



hohe tauern national park - a journey back to the beginnings



feel the summer in the nationalpark

The national park region of East Tyrol is genuine, pristine and authentic. With 1.856 km², the protected area is the largest national park in the Eastern Alps and is one of the most fascinating high mountain landscapes on earth.

Our task is not only to represent the national park, but also to ensure protection, do research as well as educate you in animals, plant species and cultural landscapes.

Above all, education is very close to my heart. Every year, we look after about 17,000 students who learn, among other things, why the protection of our nature is so essential in today's world.

My personal tips:

With a height of 22 metres, the wildlife observation tower Oberhaus offers three platform levels to take in the natural jewels of the upper Deferegggen Valley. This year, in our National Park House in Matri, we can take you indoors into the world of the large and small birds of prey of the Hohe Tauern National Park.

Our national park rangers convince with their special knowledge of our natural history and know about the special features and highlights of the alpine national park through their many years of experience and knowledge of the area.



I invite you to experience the magnificent mountain world of the national park in the company of our rangers.

Hermann Stotter
National Park Director



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, climate ticket, etc.) to the ranger.

Cash redemption not possible.



FREE
for persons with a handicap



free of charge with guest card

mobility & public transport

Barrier-free access to the national park at Lucknerhaus in Kals a. Gr.

For people with disabilities, access to the national park is possible with a Swiss Trac or scooter for free. With the help of the Swiss Trac up to 6 km/h as well as 20 percent incline are manageable. It consists of a wheelchair incl. electric tractor. An accompanying person is necessary.

Info & Booking: +43 4875 5161-10
nationalparkservice.tirol@hohetauern.at

Public transport

Numerous national park valleys are accessible by public transport. Guests with a valid guest card can take advantage of the offer free of charge. Details and timetables www.vvt.at

E-Bike-charging stations

Numerous free e-bike charging stations are installed at the Nationalparkhaus Matriei and throughout the National Park region. For more information on e-bike tours in the Hohe Tauern National Park, see page 34.

national park offers

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national park house matri

The interactive exhibition „**Tauernblicke – Momente des Staunens**“ (Views of the Tauern – experience the wonder) offers visitors unexpected insights into various living spaces and experience of Austria's largest and oldest national park. **NEW: Flight experience: "The National Park through the eye of the golden eagle".**

Free entry!

Audio-Guide (German, English, Italian)

Costs € 4,- (Free of charge with the East Tyrol Card)

Guided tours for groups of 10 people or more

Pre-booking required. Costs: Adults € 4 | Children € 3, -



Special exhibition 2023 -

Birds of prey of the Hohe Tauern National Park

Opening times

June: Monday to Friday, 10:00 - 12:00 and 14:00 - 18:00 (closed on holidays)

July & August: Monday to Saturday, 10:00 - 18:00 and Sunday, 14:00 - 18:00

September: Monday to Friday, 10:00 - 12:00 and 14:00 - 18:00

October: Monday to Friday, 10:00 - 12:00 and 14:00 - 17:00

perfectly equipped nature - here we come

Activities in the "wilderness" of the National Park require good and functional equipment. "Meindl" mountain boots are the reliable companions on your feet, in order to be safe in the Hohe Tauern. Swarovski binoculars are the perfect companion for your national park experience.

Supported by



general information about our guided tours

Equipment

- x Sturdy hiking boots with deep-tread soles
- x Outdoor clothing (incl. rain and sun protection)
- x Backpack with provisions and drinks
- x Hiking poles

Guided Tours*

Group size: min. 5 to max. 15 participants
Reservation: until 17:00 on the day before
Custom tailored tours and group offers on request.

* subject to change depending on weather

Costs for guided walking tours acc. to programme:

Adults € 20,- | Children up to 14 years € 13,-
plus transfer costs, if applicable

Rent a Ranger

For your custom tour experience. More information on page 11.

Info at National Park Service Tyrol

+43 4875 5161-10
nationalparkservice.tirol@hohetauern.at
Booking online: hohetauern.at



Tour Classification



Easy

No major differences in height; wide hiking trails and forest tracks.



Medium

Hiking trails can be steep and with considerable altitude gain; hiking equipment required



Challenging

Hiking routes can occasionally lead across steep terrain above the tree line: good hiking gear and sure-footedness are essential

Your benefits



Spend the night at one of our national park partners or use the Osttirol Card (21st June to 17th September 2023) and receive a guided ranger tour for free or the special tour at a reduced price. With the Osttirol Card the audio guide for the exhibition in the National Park House Mauterndorf is free of charge also.

rangers in the national park hohe tauern tyrol



Matthias Berger



Ruth Bstieler



Caroline Führer



Eva Maria Klauzer



Armin Kollreider



Maria Mattersberger



Hermann Mauthner



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.

rent a ranger

Exclusively for you, your family, company outings, business events or group trips

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

We offer

- x Nature watch & nature education
- x Day and multi-day program, tailored to age group and condition
- x Lectures on special topics
- x Local information and tips
- x Incentive, team building and group travel offers

Rent a Ranger offers summer:

Individual tours in the most beautiful national park areas, multi-day trekking tours (e.g. Knappentreck, Schobertreck, Lasörling Höhenweg), natural history themed tours (e.g. wildlife observation, ornithology, predators, butterflies, insects, glaciers, water adventure tours, botanical rarities, herbs, etc.), photo adventure hikes and much more

Costs for your Rent a Ranger tour
€ 250,- per day



spring & early summer tours

The marmots wake up from hibernation and a sea of blossoms starts to adorn the valleys. Go tracking for ibexes, chamois or bearded vultures on one of our nature watch tours, or follow the hiking trails through lush green valleys, collect herbs and wild berries en route, immerse yourself and all your senses in the element of water and experience the versatility of marvellous places, which impel you to let off steam!

