

Water Hikes

Ahornsee

Haus ↻ **A3**

4:30 h ↔ **11.2 km** ↑↓ **820 hm** ■ **moderate**

Starting point: **Gradenbach car park**

During this hike to the Ahornsee, you will experience water in abundance. Initially next to the babbling Gradenbach, you will come to the somewhat hidden Gradenbach Waterfall. A little later, you will tackle a beautiful, rather steep section (secured with cables), bringing you to a forested high valley. There lies the Ahornsee, inviting you to take a break and relax.

The Grafenbergsee and Grafenbergalm are other rewarding destinations if you wish to extend your tour. Reckon with an additional 2 hours, 4.7 km and 240 vertical meters!



Salza Waterfall

Mitterberg-St. Martin ↻ **Salza**

1:00 h ↔ **4.0 km** ↑↓ **50 hm** ■ **easy**

Starting point: **Salza car park**

The hike to the Salza Waterfall is a nature experience for the whole family. You will follow the Salzachbach via easy forest paths, over wooden bridges and secure stairways. At the end of the tour, you will be treated to a spectacular water display, with the 40 meters tall misty waterfall dropping into a turquoise lagoon.

Strub hike

Naturpark Sölkktäler ↻ **Großsölk**

1:00 h ↔ **2.1 km** ↑↓ **200 hm** ■ **moderate**

Starting point: **Schloss Großsölk car park**

This hike is short, yet rewarding. In half an hour, you will hike to the imposing Stubschlucht, a canyon dividing the Klein- and Grosssölk valleys. Bridges twice take you across the Kleinsölk- and Großsölkbach streams. The perfect place to pause and collect your thoughts. During a guided hike of Sölkktäler Nature park, you will be able to marvel at the difficult-to-access wash-outs in the marble rock.

Family Hikes and Themed Walks

In the footsteps of the pioneers

Haus ↻ **A4**

0:45 h → **2.1 km** ↓ **440 hm** ■ **moderate**

Starting point: **Tauern Seilbahn mountain station**

On the path from the Krummhölzlütte to the mountain station of the 8-passenger gondola, you can explore the more than 100-year history of the Hauser Kaibling. Fascinating short stories tell you all about the very first hut, the building of the first cableway, and how come you can now ride gondolas to the top of the Hauser Kaibling.

Friedenskircherl

Gröbming ↻ **Stoderzinken**

1:00 h ↔ **3.0 km** ↑ **150 hm** ■ **easy**

Starting point: **Rosemlalm car park**

The famous Peace Chapel is suspended like an eagle's nest from the rocks of the Stoderzinken. Beginning with a gentle climb to the Rosegger Monument. From here, a well-secured trail – flat, narrow, pressed closely against the rock face – leads you to the chapel, where you are treated to a fantastic panoramic view of Ennstal.

Gröbming hiking trail

Gröbming ↻ **Gröbming**

3:00 h ↔ **11.0 km** ↑↓ **240 hm** ■ **moderate**

Starting point: **Gröbming centre**

An easy, though long hike shows you Gröbming in all its facets. You will start in the town center and hike up to Hofmanning, where you will be able to enjoy the beautiful view of Gröbming. After a few kilometers, comfortable wooden loungers invite you to indulge in "forest bathing" and restore your energy levels. You will then continue via Winkl, Weyern, Maudorf and the race track in Gröbming back to the center of town.

F.X. Mayr path

Gröbming ↻ **Oberwinkl, Lend**

3:30 h ↔ **13.3 km** ↑↓ **170 hm** ■ **easy**

Starting point: **Gröbming Kurpark**

From the Kurpark in Gröbming, you will first explore the small communities of Oberwinkl and Weyern. Now continue to the Kneipp spa in Lend and enjoy a refreshing break, before making the return walk to Gröbming. Highlights of this path are eleven places of meditation and reflection that relax and inspire body and mind.

Baumhoroskop path

Michaelerberg-Pruggern ↻ **Kulm**

1:00 h ↔ **2.1 km** ↑↓ **140 hm** ■ **moderate**

Starting point: **car park under Ackerl farm**

The Baumhoroskop path is a relaxing hike for the whole family, with several highlights along this hiking loop. For example, you can search for the tree linked to your birthdate, ring the Peace Bell in a woodland area, or enjoy the views through the heart window and from atop the Schneersenihügel.

Viehbergalm – Miesbodensee

Gröbming ↻ **Lend, Ofen**

4:00 h ↔ **13.2 km** ↑↓ **790 hm** ■ **moderate**

Starting point: **Gröbming Lend**

At the start of this tour, you will hike through the Ofen – a canyon dividing the Stoderzinken and Kamm, with the Gröbminger Bach flowing through the middle. After one-and-a-half hours, you will reach the Viehbergalm. Approximately 30 minutes away, the Miesbodensee is an almost circular moorland lake and an extraordinary gem in the beautiful landscape.

Birgseiten loop

Michaelerberg-Pruggern ↻ **Pruggern**

1:45 h ↔ **5.7 km** ↑↓ **150 hm** ■ **moderate**

Start-finish point: **Pruggern centre**

On this hike, you will experience the most beautiful side of Pruggern. From the town center, you will first walk through the charming town itself, then gently uphill into a small patch of forest. The forest quickly gives way to broad fields. Alongside those fields, with the Dachstein constantly, before you will walk back to Pruggern.

