

Tauernblicke - Moments of Wonder

Exhibit at the National Park House Matrei i. O.



1 The interactive exhibition „Tauernblicke – moments of wonder“ will open in July 2017 for the 25th anniversary of the National Park. Spectacular 360° videos accompany 6 adventure areas in which rangers present East Tyrolean National Park hotspots such as Jaggrausalm, Umbal Falls and impressive glacier experiences. A special highlight is the „Grossglockner“ section with Ranger Andreas. This action-packed virtual experience almost makes you feel as if you had climbed Austria's highest mountain in the middle of Hohe Tauern National Park yourself. Guided tours on request: nationalparkservice.tirol@hohe-tauern.at or Tel. +43 4875/5161-10



Exhibition: "Into the Open"

150 years Alpine Association - Kesselstattl Matrei in East Tyrol



2 The mystical power of the mountains fascinated and inspired the pioneers of the Alpine Association, who began building trails and shelters 150 years ago, just as much as those who have campaigned for the creation of the Hohe Tauern National Park. And the cool climbing community too, who, with their thirst for freedom, climb skywards on the Fallerstein, are obviously also attracted by this mysterious force. Permanent exhibition on the 150th anniversary of the Austrian Alpine Association. Open daily from 10 a.m. to 8 p.m.



Großglockner Resort Kals-Matrei

60 Three-Thousand Metre Peaks at One Glance



3 With its viewing platform on the Cimrossa the spectacular "Adler Lounge" is a breathtaking experience. Easily accessible from Kals am Grossglockner with the cable car, visitors are offered a magnificent view of the Panorama World 3000 with over 100 peaks over three thousand metres. Culinary delicacies, modern architecture, combined with quality art and culture are further highlights. Starting point for numerous hikes and climbing tours such as the summit tour to the Fallerkogel or the Sasaspitze. Europe Panorama Route for families to the mountain station Blasputz, the Sudostendlerhütte or the valley hike with nature trail "Life in Snow and Ice" and the herbal nature trail. www.adlerlounge.at and www.gwg-resort.at



Virgental Valley – Hiking Valley

Virgental Valley mountain huts



4 Mountain hut magic on the Laastinger and the Venediger mountain trail. See the world from above, day after day. From the easily reached Alpine pasture to the high-altitude mountain hut at the edge of the glacier. Stunning views, shimmering lakes, valleys, eagles, chamois ... Hike through spectacular natural scenery with countless flowers, enjoy the warm hospitality of the lodge hosts and the delicious local delicacies. The Virgental Valley mountain huts await you.

Info: office@virgentaler-huetten.at, www.virgentaler-huetten.at



Zedlacher Paradies

A nature trail under mighty larches



5 When the large expanse of larches, some of which are up to 500 years old, turns a golden yellow in the autumn, this is when the Zedlacher Paradies is at its most beautiful. But even in the spring and summertime, the Alpine pasture, covered round open and riding arena, horse riding training, nature lives up to the name. The nature trail Zedlacher Paradies above Matrei teaches the natural love everything worth knowing about the forest and its creatures. And under one or the other powerful larch you may find one of the over-dimensional cast iron animals by the Matreiser artist Erich Tost, created especially for this nature trail.



Climbing Park Großvenediger

Unique adventure in one of the most beautiful spots in the world!



6 On over 100 stations with varying degrees of difficulty, you can experience exciting, thrilling and action with a breathtaking glacier backdrop. We guarantee a varied and unforgettable day of adventure for the whole family! With over 700 m of flying Fox lines! The ultimate KOC: 20 m long giant swing! Find us at the starting point of the famous Umbal falls in Prägeraten/Hinterbichl at the foot of the Grossvenediger. Discounts for groups and families. Family Signi-Hanger and team look forward to seeing you! Open daily! Info: www.grossvenediger-adventures.at, Tel. +43 680 1452075



Pilgrimage Church Maria Schnee

Late Gothic architecture on historic ground



7 The pilgrimage church "Maria Schnee" in Obermauern built in the 15th century in a late Gothic style is very interesting from an art history point of view. The perfectly preserved and impressive frescoes are by Simon von Tastern, the court painter of the Görzör counts. Due to a view from the 17th century – when the plague was raging in the valley – the symbolic offering of a sacrificial ram is practiced 2 weeks after Easter every year to this very day. A popular way of the cross with 15 highly expressive stations leads directly to the pilgrimage church. Free cultural and historical tours every Friday at 6 p.m. from early July to early September. Info: www.osttirol-nationalpark.at



Cultural and Historic Treasure

The Church of St. Nicholas in Matrei East Tyrol



8 The small church in the district Bichl near Matrei East Tyrol, with its rare double choir and the famous Renaissance frescoes, is one of Austria's and the Alps' most important sacral buildings. The frescoes in the choir tower are a monument to important-Italian culture before the onset of the Gothic period. The paintings in the lower choir (Adam & Eve – fall of mankind) are by a local artist. The highly symbolic figures and scenes in the upper choir were created by a master from Padua under "influence of Venice" and a touch of the Orient. Info: Tourismusinformation.Matrei_i_Oestriol, Tel. +43 50 212 500, www.matreioestriol.com



So close to the king – Kals Valley Tour

Exploring the garden of giants



9 The region around Kals at the foot of the "king" Grossglockner is one of Austria's most pristine landscapes, in the heart of the National Park Hohe Tauern. The 19.5 km long Kals Valley tour, which has been awarded the Austrian hiking seal, takes about 8 hours of solid hiking time to complete. However, it can be broken down into separate stages with several entry and exit opportunities. Rest areas at a number of lookout points are furnished with rustic Glockner chairs, numerous fountains provide crystal clear drinking water. The route is easy with only slight ascents and descents, fantastic vistas and exciting features, the highlight being the 55 m long and 28 m high suspension bridge. Info: www.kals.at



Kalsler Glocknerhaus

A museum dedicated to Austria's highest mountain



10 Large mineral exhibit & national park "nature" in the exhibition "Kals under the spell of the Alps" in the Kals Glockner house! Particularly beautiful crystal groups from the Glocknerwand are displayed for the first time and the adventures of their recovery is shown on film. In a further 5 rooms, visitors can experience the unique culture and landscape, the colonization and customs around Austria's highest mountain. The story of the first ascent, alpinism, the various ascent routes and the panorama of the Grossglockner are placed in the spotlight. Info: Tel. +43 50 212 540, www.kals.at. Opening hours: June + October, Friday, 2.30-5.30 p.m. – July, August, September: Monday, Wednesday, Friday, 3-6 p.m.