KINGS OF THE SKIES – Observe bearded vultures and golden eagles (Tauern Valley, Matri i. O.)

Fridays 19/05 & 16/06/2023
Tuesdays 30/05 & 27/06/2023

NATURE WATCH FROM ABOVE - wildlife observation tower Oberhaus (Deferegggen Valley)

Tuesdays, 23/05, 06/06 & 20/06/2023

BIG FIVE - wildlife safari (Kals am G.)

Tuesday, 16/05/2023
Fridays, 26/05, 09/06, 23/06 & 30/06/2023

THAT'S WHAT NATURE TASTES LIKE – the secret world of herbs (Virgen Valley)

Fridays, 02/06/2023
Tuesday, 13/06 2023

TIP

Costs & Duration

Adults € 20,- | Children up to 14 years € 13,- |
from 9:00 to approx. 13:00

The respective meeting point will be announced in the weekly advertisement or when registering.



With our Rent a Ranger offer each tour can be booked individually on a day of your choice.
More information on page 9.

16th may – 30th june

summer tours

Mondays

BIG FIVE - wildlife safari

03/07 – 25/09/2023 (Ködnitz Valley, Kals am G.)

THAT'S WHAT NATURE TASTES LIKE - the secret world of herbs

10/07 – 18/09/2023 (Virgen Valley)

Tuesdays

NATURE WATCH FROM ABOVE - forest and wildlife awaking

04/07 – 26/09/2023 (Deferegggen Valley)

THE GREEN PEARL OF THE TAUERN VALLEY

11/07 – 19/09/2023, every 2 weeks (Tauern Valley, Matri i. O.)

EDELWEISS MEADOW - the sunny balcony of Matri

18/07 – 12/09/2023, every 2 weeks (Tauern Valley, Matri i. O.)

NEW

Wednesdays

FASCINATION SCHOBER MASSIF - summit tour

05/07 – 13/09/2023 every 2 weeks (Debant Valley, Lienz)

SPECIES-RICH MOUNTAIN MEADOWS - Virgen Valley

12/07 – 20/09/2023 (Virgen Valley, Prägraten am G.)

NEW

KALS GLACIER JOURNEY - adventures on ice (Kals am G.)

2 days, 05/07 – 06/09/2023, more info on page 37

Thursdays

INTO ETERNAL ICE - icy giants in the hot season

06/07 – 14/09/2023 (Gschrösch Valley, Matri i. O.)

Thursdays

JAGDHAUSALMEN – little Tibet of the Alps

06/07 – 14/09/2023 (Deferegggen Valley)

Fridays

BIG FIVE - wildlife safari

07/07 – 29/09/2023 (Ködnitz Valley, Kals am G.)

MEET A RANGER

During the summer months, our rangers are positioned in the various valleys of the National Park with spotting scopes and visual aids to provide visitors with information about the National Park, nature conservation, wildlife and much more. You too can meet a ranger in the National Park.

Mid-July to mid-September 2023
in the national park valleys

indian summer in the hohe tauern national park



autumn tours

The forests shine in radiant golden yellow and fiery red and the bellow of the deer echoes off the slopes - autumn is arriving in the Hohe Tauern National Park. Wildlife is preparing for winter and supplies are being built. In search of fresh herbs and juicy berries, you will be amazed what nature still has to offer at this time of year.

BIG FIVE - wildlife safari (Kals am G.)
Fridays, 06/10, 13/10 & 20/10/2023

**THAT'S WHAT NATURE TASTES LIKE –
the secret world of herbs** (Virgen Valley)
Tuesday, 10/10/2023

**KINGS OF THE SKIES – Observe bearded vultures
and golden eagles** (Tauern Valley, Matri i. O.)
Tuesdays, 03/10, 17/10 & 24/10/2023

**NATURE WATCH FROM ABOVE - wildlife observation
tower Oberhaus** (Deferegggen Valley)
Thursdays, 05/10, 12/10 & 19/10/2023

NATIONAL HOLIDAY TOUR
Thursday, 26/10/2023

3rd october – 26th october

Costs & Duration

Adults € 20,- | Children up to 14 years € 13,- |
from 9:00 to approx. 13:00

The respective meeting point will be announced in the
weekly advertisement or when registering.



