NATIONAL PARKS AUSTRIA

Nationalpark Hohe Tauern



LAND TIROL

Federal Ministry
Agriculture and Forestry, Climate and Environmental Protection, Regions and Water Management
Republic of Austria

Winter offers 2026/27
Out and about with our National Park Rangers
East Tyrol

www.hohetauern.at

hohe tauern national park - a journey back to the beginnings

30 national park municipalities

3.500 plant species

342 glaciers ~ 155 km²

~ 83 % privately owned

15.000 - 20.000 animal species

120 huts & pastures in Tyrol

~ 990 km length of streams

~ 200 km² forest

849 lakes

766 marshes

1.213 km² core zone

1.856 km² total area

17 theme trails in Tyrol

~ 1.200 km trail network in Tyrol

welcome to the national park

"Heading South?" – for many people, and animals too, this is the motto for the winter months. Yet the seemingly quiet season in the high mountains is actually full of life and fascinating encounters with nature.

With their guided winter excursions, our National Park Rangers offer an insight into life during winter in the Hohe Tauern National Park. Equipped with snowshoes, Swarovski binoculars and spotting scopes, and armed with their extensive knowledge, they bring the seemingly silent winter landscape to life, revealing a wealth of fascinating discoveries.

However, winter is also a challenging time for many species, as they struggle to survive the harsh conditions. For those who wish to explore the Hohe Tauern National Park independently on snowshoes or touring skis, we provide information on beautiful routes through all the National Park valleys as part of the "Bergwelt Tirol – Experience Together" initiative. We also highlight designated areas of tranquillity where nature can enjoy the peace and quiet it needs.