Happiness on Horseback ...

Go horseback riding in National Park Hohe Tauern



11 ORTNERHOF™ gourmet restaurant, horse ranch Eldorado Prägeraten by the Grossvenediger – riding arena Matrei i.O. Guided trail rides. Alpine trekking in high valleys over 2,000 m. Day ride on the Umbal waterfalls. Covered round open and riding arena. Horse riding training. Tame animals to pet. Winter Riding adventures in the snow. Family Kratzer. Western Train. Horse trekking guide. Reservations: Tel. +43 664 3527180, info@ortnerhof.at, www.ortnerhof.at, www.ortner-tro.com, www.facebook.com/ortnerhof.tiro



Nature Energy Path Umbalfälle

Water Vista Trail – Prägeraten am Grossvenediger



12 In late spring and early summer in particular, when the melting water flows from the glacier to the valley, you can experience the famous natural spectacle take place at the Umbal waterfall. Europe's first water vista trail (1976) has been completely refurbished. New platforms were created using steel and larch wood, bringing the visitors closer to the Umbal waterfall. The tour overlooking the Grossbach waterfall is an easy hike also suitable for children and older people. Starting point: Shaded parking lot (charges apply) in Hinterbichl/Prägeraten. Pathfinders: letter- and Robelium. Info: local tourist office Prägeraten/Großvenediger, Tel. +43 50 212 530



Most Beautiful Valley Head of the Eastern Alps

Innerschloßs - Matrei i. O.



13 At the foot of the Grossvenediger lies the valley head recognised as the most beautiful of the Eastern Alps. Innerschloßs is accessible by foot from the Matreier Tauernhaus (refreshments available) via a level forest road or on a romantic walkway on the other side of the glacier stream. Another charming and comfortable option is getting there by horse-drawn carriage. The "picture book" mountain village Ausserschloßs lies on the way with its Berghaus Ausserschloßs (refreshments available) and a lovely cliff chapel. The alpine inn Venedigerhaus awaits you in Innerschloßs (1,691 m), starting point for the breathtaking glacier scenic path. In 2015 the Gächstödtal was voted the most beautiful place in Tyrol.



Alpine delicacies in the heart of Gschloess

Alpengasthof Venedigerhaus Innerschloß, 1.691 m



14 The Venedigerhaus lies at the very end of the Gächstödtal valley. The Venedigerhaus lies at the very end of the Gächstödtal valley. Situated amongst impressive mountain scenery and with views of the most beautiful valley of the eastern Alps* the house has offered rest and relaxation to generations of hikers, climbers and fresh air fanatics at a level that exceeds the standard of an average Alpine inn. You will be spoilt with traditional, typical East Tyrolean cuisine with fresh produce from the farm next door. The Venedigerhaus is the starting point of many tours in the area. For those who want to stay the night or even longer - rooms and mountaineers' camps are available. Info: Tel. +43 4875 8820 oder 6711, www.venedigerhaus-innerschloess.at



Kaiser Glocknerstrasse Experience

The most beautiful view of the Grossglockner



15 An unforgettable trip to Austria's highest mountain! The 7 km long toll road is easily accessible even for buses and leads from Kals into the picturesque Köhnlitztal, one of Tyrol's most beautiful mountainous valleys. From the Lucknerhaus car park one can enjoy the most spectacular view of the 3,798 m high mountain peak. The magical Glockner panorama with the national park exhibit and the educational trail „GlocknerSpur - BergeDanke“ (Glockner track - mountain thinking) give information on the unique natural and alpine history. The car park is also the starting point for many hut-to-hut trekking tours, mountain ski tours to the Glocker- and the Schober- mountain ranges. Info: www.kaiser-glocknerstrasse.at



Lucknerhaus - Stunning Glockner View

So close to Austria's highest mountain



16 Ideal destination in summer and in winter, at the very end of the Kaiser Glocknerstrasse. Hot meals served all day, offering a rich selection of local specialties. Over 200 seats in the restaurant. Sun deck, children's playground next to the house. 39 beds available in rooms with shower/WC. 16 camp beds. New: sauna/steam room, TV, Wi-LAN. Inn is open from early February to late October and over Christmas. Info: Fam. Johann Oberbichl, 9981 Kals, Glor-Berg 16, Tel. +43 4876 8555, info@lucknerhaus.at, www.lucknerhaus.at, www.lucknerhaus.at



Lucknerhütte, 2,241 m

A beautiful destination at the foot of the Grossglockner



17 Newly refurbished mountain hut. An easy 1 hour walk from the Kaiser Glocknerstrasse car park. We will spoil you with our own organic specialties, vegetarian dishes. Sun terrace, direct view of the Grossglockner (=boxes, chamois, eagles, boistered valuers, marmots, Chamois's playground. Accommodation: room with shower / WC, small dormitory rooms. Shower- and washrooms, seminar room, infrared cabin, Webcam and weather station. www.lucknerhutte-wetter.at. Info: Fam. Florian Oberbichl, Ob- i. 9981 Kals am Großglockner, Tel. +43 4876 8921, Tel. Hütte: +43 4876 8455, info@lucknerhutte.at, www.lucknerhutte.at



