld

Subterranean Link

From the Twenger Almsee, you can look out across the broad Tweng Valley, which in its turn rises towards the Radstädter Tauern Pass. The ancient Romans once passed through here, maintaining a refuge – known as a *mansio* – on the pass heights, at the site where today's visitors can visit the "Cemetery of the Unknowns." In the Early Middle Ages, the trail over the Oberhüttensattel grew more important since it held fewer perils in store for travelers. The range that lies between, with its countless lakes and high pastures, rewards you with magical views in both directions. Above the combe, at the point where you cross over to the Schönalmsee, you can enjoy one-of-a-kind vistas including the sight of three different lakes. This was also a source of excitement for Michael Dengg, a collector of Lungau legends, who heard from an old hill farmer that, according to legend, Twenger Almsee and the Schönalmsee are connected with one another below ground. (173)



The hike begins at the Schaidberg youth hostel in Obertauern and takes you along trail No. 8 to the Ernsthütte (elev. 1,869 m, closed to the public). The trail now becomes quite flat, taking you to the "Twenger Alm" and branching off to the left just before a barn. You will now cross delightful alpine meadows and tackle somewhat steep climbs until you reach the beautiful Twenger Almsee at 2,120 meters above sea level. You can now return to the Schaidberg or descend into the Weisspriach Valley, making your way via the Schönalmsee and Wirpitschsee to the Grangler Hut (mountain traverse).

Elevation Change: ca. 500 m
Difficulty: ● **intermediate**
Time on Trail: approximately 2 hours from the youth hostel to the Twenger Almsee
Bus Service: No. 780 to Mauterndorf – Obertauern Schaidberg or No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut – Uln Hut
Parking: close to the Schaidberg youth hostel, Znachtal turn-off in the Weisspriach Valley (coin-operated toll booth/fee: € 4,-)
Refreshments: Toni Mörtl Hut, Grangler Hut, Dicktler Hut, Twenger-Alm Hut

08 Trogalmseen (elev. 1,808 m)

Grosseck Mauterndorf

Witches' Dance on the Speiereck

The Speiereck (elev. 2,411 m) has a reputation as the Lungau region's *witch mountain*, with numerous dark tales swirling around it. How did that happen? Well, the sun rises behind the Preber, but sinks behind the Speiereck into a world of shadow. The light of day was extinguished behind this mountain. The night begins its dominion, accompanied by its fiendish companions - witches and sorcerers - who dance in a sinister tempest of lightning and thunder around the summit. Ignaz Kürsinger also became aware of this superstition and reports that, according to local lore, the soul of *Schörgentoni* also gets up to no good atop the Speiereck, *where he conjures up storms, tosses stones and rocks down on cattle grazing below and, upon the stroke of midnight, is visited by witches and sorcerers*. It finally got to the point that a Capuchin priest was sent up the mountain to exorcise this evil spirit. But today's hiker has no cause for fear, and is able to enjoy the enchanting landscapes and glorious views that surround the Trogalmsee. In the most beautiful way imaginable, virtually the entire Lungau basin lies right here at your feet – without ever having to resort to magic of any kind!



The Trogalm Lakes are actually manmade, supplying the water to run snowmaking equipment in winter. They were built with great sensitivity for the surrounding countryside and are a highly popular hiking destination in summer. The starting point for this hike in Mauterndorf can be the old lift path, the old Trogweg, or the forest path from the ski center. The hike takes about 2.5 hours. Late-risers can ride the cabin lift, hike from the summit terminal down to the Trogalmsee-Trogalm (elev. 1,808 m) or up to the Speiereck Hut (elev. 2,072 m). Our starting point in St. Michael is across from Hotel Post. Along Schulstrasse as far as St. Martin-Berg, then make a left at the panorama info board towards Sonndörfel (Trail No. 93). From there, make a right at the Bacherhof towards the Grubental, then somewhat more steeply uphill to the Trogalm and Trogalm lakes at 1,808 m above sea level. Time on trail is about 2.5 hours.

Elevation Change: ca. 750 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2.5 hours
Bus Service: No. 780 to Mauterndorf – Grosseck valley terminal or Nos. 760 / 770 to St. Michael – Weissenstein
Parking: Grosseck valley terminal, St. Michael town center
Refreshments: Restaurant Panorama Alm, Trogalm, Speiereck Hut

09 Giglachsee (elev. 1,921 m)

Weisspriach Valley

Of the Schatzbühel and the Venediger in the Granierkar

Schatzbühel is the name of the last slope preceding the final climb up to the Znachsattel. The mining tradition, which was of such significance for this region, once again resonates in this name. A total of eleven separate mineral operations were active here, mining for copper, iron, zinc, and cobalt. Mining was conducted in the Knappenstubengraben south-east of the Granglergut, both at the entrance to and also within the Upper Znachtal Valley, primarily on the Zinkwand, once the focal point of Lungau mining. It is said that the legendary Venediger dwarf used to cross the Schatzbühel. Year after year, the Venediger would come to the Gronia Alm, armed with a divining rod and mirror, and a pickaxe, with which he would tear up the precious alpine turf. That is to say, until this all became too much for a cowherd who gave the dwarf a thorough beating. Years later, this same cowherd had become a more respectable person, travelling the countryside as a pig castrator. One day, he entered a rather eminent abode whose owner struck him as oddly familiar. The owner immediately addressed him by name and, it turned out, he was indeed the same miscreant the former cowherd had driven away from the hill farm long ago. Our Lungau friend became rather sheepish, but the owner remained quite friendly and even invited him up to the top floor of his home, where laid out before them was a beautiful collection of crystals and rocks gleaming with gold. *“These made me rich,”* stated the Venediger, *“and back in those days, you threw many a rock at a cow that was worth far more than the cow itself.”*



This hike begins at the car park by the turn-off for the Znachtal, located in the Upper Weisspriach Valley, which is easy to reach either by car or on the valley bus (coin-operated toll booth/fee: € 4,-). You will branch off to the right on trail No. 771, taking you through the Znachtal to the “Obere Greinmeisteralm” (elev. 1,620 m) and then on to the Znachsattel (elev. 2,059 m). The lake lies at 1,921 m and the Giglachsee Hut at 1,955 meters above sea level.

Elevation Change: ca. 780 m
Difficulty: ● **intermediate**
Time on Trail: approximately 3 hours from the car park to the Giglachsee
Bus Service: No. 710 to Mariapfarr – Weisspriach – Znach turn-off
Parking: Znachtal turn-off
Refreshments: Giglachsee Hut, Ignaz Mattis Hut

10 Oberer Schönlalmsee (elev. 2,115 m)

Weisspriach Valley

A Dangerous Dancer

The extended mountain ridge that stretches from the Tauern to the summits of the Tauernhöhe (elev. 2,328 m), Gollitschspitz (elev. 2,247 m), Gurpitschek (elev. 2,526 m), Karnereck (elev. 2,380 m) and Fanninghöhe, divides the Tweng Valley from the Weisspriach Valley. Magnificent mountain scenery is sprinkled with beautiful



lakes amidst delightful alpine pastures, one of the biggest of which is the Schönlalm. Dairymaids and cowherds would tend the cattle, sheep, pigs, and goats, filling the butter churns and cheese kettles week after week. On a warm summer's night, musicians would strike up their dance music and couples would whirl through the moonlit night. The mysterious *wild women* would come out of their caves and mix with the dancers. Their robes were bright and delicate, their hair light and long, a fragrance like that of elder blossoms wafting in the evening breezes. The dancing was punctuated every now and then by the joyous *Juschgaza* yells of the young men, echoing off the surrounding mountains. But an unwelcome guest might sneak into this picture as well- a truly fiendish, unfamiliar character, perhaps, dressed in the costume of a hunter, splitting up many a couple and seducing the local beauties. It is said that many of these dancers now repent their wicked recklessness inside *Satan's Wall* above Tweng. But not everyone is scared away by tales such as these for, as the local saying goes: *In the hill country, there is no such thing as sin!*

The starting point for this hike is the car park at the turn-off for the Znachtal in the Upper Weisspriach Valley, which is easy to reach by car or on the valley bus (coin-operated toll booth/fee: € 4,-). The hike takes you along gravel path No. 770, past the Grangler Hut (elev. 1,320 m) to the trail fork at the "Uln Hut" (stop for the valley bus). Make a left behind the hut, continue past the roaring waterfall and cross the Longa. After about 200 m, a marked hiking trail breaks off to the left and takes you to the Toni Mörtl Hut, where refreshments are available. Having reached the hut, you will first keep straight and then make a left, hiking past the Wirpitschsee (elev. 1,699 m) to the Lower Schönlalmsee (elev. 1,893 m). From here, the trail continues to climb toward your destination, the Upper Schönlalmsee (elev. 2,115 m).

Elevation Change: ca. 840 m
Difficulty: ● **intermediate** to ● **difficult**
Time on Trail: approximately 3.5 hours to the Upper Schönlalmsee
Bus Service: No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut – Uln Hut
Parking: Znachtal turn-off
Refreshments: Grangler Hut, Toni Mörtl Hut

11 Oberhüttensee (elev. 1,866 m)

Weisspriach Valley

A Deadly Pilgrimage to the Filzmooser Kindl

Before the ascent to the Oberhüttensattel and just beyond the last mountain hut, there stands a lonely wayside altar to commemorate a fatal accident that occurred on October 12, 1817. For a long time, the incident was only known in the form of the legend of *The Two Denggen Women*. Pastor Josef Schitter



examined the rotting board more closely and was able to decipher names and a date. The following entry had also been made in the death registry in Mariapfarr: The 19-year-old daughter of the Denggen farm, Maria, and Katharina Moser, 28 years of age, daughter of a tenant farmer in Steindorf, in service as a maid at the Denggen farm, embarked on a pilgrimage to Filzmoos on October 11, 1917. In order to do so, they used the commonly traveled and quite beautiful crossing over the Oberhüttensattel. Such expeditions on foot were not only regarded as spiritual exercises, they were also healthy and enjoyable, taught participants about the outside world, and, last but not least, would provide returning travelers with Styrian apples to fill their rucksacks. But in this particular case, things took a bad turn. On their return journey, the two young women were surprised by fog and driving snow. Already worn out by the strenuous walk through the Forstau Valley, they succumbed to their exhaustion just below the Oberhüttensattel. When they were finally discovered a few days later, it is said that tears frozen to ice still stood upon their cheeks.

The starting point for this hike is the car park at the turn-off for the Znachtal in the Upper Weisspriach Valley, which is easy to reach by car or on the valley bus (coin-operated toll booth/fee: € 4,-). The hike takes you along gravel path No. 770, past the Grangler Hut (elev. 1,320 m) to the trail fork at the "Uln Hut" (stop for the valley bus). You will now make a right after the marked path, later taking trail No. 770. Once atop the Oberhüttensattel, you will discover the lake (elev. 1,866 m) and the Oberhütte (elev. 1,869 m), where refreshments are available. Take the same route back to the car park.

Elevation Change: ca. 590 m
Difficulty: ● **intermediate**
Time on Trail: approximately 3 hours to the Oberhüttensee
Bus Service: No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut – Uln Hut
Parking: Znachtal turn-off
Refreshments: Grangler Hut, Ober Hut

12 Wirpitschsee, Tiefenbachsee (elev. 1,699 m, 1,846 m)

Weisspriach Valley

The Frimlgeist

At the foot of the Teufelskirche, the Upper Weisspriach Valley divides into two arms. Take a right and you will come to the Znachtal, while a left will bring you to the Oberhütte and the Wirpitschsee. Before you reach this fork, the path takes you up narrow, steep stage known as the Lahntörl.



In earlier times, this area was often threatened by avalanches and rockslides, a place many people found to be very creepy and unsettling. Not far from here is the lower Frimlalm. On the way there is a rock on which, with a little imagination, you will have no problem making out the shape of claws and a face.

The following event is said to have occurred here: It was Christmas Eve and a farmhand from the Frimlbauer Farm was making a long trek out to an alpine hut, in order to fetch back the lid of a butter churn that had been forgotten there. In the local dialect, the object is known as a *Riakiwebai*. In midwinter, especially, a solitary traveler must always expect strange encounters, for these nights are, after all, the domain of demons and spirits. The lad believed none of this. However, he did begin to get a few butterflies in his stomach as he heard a strange call coming from a rocky mountainside: *Attack, attack, don't you see the red-haired man?* Equally as uncanny came the response: *I can't get to him, he is led by that four-legged biter!* Now the lad did indeed have his brave dog, Vieräugl, at his side. When he tied him to the fence of the hut in order to retrieve the *Riakiwebai* from within, the poor animal began to whimper quite pitifully. When he returned from the hut, he couldn't have been more taken aback, for standing there before him were two tethered dogs, identical in every way. One of the animals seemed like a kind creature to him, with its tail wagging back and forth, so the farmhand went ahead and released him. But that was the wrong decision. Next to a boulder appeared a black dwarf, who placed his cold, clawed hand on the lad's shoulder and whispered: *Whatever this day delivers to me, shall belong to me evermore!* Thus began a fray for life and death, and the boy would certainly have been lost if it were not for the fact that his brave companion, Vieräugl, had torn himself loose in order to aid his master. Suddenly, the black dwarf disappeared like a ghost in the night. But how thoroughly did this night change the young man! The next morning, when he stepped into the farmhouse at the Frimlbauer Farm, the young farmhand had been transformed into an old man with grey hair.

Larch Trees Ablaze in the Autumn Sunlight

Autumn tours of the mountains promise a brilliant display of color: golden sunshine, blue skies and larch trees resplendent in oranges, yellows and greens. Unforgettable moments are guaranteed. The sparkling blue waters of the Wirpitsch and Tiefenbach lakes below the Tauernhöhe, larches and defiant pine trees, along with the crumbling walls of abandoned mountain huts, take the romance of this mountain setting to even greater heights and turn it into a picture book landscape filled with lasting memories.

The starting point for this hike is the car park at the turn-off for the Znachtal in the Upper Weisspriach Valley, which is easy to reach by car or on the valley bus (coin-operated toll booth/fee: € 4,-). The hike takes you along gravel path No. 770, past the Grangler Hut (elev. 1,320 m) to the trail fork at the "Uln Hut" (stop for the valley bus). Make a left behind the hut, continue past the roaring waterfall and cross the Longa. After about 200 m, a marked hiking trail breaks off to the left and takes you to the Toni Mörtl Hut, where refreshments are available. After having reached the hut, first continue straight, then turn right just before reaching the Wirpitschsee (elev. 1,699 m). After about 150 vertical meters along an unmarked, but well-trodden pathway, you will come to the Tiefenbachsee at 1,846 meters above sea level.

Elevation Change:	ca. 570 m
Difficulty:	● intermediate
Time on Trail:	approximately 2 hours to the Tiefenbachsee
Bus Service:	No. 710 to Mariapfarr – Weisspriach – Znacht turn-off – Grangler Hut – Uln Hut
Parking:	Znachtal turn-off
Refreshments:	Grangler Hut, Toni Mörtl Hut

13 Lignitzsee (elev. 1,965 m)

Mariapfarr Lignitz

Spellbound Fishes and the Mountain Dwarves of the Hundstein

Meat was a relatively rare treat in the olden days. But older farmers still recall how, in the days when they were still young shepherds and cowherds, they were able to catch char, trout and *schwareiter*, all of which they refer to as “small fish.” Up at the hill farms, especially, where there was only butter, cheese soup and cheese for days on end, a fish in the frying pan was a welcome change of pace. The fish in the tranquil waters of the Lignitzsee were also highly desired. But word had it that the dwarves who inhabited the Hundstein guarded the stock of fish in this lake. These were said to be no ordinary fish, but rather spellbound spirits that the dwarves had under their control. As if conjured up from the depths of the earth itself, an iron-grey dwarf would suddenly be seen standing on the shore, tightly wrapped up in his hooded cloak and never uttering a sound. This supernatural creature and his kind have never spoken a single word to man.



Water from the Lignitzsee drains off in mysterious fashion as well. The Lignitzbach flows down to the valley below in three stages, though in doing so, it only reveals itself twice and very briefly above ground.

Setting out from the Kocherbauer Farm (run by the Daum Family) in the Lignitz Valley, you will come to a car park and a gate after 1,500 meters. Hike along this flat gravel road to the upper huts, then across beautiful alpine pastures (trail No. 774) up to the lake (elev. 1,965 m).

Elevation Change: ca. 630 m

Difficulty: ● **intermediate**

Time on Trail: approximately 2.5 hours to the Lignitzsee

Parking: close to Kocherbauer farm

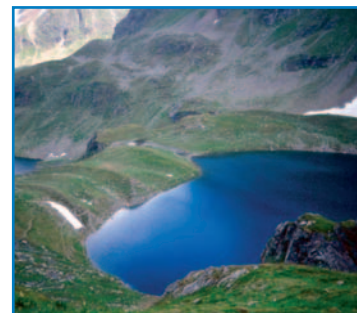
Refreshments: Wielandhof

14 Landawirseen (elev. 1,977 m, 2,047 m)

Göriach Valley

Kaswurm Snake and Kasastoa

The dairymaids of Göriach were always proud of their good cheese. But one day, the cheese worms (*Kaswurm*) bored into the white and golden yellow rounds of cheese, causing them to become *ongla grausig*, as the people of the Lungau say whenever they feel that something tastes dreadful. The legend goes on to say that a hunter finally found a long, white snake at the base of a rock on the trail's edge not far from the hut village. He waited patiently until he was finally able to fire a deadly shot. The monster immediately fell apart into a pile of tiny worms which, as quick as a flash, disappeared into the cracks and fissures of the ground. Since that time, the dairymaids at this hut village have been spared from these vexatious cheese worms, with their savory cheeses appealing even to the most gourmet of palates. The *cheese stone* (*Kasastoa*) stands there to this day – clearly visible on the edge of the trail where, as hikers make their way into the valley, the picturesque hut village comes into view. It was also here that the new cowherds were officially welcomed into the community.



From the car park located just outside the hut village in the Upper Göriach Valley, you will take trail No. 775 to the Landawirsee Hut (elev. 1,985 m). Continuing past the hut, you will come to the Lower Landawirsee (elev. 1,977 m) and the smaller Upper Landawirsee (elev. 2,047 m). The hike from the car park to the Landawirseen takes about 2.5 hours.

Elevation Change: ca. 610 m

Difficulty: ● **intermediate**

Time on Trail: about 2.5 hours to the Landawirseen

Bus Service: No. 720 to Mariapfarr – Göriach – Göriach Hut Village car park

Parking: just before the Göriach Hut Village

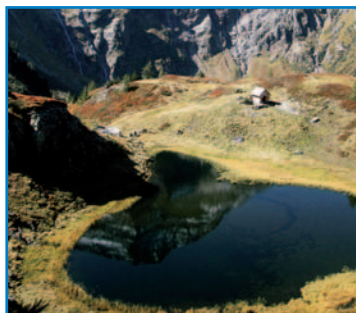
Refreshments: Hansal Hut, Landawirsee Hut

15 Gralatissee (elev. 1,816 m)

Upper Lessach Valley

The Golden Hen

In the secluded Gralaticar – at the foot of the Hochgolling – lies a small mountain tarn, one of many that adorn the crossing from the Lessachtal to the Schladminger Tauern. For many an hour during the day, the tall rocky crags of the Hochgolling are reflected in its dark green waters, giving the abandoned alpine hut there an almost fairytale appearance.