Prenten Alpine path (SM 2)

Mitterberg-St. Martin ↻ **Lengdorf**

1:45 h ↔ **5.6** ↑↓ **220 hm** ■ **moderate**

Starting point: **Lengdorf centre**

This hike brings you close to the Kammspitze. From Lengdorf, you will hike along flat paths directly at the foot of the mountain. Finally, you will come to the beautiful community of Prenten, from where you can see Lengdorf and the Mitterberg. The "Masker Gassl", an easy hiking path, will finally bring you back to your original starting point.

Gersdorf loop (M2)

Mitterberg-Sankt Martin ↻ **Mitterberg**

0:45 h ↔ **2.6 km** ↑↓ **20 hm** ■ **easy**

Starting point: **Hotel Häuserl im Wald**

No expectation of significant climbs on this particular tour. Instead, wonderful impressions of the countryside and lots of variety. Time and again, you will find yourself hiking through forests and meadows, along gravel or paved paths.

Marathon course (M1)

Mitterberg-St. Martin ↻ **Mitterberg**

4:45 h ↔ **17.5 km** ↑↓ **410 hm** ■ **moderate**

Starting point: **Mitterberg St. Martin town hall**

An idyllic, elegant and sporty hike reveals the village of Mitterberg-Sankt Martin and the surrounding countryside at their most beautiful. This tour is part of the "Motion Arena", featuring a total of 14 clearly marked hiking, running and Nordic-walking trails totaling 70 kilometers in length.

Gumpeneck geo hiking trail

Naturpark Sölkktäler ↻ **Großsölk**

4:30 h ↔ **10.5 km** ↑↓ **890 hm** ■ **moderate**

Starting point: **Koller car park**

On this hiking loop, you will experience for yourself how the mountain landscapes of the Sölkktäler and Ennstal were created. Along the pathway, 24 stations shed light on 500 million years of Earth history. Simply scan the QR code at each of the info stations and embark on a journey through time.

Panorama-Walks

Bärfällspitze

Haus ↻ **A4**

4:00 h ↔ **7.3 km** ↑↓ **500 hm** ■ **moderate**

Starting point: **Tauern Seilbahn**

This mountain tour allows you to add a glorious summit conquest to your Sheep Path hike on the Hauser Kaibling. Having followed paths created on the Hauser Kaibling by sheep herds, you will now take well-trodden hiking paths and steadily gain elevation, finally coming to the goal of this tour, the 2150 m summit of the Bärfällspitze.



Alpine Hike from the Stoderzinken across the Grafenbergalm to the Kufstein

Gröbming, Aich ↻ **Stoderzinken**

6:30 h → **13.1 km** ↑↓ **540 / 1,390 hm** ■ **difficult**

Starting point: **Rosemlalm car park**

From the Rosemlalm car park, follow silent pathways via the Brünner hut and the Brandner virgin forest to the Grafenbergalm. There, you will make a steep (though not difficult) ascent across the Kufsteincharte up to the Kufstein, before hiking down along forest paths to the old Burgstaller inn in Ramsau-Röising.

From Assach to Stoderzinken

Aich ↻ **Assach, Stoderzinken**

8:00 h → **17.6 km** ↑↓ **1,290 hm** ■ **moderate**

Starting point: **Assach fire station**

You will need good stamina for this hike: from Assach, via steep passages that are not technically difficult, up to the summit of the Stoderzinken. Along the way, you will discover a diverse world of plants and, perhaps, chamois and wild hare.

Tip: Panoraweg 100 is a full hiking tour that extends for 116 km. It leads to the left and right of the River Enns at elevations between 700 and 1300 meters, making it a wonderful hiking opportunity from May on.

Freienstein

Aich ↻ **Assach**

2:45 h ↔ **5.4 km** ↑↓ **460 hm** ■ **difficult**

Starting point: **Assacher Tenne**

Though the Freienstein is not especially high, this forested summit above Assach is a thoroughly attractive destination for experienced hikers with a good head for heights.

If you would like to add a few extra vertical meters during your ascent from Assach, we would recommend a hiking loop taking you over the Kunagrünberg and past several traditional farmsteads. Plan on 45 minutes, 3.6 km and a gain of roughly 100 hm.

In addition, you can also climb the Freienstein via Gröbming Adventure Park. Though also in this case, you should exercise caution.

Stoderzinken and Friedenskircherl

Gröbming ↻ **Stoderzinken**

2:30 h ↔ **4.1 km** ↑↓ **400 hm** ■ **moderate**

Starting point: **Rosemlalm car park**

The Stoderzinken is a rewarding mountain destination with unique flora and fauna. Following a narrow path across a rocky mountainside, you will reach the famous Peace Chapel in around 25 minutes. From there, you will continue via the Florstager or the Peter Rosegger Statue, flanked by pine trees, to the summit. Especially at sunrise, the panorama from the summit is extraordinary.

During the hike back down, you might also opt for tour No. 675 via the Brünner hut (not a refreshment point). Along the route, time and again you will be treated to magnificent mountain views extending from the Dachstein to the Grossglockner.

Gumpeneck via Öblarn

Öblarn ↻ **Öblarn**

6:00 h ↔ **13.3 km** ↑↓ **1,300 hm** ■ **moderate**

Starting point: **Schattenbergerstraße car park**

From Öblarn, a challenging-yet-rewarding tour leads to the top of a beautiful scenic mountain. You begin your hike on forestry lanes leading to the Schupfenalm. Via the Schönwetterberg and Schrettenkaspitze, you continue along a scenic ridge. Just before the final summit ascent, you will drop down through a field of boulders, before finally reaching the top of the Gumpeneck.