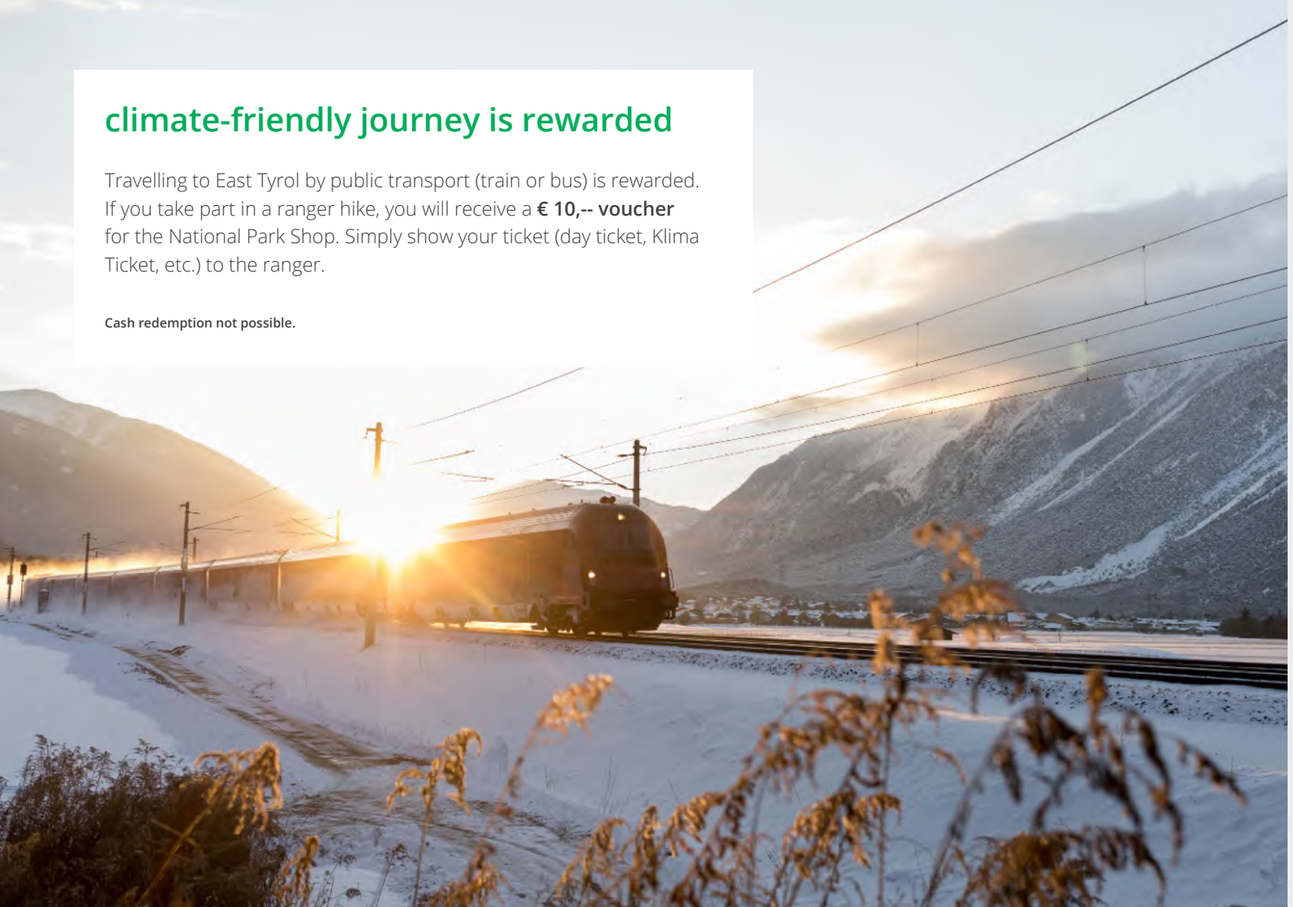


I wish everyone wonderful winter experiences in harmony with nature.

Florian Jurgeit

Director of the Hohe Tauern National Park – Tyrol

Further information about "Berg Welt Tirol"



climate-friendly journey is rewarded

Travelling to East Tyrol by public transport (train or bus) is rewarded. If you take part in a ranger hike, you will receive a **€ 10,-- voucher** for the National Park Shop. Simply show your ticket (day ticket, Klima Ticket, etc.) to the ranger.

Cash redemption not possible.

your hohetauern|guide

Nationalpark Hohe Tauern
fans & friends

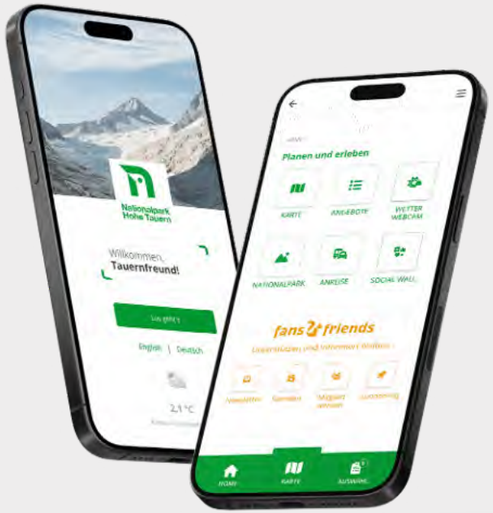
Bring the national park
on your smartphone!

→ Plan your experiences

→ Find themed trails and exhibitions

→ Book national park tours with rangers online

→ and many more



www.hohetauernguide.at

Keep up to date and play an active role in shaping the future!
Register now for our newsletter and become part of our community!

national park offers

			more info page
National Park Visitor Centre Matrei	Mon - Fri, 21.12.2026 - 25.03.2027	Matrei i. O.	7
Rent a Ranger - for your individual tour in the Hohe Tauern National Park	individually	throughout the National Park region	11
TIP Nature Watch – WILD survival artists in Kals am Großglockner	Mondays, 21.12.2026 - 15.03.2027 Fridays, 08.01.2027 - 12.03.2027	Kals am Großglockner	15
Nature Watch – Magical natural treasures in the Matrei Tauern Valley	Tuesdays, 22.12.2026 - 09.03.2027	Matrei i. O.	15
Nature Watch – Searching for traces in the Defereggen Valley	Wednesdays, 16.12.2026 - 17.03.2027	Defereggen Valley	15
NEW Winter magic on the sunny balcony of Prägraten	Thursdays, 31.12.2026 - 04.03.2027	Virgen Valley	17
Kids on snow shoes programme	Wed. 30.12.2026 & Tue. 05.01.2027 Tue. 16.02.2027 & Thu. 18.02.2027	throughout the National Park region	18 & 19
Lectures & Multivision shows	individually	throughout the National Park region	20
National Park Experience indoor		6 times in East Tyrol	from 24

national park visitor centre matrei

FREE ENTRY

Exhibition "Views of the Tauern – experience the wonder"