It has been a long time since the gold miners of the Lessachtal dug for silver, copper, and sulfur, with their greatest bounty discovered on the steep slopes of the Hochgolling itself. At dizzying elevations, they drove their mine galleries deep into the mountainside. Many entrances and steps hewn out of the rock are visible to this day. With the arrival of winter, the miners would abandon the mines and return again in the springtime. One area of snow, located above the Gralaticar, would always remain, taking on the silhouette of a hen, a sign to the miners that the ore mines were once again free of ice and snow. The ore of the Hochgolling petered out many, many years ago and mining ceased, but the Golden Hen above the Gralatissee is still there for everyone to see.

Leaving from the Lasshoferalm (elev. 1,270 m) in the Upper Lessach Valley (toll road/fee: € 4,50), you will initially hike out in a northerly direction to the point where the valley forks. Hike to the left (west) along trail RW 8, which will take you on a steady climb directly to the eastern slopes of the Hochgolling and the Gollinganger. From there you will continue southwards to the Gralatissee (elev. 1,816 m).

Elevation Change: ca. 550 m
Difficulty: ● **intermediate** to ● **difficult**
Time on Trail: about 2,5 hours to the Gralatissee
Parking: Lasshoferalm
Refreshments: Lenznalm, Lasshoferalm

16 Landschitzseen (elev. 1,778 m, 1,937 m)

Upper Lessachtal

Of the mysterious Kasmandl

The dwarf-like, half-savage Kasmandl is an alpine spirit who, in the summer months, inhabits the highest peaks, darkest forests and most inaccessible areas, feeding upon roots and wild herbs. At Martinmas, in late autumn, the little rascal leaves his hiding place and sneaks into the abandoned alpine huts, where he spends his time snacking on remnants of butter and cheese, left there by the hill farmers as a friendly gesture toward him. But in late spring, when up in the mountains the very first grasses and herbs are beginning to peek out of the ground, the Kasmandl must leave the huts and head back up toward the high, lonely mountaintops. Just before the cattle are driven up to the alpine pastures for summer grazing and the dairymaids and cowherds settle in for the summer, the farmer would generally hike up to his hut alone and check that everything was as it should be. Upon his return home, he would then tell his eagerly attentive children how he had, once again, driven away the Kasmandl.



The lowest of the three Landschitzseen (elev. 1,778 m) can be reached from the Lasshoferalm (elev. 1,270 m) in the Upper Lessachtal (toll road/fee: € 4,50) via a marked trail (No. 784). The hike takes about 2 hours. We would recommend continuing your hike to the middle and then the upper Landschitzsee (elev. 1,937 m). The hike from one lake to the next takes about 45 minutes.

Elevation Change: ca. 510 to 810 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: approximately 3.5 hours to the upper Landschitzsee
Parking: Lasshoferalm
Refreshments: Lenznalm, Lasshoferalm

17 Zwerfenbergsee, Angersee (elev. 2,024 m, 2,100 m)

Upper Lessachtal

Chance Encounters with the Kasmandl

The *Kasmandl* shies away from people, making any chance encounter so very rare, wondrous, and mysterious, that a legend would be woven around any such occurrence. Two such stories come to us from the Lessachtal. Once upon a time there was a hunter who, having just killed a chamois, decided to cook up



some fresh liver at an unoccupied mountain hut. As he stepped in the door, he saw no other than the *Kasmandl*, who was already cooking up his own meal, a charred frog on a wooden skewer sizzling over the open fire.

Yet another tale reveals that the *Kasmandl* is also a lover of music. A farmhand from Lessach, who also happened to be a wonderful fiddle player, made a deal with the farmer that if he were able to entice the *Kasmandl* down from the hill country with his music, he would receive a spotted milk cow as his reward. On Martinmas Eve, the time for the trial had finally arrived. The *Kasmandl*, accompanied by a black cow, strode by the fiddle player and the astonished farmers, before disappearing into the murky night.

From the car park at the Lasshoferalm (elev. 1,270 m) in the Upper Lessachtal (toll road/fee: € 4,50), we begin a somewhat challenging hike. At the trail fork, you will take trail No. 777 to the biggest lake in the Lungau region, the Zwerfenbergsee, elev. 2,024 m. The hike takes about 3.5 hours. A detour to the somewhat higher Angersee (elev. 2,100 m), which takes about 30 minutes, is highly recommended.

Elevation Change: ca. 850 m
Difficulty: ● **intermediate** to ● **difficult**
Time on Trail: about 3,5 hours to the Zwerfenbergsee
Parking: Lasshoferalm
Refreshments: Lenznalm, Lasshoferalm

18 Prebersee (elev. 1,514 m)

Tamsweg Preber Area

The Golden Harrow

Nestled within a delightful, sunny stretch of land is the mysterious Prebersee (elev. 1,514 m). Suspended matter in the water of the moors gives the water surface its dark color. Along the flanks of the Preber (elev. 2,740 m), with its imposing ridgeline, there extends a broad region of alpine pastures boasting a



number of rewarding hiking destinations. But rather than the soothing mountain sun, it was the call of gold that enticed treasure hunters to the area throughout the centuries. The old Venediger Books chronicle the existence of the so-called *Bishop's Hole* below the Trogleiteneck on the way to the Preberspitze, the site of a gold mine from which high-quality gold ore was extracted over a protracted period of time. Inscriptions on the rocks at the entrance to this protected cave remind us of those days long past. Legend, incidentally, has now transferred the legendary *Preber Gold* to the lake itself. According to this legend, at some point in the distant future, the lake's tranquil waters will rise over its shores and flood the entire area of the Murboden. Finally, a harrow made of pure gold will be washed up from the lakebed, one so valuable that it will be possible to rebuild everything anew, including St. Leonhard's Church. What fears the people of those times must have lived with! Nowadays, we probably have a better perspective on things, seeing those flecks of gold that sparkle atop the lake's dark moorland waters as perhaps the one grain of truth to this particular legend.

Reachable by car or valley bus from Tamsweg. An alpine moorland lake is located at 1,514 m above sea level is circled by the Self-guided Moors Trail around the lake. This trail is accessible both to prams and wheelchairs. Leaving from the car parks, the walk takes about 45 minutes.

Time on Trail: 45-minute loop
Difficulty: ● **easy**
Bus Service: No. 740 from Tamsweg – Prebersee
Parking: Car park next to Lake Prebersee
Refreshments: Ludlalm

19 Rosaninsee (elev. 2,080 m)

Bundschuh Nature Sanctuary

The Spirit in the Freimannsloch

The alpine meadows of the Nockberge mountains, fragrant with smell of the herb muskroot, were first worn beautifully smooth by ice-age glaciers and subsequently deforested by ore miners.



Hikers here roam through a very peaceful world. Mining ceased about 100 years ago, which meant that a fire has not burned in the Bundschuh smelter for about the same period of time. But legend has it that there are still treasures out there, hidden amid the fissured crags above the Rosaninsee. One now legendary spot became known as the *Freimannsloch*. Year after year, a treasure hunter would come here and extract his rewards from a mysterious cave between Stangalm and Rosanin. *“If people only knew what wealth lay below their feet, they would have far fewer concerns,”* he once revealed to a poor shepherd. The latter, of course, had no grasp that wealth might also come in the form of pristine beautiful countryside. He secretly searched for the hidden cave and did indeed find gold and silver. The local magistrate found his newly acquired fortune suspicious and, since he refused to reveal the truth, he was cast into a dungeon. Only in the night before his scheduled execution did he confide the details to the executioner, in exchange for a promise that he would gain his freedom. The executioner was a scoundrel, kept the secret to himself, and put the man to the sword the next morning. But he, too, did not escape punishment, for it is his spirit which now haunts the Freimannsloch, where he stands guard with a bloody axe, scaring away potential intruders.

Setting out from the car park across from Almhotel Schönfeld or from the Dr. Josef Mehrl Hut (elev. 1,730 m), you will cross the bridge and then make a left, hiking steadily uphill along trail No. 126 to the Rosaninsee (elev. 2,080 m). Once there, we would highly recommend a hike up to the GROSSER KÖNIGSTUHL (elev. 2,340 m). The hike to the Rosaninsee takes about 1.5 hours, the hike from the Rosaninsee to the GROSSER KÖNIGSTUHL approximately 1 hour.

Elevation Change: ca. 350 to 610 m (depending on tour variant)

Difficulty: ● **intermediate**

Time on Trail: approximately 1.5 hours to the Rosaninsee

Bus Service: St. Michael – St. Margarethen – Schönfeld
Dr. Josef Mehrl Hut

Parking: across from Almhotel Schönfeld, Dr. Josef Mehrl Hut

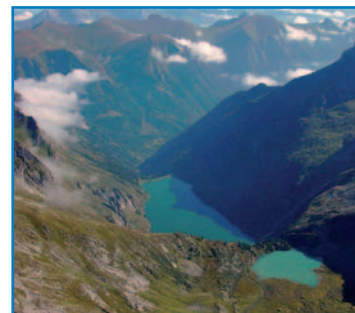
Refreshments: Dr. Josef Mehrl Hut

20 Rotgüldensee (elev. 1,735 m)

Muhr, the Nature Park Village

The Golden Treasure in the Lake

As evening commences, the lake becomes a sea of reddish gold, warm rays of sunshine streaming across the glistening waters. Rotgülden is a place that still resonates with the long, eventful history of those mines, miners, and gold prospectors that were once so much a part of this region.



There was once a rich mine owner, or so the tale would have it, who oversaw gold mining in Muhrwinkel. He was a proud, hard on his miners, but his love for his only daughter surpassed all else. Then the daughter fell in love with a poor mine worker. Overcome with jealousy, the father forbade her any future contact. Overcome by grief, the girl became mortally ill and, in a matter of days, was borne out to the cemetery. The father was in utter despair and, from this day on, hated gold as much as death itself. So filled with sorrow was he, that he sank his entire fortune into the dark waters of this lake, which has been known as the Rotgüldensee (red-gold lake) ever since.

Leaving from the car park at the Arsenhaus (elev. 1,341 m, the hut is not open to the public), you will take the self-guided nature trail to the Rotgüldensee Hut and on to the lower Rotgüldensee (elev. 1,735 m). Option to take way-marked shortcuts (rather steep) leading through different kinds of vegetation (e.g. columbine, larkspur, wild oregano and marjoram, a variety of orchids etc.). From the hut, a beautiful trail leads out above the lake shore to the far shoreline, taking us through tall vegetation and rare plants. A unique experience for anyone who loves flowers. The hike takes about 1.5 hours.

Elevation Change: ca. 400 m

Difficulty: ● **easy**

Time on Trail: approximately 1.5 hours to the lower Rotgüldensee

Bus Service: No. 760 to Muhr – Muhr Rotgülden

Parking: Arsenhaus car park (Muhr Rotgülden bus stop)

Refreshments: Rotgüldensee Hut

21 Anderleseen (2.080 m)

Bundschuh nature preserve

The legend of the bloody meadow

A lot of speculation among history experts

The smooth landscape of the Nockberge in the most southern corner of Lungau was deforested by iron mining. There are now green alpine meadows as far as the eye can see. Tumultuousness and stress are quickly forgotten here.



How could the legend of the bloody meadow unfold in such peaceful countryside? Yet, this story, a popular oral history in these parts, is said to be rather true. This area has actually been attacked by warring factions three different times. The setting of this legend is a type of embankment, which surrounds an alpine plain on three sides. It is divided to the south by the Kremsbach and in the east by the Bundschuhbach. The events of the war, however, can not be confined to such a small space. But one thing at a time:

In the 7th century, the Slavs advanced from the south into the Niedere and Hohe Tauern in search of more land to settle, and there arose a fierce struggle for power with the Bajuvarii who were pushing from Bohemia towards the south. To the old settlements of the Alpine Slavs such as Stranach ("side"), Göriach ("amongst the mountain dwellers"), or Begöriach, there were now added the names of Bavarian ones such as Oberbayrdorf, Mörtelsdorf, Seitling, etc. Under the Slavic king Samo, who died in 658, these battles were said to have flared up especially intensely. The Bajuvarii duke Diet along with his wife Gleistrada, according to legend, died there on this bloody meadow in Bundschuh, and their gravesite can be found at St. Michael's parish church. So much blood shed in this beautiful alpine world surrounding the Anderleseen. Today, the area is a blessing for all those who consider the peace and quiet of nature a true gift.

By bus or car you will take the main Bundschuh road (L 267) to the lift parking lot in Schönfeld at an elevation of 1,740 m, the starting point for this hike. Keeping to the right, you will hike over the Matehanshöhe, along the ridge, and over the Zechnerhöhe, Gaipahöhe and Kameritzhöhe to the Anderleseen lakes at an elevation of 2,080 m.

Elevation change: 340 m
Difficulty: ● **intermediate**
Time on trail: ca. 3.0 hours
Bus service: no. 751 from St. Michael to Schönfeld
Parking: Schönfeld lift parking lot
Refreshments: Dr. Josef Mehrlhütte

01 Gruberalm (elev. 1,514m)

Riedingtal Nature Park, Zederhaus

Hut Highlights – "Wooden Tools & Toys"

An old pitchfork tells of the former days of hay-making here in the hill country. Every bushel of hay was valuable, essential to getting the dairy cows through the winter, while the wooden tools the farmers needed were manufactured right there on the farm. *Machln* is what they call it in the Lungau dialect, while



the workshop is known as a *Zeferhittn*. Great maple, birch and spruce trees produce a lightweight wood and were therefore used to make rakes, pitchforks and other tools. If a more durable wood was needed, farmers turned to ash or barberry. *Gischgalatznhoiz* is what the Lungau locals called the latter. From its red berries, incidentally, you can make a delicious and healthy juice. At the Gruberalm, your hosts still nurture ages-old insights into finding the right wood for the right job. And your children can look forward to playing with homemade wooden toys!

Alpine Flavor – Gruberalm

Homemade ingredients from an organic farm in our meals and snacks. Home-baked bread with bacon and Tyrolean gray cheese to invigorate hikers. If you have an appetite for a warm meal, order ahead for some tasty "Hasenöhl" (unsweetened pastry) with sauerkraut.

Open to the Public: June to October
Overnight Accommodations: no
Contact: Gottfried Gruber Family, Gruberbauer farm
Telephone: 0043 (0)6478 390

How to reach us

As a starting point for our hike, we would recommend the car park located near the south entrance to the Tauern Tunnel (elev. 1,345 m). The hiking path will take us on a walk lasting about 1.5 hours to the Gruberalm (elev. 1,514 m). For an alternative, take a ride on the valley bus or drive your own car (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralm (elev. 1,495 m). From there continue on foot along the shores of the Schlierersee and the banks of a stream, or ride the valley bus to the Gruberalm. The walk from the Schliereralm to the Gruberalm takes about 30 minutes.

Elevation Change: ca. 170 m
Difficulty: ● **easy**
Time on Trail: ca. 0.5 to 1.5 hours (depending on tour variant)
Bus Service: No. 770 to Zederhaus – Wald – Schliereralm – Gruberalm
Parking: near the Tauern Tunnel (south entrance), Schliereralm

49 Hoislalm (elev. 1,556 m)



Riedingtal Nature Park, Zederhaus

Hut Highlights - "Hill farming past and present"

At the newly renovated Hoislalm you can experience and discover life on the farm. Old and young visitors alike are given interesting insights into hill farming of the past and present. With advance reservation, the farmers will even take some time to personally introduce you to the farm. Just as "Hoisl Peter"



once milked cows at the Hoislalm with his own hands, you can also try your "hand" at milking at the "nature park cow". Enjoy the refreshing mountain air, watch the pigs being their usual lazy selves and the cows grazing, or simply take delight in listening to the rush of the mountain stream... If you are in the mood for some healthy Kneipp therapy, step into the fresh mountain waters of the Riedingbach right next to the hut.

Alpine Flavor – Hoislalm

A particular specialty of the Hoislalm are meat pockets right out of the hot pan. All ingredients used in our delectable alpine snacks are produced here at the Hoislalm. The hill farmers invite you for refreshments, to refuel with farm-fresh products, enjoy the beautiful view, or simply to take a break and rest.

Open to the Public: June until end of September
Overnight Accommodations: yes
Contact: Schlick Family, Hoislbauer farm
Telephone: 0043 (0)650 3411931
E-Mail: hoislbauer@cablink.at

How to reach us

As a starting point, we recommend the parking area at the south entrance to the Tauern tunnel (elev. 1,345 m) – from there it takes about 2.5 h to reach the Hoislalm. It's also possible to travel by car to the parking area for the Nature Park Info Center (toll road/€ 8 fee, incl. valley bus during the main vacation season) – also the starting point of the Almenwanderweg trail. By taking this idyllic trail you will reach the Hoislalm in an hour. Hikes during the main holiday season can also incorporate a ride on the valley bus.

Elevation Change: ca. 210 m
Difficulty: ● **easy**
Time on Trail: ca. 1 to 2.5 hours (depending on the tour variant)
Bus Service: Line 770 to Zederhaus - Wald – Nature Park Center at the Schliereralp - with the valley bus to the Hoislalm
Parking: Tauern tunnel south entrance, near the Nature Park Center

02 Jakoberalm (elev. 1,839 m)

Riedingtal Nature Park, Zederhaus

Hut Highlights – "Kneipp Therapy in a Mountain Tarn"

The Jakoberalm sits beneath the Mosermandl amid glorious alpine pastures, where countless hikes varying both in length and difficulty await you. You are also certain to be tempted to enjoy the invigorating stimulation of the fresh mountain stream – a true joy for your toes, soles, heels, calves, knees and arms.



The Jakoberalm has managed to preserve many of its traditional household items. Ever heard of something called a *Bittrach*? The name of this rounded wooden vessel is Slavic in origin. Used in summer, the *Bittrach* was filled with fresh spring water. Then a farmhand would carry it out to the dairymaids and cowherds working in the fields.

Alpine Flavor – Jakoberalm

Cheese dumplings and cheese-dumpling soup have a permanent place in the country-style cooking of the Lungau. Certain to satisfy the most ravenous hunger pangs, these dishes at the Jakoberalm are still made from old family recipes. Want to know the ingredients? Just ask. Your hosts at the Jakoberalm will be glad to share!