Gumpeneck

Naturpark Sölkktäler ↻ **Großsölk**

6:00 h ↔ **11.8 km** ↑↓ **1,100 hm** ■ **moderate**

Starting point: **Koller car park**

The striking Gumpeneck is also one of the most scenic summits in the Sölkktäler. From the "Koller" car park, you will make your way past active hill farms as far as the Gumpenkar, continuing along an extended ridge to the summit. At the top, you will be able to spot 13 church towers with the naked eye.

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Moosberg loop

Öblarn ↻ **Moosberg**

2:20 h ↔ **7.9 km** ↑↓ **200 hm** ■ **easy**

Starting point: **Hötel Häuserl im Wald**

Due to easy paths, this walking tour is also very suitable for children. In Öblarn, enjoy a leisurely stroll through the village, then walk up to the plateau of the Sonn- and Moosberg. From there, enjoy the magnificent view of the Gröbming, before dropping down via a forest road leading to Niederöblarn, then taking the Enns cycle path back to Öblarn.

Short Walks and Leisurely Tours

Sonnberg loop No. 6

Haus ↻ **Weißbach**

3:45 h ↔ **14.3 km** ↑↓ **320 hm** ■ **easy**

Starting point: **Haus centre**

If you have plenty of stamina, you can discover some great "secret tips" during this easy hike. Along the way you are greeted by the Gradenbach Waterfall, the spa pool in Weissenbach and the Siebenbrünnl interactive path. The best views are from the Sonnberg, though the idyllic small village of Weissenbach is also quite enchanting.

Goassweg loop No. 7

Weißbach ↻ **Weißbach**

1:45 h ↔ **4.7 km** ↑↓ **180 hm** ■ **easy**

Starting point: **Weißbach centre**

A walking tour for the whole family through the most beautiful cadastral community in Styria. From the village square in Weissenbach, decorated with beautiful flowers, you will walk past the charming village chapel and along the so-called "Goassweg", which will also take you past a playground. Adventures for big and small are definitely guaranteed!

Lärchsachsen path No. 10

Aich, Haus ↻ **Weißbach**

1:50 h ↔ **7.3 km** ↑↓ **60 hm** ■ **easy**

Starting point: **Aich centre**

On this easy hike, you will mostly be walking along flat paths. Ideal, in other words, for first impressions of your chosen holiday destination. You will begin in Aich, hiking along farm paths to the neighboring village of Weissenbach near Haus. In the process, you will get to know two beautiful communities that charm you with their deeply rooted authenticity.

Kulmeiberg loop (G1)

Gröbming ↻ **Gröbming**

0:30 h ↔ **2.0 km** ↑↓ **50 hm** ■ **easy**

Starting point: **Kurpark Gröbming**

From the Kurpark in Gröbming, this tour takes you gently uphill along pleasant paths to the top of the Kulmeiben. There, you will find a special place to take a break, affording beautiful views of Gröbming, the Stoderzinken and the Kammspitze. You will then hike back at the foot of the Mitterberg. Finally, the Gradienralage in the Kurpark provides for a refreshing conclusion.

St. Martin Grimming loop (SM 5)

Mitterberg-St. Martin ↻ **St. Martin am Grimming**

1:00 h ↔ **3.3 km** ↑↓ **180 hm** ■ **moderate**

Starting point: **St. Martin**

From St. Martin am Grimming, this hike leads to a beautiful viewing platform at the foot of the Grimming. You will follow the Mitterbach and climb via a short, rather steep forest trail. Along the way, there are two "mountain windows" that frame the beautiful alpine world which surrounds you and are the perfect motif for a memorable photo souvenir.

Short Enns loop

Öblarn ↻ **Öblarn**

0:45 h ↔ **3.2 km** ↑↓ **10 hm** ■ **easy**

Starting point: **Öblarn centre**

This walk allows you to explore Öblarn and the nature which surrounds it. From the main square in Öblarn, you will walk through the quiet village in the direction of the River Enns. A flat path now takes you upriver, past flowers in bloom and beautiful trees. A charming bridge takes you across the Walchenbach before making your return to Öblarn.

Equipment

A good backpack is helpful, and for routes in alpine terrain, a hat, gloves, a good jacket, and pants are essential.

Waterproof shoes with non-slip soles, sunglasses, sunscreen, and plenty of drinks are likewise crucial. A fully charged mobile phone, flashlight, maps, a knife, and a small first-aid kit are also important.

For a multiple-day hike we recommend a backpack with a capacity of around 40 liters.



Long Enns loop

Öblarn ↻ **Öblarn-Niederöblarn**

2:00 h ↔ **7.9 km** ↑↓ **45 hm** ■ **easy**

Starting point: **Öblarn centre**

A close-up experience of the River Enns. From Öblarn, you will walk through town and follow a flat path taking you to the Enns. Now, downriver to the airfield in Niederöblarn. The path continues into the center of the small village. From there, you will make your way past old farmhouses and beautiful homes on the way back to Öblarn.

Walchental hiking trail

Öblarn ↻ **Walchen**

3:00 h ↔ **10.8 km** ↑↓ **250 hm** ■ **easy**

Starting point: **Öblarn centre**

From Öblarn, you will walk next to the Walchentalbach into the remote Walchental valley. Awaiting you along this flat path are the attractive Schrabach Chapel as well as the copper theme path with numerous info stations. If you are interested in the guided water-themed tour in Öblarn, you will find details and dates online at wassererlebnis-obblarn.at

Niederöblarn loop

Öblarn ↻ **Niederöblarn**

1:20 h ↔ **4.5 km** ↑↓ **140 hm** ■ **easy**

Starting point: **"Zum Grimmingtor" car park**

Setting out from Gasthof "Zum Grimmingtor", you will first hike in the direction of the Niederöblarner Graben, then continue uphill via the Zanberg to the Grittsberg. The views there of the Grimming and Upper Ennstal are unique. Now, you will descend along the country road, then take the Enns Bike Path (R7) back to your starting point.

