



**ÖTZ
TAL**



Ötztal.
Tirol at its Best.

Long-distance Hiking



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The Austrian Hiking Quality Seal certifies the high quality of a hiking holiday and its nature experiences. Certified villages or trails are marked in this brochure!

GARMIN
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Öztal Hiking Routes

The following pages offer a selection of (long-distance) hiking tours on the tracks of the elements to the region's imposing nature treasures and at the same time you will learn more about ancient stories of Ötztal. On these paths a maximum experience is waiting for you, be it a tour of the village, a delightful hike along the valley's highlights or a hut to hut adventure at the very top.



WATER STRIDER LOOP TRAIL WALK – Along waters

Circular walks that show all facets of Ötztal's varied waters. Rushing mountain brooks, roaring waterfalls, quiet mountain lakes and the eternal ice. These trails are classified as easy to intermediate!



ÖZTALER URWEG HIKE – From village to village

12 stages give a deep insight into the countless small and larger villages, leading past hidden places and exciting spots. These trails are classified as easy to intermediate. Important: walking times can be more than 5 hours!



ÖZTAL TREK MOUNTAINEERING – From hut to hut

This high Alpine route leads all around Ötztal. From one hut to the next, across ridges and cols. A mountain exploration of a very special kind. Important: these trails are classified as intermediate to difficult!



EUROPEAN LONG-DISTANCE HIKE – Across borders

The Queen's Stage on the 2-day original route of the E5 leads through Ötztal, across national borders to South Tyrol/Italy: from Braunschweigerhütte via Zwieselstein and Timmelsjoch down to Moos in Passeier (South Tyrol/Italy), hikers not only have to overcome geographical limits. These Alpine trails are rated intermediate to difficult!

Difficulty Levels

easy

Families, walkers, hikers (partly suitable for small children)

average

Alpine pasture and hut hikers, families (without toddlers)

difficult

Mountaineers and alpinists with high Alpine experience





Ötztal.
Tirol at its Best.


The Biking & Hiking Map

Your outdoor navigation system in Ötztal

Now available for only **€ 4,90** at all Ötztal Tourismus Information Offices!



-  **1600 km of marked hiking trails**
 - Hiking trails, mountain tours, longdistance hiking routes.
 - Incl. Water Strider Loop Trails, Ötztaler Urweg, Ötztal Trek, E5.

-  **660 km of MTB tours. 60 km of trails & lines**
 - Mountain & e-bike routes, natural & single trails, long-distance cycling through the valley
 - Incl. Ötztal Cycle Trail, BIKE REPUBLIC SÖLDEN.

Tour Planning

Haiming-Ochsengarten

Bergschule Ötztal | T +43 (0) 650 4153 505

Sautens

X-Alp Tours | T +43 (0) 660 6866 388

Umhausen-Niederthai

Activesport Alpin | T +43 (0) 699 1140 0289

ötztalaufatalab ALPINZEIT | T +43 (0) 650 9003 038

Längenfeld

Alpinschule Alpinguide | T +43 (0) 664 4434 684

Alpinsportcenter Ötztal | T +43 (0) 664 5016 864

Sölden

Alpinschule Sölden | T +43 (0) 669 1731 0011

Bergsport & Erlebnisschule Sölden | T +43 (0) 664 8478 155

Gurgl

Alpincenter Obergurgl | T +43 (0) 5256 6305

Vent

Bergführerstelle Vent | T +43 (0) 5254 8106



























Backpack – what must be in it

- Outdoor clothing
- Sturdy hiking boots
- Snack & drinking bottle
- First aid kit
- Mobile phone
- Ötztal biking & hiking map
- Sunscreen
- Rain protection
- Cash, ID/passport

Additional equipment:

- Cold protection
- Enough to eat and drink
- Charger or power bank
- Overnight utensils (hut sleeping bag, etc.)
- If needed also crampons, ice pick
- Headlamp (incl. spare batteries)

Signs & Symbols

 Interesting	 Hiking path	 Glacier crossing
 Family-friendly	 Cart trail	 Parking
 Equipment	 Carriage road, forest path	 Parking at a fee
 Walking time	 Physical stamina	 Center garage at a fee
 Altitude meters ascent	 Surefootedness	 Bus stop
 Altitude meters descent	 High Alpine experience	 Restaurant
 Highest Point	 Good head for heights	 Serviced hut, snack station, Alpine inn
 Distance	 Access point, exit point	 Serviced hut/incl. overnight stay
 Hiking accomodations	 Mountain guide recommended	

IMPRINT:

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SWIFT ON THE CLIMB

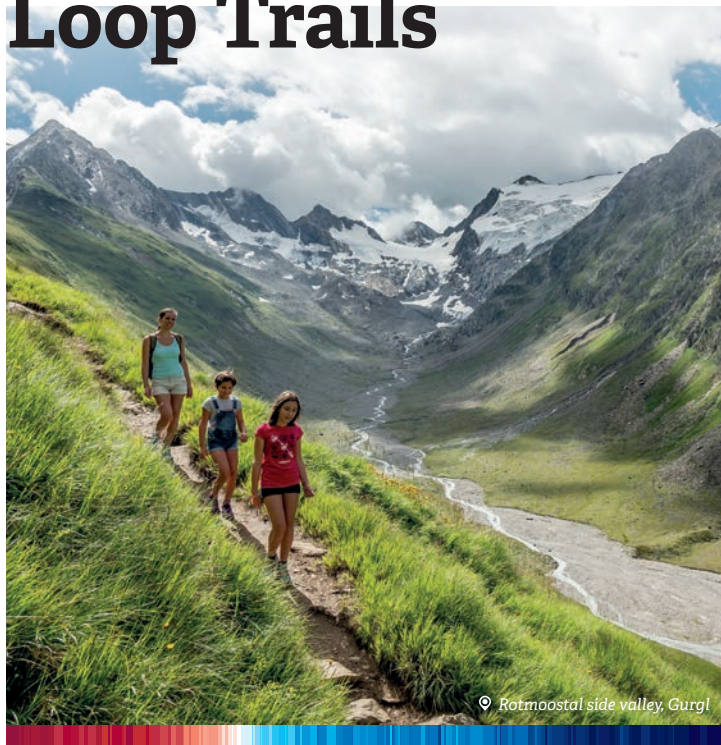
TERREX SWIFT R3



adidas **TERREX**



Water Strider Loop Trails



📍 Rotmoostal side valley, Gurgl

WALKING, ALONG ALPINE WATERS

The Ötztal Water Strider Trails are loop hiking routes showing all facets of Alpine waters! The trails lead from the icy water of the eternal glaciers to mighty waterfalls, along the boisterous waters of Ötztaler Ache brook and the silently flowing Waalwege, towards the quietly sparkling mountain lakes.

In Ötztal the element of water also shows a very special facet. Many nature treasures rank among the unique natural wonders of the valley such as the Stuiben Falls - Tirol's biggest waterfall, the natural jewel of Lake Piburger See - Tirol's warmest swimming lake or the sulfur springs from 1865 in inside the rock, which fill the floating pools on stilts of the AQUA DOME - Tirol Therme Längenfeld.

Ötztal boasts 86 glaciers and is therefore the Eastern Alps' largest glacier-covered area. Due to this high density of glaciers and icy giants, the fresh water bubbles from the steep slopes of the approx. 250 peaks higher than 3000 meters - through lush pastures into the deep river beds and lake basins of Ötztal's Water Striders.

The Water Strider Loop Trails are mostly of easy difficulty and are perfectly suitable as an adventurous experience for all the family. Especially on hot summer days they provide truly refreshing moments.



📍 Lake Piburger See, Oetz

Lake Piburger See

Oetz – Weller Bridge – Lake Piburger See – Seejöchl – Piburg – Oetz

↔ 9,2 km ⌚ 3:00 h ↗ 538 Itm ↘ 538 Itm 🏔 1.048 Itm

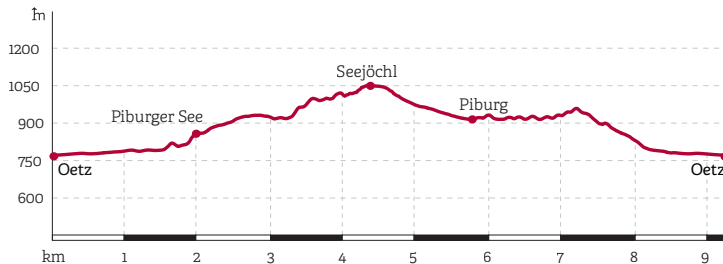
easy 🏞️ 🌊 🏞️ 😊

🎒 Standard hiking equipment

🅑 Oetz central car park

🏠 Gasthaus Seehäusl, Piburger See lakeside beach, inns in Piburg and Oetz

🏠 Hiking accommodations in Oetz



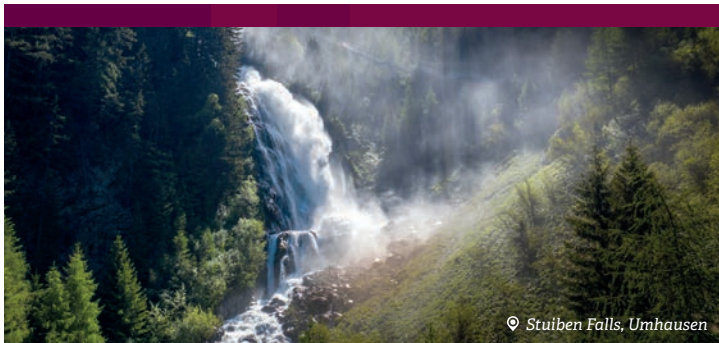
THE WHITE WATER OF ÖTZTALER ACHE IN CONTRAST TO THE SILENT WATER OF LAKE PIBURGER SEE

From Oetz you walk southwards along the thunderous waters of the Öztaler Ache on a gravel road. Scenic Weller Bridge can be found in a wooded area. It leads over one of the most demanding stretches of white water sports, where the extreme kayaking world championship were held for years.

On the other side you follow the signposted hiking trail and later a forest route towards lake Piburger See. Suddenly you reach a forest clearing and you enjoy a perfect view of the picture-book and myth-enshrouded lake in its center. Keep left and walk up to Seejöchl. the steep ascent is rewarded with a breathtaking view of the fabulous Alpine landscape. Then the loop trail continues towards Piburg, further down again and around the scenic lake. Once arrived at the lakeside swimming center, keep to the left and follow the signposted trail down to Oetz.



Piburger See reaches up to 24° Celsius & is one of Tirol's warmest swimming lakes.



Stuibenfall Waterfall

Umhausen – Waalweg Arzwinkel – Stuiben Falls – Umhauser Höhenweg – Steppsteig – Umhausen

↔ 9,2 km ⌚ 3:30 h ⚡ 607 Hm ⚡ 610 Hm ⚡ 1.547 Hm

average

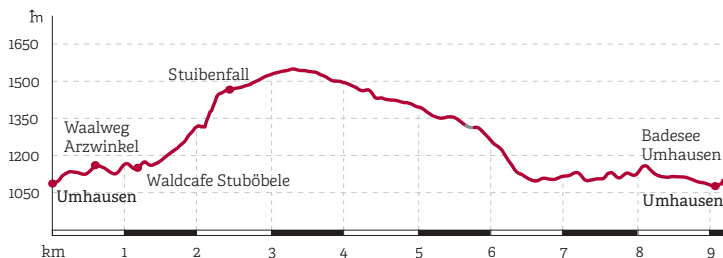


Standard hiking equipment

Bischofsplatz Umhausen

Waldcafé Stuböbele, Gasthof Stuibenfall, inns in Niederthai and Umhausen

Hiking accommodations in Niederthai and Umhausen



ON THE TRACKS OF THE FALLING WATER MASSES OF TIROL'S BIGGEST WATERFALL

At Bischofsplatz car park in Umhausen you follow the trail behind the little Kneipp house, leading up to scenic Waalweg Arzwinkel. The leisurely path winds its way along the so-called „Waale“ (irrigation ditches) until you reach a gravel road. Keep to the right and follow the bubbling waters of Horlachbach up to the foot of the mighty Stuiben Falls. Always with a view of the fascinating nature spectacle, you walk to the right of the falling water masses, conquering some 700 steps on your way up to the origin of the Stuiben Falls. You also hike past a number of fabulous vantage platforms and the 80 meter long suspension bridge.