With our Rent a Ranger offer each tour can be
booked individually on a day of your choice.
More information on page 9.



big five – wildlife safari

At the foot of the Großglockner, equipped with spotting scopes and binoculars from Swarovski Optik, we go in search of clues in the BIG FIVE habitat and get to know the residents of the Alps. With a little luck, the ranger will spot the bearded vulture, golden eagle, ibex, chamois and marmot in the wild with his trained eye. On the Nature Watch tours, the national park becomes a lively open air classroom for the whole family. Refreshment stops: Lucknerhaus and Lucknerhütte

Costs Adults € 20,- | Children up to 14 years € 13,-
Lending fee for binoculars € 5

Mondays & Fridays, 3rd July – 29th September 2023

Mondays, 8:30, ends about 12:30

Fridays, 8:30, ends about 12:30

Meeting point: Infopoint Glocknerwinkel at Lucknerhaus, Kals am G. (toll road, arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 1,5 hours

Altitude difference: approx. 350 m

Distance: approx. 4 km

Level of difficulty: easy (suitable for families)



FAMILY TOUR

that's what nature tastes like – the secret world of herbs

What do herbs from forests and meadows taste like? With the national park ranger looking for fresh wild herbs you will be amazed at what nature has to offer. Herbs such as yarrow, lady's mantle, stinging nettle, goose cinquefoil and also berries or trees are identified together, tasted and processed into a herb spread while on tour. National park to "bite into".

Costs Adults € 20,- | Children up to 14 years € 13,-

Mondays, 10th July – 18th September 2023

10:00, ends about 14:00

Meeting point: Virgen Valley - details are available in the weekly programme

Total walking time: approx. 2,5 - 3 hours

Altitude difference & Distance: depending on the route

Level of difficulty: easy (suitable for families)



nature watch from above – forest and wildlife awakening

In order to observe the largest and most reclusive hoofed game of the alps up close in its habitat, you need to get up early. At dawn we will hike along the Zirbensteig to the wildlife observation tower in the remote Defereggen valley. Red deer are most active in the evening, at night and at dawn. During the day they chew the cud and sleep under cover. It is an impressive spectacle when they appear in focus through the spotting scope. Aside from red deer and roe deer, chamois can be spotted and occasionally a golden eagle will appear. After the observation will visit our hunting hut in the swiss pine forest where everyone can enjoy their own packed breakfast. We will provide fresh tea and coffee. An exciting morning will finish with a cosy gathering at the hut.

Costs Adults € 20,- | Children up to 14 years € 13,-

Tuesdays, 4th July – 05th September 2023

6:00, ends about 12:00

Tuesdays, 12th July – 26th September 2023

9:00, ends about 14:00

Meeting point: Oberhaus car park, St. Jakob i. D.
(toll road)

Total walking time: approx. 2 hours

Altitude difference: approx. 100 m

Distance: approx. 2 km

Level of difficulty: easy (suitable for families)



the green pearl of the tauern valley - mountain lake tour

On this spectacular guided hike we enjoy the breathtaking panoramic views of the Venediger massif and the beautiful Gschlössstal. After 2 hours of ascent we reach the Grünseehütte - a quaint wooden self-catering hut maintained by the Alpine Club (AAC) -next to our destination, the idyllic Grünsee. Here, you are invited to relax whilst listening to your Ranger telling you of the abundance of water in the national park. The emerald mountain lake reflecting the image of the Venediger glaciers offers a welcome opportunity for a refreshing footbath. Refreshment stop (at the end): Matreier Tauernhaus

Costs Adults € 20,- | Children up to 14 years € 13,-

Tuesdays, 11th July – 19th September 2023, every 2 weeks

11/07, 25/07, 08/08, 22/08, 05/09 & 19/09/2022

alternating with "high above the tauern valley"

8:30, ends about 15:00

Meeting point: Matreier Tauernhaus (arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 4 hours

Altitude difference: approx. 750 m

Distance: approx. 7 km

Level of difficulty: medium (endurance & surefootedness)



edelweiß meadow – the sunny balcony of Matrei

We start from the car park Glanz high above Matrei. Through the green larch forests we hike up a narrow trail up to the edelweiß meadow. The meadow is well worth its name – especially in late summer this area is a hot spot for blooming Edelweiß. Fantastic views onto the high reaching mountain tops of the Lasörling and Venediger massif and down onto the market town of Matrei accompany you on this excursion. The high point of this tour is the so called „vulture“. A rock formation which fulfills all expectations to a unique photo point.

Costs Adults € 20,- | Children up to 14 years € 13,-

Tuesdays, 18th July – 12th September 2022, every 2 weeks

18/07, 01/08, 15/08, 29/08 & 12/09/2022

alternating with "the green pearl of the tauern valley"

8:30, ends about 15:30

Meeting point: parking Glanz, Matrei in Ottirol

Total walking time: approx. 5 - 6 hours

Altitude difference: approx. 900 m

Distance: approx. 9,0 km

Level of difficulty: medium (endurance & surefootedness)



NEW



fascination Schober massif – summit excursion to the Strasskopf

High above the Lienz valley floor the ranger will take you along the carinthian county border up to the summit of Strasskopf – a popular destination within the hohe tauern national park with perfect views onto the surrounding mountain peaks above 3000m. Accompanying to the summit success the ranger will tell you interesting facts about this unique natural and cultural landscape and its origin.