Open to the Public: June until late September
Overnight Accommodations: yes
Contact: Johann Gruber Family, Jakoberbauer farm
Telephone: 0043 (0)6478 504
E-Mail: jakoberbauer.zederhaus@sbg.at

How to reach us

From Zederhaus take the toll road (€ 8 fee, incl. valley bus during the main vacation season) towards Riedingtal (about 9 km) until you get to the „Jakoberalm“ car park (ca. 0.5 km prior to the Schliereralp). From this point, a supply road and a marked hiking path lead to the Jakoberalm (elev. 1,839 m). We highly recommend hiking to the Esser See (see page 10) or the Rothenwändersee (see page 12).

Elevation Change: ca. 350 m
Difficulty: ● **intermediate**
Time on Trail: ca. 1 hour
Bus Service: No. 770 to Zederhaus – Schliereralp
Parking: next to the trail to the Jakoberalm

15 Königalm (elev. 1.667 m)



Riedingtal Nature Park, Zederhaus

Hut Highlights – “Zwergerteich and Waterwheel”

We are only a leisurely one-hour hike from the Nature Park House or a short ride on the Valley Bus from the Königalm. Anyone who makes a refreshment stop here is certain to enjoy the setting with every fiber of their being – the tranquility, the pristine scenery, and, of course, the mouthwatering country cooking.



Ducks waddle and splash about in the *Zwergerteich* next to the terrace, while sheep and lambs graze nearby – an alpine paradise for children of all ages. After all, here they can play to their hearts' content, gaze at the waterwheel and pet the lambs.

Alpine Flavor – Königalm

At the Königalm, the owner cooks for you personally throughout the day. Hikers can count on hot meals served from opening to closing time. The Königalm serves hearty dishes based on regional recipes, specialties of the hill country and homemade ingredients, including bacon and cheese. Their wholegrain cheese noodles with a lingonberry foam are delicious and a well-known specialty of the Königalm. Mmmhh, they taste heavenly!

Open to the Public:	beginning of June until October
Overnight Accommodations:	yes
Contact:	Robert Batlogg Family
Telephone:	0043 (0)664 2523297
E-Mail:	koenigalm@sbg.at

How to reach us

As a starting point for a hike, we would recommend the car park located near the south entrance to the Tauern Tunnel (elev. 1,345 m). Following the hiking path we will reach the Königalm after about a 2.5-hour walk. For an alternative, take a ride on the valley bus or drive your own car (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralm. From there continue on foot via the Almenwanderweg path, or ride the valley bus to the Königalm. The walk from the Schliereralm to the Königalm takes about 1 ¼ hours. We also recommend taking a walk to the Boarnlacke (see page 9) or the Ilgsee – Zaunersee (see page 11).

Elevation Change:	ca. 350 m
Difficulty:	● easy
Time on Trail:	ca. 1 ¼ to 2 ½ hours (depending on tour variant)
Bus Service:	No. 770 to Zederhaus – Wald – Schliereralm – Königalm
Parking:	near the Tauern Tunnel (south entrance), Schliereralm

03 Liasalm (elev. 1.812 m)

Karthäusen - Zederhaus

Hut Highlights – “With scythe and whetstone”

Have a sharp edge – a local phrase that applies to a person who demonstrates courage, skill and strength. To be a good hay-reaper, you needed good physical skills and a scythe you could count on, which meant you needed to be able to sharpen your blade correctly with the whetstone you carried in a leather pouch on your belt. At the Liasalm, the correct techniques of hand-scything have been passed down through the generations. The joy of learning to practice this skill the right way is something your hosts are also glad to share with you. *“The scythe continues to be absolutely indispensable to hill farmers, especially when cutting hay in more inaccessible areas.”* TIP: A feast for the eyes for all visitors – the wonderful floral decorations at the hut.



Alpine Flavor – Liasalm

Cutting hay always works up an appetite. Specialties of the Liasalm include *“Topfenmuas”* (dish with curd cheese) and cheese. Out in the glorious alpine meadow, the farmer's wife introduces visitors to a variety of medicinal herbs and their uses.

Open to the Public:	mid June until mid September
Overnight Accommodations:	no
Contact:	Erich Gruber Family, Liasnbauer farm
Telephone:	0043 (0)664 2719830 or 0043 (0)6478 243
E-Mail:	fam.gruber@liasnhof.at
Internet:	www.liasnhof.at

How to reach us

The starting point of the hike is directly across from a small saw mill in the town center of Zederhaus – from the church go about 200 meters towards the mouth of the valley. Follow the signposts via the avalanche gallery for the autobahn, then make a left onto the supply road as far as the crossing for the Karthäusenalmen. Continue on the old path, through the high forest along the Karthäusengraben to the Liasalm at an elevation of 1,812 m. **As an alternative** there is also a variant with Gasthof Jägerwirt as a starting point. Follow the road and ca. 50 m past the Jägerwirtbrücke bridge, make a left in the direction of the Karthäuser-Almen. Follow the gravel path as far as a gate, where you will find the trail leading up to the Liasalm. From there a supply road and a marked hiking path lead you on a 2.5 hr. walk to the Liasalm.

Elevation Change:	ca. 620 m
Difficulty:	● intermediate
Time on Trail:	ca. 1,5 to 2,5 hours (depending on tour variant)
Bus Service:	No. 770 to Zederhaus - center
Parking:	center of Zederhaus – near the shop “Kaufhaus Bliem”

04 Muhreralm (elev. 1.659 m)



Grosskessel – Zederhaus

Hut Highlights – “Müchbitschn”

Farmers used to transport milk in wooden buckets, barrels or *Bitschn* from the hill farm down to the valley below. But most of the milk stayed right where it was produced, where the dairymaid turned it into a variety of cheeses and butter. Mechanization and the construction of access roads made it possible to transport the fresh milk and cream in wooden or aluminum containers to the farms and then on to local dairies. Thus it became possible to supply local communities with fresh, high-quality dairy products. At the Muhreralm, visitors can still view some of these original *Müchbitschn*, while the youngsters can also look forward to playing with a homemade toy car.



Alpine Flavor – Muhreralm

Everything is home-produced – butter, freshly baked bread, cottage cheese seasoned with herbs and cheese noodles.

Open to the Public:	mid June until the end of September
Overnight Accommodations:	no
Contact:	Gruber/Jäger Family, Muhrerbauer farm
Telephone:	0043 (0)6477 8369
E-Mail:	muhrebauer@aon.at
Internet:	www.member.aon.at/muhrebauer

How to reach us

Prior to the toll station for Riedingtal Nature Park in Zederhaus, the forestry road branches off towards Grosskessel, where marked path No. 741 begins. This path now takes us to the Muhreralm (elev. 1,659 m) in about a 1-hour's walk. We also recommend taking a hike to the Rothenwändersee (see page 12).

Elevation Change:	ca. 250 m
Difficulty:	● intermediate
Time on Trail:	ca. 1 hour
Bus Service:	No. 770 to Zederhaus – Zederhaus toll station in Riedingtal
Parking:	Riedingtal toll station

05 Örgenhiasalm (elev. 1.710 m)



Riedingtal Nature Park, Zederhaus

Hut Highlights – “The cheese ripens in the *Katschka*”

Alpsfahris is the name found in old documents in reference to the wooden equipment that was brought up for use at alpine huts. These tools included the *Stotz* and *Katschka* for processing milk. The former was used to skim the milk in the days when there were no centrifuges. It was a large wooden dish, from which it was easy to ladle off the cream. The *Katschka* looks like a wooden flowerpot, bound by two wooden rings. The milk curd is allowed to mature overnight in this container, becoming the Lungau's famous Hill Cheese. Small round holes in the base of the container allow excess liquid to drain off. Up at the Örgenhiasalm, the *Stotz* and *Katschka* are far from being museum pieces. They still play an important role in daily life.



Alpine Flavor – Örgenhiasalm

Visitors can look forward to doughnuts straight out of the pan and hill cheese that is rich and flavorful. Yet another of the specialties here is home-cured bacon, made from the pigs raised right on the farm.

Open to the Public:	June to September
Overnight Accommodations:	yes
Contact:	Karl Schiefer Family, Örgenhiasalm farm
Telephone:	0043 (0)6477 7294 or 0043 (0)664 5940250

How to reach us

As a starting point for a hike, we would recommend the car park located near the south entrance to the Tauern Tunnel (elev. 1,345 m). Following the hiking path we will reach the Örgenhiasalm (elev. 1,710 m) after about a 3-hour walk. For an alternative, take a ride on the valley bus or drive your own car (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralm (elev. 1,495 m). From there continue on foot via the Almenwanderweg path, or ride the valley bus to the Königalm, after which you will make your way up to the Örgenhiasalm (about a 30-minute walk). Time on trail from the Schliereralm to the Örgenhiasalm is about 2 hours.

Elevation Change:	ca. 370 m
Difficulty:	● easy
Time on Trail:	ca. 0.5 to 3 hours (depending on tour variant)
Bus Service:	No. 770 to Zederhaus – Wald – Schliereralm – Königalm
Parking:	near the Tauern Tunnel (south entrance), Schliereralm

16 Schliereralm (elev. 1.495 m)



Riedingtal Nature Park, Zederhaus

Hut Highlights – “Butter- & Cheese-Making and a Petting Zoo”

The Schliereralm, which sits at the entrance to the Riedingtal Nature Park, is a wonderful getaway during any holiday in the Alps. The views of the landscapes are beautiful and accompanied by mouth-watering treats from the kitchen. The hut which stands next-door, whose dark wood has absorbed the power of the sun for the last three centuries, is still used for butter- and cheese-making. Visitors are encouraged to watch and even to lend a hand. These products are also available for purchase. Awaiting children on the green shoreline of the Schlierersee is a petting zoo, along with play equipment and trees to climb in. Bleating pygmy goats and cackling bantam chickens roam the area in search of the best snacks. **NEW:** As of summer 2012, there will now be a public, handicapped-accessible WC right at the Schliereralm.



Alpine Flavor – Schliereralm

Native trout teem in the clear mountain stream in front of the Schliereralm. Once caught, fried up fresh and flavored with homemade butter, they are served with Lungau potatoes to make an exceptional meal. Other specialties include Lungau cheese-dumpling soup, wiener schnitzel fried in home-churned butter and, of course, an utterly delicious Kaiserschmarren dessert. Order ahead and you will even be able to look forward to “*Hasenöhrl*” (unsweetened pastry) with sauerkraut.

Open to the Public:	mid May until October
Overnight Accommodations:	yes
Contact:	Johann Dorfer family, Schliererbauer farm
Telephone:	0043 (0)6478 484 or 0043 (0)6478 453
E-Mail:	info@schliereralm.at
Internet:	www.schliereralm.at

How to reach us

As a starting point for a hike, we would recommend the car park located near the south entrance to the Tauern Tunnel (elev. 1,345 m). Following the hiking path we will reach the Schliereralm (elev. 1,495 m) after about a 1-hour walk. For an alternative, take a ride on the valley bus or drive your own car (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralm (elev. 1,495 m). We recommend taking a hike to the Upper Riedingtal or circumnavigating the Schlierersee (see page 13).

Elevation Change:	ca. 150 m
Difficulty:	● easy
Time on Trail:	ca. 1 hour
Bus Service:	No. 770 to Zederhaus – Wald – Schliereralm
Parking:	near the Tauern Tunnel (south entrance), Schliereralm

06 Schwarzenbichl Hut (elev. 1.375 m)



Riedingtal Nature Park, Zederhaus

Hut Highlights – “Butter- & Cheese-Making”

Riakiwei is the name given in the Lungau to a container used to churn cream, with the aid of a crank and wooden handles, into butter and buttermilk. Children were often assigned to this rather tedious and tiring task, but their efforts were well rewarded when it was time for a tasty sandwich accompanied by a cup of fresh buttermilk. Many hill farms occasionally took advantage of nearby streams, using the force of the water to drive the *Riakiwei*. At the Schwarzenbichlhütte, there is so much “churning” every day – in the cheese vat or in the butter tub. All of the milk is processed every morning into various types of cheeses, yogurt, cottage cheese, or even butter. You can observe this daily work of the hill farmers at the cheese dairy - where delicious, genuine, and natural hill farm products are made (advance notice required).



Alpine Flavor – Schwarzenbichl Hut

The whey drinks and homemade fruit juices produced by the family of Andreas Pritz and Gabi Löcker couldn't be any healthier and they are definitely the best thirst-quenchers imaginable. We also recommend sampling the various homemade cheeses, along with hill-country butter and hearty, freshly baked bread. We promise, you have never tasted anything more delicious in your life!

Open to the Public:	mid June until mid September
Overnight Accommodations:	yes
Contact:	Pritz/Löcker Family
Telephone:	0043 (0)650 2499223 or 0043 (0)650 5585054 (Hut)
E-Mail:	trimmingerhof@salzburg.at
Internet:	www.tiscover.at/schwarzenbichlalm

How to reach us

The Schwarzenbichl Hut (elev. 1,375 m) is about 4.5 km from Zederhaus as you make your way into the valley and towards Riedingtal Nature Park (ca. 300 m prior to the Riedingtal toll station). Parking is available right next to the hut, as well as on the car park near the south entrance of the Tauern Tunnel (elev. 1,345 m), about a 5 to 10-minute walk from the hut.

Elevation Change:	ca. 30 m
Difficulty:	● easy
Time on Trail:	ca. 5 to 10 minutes
Bus Service:	No. 770 to Zederhaus – Schwarzenbichl Hut near the Tauern Tunnel (south entrance), Schwarzenbichl Hut

07 Zauner Hut (elev. 1,700 m)



Riedingtal Nature Park, Zederhaus

Hut Highlights – “Copper Kettle over the Farmhouse Fire”

Copper cooking utensils give foods a more refined flavor than do iron and steel. A large copper pot is thus the pride of every dairymaid. At the Zauner Hut, it hangs above a brick fireplace. It is filled with skimmed milk, since the cream is destined to be turned into butter, which then quietly simmers away over a low heat.



The milk *baht* ... the dialect term describing the clotting process of milk as it turns into a curd cheese. The Zauneralm continues to make use of generations-old herbal recipes to make their cheese.

Alpine Flavor – Zauner Hut

Henasteign, essentially a hot, deep-fried cake, is a Lungau specialty, traditionally enjoyed as a delicious, meatless summertime treat. It is accompanied, of course, by any one of a number of mixed milk drinks from the “Milk Bar” or simply pure, fresh milk from the farm’s very own cows. For tired, downtrodden feet, whey footbaths are soothing, and use the homemade herbal ointment for your cuts, bumps and bruises.

Open to the Public:	June to September
Overnight Accommodations:	yes
Contact:	Kremser Family, Zaunerbauer farm
Telephone:	0043 (0)650 3870063 or 0043 (0)6478 378
E-Mail:	zauneralm@aon.at
Internet:	www.zauneralm.at.tf

How to reach us

As a starting point for a hike, we would recommend the car park located near the south entrance to the Tauern Tunnel (elev. 1,345 m). Following the hiking path we will reach the Zauner Hut (elev. 1,700 m) after about a 2 ¾ hour walk. For an alternative, take a ride on the valley bus or drive your own car (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralm (elev. 1,495 m). From there continue on foot via the Almenwanderweg path, or ride the valley bus to the Königalm, after which you will make your way up to the Zauner Hut (about a 15-minute walk). Time on trail from the Schliereralm to the Zauner Hut is about 1 ¾ hours. We also recommend hiking to the Boarnlacke (see page 9).

Elevation Change:	ca. 390 m
Difficulty:	● easy
Time on Trail:	ca. ¼ to 2 ¾ hours (depending on tour variant)
Bus Service:	No. 770 to Zederhaus – Wald – Schliereralm – Königalm
Parking:	near the Tauern Tunnel (south entrance), Schliereralm

33 Grangler Hut (elev. 1,320 m)



Weisspriach Valley

Hut Highlights – “Herb Garden in a Cot”

It took a lot of effort and not a little sweat to turn the former Palffy Alm into the Grangler Hut we know today. But the Bergmann Family never gave up, finally creating their own little piece of paradise amid these lush alpine pastures. The Longa flows languidly by, nestled amid the glorious natural



setting of the Weisspriach Valley. Their humorous emblem: an antique, 70-year-old wooden child’s bed, standing at the entrance to the hut. The children who once slept in it have long since grown up, so now the bed frame serves as a garden spot for fresh herbs used in the kitchen. *Of course, they continue to invest an abundance of love in the place*, say the owners. Even a playground for kids can be found at the Grangler Hut.

Alpine Flavor – Grangler Hut

Hiking always results in a hearty appetite, as we well know. At the Grangler Hut, you will be greeted by hearty, healthy traditional dishes. The specialty is their *Blood-Sausage Griddle* featuring homemade blood sausage, caramelized onions and Lungau potatoes. Your taste buds are in for a delicious regional treat if you try the Farmhouse Stew, which includes roasted potatoes, bacon, vegetables and eggs.

Open to the Public:	mid May until the end of October
Overnight Accommodations:	yes
Contact:	Bergmann Family
Telephone:	0043 (0)664 6353715 or 0043 (0)6473 7310
E-Mail:	info@hausbergmann.at
Internet:	www.hausbergmann.at

How to reach us

The starting point for a hike to the Grangler Hut (elev. 1,320 m) and the surrounding mountain tarns, incl. the Oberer Schönalmsee, Oberhüttensee, Wirpitsch- and Tiefenbachsee (see pages 18, 19 and 20), is the car park at the Znachtal turn-off in the Upper Weisspriachtal (coi-operated toll booth/fee: € 4,-), which is easy to reach using the valley bus or your own car. Now following gravel path No. 770 (also suitable for prams), we will take a walk lasting about 30 minutes to the Grangler Hut. The Grangler Hut can also be reached directly using the valley bus.

Elevation Change:	ca. 50 m
Difficulty:	● easy
Time on Trail:	ca. 0.5 hours
Bus Service:	No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut
Parking:	Znachtal turn-off

27 Toni Mörtl Hut (elev. 1.700 m)



Weisspriach Valley

Hut Highlights – “Butter from a decorative mold”

True to Alpine tradition, flavorful butter is pressed into a decorative wooden mold known as a *Buttermodel*. Carved into these molds are an array of plant motifs and symbols of blessing, which are then transferred to the butter itself. In the old days, the dairymaids would gather to compare and admire the beautifully decorated slabs of butter. Nowadays, these molds enjoy a place of honor in every hut. At the Toni Mörtl Hut, for instance, your hosts have managed to preserve a number of exceptionally beautiful examples. They are always quite happy to share details of the origins of themolds and how they are used.



Alpine Flavor – Toni Mörtl Hut

Lingonberries in the Lungau ripen in September and are transformed into delicious jams, compote and juice. With your Kaiserschmarrn at the Toni Mörtl Hut, you will be served lingonberries preserved on site. Yet another delicious specialty is the cheese strudel.