Immerse yourself in the living spaces of the Hohe Tauern National Park – the interactive exhibition presents various (experience) habitats in the protected area and inspires to venture outdoors and discover the national park.

Free entry!

Audio-Guide (German, English, Italian)
Costs € 4,-

Guided tours for groups of 10 people or more
Pre-booking required. Costs: Adults € 5,- | Children € 4, -

Special exhibition 2026/27 -

Der Großvenediger - the ancient majesty

Opening times Winter
21st December 2026 - 25th March 2027
Monday to Thursday: 10:00 - 12:00 **&** 14:00 - 17:00
Friday: 10:00 - 12:00
closed on 24th & 31st December and public holidays







animal world in energy-saving mode

The winters are long and hard in the Hohe Tauern National Park due to the cold and the lack of food. Too many disturbances and interferences can quickly disrupt the sensitive equilibrium that wildlife needs to survive. In winter, wild animals run on a reduced metabolism and live off energy reserves. These reserves are quickly used up if animals need to escape, sapping their energy. Disturbances by people can even lead to their death. Our tour's focus is on the protection of nature and wildlife and this is taken into consideration when our guides are planning the tours.

Tips and code of conduct in the countryside

- Stay on marked trails in forests
- Avoid the edges of forests, groups of trees and shrubs and single trees or snow-free areas, as they are often safe areas and hiding places for wild animals.
- Respect and give a wide berth to "wildlife protection zones" and feeding areas.
- Never approach animals: move out of their way or give the animals time to retreat.
- Keep dogs on a lead.

snowshoe hikes in the national park



Untouched and snowy winter landscapes, loose powder snow, peace and quiet and solitude await snowshoe hikers on their tours through the Hohe Tauern National Park. Experience, discover, observe and hike with us through the jagged valleys of the national park and marvel at the survival strategies of the animal and plant world. Enjoy a day with us immersed in nature without stress or frenzy.

rangers in the tyrol hohe tauern national park


Matthias Berger


Ruth Bstieler


Christoph Dietmaier


Brigitte Eckle


Caroline Führer


Eva Maria Klaunzer


Armin Kollreider


Maria Mattersberger


Matthias Mühlburger


Andreas Rofner


Sophie Thaler


Carola Trojer


Simon Zeiner

Our rangers have specialist knowledge about nature studies, wildlife and landscape, making them the perfect companion for your national park experience in East Tyrol.

TIP

rent a ranger

Exclusively for you, your family, company excursions or group trips

We plan an unforgettable tour for you in the heart of the Hohe Tauern National Park.

We offer

- Nature watch & nature education
- One- or multi-day programmes, adapted to age, group and condition
- Presentations on special topics
- Regional insider tips
- Incentive, team building and group travel offers

Rent a Ranger offers in winter:

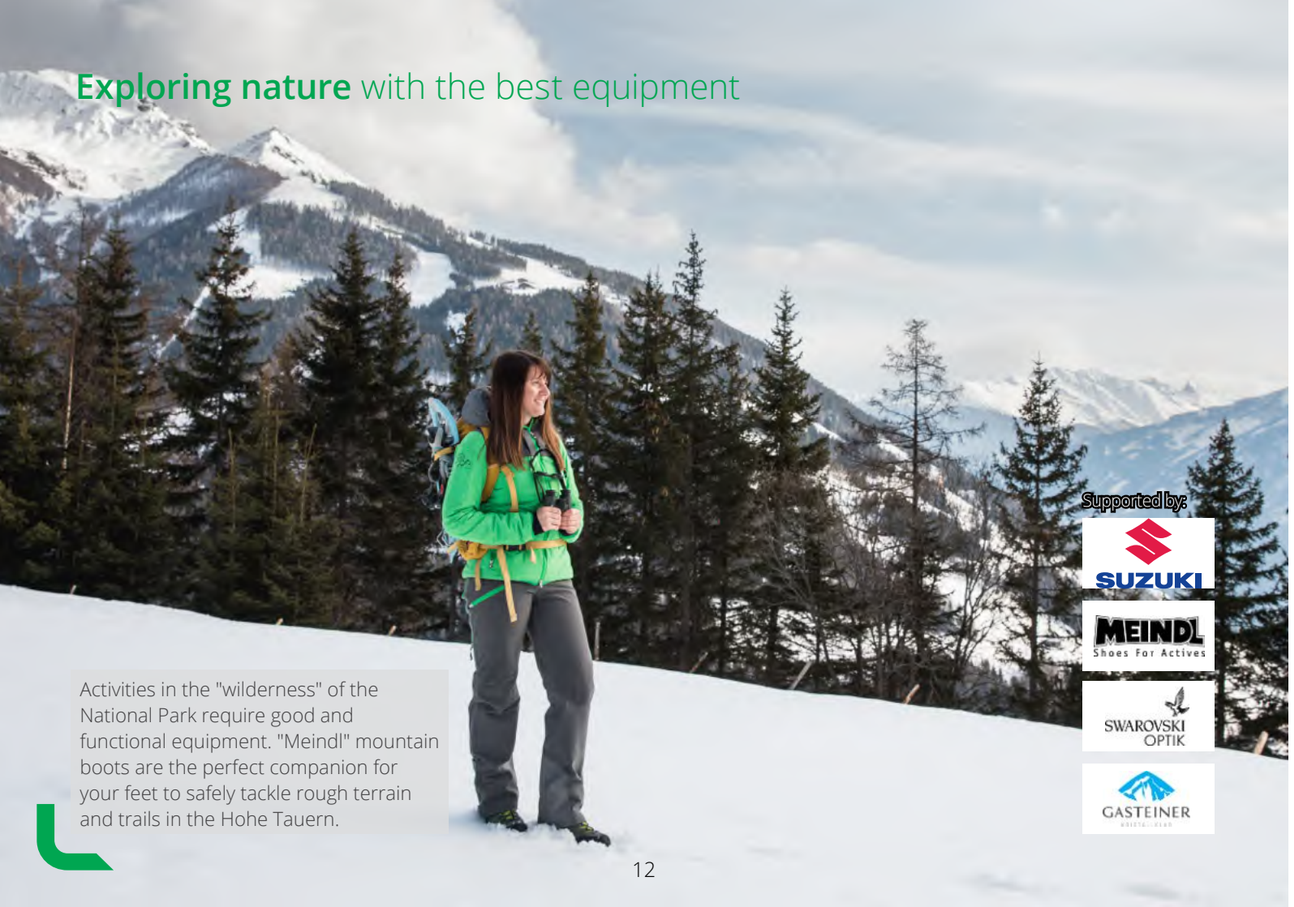
Day and half-day hikes (e.g. winterhikes, Nature-Watch tours, phototours, wildlife observations).

All tours are bookable in English on request.

Costs for your private and personal ranger € 310,- per day

Rent a Ranger as a special present

Exploring nature with the best equipment



Activities in the "wilderness" of the National Park require good and functional equipment. "Meindl" mountain boots are the perfect companion for your feet to safely tackle rough terrain and trails in the Hohe Tauern.

Supported by:

SUZUKI

MEINDL Shoes For Actives

SWAROVSKI OPTIK

GASTEINER

information about our guided tours

Equipment

- **Mountain boots with good tread (winterproof)**
- **Outdoor clothing (including hat and gloves)**
- **Sun protection**
- **Backpack with drinks and snacks**
- **hiking / ski poles**

Guided tours*

Group size: 5 up to 12 people
Registration required until 5 pm the previous day
Special tours and group offers on request

* Subject to change depending on weather conditions.