Costs Adults € 20,- | Children up to 14 years € 13,-
(plus € 4,- toll road)

Wednesdays, 5th July – 13th September 2023, every 2 weeks

9:00, ends about 15:00

Meeting point: Car park at the Winkler Alm

Total walking time: approx. 4 - 5 hours

Altitude difference: approx. 500 m

Distance: approx. 5 km

Level of difficulty: medium (children from 8 years)



FAMILY
TOUR



NEW

species-rich mountain meadows - diverse Virgen valley

During this guided excursion with a ranger you will experience the outer zone of the national park from its most impressive side. Shaped through traditional farming activities you'll find species rich and colourful mountain meadows. We will hike up through those meadows to our highest point (Katalalm, 1900m altitude). From there, we will hike across to the Strabant hut (1800m altitude) through a forest strewn with boulders. Many species prefer this forest as habitat. Countless mosses and ferns, as well as the savin (juniper) can be found here. After a refreshment stop at the Stabant hut we hike back to our starting point.

Costs Adults € 20,- | Children up to 14 years € 13,-

Wednesdays, 12th July – 20th September 2023

9:00, ends about 13:30

Meeting point: tourist info Präraton, followed by a joint onward journey in a convoy, Prägraten am G.

Total walking time: approx. 3 hours

Altitude difference: approx. 450 m

Distance: approx. 10 km

Level of difficulty: medium



NEW



into eternal ice – icy giants in the hot season

The glaciers in the Hohe Tauern National Park are a fascinating phenomenon with many secrets. The glaciated peaks show themselves in their full glory on this day tour along the Innerschlöss Glacier Trail. The eyes of the participants sparkle when passing the Salzbodensee and the eye of God covered with cotton grass as well as the imposing glacier polish of the Schlatenkees. What remains after this impressive hike are magnificent pictures, exciting stories of the national park rangers and the certainty to discover the glaciers at the next mountain hike with a lot of new knowledge. Refreshment stop (at the end): Venedigerhaus

Costs Adults € 25,- (plus taxi costs for outward trip)

Thursdays, 6th July – 14th September 2023

8:30, ends about 16:00

Meeting point: Matreier Tauernhaus (arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 6,5 hours

Altitude difference: approx. 800 m

Distance: approx. 15 km

Level of difficulty: challenging

Note: mountain boots absolutely necessary!



SPECIAL
TOUR

jagdhausalm – little tibet of the alps

In the remote Deferegggen Valley you hike with the national park ranger through the Oberhauser Zirbenwald, past alpine pastures and ancient stone walls to the little Tibet of the Alps - the Jagdhausalm. The 16 stone houses and the rustic Maria Hilf chapel are embedded in a picturesque natural setting at 2,000 m above sea level and are among the oldest alpine pastures in Austria. If you like, you can visit a popular photo motif: the eye of the peacock - a circular lake behind a moraine wall - with a short ascent. Refreshment stop: Jagdhausalm

Costs Adults € 20,- | Children up to 14 years € 13,-

Thursdays, 6th July – 14th September 2023

9:00, ends about 15:30

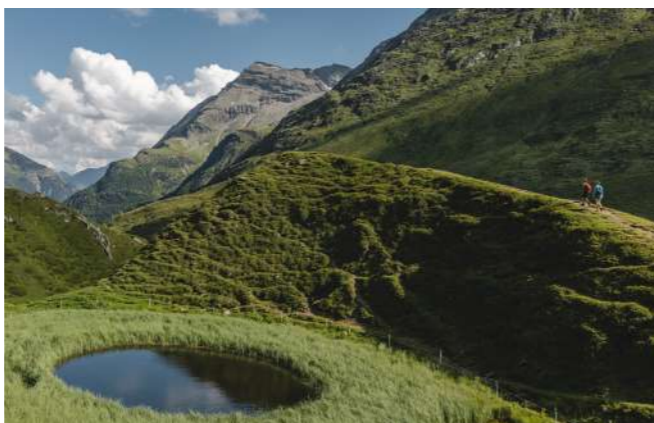
Meeting point: Oberhaus car park, St. Jakob i. D. (toll road)

Total walking time: approx. 4 - 5 hours

Altitude difference: approx. 250 m

Distance: approx. 13 km

Level of difficulty: easy (suitable for families)



NEW:
summer 2023

your hohetauern guide

All the Nationalpark has to offer conveniently on your mobile phone

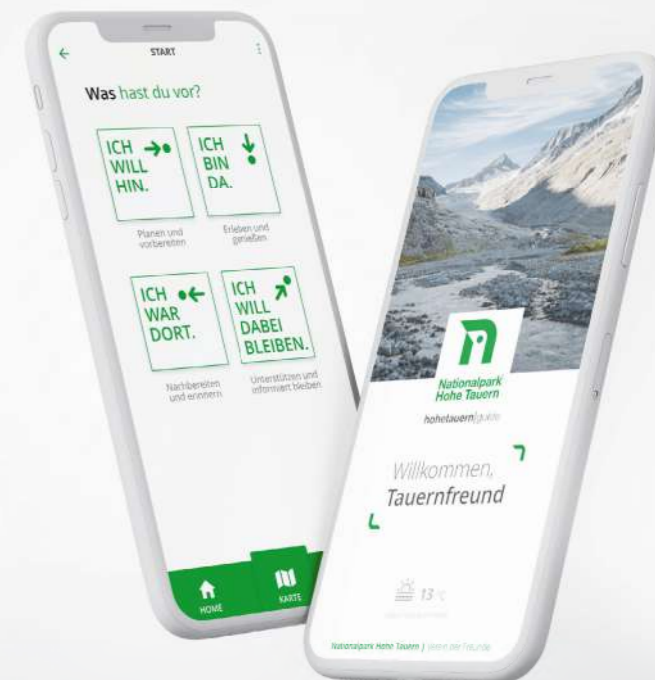
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- book National Park Rangers
- and much more

Scan QR Code now:












www.hohetauernguide.at

Nationalpark
Hohe Tauern
Verein der Freunde





Help to protect nature!
Observe the rules of conduct or ask our national park rangers.