Open to the Public:	mid June until mid September
Overnight Accommodations:	no
Contact:	Macheiner Family
Telephone:	0043 (0)664 9260975 or 0043 (0)6473 8583
E-Mail:	office@tonimoertlhof.at
Internet:	www.tonimoertlhof.at

How to reach us

The starting point for a hike to the Toni Mörtl Hut (elev. 1.700 m) is the car park at the Znachtal turn-off in the Upper Weisspriachtal (coin-operated toll booth/fee: € 4,-), which is easy to reach using the valley bus or your own car. The hike takes us along gravel path No. 770, past the Grangler Hut to the trail fork at the „Uln Hut“ (a stop for the valley bus). We now continue on behind the hut to the left, passing a thunderous waterfall and crossing the Longa. After ca. 200 m, a marked hiking trail leads off to the left to the Toni Mörtl Hut (serving refreshments), located very close to the Wirpitschsee (see page 20). We recommend taking a hike to the Upper Schöalmsee (see page 18).

Elevation Change:	ca. 420 m
Difficulty:	● intermediate
Time on Trail:	ca. 1.5 to 2 hours
Bus Service:	No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut – Uln Hut
Parking:	Znachtal turn-off

35 Hansal Hut (elev. 1.420 m)



Göriach Valley

Hut Highlights – “Alpine world plucked from the pages of a picture book”

The Göriach *Hut Village*, which is set against the picturesque mountain backdrop of the Schladminger Tauern, is truly a vision from a fairytale. The rustic huts in this little village are close together - like plucked from the pages of a picture book. Hill-farming has always played a valuable role here, with many of the old tools (*butter churn, butter molds, etc.*) and techniques preserved to this day.



Alpine Flavor – Hansal Hut

Of course, there are plenty of tasty things to eat at the Hansal hut, including their specialty “Kaiserschmarrn”, fluffy sugared pancakes with raisins made to mother’s recipe. They have never tasted as good as they do right here – and best of all: the ingredients come from our own organic farm!

Open to the Public:	mid May until mid October (during October depending on weather conditions!)
Overnight Accommodations:	no
Contact:	Wirnsperger Family
Telephone:	0043 (0)664 1130080
E-Mail:	hansalgut@aon.at
Internet:	www.hansalgut.com

How to reach us

Taking either the bus or our own car, we travel from Hintergöriach and into the valley for about 6.5 km, until we come to the car park outside the *Göriach Hut Village*. This is a unique alpine village (9 huts in total, 1 of which serves refreshments), also easy for seniors and parents pushing a pram to reach. From the last car park, it is only a few minutes’ walk to the Hansal Hut (elev. 1,420 m), which is, in turn, a great starting point for a hike to the Landawirseen lakes (see page 23).

Difficulty:	● easy
Bus Service:	No. 720 to Mariapfarr – Göriach – Göriach Hut Village
Parking:	prior to the Göriach Hut Village

37 Lasshoferalm (elev. 1,270 m)

Lessach Valley

Hut Highlights – “Getting a strike on an outdoor bowling lane”

Bowling is the name for this form of recreation when it is played on computerized lanes. But a game of *Kegelscheiben*, the way it has always been played in the Lungau, is far more fun. In the open air, on a wooden lane where, with a little bit of practice, you, too, will be able to send all *nine pins* crashing to the ground! At the Lasshoferalm in the Lessach Valley, the high-spirited enjoyment of outdoor bowling has experienced a resurgence. If you are new to the sport, your hosts will be more than happy to teach you the basic rules. And whenever you get hungry or thirsty, the kitchen is certain to have just what you are looking for.



Alpine Flavor – Lasshoferalm

The Lungau is famous for soil in which mushrooms thrive. The porcini and chanterelle mushrooms that go into the soup pot at the Lasshoferalm, of course, are all picked locally. *Bratwurst* (sausage) awaits anyone with a more hearty appetite, while a shot of home-distilled rowanberry schnapps serves as the perfect after-meal digestif.

Open to the Public:	end of June until the end of September and on weekends in October (depending on weather!)
Overnight Accommodations:	no
Contact:	Mrs. Sieglinde Perner
Telephone:	0043 (0)676 9352906 or 0043 (0)6484 267

How to reach us

Drive from Tamsweg in the direction of the Upper Lessachtal. After you have paid the toll charges (€ 4,50), it will be possible for you to drive all the way to the Lasshoferalm (elev. 1,270 m). The starting point for a hike is the car park just prior to the toll station, from which it is about a 2-hour walk along a forestry road, past the Lenzalm (elev. 1,253 m) to the Lasshoferalm. The Lasshoferalm is an ideal starting point for a hike to the Gralatissee, the Landschitzseen lakes and the Zwerfenberg- and Angersee lakes (see pages 24, 25 and 26).

Elevation Change:	ca. 100 m
Difficulty:	● easy
Time on Trail:	ca. 2 hours
Parking:	just before the toll station in the Upper Lessachtal

38 Lenzalm (elev. 1,253 m)

Lessach Valley

Hut Highlights – “Petting zoo and playing in open nature”

Families especially enjoy the pure nature on the Lenzalm in the “Hinteres Lessachtal” nature preserve. Children have an endless amount of room to run around and play here. For example, there is an adventure playground made of natural materials and a petting zoo with many different animals to discover. The nature path – on the tracks of the forest dwellers – in the last stage of the hiking path and the area around the hut will make the children’s eyes sparkle, and adults can experience pure nature! An extra bonus for bikers: there is also a charging station for e-bikes.



Alpine Flavor – Lenzalm

In a rustic, romantic atmosphere, enjoy special delicacies from our own ORGANIC farm such as farmhouse bread, butter, bacon, cheese, buttermilk, and homemade sausage. Home-cooked specialties such as cheese dumplings, blueberry pancakes, farmhouse donuts, and the famous Lungau Rahmkoch dessert invite you to linger and relax. We are also happy to cook fresh, seasonal dishes.

Open to the Public:	mid May until beginning of October, then depending on weather
Overnight Accommodations:	no
Contact:	Mr. Franz Sagmeister
Telephone:	0043 (0)664 1335487 or 0043 (0)6484 356
E-Mail:	f.sagmeister@aon.at

How to reach us

From Tamsweg, head in the direction of Hinteres Lessachtal nature preserve by car. After paying the toll (€ 4.50), you can then drive right to the Lenzalm (1,253 m). The starting point for a hike to the Lenzalm is the parking lot in front of the toll booth. From there, you will go along the hiking path for ca. 1.5 hrs. to the Lenzalm. This is also a starting point for numerous hikes: Landschitzseen, Zwerfenbergsee, Angersee (see pages 25 and 26), Lindlsee, Klaffersee, as well as many other mountain tours in the upper Lessachtal valley.

Elevation Change:	ca. 50 m
Difficulty:	● easy
Time on Trail:	ca. 1.5 hours
Parking:	before the toll road in upper Lessachtal

39 Wildbach Hut (elev. 1,806 m)



Lessach Valley

Hut Highlights – “A hike for the senses”

A hike to the Wildbachhütte is exciting for kids and adults. Fascinating forest trails lead to this beautiful lookout point and the children can look forward to a petting zoo with goats and sheep. In addition there is great wooden play equipment on the playground. Earlier the alpine meadows were mowed far up into the mountains. The wooden wagon at the entrance to the hut reminds of us this, with its floral decorations now a true feast for the eyes. A description of this family hike can be found under “theme paths and self-guided trails”.



Alpine Flavor – Wildbach Hut

The homemade sausage served at the Wildbach Hut is the crowning element of their country platters. You only get a hearty taste like that when you make it yourself! Their cured beef is also quite a treat in its own right. So, our advice? Try them both!

Open to the Public:	end of June until mid October
Overnight Accommodations:	yes
Contact:	Kocher Family
Telephone:	0043 (0)664 4107513
E-Mail:	kochjako@yahoo.de
Internet:	www.wildbachhuette.com

How to reach us

From Tamsweg we drive by car in the direction of Lessach. About 400 meters prior to the parish church on the left (sign for the Wildbach Hut), the road takes us uphill to the right to the „Wildbach Hut“ car park at the Purggergut, the highest farm in the Lungau region at 1,400 m above sea level. From there we enjoy a relaxing 1 ½ hour hike along the Family Path out to the Wildbach Hut (elev. 1,806 m).

Elevation Change:	ca. 400 m
Difficulty:	● easy
Time on Trail:	ca. 1 ½ hours
Bus Service:	No. 730 to Lessach – Lessach Sagmeister
Parking:	Base of the trail to the „Wildbach Hut“ at the Purggergut

43 Dorfer Hut (elev. 1,655 m)

Seetal – Tamsweg

Hut Highlights – “The Forest has Wood of all Kinds”

The Lungau is a region rich in forests. From roof shingles to cooking spoons, from fences to kindling and drinking troughs, originally everything was made of wood. Knowing precisely which wood was best for a given purpose required a lot of experience and expertise. Spruce wood, for example, is good for construction and burning. When curing meats, spruce wood is mixed with juniper. Larch withstands moisture, making it ideal for roofs, fences and drinking troughs. Birch, willow and barberry are tough and flexible woods, lending themselves well to being shaped into tools. At the Dorfer Hut in Seetal, visitors can see, learn, touch and try out the tools. The Fuchsberger family is always glad to share their knowledge with anyone who is interested.



Alpine Flavor – Dorfer Hut

The Dorfer Hut, which is located in the idyllic Seetal Valley, offers mouth-watering homemade hams. Guests are welcome to try both cooked and raw hams. Served with fresh farmhouse bread, the food couldn't taste any more delicious. Of course, there is also fresh alpine milk, buttermilk, butter, and cheese at the Dorfer Hut.

Open to the Public:	mid June until mid September
Overnight Accommodations:	no
Contact:	Fuchsberger Family
Telephone:	0043 (0)6474 8035
E-Mail:	e.a.fuchsberger@aon.at

How to reach us

From Tamsweg we take either the bus or a car in the direction of Seetal. The hike takes us from the „In der Stadt“ section of Seetal (elementary school) along a marked cart path to a road, going through a series of bends on the way up to the Seetal Huts, where we also discover the Dorfer Hut at 1,655 m above sea level. As an alternative we recommend a hike from Gasthof Klausnerwirt. We head in the direction of the Gstoder, along a path with blue markings taking us to Klausegg ruins, followed by a forested downhill stretch to the Seetal Huts.

Elevation Change:	ca. 420 m
Difficulty:	● easy
Time on Trail:	ca. 1.5 to 2 hours (depending on tour variant)
Bus Service:	No. 896 from Tamsweg – Seetal Stadtkreuz – Seetal Zur Klause
Parking:	Seetal elementary school, Gasthof Klausnerwirt

44 Platschalm (elev. 1,890 m)



Karneralm – Ramingstein

Hut Highlights – “At home with the wood cutters”

To be a wood cutter means hard work and a simple life in the open nature of the forest. Free from such home comforts as a bed, a kitchen, a bathtub. A roof of bark over your head and walls weaved together of bark and moss. This used to be known in these parts as “wood cutter’s junk”. But there are also advantages.



Campfires, wood cutter’s gruel, and songs on the harmonica. At the Platschalm, the Kendlbacher family takes time for their visitors. They explain how life once was for the wood cutters, and you can find out what strange sounding terms such as *Putzen*, *Schepsen*, *Schinden*, *Hacken*, *Schneiden*, *Kliam*, and *Sagln* have to do with it. You can also admire the breathtaking panorama, the alpine plant world and, if you’re lucky, animals such as chamois and marmots. For the children, there are ponies, a pond, and a flume with a water wheel. Nowadays, you do get to enjoy a few extra comforts – in the relaxing Schaffelbad hot tub...

Alpine Flavor – Platschalm

The wood cutter’s made Brennuas gruel for breakfast. There had to be plenty of fat in it – for the muscles. For lunch and dinner, there was wood cutter’s dumplings. A properly set table with plates was not in the picture back then. Instead, pure food for strength, quickly cooked, and eaten hungrily right out of the pan. The cooking is now handled with much love by Maria, who along with meat, sausage, and bacon from our own farm as well as delicious desserts also serves up more traditional wood cutter’s dishes. You can also enjoy the rustic comfort and hospitality of your hut hosts.

Open to the Public: mid June until the end of September
Overnight Accommodations: yes
Contact: Kendlbacher Family
Telephone: 0043 (0)664 1379371 or 0043 (0)6475 344

How to reach us

We reach the start of this hike by traveling from Ramingstein in the direction of the Karneralm. After about 6 km, at the “Birgeckbrücke” bridge, our route branches off to the right and takes us to the Platschalm (elev. 1,890 m). From this point, small wooden men at every turn-off show us the way to the hut, which we will reach after a walk lasting about 1 hour.

Elevation Change: ca. 360 m
Difficulty: ● **easy**
Time on Trail: about 1 hour
Parking: “Birgeckbrücke”

50 Branntweiner Hut (elev. 1,778 m)



Aineck – St. Margarethen

Hut Highlights – “A Table made from a Tree Trunk”

With the exception of Ramingstein, all communities in the Lungau region lie above the 1,000-meter mark. Things grow here a little less abundantly, vegetation is marked by its hardness and tenacity. Slow-growth woods, which are typical of mountain forests on shadier slopes, enjoy the advantage



of being more durable and resilient. Unique species of pine, larch and alpine maple are able to reach great ages in the Lungau and thus grow into imposing giant trees. The big table at the Branntweiner Hut on the Aineck, which was carved from a single tree trunk, would definitely have some tales to tell. The Lerchner family estimates the tree from which the table was made was at least 150 years old.

Alpine Flavor – Branntweiner Hut

Mmmhhh – doughnuts are so delicious and always in season! Especially at the Branntweiner Hut, where they have a very special variant of their own – “Drunken Doughnuts” the way grandpa used to make them! Not quite appropriate for children, this doughnut is made from a somewhat firmer dough than usual, and fried in clarified butter. Bon appétit – and cheers!

Open to the Public: June 1 until October 15
Overnight Accommodations: yes
Contact: Lerchner Family
Telephone: 0043 (0)664 5333155 or 0043 (0)6476 496
E-Mail: sabine.lerchner@aon.at

How to reach us

The Branntweiner Hut (elev. 1,778 m) can be reached either from St. Margarethen or from the Katschberghöhe. From St. Margarethen, we can take either the Leisnitz Water Path or a road (2 km) to Alpengasthof Schlögelberger (about a 1 hour walk). From there we will reach the Branntweiner Hut via marked path „C“ after about a 1 ½ hour walk. The Branntweiner Hut can also be reached from the Katschberghöhe by walking along path No. 98, which takes about 2 hours (ca. 140 vertical meters).

Elevation Change: ca. 140 - 490 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: ca. 2.0 - 3.0 hours (depending on tour variant)
Bus Service: No. 760 to St. Margarethen – town center
No. 5132 from St. Michael – Katschberghöhe
St. Margarethen town center, Katschberghöhe
Parking: St. Margarethen town center, Katschberghöhe

51 Kösslbacheralm (elev. 1,780 m)



Aineck – St. Margarethen

Hut Highlights – “Ziachschlitten and Radlbock”

In the car-less days of the past, travel was a long and tedious affair. It required skilled craftsmen and resourceful carpenters to design, carve and build an array of vehicles appropriate to the season and terrain. Sleighs were used to haul wood, hay and straw to the farms for the winter. Small



wooden wagons, known as a *Radlbock*, transported supplies along cart paths up to alpine huts in summer. Sleighs and the occasional *Radlbock* can still be discovered every now and then even today, though generally having been re-purposed as a picturesque stand for colorful floral decorations.

Alpine Flavor – Kösslbacheralm

The Aineck is a popular area for berry pickers. Buttermilk with *cowberries*, as the residents of Lungau call the lingonberries, is a delicious specialty drink at the Kösslbacheralm. The freshly baked, warm plum French toast, a farmhouse donut, or “rabbit ears” with sauerkraut are also very tasty.

Open to the Public: July 1 to September 15 daily, then according to operating times of the Aineckbahn

Overnight Accommodations: no
Contact: Kösslbacher Family
Telephone: 0043 (0)664 2113711 or 0043 (0)664 2436499
E-Mail: andreas-koessl@sbg.at
Internet: www.koesslbacheralm.at

How to reach us

The Kösslbacheralm (elev. 1,780 m) can be reached either from St. Margarethen or from the Katschberghöhe. From St. Margarethen, we can take either the Leisnitz Water Path or a road (2 km) to Alpengasthof Schlögelberger (about a 1.0 hour walk). From there we will reach the Kösslbacheralm via marked path “C” after about a 1.5 hour walk. The Kösslbacheralm can also be reached from the Katschberghöhe by walking along path No. 98, which takes about 2 hours (ca. 140 vertical meters). Another tour variant: take the Aineckbahn lift up the Aineck, over the Teuerlnock to the Kösslbacheralm, then via the high path back to the Katschberg Passhöhe (time on trail ca. 3 hrs.).

Elevation Change: ca. 140 - 490 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: ca. 2.0 – 3.0 hours (depending on tour variant)
Bus Service: No. 760 to St. Margarethen – town center
No. 5132 from St. Michael – Katschberghöhe
Parking: St. Margarethen town center, Katschberghöhe

55 Speiereck-Halterhut (elev. 1,933 m)

Speiereck – St. Michael

Hut Highlights – “Homemade Honey Schnapps”

The rustic Speiereck-Halterhut invites hikers to stop in, relax and soak up some sunshine. As you take in the magnificent views, enjoy regional products from their own farm. The hut’s specialty, and a real treat after a hearty country meal, is their homemade honey schnapps. Your hosts would be delighted to show you precisely how it’s made.



Alpine Flavor – Speiereck-Halterhut

Hikers who plan on taking a break at the Speiereck-Halterhut can look forward to their famous country platter featuring bacon, sausage, cheese and bread. If you have an appetite for a hot meal, you might want to sample some of their cheese-dumpling soup. It’s guaranteed to reenergize you for the rest of your hike.

Open to the Public: mid June until the end of September
Overnight Accommodations: no
Contact: Mr. Alfred Bliem
Telephone: 0043 (0)6477 8563

How to reach us

The hike to the Speiereck-Halterhut (elev. 1,933 m) begins in the town center of St. Michael, between the pharmacy and the Raiffeisenbank. Following marked hiking path No. 94, we make our way up via the Leitnergasse to the lower Piendl Alm (ruins, elev. 1,322 m) and continue on to the Speiereck-Halterhut.

Elevation Change: ca. 860 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2.5 hours
Bus Service: Nos. 760 / 770 to St. Michael – St. Michael Weissenstein
Parking: St. Michael town center

58 Pritz Hut (elev. 1,800 m)



Gontal am Katschberg – Muhr

Hut Highlights – “Pony Express to the Ponyalm”

Here in the midst of the enchanting landscapes of the Gontal Valley, a small mountain streams babbles quietly along just across the way from the Pritz Hut. Rising from the flower-filled meadows are the healthful aromas of countless alpine herbs. A pool filled with cold fresh water invites you to treat your legs to traditional Kneipp therapy. Stepping barefoot into the clear mountain stream, and then allowing your feet to dry off in the sunshine, is probably the ultimate form of relaxation. It tingles, gets the blood flowing and invigorates! The wellness method pioneered by Pastor Sebastian Kneipp (1821 – 1897) has proven itself a reliable means to toughen up the body, as well as to prevent, alleviate and even cure a variety of ailments. Kneippen is a true gift for body and soul. “Horse Taxis” carry visitors from the Katschberg into the Gontal Valley. The Pritz Hut also serves as the trailhead for an easy walk over the Gontalscharte or even a hike to the top of the Kareck. At an elevation of 2,481 m, this path to the summit does require good physical condition and stamina.