Costs for guided tours according to program

Snowshoes are included

Nature Watch Adults: € 25,- / Children 6 to 14 years: € 15,-

Rent a Ranger

For your individual experience. See page 11 for more information.

Your benefits

Nationalpark Hohe Tauern – Offizieller Partner

Spend the night at one of our national park partners and receive a guided ranger tour for free or at a reduced price.

Booking

at hohetauern.at - Experience - Tours

For organisational reasons, registration via our booking tool is required!

Information about the programs is available from the visitor service of the Hohe Tauern National Park in Tyrol: +43 4875 5161-10, nationalparkservice.tirol@hohetauern.at

nature watch - tracks in the snow

On snowshoes in the kingdom of ibex, chamois, eagle and bearded vulture.

Equipped with binoculars and spotting scope we are following the tracks of wild animals. Moving through the snow, your Ranger will expertly spot wildlife and captivate you with their in-depth specialist knowledge of the native plants and animals and the telltale signs of their activity in the remote and often untouched winter landscape of the National Park.



nature watch tour offers

WILD survival artists in Kals am Großglockner

Mondays, 21.12.2026 - 15.03.2027
Fridays, 08.01.2026 - 12.03.2027

9:30 - approx. 13:00
Meeting point: Infopoint Glocknerwinkel (Lucknerhaus)

Searching for traces in the Defereggen Valley

Wednesdays, 16.12.2026 - 17.03.2027

09:45 - 14:00
Meeting point: Tourist information St. Jakob i. Def.
(Attention, from the meeting point an individual journey to the starting point is necessary. For tours on the Staller Sattel, you can also travel by public transport.)

Magical natural treasures in the Matrei Tauern Valley

Tuesdays, 22.12.2026 - 09.03.2027

9:30 - approx. 13:00
Meeting point: Matreier Tauernhaus

Tour information
Level of difficulty: easy - moderate
Rental of the latest models of
Swarovski Optik binoculars: € 5 per tour.
Further information on request!

SWAROVSKI OPTIK

Experience our tours with Swarovski Optik binoculars for an impressive observation of the animal world.











winter magic on the sunny balcony of Prägraten

Winter hiking on the newly created Bichl winter hiking trail

This ranger hike begins when the low winter sun bathes the 'sun balcony of Prägraten' in golden light.
Right at the start, the unspoilt hamlet of Bichl enchants visitors with its traditional farms. From here, the hike continues at a leisurely pace through the so-called 'Lärchweiden' (larch pastures), a centuries-old cultural landscape that creates a unique atmosphere in the snow.
Along the way, the rangers share fascinating facts about the flora and fauna and explain how the individual organisms have ingeniously adapted to these harsh conditions. With a little luck, you can observe native songbirds 'feeding' at the bird feeder.





Thursdays, 31.12.2026 - 04.03.2027

11:45 - 15:00 Uhr
meeting point: Tourist information Prägraten
(Attention, from the meeting point an individual journey to the starting point is necessary.)

The hike takes place without snowshoes on a winter hiking trail.

kids on snow shoes

The national park detectives are also out and about in winter! We trudge through the snow-covered fields and forests of our region on snowshoes. Many animals leave their footprints in the snow. Can we match every track to an animal? There are also cool things to discover at this time of year.
We also try to build an igloo or if you feel like it, you can design other creative sculptures. Play and romp in the snow with your best friends.
Come along and spend a great morning with us.

Dates:

christmas holidays:
Wednesday, 30.12.2026
Tuesday, 05.01.2027

semester break:
Tuesday, 16.02.2027
Thursday, 18.02.2027

meeting point: will be announced upon registration depending on snow conditions

Start: 09:00 a.m.

Costs: € 15,-
including snow shoes

Information & registration
Nationalparkhaus Matrei
+43 4875 51 61 10







tell stories with pictures

Multivision shows with pictures, film sequences and stories about the region. Immerse yourself and be carried away into the fascinating world of the Hohe Tauern National Park.

Lectures and presentations on various topics within the national park (glaciers, the life of a ranger, fauna and flora...)

On request

Duration: ca. 45 Min.