Lake-side trail in Niederöblarn

Öblarn ↻ **Niederöblarn**

0:30 h ↔ **1.8 km** ↑↓ **10 hm** ■ **easy**

Starting point: **Sportsarena Grimming**

In barely half an hour, this leisurely walk takes you from the sports area in Niederöblarn to the peaceful Ennsau outside Niederöblarn. There, you can enjoy a relaxing walk along a flat path to the "Niederöblarn Pond", continuing past the airfield and along a farm path back to your original starting point.

Alpine Tours

Kammspitze

Gröbming ↻ **Hofmanning**

6:00 h ↔ **11.2 km** ↑↓ **1,360 hm** ■ **difficult**

Starting point: **Catholic Cemetery**

The Kammspitze is a striking summit just outside Gröbming and the destination of this attractive mountain tour. From Gröbming, you will hike uphill via a sunken pathway and then a trail. The final summit ascent across the northern flank of the mountain is particularly steep, rocky and secured by cables. Once you get to the top, the surrounding panorama is more than ample reward for your efforts.

Hangofen via Englitztal

Öblarn ↻ **Öblarn**

5:00 h ↔ **12.4 km** ↑↓ **1,060 hm** ■ **difficult**

Starting point: **ÖAV Berghaus**

Walchental is a remote and historically important valley, once the site of copper mining. It is there that your hike to the Hangofen begins, leading from the ÖAV Berghaus via Englitztal and Ober-Englitztal to the summit. For the last part of this hike, you will need to be surefooted and have a head for heights.

Due to construction works, the 8-person gondola and the 4-person Quattrajna chairlift will be closed in the summer of 2024.

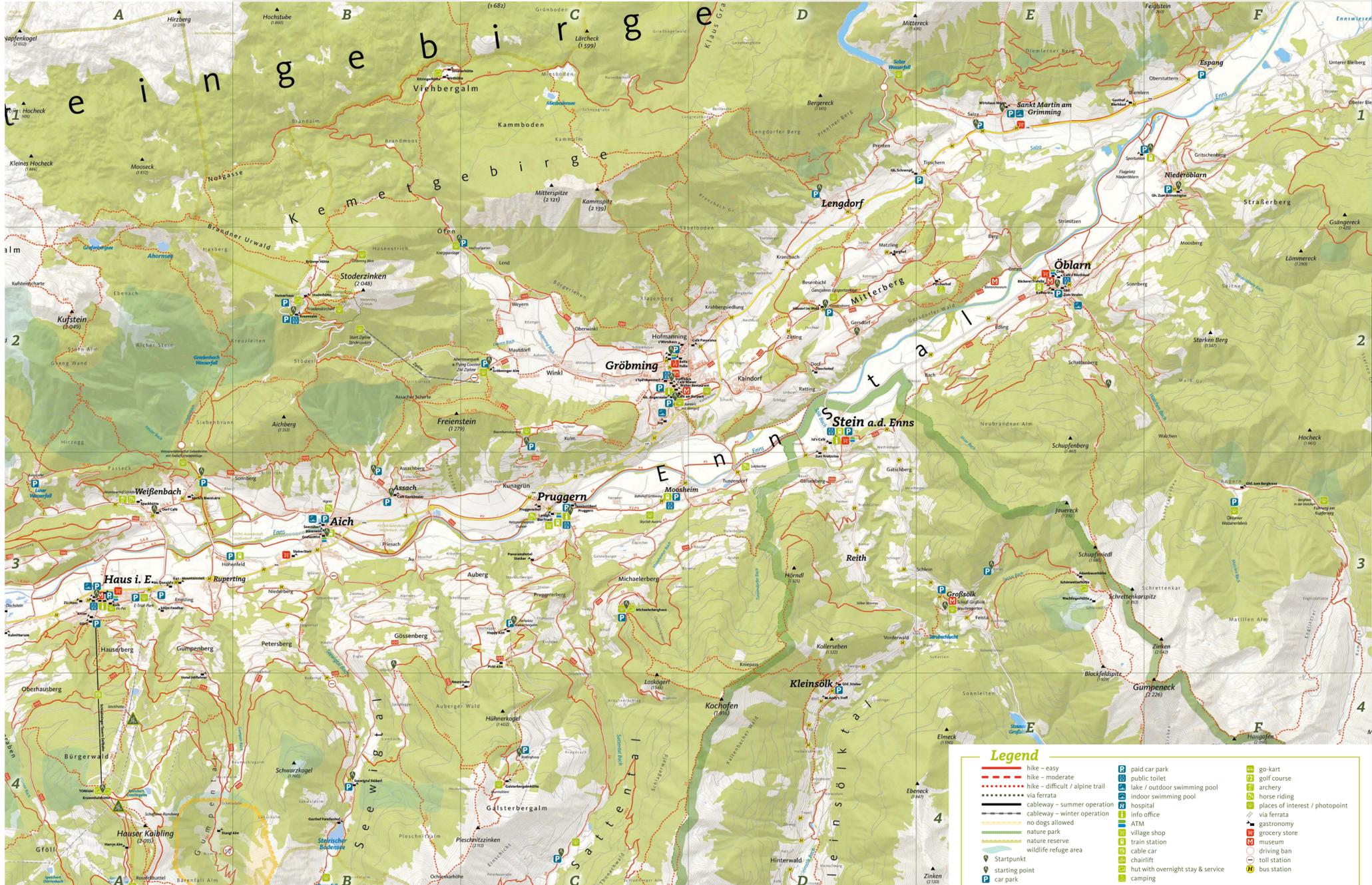
Access to the Hauser Kaibling will be exclusively by means of the Tauern Cableway from the village of Haus. Once at the top, you'll be greeted by picturesque hiking trails and an impressive 360-degree panorama.