NEW - the “Ponyalm”: Around the Pritz hut are various breeds of ponies and small animals. Pet them, make friends with them, enjoy them. A panoramic trail leads through this wonderful world of ponies, sure to get the youngsters’ pulses racing with excitement.

Alpine Flavor – Pritz Hut

After your *Kneipp* session and an invigorating hike, you will definitely be ready to take a little rest and put something healthy in your stomach. The specialties of the Pritz Hut include pasta dishes with either cheese or meat.

Open to the Public: mid May to mid October
Overnight Accommodations: no
Contact: Mr. Andreas Neuschitzer
Telephone: 0043 (0)664 2844583
E-Mail: info@pferdezentrum-katschberg.at
Internet: www.pritzhuetten.com

How to reach us

Perched at 1,800 meters above sea level, the Pritz Hut is reachable in about a 1 ¼ hour walk via a flat cart path which comes from the car park behind Gasthof Bacher (on the Katschberg).

Elevation Change: ca. 100 m
Difficulty: ● **easy**
Time on Trail: ca. 1 ¼ hours
Bus Service: No. 5132 from St. Michael – Katschberghöhe
Parking: behind Gasthof Bacher

62 Stöcklalm (elev. 1,755 m)

Gontal – Muhr

Hut Highlights – “Splitting Wood”

The farmer's doing well if he has enough wood in front of his hut. – That was once a popular saying here in the Lungau. Wood stacked in front of the hut, seasoned under the sun, promises a good life and the coziness of a crackling fire in the hearth. Visitors to the Stöcklalm can learn how to split wood with an ax, as well as the fine art of stacking wood the correct way. And you are always welcome to lend a hand! Your hosts will tell you what else can be done with the wood, and what aspects of their daily lives are actually dependent on that wood.



Alpine Flavor – Stöcklalm

Carefully selected and precisely counted, the wood is also used to fire the oven for bread-baking. The folks at the Stöcklalm are very precise in their methods, since a hearty, delicious home-baked bread requires wood that has been carefully selected and cut just the right way. Their home-baked bread, served with a variety of cheeses, is a specialty of the Stöcklalm.

Open to the Public: mid of June until mid September
Overnight Accommodations: no
Contact: Sampl Family
Telephone: 0043 (0)664 1128544 or
0043 (0)664 4868173

How to reach us

The hike to the Stöcklalm (elev. 1,755 m) begins from the car park behind Gasthof Bacher (on the Katschberg). We first take a flat cart path to the Pritz Hut, then continue as far as „Haus Almfried“. Now we initially make our way uphill, before dropping to the „Doktoralm“ and continuing to the „Wengeralm“. From this point on, the hiking trail becomes a little rocky. The walk out to the Stöcklalm takes about 2.5 hours.

Elevation Change: ca. 150 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2.5 hours
Bus Service: No. 5132 from St. Michael – Katschberghöhe
Parking: behind Gasthof Bacher

Other Alpine Huts in the Lungau Region

08 Bartlalm (elev. 1,666 m)

Nahendfeld – Zederhaus

Open to the Public: June until the end of September
Overnight Accommodations: no
Contact: Bliem Family, Bartlbauer farm
Telephone: 0043 (0)664 3000836
E-Mail: e.bliem@sbg.at

How to reach us

The starting point of the hike is in Zederhaus at Nahendfeldbrücke/Mitterhuber (bus stop and parking). From there, the marked country path leads to the Bartlalm (1,666 m). Time on trail is 1.5 hrs. Loop path: behind the “Denkmalhof”, head right following signs for the Bartlalm, then downhill back to the Nahendfeldbrücke/Mitterhuber.

Elevation Change: ca. 350 m
Difficulty: ● **intermediate**
Time on Trail: ca. 1.5 hours
Bus Service: No. 770 to Zederhaus – Zederhaus Nahendfeldbrücke
Parking: Nahendfeldbrücke bridge

10 Ilgalm (elev. 1,590 m)

Riedingtal Nature Park, Zederhaus

Open to the Public: beginning of June until mid of September
Overnight Accommodations: no
Contact: Pfeifenberger Family, Ilgbauer farm
Telephone: 0043 (0)6478 295

How to reach us

We recommend beginning this hike from the car park near the Tauern Tunnel (south entrance, elev. 1,345 m). Following the hiking path we will reach the Ilgalm (elev. 1,590 m) after a walk lasting about 2 hours. For an alternative, take a ride on the valley bus or drive your own car (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralm. From there continue on foot via the Almenwanderweg path to the Ilgalm (about a 1-hour walk). In the summer months the valley bus also runs from the Schliereralm to and from Königalm (ca. 1 km beyond the Ilgalm).

Elevation Change: ca. 250 m
Difficulty: ● **easy**
Time on Trail: ca. 1 to 2 hours (depending on tour variant)
Bus Service: No. 770 to Zederhaus – Wald – Schliereralm – Königalm
Parking: near the Tauern Tunnel (south entrance), Schliereralm

11 Schieferalm (elev. 1,718 m)

Zederhaustal

Open to the Public: mid June until September
Overnight Accommodations: no
Contact: Pfeifenberger Family, Schieferbauer farm
Telephone: 0043 (0)664 1787065
E-Mail: pfeifenberger.schieferbauer@gmail.com
Internet: www.schieferbauer.at

How to reach us

The starting point for this leisurely hike to the Schieferalm (elev. 1,718 m) is the car park in Zederhaus at the start of the road up to the Tauern-motorway. From here a well maintained supply road heads off to the right, taking us on a walk to the Schieferalm lasting about 1 ½ hours.

Elevation Change: ca. 520 m
Difficulty: ● **intermediate**
Time on Trail: ca. 1.5 hours
Bus Service: No. 770 to Zederhaus – Zederhaus Königbauernweg
Parking: close to the road leading up to the Tauern-motorway

70 Kößlerhiasalm (1,797 m)

Großkessel - Zederhaus

Open to the Public: June to the end of September
Overnight Accommodations: Yes
Contact: Ms. Katharina Stranner
Telephone: 0043 (0)664 8973684

How to reach us

At the Riedingtal toll booth, the alpine path turns right towards the Grosskessel. On path no. 741, you will reach the Grosskesselalmen in ca. 1 hour. From the alpine plateau, continue on the path for ca. 20 minutes to the Kößlerhiasalm.

Elevation Change: ca. 400 m
Difficulty: ● **easy**
Time on Trail: ca. 1.5 hours
Bus Service: no. 770 to Zederhaus
Riedingtal toll booth
Parking: Riedingtal toll booth



71 Wasteialm (1,934 m)

Karthäuseralm - Zederhaus

Open to the Public: beginning of July to mid September
Overnight Accommodations: No
Contact: Mr. Johann Gruber
Telephone: 0043 (0)6478 274
E-mail: martha.gruber@sbg.at

How to reach us

The starting point of the hike is right across from a small sawmill in the town center of Zederhaus - ca. 200 m from the church towards the mouth of the valley. Follow the signposts over the avalanche gallery of the autobahn, then go left along a supply road to the Karthäuseralm turn-off. Continue on the old farm path through the high forest along the Karthäuseralm graben to the Wasteialm at an elevation of 1,934 m. As an alternative there is also a variant from Gasthof Jägerwirt. On the road ca. 50 m past the Jägerwirt bridge, turn left in the direction of the Karthäuseralm. Following the gravel path to a gate, you will reach the trail leading up to the Wasteialm. From there, a supply road and marked hiking path take you in ca. 2.5 hours to the Wasteialm.

Elevation Change: 750 m
Difficulty: ● **easy**
Time on Trail: ca. 2.0 to 3.0 hours (depending on the tour)
Bus Service: no. 770 to the town center of Zederhaus
Parking: Zederhaus town center – near Kaufhaus Bliem

17 Müllnerbauer Hut (elev. 1,660 m)

Twenger Lantschfeld

Open to the Public: mid June until the end of September
Overnight Accommodations: no
Contact: Mr. Michael Fanninger
Telephone: 0043 (0)6476 358

How to reach us

At the sign at the entrance of Tweng (Tauern side of town), the road branches off to Twenger Lantschfeld, where a lumber yard (gate/fee for the key: € 6,-) is the starting point for our hike. Following marked path No. 744, we will pass the Postalm (not open to the public) and come to a large wildlife feeding station. From here we are able to reach the Genossenschaftshütte (serving refreshments) and the Müllnerbauer Hut at 1,660 m above sea level. You can take your car quite a way into Lantschfeld and also hike out to the Blauseen lakes (see page 14).

Elevation Change: ca. 420 m
Difficulty: ● **intermediate**
Time on Trail: ca. 3 hours
Bus Service: No. 780 to Mauterndorf – Tweng town center
Parking: close to the lumber yard

18 Genossenschaftshut Tweng (elev. 1,630 m)

Twenger Lantschfeld

Open to the Public: mid June until the end of September
Overnight Accommodations: no
Contact: Mr. Michael Fanninger
Telephone: 0043 (0)6476 358

How to reach us

At the sign at the entrance of Tweng (Tauern side of town), the road branches off to Twenger Lantschfeld, where a lumber yard (gate/fee for the key: € 6,-) is the starting point for our hike. Following marked path No. 744, we will pass the Postalm (not open to the public) and come to a large wildlife feeding station. From here we are then able to reach the Genossenschaftshut (serving refreshments, elev. 1,630 m). You can take your car quite a way into Lantschfeld and also hike out to the Blauseen lakes (see page 14).

Elevation Change: ca. 370 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 ¼ hours
Bus Service: No. 780 to Mauterndorf – Tweng town center
Parking: close to the lumber yard

47 Twenger-Alm (elev. 1,900 m)

Tweng - Obertauern

Open to the Public: mid June to the end of September
Overnight Accommodations: no
Contact: Kocher family / Rigele
Telephone: 0043 (0)664 3696696
E-mail: wolfgang.kocher@lfs-tamsweg.at
Internet: www.rigele-kocher.at

How to reach us

The easiest way to reach us from Obertauern is the country path that starts on the B99 (Katschberg Bundesstrasse) at the Schaidberg youth hostel. Follow this in the direction of the Twenger Almsee 2,120 m and Gurpitscheck 2,526 m. From there, you can reach the hut in ca. 50 min. More challenging paths to the hut lead directly from Tweng (starting point is the parking lot of the Tweng elementary school – time on trail ca. 3.5 hrs.) and from Weisspriachtal to the Twenger-Alm.

Elevation Change: ca. 250 m (from Obertauern)
Difficulty: ● **intermediate**
Time on Trail: ca. 50 min
Bus Service: No. 780 to Mauterndorf – Obertauern Schaidberg or No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut – Uln Hut
Next to the Katschberg-Bundesstrasse B99
Parking: near the Schaidberg youth hostel

19 Genossenschaftshut Trogalm (elev. 1,808 m)

Grosseck – Mauterndorf

Open to the Public: mid June until the end of September
Overnight Accommodations: no
Contact: Mr. Mauser Hubert
Telephone: 0043 (0)6472 7312

How to reach us

Our starting point in Mauterndorf is the old lift road, the Alter Trogweg or the forestry path from the ski center. The walk to the Trogalm (elev. 1,808 m) takes about 2 ½ hours. Late-risers might wish to ride the cable lift, then hike from the summit terminal down to the Trogalm and Trogalmseen lakes (see page 16). The starting point in St. Michael is opposite Hotel Post. Via Schulstrasse to St. Martin-Berg, then we make a left at the panorama info board to Sonndörfel (path No. 93). Once there, we turn right at the Bacherhof towards Grubental, making a rather steep climb up to the Trogalm (elev. 1,808 m).

Elevation Change: ca. 750 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 ½ hours
Bus Service: No. 780 to Mauterndorf – Grosseck valley terminal or Nos. 760 / 770 to St. Michael – St. Michael Weissenstein
Parking: Grosseck valley terminal, St. Michael town center



23 Almstüberl Faningberg (elev. 1,850 m)

Moserkopf – Mauterndorf

Open to the Public: June to October
Overnight Accommodations: no
Contact: Sturm Family
Telephone: 0043 (0)650 7611101
E-Mail: almstueberl@gmail.com
Internet: www.almstueberl.com

How to reach us

From Mauterndorf Castle a path leads us off to the right to the Stampfl section of Mauterndorf. Here we take path No. 46 to Almstüberl Faningberg (elev. 1,850 m). This walk takes about 2 ½ hours.

Elevation Change: ca. 720 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2.5 hours
Bus Service: No. 770 to Mauterndorf – Mauterndorf Stampfl
Parking: Mauterndorf Castle

40 Preber-Halter Hut (elev. 1,862 m)

Preber area – Tamsweg

Open to the Public: End of June until beginning of September
Overnight Accommodations: no
Contact: Mr. Leonhard Jessner
Telephone: 0043 (0)664 6495793

How to reach us

We will take the bus or car from Tamsweg to Lake Prebersee (ca. 9 km), where we take a ca. 1-hour walk up a mountain lane to the Preber-Halter Hut. And from here: we can cross over to the Grazer Hut (elev. 1,897 m), where there is again an opportunity to drop down to the lake. The whole hike takes about 3 ½ hours.

Elevation Change: ca. 350 - 470 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: ca. 1 – 3 ½ hours (depending on tour variant)
Bus Service: No. 740 from Tamsweg – Tamsweg Ludlalm
Parking: Prebersee



45 Niggei Hut (elev. 1,812 m)

Hochalm – Ramingstein

Open to the Public: mid June until mid September
Overnight Accommodations: no
Contact: Esl-Pagitsch Family, Niggei farm
Telephone: 0043 (0)6475 340

How to reach us

Our drive to the start of this hike takes us from Ramingstein in the direction of the Karneralm. At the Mislitzbach turn-off (ca. 5.5 km), a forestry path leads off to the left towards the Hochalmen, where we find the Niggei Hut at 1,812 m above sea level. The walk takes about 2 hours.

Elevation Change: ca. 620 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 hours
Parking: Mislitzbach turn-off

59 Hanslbaueralm (elev. 1,815 m)

Gontal – Katschberg

Open to the Public: mid June until mid October
Overnight Accommodations: no
Contact: Gruber Family
Telephone: 0043 (0)6477 7374

How to reach us

The Hanslbaueralm (elev. 1,815 m) is about a 1-hour walk from the car park behind Gasthof Bacher (on the Katschberg). The hike takes us along the cart path until we come to a trail marking, where we take the left-hand path to the hut.

Elevation Change: ca. 170 m
Difficulty: ● **easy**
Time on Trail: ca. 1 hour
Bus Service: No. 5132 from St. Michael – Katschberghöhe
Parking: behind Gasthof Bacher



63 Hiasleralm (elev. 1,820 m)

Muhr

Open to the Public: beginning of June until the end of September
Overnight Accommodations: yes
Contact: Mr. Michael Mayr
Telephone: 0043 (0)664 3932176

How to reach us

After the sign which indicates you are leaving Muhr, an old cart path branches off to the left of the road. This takes us uphill towards the Hiasleralm (elev. 1,820 m). About a 2-hour walk.

Elevation Change: ca. 700 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 hours
Bus Service: No. 760 to Muhr – Muhr town center
Parking: close to the start of the hike

68 Altwirtsalm (1,700 m)

Muhr

Open to the Public: End of June to mid September
Overnight Accommodations: No
Contact: Lanschützer family
Telephone: 0043 (0)676 4020293
E-Mail: office@altwirt.net

How to reach us

After the road sign for Muhr, a forest road turns left, and here you will find the signpost for the Altwirtsalm at an elevation of 1,700 m. The time on trail is ca. 1.5 hrs.

Elevation Change: ca. 600 m
Difficulty: ● **easy**
Time on Trail: ca. 1.5 hours
Bus Service: no. 760 to Muhr
Parking: right by the trail



69 Adamalm (1,800 m)

Muhr

Open to the Public: ca. beginning of June to beginning of September, then on weekends until ca. mid September
Overnight Accommodations: No
Contact: Ms. König Brigitte
Telephone: 0043 (0)676 6253076 (hut) or 0043 (0)664 4145680 (valley)
E-Mail: muhr11@hotmail.at

How to reach us

Variant 1: from the Adambauernhof farm (town center), a rather steep trail rising 700 vertical meters and taking ca. 2 hrs. leads right to the Adamalm at an elevation of 1,800 m. Variant 2: 100 m outside the town limits of Muhr, an old alpine path/forest road leads left to the staffed hut.

Elevation Change: ca. 700 m
Difficulty: ● **intermediate** to ● **easy** (depending on the tour)
Time on Trail: ca. 2.0 hours
Bus Service: no. 760 to Muhr
Parking: for variant 1 right at the farm
for variant 2 right at the start of the path or the Raika parking lot in the town center

Hikers' Refuge Huts in the Lungau Region

12 Franz Fischer Hut (elev. 2,020 m)

Riedingtal Nature Park, Zederhaus

Open to the Public: Expected to be closed in summer 2012 due to remodeling!

How to reach us

Along the toll road (€ 8 fee, incl. valley bus during the main vacation season) by bus or car to the Schliereralm (1,495 m) in the Riedingtal nature park and then by valley bus to the trail leading up to the "Franz-Fischer-Hütte". Once you've reached the top, path no. 711 takes you to the right and in ca. 1.5 hrs. to the Franz-Fischer-Hütte (2,020 m). As an alternative, you can hike to the Jakoberalm and then take alpine path no. 702 past the Esser See (see page 10) to the Franz-Fischer-Hütte.

Elevation Change: ca. 500 m
Difficulty: ● **intermediate**
Time on Trail: ca. 1.5 hours
Bus Service: No. 770 to Zederhaus – Schliereralm – path to the Franz Fischer Hut
Parking: Schliereralm, Jakoberalm path



20 Speiereck Hut (elev. 2,072 m)

Radstädter Tauern (Salzburg)

Open to the Public: June until the end of September
Overnight Accommodations: yes
Contact: Mr. Hruska Peter
Telephone: 0043 (0)680 1287645
Internet: speiereckhuette@gmail.com

How to reach us

Our starting point in Mauterndorf is the old lift road, the Alter Trogweg or the forestry path from the ski center. The walk to the Speiereck Hut (elev. 2,072 m) takes about 2 ¾ hours. Late-risers might wish to ride the cable lift, then take a 15-minute hike from the summit terminal up to the hut. From there we recommend a hike down to the Trogalm and Trogalmseen lakes (see page 16). The Speiereck Hut can also be reached from St. Michael. The starting point in St. Michael is opposite Hotel Post. Via Schulstrasse to St. Martin-Berg, then we make a left at the panorama info board to Sonndörfl (path No. 93). Once there, we turn right at the Bacherhof towards Grubental, making a rather steep climb up to the Speiereck Hut (elev. 2,072 m). This walk takes about 2 ¾ hours.