Stüdlhütte

The Space Station on the Grossglockner

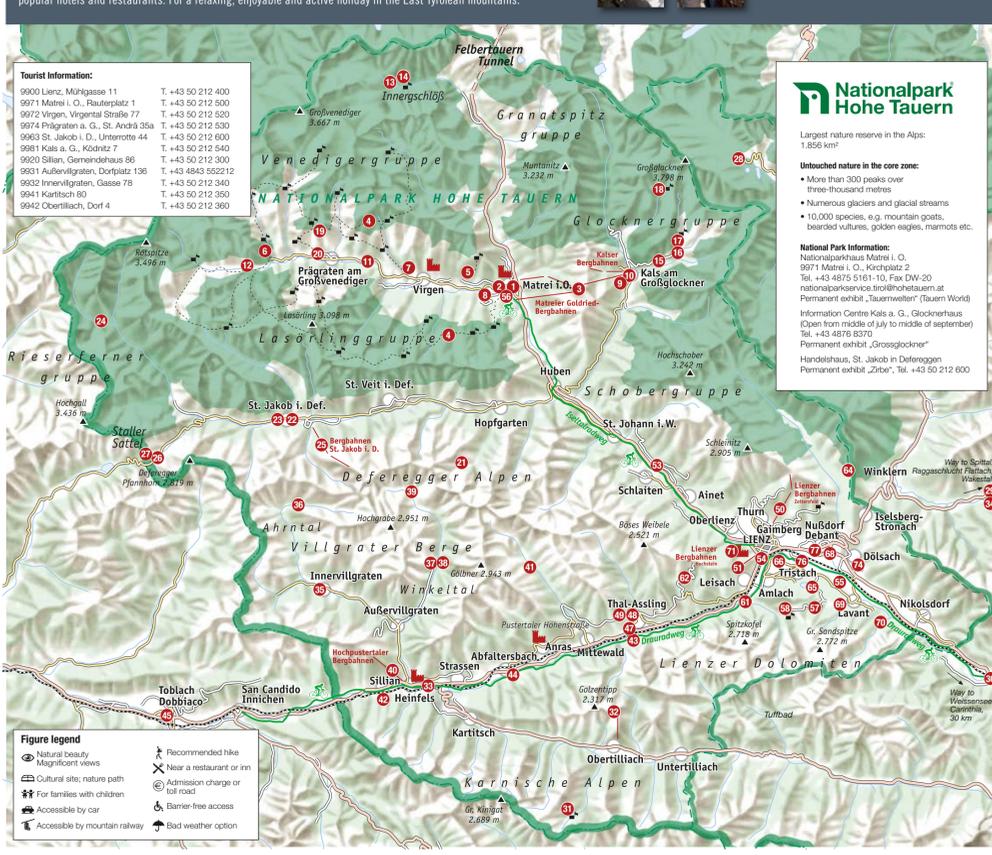


18 On the Grossglockner, Austria's highest mountain, in the heart of National Park Hohe Tauern lies the architecturally unique Stüdlhütte (2,622 m). On a hike through picturesque pine forests, 2.5 h from the Lucknerhaus parking lot through the Köhnlitz valley, or 3.5 h through the Teischitz valley you can reach the mountain hut on high alpine pastures. Organically farmed products are the basis of the delicious food served in the Stüdlhütte. Magnificent dinner buffets. Also open in the spring from early March to mid May for ski tours on and around the Grossglockner (overnight accommodation available). Contact: Fam. Oberbichl Georg, Tel. +43 4876 8209, www.stuedlhutte.at



ONLINE NOW OSTTIROL-INFO.AT

East Tyrol offers a variety of activities and a holiday with a quality that is hard to match. The new online tourism information www.osttirol-info.at takes you to the most interesting holiday destinations and sights, points you towards real adventure highlights, looks into the cooking pots of the best chefs in the country, visits craft primary shops and exceptional craftsmen, shows you the most dreamily beautiful pictures of the region and tells you about the most popular hotels and restaurants. For a relaxing, enjoyable and active holiday in the East Tyrolean mountains.



FREE for you: The brochures in practical pocket format "Peak of Indulgence – Restaurant Guide" and "Insider Tips – Special Shops and Crafts" are available in German and Italian at all East Tyrolean tourism offices, hotels and many selected stores.

National Park Exhibition

The largest enclosed stone pine forest of the Eastern Alps



19 Situated in the Virgental valley at 2,600 m, Sapphütte mountain hut offers the utmost comfort. Two lounge rooms with fireplaces, two terraces with stunning local specialties. Over 200 seats in the restaurant. Sun deck, children's playground next to the house. 39 beds available in rooms with shower/WC. 16 camp beds. New: sauna/steam room, TV, Wi-LAN. Inn is open from early February to late October and over Christmas. Info: Fam. Johann Oberbichl, 9981 Kals, Glor-Berg 16, Tel. +43 4876 8555, info@lucknerhaus.at, www.lucknerhaus.at, www.lucknerhaus.at



New Sajat Hütte • 2,600 m

The castle in the mountains



20 Take the **Hüttentautal** right into the mountains. From Hinterbichl (1,312 m) to the Johannishütte (2,121 m) - Shortest and easiest ascent to the **Grossvenediger** (3,659 m) - From 6:30 a.m. hourly as required; requests from 3:30 a.m. - "Steinamann" (Biker's regular table), every Wednesday from about 4 p.m. in the Essener-Rostockherette (2 hrs) - Defereggental (2.5 hrs) - Registration required! **Kratzer Sieghfried**, Bichl 8, 9974 Prägeraten am Grossvenediger, Tel. +43 4877 5369, info@kratzer.at - Regular taxi service and patient transport also available!



The Blöchlsee • 1,800 m

That little bit closer to the sky!



21 The Blöchlsee is a popular destination for hikers, mountain bikers, nature lovers and gourmets. At the restaurant "Glaumwasserfall" you can unwind before being spoiled by the landlord and his team with home-made delicacies. The "Bärenstammchen" (Biker's regular table), every Wednesday from about 4 p.m. is popular with guests. Every cyclist receives a title snack free of charge. You can reach the hut by foot via Hopfgarten in 2.5 h, with the hut taxi Blassing or after consulting with the landlord's phone. Overnight accommodation available: 22 people - 2 camp/18 people - rooms. Wi-Fi available! Open early June to end of Sept. Contact: Pongritz Franz, 9901 Hopfgarten i. Def., Tel. +43 4876 76209, www.stuedlhutte.at



Austria's Oldest Mountain Pastures

Jagdhausalmen & Fluenaugaue in Defereggental



22 The pastures in Defereggental, at 2,000 metres sea level, in the heart of the National Park Hohe Tauern, look like a Himalayan village. Built of stone, Austria's oldest mountain pastures – the Jagdhausalmen - were first mentioned in the 12th century. From the parking lot Alpengasthaus Oberma, accessible from Erbsbach via a toll road, you follow a track into the valley through a pine and larch wood and reach the Jagdhausalmen after a 2 hour walk. Above the Jagdhausalmen, hidden behind a moraine wall, lies a small, circular lake – the Fluenaugaue (eye on the peacock's tail).