- Hiking trails 2024 - not accessible.
- Schafniss loop
 - children's path on the Hauser Kaibling
 - Hauser Kaibling summit loop

For complete information about the Hauser Kaibling, please click here: www.schladming-dachstein.at/hauserkaibling



For more information: www.schladming-dachstein.at/hiking



Legend

	hike – easy		paid car park		go-kart
	hike – moderate		public toilet		pool course
	hike – difficult / alpine trail		lake / outdoor swimming pool		archery
	hike via ferrata		indoor swimming pool		horse riding
	cableway – summer operation		hospital		places of interest / photopoint
	cableway – winter operation		info office		via ferrata
	no dogs allowed		ATM		gastronomy
	nature park		village shop		grocery store
	nature reserve		train station		museum
	wildlife refuge area		cable car		driving ban
	Startpunkt		toil station		bus station
	starting point		hut with overnight stay & service		camping
	car park				



Peace Chapel on the Stoderzinken

"What ought I to write, in these mountains filled with sunshine? I can merely pause in silent reverence and be blissful." Over 100 years ago, the famous local author and poet Peter Rosegger was well aware of the beauty of Peace Chapel, perched there at 1898 meters above sea level. Reachable on foot in barely 30 minutes, this small chapel clings like an eagle's nest high above Ennstal, treating visitors to jaw-dropping views.

It is said that if you ring the chapel bell, your wish will come true!

Guided sunrise hike

Standing on the summit of the Stoderzinken first in the morning, the first rays of sunshine before you, is a special experience indeed. Followed by a hearty mountain breakfast – now what could be more beautiful than that? Take part in a guided hike, learn more here: www.schladming-dachstein.at/sunrise-stoderzinken

Guided Walk through the Notgasse

The Notgasse is a listed part of the UNESCO World Heritage Region, connecting Gröbming with the areas of alpine pastures at higher elevations. It was once only hill farmers and cowherds who used this path which is only passable on foot. Today, you, too, can hike through this mystical gorge, with its 60 m high rock walls and ancient petroglyphs.

www.schladming-dachstein.at/notgasse-hike

Exercise arena Gröbming Land

The Gröbming Land exercise arena includes 20 tours in different levels of difficulty.

Panorama boards provide information about the surrounding nature as well as starting and end points of the various trails. These tour details, such as elevation profile, length, location etc. can also be scanned for each lap using QR codes, which you will find on the road.



Hiking

Haus | Aich | Michaelerberg-Pruggern
Gröbming | Mitterberg-St. Martin
Naturpark Sölkktäler | Öblarn

Helpful Tips

- Check the weather! Snow may fall on the mountain even in summer! In case of thunderstorms: Avoid peaks, exposed ridgelines, and fixed-cable climbs at all costs!
- Tour planning: Make sure you are well informed about the weather, sunset, and current conditions in general. Adjust the tour to your fitness level and assess your personal limitations honestly. **Mountain rescue emergency number: 140** Euro-wide emergency numbers: 112
- Inform your host where you're going, or leave information about your planned route on top of your car dashboard if you are out on a multi-day hike.
- Appropriate interaction with grazing livestock: The alpine pastures are not a petting zoo – avoid direct contact with livestock and do not feed the animals. Remain calm, give them a wide berth, and cross pastures quickly. Keep your dog leashed and only release it if an attack seems imminent. Always close gates behind you after passing through.
- Help preserve nature. Don't litter, leave plant life alone, and respect wildlife and their habitat.
- Use the hiking & valley bus service for cross-valley tours as a far more environmentally friendly and relaxed alternative to driving yourself. Many trailheads and starting points are conveniently accessible by bus, while numerous buses and toll roads are actually included in the Sommercard.

Current timetables can be found at: www.schladming-dachstein.at/buses

Helpful Tips

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Systemcard

Legend

- Suitable for strollers
- Toll, parking fee or entry
- Gondola
- Chairlift
- Shooting Location of Die Bergerter
- Starting point with grid square
- No dogs allowed
- Walking time
- One way
- There & back
- Roundtrip
- Altitude (Up- / Downhill)
- Difficulty level
- Construction site: For complete information about the Hoster Kabinen, please check schladming-dachstein.at/baustellen

Water Hikes

Steirischer Bodensee

Aich A2

1:00 h 3.0 km 30 hm easy

Starting point: Seewigal car park
The path around the Steirischer Bodensee is an easy and exceptionally beautiful walk amid alpine landscapes. At the foot of towering, forested mountains, enjoy an atmosphere of pure romance – meanwhile, the waterfall above the lake is truly impressive.

Steirischer Bodensee – Hüttensee – Obersee

Aich A2

4:30 h 8.0 km 540 hm moderate

Starting point: Seewigal car park
On the different stages of this tour, you will discover no fewer than three mountain lakes. Add to that two powerful waterfalls that are amongst the most imposing in the Schladming-Dachstein Region. The steep, though beautiful path is flanked by rugged mountains of ancient rock, leading the way to the mighty towering Hochwildstelle.