A picturesque mountain meadow leads to Gasthof Stuibenfall. From there the hike continues up to the hamlet of Höfle and then down to the valley floor on Umhausen's high altitude trail. Down in the valley, you reach a huge intersection where you walk on the pleasant Steppsteig path towards popular Stuiben-Nannele. Then cross the gravel road and head towards a forest path that leads you back to the starting point past the Ötzi Village and Umhausen's swimming lake. The Kneipp facilities at Bischofsplatz make a perfect refreshment stop.



The fine water spray can increase your pulmonary function by 58 %.



Suspension bridge, Längenfeld

Brand-Burgstein

Längenfeld – Brand – Suspension Bridge – Burgstein – Längenfeld

↔ 6,7 km ⌚ 2:30 h ↗ 396 ft ↘ 399 ft 🏔️ 1.443 ft

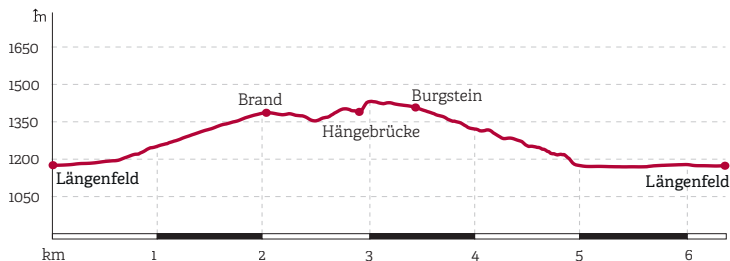
easy 🏠 🌊 🏞️ 😊

🎒 Standard hiking equipment

📍 Sports center | Information Längenfeld

🏠 Brand Alm, s'Dorfstüberl Burgstein, inns in Längenfeld

🏠 Hiking accommodations in Längenfeld



A VIEW OF LÄNGENFELD'S ENORMOUS VALLEY BASIN, 220 METERS ABOVE THE VALLEY FLOOR

The starting point of this hiking tour is the village center of Längenfeld at the height of Fischbach bridge. The first steps take walkers into the so-called Klamm (gorge) where some challenging altitude meters have to be made towards the hamlet of Brand. You take the forest road behind the church or you try the newly built rocky footpath. After about 40 walking minutes you have conquered the toughest part of this hike, you have finally reached Brand. Up there you will be rewarded with a wonderful view of Längenfeld located below.

Magnificent vista points accompany you all the way to the mountain hamlet of Burgstein. Shortly before Burgstein you cross the 84 m long suspension bridge, connecting the two sun-kissed balconies of Brand and Burgstein, at about 220 m above the valley floor. The view from the steel bridge is the undisputed highlight of this hike. Once in Burgstein, you take the old Burgstein Road (forest trail) down to Längenfeld. In Längenfeld you walk along the Albin Egger-Lienz theme trail and return to the starting point.



Längenfeld's valley basin was an Alpine lake until approx. 900 AD.



Waalweg Mooserstegle

Sölden – Windachtal – Waalweg Mooserstegle – Sölden

↔ 5,2 km ⌚ 2:00 h ↗ 296 Hm ↘ 296 Hm 🏔️ 1.607 Hm

easy

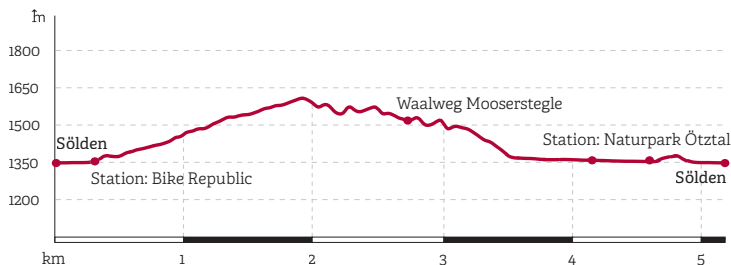


🎒 Standard hiking equipment

🅑 Postplatz | Freizeit Arena Sölden

🚰 Moosalm, inns in Sölden

🏠 Hiking accommodations in Sölden



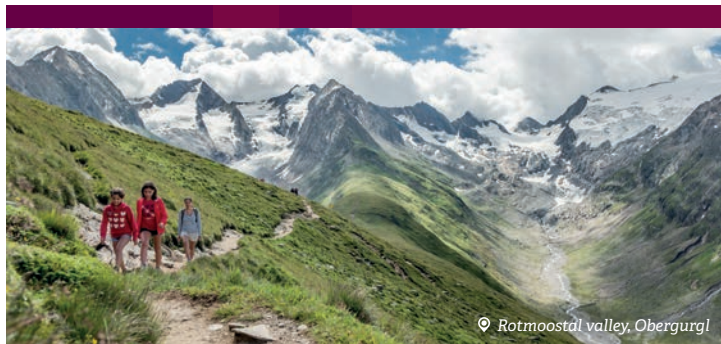
DISCOVER THE PEACE AND BEAUTY OF SÖLDEN'S SILENT PART ALONG THE WAALWEGE WATER TRAILS DEEPLY ROOTED IN HISTORY

From the Sölden Information office, the route leads along the Adventure Mile, past the Sölden social center and on a steep ascent to the hamlet of Granbichl. You continue to hike along the meadow slopes and on the old path into the Windachtal side valley (part of the Central Alpine Trail), always with a deep view of the Windach Ache ravine. Here you can admire the influence of water over the last centuries, deeply carved into rocks and stones. Following the valley you come a little closer to the water. Until the trail leads over a bridge to Mooserstegle, we take a short break in the cozy hammocks. Then you hike down to the right and walk through the mystical forest to the waterbed of Windach Ache mountain brook.

There you cross the small bridge and continue on the opposite side along Mooserstegle, a drainage channel of Windach Ache from an earlier time. Enjoy this stretch, always accompanied by the reconstructed Waal which enchants especially the youngest hikers. Past quiet fairytale places you continue towards the village.



In the past, the so-called „Waaale“ have irrigated the pastures.



Rotmoostal

Obergurgl – Hohe Mut – Rotmoosferner – Rotmoostal – Stone Pine Forest – Obergurgl

12 km / 14,8 km *
 4:00 h / 6:00 h *
 100 Hm / 889 Hm*
 893 Hm
 2.701 Hm

average



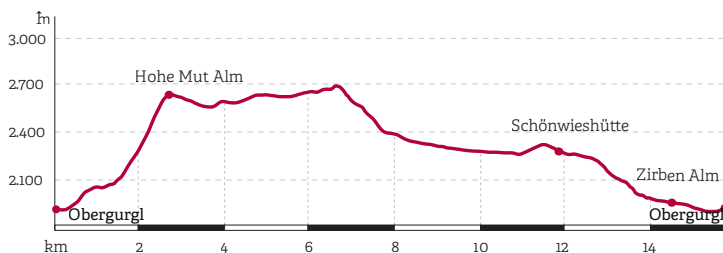
* without using Hohe Mut Bahn

Standard hiking equipment

Center garage (from € 2.00/hour)

Hohe Mut Alm, Schönwieshütte, Zirben Alm, inns in Obergurgl

Hiking accommodations in Obergurgl



EXPLORE THE SOURCE OF ALPINE WATER IN THE GLACIER FOOTHILLS AND DISCOVER TRACES OF THE ICE AGE

This magnificent journey of discovery starts with a leisurely ride on Hohe Mut mountain gondola. Once arrived at Hohe Mut saddleback, you can enjoy hiking in quite flat and easy terrain towards the glacier fields of Rotmoosferner. Then you continue on rough and rocky mountain trails to a distinctive glacier moraine, the highest point of this hike. At the Rotmoosferner stamp site you get in close touch with Rotmoosferner glacier.

Besides this very imposing, natural world of stone you discover another historical archive - the striking red Riedmoos moss typical of Rotmoostal. The trail continues on signposted paths towards the high Alpine world of flowers close to (serviced) Schönwieshütte. From there you hike through the ancient Stone Pine Forest with trees that are older than 300 years. Very soon you also get to the splendid Rotmoos waterfall. Follow the hiking trail leading past Zirben Alm, continue towards the village center and return to the starting point.



High Alpine Rotmoostal is one of the Alps' most intensively researched areas.



Mutzbühel

Vent – Mutzbühel – Ramolalm – Vent

↔ 4,6 km ⌚ 3:30 h ↗ 495 Hm ↘ 495 Hm 🏔️ 2.340 Hm

average

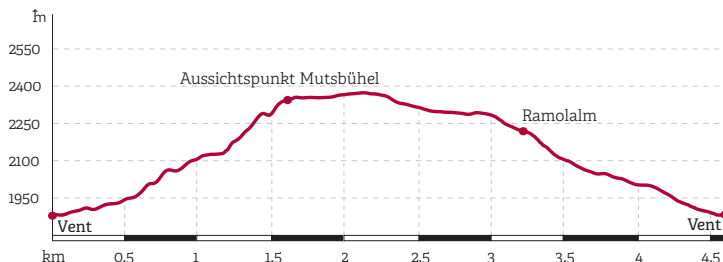


🎒 Standard hiking equipment

🚰 Base station of Wildspitze chairlift (daily fee € 5,00)

🍴 Inns in Vent

🏠 Hiking accommodations in Vent



VIA THE PASTURE AREAS OF SHEEP AND COW HERDS TO THE ENCHANTING PANORAMIC VISTA POINT OF THE SURROUNDING 3000 METER HIGH PEAKS

The wonderful hike starts at the base station of Wildspitze double chairlift in Vent. First you hike past the Mountaineering Chapel and, keeping to the left, you cross the bridge over the Venter Ache mountain brook. Continue walking on the signposted trail towards Mutzbühel area. Right at the beginning there are a few altitude meters to conquer but the truly varied route makes you forget all the effort. Slowly you leave the wooded area and walk uphill through lush green meadows. Once at the top, you will be rewarded with awe-inspiring panoramic views.

From Mutzbühel you hike almost at the same height in the direction of Ramolalm (not serviced), enjoying equally fantastic views. Walk straight across lush Alpine pastures and descend on a hiking path that branches off to the left. Hiking downhill through a wooded area, you soon reach the Zentralalpenweg trail which takes you back to Vent.



The Rofner Ache brook transports approx. 700,000 tons of debris annually.

12

Öztaler Urweg



HIKING, FROM VILLAGE TO VILLAGE

Varied high Alpine landscapes, breathtaking rock formations and gently rolling meadows invite summer vacationers to experience culture, enjoy culinary delights and unique nature exploration. The focus is always on the Öztaler Ache mountain brook with all its different facets, just as varied as Ötztal's scenic landscape. Wild and fierce, calm and silent, authentic and full of peace!

This outstanding hiking route in 12 stages crisscrosses the valley and its mountain brooks and Alpine meadows stretching up to high-altitude vantage spots. It winds its way like a ribbon through holiday villages on the valley floor and wildly romantic mountain hamlets on the sunny slopes. The splendid trail takes passionate hikers from the lower entrance to the valley, embedded in sun-kissed and flower-strewn meadows, up to Austria's highest parish village at 1930 m above sea level.

Long-distance hiking on Ötztaler Urweg – Individual & award-winning service!

12 fantastic stages brimming with unique nature exploration in Ötztal! Combine your personal freedom with ultimate service and comfort. The new, official Ötztaler Urweg Info & Booking Center is happy to assist you!