 KEEP DISTANCE	 STAY ON PATH	 NO LITTERING
 NO COLLECTING	 DOGS ON LEASH	 NO CAMPING
 NO NOISE	 WEATHER DANGER	 GOOD EQUIPMENT





kids & family offers

The national park is a hive of activity. Big and small adventurers are waiting to experience our unique nature. Whether by day or by night, deep in the forest or on the mountain, dry or wet - there is something for everyone.

Kids programs

LITTLE NATIONAL PARK DETECTIVES

(in the national park valleys)
10/07 – 01/09/2023

FOREST WILDLIFE CAMP (Deferegggen Valley)

2-day camps, 26/07 – 31/08/2023

NATIONAL PARK WATER CAMP (Deferegggen Valley)

5-day camp, 21/08 – 25/08/2023

TIP

JUNIOR RANGER 2023 - we are looking for you

10/07 – 21/07/2023, in two parts
More information on page 32.

TIP

National park experience indoor

More information from page 44.

Family offers - guided tours 2022 (from 6 years)

KINGS OF THE SKIES (Tauern Valley, Mauterndorf)

Tuesdays, 30/05, 27/06, 03/10, 17/10 & 24/10/2023
Fridays, 19/05 & 16/06 2023

NATURE WATCH FROM ABOVE (Deferegggen Valley)

Tuesdays, 23/05, 06/06, 20/06, 04/07 – 26/09/2023
Thursdays, 05/10, 12/10 & 19/10/2023

BIG FIVE - wildlife safari (Kals am G.)

Mondays, 03/07 – 25/09/2023
Tuesday, 16/05/2023
Fridays, 26/05, 09/06, 23/06, 30/06, 07/07 - 29/09/2023

SPECIES-RICH MOUNTAIN MEADOWS (Virgen Valley)

Wednesdays, 12/07 - 20/09/2023

THAT'S WHAT NATURE TASTES LIKE (Virgen Valley)

Mondays, 10/07 – 18/09/2023
Tuesday, 16/05/2023
Fridays, 02/06/2023

JAGDHAUSALMEN (Deferegggen Valley)

Fridays, 06/07 – 14/09/2023

FASCINATION SCHOBER MASSIF (Debant Valley/Lienz)

Wednesdays, 05/07 – 13/09/2023

TIP

NEW

NEW

forest wildlife camp oberhauser stone pine forest

Boredom? Never! During this exciting overnight expedition in the middle of the forest wilderness, we spend the night in a rustic, cosy lodge without electricity and experience an exciting summer night with a ranger in the middle of the national park. Not only do we go in search of wild animals but also for something to eat and see what nature has to offer us. Together with the forest dwellers, we become survivors in the wilderness and nature becomes a teacher with a fun factor.

2-day camps, every Wednesday & Thursday

- x 26th to 27th July 2023
- x 9th to 10th August 2023
- x 16th to 17th August 2023
- x 30th August to 31st August 2023

Costs € 85,- | children from 9 to 12 years

from 26th July to 31st August 2023

10:30, ends about 16:00 the next day

Meeting point: Bus stop St. Jakob i. D., Erlsbach
(arrival and departure possible by public transport)



EXPERIENCE
THE WILD



little national park detectives

Cool adventures for little national park explorers

Great outings to mysterious places promise fun, games and excitement. National park sleuths can look forward to: Photo safaris, bat nights, summit victories, handicrafts with natural colors and stones, overnight stays in huts, glacier explorations, water fun, marmot hunts, puzzle rallies, insect hunts, fairy tale hours and much more.

- x **Mondays, 10th July - 28th August 2023**
Matrei i. O. & Virgen Valley (for small explorers)
- x **Tuesdays, 11th July - 29th August 2023**
Lienz Valley Floor
- x **Wednesdays, 12th July - 30th August 2023**
Matrei i. O. & Virgen Valley (for big explorers)
- x **Fridays, 14th July - 25th August 2023**
Kals am G., every 2 weeks

10th July – 30th August 2023

Details in announcement and at registration

Costs: € 13,- per child (plus any material and transfer costs, if applicable)



junior ranger 2023 - we are looking for you

Junior rangers have the chance to get to know the interesting and varied activities and tasks of the rangers in the Hohe Tauern National Park and to experience a unique adventure. Imposing animals such as bearded vultures, eagles and ibexes, but also marmots and chamois can be observed up close. Exploring mountain streams and mountain lakes is just as much part of the exciting adventures as visiting a glacier and examining the flora.

x **Basic module** - 10th to 14th July 2023

x **Junior Ranger out and about** - 17th to 21st July 2023

(Attention only daily program - no overnight care)

Age: 12 to 14 years

Send us your application with photo and your motivation, why you are suitable for the job as a Junior Ranger.