Schwarzensee

Naturpark Sölktaier Kleinsölk

2:30 h 8.4 km 100 hm easy

Starting point: Breitlahnalm car park
The Sölk "Wasserschauflad" is all about water. On a wide path across alpine pastures, you will hike along the Kleinsölkbach as far as Schwarzensee, the biggest mountain lake in the Niedere Tauern. On its shore, you can marvel at gigantic, old sycamore trees. All of this surrounded by foaming waterfalls that plunge from the mountains into the depths below.

From Bräualm to Hohensee

Naturpark Sölktaier St. Nikolai

4:00 h 10.8 km 450 hm moderate

Starting point: St. Nikolai car park
From St. Nikolai in Grosssölkthal, you will hike along pathways next to the Bräualmbach, past the Dürmoos Waterfall to the Hohensee. Aside from several ungladified huts, two huts (not staffed) made of marble catch your eyes. The lake itself is surrounded by high mountains and is the perfect place for a rest stop.

Family Hikes and Themed Walks

Pirkli loop

Michaelerberg-Pruggern Galsterberg

1:00 h 3.0 km 160 hm easy

Starting point: Galsterberg valley station
A leisurely tour for the whole family. Departing from the Galsterberg valley station, the path takes you on a one-hour walk through fields and a short expanse of forest around the "hut village" of Pruggern. Along the way, small children, especially, will have lots of fun since the path is very easy with almost no climbs.

Sattental loop

Michaelerberg-Pruggern Sattental

1:00 h 4.2 km 60 hm easy

Starting point: Sattental car park
From the Sattental car park, a flat, pram-friendly pathway leads alongside the Sattentalbach to the upper valley head and back. Next to the stream especially children find many play opportunities. At the huts of the Penntalalm and Tagalim, too, aside from a tasty bite to eat, there is also a lot to discover.

Putzentalalm

Naturpark Sölktaier Kleinsölk

3:30 h 11.5 km 300 hm easy

Starting point: Breitlahnalm car park
A tour in Kleinsölkthal for the whole family. From the Breitlahnalm, you will walk via a flat, pram-friendly pathway to Schwarzensee. After an easy climb, the path ends at the Putzentalalm, which is spectacularly encircled by several waterfalls. The hut also has a treat in store for the youngsters: a petting zoo.

Mountain Village at Tuchmoaralm

Naturpark Sölktaier Kleinsölk

3:00 h 7.7 km 410 hm easy

Starting point: Striegleralm way cross
On this hike, discover the life led by dairy farmers in the hill country. A not-too-difficult path will bring you to the Tuchmoaralm. At the huts themselves, milk is still made into butter and a famous cheese known as Steierkas, the basic ingredient for Steierkaskrapfen – which is THE speciality of huts in the Sölktaier and Ennstal.

Panorama-Walks

Scheibleck-Tour

Aich, Michaelerberg-Pruggern Galsterberg

5:00 h 10.8 km 1,130 hm difficult

Starting point: Gössenberg, Loipoldhof
The Scheibleck Tour showcases itself quite differently from season to season. Whereas, in June, you will hike past rhododendrons in full bloom, in August you will discover monkhood, especially closer to the summit. For the passage between the Pleschnitzzinken and Scheibleck, surefootedness is an absolute must.

Galsterbergalm – Pleschnitzzinken

Michaelerberg-Pruggern Galsterberg

2:30 h 5.2 km 490 hm moderate

Starting point: Bottinghaus
This hike leads up to an easily reached and extremely attractive summit. Your hike already begins at a significant elevation, next to the Bottinghaus, first through sparse forests, later through open expanses up to the summit. On the way down, you should pay a visit to the Galsterbergalmhütte and watch the marmots in action.

Kochofen

Michaelerberg-Pruggern Michaelerberg

3:30 h 6.6 km 700 hm moderate

Starting point: Michaelerberghaus
Setting out from the Michaelerberghaus, this hike takes you on a steady climb through extended stretches of forest, with frequent clearings where you can look down on Sattental far below. After a rather steep rocky ridge made of Sölk marble, you will reach the open summit, where you have plenty of space to rest and take in the beautiful mountain panorama.

Großes Bärneck

Naturpark Sölktaier Möbna

6:00 h 12.6 km 1,050 hm moderate

Starting point: Möbna fire station
From Möbna, you will first hike along a forestry lane, then a steeper trail alongside the Seifriedingbach as far as the Mösnaak. On steep sloping meadows, you now continue to the Gstemmerscharte, and finally to the summit. If you wish, you can extend the tour even further, descending via the Mörsbachalm to Domnersbachwald.

Short Walks and Leisurely Tours

Au loop No. 12

Aich A1

1:30 h 5.0 km 80 hm easy

Starting point: Aich centre
This easy walk takes you from the village of Aich, via Au to the neighboring village of Assach and back. Walkable year-round, you will follow paved roads with barely any traffic and explore the beautiful riparian forests along the Enns. Which makes this tour ideal for families and for farms.

Pruggern-Assach loop (P2)

Michaelerberg-Pruggern Pruggern

1:30 h 5.6 km 80 hm easy

Starting point: Pruggern centre
A pleasant walk, with no major climbs, leading from Pruggern, along the Enns Cycle Path in the direction of Assach and back to the start. During this walk, not only will you be able to enjoy the sight of the surrounding mountains, you will also be able to explore two beautiful villages, Pruggern and Assach.