Elevation Change: ca. 950 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 ¾ hours
Bus Service: No. 780 to Mauterndorf – Grosseck valley terminal or Nos. 760 / 770 to St. Michael – St. Michael Weissenstein
Parking: Grosseck valley terminal, St. Michael town center

36 Landawirsee Hut (elev. 1,985 m)

Schladminger Tauern (Salzburg)

Open to the Public: mid June until the end of September
Overnight Accommodations: yes
Contact: Mr. Gerald Zehner
Telephone: 0043 (0)676 7785375
E-Mail: gerald.zehner@aon.at
Internet: www.landawirseehuette.at

How to reach us

Taking a bus or car, we leave Hintergöriach and travel about ca. 6.5 km into the valley until we reach the car park just prior to the Göriach Hut Village. From this point, the Landawirsee Hut (elev. 1,985 m) is about a 2-hour walk away. If we continue past the hut, we come to the Lower (elev. 1,977 m) and Upper (elev. 2,047 m) Landawirsee lakes (see page 23).

Elevation Change: ca. 570 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 hours
Bus Service: No. 720 to Mariapfarr – Göriach – car park at the Göriach Hut Village
Parking: just prior to Göriach Hut Village

48 Dr. Josef Mehrl Hut (elev. 1,730 m)

Nockberge (Salzburg)

Open to the Public: mid May until mid October
Overnight Accommodations: yes
Contact: Mrs. Silvia Pölltler
Telephone: 0043 (0)664 8466821 or 0043 (0)4736 320
E-Mail: mehrlhuetten@aon.at
Internet: www.mehrlhuetten.at

How to reach us

By bus or car from St. Margarethen towards Bundschuh-Schönfeld as far as the Dr. Josef Mehrl Hut (elev. 1,730 m). Numerous hiking routes are possible close to the hut, such as one to Rosaninsee lake (elev. 2,080 m, see page 28).

Bus Service: No. 751 St. Michael – St. Margarethen
– Schönfeld Dr. Josef Mehrl Hut
Parking: Dr. Josef Mehrl Hut

64 Rotgüldensee Hut (elev. 1,735 m)

Angogel Group (Salzburg)

Open to the Public: mid June until mid September
Overnight Accommodations: yes
Contact: Mrs. Monika Winkler
Telephone: 0043 (0)6479 348 or 0043 (0)6477 8115
E-Mail: graz@sektion.alpenverein.at
Internet: www.alpenverein.at/graz

How to reach us

By bus or car to the National Park community of Muhr-Hintermuhr and the Arsenhaus (elev. 1,341 m, not open to the public). From this point, a path to the left takes us down a nature trail to the Rotgüldensee Hut and the Lower Rotgüldensee (elev. 1,735 m, see page 29). The walk takes about 1 ½ hours.

Elevation Change: ca. 400 m
Difficulty: ● **intermediate**
Time on Trail: ca. 1 ½ hours
Bus Service: No. 760 to Muhr – Muhr Rotgülden
Parking: Arsenhaus car park (Muhr Rotgülden bus stop)



65 Stickler Hut (elev. 1,752 m)

Radstädter Tauern (Salzburg)

Open to the Public: beginning of June until beginning of October
Overnight Accommodations: yes
Contact: Mr. Moser Gerhard
Telephone: 0043 (0)6479 349 or 0043 (0)664 1501940
E-Mail: sticklerhuetten@aon.at
Internet: www.sticklerhuetten.at

How to reach us

By bus or car to the National Park community of Muhr-Hintermuhr and the Arsenhaus (elev. 1,341 m, not open to the public), continuing on to the Muritzen car park (toll road/coin-operated, fee: € 3). From here we hike for about 1 hour along a footpath to the Stickler Hut (elev. 1,752 m). From the Stickler Hut there is an opportunity to hike to the source of the River Mur. Time on Trail: about 1 ¼ hours. The Stickler Hut can also be reached directly using the valley bus.

Elevation Change: ca. 250 - 400 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: ca. 1 – 2 ¼ hours (depending on tour variant)
Bus Service: no. 760 St. Michael – Rotgülden uphill trail
– valley bus from Muhr Rotgülden - Sticklerhütte
Parking: Muritzen car park



Hikers' Refuge Huts near the Lungau

13 Südwiener Hut (elev. 1,801 m)

Radstädter Tauern (Salzburg)

Open to the Public: mid June until October
(depending on weather conditions!)

Overnight Accommodations: yes

Contact: Schramm/Essendorfer Family

Telephone: 0043 (0)664 3436342

E-Mail: info@bergfexx.at

Internet: www.bergfexx.at

How to reach us

By bus or car to Gnadenbrücke bridge (elev. 1,272 m), half way between Obertauern and Untertauern. From this point, marked path No. 28 follows the Arnweg trail to the Südwiener Hut (elev. 1,801 m). Time on Trail: about 1 ½ hours.

Elevation Change: ca. 530 m
Difficulty: ● **easy**
Time on Trail: ca. 1.5 hours
Bus Service: No. 780 to Mauterdorf – Obertauern Gnadenalm
Parking: Gnadenbrücke bridge

14 Tappenkarsee Hut (elev. 1,820 m)

Radstädter Tauern (Salzburg)

Open to the Public: beginning of June until the end of September
(depending on weather conditions!)

Overnight Accommodations: yes

Contact: Höller Family

Telephone: 0043 (0)6418 308 or 0043 (0)6418 238 (valley)

E-Mail: tappenkarseehuette@aon.at

Internet: www.tappenkarseehuette.at

How to reach us

We take the bus or car along the toll road (toll road/€ 8 fee, incl. valley bus during the main vacation season) to the Schliereralp (elev. 1,495 m) in Riedingtal Nature Park, followed by a ride on the valley bus until we reach the base of the path up to the „Franz-Fischer-Hütte“. We reach the Franz Fischer Hut (elev. 2,020 m) after about a 1 ½ hour walk. Prior to the hut and Zaunersee lake (elev. 2,020 m), we make a left on path No. 702 to the Ilgsee (elev. 2,099 m), then continue with a climb to the Weissgrubenscharte (elev. 2,255 m), before dropping back down to the Tappenkarsee and Tappenkarsee Hut (elev. 1,820 m). For the hike back, we would recommend returning via the Haselloch (on path No. 702 to that point). From the Haselloch (elev. 2,136 m), we hike down to the Königalm (elev. 1,667 m) and back to the car park.

Elevation Change: ca. 1,030 m (total elevation change for the entire hike)

Difficulty: ● **intermediate** to ● **difficult**, very good physical condition a must

Time on Trail: ca. 5 – 5 ½ hours for the complete hike

Bus Service: No. 770 to Zederhaus – Schliereralp – base of the path to the Franz Fischer Hut - Königalm

Parking: Schliereralp

28 Keinprecht Hut (elev. 1,872 m)

Schladminger Tauern (Styria)

Open to the Public: mid June until the beginning of October

Overnight Accommodations: yes

Contact: Mr. Karl Zechmann

Telephone: 0043 (0)664 9036630

E-Mail: office@alpenverein-wien.at

Internet: www.alpenverein.at/wien

How to reach us

By bus or car from Hintergöriach, about 6.5 km into the valley until we reach the car park just prior to the Göriach Hut Village. From the car park there, we follow the path up to the Landawirseehütte (elev. 1,985 m) and continue to the Trockenbrotscharte (elev. 2,237 m) along path No. 702 (ca. 2.5 hours). We now make a steep descent to the Keinprecht Hut (elev. 1,872 m) taking about 2 hours. From there we can hike either

a) via the Lignitzhöhe (elev. 2,205 m, path No. 774) to the Lignitzsee and Mariapfarr or

b) along path No. 702 to the Rotmandlspitze (elev. 2,453 m), Giglachseen lakes (Ignaz-Mattis-Hut, 1,986 m or Giglachsee-Hut, 1,955 m) and on to the Znachsattel (elev. 2,059 m), then back to Weisspriach. This is an especially beautiful, though somewhat long hike (a 2-day tour). The most beautiful time of year is from the end of June until mid July, when the rhododendrons are in bloom along the shores of the Giglachseen.

Elevation Change: depending on tour variant

Difficulty: ● **difficult**

Time on Trail: a) to the Keinprecht Hut about 4 ½ hours, from there via Lignitzhöhe (2,205 m, path No. 774) – Lignitzsee and Lignitz about 3 – 3 ½ hours
b) to the Keinprecht Hut about 4 ½ hours, from there via Rotmandlspitze, Giglachseen to the Znachsattel ca. 4 hours and another 3 hours on to Weisspriach

Bus Service: No. 720 to Mariapfarr – Göriach – car park at the Göriach Hut Village
No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut

Parking: just prior to Göriach Hut Village



29 Ignaz Mattis Hut (elev. 1,986 m)

Schladminger Tauern (Styria)

Open to the Public: mid June until the beginning of October
Overnight Accommodations: yes
Contact: Mr. Matthias Keinprecht
Telephone: 0043 (0)664 4233823
E-Mail: m.keinprecht@aon.at
Internet: www.alpenverein.at/wien

How to reach us

Our starting point is the Znachtal turn-off in the Upper Weisspriachtal, which is easy to reach either by valley bus or car (coin-operated toll booth/fee: € 4,-).

The hike branches off to the right along trail No. 771, taking us through the Znachtal up to the Znachsattel (elev. 2,059 m). First you reach the Giglachsee hut at an elevation of 1,956 m and then Giglachsee lake at 1,921 m. After a circumnavigating the lake, ca. 0.5 hrs further on trail No. 702 to the Ignaz Mattis hut (1,986 m).

Elevation Change: ca. 820 m
Difficulty: ● **intermediate**
Time on Trail: ca. 3,5 hours from the car park to the Ignaz Mattis Hut
Bus Service: No. 710 to Mariapfarr – Weisspriach – Znach turn-off
Parking: Znachtal turn-off

30 Giglachsee Hut (elev. 1,956 m)

Schladminger Tauern (Styria)

Open to the Public: mid June until the end of September
Overnight Accommodations: yes
Contact: Mrs. Birgit Sieder
Telephone: 0043 (0)664 9088188 or 0043 (0)6454 7409 (valley)
E-Mail: giglachseehuette@aon.at

How to reach us

Our starting point is the Znachtal turn-off in the Upper Weisspriachtal, which is easy to reach either by valley bus or car (coin-operated toll booth/fee: € 4,-).

The hike branches off to the right along trail No. 771, taking us through the Znachtal up to the Znachsattel (elev. 2,059 m). First you reach the Giglachsee hut at an elevation of 1,956 m and then Giglachsee lake at 1,921 m.

Elevation Change: ca. 820 m
Difficulty: ● **intermediate**
Time on Trail: ca. 3 hours from the car park to the Giglachsee Hut
Bus Service: No. 710 to Mariapfarr – Weisspriach – Znach turn-off
Parking: Znachtal turn-off

67 Golling Hut (elev. 1,641 m)

Schladminger Tauern (Styria)

Open to the Public: mid June until the beginning of October
Overnight Accommodations: yes
Contact: Reiter Family
Telephone: 0043 (0)676 5336288 or 0043 (0)3687 61350 (valley)
E-Mail: info@gollinghuette.com
Internet: www.gollinghuette.com

How to reach us

Taking the bus or our car, we travel from Hintergöriach for about 6.5 km into the valley, until we reach the car park just prior to the Göriach Hut Village. Path No. 775 takes us past lower and upper Zugriegel huts (ruins) to the upper comb. There (at about 1,830 m) we turn right on Tauernhöhenweg No. 702, taking us over rocky terrain (difficult) as we ascend to the Gollingscharte (elev. 2,236 m) in around 3 hours. If you wish, you can climb the Hochgolling (elev. 2,863 m) in about 2 hours (difficult – high-alpine). From the Gollingscharte, we now make our way steeply downhill to the Golling Hut (elev. 1,641 m) in about 2 hours. From there we continue either a) on trail No. 778 to Schladminger or b) to the north of the hut, following trail No. 702 to the top of the Greifenberg at 2,618 m above sea level (ca. 3 hours), before descending (difficult – high-alpine) past the Lungauer Klaffersee and Zwerfenbergsee to the Lasshoferalm (elev. 1,270 m) in the Upper Lessachtal (ca. 3,5 to 4 hours).

Elevation Change: depending on tour variant
Difficulty: ● **difficult**
Time on Trail: depending on tour variant (please consult descriptions)
Bus Service: No. 720 to Mariapfarr – Göriach – car park at the Göriach Hut Village
Parking: just before the Göriach Hut Village

31 Ober Hut (elev. 1,860 m)

Schladminger Tauern (Salzburg)

Open to the Public: mid June until ca. mid October
Overnight Accommodations: yes
Contact: Mr. Franz Oberkofler
Telephone: 0043 (0)664 9169728
Internet: www.oberhuette.at

How to reach us

The Oberhütte (elev. 1,860 m) and the Oberhüttensee (elev. 1,860 m) are both located on the Tauernhöhenweg trail in Salzburg's Pongau region, reachable from both Obertauern and the Weisspriach Valley (see page 19).

Elevation Change: ca. 590 m
Difficulty: ● **intermediate**
Time on Trail: ca. 3 hours to the Oberhütte
Bus Service: No. 710 to Mariapfarr – Weisspriach – Znach turn-off – Grangler Hut – Uln Hut
Parking: Znachtal turn-off

41 Grazer Hut (elev. 1,897 m)

Schladminger Tauern (Styria)

Open to the Public: beginning of June until beginning of October
Overnight Accommodations: yes
Contact: Mr. Christian Dengg
Telephone: 0043 (0)664 2422349
E-Mail: christian_dengg@yahoo.de
Internet: www.grazer-huette.at

How to reach us

Take the valley bus or your own car from Tamsweg to Lake Prebersee (ca. 9 km), continuing until you come to the path (No. 787) up to the Grazer Hut (elev. 1,897 m), which you will reach in about 1.5 hours. Another alternative is to hike from the Prebersee (elev. 1,514 m) via the Preber-Halterhütte to the Grazer Hut (which takes about 3.5 hours).

Elevation Change: ca. 450 to 470 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: ca. 1.5 to 3.5 hours (depending on tour variant)
Bus Service: No. 740 from Tamsweg – Prebersee – Grazer Hut trail
Parking: car park on Lake Prebersee, by the Grazer Hut trail



52 Bonner Hut (elev. 1,713 m)

Nockberge (Carinthia)

Open to the Public: year-round (except for public holidays)
Overnight Accommodations: yes
Contact: Mr. Siegfried Meissnitzer
Telephone: 0043 (0)664 1624528
E-Mail: s.meissnitzer@gmx.at
Internet: www.bonner-huette.at

How to reach us

The Bonner Hut (elev. 1,713 m) can be reached along the road from Rennweg in about a 2.5 hour walk, from St. Margarethen via trail No. 113 in ca. 3 hours and from the Katschberghöhe in the direction of the Teuerlnock (elev. 2,145 m) in around 3.5 hours.

Elevation Change: ca. 430 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2.5 to 3.5 hours (depending on tour variant)
Bus Service: No. 760 to St. Margarethen – town center
No. 5132 from St. Michael – Katschberghöhe
Parking: St. Margarethen town center, Katschberghöhe

Alpine Inns and Summit Restaurants

21 Restaurant Panorama Alm (elev. 1,980 m)

Grosseck - Mauterndorf

Open to the Public: beginning of June until the end of September (same schedule as the cabin lift)
Overnight Accommodations: no
Contact: Mr. Peter Schitter
Telephone: 0043 (0)664 2820453
or 0043 (0)664 2644846
E-Mail: office@bergbahnen-lungau.at
Internet: www.mauterndorf.com

How to reach us

The Panorama Alm restaurant (elev. 1,980 m) is located right at the summit terminal of the Grosseck-Speiereck cable car (runs in summer!). From the ski center in Mauterndorf, our hike takes us on a walk lasting about 2 hours up to the Panorama Alm. We also recommend taking a hike from the summit terminal down to the Trogalalm and to the Trogalalm lakes at 1,808 m meters above sea level (see page 16) or beautiful mountain tours on the Grosseck and/or Speiereck.

Elevation Change: ca. 750 m
Difficulty: ● **intermediate**
Time on Trail: ca. 2 hours
Bus Service: No. 780 to Mauterndorf – Grosseck valley terminal
Parking: Grosseck valley terminal

22 Restaurant Schi Alm (elev. 1,100 m)

Hammer - Mauterndorf

Open to the Public: beginning of July until mid of September
Overnight Accommodations: no
Contact: Mr. Peter Schitter
Telephone: 0043 (0)6472 20038
or 0043 (0)664 2644846
E-Mail: office@bergbahnen-lungau.at
Internet: www.mauterndorf.com

How to reach us

The Schi Alm restaurant is located at the valley terminal of the cabin lift at the Mauterndorf Ski Center, an ideal starting point for a hike to the Trogalalm lakes (elev. 1,808 m – about a 2.0 hour walk, please see page 16). The hiking paths to Annakapelle chapel, the glacial mill, and to the medieval town of Mauterndorf are also appealing.

Bus Service: No. 780 to Mauterndorf – Grosseck valley terminal
Parking: Grosseck valley terminal

24 Berggasthof Hainererhof (elev. 1,300 m)

Fanningberg - Mauterndorf

Open to the Public: year-round
Overnight Accommodations: yes
Contact: Mrs. Anna Bogensperger
Telephone: 0043 (0)6472 7248
E-Mail: hainererhof@aon.at
Internet: www.hainererhof.at

How to reach us

Berggasthof Hainererhof (elev. 1,300 m) can be reached from Mauterndorf/St. Gertrauden either by car or on foot via path No. 43 (about a half-hour walk).

Elevation Change: ca. 70 m
Difficulty: ● easy
Time on Trail: ca. 0.5 hours
Bus Service: No. 770 to Mauterndorf St. Gertrauden
Parking: St. Gertrauden church



25 Berghof Jacklbauer (elev. 1,320 m)

Fanningberg - Mauterndorf

Open to the Public: year-round
Overnight Accommodations: yes
Contact: Schitter Family
Telephone: 0043 (0)6472 7028
E-Mail: info@jacklbauer.at
Internet: www.jacklbauer.at

How to reach us

Berghof Jacklbauer (elev. 1,320 m) can be reached from Mauterndorf/St. Gertrauden either by car or on foot via path No. 43 (about a half-hour walk).