Costs: € 150,-

Bookable for hotels, groups, business trips, ...







Become a member of *fans&friends* – starting at just € 12 per year, you'll contribute to the preservation of endangered species and alpine habitats in the Hohe Tauern National Park. As a Family member, you'll receive a cuddly National Park stuffed animal as a thank you – so you can stay close to the mountains, even when you're not in nature. By the way, it also makes the perfect gift!

Fan: **€ 12** *Friend:* **€ 60** *Family:* **€ 120**

Nationalpark® Hohe Tauern

fans & friends



alpenverein österreich

Alpine shelters in the Hohe Tauern National Park are also open in winter for tours in the high mountains.

In many places, ski tourism and nature conservation are not in harmony. East Tyrol shows that it can be done differently. With its 266 threethousand-metre peaks, the region is a paradise for ski mountaineers. To make sure it stays that way, snow lovers, outdoor enthusiasts, mountaineers, but also children and young people are made aware of the need to treat nature with care.

Further information on the project:
bergwelt-miteinander.at

BERGWELT TIROL MITEINANDER ERLEBEN



Photo: Peter Maier

Off into the backcountry! Ski touring in Osttirol

Rewarding destinations – including numerous 3,000-meter peaks and the impressive natural landscape of the Hohe Tauern National Park – are an absolute delight for expert ski tourers. Accompanied by certified mountain guides, participants explore some of the most secluded alpine pastures and most striking peaks against the backdrop of the Großglockner, Großvenediger, and other iconic mountains. Experienced ski tourers take on a special challenge: the Hoch Tirol ski route. This extremely demanding high-mountain traverse covers more than 18,000 meters of elevation gain and 140 kilometers over six days. In Osttirol, people have always been mindful of their responsibility towards nature – especially when it comes to ski touring. The potential of sustainable tourism infrastructure is highlighted through special offerings as part of the "Experiencing the Tyrolean Mountains Together" project, in collaboration with the Hohe Tauern National Park. For more information, visit ***skitouren.osttirol.com***

national park experience indoor

National Park Visitor Centre Matrei i. O.

The interactive exhibition **"Views of the Tauern – experience the wonder"** and the special exhibition 2026/27 **"Der Großvenediger - the ancient majesty"** extend over 5 floors.

Details page 7.

National Park welcome area - district capital Lienz

You can admire the natural jewels of the protected area, in the district capital of Lienz.

Place: Tourism office Lienz



Beyond time - Virgen

The Virgen landscape is an ancient cultural space uniting space and time. Six individuals look into the past and future.

Opening hours:
Daily from 8:00 - 18:00
08.12.2026 - 31.03.2027

Place: Tourism office Virgen

Under the spell of the Grossglockner - Kals am G.

Experience the highest mountain in Austria up close.

Opening hours:
Fridays from 9:00 - 12:00 & 14:00 - 17:00
04.12.2026 - 02.04.2027
(closed on holidays)
Groups on request, subject to charge.

Place: Glocknerhaus, Kals am G.

Time travel Defereggen - St. Jakob i. Def.

In this show, our visitors are taken on a journey from the ice age through the Millennia to the history of mining in the valley and travelling trade in the valley.

Opening hours: Monday - Friday, 10:00 - 18:00
& on request at the municipal office

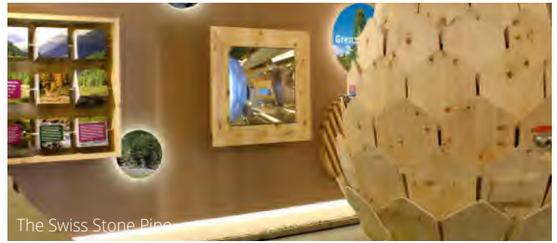
Place: Music Pavilion, St. Jakob i. D.

The Swiss Stone Pine - Defereggen Valley

Everything revolves around the Queen of the Alps - the Swiss stone pine.

Opening hours: Monday - Friday, 8:00 - 18:00,
and on request at the tourism office Defereggen Valley

Place: Handlhaus, St. Jakob i. D.