Alpengasthaus Obersee

Romantic lakefront inn at 2,050 m



23 The Alpine Tavern, located right above Obersee Lake on Staller Sattel in Defereggental Valley, is a popular tourist destination year-round. Newly opened in 2013, the surrounding area has plenty to offer for hikers, bikers or connoisseurs who simply want to spend quiet hours at the romantic and historic lake shore. Relax and enjoy the hearty Tyrolean cuisine, ideally on the covered and wind sheltered terrace with a magnificent view of the quiet lake and the spectacular mountain scenery. No matter what time of year – stopping off at the Alpengasthaus Obersee is always delightful. Contact: Tel. +43 680 1152971, www.alpengasthaus-obersee.com



Grossglockner High Alpine Road

High alpine experience for nature lovers, and a scenic drive



24 The Grossglockner High Alpine Road is one of the most fascinating scenic roads in Europe. On 48 kilometers it leads directly into the heart of the National Park Hohe Tauern. High above the Pastetzer Glacier the Grossglockner appears close enough to touch. Changing exhibits, themed trails, children's playgrounds and a marvelous view all make for an unforgettable day.

InfoCenter: Grossglockner Hochalpenstraße AG, Tel. +43 662 873673-0, M. info@grossglockner.at, www.grossglockner.at



The Wildly Romantic Raggaschlucht

An adventure for the whole family



25 In millennia of work the Raggabach brook created one of the most beautiful gorges in the Alps. Vertical rock walls narrow the romantic gorge, the sound of the water's roaring fills the air. A themed walk, on which you learn everything about the structure and the special features of the gorge, leads you through the natural monument on artistically crafted footbridges. On the way back, on a shady forest path, you can enjoy magnificent views of Föllathut and the surrounding mountains. Opening times: 07/05 to 10/06/2017, 10 a.m.-4:30 p.m., 11/06 to 04/08/2017, 9 a.m.-5:30 p.m., 10/09 to expected 26/10/2017 (depending on the weather) 10 a.m.-16:30 p.m. Info: www.raggabach.at, Contact: At the cash at Raggaschlucht, Tel. +43 4785 333 or 15, info@raggabach.at



Boat trip on the Weissensee

A trip to Carinthia to the Alps' cleanest swimming lake



26 In the neighbouring province of Carinthia, 54 km from Lienz, lies the untouched and environmentally protected Weissensee Lake. Like a fjord with white shores, Austria's cleanest swimming lake is situated among beautiful meadows and woods. Four boats of Weissenseeschiffahrt will take you to the lake's most beautiful spots. Longing for sea air in a unique natural setting. In addition to the daily boat trips we offer charter trips between April and October. We have offers even for small groups. Info: Tel. +43 676 6763 709 and Tel. +43 4713 2267, www.weissenseeschiffahrt.at, winkler@techedindorf.at



Porzehütte, 1,942 m

Popular destination on the Carnic ridge



27 A forestry road, which can be traveled by car, leads out of Obertillach on a moderate slope through the Dörfler valley to the idyllic Klappsee lake which lies under the rocky summit of the Porze. From there the Porze cabin can be reached in about an hour's walk on an easy path suitable for children and seniors. It is located just below the Tillacher Joch (30 minutes walk) where the border of the Italian province Belluno runs. The cabin is also not a popular destination for mountain bikers. Info: Obertillacher Bergbahnen, Tel. +43 4567 5300,



Vantage Point Golzentipp

Mountain Railway Obertillach



28 With the 10-seater gondola Golzentipp you can float from the village to the hiking area Golzentipp, which offers an incomparable 360° mountain panorama, in about 5 minutes! This hiking area is particularly beautiful in the early summer, when blue gentians, anemone and other mountain flowers line the path. Ideal for walkers of all ages, a wide path with a slight incline leads to just below the Golzentipp summit. Launch sites for paragliders who enjoy special rates here, right by the mountain station! Info: Obertillacher Bergbahnen, Tel. +43 4567 5300, www.obertillacher-bergbahnen.com



"Sweet Temptation" Locker

Locker Store in Heinfels



29 Pure nature is the ingredient from which the company Locker has been making its products since 1925. The entire product range of wafers with a variety of creams and flavours, with or without chocolate coating is available in the **Locker Store** in Heinfels. And all this without any artificial colours, colours or flavourings. Much dedication and love goes into the production of our **patissiers- and ice cream delicacies**, which you can enjoy with our own coffee blend or the delicious **Locker Dessert**, a classic Italian cocoa drink. Visit the **Locker world of indulgence**, an interactive experience for young and old (free admission). Open daily. Info: Locker Heinfels, 9919 Heinfels, Tel. +43 442 6000-0



Life is better on a Wakeboard

Stall im Mölltal / Carinthia



30 The wake park with its 2-pole system at Gössentzone is unique in Austria. Wakeboarding is a combination of water skiing and surfing. You can also use this facility for water skiing, surfing, wakeboarding or whizzing across the lake on a kneeboard. There are several obstacles in the water e.g. a funbox with a 22 m long jumping platform. Various boards, life jackets, wetsuits and helmets can be rented on site.

Contact: Tel. +43 664 3304400, www.wakestall.at

Villgrater Nature Experience

A trip to the Vigratal Valley



31 In "Villgrater", where the air is still clean and

Rent a Bike • Shop • Service

probike Lienz • Professionals for your bike



46 Whether family bike, electric bike, racing bike or mountain bike – “probike”, like East Tyrol itself, is a Mecca for cyclists and the number 1 place for bike repairs and service. A range of excellent rental bikes is available any time. A wide range of functional, state-of-the-art cycling clothing and accessories is also available. The homepage offers more than 50 suggestions and descriptions of mountain bike tours. www.probike-lienz.at, Lienz, Amlichsstraße 14
Opening times: Mon-Fri 9 a.m.-12 p.m., 2-6 p.m., Sat 9 a.m.-1 p.m., Sun 10 a.m.-5 p.m., Tel: +43 4852 73536

First Tyrolean Vitalpinum

Discover, learn, experience • Well-being from the Tyrolean mountains!