Elevation Change: ca. 90 m
Difficulty: ● easy
Time on Trail: ca. 0.5 hours
Bus Service: No. 770 to Mauterndorf St. Gertrauden
Parking: St. Gertrauden church

26 Sauschneideralm (elev. 1,600 m)

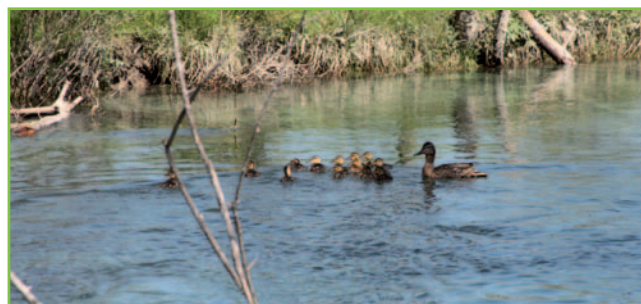
Fanningberg - Mariapfarr

Open to the Public: mid June until ca. mid October (depending on weather conditions!)
closed on Wednesday
Overnight Accommodations: yes
Contact: Miksch Family
Telephone: 0043 (0)664 3562562 or 0043 (0)6473 7094
E-Mail: info@sauschneideralm.at
Internet: www.sauschneideralm.at

How to reach us

The Sauschneideralm can be reached from the car park for the Fanningberg lifts in about 30 minutes or via the hiking paths from Mariapfarr/Fanning and Mauterndorf/St. Gertrauden in about a 1¼ hour walk.

Elevation Change: ca. 440 m
Difficulty: ● easy
Time on Trail: ca. ½ to 1 ¼ hours (depending on tour variant)
Bus Service: No. 710 to Mariapfarr Seiting or
No. 770 to Mauterndorf St. Gertrauden
Parking: Fanningberg lifts car park, Mariapfarr/Fanning,
St. Gertrauden church



32 Jausenstation Dicktler Hut (elev. 1,148 m)

Weisspriach Valley

Open to the Public: May until October and December until April
closed on Monday and Tuesday
Overnight Accommodations: no
Contact: Bogensperger Family
Telephone: 0043 (0)6473 7061 or 0043 (0)664 5583463

How to reach us

Jausenstation Dicktler Hut (elev. 1,148 m) can be reached from Weisspriach/Hinterweisspriach by bus, car or on foot (about a 1 ½ hour walk).

Elevation Change: ca. 40 m
Difficulty: ● easy
Time on Trail: ca. 1.5 hours
Bus Service: No. 710 to Weisspriach – Hinterweisspriach – Dicktler Hut
Parking: Hinterweisspriach, Jausenstation Dicktler Hut

34 Jausenstation Wielandhof (elev. 1,332 m)

Mariapfarr Lignitz Valley

Open to the Public: end of May until mid June at the weekend
mid June until mid September daily
closed: Mondays (except holidays)
mid September until ca. beginning of
November at the weekend

Overnight Accommodations: yes
Contact: Perner Family
Telephone: 0043 (0)6473 7162
E-Mail: info@wielandhof.at
Internet: www.wielandhof.at

How to reach us

Jausenstation Wielandhof (elev. 1,332 m) is on the way from Mariapfarr in the direction of the Lignitztal and is reachable either by car, or on foot via path No. 35 in about 1 ½ hours. Jausenstation Wielandhof is an ideal starting point for a hike to the Lignitzsee (elev. 1,965 m, please see page 22).

Elevation Change: ca. 210 m
Difficulty: ● **easy**
Time on Trail: ca. 1.5 hours
Bus Service: No. 770 to Mariapfarr – Mariapfarr post office
Parking: Mariapfarr town center, Jausenstation Wielandhof



42 Ludlalm (elev. 1,520 m)

Prebersee – Tamsweg

Open to the Public: year-round (except November)
Overnight Accommodations: no
Contact: Mr. Matthias Jessner
Telephone: 0043 (0)6474 7552 or 0043 (0)664 4435719
E-Mail: ludlalm@preber.at
Internet: www.preber.at

How to reach us

Take the valley bus or your own car from Tamsweg via Haiden to the Prebersee (ca. 9 km), where the Ludlalm (elev. 1,520 m) stands right on the lake. The Ludlalm is an ideal starting point for a walk around the Prebersee (see page 27), as well as other hikes in the countryside which surrounds the Preber.

Bus Service: No. 740 from Tamsweg – Tamsweg Prebersee
Parking: car park at the Prebersee

53 Schlögelberger Alpine Inn & Wildlife Park (elev. 1,293 m)

Aineck – St. Margarethen

Open to the Public: year-round, closed on specific days
as posted

Overnight Accommodations: yes
Contact: Sampl Family
Telephone: 0043 (0)6476 313
E-Mail: urlaub@almdorf-lungau.at
Internet: www.almdorf-lungau.at

How to reach us

Alpengasthof Schlögelberger (elev. 1,293 m) can be reached from St. Margarethen by car (2 km) or on foot via the Leisnitz Water Path in about a 1 ½ hour walk.

Elevation Change: ca. 230 m
Difficulty: ● **easy**
Time on Trail: ca. 1.5 hours
Bus Service: No. 760 to St. Margarethen – town center
Parking: St. Margarethen town center, Alpengasthof Schlögelberger

54 Adlerhorst Summit Restaurant (elev. 2,210 m)

Aineck

Open to the Public: end of June until mid September
(same schedule as the Aineckbahn lift)

Overnight Accommodations: no
Contact: Hinteregger Family
Telephone: 0043 (0)4734 284

How to reach us

The starting point for this hike is the Katschberghöhe (elev. 1,641 m). We ascend to the Aineck via the ski slope, with the Adlerhorst summit restaurant perched at 2,210 m above sea level, a hike taking about 2 hours (trail No. 98). If you are a late riser, we would recommend riding the Aineck lift (please check the summer timetable). Once at the summit, enjoy beautiful panoramic views across a vast mountain world, with the Southern Alps to the south and many 3,000 m peaks to the west (e.g. Grosser Hafner, elev. 3,076 m). The descent takes us either a) via the Bonner Hut (elev. 1,713 m) in about 2 hours or b) via the Brantweiner and Kösslbacher huts to St. Margarethen in about 2.5 to 3 hours or c) along Katschberg hiking loop No. 98 in around 3 hours (calculated from the summit of the Aineck) back to our original starting point.

Elevation Change: ca. 570 m
Difficulty: ● **intermediate**
Time on Trail: depending on tour variant, please refer to descriptions
Bus Service: No. 5132 from St. Michael – Katschberghöhe
Parking: Katschberghöhe

56 Jausenstation Neuhauserstubb (elev. 1,070 m)

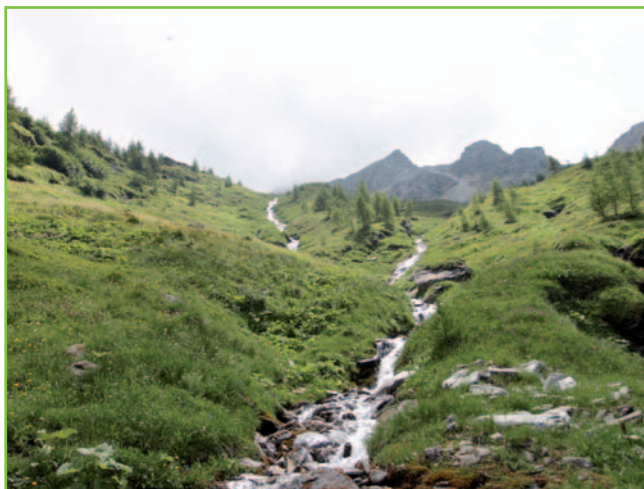
St. Michael

Open to the Public: year-round, closed on specific days as posted
Overnight Accommodations: no
Contact: Seewald Family
Telephone: 0043 (0)664 9064160
E-Mail: seewald.jacoby@sbg.at

How to reach us

Jausenstation Neuhauserstubb (elev. 1,070 m) is reachable by car from St. Michael traveling towards Oberweissburg (ca. 4 km) or on foot along path No. 96, about a 1-hour walk.

Difficulty: ● **easy**
Time on Trail: about 1 hour
Bus Service: No. 770 to St. Michael – St. Michael Oberweissburg
Parking: Jausenstation Neuhauserstubb



60 Gasthof Bacher (elev. 1,720 m)

Katschberg

Open to the Public: mid June until the end of September
Overnight Accommodations: yes
Contact: Kerschhaggl Family
Telephone: 0043 (0)4734 318
E-Mail: info@gasthof-bacher.at
Internet: www.gasthof-bacher.at

How to reach us

A very well maintained road makes a right from the Katschberghöhe towards Gasthof Bacher (elev. 1,720 m). Gasthof Bacher serves as an ideal base for hikes in the Gontal Valley.

Bus Service: No. 5132 from St. Michael – Katschberghöhe
Parking: Gasthof Bacher

61 Gamskogel Hut (elev. 1,830 m)

Katschberg

Open to the Public: mid June until mid October
Overnight Accommodations: no
Contact: Strafner Family
Telephone: 0043 (0)4734 291 or 0043 (0)664 3376678
E-Mail: info@gamskogel.at
Internet: www.gamskogel.at

How to reach us

The starting point for this hike is a) the car park on Katschberg Pass (elev. 1,641 m). Taking the Gontalstrasse, we will hike through the *Hotel Village* and two road tunnels to Gasthof Bacher. About 200 m further along is b) another car park.

From here we initially hike in the direction of the Pritz Hut. Half way there we find a gate, where a forestry path branches off to the left towards the Hansbaueralm and Gontalscharte (elev. 1,911 m).

From there we hike either a) to the Tschanek (elev. 2,024 m), subsequently dropping back down to the Gamskogel Hut or b) continue at essentially the same elevation to the Gamskogel Hut (elev. 1,830 m).

Elevation Change: ca. 270 - 380 m (depending on tour variant)
Difficulty: ● **intermediate**
Time on Trail: ca. 2.5 to 3 hours for the full hike
Bus Service: No. 5132 from St. Michael – Katschberghöhe
Parking: Katschberghöhe, just beyond Gasthof Bacher



66 Alpengasthof Jedl (elev. 1,260 m)

Hintermuhr

Open to the Public: year-round
Overnight Accommodations: yes
Contact: Josef Pfeifenberger Family
Telephone: 0043 (0)6479 213
E-Mail: alpengasthof-jedl@sbg.at

How to reach us

Leaving from Muhr and heading in the direction of the small community of Jedl, Alpengasthof Jedl (elev. 1,260 m) can be reached either by bus, car or in a 1-hour walk (3 km).

Elevation Change: ca. 140 m
Difficulty: ● **easy**
Time on Trail: ca. 1 hour
Bus Service: No. 760 to Muhr – Muhr Jedl
Parking: Alpengasthof Jedl



Zederhaus

- **easy** Schieferalm-Wastlalm-Grandlalm-Dorf Time-on-Trail: 3,5 - 4 h
- **medium** Dorfergraben-Greschlalm-Hagleitenspitz-Kirchenwirt Time-on-Trail: 2,5 - 3 h
- **medium** Höhenweg Kirchenpromenade Time-on-Trail: 2,5 - 3 h
- **medium** Riedingtal (long tour) Time-on-Trail: 6,5 - 7 h
- **medium** Riedingtal (short tour) Time-on-Trail: 3,5 - 5 h

Tweng

- **easy** Tennfall Time-on-Trail: 3 h
- **easy** Twenger Bergerl Time-on-Trail: 2 h

Mauterndorf

- **medium** Mitterberg Tour Time-on-Trail: 1 h No. 38
- **medium** Neuseß-Begöriach-Tour Time-on-Trail: 2 h No. 39
- **easy** Traning Time-on-Trail: 2 h No. 40
- **medium** Trogalm Tour Time-on-Trail: 4 h No. 41
- **easy** Hammer Time-on-Trail: 1 h No. 42
- **medium** Stampfl Time-on-Trail: 2,5 h No. 43
- **easy** Annakapelle Time-on-Trail: 1 h No. 44
- **medium** Trogalm Time-on-Trail: 1 h No. 45
- **medium** Moserkopf Time-on-Trail: 4 h No. 46

Weißpriach

- **medium** Weißpriach Tour Time-on-Trail: 4 h No. 47
- **medium** Aibl Tour Time-on-Trail: 3 h No. 48
- **easy** Seekreuz Time-on-Trail: 1 h No. 49
- **easy** Fanning Time-on-Trail: 45 min No. 51
- **medium** Fanningberg - car park Time-on-Trail: 1,5 h No. 52

Mariapfarr

- **medium** Graben Tour Time-on-Trail: 1 h No. 30
- **medium** Stranach Time-on-Trail: 2,5 h No. 31
- **medium** Mitterberg Time-on-Trail: 3,5 h No. 32
- **easy** Gröbendorf Time-on-Trail: 2 h No. 33
- **medium** Fanningberg Time-on-Trail: 3,5 h No. 34
- **medium** Lignitz Time-on-Trail: 3,5 h No. 35
- **medium** Zankwarner Tour Time-on-Trail: 2,5 h No. 36
- **medium** Friml chapel – Schloss Moosham (Mariapfarr – Unternberg) Time-on-Trail: 2,5 h No. 37

Göriach

● medium Lasen Tour	Time-on-Trail: 2 h	No. 20
● medium Granglitzalm	Time-on-Trail: 5 h	No. 21
● medium Gensgitsch	Time-on-Trail: 5 h	No. 22
● easy Kühofen	Time-on-Trail: 2,5 h	No. 23
● easy Hüttendorf	Time-on-Trail: 2 h	No. 24

St. Andrä

● medium Lasa Tour	Time-on-Trail: 1,5 h	No. 70
● medium Fernwald	Time-on-Trail: 2,5 h	No. 71
● easy Passegger	Time-on-Trail: 1 h	No. 72
● medium Stockerfeld	Time-on-Trail: 1,5 h	No. 73
● easy Lintsching	Time-on-Trail: 1 h	No. 74
● easy Lessach – St. Andrä	Time-on-Trail: 1 h	No. 75
● easy Göriach	Time-on-Trail: 45 min	No. 76
● easy Tamsweg	Time-on-Trail: 45 min	No. 77

Lessach

● medium Wiesberg	Time-on-Trail: 3 h	No. 25
● medium Wagenberg	Time-on-Trail: 3 h	No. 26
● medium Prebersee	Time-on-Trail: 2 h	No. 27

Tamsweg

● medium Sauerfeld	Time-on-Trail: 3 h	No. 10
● medium Tamsweg Tour	Time-on-Trail: 5-6 h	No. 11
● easy Sauerfeld Panorama Trail	Time-on-Trail: 1 h	No. 15
● easy Prebersee Tour	Time-on-Trail: 45 min	No. 16

Ramingstein

● medium Ore Trail Altenberg	Time-on-Trail: 3,5 h	No. 60
● medium Karneralm-Königstuhl- Ramingstein	Time-on-Trail: 6 h	No. 61
● medium Lasabergweg	Time-on-Trail: 2 h	No. 62

Thomatal

● medium Ranner	Time-on-Trail: 1,5 h	No. 65
● easy Schmalzer	Time-on-Trail: 1 h	No. 66
● medium Fötschkogel	Time-on-Trail: 1 h	No. 67
● easy Busserlauern	Time-on-Trail: 45 min	No. 68
● easy Höllweg Bundschuh	Time-on-Trail: 1,5 h	No. 69

Unternberg

● medium Kühbarn	Time-on-Trail: 2,5 h	No. 85
● easy Lärchensteig	Time-on-Trail: 2 h	No. 86
● easy Ötzsteig	Time-on-Trail: 2 h	No. 87
● medium Himmelsteig	Time-on-Trail: 1 ¼ h	No. 88
● easy Forest Nature Trail	Time-on-Trail: 1 ¼ h	No. 89

St. Margarethen

● easy Greinwald	Time-on-Trail: 2,5 h	No. 80
● medium Brentaberg	Time-on-Trail: 3 h	No. 81
● medium Schlöglberg	Time-on-Trail: 2,5 h	No. 82
● medium Karlsberg	Time-on-Trail: 2,5 h	No. 83
● medium Aineck	Time-on-Trail: 3 h	No. 84

St. Michael

● easy Oberweissburg-Fell	Time-on-Trail: 3 h	No. 55
● easy Martiniberg	Time-on-Trail: 2,5 h	No. 56
● easy Saumoos	Time-on-Trail: 3 h	No. 90
● easy Hollerberg Tour	Time-on-Trail: 4 h	No. 91
● medium Mühlsteig	Time-on-Trail: 2 h	No. 92
● easy Grubental Tour	Time-on-Trail: 3,5 h	No. 93
● medium Speiereck Tour	Time-on-Trail: 3,5 h	No. 94
● medium Glashütten Tour	Time-on-Trail: 2,5 h	No. 95
● easy Oberweissburg	Time-on-Trail: 3,5 h	No. 96
● medium Gontal Tour	Time-on-Trail: 3 h	No. 97
● medium Aineck	Time-on-Trail: 5 h	No. 98
● easy St.Michael-Katschberg	Time-on-Trail: 5,5 h	No. 99

Muhr

● medium Steppen Tour	Time-on-Trail: 2 h	No. 50
------------------------------	--------------------	--------

Arnoweg Trail

By a decree of Charlemagne himself, the Pope elevated Salzburg's Bishop Arno to the rank of Archbishop. The Arnoweg Trail was created to commemorate the 1200-year anniversary of the Archbishopric of Salzburg. Route: Almost in its entirety, the Arnoweg keeps to already existing hiking paths in the Lungau, all clearly marked by a distinctive Arnoweg sign. Information: Ferienregion Lungau Office, Tel. 0043 (0)6477 8988, info@lungau.at, www.lungau.at, www.arnoweg.com

Lungau Culture Trail

Discover the towns and villages of the Lungau, learning about the land and its people from the signs which are posted along the way. Information is available from all local tourist offices and from the Ferienregion Lungau Office, Tel. 0043 (0)6477 8988, info@lungau.at, www.lungau.at

Mill Trail on the Dorfergraben

Zederhaus

Old mills and grain cribs have been restored to their original condition. Standing at the end of the Mill Trail is the "Walcherhaus," which provides information about rural life in the Lungau. Start: Village car park in Zederhaus. Tours: June-September every Thursday between 2 and 5 pm and Sunday from 1 until 5 pm, as well as by appointment. Information & Registration: Zederhaus Tourist Office, Tel. 0043 (0)6478 801, zederhaus@lungau.at, www.zederhaus.at

Forest Trail

Zederhaus

More than 50 informative signs point out interesting plants, birds, forest ecosystems and opportunities for environmentally-friendly exploitation of resources. Start: At the church in Zederhaus. Simply park your car at the village car park. Brochures & Information: Zederhaus Tourist Office, Tel. 0043 (0)6478 801, zederhaus@lungau.at, www.zederhaus.at