The Swiss Stone Pine



Supported by the federal government and the European Union
Federal Ministry Agriculture and Forestry, Climate and Environmental Protection, Regions and Water Management Republic of Austria
WIR leben Land
Common Agricultural Policy Austria
Co-funded by the European Union



Photo: NPHT/Tom Specht

So delicious - quality-certified National Park regional products

Would you like a piece of the National Park to take home? Gourmets can savour the quality-certified specialist products from the National Park region literally melt on their tongue. Because when it says "Hohe Tauern National Park Regional Product" on the outside, genuine authentic taste is what you find inside.
The products are manufactured in East Tyrol and at least 50% of the raw materials used come from the National Park region.

Available here: Bauernladen Virgen Farm Shop, Lienz Market, Genussladen 24/7 Lienz, Hofladen Peischlerwirt Farm Shop, Sotla's Tauernladen, Regiomat Nußdorf-Debant, Gaimberg & Matrei, Deferegger Machlkammer Craft Shop, Stemberger Farm Shop, Kalsertaler Genusshitte, Halbfurter's Hofladele, Mühstätter butchers, online stores of producers, direct marketing from the farm, East Tyrolean food retailers with a regional focus

NATUR ERLEBEN.
IM EINKLANG



Foto: Andergassen



Foto: Berggasthaus Goldried



Foto: NPHT/Troyer

SLOW TRAVEL – WINTER HOLIDAYS IN A NATIONALPARK PARTNER ACCOMODATION

Trudge through fresh powder snow, breathe in the pure mountain air, and experience nature with all your senses – enjoy the East Tyrolean mountain winter in our National Park Partner Businesses! Here, a love of nature is a top priority! In our family-run businesses, you can expect warm hospitality and personal tips for the best excursions. Whether it´s slopes, hiking trails, or hidden gems – our hosts know their way around and will help you get the most out of your stay. Your advantage: free ranger hike included! We focus on regional products and treating nature with respect, because our home is worth it. Enjoy your nature-oriented vacation in the largest protected area in the Alps!

www.nationalpark-partnerbetriebe.at

experience the high alpine national park



If you want to go 'high' in the Hohe Tauern National Park, an East Tyrolean mountain and ski guide is the right choice. For fantastic, high-alpine snowshoe hikes as well as glacier and summit tours on touring skis, we recommend booking a mountain and ski guide to ensure you are safe when travelling in the Hohe Tauern National Park.