- Certified partner lodgings
- Luggage transport
- Shuttle service
- Exciting package deals
- Trail hotline

Trail Angels

Obervellach 15 | 9821 Obervellach | T +43 (0) 478 2930 93

bookyourtrail.com/trail/oetztaler-urweg | info@bookyourtrail.com

Plan & book now:

oetzta.com/urweg or
T +43 (0) 478 2930 93

➔ oetzta.com/urweg



Stage 1

Ötztal Bahnhof – AREA 47 – Ambach – Auer Klamm – Oetzerau – Oetz

↔ 10,3 km ⌚ 3:30 h ⚡ 370 ftm ⚡ 287 ftm ⚡ 1.033 ftm

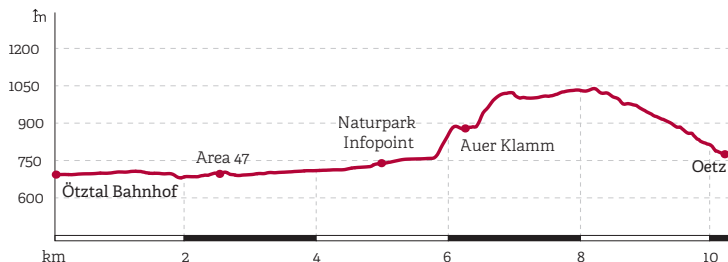
easy

Standard hiking equipment, hiking boots with grip sole

AREA 47, inns in Ambach and Oetz

Hiking accommodations in Oetz

Car park Ötztal Bahnhof (at a fee)
 Car park Ötztaler Höhe (return by bus: Oetz - Ötztal Bahnhof or Ötztaler Höhe)



12

GENTLE GREEN MEADOWS AT THE FOOT OF THE 3000 m HIGH SUMMIT

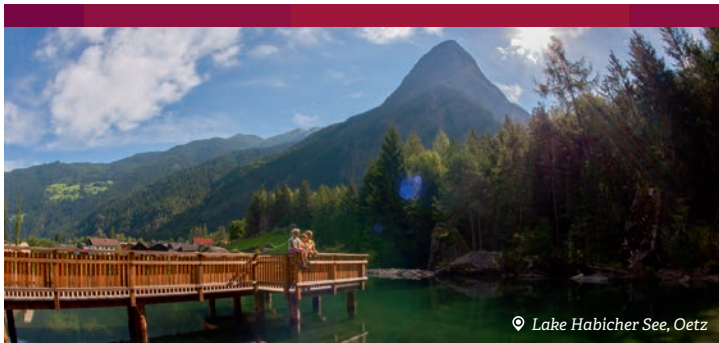
The stage starts at the main square in Ötztal-Bahnhof. There you hike along Ambergstraße and Wassertalstraße and then turn right into a gravel path, underpassing the bridge over the river Inn. Cross Ötztaler Ache mountain brook and turn left. At the AREA 47 outdoor hot spot you turn right, walking from Ötztal's riverside road to the hamlet of Brunau. Then the trail continues to the Ötztal Tourismus Info Point.

There you take the hiking trail on the left, leading along the unique Auer Klamm - the Alps' undisputed canyoning paradise. High above the ravine you cross a wooden bridge which leads over the pristine Auer Klamm. Shortly before you reach the small hamlet of Oetzerau, you walk past the hidden remains of the Auenstein castle ruin. In Oetzerau you cross the road and follow a meadow trail towards Oetz. Slightly downhill, you continue through wooded areas and past small hamlets.

You enjoy a marvelous view from the viewing platform at „Hexenplatte“ which is located about 5 walking minutes to the right, off the trail. The way down also leads past the parish church above Oetz. The stage ends in the old village center of Oetz.



The Tschirgant rockslide included some 300 million m³ of rock and reached even Ötztal's valley entrance.



Lake Habicher See, Oetz



Bergmahderweg trail, Niederthai

Stage 2

Oetz – Weller Bridge – Habicher See – Elisabeths Höhe – Tumpen – Lehn Platzl – Wienersteig – Steppsteig – Stuibenfall – Niederthai

↔ 15,3 km ⌚ 5:30 h 🏔️ 1.069 ftm 📉 305 ftm 🏔️ 1.542 ftm

average

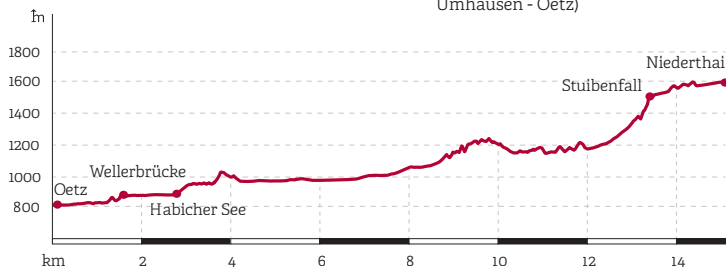


🎒 Standard hiking equipment, hiking boots with grip sole

📍 Waldcafe Stuböbele, Gasthof Stuibenfall, Jausenstation Bichl, inns in Umhausen and Niederthai

🛏️ Hiking accommodations in Umhausen-Niederthai

🚗🅅 Oetz central car park (return by bus: Niederthai - Umhausen; Umhausen - Oetz)



12

FROM THE PEACEFUL LAKE TO THE ROARING WATERFALL

From the central car park, turn right into Achrainweg and follow the path parallel to Ötztaler Ache river. You walk comfortably on a gravel trail along the rivershore and the meadows until you get to the edge of the forest and the splendid Weller Bridge. At the Weller Bridge you keep left and follow the signs towards Habichen. A few steps lead into the forest and after a short time to the western part of the hamlet. There you follow the route across the meadows, keeping to the right in front of the underpass. After crossing the bridge, you turn right at the next fork-off and immediately leave the settlement behind you.

Past Habichen's Ice Cellar you reach hidden lake Habicher See. From there you walk slightly uphill, and later on a level trail, along the shore of Tumpenbach brook. Branching off to the left, the route leads steeply uphill to Tumpen via Elisabeths Höhe. Followed by a leisurely walk along the forest path, past Engelswand rock face, the hamlets of Lehn Platzl and the Maria Schnee chapel. After the bridge crossing Farstrinne you turn left (uphill) into the dense forest to Wienersteig trail. Later Steppsteig takes you straight up to the foot of the mighty Stuiben Falls - Tirol's biggest waterfall. Countless stairs in close vicinity to the falling water masses finally take you up to the hamlet of Niederthai.



In Habichen a natural Ice Cellar, a small ice-cold rock cave, was used as a refrigerator until 1960.



Stage 3

Niederthai – Hemerachalm – Dorf – Öztaler Ache – Fischbach – Längenfeld

↔ 11,1 km ⌚ 4:00 h ↗ 441 Hm ↘ 808 Hm 🏔️ 1.831 Hm

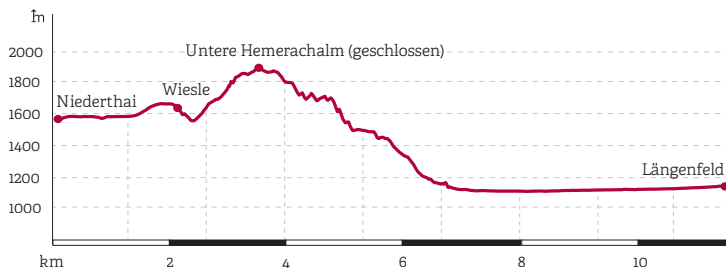
easy 🏞️ 🌊 🏠

🎒 Standard hiking equipment, hiking boots with grip sole

🏠 Jausenstation Wiesle, inns in Längenfeld

🏠 Hiking accommodations in Längenfeld-Gries

P^e Car park Sennhof (return by bus: Längenfeld - Umhausen; Umhausen - Niederthai)



12

PICTURE-BOOK PASTURES

At the Niederthai Information office you turn right and take the road up the hill, past the houses and restaurants, always keeping right to the sports field in the hamlet of Lehn. A wide forest trail now leads to the left, a little steeper at the beginning, up to Mauslasattel. At its top it becomes flat again and at its end it leads down through dense forest. If you want to take a break, follow the forest path to Jausenstation Wiesle. The rustic snack station is located in a truly idyllic clearing. On the descent you leave the meadow and continue on the forest path towards Längenfeld. If you want to go further right away, follow the route through the forest. Soon the path forks off, you take the left route in the direction of Längenfeld. On the ascending trail you pass Hemerachalmen huts, which are not serviced but invite you to take a break. From there a forest trail takes you down the mountainside to Längenfeld. On the valley floor you get to the hamlet of Dorf-Espan via an underpass. In Dorf you turn slightly to the right, past the houses in Espan and to Öztaler Ache. From here you continue along the river shore of Öztaler Ache, across the flat valley basin to Unterlängenfeld. At Fischbach brooklet you turn left and follow the largest feeder of the Ache to the main road in Längenfeld. Along the sidewalk you enjoy a stroll through the center of the village.



Due to the hot thermal springs Längenfeld is known as a spa region.



Suspension bridge, Längenfeld



Längenfeld

Stage 4

Längenfeld – Brand – Suspension bridge – Burgstein – Winkle – Aschbach – Höfle – Sölden

↔ 19,2 km ⌚ 6:30 h ↗ 1.070 hm ↘ 889 hm ⚓ 1.846 hm

average

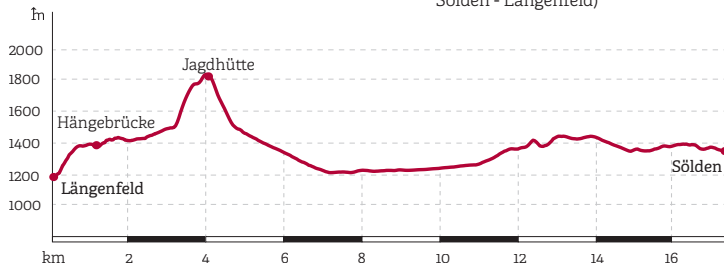


Standard hiking equipment, hiking boots with grip sole

Brand Alm, s' Dorfstüberl Burgstein, inns in Sölden

Hiking accommodations in Sölden

Sports center | Information Längenfeld (return by bus: Sölden - Längenfeld)



12

STRENGTH AND ENERGY AREA IN LÄNGENFELD

The starting point of this hike is in the center of Längenfeld at the height of Fischbach bridge. The first steps lead into the so-called Klamm area (ravine) where you choose the left side of the brooklet and hike a few altitude meters along the Strelesperre rocky path towards the rustic Brand Alm. After a 40-minute ascent you reach the idyllic mountain farm in Brand. From there you first cross a dense forest, following the trail over a 220 m high suspension bridge offering an incredible panorama of Längenfeld's unique valley basin.

The hamlet of Burgstein, nestling on a sunny high Alpine plateau, offers authentic mountain farm idyll. There you follow the ascending Jagdweg trail until you get to a secluded hunter's hut. Continue along the mountainside and descend to the hamlet of Winkle. At the huge quarry you turn left, then you hike uphill through the forest and downhill again past the hamlet of Winkle and further on to Bruggen.

Take the underpass at the end of Bruggen, cross the main road and follow the trail into the valley to Aschbach. After another underpass you reach the other side of the road, following the signposts towards Sölden. Along the tree line you hike above the large hamlets of Sölden - Kaisers, Schmiedhof, Rechenau - to the village center of Sölden.



The thermal springs that supply the AQUA DOME were discovered at a depth of 1865 meters.



Adventure Mile, Sölden



Sahnstüberl, Zwieselstein

Stage 5

Sölden – Mooserstegle – Kühtrainschlucht – Zwieselstein – Sahnstüberl – Obergurgl

14,2 km
 5:00 h
 800 ftm
 242 ftm
 1.908 ftm

average

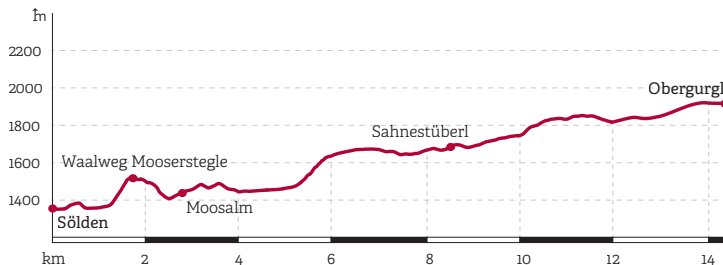


Standard hiking equipment, hiking boots with grip sole

Moosalm, Sahnstüberl, inns in Obergurgl and Zwieselstein

Hiking accommodations in Obergurgl

Postplatz | Freizeit Arena Sölden (return by bus: Obergurgl - Sölden)



12

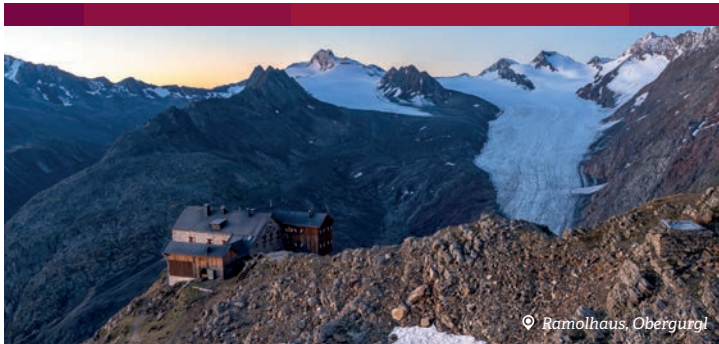
TWO BLOOMING TOP-CLASS SKI RESORTS IN SUMMER

From the Sölden Information office the trail leads past the social center where it ascends steeply. On the panoramic hill you follow scenic Sonnenwinklweg which becomes a much narrower footpath. There you hike down to the hamlet of Windau, cross the street and walk southwards along the brook shore of Ötztaler Ache. At the next fork keep to the left and turn right behind the houses. Follow the trail leading into the forest, later it joins a section of Waalweg Mooserstegle. Continue walking above the hamlet of Platte until you get to Moosalm.