47 Relaxation, vitality, well-being: located directly on the Drauzessle (B 100) in Thal, the alpine park of well-being (6.500 m²) of the First Tyrolean mountain pine oil distillery of the Untervogel brothers awaits you. Discover the vital power of the mountains with your senses: show distillery, wellness garden with many “senses” stations, stone oven relaxation point, playground, shop with high-quality care products by Untervogel, the natural label, special exhibition “Purest Essential Oils since 1880”... the East Tyrolean trip destination Open: daily from May 10 to October 10 a.m. to 5 p.m., July to August 9 a.m. to 6 p.m., package deals for travel groups, guided tours on request, bus/car parking areas; shop open year round, Tel: +43 4852 81006, www.vitalpinum.com, office@vitalpinum.com

Toboggan through the Wildlife Park

Summer toboggan run Wildlife Park Assling



48 Located in Wildlife Park Assling, nestled in a beautiful natural landscape, the summer toboggan run provides endless fun. The ride with views of the Lienz Dolomites, past grazing elk and deer is an unforgettable experience for the whole family. A small cable lift takes you to the mountain station. The route of approximately 350 metres has a height difference of 100 metres. In the “Bärenwelt” in hungry tobogganers can enjoy regional delicacies.

Closed season: Mon-Fri 11-5 p.m., Sat, Sun, public holidays 11 am-5 p.m., Closed weekdays in April, May and October. Peak season: 11 a.m.-5 p.m., daily, Tel: +43 664 1212287, www.steierwiesentob-assling.at

Adventure World Assling

Deer park • restaurant • summer toboggan run • playground • model railway



49 Dive into the world of indigenous species. Experience nature and animals in the 1 ½ hour tour of the wildlife park – amongst deer and lynx, past raccoons, owls, mountain goats and bison, and many more. Leave everyday life behind you. And afterwards choose a souvenir from the farm shop. You can also sample regional specialties in the restaurant “Bärenwelt”. Our new golden jackal enclosure will open in the summer. Wildlife Park Assling, playground and new – souvenir shop daily from 9 a.m. to 7 p.m., dogs admissible on leads, stroller friendly, Tel: +43 664 4207286, +43 4855 23074 www.wildparkassling.at, www.eriebniswelt-assling.at

Summer Gondola where the Sun Shines

Lienz Bergbahnen



50 Hiking Area Lienz-Zettlerfeld 1 gondola panoramic cable car, 14-seat chairlift up to 2,278 m above sea level. Zettlerfeld is the gateway to the National Park Hohe Tauern and the starting point for many beautiful hikes. Enjoy the most sunshine hours in Austria and East Tyrolean specialties in the mountain restaurants facing the Lienz Dolomites.

51 Hiking Area Lienz-Hochstein 1 combination trip (8-seat gondola + 6-seat chair lift) Osttiroler up to 1,000 m above sea level. Fetting zoo, woodland playground, excellent refreshments, nordic walking trails and great mountain tours await you on the Lienz Hohe Tauern. Info: Tel: +43 4852 63975 www.lienz-bergbahnen.at

Rental bike with service

With Papin on Austria's most popular bike path



52 Papin Sport features more than 7,000 new and modern bikes. In addition, the rental shops offer anything a cyclist's heart may desire: city bikes, mountain bikes, trekking bikes, electric bikes, bikes for children, tandem bikes, various trailers and essential accessories such as helmets, child seats, locks, bags, etc. You can borrow your ideal bike at the train stations Toblach, Imnichen, Sillian or Lienz, cycle along the beautiful Drava bike path and then easily return it. The starting point can be reached by train, comfortably and stress-free. Papin Sport, Rental, Shop, Tel: +39 0474 913450, +43 720 445560, info@papisport.com, www.papisport.com

RAFTING-CLUB AKTIV OSTTIROL

Adventures with professionals



53 Rafting on the isel – pure action, fun and excitement. Whether it's your first time in a boat, or whether you know all the tricks when it comes to rafting, everybody will get their money's worth. Highest level of professionalism is the motto. As pioneers of outdoor sports – especially of rafting and canyoning – Osttirol (East Tyrol) Rafting has set significant standards in the last 25 years. The highest level of safety and professionalism is thus guaranteed. Daily from May 15th to September 30th, Hotline: +43 676 656670, www.osttirolrafting.at

With Bow and Arrow

Archery in East Tyrol



54 Walking through East Tyrol's beautiful landscape carrying bow and arrow is a very special holiday experience. There are numerous options for archers – archery hunting course at the Iselberg with the special offer “bow hunting” for groups of 3 or more people, “Bogensport Zentrum Lienz”, “Pfeiler” – indoor facility, BOGENSPORT MOSEER in Lienz – archery range “Loach” in Bichl near Matrei, “Prosegga” range in Matrei. Range at the sports grounds St. Veit in the Defereggental. Info from the tourism offices in each region and from Bogensport Moser in Lienz – Tel: +43 664 1000735

Dolomitengolf • An Echo with Every Strike

One of Austria's most beautiful golf courses in Lavant



55 At the foot of the breathtaking backdrop of the Lienz Dolomites in Lavant, GC Dolomitengolf welcomes you with one of Austria's most beautiful 27-hole championship courses. The course offers 4x3 which can be combined for two totally 18-hole championship rounds Par 72. The practice course with open or roofed tee boxes, sand bunkers, chipping greens and putting greens offers the best training facilities. The Akademie Dolomitengolf is amongst the most professional Austrian golf schools.

56 Located in Wildlife Park Assling, nestled in a beautiful natural landscape, the summer toboggan run provides endless fun. The ride with views of the Lienz Dolomites, past grazing elk and deer is an unforgettable experience for the whole family. A small cable lift takes you to the mountain station. The route of approximately 350 metres has a height difference of 100 metres. In the “Bärenwelt” in hungry tobogganers can enjoy regional delicacies.