Alpine Tours

Hochwildstelle via Hans-Wödl-Hütte No. 782

Aich A2

8:00 h 14.1 km 1,710 hm difficult

Starting point: Seewigal car park
This challenging mountain tour leads to the top of the second-highest peak in the Schladminger Tauern. On the classic route, you will hike past the Steirischer Bodensee, the Hütten- and Obersee, steeply uphill to the Neualmscharte. Increasingly exposed, you will continue across the Kleine Wildstelle to the summit. Surefootedness, a head for heights and mountain experience are absolutely vital!

Hochwildstelle

Michaelerberg-Pruggern Sattental

8:00 h 16.2 km 1,490 hm difficult

Starting point: Sattental car park
The Hochwildstelle can also be climbed from Sattental. From the car park at the valley entrance, you will hike to the Sierkensar and on to the Goldlacken – a collection of small alpine tarns. Surefootedness and a head for heights are essential for the summit ascent, with numerous exposed spots between the Trattenscharte, Wildochscharte and South Ridge.

Stierkarsee – Goldlacken

Michaelerberg-Pruggern Sattental

5:00 h 12.8 km 1,100 hm difficult

Starting point: Sattental car park
A challenging, yet extremely attractive hike awaits you in Sattental. You will hike past traditional mountain huts and through steep high forests, before reaching the mystical Stierkarsee. At least as impressive are the Goldlacken, not far away – a collection of numerous smallish tarns.



Deneck

Naturpark Sölktaier St. Nikolai

5:30 h 7.5 km 850 hm moderate

Starting point: Kaltenbachkehre car park
This mountain tour is highly recommended as a family hike. With three mountain lakes along the way, also hikeable in stages. From the Kaltenbachalm, you will first hike steeply uphill to the Untere, Mitterer and Oberer Kaltenbachsee. Then across the broad expanses of the Etrachböden, before crossing the Schafspitz on your way up to Deneck summit.

Hornfeldspitze

Naturpark Sölktaier St. Nikolai

3:00 h 3.3 km 490 hm moderate

Starting point: Sölkpasskapelle car park
Sölk Pass, elevation 1788 m, is the highest pass in Styria and also the starting point for this summit tour. From the top of the pass, you will reach the Hornfeldspitze in roughly 1.5 hours – a short, though rewarding climb. Initially, the path will lead you across a mountainside, followed by a somewhat rocky ridge to the summit.

Hochstufoben

Naturpark Sölktaier St. Nikolai

6:00 h 11.1 km 900 hm moderate

Starting point: Kaltenbachkehre car park
Starting from the parking area, you will first hike down to the Winkleralm bend, then make your way via an access lane leading up to the Mahd-feldalm. A trail begins next to a wayside cross and leads across the hillside, crossing several small streams. The path becomes increasingly steep, through multiple switchbacks, followed by the final, not-too-difficult summit ascent.

Großer Knallstein

Naturpark Sölktaier St. Nikolai, Kleinsölk

8:00 h 15.2 km 1,500 hm moderate

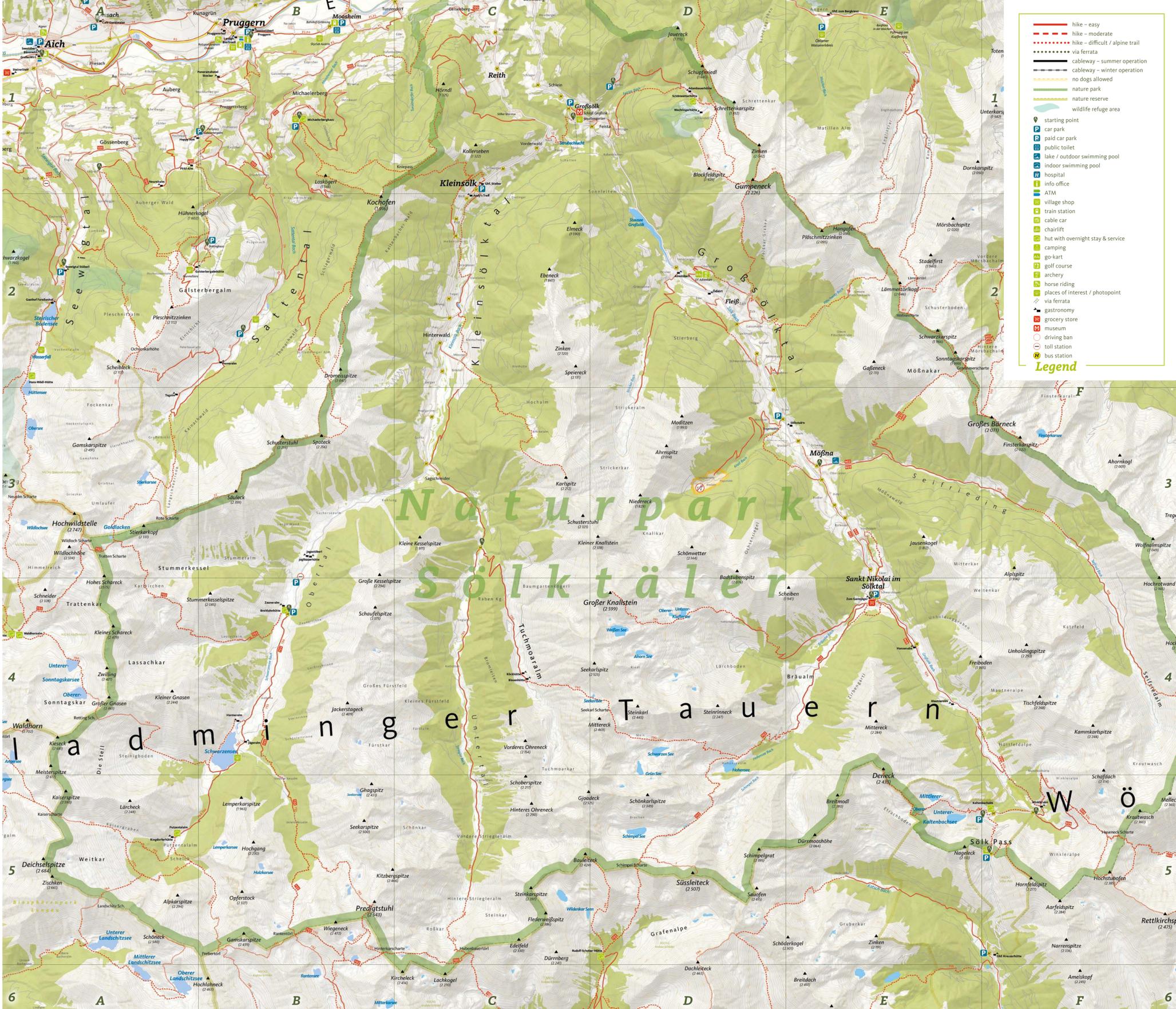
Starting point: St. Nikolai car park
You will need good endurance for this hike to the Grosser Knallstein. In exchange, you will be rewarded by diverse landscapes dominated by alpine pastures, larch and high forests, and rocky cirques. There are no exposed passages on the way up. However, do not underestimate this tour and bring plenty to drink!