From there the route continues through Kühtrainschlucht ravine to Zwieselstein where a steeper, broad gravel trail takes you in serpentine uphill. Then you continue hiking on a slightly rising and later sloping trail through sparse forest, past the waterfall to Sahnstüberl snack station. Follow the Ache mountain book, cross the bridge and climb up to the main road where the route leads along the gallery in the direction of Obergurgl for about 200 m. After a short stretch the path continues through the forest down to the Ache brook and further on past lake Piller See to the base station of Hochgurgl mountain gondola. Cross the main road and follow the route from Untergurgl always along Gurgler Ache mountain brook to the village center of Obergurgl.



Obergurgl (1930 m above sea level) is the highest parish village in all Austria.



Ramolhaus, Obergurgl



Piccard Bridge, Obergurgl

Stage 6

Obergurgl – Ramolhaus – Ramoljoch – Ramolalm – Vent

↔ 14,9 km ⌚ 6:30 h ⚡ 1.329 Hm ⚡ 1.342 Hm ⚡ 3.175 Hm

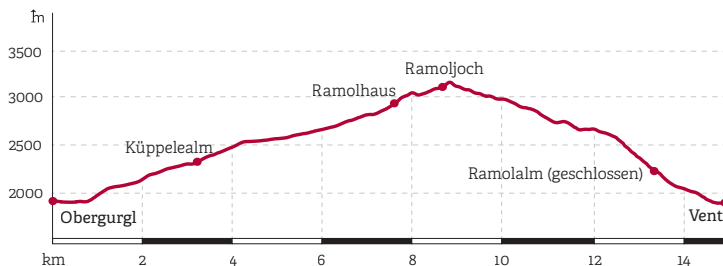
difficult 🌀 🚩 ❤️ 🧗 🧗

🧗 Hiking/mountaineering equipment, hiking boots with grip sole

🏠 Ramolhaus, inns in Vent

🏠 Hiking accommodations in Vent

🚗 Gurgl center garage, € 2.00/hour (return by bus: Vent - Obergurgl)



12

ENDLESS HEIGHTS - FROM GURGLER TAL TO VENTER TAL

From the village center you follow the signposted trail to Gurgler Ache mountain brook. Then follow the ascending route through steep grass slopes and cross small glacier brooks several times. At about 2300 meters altitude you reach Küppelealm (refreshment stop). If you continue walking into the valley, you can already see majestic Ramolhaus on a rocky outcrop. Scenic Piccard Bridge can be found right below Ramolhaus. Take the rising footpath on the right and you reach Ramoljoch. Continue across Ramolferner glacier and a steep section up to Ramoljoch. Here you descend in switchbacks past Spiegelferner glacier to Ramolalm (not serviced). Follow the signposted hiking trail down to the mountaineering village of Vent.



Obergurgl – Zirbenwald – Langtalereck Hütte – Piccard Bridge – Obergurgl

Scenic Piccard Bridge spans the foothills of Gurgler Ferner glacier where the hot-air balloon emergency landing of stratosphere researcher Auguste Piccard took place. On your way there you can explore the over 300 year old Stone Pine Forest which has been a natural monument since 1963 due to the high age of the trees.



The Ötztal Alps are comprising more than 250 peaks higher than 3000 ft.



Stage 6 – Variant

Obergurgl – Seenplatte – Nedersee – Lenzenalm – Zwieselstein

↔ 10,8 km ⌚ 4:30 h ↗ 648 Hm ↘ 1.092 Hm ⚓ 2.509 Hm

average

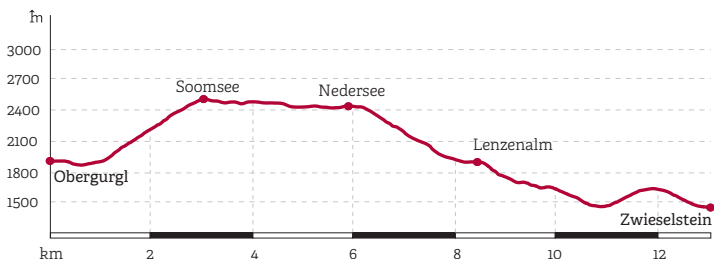


Hiking/mountaineering equipment, hiking boots with grip sole

Lenzenalm,
 inns in Zwieselstein

Hiking accommodations in Sölden-Zwieselstein

Festkogel parking garage, € 2.00/hour, no nighttime parking (return by bus: Zwieselstein - Obergurgl)



12

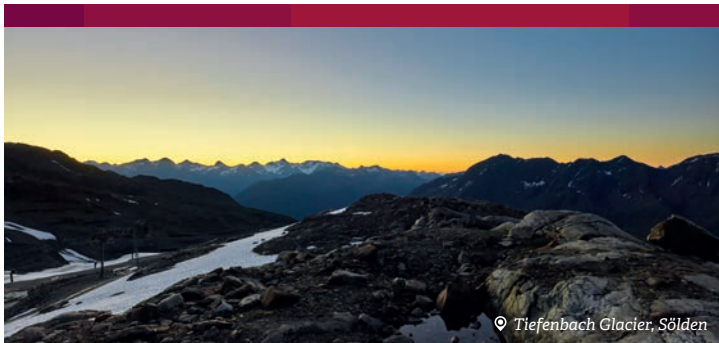
LAKE HOPPING AT A HIGH ALPINE PLATEAU

From the village center of Obergurgl you hike northwards to the bridge over the Ache brook in the hamlet of Pirchhütt. Crossing Gurgler Ache brook via the bridge, the beautiful hiking trail travels on the western side of the valley - along a somewhat steeper path - to the Alpine lake plateau at approx. 2500 m above sea level. The largest of the lakes is Soomsee, below which you will find the fork-off towards the next stage destination. From there you walk out of the valley on the right side, across the flat Soom plateau to picture-book lake Nedersee located right below Naderkogel peak. Here you can indulge in the unique glacier panorama, encircled by mighty three thousand meter high summits.

From the northern shore of the lake you follow the descending route to Lenzenalm, hiking over rock-strewn terrain and later on a switch-backing footpath through the densely wooded slope until you get to the pasture hut located in the north. From the hut you continue on a narrow footpath that joins a wide forest trail. Following the forest path you turn into a hiking trail towards Zwieselstein. Follow the descending trail through sparse forest to Gurgl's main road and further on to the village center of Zwieselstein.



The lake area is located on a high Alpine plateau with stunning views (glaciers and 3000 m high peaks).



Tiefenbach Glacier, Sölden

Stage 7

Vent – Weißkar – Tiefenbach – Gaislach

↔ 14,9 km ⌚ 6:00 h ↗ 1.040 ftm ↘ 973 ftm ⚓ 2.806 ftm

average

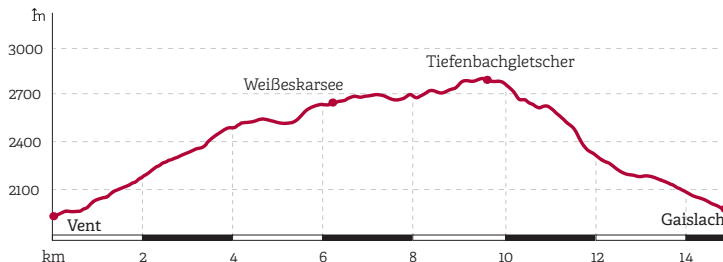


Standard hiking equipment, hiking boots with grip sole

Tiefenbach Restaurant, Silbertal, Gaislachalm, inns in Zwieselstein

Hiking accommodations in Sölden-Zwieselstein

Base station of Wildspitze double chairlift (daily fee € 5,00 (Gaislach Shuttle to Sölden; return by bus: Sölden - Vent)



Almferienclub Silbertal

12

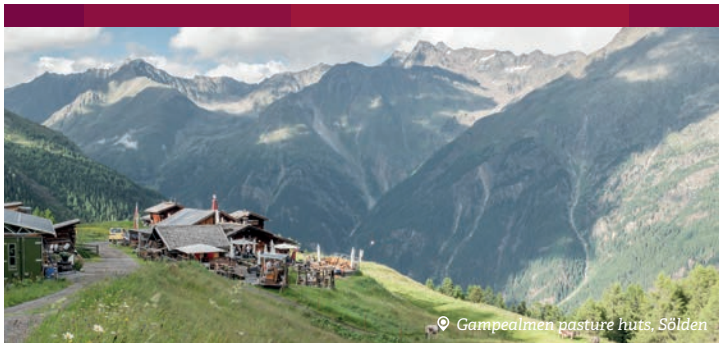
THE MOUNTAINEERING VILLAGE AT THE REAR END OF THE VALLEY

At the P9 Rofenhöfe junction you keep to the right, following the wide forest trail in the direction of Stableinalm towards the access point to the high Alpine Panorama Trail. At the beginning you will quickly gain altitude as the ascent is very steep. Continue hiking on the trail, past the slopes of Weißkar and Mutboden. On the whole route you enjoy a magnificent view of the valley basin encircled by majestic mountain peaks. The slightly ascending route takes you to the huge car park of Tiefenbach mountain gondola.

This also means that you have reached the highest point of this stage, the base station of Tiefenbach gondola in the foothills of Tiefenbach Glacier at 2800 meters. Leaving behind the rocky high Alpine terrain, you turn right at the entrance to parking area of Tiefenbach gondola and follow the Panorama Trail down to Gaislach. Again you enjoy the picture-book mountain panorama offering memorable views of Ventertal.



In Vent Alpine tourism began as early as in the 18th century.



📍 Gampealmen pasture huts, Sölden



📍 Hochsölden

Stage 8

Gaislach – Gampealmen – Hochsölden – Granstein

↔ 13,1 km ⌚ 4:00 h ⬆ 317 Hm ⬆ 814 Hm 🏔 2.121 Hm

easy

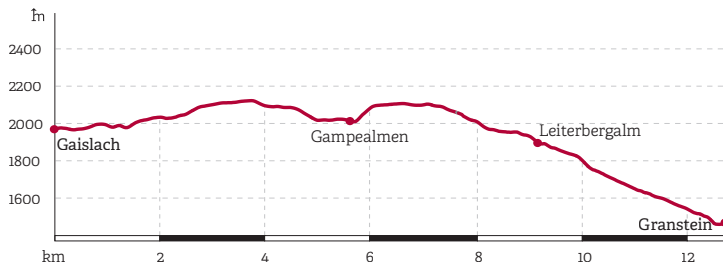


🎒 Standard hiking equipment, hiking boots with grip sole

🍴 Sölden ALMZEIT gastronomy spots, Gasthof Granstein

🏠 Hiking accommodations in Sölden-Granstein

📍 Postplatz Sölden; Gaislach Shuttle to Gaislach (return by taxi / 7 min - Granstein – Sölden)



12

DELIGHTFUL ALMZEIT HIGH ABOVE SÖLDEN

From the Gaislachalmen pasture huts you hike to Gasthof Sonneck. Here you turn left and walk - below Gaislachkogel middle station - along the mountain-side towards Hühnersteign hut by crossing an underpass. From the hut a narrow hiking trail leads straight into the stone pine forest. At the end of the forest you reach an idyllic mountain meadow with quaint farmer's huts.

Continue through the lush meadows down to Gampealmen pasture huts. The trail travels right in-between the lift towers of Giggijoch mountain gondola towards Gasthof Sonnblick and further on to Hochsölden. As soon as you reach the last houses, turn left towards Leiterbergalm. From Leiterbergalm you follow the wide forest trail out of the valley, hiking downhill until you get to Granstein.



Im Silbertal you will find the largest Mineral Museum in western Austria.