Deadline: 31st May 2023

More information at: www.hohetauern.at/bildung

Application to: nationalparkservice.tirol@hohetauern.at



national park water camp



What lives in the water? Let's explore it!

Together with the national park rangers you will experience water in many different ways! The moor and the forest invite you to discover them together. Another attraction is the Obersee. In our outdoor laboratory we survey the Schwarzach stream and want to find water creatures. For experiments and physiochemical analyses we have our base camp: If you didn't get wet in the house of water, you missed something! Campfire and bread baking included.

21st to 25th August 2023

Monday, 13:30, ends on Friday, 10:30

Place: Haus des Wassers

Unterrotten 110, 9963 St. Jakob i. D.

Accommodation: Zirbenhof next door

Age: 10 - 13 years

Costs: € 200,- for program and full board on site

Info & Booking at Haus des Wassers

+43 664 25 161 40 | hausdeswassers@hohetauern.at

e-bike & hike at the hohe tauern national park

A relaxed and eco-conscious nature experience. E-bike tours to spectacular viewpoints in romantic valleys are a memorable experience. This way, the alpine mountain-scape of the Hohe Tauern National Park can be observed from a different angle and remote valleys & mountain summits can be explored in a more laid-back way.

NOTE: E-bike tours are possible in the protected area, but only designated e-bike routes may be used.

x Iseltal Cycling Track – Umbal Waterfalls

The cycling track leads from Matrei in East Tyrol via Prägraten to Europe's oldest waterfalls trail, end point bike Islitzeralm. (Asphalt, gravel, easy, 513 m altitude difference, 19 km - each way).

Hiking tip: Natur-Kraft-Weg (nature-force-trail) Umbal Waterfalls - Umbaltal Valley

x Kals am G. – Lucknerhaus

The route from Kals to the Lucknerhaus leads past old farmsteads to Ködnitztal Valley, the perfect starting point for relaxed walks and summit tours, end point bike Lucknerhaus. (Asphalt, easy, 610 m altitude difference, 7.7 km - each way).

Hiking tip: several hiking- and climbing tours

x St. Jakob i. D. – Jagdhausalm alpine pasture & Klammljoch

From St. Jakob, the e-bike tour in the far end of the Defereggental Valley leads via the Oberhaus Swiss Stone Pine woods and one of Austria's oldest mountain pastures to the South Tyrolean border. (Asphalt, gravel, medium, 1,450 m altitude difference, 21.9 km - each way).

Hiking tip: Pfauenauge Pond (past the Jagdhausalm alpine pasture)

x Lienz – Lienzer Hut/Debant Valley

The e-bike tour takes you along the road to Debanttal Valley. En route, the cyclist is rewarded by the view of the Lienz Dolomites, while at the finish, the spectacular sight of the Glödis, often referred to as the "East Tyrol Matterhorn Mountain" make the effort worthwhile. (Asphalt, gravel, medium, 1,450 m altitude difference, 27.9 km - each way).

Hiking tip: Debanttal Valley nature and culture trail, from car park Seichenbrunn

Info on e-bike-tours at the national park and charging stations: www.maps.osttirol.com



Iseltrail - follow your flow



info@osttirol.com • T +43 50 212 212

5 stages
74,2 km
2.169 m
altitude metres

Osttirol Information

Enjoy hiking along the longest free-flowing glacier river in the Alps with individually selectable stages. From the town Lienz in the green valley to the arctic glacier gate in the Hohe Tauern National Park. A unique nature experience following the river Isel. www.iseltrail.at

kals glacier journey - adventures on ice (2 days)

Immerse yourself in the majestic world of glaciers. On two days, a ranger and a mountain guide accompany you through breathtaking high alpine landscapes in the national park. The ascent with the national park ranger to the Stüdlhütte is exciting - here a whistling marmot, there chamois scurrying across the colorful alpine meadows - the ranger quickly pulls out his binoculars to show the hikers the inhabitants of the Alps. After spending the night at the Stüdlhütte, you climb the glacier on crampons with the mountain guide. The very brave can rappel down into the deep crevasses. Due to the vegetation zones and altitude levels that have been hiked through, this trekking tour corresponds to a 4,000 kilometer journey to the Arctic.

Costs € 215,- (incl. ranger, mountain guide & overnight stay in the Stüdlhütte)

Dates 2023 - Wednesday to Thursday

05/07 - 06/07	09/08 - 10/08
12/07 - 13/07	23/08 - 24/08
26/07 - 27/07	06/09 - 07/09

further dates for groups of 5 people or more on request



Info & Booking: TVB Kals am G.:

+43 50 212 540 | kals@osttirol.com



Long-distance hiking in the Hohe Tauern National Park

Simply relax, unwind, clear your mind to explore and admire secluded places. Be spoiled by warm hospitality during overnight stays at rustic huts & alpine pastures.