Seekarscharte

Naturpark Sölktaier St. Nikolai, Kleinsölk

6:00 h 16.0 km 1,190 hm moderate

Starting point: St. Nikolai car park
Water in all its variants accompanies you on this long, though not difficult tour. From Grosssölkthal, you will hike to the natural meadows near the Bräualm and to the Dürmoos Waterfall. You will now continue to the Hohensee and the Seekarscharte. Via the shimmering waters of the Seekarssee, the Tuchmoaralm and the Kesselkreuz, you will make your way back to Kleinsölkthal. The valley bus will carry you back to your starting point. Be sure to consult the online timetable at schladming-dachstein.at/taelerbus



The adventure continues ...

This map is far from all that Schladming-Dachstein has to offer. In our two other maps, you will find many other magnificent hiking tours and useful tips for your summer holidays, all just waiting for you!



Even more Adventures.

Biking or trail-running action, the joys of mountaineering, gorge adventures, plus useful information about holidays with children, mountain lifts, and safety guidelines for use of the alpine pastures – you will find all this and more in our brochure "Summer Experiences".

Our hill farms, mountain huts, restaurants, and many other eateries provide well-deserved sustenance after so much nature and outdoor activity.

For a full overview, pick up your brochures from our local tourist information offices.



Sölktaier Nature Park

Experience nature.

Picturesque mountain villages, gentle alpine pastures, wild mountain streams and impressive peaks characterize the Sölk valleys, which form the framework for one of the seven Styrian nature parks over a total area of 288 km². This region testifies a healthy living environment for people, animals and plants, where traditions are cultivated and good things preserved. Accompanied by our nature educators, you will be able to discover nature and its secrets during a guided tour.

More information:
www.soeiktaeler.com



The Sommercard is there for you.

The public transportation included with the Sommercard allows you to get around easily and sustainably during your vacation. The summer lifts carry you high into the mountains, and toll roads lead you to truly unique places.

The following services are available to you with the Schladming-Dachstein Sommercard: www.sommercard.info

Find a suitable bus connection, toll fees included: www.schladming-dachstein.at/sc-buses

These mountain lifts also operate for you in summer: www.schladming-dachstein.at/sc-mountains



Disclaimer: All information has been taken with the utmost care and is based on latest knowledge. Nevertheless, we can assume no liability whatsoever for the accuracy, comprehensiveness or topicality of said content. The tours can only be used at your own risk, self-responsible. A liability for any accidents or damage of any kind will therefore not be accepted. Route selection and assessment of your own experience, ability and alpine dangers is at your own risk!
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Mutual Consideration.

Due to agricultural or forestry operations (parts of) trails may be closed, diverted or affected otherwise even during high season as land owners, such as farmers and lumberjacks of course need to cultivate their land also during the summer months. You can find this information along with each tour description online at www.schladming-dachstein.at/hiking

Moreover, their work is an important contribution to the preservation of the natural and cultural landscape. In terms of the good cooperation with the land owners, farmers and lumberjacks we ask for your understanding and respect for the necessary work!



Nature and Us.

When we're out in the countryside, we are never alone!

In summer and winter alike, the animals in our mountains need certain quiet zones – to raise their offspring on the one hand, and to save their strength on the other. Which is why it is vital that you always stay on the marked path! And please also help us to keep our environment clean. If you take a drinks bottle or sandwich bag with you out on the trail, please don't leave it out in nature. Many of the materials used, require decades if not millennia in order to completely degrade. And of course, they also represent a danger for animals and for the groundwater.

Valley Bus

In summer (07/06 to 09/08/2024), the valley bus operates daily between Grosssölkthal and Kleines Sölkthal. It will be happy to carry you to the starting point of your hike or pick you up at the conclusion of your exhilarating valley traverse. There is also nothing to stop your arriving by train, in total comfort.

Groups of 3 or more must make reservations for the valley bus in advance.

www.schladming-dachstein.at/valleybus