Mountain guide offices in the East Tyrol National Park region

Venediger mountain guides www.venediger-bergfuehrer.at

Virger mountain guides www.virgenalpin.at

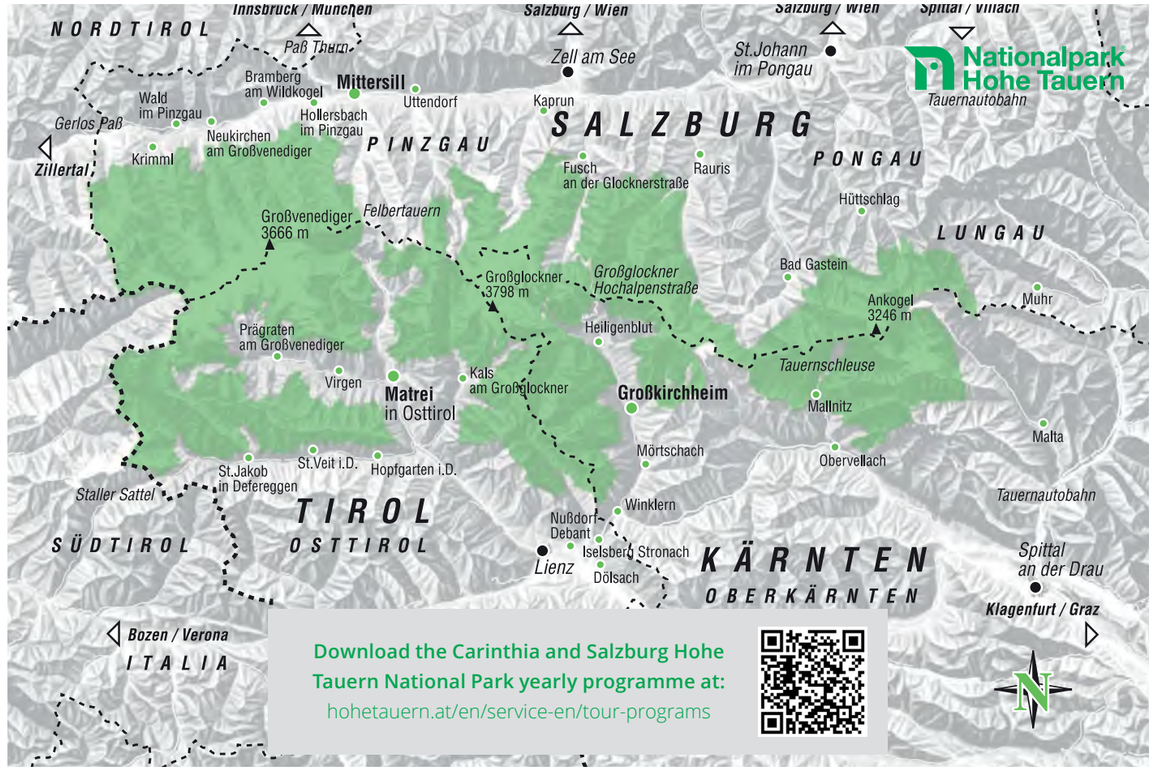
Mountain guide office Matrei www.bergfuehrer-matrei.at

Kalser Großglockner mountain guides www.bergfuehrer-kals.at

Mountain guides Defereggental www.bergfuehrer-stjakob.at

Ostalpen guides www.ostalpenguides.at

Tiroler Bergsportführer, Sekt. Osttirol (allg.) www.berg-osttirol.at



Download the Carinthia and Salzburg Hohe Tauern National Park yearly programme at:
hohetauern.at/en/service-en/tour-programs








Share your personal nationalpark moment on Instagram.

#nationalparkhohetauern
#myosttirol






looking ahead summer 2026

As soon as the marmots awake from their hibernation, the National Park Rangers once again get ready for the spring and summer tours.

Many sanctuaries in the high mountain national park can only be discovered in summer. The ranger team looks forward to accompanying you on nature watch tours, glacier hikes, alpine hikes and much more in the national park.

TIP

Highlights for little explorers & families:

- Forest Wildlife Camps in the Oberhauser swiss pine forest
- Little National Park detectives Programs from 4-12 years
- themed trails
- guided family hikes








Forest Wildlife Camps for Kids in the Oberhaus swiss pine forest

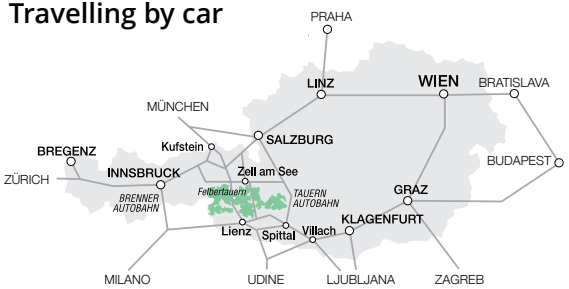
SHARE YOUR NATIONAL PARK MOMENT WITH US!

#nationalparkhohetauern
#myosttirol

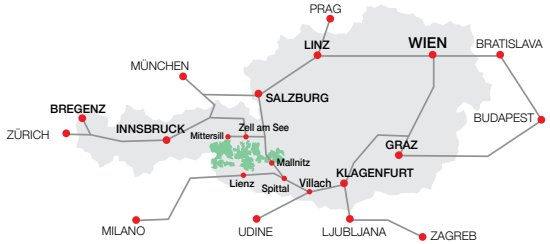
Information on National Park partner accommodation in East Tyrol:
www.nationalpark-partnerbetriebe.at

Information on the East Tyrol region:
nationalpark.osttirol.com

Travelling by car



Travelling by train



Nationalpark Hohe Tauern

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