Stage 9

Granstein – Hochwald – Aschbach – Huben – Duringweg – Längenfeld

↔ 14,9 km ⌚ 5:00 h ↗ 486 Hm ↘ 780 Hm 🏔️ 1.568 Hm

average

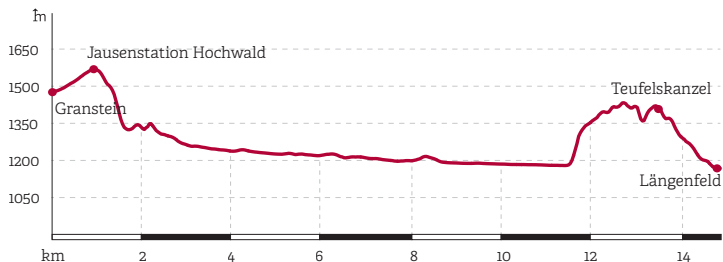


Standard hiking equipment, hiking boots with grip sole

Gasthof Granstein, Jausenstation Hochwald, inns in Huben and Längenfeld

Hiking accommodations in Längenfeld

Granstein (return by bus: Längenfeld - Sölden - Taxi / 7 min to Granstein)



12

FROM SÖLDEN TOWARDS THE LONG FIELDS

From Granstein you reach Hochwald on the right via a connecting path. Later the slightly descending trail leads through the dense forest to Ötztal's main road. Follow the Ötztal Cycle Trail out of the valley towards Aschbach where you cross the Ötztaler Ache mountain brook. Continue until you get to the hamlet Bruggen through an underpass.

Keeping left and following the gravel road, you enjoy a stroll through the hamlets of Bruggen and Winkle until you finally reach the next underpass. Then keep to the left and cross the Ötztaler Ache mountain brook. Continue to the houses of Huben until you pass the sports field in the direction of Gottgut. You always walk to the left of the Ötztaler Ache brook until you reach the branch-off into Duringweg on the left. The ascending and switch-backing trail leads up to lofty heights. Magnificent panoramic views await you at the Teufelskanzel. From Teufelskanzel the trail continues - moderately descending - to the Plague Chapel, down to the campsite and straight on to Fischbach bridge in Oberlängenfeld.



An ancient peasant legend gave the „Teufelskanzel“ (devil's pulpit) its name.



📍 Lake Winkelbergsee, Längenfeld



📍 Wurzburgalm, Längenfeld

Stage 10

Längenfeld – Lake Winkelbergsee – Wurzburgalm – Köfels – Umhausen

↔ 13,9 km ⌚ 4:30 h ⚡ 529 ftm ⚡ 669 ftm ⚡ 1.575 ftm

average

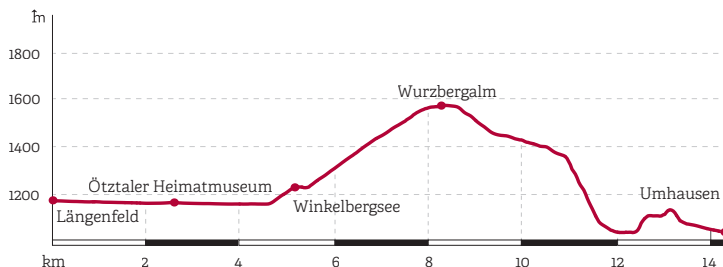


🎒 Standard hiking equipment, hiking boots with grip sole

📍 Wurzburgalm, Alpengasthof Köfels, Jausenstation Edelweiß, inns in Umhausen

🏠 Hiking accommodations in Umhausen

📍 Sports center | Information Längenfeld (return by bus: Umhausen - Längenfeld)



12

A SMALL PARADISE SHAPED BY A ROCKSLIDE

This hiking tour leads past the campsite in Längenfeld, along the Öztaler Ache mountain brook towards the hamlet of Lehner-Au. Great views of the mighty Waterfall in Lehn accompany you on the trail that branches-off to the left, traveling over lush fields to the forest edge. Soon you turn left again and reach the forest trail that takes you up to lake Winkelbergsee. Following the signposts towards Wurzburgalm, you can either follow the wide forest trail or the narrow mountain path which branches off to the left after about 25 walking minutes.

From lovely Wurzburgalm the route branches off to the right into an old forest trail which takes you to Köfels. In Köfels you descend in serpentine through a sparse forest, follow the hiking trail until you reach Öztaler Ache mountain brook. Crossing Öztaler Ache and the main road, you walk a short stretch parallel to the road before a small forest path leads uphill to the hamlet of Arzwinkel. Then cross the Niederthai road and walk through a small forest to the bustling Bischoffsplatz and further on to the village center of Umhausen.



The world's third largest rockslide (the energy released was equivalent to 4.5 megatons of TNT) occurred in Köfels.



Stage 11

Umhausen – Tumpen – Habichen – Piburger See – Sautens

↔ 15,0 km ⌚ 5:00 h ↗ 574 ftm ↘ 790 ftm ⚓ 1.233 ftm

average

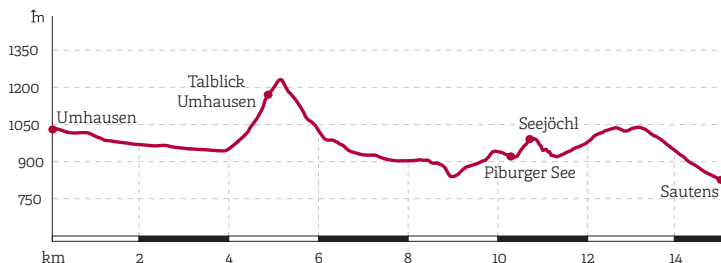


Standard hiking equipment, hiking boots with grip sole

Inns in Tumpen, Gasthaus Seehäusl, Piburger See lakeside beach, inns in Piburg and Sautens

Hiking accommodations in Sautens

Mure car park (return by bus: Sautens - Umhausen)



📍 Tumpen, Umhausen

12

A NATURE TREASURE AMIDST THE DANCE OF ELEMENTS

In the village center of Umhausen you turn left at the church and then take the turnoff to the hamlet of Neudorf. Always follow the signs towards Öztaler Ache mountain brook. Cross the brook and take the forest trail towards the hamlet of Östen, always following the road until you reach the covered wooden bridge. You walk to the left of the single farmhouse, then you take the rising trail to the left. The permanently ascending trail becomes a narrow footpath. In lofty heights you can enjoy a magnificent view of Umhausen and the valley basin.

At the top you follow the forest trail out of the valley to Tumpen. Keep to the left and hike along Tumpen's Loop Trail until you get directly to the village. Then follow the signs to lake Habicher See and hike on the mountainside to lake Piburger See. At the road fork behind lake Habicher See you keep left and hike slightly uphill towards lake Piburger See and continue up to panoramic Seejochl vista point. The steep ascent is rewarded with a fabulous view. Then hike along the route to Haderlehn and from there you follow the signs down to the village of Sautens and the local community center.



After the Ice Age, lake Piburger See was formed and dammed by a rockslide.



Stage 12


Sautens – Sautner Forchet – Ötzbruck – Roppen – Inn Crossing – Schlierenzau – Magerbach – Haiming – Ötztal Bahnhof

↔ 15,6 km ⌚ 5:00 h ↗ 182 Hm ↘ 307 Hm ⚓ 892 Hm

average

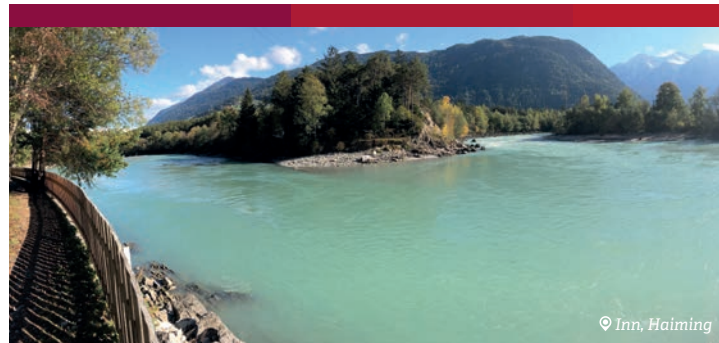


 Standard hiking equipment, hiking boots with grip sole

 Inns in Roppen, Haiming and Ötztal Bahnhof

 Hiking accommodations in Haiming and Ötztal Bahnhof

 Sautens outdoor pool (return by bus: Ötztal Bahnhof - Sautens)



12

APPLE TREES IN THE GARDEN EDEN

From the parish church in Sautens you walk along the main village road to Kreuzkapelle chapel. Leaving behind the chapel at the sports field, you hike past Kalkofen area and follow the forest road to Roppen. After about 300 meters the trail branches off into the forest at a fork to the right. There you hike along a section of the Sautens Forchet Loop Trail. Continue through the forest and past the federal road. After a while you reach another forest clearing where you walk through the underpass towards the hamlet of Ötzbruck. Then follow the hiking trail to Roppen.

In Roppen you cross the river Inn and follow the gravel trail past Römerbadl to the hamlet of Schlierenzau. From there you continue on the path towards Magerbach and further on to Haiming. In the village you keep to the right, walking past the swimming pool to Ötztal Bahnhof on an asphalt route.



About 25 farmers cultivate 180,000 fruit trees in Haiming.

22

Ötztal Trek



© Trail to Erlanger Hütte, Umhausen

MOUNTAINEERING, FROM HUT TO HUT

Explore splendid Ötztal also in its highest regions - the Ötztal Trek, a high Alpine long-distance hiking trail, makes it possible! The 6 routes, comprising a total of 22 stages, cover approximately 18,900 ascent meters and a distance of 246 kilometers. The Ötztal Trek leads from Ötztal-Bahnhof eastwards over crests, ridges and peaks from one hut to the next towards Gurgl and Vent. On the western Geigenkamm ridge the Trek leads back to Ötztal Bahnhof. The 6 routes include 2 to 5 day stages and promise truly unforgettable holidays at the Peak of Tirol amidst the superb Ötztal mountain world.

For all these routes prior mountaineering experience is necessary. Most stages are classified as „black mountain trails“ according to the „Tirolean hiking & mountain trail concept“, which are difficult routes. All other stages are classified as „red“ hiking routes (intermediate difficulty). Some stages lead across the eternal ice. However, if a path leads across a glacier blazing and signs will most likely be missing. Knowing the weather forecast for the area where you are hiking and detailed tour planning are also essential.

Proper Alpine hiking and mountaineering equipment is absolutely required: ankle-high hiking boots, wind and rain protection, sunscreen, a hat and gloves. First aid kits are vital pieces of hiking equipment. If you bring your dogs it is strongly recommended to keep them on a leash!



📍 Zwieselbachtal, Umhausen



Ötztal-Bahnhof (704 m) – Dortmunder Hütte (1.949 m) – Schweinfurter Hütte (2.036 m) – Winnebachseehütte (2.361 m) – Amberger Hütte (2.136 m) – Hochstubaiahütte (3.174 m)

Route 1: AN OCEAN IN THE HIGH MOUNTAINS

↔ 55,4 km ↗ 5.141 m ↘ 2.670 m ⌚ ca. 22:00 h 🏔 3.163 m

Die Einsteigeroute verlangt sehr wohl Kondition, doch nicht ganz die alpine Erfahrung, da die Übergänge - bis auf die letzten zwei Etappen – eisfrei sind. Vor diesen Etappen ist ein Ausstieg leicht möglich.

GETTING HERE

By train – from Innsbruck or Bregenz to Ötztal-Bahnhof
By car – A12 / exit Ötztal-Bahnhof, parking for a fee

HUTS

Dortmunder Hütte | T +43 (0) 5239 5202
Schweinfurter Hütte | T +43 (0) 5255 5002 9
Winnebachseehütte | T +43 (0) 5253 5197
Amberger Hütte | T +43 (0) 676 9523 426
Hochstubaiahütte | T +43 (0) 676 9243 343

RETURN TRANSFER

Public bus lines: Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550,
ÖBB-Postbus GmbH Imst | T+43 (0) 5412 6626 6 - www.vvt.at
Hiking bus/Hut taxi: Längenfeld – Gries line | T +43 (0) 57200 300
Windach lines – Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

MORE DETAILS

Descent possible in Gries near Längenfeld (Stage 3 + 4). Glacier experience absolutely required for Stage 4 + 5 (mountain guide recommended!)