National Park Nature Trails

A window to nature



56 The National Park Hohe Tauern offers a series of nature trails, which convey many things worth knowing about nature and the cultural area. With interactive points, information boards and brochures, those with an interest in nature can experience the real thing. Nature trails are a window to nature, they point out things that usually remain hidden from the hasty moving eye. Some of the trails are in the valley and are an easy walk, others lead through mountain pastures up to the glaciers. With extensive mountaineering experience, an education in natural history and great regional knowledge our ranger team offers you an interesting and varied hiking and nature adventure program. www.hohetauern.at/lehrgaenge

Getaway Tip Dolomitensstrasse

In the heart of the Lienz Dolomites



57 On a paved toll road you can take your own car right into the heart of the famous Lienz Dolomites. The destination is the large parking lot of the Dolomitenhütte at 1,620 metres, the starting point for beautiful pleasure climbing tours in the compact Dolomite rock and lakes, such as the Dolomitenhütte, 1-hour route to the Karlsbad Hütte or a pleasant walk to the romantically situated Iselstein chapel. Enjoy the stunning view of the imposing cliffs of the Lienz Dolomites... arguably the most beautiful corner in the Lienz Dolomites. Info: Tel: +43 4852 63700 or +43 676 6481248, www.dolomitensstrasse.at

Dolomitenhütte ... be amazed & enjoy

Unforgettable views in the heart of the Dolomites



58 The Dolomite lodge – harmoniously integrated into the landscape. A place as spectacular as the peaks of the Lienz Dolomites in the background. A cottage straight from a picture book – old traditions perfectly restored. Built from mountain wood with breathtaking terraces and comfortable patios. Modern cuisine – traditional menu. Unforgettable views of the unique East Tyrolean mountain world. The experience in the heart of the Dolomites, 4 rooms with panoramic view and a spacious conference room are available. No closing day, closed in November! Scarlett & Juraj Olesova Oles, A-9500 Amaloch, Dolomitenhütte 1, Tel: +43 664 225782, info@dolomitenhutte.at, www.dolomitenhutte.at

Osttiroler on the Lienz Schlossberg

The Alps' most spectacular Alpine Roller Coaster



59 Experience the spectacular ride on one of the longest “Alpine Coasters” in the world! Through green forests, spinning in lofty heights, racing through rapid bends, waves... You will be thrilled! Directly at Lienz-Hochstein city limit! Children can speed 2,7 km into the valley on sleds in one or two. Children under 8 must be accompanied. Experience Lienz in a new way, never before seen, with a view of Bruck Castle and a breath-taking view of the city of Lienz. Opening times: from Thursday, 28th June to Sunday, 17th September 17 every day from 9 a.m. to 5 p.m. Pre- and post-session watch out: www.lienz-bergbahnen.at Info: Tel: +43 4852 63975

Petting Zoo Moosalm

The children's world at the Lienz Schlossberg



60 One of Austria's most modern cable cars comfortably takes the whole family to a height of 1,000 metres sea level. The fenced in petting zoo is located in a flat forest and meadow area with various stables and a pond. There are plenty of animals that cannot get enough of the children's attention and caresses. The forest adventure playground is shaded by enormous trees. Among many other things, a huge zip line awaits brave little adventurers. Admission is free. A restaurant with large sun terrace is in close proximity. Info: Moosalm, Lienz, Tel: +43 4852 63937

Adventure Park Galitzenklamm

Water Vista Trail – Water playground – via ferrata – Climbing Park



61 A pathway and bridge system gives visitors a wonderful view of the impressive waterfalls. The “Salz” Klettergöppe is a true paradise for hikers. Six iron routes varying from simple practice trail to the most demanding Via Ferrata in the highest degree of difficulty offer a wide range. For a fee rental equipment is available at the cash desk. The cool water of the water playground with a stream, a cable car, a water labyrinth and a mud pit offers a refreshing alternative. Three climbing courses and a flying fox course provide an athletic challenge in the climbing park. Opening times: 13-14.5, 20-21.5, 25.5-1.10.2017, Juli und Aug., 9-18 Uhr, otherwise 10-17 Uhr, Info: www.galitzenklamm.info

62 Starting at Lienzsch near Lienz, you reach the mountain village Bannberg, where the Hochsteinstrasse branches off. On this beautiful, sunny ride, amongst other things, the best views of the spectacular Spitzkottlalm towers await you. Past an old farmhouse, known from movies, through a bright larch forest to a parking lot just below the Hochsteinhütte at 1,900 m sea level. From here you have the best views of Lienz. Our tip: a short hike (1/2 hour) to the “Hochsteinkreuz” cross and back over the spacious, level mountain pastures. The toll road is open from May to October.

Hochsteinstrasse Bannberg

100 "moments" to marvel at



63 The ideally situated Tristachersee lake is East Tyrol's only natural bathing lake. A lido with a large sunbathing lawn, a beach volleyball court, 4 swimming piers, a 1 m and a 3 m diving platform, a small children's playground and a buffet restaurant. You can also paddle on the lake with your inflatable boat (air compressor is subject to charge). Water temperature up to 24°. Access is via Tristach to the Seewiese car park, where there is a large parking area which is subject to charge. The beach is open from the end of May to the beginning of September depending on the weather. From the beginning of July to the end of August, Lienz runs a daily “bathing bus”. Info: Tel: +43 4852 63820, www.stadt-lienz.at/freizeit

Hiking Bus

An easy ride to the best hikes



64 A hiking bus, starting off at the Lienz train station, facilitates the ascent of the mountains around Lienz from beginning of July to beginning of September 2017. We safely take you to the Dolomitenhütte, to Klammbrücke, to Seckauer Dolomiten, to the Roarer Alm and to the Hochsteinhütte. If you want to walk the Pustertaler Almweg trail, we will pick you up at the finishing point, the Pustertacher Kaser in the late afternoon. Departure and return trip times and more information: tourismusaustriallienz.at Mühlgasse 11, 9900 Lienz, Tel: +43 50 212 400, info@osttirol.at

Roarer Alm

The mountain restaurant with a twist



65 With a wonderful view of the Schober mountain range and the Dolomites, the Roarer Alm mountain pasture at 1,900 m is a popular destination for hikers, cyclists, snowshoe walkers, ski tourists, tobogganers and families with children. A lovely atmosphere and excellent food featuring Mediterranean dishes wouldn't exist in a mountain hut. Sun and panorama can be enjoyed on the terrace or at the rustic tables right at the meadow. The lounge rooms are cosy and honey and you can look hostess and cook Lydia Pichler over the shoulder as she works. Roarer Alm can be reached by car via a toll road in the summer and on foot from Iselsberg valley round. Contact: Tel. hut: +43 664 655801

OSTTIROL's
Glockner - Dolomiten
CARD

Die Karte für Ihren Erlebnis- und Aktivurlaub.