- x **Isel trail** - The trail is a unique adventure route along the glacier river Isel from the sunny city of Lienz to the glacier portal in the Hohe Tauern National Park.
- x **Virgen Valley (Sunny Side Trail)** - The 43 km route runs in 4 stages, starting in Zedlach, through the Virgental Valley to the Umbal Waterfalls at the Hohe Tauern National Park.
- x **East Tyrolean Adlerweg (Eagle trail)** - Walk where the eagles fly - the challenging routing simulates the outstretched wings of an eagle and runs in 9 stages right into the Hohe Tauern National Park from Prägraten am Großvenediger to Kals am Großglockner.
- x **Hochschoberrunde (Hochschober mountain lap)** - The secluded Schober mountain group is just the place to relish stunning moments in pristine nature. Cosy huts, high-alpine crossings and heavenly views of 3000 m+ high mountain peaks create unforgettable memories.

Booking at www.alpenverein.at/huetten/finder.php

- x **Venediger- and Lasörling Alpine Paths – almost Heaven** - Several stages lead along the Venediger alpine path to comfortable huts and mountain pastures in the Venediger mountain group. The heart of the route is the glaciated Grossvenediger Mountain - majesty as old as the world. The Lasörling alpine path on the opposite side consists of 5-day stages.

Tips:

- x Book a mountain guide for tours to the high mountain ranges!
- x Book your overnight stays at mountain huts of the Austrian Alpine Club well in advance



INDIAN SUMMER FREE CLOSING HIKE 26th October 2023

Enjoy the "Indian Summer" of the Greiwiesen meadows in the national park municipality of Kals together with National Park Ranger:in.

TIP

Meeting point: 09.00, Gasthof Ködnitzhof
(Arrival & departure by public transport possible - free of charge with guest card)
End: approx. 14.00 hrs
Total walking time: approx. 3 hours
Metres in altitude: ~ 400 up and 900 down | **km:** ~ 8
Difficulty: medium

NATUR ERHALTEN.
NATUR ERLEBEN.

IM EINKLANG



PRESERVE NATURE. EXPERIENCE NATURE. TASTE NATURE.

What would be better for a break during a hike or after a tour with one of our rangers from the Nationalpark „Hohe Tauern“ than a good meal from the local culinary cuisine. Savour the taste of fresh, regional and seasonal ingredients such as potatoes, lamb, cheese and much more from East Tyrol. As certified restaurant partner of the Nationalpark we will recreate the magnificent beauty of our nature on your plate.

www.osttirol.com/nationalpark-partnerbetriebe/nationalpark-kulinarik/

tell stories with pictures

Fascinating national park lectures

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

Lectures and presentations on various topics around the national park (glacier world, the life of a ranger, fauna and flora...)

On request

Duration: approx. 45 minutes

Costs: € 100,-

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



NATIONAL
PARKS
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Unser Naturerbe.

Mit Unterstützung von Bund und Europäischer Union
Bundesministerium
Klimaschutz, Umwelt,
Energie, Mobilität,
Innovation und Technologie
LE 14-20
Lichtblicke für ein lebenslanges Lernen





So delicious - quality-certified national park regional products

You can see, smell and feel the national park, but above all: you can taste it! 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 from the following direct retailers: Talmarkt Matri, Bauernladen Virgen, Stadtmarkt Lienz, Hofladen Peischlerwirt, Genussstankstellen Nußdorf-Debant & Gaimberg, Kalsertaler Genussstutze, Deferegger Machlkammer, Kalscher Handwerksladen, Kuenz Hofladen, Fleischhauerei Muehlstaetter
You can find more information on regional products at nationalpark.osttirol.com - discover & experience - regional products.

house of water indoor & outdoor

Creative workshops

Friday, 07/07 Paper making
Friday, 18/08 Baking in a wood-fired oven
Friday, 08/09 Landart made easy

09.00 - 14.00 (arrival and departure by public transport possible)
Costs: € 30,- incl. material

+43 664 25 161 40 | hausdeswassers@hohetauern.at
 More offers at www.hausdeswassers.at



Research-based learning - project days for school groups 2023 /2024

Modules to choose from:

- x Water as habitat
- x Drinking water
- x National park
- x Out and about in nature
- x Weather & climate

Rangers share specific knowledge with students from 10 to 17 years in an age-appropriate manner.

Bookable all year round, costs on request.



national park experience indoor

Visitor centre National Park House - Matrei i. O.

Interactive exhibition „**Tauernblicke – Momente des Staunens**“ (Views of the Tauern – experience the wonder)

Special exhibition 2023 - **Birds of prey of the Hohe Tauern National Park**

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, TVB Lienz, free entry



Under the spell of the Grossglockner - Kals am G.

Opening hours:

Fridays 14.30 - 17.30, 2nd - 23rd June 2023 & 29th September - 27th October 2023

26th June - 3rd September 2023, every Monday, Wednesday and Friday from 15.00 - 18.00 and by appointment on +43 (0)50 212 540

Place: Glocknerhaus, Kals a. G., chargeable

Glocknerpanorama mit Infostelle - Glocknerwinkel

The focus of the exhibition at Lucknerhaus is on the national park's **Big Five**. The terrace offers a splendid panoramic view of Austria's highest mountain.

Opening hours information centre:

mid June to end of September, 9:00 to 16:00

Place: Glocknerwinkel, Kals a. G., free entry

Beyond time - Virgen

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

Opening hours:

daily, 8:00 to 18:00

Place: Tourist information Virgen, free entry

Time travel Deferegggen - St. Jakob i. Def.