Feldringböden, Haiming



Feldringalm, Haiming

Stage 1

Ötztal Bahnhof (704 űm) – Marlstein – Mareil – Dortmunder Hütte (1.949 űm)

↔ 18,6 km ⌚ 6:30 h ↗ 1.561 űm ↘ 315 űm ⚙ 1.949 űm

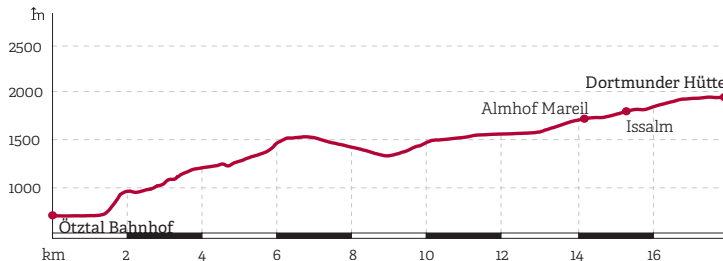
average



🎒 Standard hiking equipment, hiking boots with grip sole

🏠 Berghotel & Gasthof Marlstein, Almhof Mareil, Dortmunder Hütte - in close vicinity (Issalm, Feldringalm: no overnight stay)

➔ 🚌 Public bus from Oetz to Kühtai, uphill ride on Acherkogel Gondola in Oetz: hike along Miners' Trail via Wetterkreuz to Kühtai (ascent approx. 5-6 h) or from Panorama Altitude Trail via Balbach Alm to Kühtai (ascent approx. 2-3 h).



22

HAMLETS, A MOOR LAKE AND SECLUDED TRAILS

The Ötztal Trek starts in Ötztal-Bahnhof on the main road, east of the village entrance at the construction deposit towards Larchet, Höpperg. Before you reach the chapel you keep to the right towards Grün until you turn right again at the junction to Höpperg. When you reach the houses, continue on the unsealed road until it descends and branches off to the left into the steep footpath. Passing the beautiful lakes of Brandsee/Amberger See, you hike towards Sattelle where you take the marked trail to Marlstein. From Marlstein it's an easy downhill stretch to Mareil. Then follow Kaiser-Franz-Josef trail to the left of the road until you reach Dortmunder Hütte after another 200 altitude meters. Optional: Overnight stay in Marlstein or Mareil.

Sattelle (1.690 űm) – Feldringalm – Faltengartenköpfl (2.184 űm) – Feldringer Böden – Marlstein – Sattelle

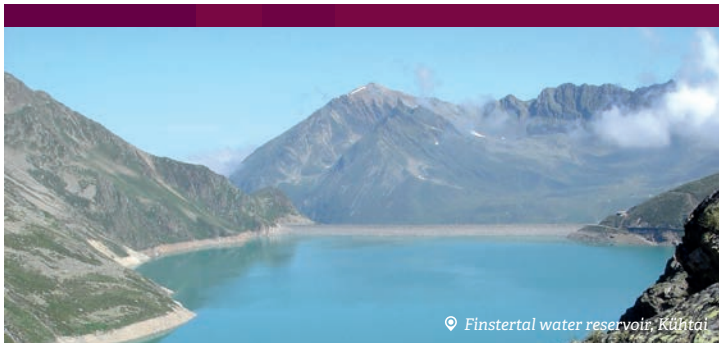
From Sattelle along the forest trail to Feldringalm at 1888 űm. Continue on the footpath towards Feldringer Böden to the summit cross of Faltengartenköpfl. Beautiful vantage peak! Descend via Grünwaslkreuz to Marlstein. Back to Sattelle starting point on the forest trail.

easy

⌚ 4 h ↗ 500 űm ↘ 500 űm



Lake Amberger See nestles in a wide basin shaped by the glacier.



Stage 2

Dortmunder Hütte (1.949 ft) – Schweinfurter Hütte (2.036 ft)

↔ 10,7 km ⌚ 4:00 h ⬆️ 926 ftm ⬆️ 843 ftm ⬆️ 2.778 ftm

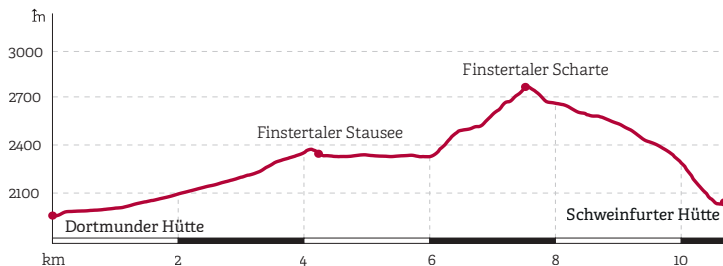
average



Standard hiking equipment

Dortmund Hütte,
Schweinfurter Hütte

Public bus line from Oetz to Kühltal, from Niederthai - Sennhof car park (information office, parking for a fee) to Schweinfurter Hütte (ascent approx. 2 h / descent approx. 1.5 h)



22

LIKE AN OCEAN IN THE HIGH ALPINE MOUNTAINS

At the entrance to Kühltal you follow the signs to “Finstertaler Scharte” or “Schweinfurter Hütte”. The route climbs through lush meadows east of the access road to Finstertal water reservoir - with the mighty, 149-meter tall dam always in sight. After a steep stretch you continue along the access road to the crest of the dam. Follow the footpath along the eastern shore of the reservoir which has a capacity of 60 million cubic meters. At the southern end of the reservoir the trail climbs steeply towards Finstertaler Scharte.

The 2777 meter high ridge affords spectacular views of the surrounding peaks including Wildspitze, Tirol's highest mountain, in the south. From the top the trail weaves down through Alpine pastures and then switchbacks along the brook to Schweinfurter Hütte which is beautifully nestled in the area where Horlachtal joins Zwieselbachtal.



The dam of the water reservoir was filled with 4.5 million m³ of rock.



Zwieselbachtal, Umhausen



Winnebachseehütte, Längenfeld

Stage 3

Schweinfurter Hütte (2.036 fm) – Winnebachseehütte (2.361 fm)

↔ 10,4 km ⌚ 4:00 h ↗ 842 fm ↘ 510 fm ⚓ 2.871 fm

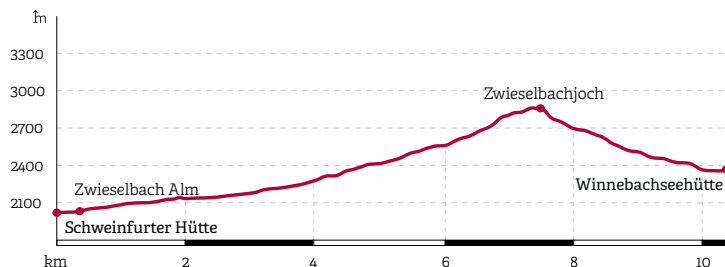
average



Standard hiking equipment, hiking boots with grip sole

Schweinfurter Hütte, Winnebachseehütte

From Niederthai – Sennhof car park (information office, parking for a fee) to Schweinfurter Hütte (ascent approx. 2 h / descent 1.5 h); from Gries im Sulztal (Längenfeld) to Winnebachseehütte (ascent approx. 2.5 h / descent 2 h)



22

THROUGH ZWIESELBACHTAL VALLEY

Take the marked forest trail into Zwieselbachtal, following the signs to Winnebachseehütte. Hike past Zwieselbacher Sennhütte and continue through the verdant Zwieselbachtal Alpine side valley. The forest trail ends at 2150 meters altitude - then continue on the footpath through rubble and boulders. The trail eventually climbs through a scree slope on the right, which can be a bit difficult and tiring as there is no signposted route leading across the gravel field. Good stamina required!

In the summer months there is no ice or snow on the way to Zwieselbachjoch ridge which is located to the right of the glacier. To the west you can see the glacier-topped peak of Grieskogel. Once you have crossed the saddle, the trail descends quickly through Winnebachkar cirque until you reach Winnebachseehütte.



Above Winnebachseehütte there is a rock climbing garden at 2360 fm altitude.



Stage 4

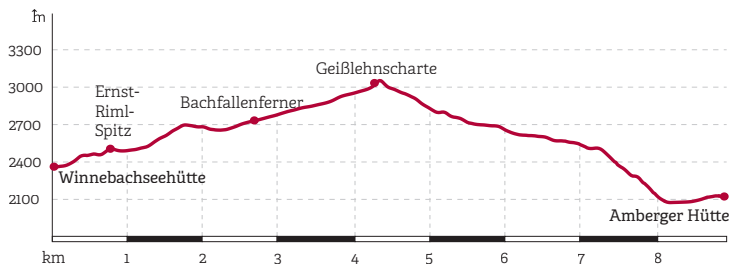
Winnebachtseehütte (2.361 ft) – Bachfallenferner – Amberger Hütte (2.136 ft)

↔ 8,9 km ⌚ 4:00 h ↗ 802 ft ↘ 1.035 ft ⚓ 3.058 ft

difficult 🏔️ 🌊 🌋 🏠 📍 🚶 🧗 🧎 ❄️

🎒 Standard hiking equipment, ice pick, crampons, rope
 🏠 Winnebachtseehütte, Amberger Hütte, Vordere Sulztalalm (no overnight stay)

➡️ 🟢 From Gries to Winnebachtseehütte (ascent approx. 2.5 h / descent 2 h); from Gries to Amberger Hütte (ascent approx. 2 h / descent 1.5 h)



22

ACROSS GLACIERS, RIDGES AND STEEP SLOPES

From Winnebachtseehütte the climbing trail leads in switchbacks up to the peak of Ernst-Riml-Spitz. Right before you reach the glacier fields of Bachfallenferner you climb the steeply winding route along the glacier moraine. The view of Bachfallenferner glacier and the crossing itself are really amazing. The almost level path becomes a bit steeper up to the ridge of Geißlehscharte, the highest point. A short climb awaits you but you will be rewarded with awe-inspiring vistas. Steep descent through Schrankar down to Hinteres Sulztal valley and Amberger Hütte.

Winnebachtseehütte – Gries (1.569 ft) – Winnebachtseehütte

We recommend a walk through the hiking village of Gries towards the entrance of the village to visit the Maria Hilf pilgrimage church. On the way back you have the opportunity to take a look at the partial bronze relief of the Nature Park at the end of Gries with interesting details about Gries.

average ⌚ 2:30 h ↗ 800 ft ↘ 800 ft



Bachfalle is a spectacular waterfall close to Winnebachtseehütte.



Stage 5

**Amberger Hütte (2.136 fm) – Wütenkarsattel (3.103 fm) –
Hochstubaiahütte (3.174 fm)**

↔ 8,1 km ⌚ 3:30 h ↗ 1.125 fm ↘ 91 fm ⚓ 3.169 fm

difficult 🏔️ 🚶 ❤️ 🏠 🚰 🧗 🧑‍🌾 🧎 🌨️

🎒 Standard hiking equipment, ice pick, crampons, rope 🏠 Amberger Hütte, Hochstubaiahütte

➡️ 📍 From Gries to Amberger Hütte (ascent approx. 2 h / descent 1.5 h); from Sölden via Kleblealm and Lake Laubkarsee to Hochstubaiahütte (ascent approx. 5 h / descent 4 h); from Sölden via Fiegl's Hütte and Lake Seekarsee to Hochstubaiahütte (ascent approx. 5.5 h / descent 4.5 h); or by public bus to Kleblealm and Fiegl's Hütte (ascent to Hochstubaiahütte approx. 3.5 h / descent 2.5 h)



On Sulztalferner glacier you can still find the rare green alga species "mesotaenium bergreni".

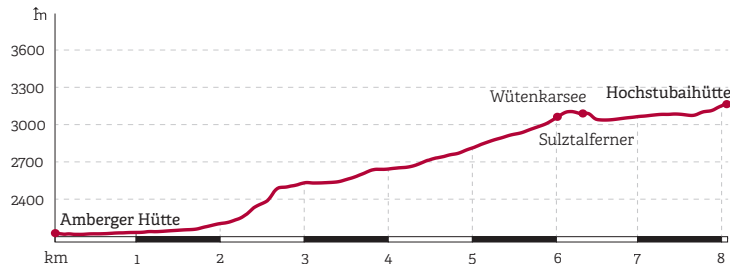


22

GLACIER TOUR TO HOCHSTUBAIHÜTTE

First you hike along the flat valley floor of the Sulze brooklet to the south up the slope to the right, where the path forks-off and you turn right. Keep to the right at the trail fork. The route continues climbing gently along the lateral (western) moraine until you reach Sulztalferner glacier. Time to rope up! Continue along the right edge of the glacier to the foot of Wilde Leck area and further uphill to Wütenkarsattel (watch out for crevasses!).