Sommer 2017

7 days
Adults: EUR 49,50
Children (born 2003-2011): EUR 25,00
FREE
Children (2012 or younger, or from 3 or more children, Passport or identity card required)

3 days
Adults: EUR 38,00
Children (born 2003-2011): EUR 17,50
FREE
Children (2012 or younger, or from 3 or more children, Passport or identity card required)

Deposit per card: EUR 5,00

Mountain Railways
Lienz Bergbahnen Tel: +43 4852 63975
Hochpustertaler Bergbahnen Tel: +43 4842 6880
Matreier Goldried Bergbahnen Tel: +43 4875 6067
Kaiser Bergbahnen Tel: +43 4876 8233
Bergbahnen St. Jakob i. Def. Tel: +43 4873 52740
Obertalacher Bergbahnen Tel: +43 4847 5300
Mittlaler Gletscherbahnen Tel: +43 4785 81100
Ankogel Bergbahnen Tel: +43 4784 632
Sextner Dolomiten AG Tel: +39 0474 710355

Swimming Pools
Strandbad Tristachersee Tel: +43 4852 63601
Freizeitanne Virgen Tel: +43 4874 52117
Schwimmbad Matrei i. O. Tel: +43 4875 6455
Schwimmbad Dölsach Tel: +43 4852 68233
AquaFun Innichen Tel: +39 0474 916200
Schwimmbad Lienz Tel: +43 4852 63820

Culture
Römerstadt Aguntum Tel: +43 4852 61650
Schloss Bruck Lienz Tel: +43 4852 6298083
Farmhouse Wurzerhof Tel: +43 4843 5481
Carriage and Heritage Museum Obertallich Tel: +43 50 212 360
First Tyrolean Vitalpinum Tel: +43 4855 81009
Train museum Lienz Tel: +43 664 73475636

Natur
Wildpark (deer park) Assling Tel: +43 664 4207282
Nationalpark Hohe Tauern Tel: +43 4875 5161-10
Adventure Park Galitzenklamm Tel: +43 664 1567457
Summer Toboggan Run Assling Tel: +43 664 1212287
Defregger Hell-/Thermalwasser Tel: +43 676 41560406

The deposit is refunded to you when you return your OSTTIROL's Glockner-Dolomiten Card. 26 activities are available to you once a day without additional charge. Valid for 7 / 3 days from first use. The OSTTIROL's Glockner-Dolomiten Card is available at all East Tyrolean information offices and at all East Tyrolean mountain railways. Info-Hotline +43 50 212 421

66 The new museum in Aguntum offers a comprehensive look at Roman everyday life. Take an exciting and informative trip to Tyrol's only Roman town. A highlight of the exhibition is the large marble basin in the luxurious atrium house. The extensive excavation area with thermal baths, forum and antique shopping centre (Macellum) can be viewed from an 18 m high observation tower. Virtual tour and shop are located directly in the Museum. Opening hours: 1st May – 10th June (Mon – Sat, 9:30 am – 16 pm), 11th June – 17th September (daily, 9:30 am – 16 pm), 18th September – 28th October (Mon – Sat, 9:30 am – 16 pm). Info: Tel: +43 4852 61650, www.aguntum.info

Swimming and Fun at the Tristachersee

Natural swimming lake at the foot of the Lienz Dolomites



67 The idyllically situated Tristachersee lake is East Tyrol's only natural bathing lake. A lido with a large sunbathing lawn, a beach volleyball court, 4 swimming piers, a 1 m and a 3 m diving platform, a small children's playground and a buffet restaurant. You can also paddle on the lake with your inflatable boat (air compressor is subject to charge). Water temperature up to 24°. Access is via Tristach to the Seewiese car park, where there is a large parking area which is subject to charge. The beach is open from the end of May to the beginning of September depending on the weather. From the beginning of July to the end of August, Lienz runs a daily “bathing bus”. Info: Tel: +43 4852 63820, www.stadt-lienz.at/freizeit

Dolomitentag Lienz

Swimming with view of the Lienz Dolomites



68 An indoor pool reopened in 2016 with a 25 m sports pool, a multi-purpose and children's pool, a large outdoor pool with a sun terrace and a 90 m tunnel slide with light effects. A new 600 m² sauna area with 3 saunas, a steam bath, 4 infrared saunas and a calcium pool. An outdoor swimming pool with 3000 m² of sunbathing area, a heated swimming pool with 50 m sports pool, a large multipurpose and non-swimmers' pool, a 4 m deep diving pool with 1 and a 3 meter diving platform, a play and water world for the little ones, 2 beach volleyball courts and a 60 m water slide. The outdoor swimming pool is open from late May to September. Restaurant, 250 free parking spaces, chargeable electric lighting station. Info: Tel: +43 4852 63820, www.dolomitentag.at

Frauenbach-Wasserfall

Breathtaking Viewing Platforms at Lavant



69 A fascinating glimpse of the middle ages. The smell of smoke and fire, the rattling gleaming of iron and the fascinating stories from long ago will inspire you. The blacksmiths trade has had its place in history for centuries. In the original Riepler blacksmith's and nailer's workshop the sparks fly in weekly performances. At the Riepler Nagelstock you can nail your own good luck charm to the door post with a wish. Your wish will become true. You will find opening times in the brochure “Holiday Ideas” at Tourismusaustriallienz.at, Mühlgasse 11, Tel: +43 50 212 400