Almenweg Trail

Riedingtal Nature Park, Zederhaus

The start of the Almenweg Trail, which will take you out past a total of eight information stations and alpine huts, is located at the Nature Park House. Theme boards relate fascinating insights into life and work on alpine hill farms, both past and present. The trail also makes it possible to participate in a variety of related activities along the way, turning this expedition into a memorable experience for young and old. From July until September, the Riedingtal Nature Park offers exciting *Summer in the Hills* tours led by a park ranger. Information: Zederhaus Tourist Office, Tel. 0043 (0)6478 801, zederhaus@lungau.at, www.naturpark-riedingtal.at

Schlierensee Theme Trail

Riedingtal Nature Park, Zederhaus

This loop along the shoreline of the Schlierensee presents various aspects of the culture and nature of Riedingtal Valley, including hunting, hill-farming, land husbandry and, of course, native flora and fauna. Information: Zederhaus Tourist Office, Tel. 0043 (0)6478 801, zederhaus@lungau.at, www.naturpark-riedingtal.at

Theme Trail "The Power of Still Waters"

Riedingtal Nature Park, Zederhaus

A pathway for the senses – an opportunity to discover renewed strength, enjoy the tranquility, and experience water as the source of all life. Seven information stations focusing on the theme of "Water-Nature-Mankind" encourage visitors to actively experience this natural setting. Information: Zederhaus Tourist Office, Tel. 0043 (0)6478 801, zederhaus@lungau.at, www.naturpark-riedingtal.at

Nature Trail at the Ski Center

Mauterndorf

Informative signs provide interesting facts about the Lungau and its natural world. Start: Town center of Mauterndorf, next to the Fischerkeusche guesthouse and leading you out to the Hammer Inn. Time-on-Trail: 0.5 hours, with an alternate return route possible along trail No. 42 via Dopplerteich-Tranningwald-senior citizens' home and back to the original starting point. Information: Mauterndorf Tourist Office, Tel. 0043 (0)6472 7949, info@mauterndorf.at, www.mauterndorf.at

Pure Nature Trail

Mauterndorf

The Pure Nature Trail provides insights into our rich world of plants and animals. Over 50 stations encourage us to focus on our natural surroundings. Start: town center of Mauterndorf or Grosseck-Speiereck mountain lift terminal. Info: Mauterndorf Tourist Office, Tel. 0043 (0)6472 7949, info@mauterndorf.at, www.mauterndorf.at

Sun Trail

Mariapfarr

The first self-guided sun trail in Austria, in the sunniest vacation spot in all of Austria, gives big and small all kinds of fascinating information about the foundation of life itself – the sun. Along this approximately 4 km-long hiking loop, 9 information boards shed light on our favorite star. From the first sign located in the town center, the trail sets out in a westerly direction as we pass the Neuwirt car park on our way to the first information station at the Mariapfarr elementary school. After this, a number of signposts will keep you on the right trail. Stations 8 and 9 are right outside the SAMSUNN Vitality & Wellness Center. Depending on how long you spend at each of the information stations, the walk takes from 2 to 2.5 hours. Guided tours are offered for groups of 6 or more (please sign up at least 2 days prior to your preferred date). Brochures & Information: Mariapfarr Tourist Office, Tel. 0043 (0)6473 8766, mariapfarr@lungau.at, www.sonnengarantie.at

Bee Trail

Göriach

Visitors to the Bee Trail will learn all about the lives of bees and their importance to mankind. There is even a short quiz at the end of the trail, with the opportunity to win honey from this year's "harvest." Start: Gasthof Lacknerwirt. Information: Mr. Gruber, Tel. 0043 (0)664 1511555 or 0043 (0)6483 221, info@bienenlehrpfad.at, www.bienenlehrpfad.at

Kids' Fun Hike

Lessach

With interesting, variety-packed and fun-filled information stations along this trail, hiking becomes pure joy for the youngsters. The final stop is the Wildbachhütte, where the kids will be able to work off any excess energy on a great playground (with a zip line, small grill area, slide, etc.). And if you still have some energy to spare after that, you might opt to make your way to some very out-of-the-ordinary "pyramids" at the foot of the Gumma. Start: Wildbachhütte car park on the Purggergut Farm. Time-on-Trail: about 1.5 hours. Information: Lessach Tourist Office, Tel. 0043 (0)6484 813, lessach@lungau.at, www.lessach.at



Moor Path next to Lake Prebersee (1,514m)

Tamsweg

This splendidly designed loop through the Nature Sanctuary affords wonderful views of the surrounding mountains and insights into a unique natural world. Six informative signs tell of native flora and fauna, the history of the Alps, the legends and lifestyles of the high country, the creation of the high and low moorlands, the towering Preber and the absolutely unique Preberschiessen shooting competition. The Moor Path brochure is available for download at www.tamsweg.info. Start: Prebersee car park. Time-on-Trail: about 1 hour, accessible both to wheelchairs and prams. Information: Tamsweg Tourist Office, Tel. 0043 (0)6474 2145, tvb@tamsweg.at, www.tamsweg.info

History Trail "Tamsweg – then & now"

Tamsweg

As a special feature, whenever you look out from each information station, you will be able to compare what you see today with a historical photo of how Tamsweg used to be. Themes include:

- Murtalbahn railway in 1910, Tamsweg's gateway to the outside world
- Major fire in Untermarkt, 1925
- Tamsweg – an old market town with great quality of life
- Tamsweg's churches – expression of Catholic self-awareness, 1908
- The Taurachauen – an over-developed former paradise, ca. 1914
- From Capuchin monastery to a borough in its own right - how Tamsweg acquired its Samson figure, 1911

An additional highlight: a pavilion with a panoramic table! Time-on-Trail: 5 - 6 hrs. Start: Overpass to „St. Leonhard“ (Mur-bridge). Info: Tamsweg Tourist Office, Tel. 0043 (0)6474 2145, tvb@tamsweg.at, www.tamsweg.info

Planet Path

Tamsweg

The Planet Path begins on the right bank of the River Mur at the foot of the Leonhardsberg (about 6 km in length, taking you in the direction of Unternberg). Time-on-Trail: about 1.5 hours. The models of the Sun and planets are depicted at their average distance from Earth with a scale of 1:1 billion (1 mm on the path equates to 1,000 km in our solar system). The models are also true-to-scale in their size. The Planet Path brochure can be downloaded at www.tamsweg.info. Information: Tamsweg Tourist Office, Tel. 0043 (0)6474 2145, tvb@tamsweg.at, www.tamsweg.info

Iron Trail

Kendlbruck/Ramingstein

Iron was mined in the Mühlbachgraben as far back as 1,000 years ago. The informative signs along this trail provide fascinating insights, including an explanation of how the ore mined in the Mühlbachgraben and on the Turrach used to be smelted. A “crushing mill,” true to the original, was also built at the start of this trail. Right next to it is a playground for the enjoyment of all our little “miners.” Start: Kendlbruck. Information: Ramingstein Tourist Office, Tel. 0043 (0)6475 802 17, tourismus@ramingstein.at, www.ramingstein.at

Ore Trails

Ramingstein

The “Altenberg” (north of the River Mur) and “Dürnrain” (near Finstergrün Castle) ore trails offer hikers extensive insights into the region’s history of silver mining. “Altenberg” Ore Trail & self-guided Montane Path: This hike makes its way via the Felsenpromenade and Kirchsteig, past a biotope to a former marble quarry and then on to the Altenberg mining area. Time-on-Trail: 3 hours. “Dürnrain” Ore Trail: A hike past Finstergrün Castle, partially along the old Ore Road, past the mine shafts and waste piles in the mining area south of the Mur. Time-on-Trail: 2 hours. Start of both trails: Ramingstein village. Information: Ramingstein Tourist Office, Tel. 0043 (0)6475 802 17, tourismus@ramingstein.at, www.ramingstein.at

Passeggen Execution Path

St. Andrä /Tamsweg

Being able to experience the history of the witch-hunting era at unchanged, original sites, is a truly unique opportunity in all of Europe! Two historians, who are experts in the history of witch persecution, write impressively about the myths, insanity and reality of that time. With the help of large display boards you can transport yourself back to the living conditions of the 17th century and the witch trials, and put yourself in the position of those who were condemned. Taking you alongside meadows and forests, accompanied by magnificent views of the mountains, this theme trail is an ideal excursion for curious adults, while children can also take an exciting journey back through time! So what was it like 300 or 400 years ago in the Lungau? At numerous play stations along this family hike, children are able to learn how people here used to live. Time-on-Trail: ca. 1 ½ hrs. Start: St. Andrä sports grounds, Passeggen chapel or in Tamsweg. Info: St. Andrä Tourist Office, Tel. 0043 (0)6474 2147, www.st-andrae-lungau.at or Tamsweg Tourist Office, Tel. 0043 (0)6474 2145, www.tamsweg.info

Self-Guided Forest Path

Unternberg

What sings, what jumps, what squawks, what grows, what lies, what flies, what lives here with us? In keeping with this motto, the self-guided forest path was upgraded and modernized. This path is intended to stimulate everyone to watch and listen more closely to our native flora and fauna, and perhaps to rediscover some of those values we seem to have almost lost. 10 info boards provide fascinating insights into the life and natural world of the Schwarzenberg. For our smaller hikers, “Goldi” the imp has a surprise in store at every station. Start of this walking loop: car park on the village square. Time on Trail: 1¼ hours. Information: Unternberg Tourist Office, Tel. 0043 (0)6474 6214 18, unternberg@lungau.at, www.unternberg.at

Leisnitz Water Path

St. Margarethen

A pathway with appealing to all of your senses. Visitors to the Leisnitz Water Path are truly able to feel and experience water: You will pass the Dwarf’s Cave and a natural playground, which also includes the “Kasmandl Hut” (also providing shelter from the weather). A new element is the story told about a lonely giant. Equipped with a picture book and a treasure map, children are asked to enter the various stations along the Water Path – as their reward, they get to hunt for their own “courage stone” at Gasthof Schlögelberger, a really enjoyable destination with a petting zoo, playground, wildlife feeding station and all kinds of great things to eat. Starting point: the *Water Stone* in the town center of St. Margarethen (below the church, on the Löckerwirt car park) or in front of the village hall (“Gemeindeamt”), where the story book and treasure map are available. Time on Trail: varies from person to person. Information: St. Margarethen Tourist Office, Tel. 0043 (0)6476 812, info@stmargarethen.at, www.stmargarethen.at



Alpine Herb Garden

St. Michael

This garden, located in the town center of St. Michael, is home to herbs and medicinal plants from across the Alpine region. Further information is available from the Hapimag resort in St. Michael, Tel. 0043 (0)6477 7451, or from the St. Michael Tourist Office, Tel. 0043 (0)6477 8913, info@sanktmichael.at, www.sanktmichael.at

Forest Path

St. Michael

This self-guided pathway leads you through a world of native flora and fauna, one which reflects the community's active efforts to preserve endangered species and ecosystems. You can obtain the brochure from the tourist office in St. Michael, Tel. 0043 (0)6477 8913, info@sanktmichael.at, www.sanktmichael.at

Nature Trail on the Rotgüldensee

Muhr, the "National Park Village"

This self-guided trail generally takes you along the existing road: Ten large information boards provide details about plant and animal life inside the National Park, punctuating your walk to your final destination – Rotgüldensee Lake. Start: Arsenhaus, terminus for the post bus. Time-on-Trail: about 1 hour, approximately 400-meter elevation change. Information: Muhr Tourist Office and the National Park information Center, Tel. 0043 (0)6479 801, muhr@lungau.at, www.muhr-info.at



Magic Forest Adventure Path

Muhr, the National Park Village

Great attractions such as a kids' climbing web, a log balancing path, a dwarfs' village, a touch path, the many native forest animals just waiting to be discovered and so much more, make this walking loop a great experience for big and small. The wood cutter's hut at the end of the path invites you to rest and even grill (by prior arrangement) over an open fire. Start: car park in front of the Raiffeisenbank. Info: tourist office and National Park info center in Muhr, Tel. 0043 (0)6479 801 or Silvia Schiefer Tel. 0043 (0)676 86860629, muhr@lungau.at, www.muhr-info.at

Riedingtal Nature Park in Zederhaus

Due to its absolutely enchanting countryside, Riedingtal Valley is a popular excursion destination for young and old. The natural features and glorious scenery of this area on the edge of the Radstädter Tauern range are simply astonishing.

Information: Zederhaus Tourist Office, Tel. 0043 (0)6478 801, zederhaus@lungau.at, www.naturpark-riedingtal.at

Göriach Hut Village

An Alpine village that is unique, one which you can easily reach whether you are a senior citizen or pushing a pram. From the last car park, you are barely a 5-minute walk away (a total of 9 huts, 1 of which serves refreshments).

Information: Göriach Tourist Office, Tel. 0043 (0)6483 212 11, goeriach@lungau.at, www.goeriach.at

Preber Sports & Recreation Region

Located not far from Tamsweg and easy to reach is the Preber Region, one of the most popular excursions for locals and visitors alike, whether that be hiking, biking, or taking a romantic stroll around the lake and stopping at one of the huts along the way.

Information: Tamsweg Tourist Office, Tel. 0043 (0)6474 2145, tvb@tamsweg.at, www.tamsweg.info

Nockberge Region – Schönfeld/Karneralm

In contrast to the rugged peaks of the Niedere Tauern, the gently rounded hilltops of the Nockberge seemingly snuggle into their natural setting. Experience a high valley in all of its glory. Discover utter peace in the middle of a sun-drenched alpine meadow.

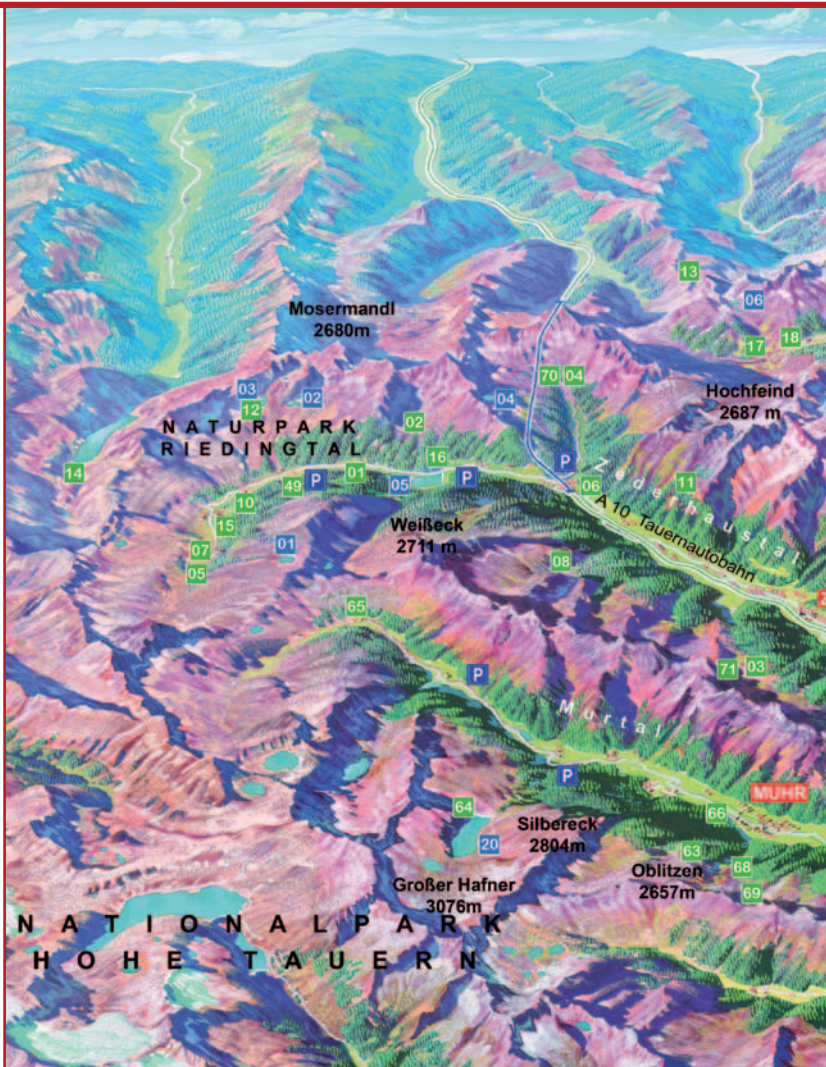
Information: Thomatal-Schönfeld Tourist Office, Tel. 0043 (0)6476 250, thomatal@lungau.at, www.thomatal.at

Muhr – the "National Park Village"

The beauty and diversity of the mountainous countryside of the Hohe Tauern National Park is the main reason it belongs to the largest national park in Central Europe. The Mur – Austria's second-largest river – has its headwaters in this community. And it is from there that the annual "Tour de Mur" bike race sets out every year.

Information: Muhr Tourist Office and National Park Information Center, Tel. 0043 (0)6479 801, muhr@lungau.at, www.muhr-info.at

Alpine tarns and



Alpine tarns

- | | | |
|------------------------------|--|-------------------------------------|
| 01 Boarnlacke /p. 9 | 09 Giglachsee /p. 17 | 16 Landschitzseen /p. 25 |
| 02 Esser See /p. 10 | 10 Oberer Schönalmsee /p. 18 | 17 Zwerfenbergsee & Angersee /p. 26 |
| 03 Ilgsee & Zaunersee /p. 11 | 11 Oberhüttensee /p. 19 | 18 Prebersee /p. 27 |
| 04 Rothenwändersee /p. 12 | 12 Wirpitschsee & Tiefenbachsee
pp. 20 & 21 | 19 Rosaninsee /p. 28 |
| 05 Schlierersee /p. 13 | 13 Lignitzsee /p. 22 | 20 Rotgüldensee /p. 29 |
| 06 Blauseen /p. 14 | 14 Landawirseen /p. 23 | 21 Anderleseen /p. 30 |
| 07 Twengler Almsee /p. 15 | 15 Galatisee /p. 24 | |
| 08 Trogalmsen /p. 16 | | |

Alpine Huts

- | | | |
|------------------------------|-----------------------------|--------------------------------------|
| 01 Gruberalm /p. 31 | 10 Ilgalm /p. 54 | 18 Genossenschaftshut Tweng /p. 57 |
| 02 Jakoberalm /p. 33 | 11 Schieferalm /p. 55 | 19 Genossenschaftshut Trogalm /p. 58 |
| 03 Liasalm /p. 35 | 12 Franz Fischer Hut /p. 62 | 20 Speiereck Hut /p. 63 |
| 04 Muhreralm /p. 36 | 13 Südwienner Hut /p. 66 | 21 Restaurant Panorama Alm /p. 71 |
| 05 Örgenhasalm /p. 37 | 14 Tappenkarsee Hut /p. 66 | 22 Restaurant Schi Alm /p. 71 |
| 06 Schwarzenbichl Hut /p. 39 | 15 Königalm /p. 34 | 23 Almstüberl Faningberg /p. 58 |
| 07 Zauner Hut /p. 40 | 16 Schliereralm /p. 38 | 24 Berggasthof Hainererhof /p. 72 |
| 08 Bartlalm /p. 54 | 17 Müllnerbauer Hut /p. 56 | 25 Berghof Jacklbauer /p. 72 |