Once you have crossed the saddle you descend through crumbly, sliding rock rubble to Wütenkarferner glacier and a small lake. Keep slightly to the right when crossing the glacier which you leave at its western edge - where you meet the access trail from Sölden to Hochstubaiahütte. The last 100 altitude meters are an easy ridge walk to the Alpine refuge hut.





📍 Lake Seekarsee, Sölden



**Hochstubaihütte (3.174 m) – Hildesheimer Hütte (2.899 m) –
Siegerlandhütte (2.710 m) – Gasthaus Hochfirst (1.860 m) –
Brunnenkogelhaus (2.738 m)**

Route 2: SÖLDEN'S SILENT PART

↔ 35,9 km ↗ 2.797m ↘ 3.253m ⌚ ca. 15:00 h 🏔 3.174m

There is also silence in Sölden, nature's endless beauty is mirrored in scenic Windachtal side valley. You can explore it along Ötztal's peak routes and glaciers, on wide open meadows and Alpine pasturelands. Where there used to be smugglers' routes, today you will find an excellent network of hiking trails from hut to hut!

GETTING HERE

By train – from Innsbruck or Bregenz to Ötztal-Bahnhof, then by public bus through Ötztal to Sölden

Mit dem Auto – via A12 /exit Ötztal towards Sölden, parking for a fee

Access route – Sölden via Fiegl's Hütte – Seekarsee – Hochstubaihütte approx. 5,5 h; alternatively by bus from Sölden – Fiegl's Hütte – ascent to Hochstubaihütte approx. 3,5 h

HUTS

Hochstubaihütte | T +43 (0) 676 9243 343 Hildesheimer Hütte | T +43 (0) 5254 2300
Siegerlandhütte | T +43 (0) 664 2414 040 Gasthaus Hochfirst | T +39 0473 6470 40
Brunnenkogelhaus | T +43 (0) 664 1234 206

RETURN TRANSFER

Public bus line: Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

ÖBB-Postbus GmbH Imst | T +43 (0) 5412 6626 6 - www.vvt.at

Hut taxi: Windach line – Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550,

Public bus line: Timmelsjoch – Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

MORE DETAILS

This high Alpine route leads across a marked glacier field. (mountain guide recommended!)



Zuckerhütl, Sölden



Himmelsleiter footpath, Sölden

Stage 6

Hochstubaihütte (3.174 fm) – Scharte/Windachferner – Hildesheimer Hütte (2.899 fm)

↔ 7,6 km ⌚ 3:30 h ↗ 640 ftm ↘ 909 ftm ⚓ 3.170 fm

difficult 🌀 🚩 ❤️ 🦿 ⚔️ 🧑🏃

🎒 Standard hiking equipment, no glacier hiking equipment required for Windachferner and Gaiskarferner

🚫 Hochstubaihütte, Restaurant Jochdohle (no overnight stay), Hildesheimer Hütte

➡️ 🇭🇮 Sölden - Fiegl's Hütte - lake Seekarsee - Hochstubaihütte (ascent approx. 5.5 h / descent 4.5 h); Sölden - Windachtal - Aschenbrennerweg or Gaiskarweg (steep) trails - Hildesheimer Hütte (ascent approx. 5 h / descent 4 h); or by public bus to Fiegl's Hütte - ascent to Hochstubaihütte approx. 3.5 h / descent 2.5 h or ascent to Hildesheimer Hütte approx. 3 h / descent 2 h

TIP OF THE DAY

Hildesheimer Hütte – Zuckerhütl (3.507 fm) – Hildesheimer Hütte
Ascent via Pfaffenferner glacier up to Pfaffenjoch at 3212 m. Right amidst the glacier world you cross Sulztalferner, proceeding towards Pfaffen-sattel and further on to the peak of Zuckerhütl at 3507 m. Adjacent Wilde Pfaff (3456 m) summit can be climbed easily from the saddleback!

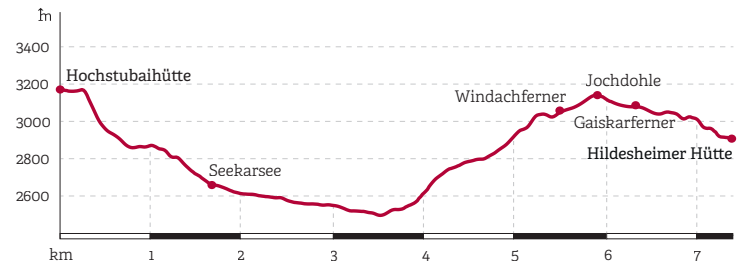
difficult ⌚ 5:00 h ↗ 600 ftm ↘ 600 ftm 🧑🏃 Bergführer



22

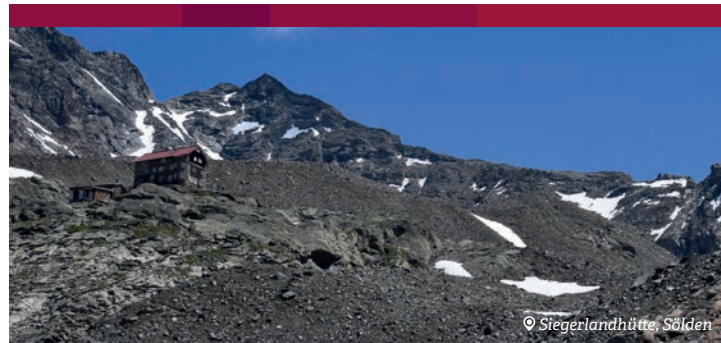
CONQUERING THE ETERNAL ICE SAFELY

From the hut you first hike in the opposite direction along the access route via lake Seekarsee. Here you take the so-called Himmelsleiter "sky ladder" (ropes and stone stairs make the passage easier). Special tip: Himmelsleiter really gives you the feeling of climbing into heaven. After this challenging section you continue on a level trail towards the small shelter (the key can be found right next to the door), and further on to lake Seekarsee along the precipitous path. Below the lake, branch off to the left and take the path to the east. Leaving behind the marshy foothills of Warenkar, the path meanders in serpentines up to Windachferner glacier. Descend to the glacier field, following the route up to Jochdohle restaurant. At Gaiskarferner glacier you keep to the southeast, downhill to a rocky ridge until you continue downwards to Hildesheimer Hütte.





Hildesheimer Hütte, Sölden



Siegerlandhütte, Sölden

Stage 7

Hildesheimer Hütte (2.899 fm) – Gamsplatzl (3.018 fm) – Siegerlandhütte (2.710 fm)

↔ 5,3 km ⌚ 2:00 h ↗ 376 fhm ↘ 573 fhm 🏔️ 3.017 fm

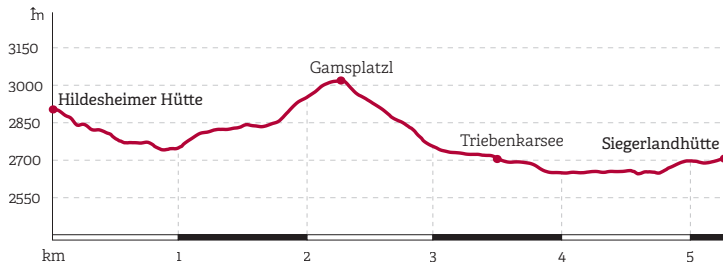
average



🎒 Standard hiking equipment

📍 Hildesheimerhütte, Siegerlandhütte

➔ **H** Sölden - Windachtal - Aschenbrennerweg or Gaiskarweg (steep) trails - Hildesheimer Hütte (ascent approx. 5 h / descent 4 h); Sölden - Windachtal - Siegerlandhütte (ascent approx. 5 h / descent 4 h); alternatively by public bus Sölden - Fiegl's Hütte. ascent to Hildesheimer Hütte or Siegerlandhütte approx. 3 h / descent 2 h



22

SPELLBOUND BY MAJESTIC ZUCKERHÜTL

From the hut you walk down Windachtal valley until a trail branches off to the left, towards the rushing Gaiskarbach mountain brook. Continue across the moraine of famous Pfaffenferner glacier and – steeply ascending in part – through boulders and rubble to Gamsplatzl area. There is a short section with fixed cables for your safety. This small plateau provides marvelous views of the Stubai Alps with Zuckerhütl at 3507 meters and the breathtaking Ötztal Alps.

The trail switchbacks steeply down to lake Triebenkarsee below the glacier snout of Triebenkarlasferner. The next stretch is easy and has only little elevation change. The trail crosses the precipitous slopes of Scheiblehn area and then gently climbs up to Siegerlandhütte.



In Windachtal valley the golden eagles feel at home.



📍 Siegerlandhütte, Sölden

Stage 8

Siegerlandhütte (2.710 fm) – Windachscharte – Gasthaus Hochfirst (1.860 fm)

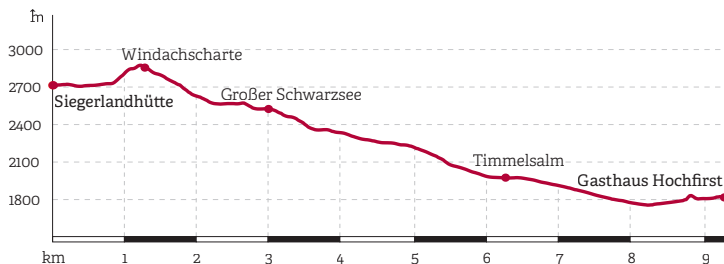
↔ 9,3 km ⌚ 3:30 h ↗ 274 ftn ↘ 1.163 ftn ⚓ 2.877 ftn

average



🎒 Standard hiking equipment 🏠 Siegerlandhütte, Gasthof Hochfirst

➔ **H** Sölden - Windachtal - Siegerlandhütte (ascent approx. 5 h / descent 4 h); Moos/ Passeier - Gasthof Hochfirst (ascent approx. 3,5 h / descent 3 h); Timmelsjoch Road - Timmelsalm (ascent/descent approx. 30 min); by public bus from Sölden - Timmelsjoch – walking tour to Gasthof Hochfirst (descent approx. 1,5 h)



📍 Windachscharte, Sölden



22

ALONG THE SMUGGLERS' TRAILS

Following the secret smugglers' routes you walk towards the ridge of Windachscharte at 2862 meters. Here you cross the border between Austria and Italy on a trail deeply rooted in history. Overlooking scenic Passeiertal valley, a descending path leads down to Timmelsalm hut. Right below you also reach the Timmelsjoch High Alpine Road, the Eastern Alps' highest border crossing point and popular panoramic route leading from upper Ötztal to South Tyrol. Nearby Gasthof Hochfirst is located right on the Timmelsjoch Road.



Siegerlandhütte – Schneeberghaus (2.355 fm) – Gasthof Hochfirst

Those who want to extend the tour can take the fork-off to Schneeberghaus (T +39 (0) 473 6470 45) mountain hut at the height of lake Schwarzsee. Enjoy a rewarding journey back in time to South Tyrol's deeply rooted mining history. Also renowned for excellent lunchtime meals.

average

↗ 500 ftn ↘ 1.610 ftn

⌚ Siegerlandhütte – Schneeberghaus: 4–5 h;
Schneeberghaus – Gasthof Hochfirst: 2,5 h



Goods were smuggled to Ötztal via the hidden smugglers' trails.