SONNENSTADT LIENZ
Bei uns beginnt der Süden

69 A fascinating glimpse of the middle ages. The smell of smoke and fire, the rattling gleaming of iron and the fascinating stories from long ago will inspire you. The blacksmiths trade has had its place in history for centuries. In the original Riepler blacksmith's and nailer's workshop the sparks fly in weekly performances. At the Riepler Nagelstock you can nail your own good luck charm to the door post with a wish. Your wish will become true. You will find opening times in the brochure “Holiday Ideas” at Tourismusaustriallienz.at, Mühlgasse 11, Tel: +43 50 212 400

Roman Town Aguntum

Archaeological park and museum in Dölsach



70 The new museum in Aguntum offers a comprehensive look at Roman everyday life. Take an exciting and informative trip to Tyrol's only Roman town. A highlight of the exhibition is the large marble basin in the luxurious atrium house. The extensive excavation area with thermal baths, forum and antique shopping centre (Macellum) can be viewed from an 18 m high observation tower. Virtual tour and shop are located directly in the Museum. Opening hours: 1st May – 10th June (Mon – Sat, 9:30 am – 16 pm), 11th June – 17th September (daily, 9:30 am – 16 pm), 18th September – 28th October (Mon – Sat, 9:30 am – 16 pm). Info: Tel: +43 4852 61650, www.aguntum.info

Lavanter Kirchbichl

A sacred mountain in East Tyrol



71 2 km east of the Roman town of Aguntum lies the Lavanter Kirchbichl with excavations from pre-Christian times and the pilgrimage churches St. Ulrich and St. Peter and Paul. Temples have been in this place as early as Celtic times. Separated from the valley by a gorge and two brooks, Kirchbichl has always offered a natural defence from enemies. Within a fort dating back to the 5th century an Episcopal church was built. A collection of antiquities from the excavation are on display in a museum at the foot of the Kirchbichl. The majority of the items, however, are in the archaeological museum of the Schloss Bruck in Lienz. Info: Tel: +43 4852 61650, www.aguntum.info

TAP – Historical photos

Tyrolean archive for photographic documentation and art



72 The TAP is a permanent and lasting institution for the historical area East Tyrol - South Tyrolean Pustertal valley. Through the collecting, digitization and presentation of historical photos in exhibits, it manages to convey the connecting element of the Pustertal valley, to some extent the identity-specific similarities within the entire European region of Tyrol-South Tyrol-Trentino. The current status at the offices in Lienz and Brunico: more than 420,000 photographs; based until June 2019 by the Interreg-V-A project “Cultural treasure photo”. Opening hours Lienz, Egger-Lienz-Platz 2: Tue-Wed, 2-5 pm, www.troer-photoarchiv.eu

Sonnenstadt Lienz – Our town is a treasure trove



Literature and Download Tip
Start your search. First read the information booklet “Sonnenstadt Lienz”. This booklet will take you on an interesting cultural and historical tour through a city with a southern flair. The brochure is available at a normal charge in the tourism office Lienz Dolomiten, Mühlgasse 11. Free download at www.osttirol.info.at

A little tour of the town - Lienz in 2 hours ...

Starting point is the 1 Florianbrunnen fountain on Lienz' main square. The 2 Lieburg with its two distinctive onion domes was built in the 17th century as a residential castle by the baron von Wolkenstein-Podegnag. After two fires and many different assignments, since its renovation in 1989 it now serves the town of Lienz as a magnificent city hall. The 3 Antoniuskirche is situated at the east side of the main square. For a while this was the meeting place of the Greek Orthodox community in Lienz. The exterior of the chapel was renovated by the citizens of Lienz in 1976 and holds a worthy spot in the Lienz main square.

We continue our stroll in a northwesterly direction across the Kärntnerstrasse to the 4 Spitalskirche church. Built in the 13th century it was later transformed to become Lienz's most important baroque building. At present the church provides a beautiful location for various events. Continue to the 5 Spitalbrücke bridge, which owes its name to the building on its right, a hospital. This is where, a long time ago, the old and frail residents of the town were cared for. Today it houses a secondary school. Over the bridge and on, along the Kärntnerstrasse heading east, a little detour to the periphery of Lienz to the “Säckerhaus”. This is where people with particularly aggressive contagious diseases were once housed. In the adjoining orchard is the 6 oldest painted, “Bildstöckl” (picture of a saint) in Tyrol.

We now walk back a short distance on the Kärntnerstrasse and take a turn into the Beda-Weber-Gasse. Here, on a small square, is the 7 St.-Michaels-Kirche. (For sightseeing purposes the key can be borrowed at Beda-Weber-Gasse 9). The church dates back to the 14th century and was the burial place of the Herren von Graben, who were esteemed citizens of the town. Continue west along the Beda-Weber-Gasse to the 8 Stadtpfarrkirche St. Andä, the oldest church in Lienz. It was built on the foundations of an early Christian social building of Romanesque style and refurbished by the Görzer family in the 16th century. The three-aisled Gothic basilica is adorned with a baroque altar. The last counts of Görzen found their final resting place here in two ornate tombs.

On the north side of the church is the 9 Bezirkskriegsdenkmal, a war memorial. It was built in 1925 by Clemens Holzmeister. Initially East Tyrol's famous painter Albin Egger-Lienz was met with strong resistance to his four-part cycle of paintings, which led to the temporary closure of the chapel. This is where the painter Albin Egger-Lienz is buried. Going along the Oberdueren Strasse we reach the 10 Tamerjung just above Lienz.

Local legend has it that an underground tunnel leads from this stately building to the Bruck castle, and that the mysterious “white lady” haunts the castle on some nights. Today the information booklet “Sonnenstadt Lienz” has brought new life to this building and especially in the summer months many events take place here. Our town tour takes us back to the Stadtpfarrkirche and further along the Beda-Weber-Gasse across Lienz' oldest bridge, the 11 Spitalbrücke. On our right we now see the 12 Dominikanerklosterkirche, the convent locally known as the “Klösterl”. Built in 1220, it is Lienz's oldest monastery. For many centuries children were school here by the nuns. Today the convent is a women's school for economic professions.