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

Opening hours:

Monday - Friday, 8:00 to 18:00 & on request at the municipal office

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

The Swiss Stone Pine - Deferegggen Valley

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

Opening hours:

Monday - Friday, 8:00 to 18:00 and on request at the tourist info Deferegggen Valley

Place: Handlhaus, St. Jakob i. D., free entry

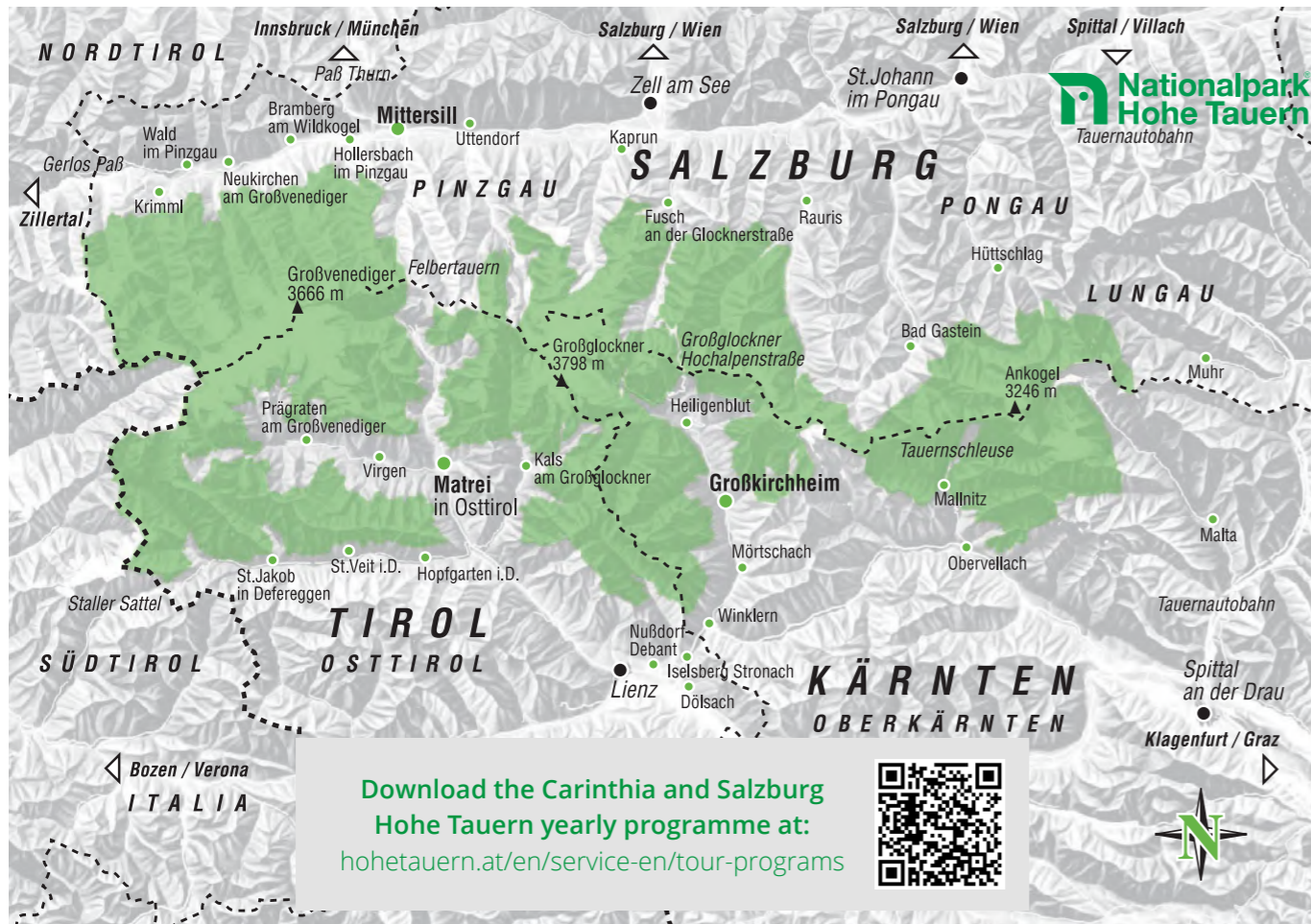
Opening hours subject to change!



Swiss stone pine



Beyond time



preview winter offers

Nature Watch - Guided by a ranger, find secret places and treasures on snow shoes.

Winter at the Hohe Tauern National Park has its very own enchantment – with snow crystals sparkling and the nature sanctuary plunged in glittering white. If you would like to experience the winter idyll in the midst of Austria's highest mountains, then a winter hike, a mystical full moon tour or unique moments during sunset tours in the Hohe Tauern National Park in East Tyrol is the right choice for you.



Snowshoe walking tours with national park rangers become an unforgettable highlight and intense moment of happiness.



Share your very own national park moment with us on Instagram.

**#nationalparkhohetauern
 #myosttirol**



SHARE YOUR NATIONAL PARK MOMENT WITH US!



#nationalparkhohetauern
#myosttirol

Information about national park partner companies in East Tyrol:

www.nationalpark-partnerbetriebe.at

Information about the East Tyrol region:

<http://nationalpark.osttirol.com>



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