© Timmelsjoch Pass



© Brunnenkogelhaus, Sölden

Stage 9

Gasthaus Hochfirst (1.860 fm) – Timmelsjoch – Brunnenkogelhaus (2.738 fm)

↔ 12,8 km ⌚ 6:00 h ↗ 1.623 fm ↘ 715 fm ⚡ 2.961 fm

difficult 🏔️ 🧭 🏠 ❤️ 🚰

🎒 Standard hiking equipment

🏠 Brunnenkogelhaus, Rasthaus
Timmelsjoch (no overnight stay),
Gasthof Hochfirst

➡ Sölden - Fiegl's Hütte - Brunnenkogelhaus (ascent approx. 5 h / descent 4 h); or by public bus Sölden - Fiegl's Hütte (ascent to Brunnenkogelhaus approx. 3 h / descent 2 h); Timmelsjoch bus line - ascent to Brunnenkogelhaus approx. 4 h / descent 3 h;

📍 Fiegl's Hütte – Information Sölden | T +43 (0) 57200 200; Timmelsjoch - Obergurgl, Information Gurgl | T +43 (0) 57200 100
Alternative: public bus - Gasthof Hochfirst - Timmelsjoch (mid-June to mid-September) | T +43 (0) 57200 100



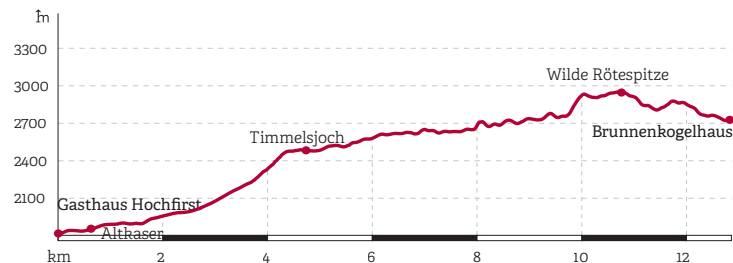
Timmelsjoch is the highest pass crossing of the Eastern Alps.



22

AN EXCEPTIONAL HIGH ELEVATION TRAIL

Ascend from Gasthof Hochfirst to Timmelsjoch. From Rasthaus Timmelsjoch the trail leads past several small lakes, gently ascending to Wannenkarr. Hiking past Wannenkarr, Rötenkarr and Wietenkarr, you walk in switchbacks through steep, boulder-strewn terrain up to Wannenkarsattel. Follow the constantly climbing ridge trail to Wilde Rötesspitze, the tour's highest point. Awe-inspiring views include Ötztal's Wildspitze, North Tirol's highest mountain, Weißkogel and Zuckerhütl in the Stubai Alps! A slightly descending path takes you down to Brunnenkogelhaus at the peak of Vorderer Brunnenkogel. Hiking down to Sölden you take the trail via Brunnenberg Alm (approx. 3.5 h) or Fiegl's Hütte in Windachtal (approx. 2 h); here you can take the Windach bus line to Sölden (you save about 2 h). You reach the next stage by public bus from Sölden to Obergurgl.





📍 Ramolhaus, Obergurgl



**Obergurgl (1.930 fm) – Langtalereckhütte (2.430 fm) –
Ramolhaus (3.005 fm) – Martin-Busch-Hütte (2.501 fm) –
Similiaunhütte (3.017 fm)**

Route 3: ÖTZTAL LOOP TOUR

↔ 31,7 km ↗ 2.933 fm ↘ 1.820 fm ⌚ ca. 15:30 h 🏔 3.187 fm

This scenic route takes hikers to Obergurgl in the rear Ötztal. You follow the tracks of stratosphere expert Auguste Piccard and Ötzi - The Iceman. From Austria's highest parish village you also explore the glacier world high above Vent.

GETTING THERE

By train – from Innsbruck or Bregenz to Ötztal-Bahnhof, then by public bus through Ötztal to Obergurgl

By car – A12/exit Ötztal towards Obergurgl, parking for a fee

HUTS

Langtalereckhütte | T +43 (0) 664 5268 655

Ramolhaus | T +43 (0) 5256 6223

Martin-Busch-Hütte | T +43 (0) 664 3043 151

Similiaunhütte | T +43 (0) 676 5074 502 oder | T +43 (0) 7209 2043 9

RETURN TRANSFER

Public bus line: Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

ÖBB-Postbus GmbH Imst | T +43 (0) 5412 6626 6 - www.vvt.at

BACKPACK TRANSPORT

Vent – Martin-Busch-Hütte: Hotel Alt Vent | T +43 (0) 5254 8130

MORE DETAILS

Glacier experience absolutely required. (mountain guide recommended!)



Piccard Bridge, Obergurgl



Langtalereckhütte, Obergurgl

Stage 10

Obergurgl (1.900 fm) – Langtalereckhütte (2.430 fm) – Ramolhaus (3.005 fm)

↔ 11,1 km ⌚ 4:30 h ↗ 1.476 Hm ↘ 381 Hm ⚓ 3.005 fm

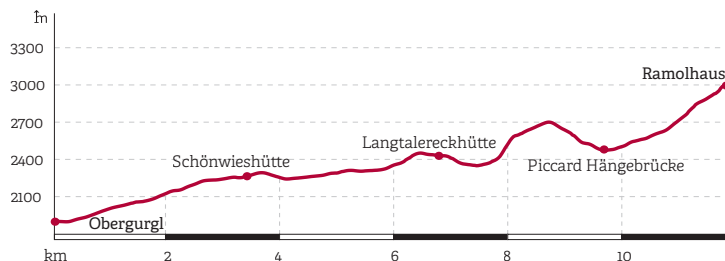
average



Standard hiking equipment

Zirben Alm (no overnight stay),
Schönwieshütte (no overnight stay),
 Langtalereckhütte, Ramolhaus

from Obergurgl along Ramolweg trail to Ramolhaus (ascent approx. 4 h / descent 3 h)



22

STONE PINE FOREST, PICCARD AND EAGLE'S EYRIE

In the center of Obergurgl you hike into the valley and follow the Alpine adventure path through the Stone Pine Forest starting at the Zirben Alm hut. The route joins the road to Schönwieshütte in a left-hand loop and leads on a climbing trail high above Gurgler Tal valley to Langtalereckhütte. Then we follow the signposts in the direction of the Piccard Bridge (suspension bridge).

At approx. 2700 m altitude you descend via glacier slabs to the Piccard Bridge (suspension bridge) that leads over the remains of the Gurgler Ferner glacier snout. Follow the rising route up to Ramolhaus on the ridge. The last section is a demanding climb and very challenging due to the steep terrain.



In 1931 Auguste Piccard made an emergency landing in his hot-air balloon at Gurgler Ferner.



Stage 11

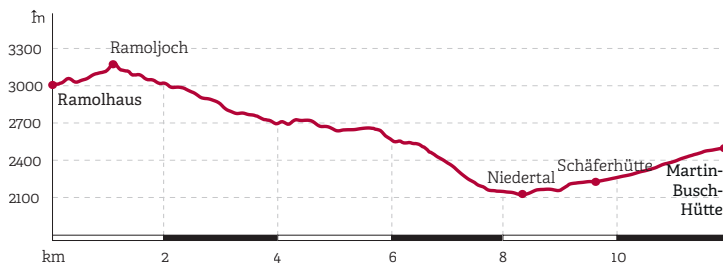
Ramolhaus (3.005 fm) – Ramoljoch (3.189 fm) – Martin-Busch-Hütte (2.501 fm)

↔ 12,0 km ⌚ 5:00 h ↗ 705 Hm ↘ 1.209 Hm ⚓ 3.171 fm

difficult 🌀 🏔️ ❤️ 🚫 🚰

🎒 Standard hiking equipment, fixed ropes, steel rungs 🏠 Ramolhaus, Martin-Busch-Hütte

➔ Obergurgl - Ramolweg trail - Ramolhaus (ascent approx. 4 h / descent 3 h); from Vent through Niedertal to Martin-Busch-Hütte (ascent approx. 2.5 h / descent 2 h)



22

ACROSS RAMOLJOCH TO NIEDERTAL

From Ramolhaus via the dead ice of Ramolferner there is a steep passage up to Ramoljoch. Fixed ropes and footholds make the ascent easier. Down in serpentine next to Spiegelferner glacier, the path is fairly flat. On the side moraine of Spiegelferner you turn left at about 2800 m towards Martin-Busch-Hütte where Diemweg trail starts. Short ascent to the Alpine pastures. Hike across the slopes of Niedertal without change in elevation. At the end of Diemweg trail you cross the bridge and follow the steep path through the mountain pines. From the old shepherd's hut the trail continues to Martin-Busch-Hütte for about 1 hour.

Vent (1.900 fm) – Rofenhöfe (2.014 fm)

At the rear end of Vent, to the right, you pass the B-ART-EB'NE High Alpine Open-Air Gallery towards Rofen. Admire masterpieces of international artists, visit Ötzi's pre-historic hunting base and take a glimpse of the old Wildspitze summit cross overlooking the peak. Walking past the rare Alpine moorland, you cross the popular suspension bridge. Back to Vent on the same route or along the asphalt road.

easy ⌚ 0:45 h ↗ 100 Hm ↘ 100 Hm



An ancient Stone Age hunting base was discovered in Vent.



Similaunhütte, Vent



Ötzi's finding place, Tisenjoch/South Tyrol

Stage 12

Martin-Busch-Hütte (2.501 fm) – Similaunhütte (3.017 fm)

↔ 4,8 km ⌚ 2:00 h ↗ 592 fm ↘ 71 fm 🏔️ 3.078 fm

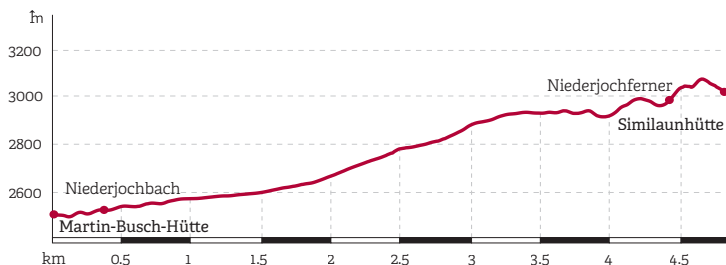
average



🎒 Standard hiking equipment 🏠 Martin-Busch-Hütte, Similaunhütte

➡ from Vent through Niedertal to Martin-Busch-Hütte (ascent approx. 2.5 h / descent 2 h)

🚚 Backpack transport from Vent to Martin-Busch-Hütte
Hotel Alt Vent | T + 43 (0) 5254 8130



22

A SIDE TRIP TO SOUTH TYROL

Similaunhütte is located at 3017 meters above sea level on the South Tyrolean side of Niederjoch, a mountain pass between Tirol's Ötztal and South Tyrol's Schnalstal. Similaunhütte and Similaun owe their fame to Ötzi - The Iceman who was discovered at nearby Tisenjoch saddle (about 1.5 walking hours). The tour to Similaunhütte runs uphill through Niedertal valley. From Martin-Busch-Hütte you follow the signs towards Similaunhütte. Shortly before you reach Saybach mountain brook, continue along Niedertalbach brook to the left in the direction of Niederjochferner. A marked route then takes you to Similaunhütte.

Similaunhütte (3.017 fm) – Similaun (3.599 fm)

Similaun peak from Similaunhütte: glacier tour, surefootedness, good head for heights, high Alpine experience; rope is a must on the glacier (crevasses!) and ridges. Ice pick and crampons required.

average ⌚ 4:00 h ↗ 580 fm ↘ 580 fm



From Schnalstal sheep are still driven past Similaunhütte into upper Ötztal.



Brandenburger Haus, Vent



**Similaunhütte (3.017m) – Hochjoch-Hospiz (2.412m) –
Brandenburger Haus (3.274 m) – Vernagthütte (2.755m) –
Breslauer Hütte (2.844m) – Restaurant Tiefenbach (2.789m) –
Rettenbachjoch (2.990m) – Braunschweiger Hütte (2.758m)**

Route 4: FOLLOWING ÖTZI'S TRACES

↔ 45,6 km ↗ 3.125m ↘ 3.388m ⌚ ca. 18:00 h 🏔️ 3.482m

The glacier region surrounding Vent ranks among the most popular mountain-nering areas in Ötztal. Route 4 follows the tracks of Ötzi, the glacier mummy. Alpine experience and all safety measures plus appropriate Alpine equipment are absolutely required for these glacier crossings.

GETTING THERE

By train – from Innsbruck or Bregenz to Ötztal-Bahnhof, then by public bus through Ötztal (Sölden or Zwieslstein) and bus line to Vent.

By car – A12/exit Ötztal towards Vent, parking for a fee

Access route – from Vent through Niedertal to Martin-Busch-Hütte and further on to Similaunhütte (ascent approx. 4.5 h)

HUTS

Similaunhütte | T +43 (0) 676 5074 502 oder | T +43 (0) 720 9204 39

Hochjoch-Hospiz | T +43 (0) 676 6305 998 | T +43 (0) 720 9203 11

Brandenburger Haus | T +43 (0) 720 9203 04

Vernagthütte | T +43 (0) 664 1412 119 oder | T +43 (0) 720 9203 15

Breslauer Hütte | T +43 (0) 664 5300 898

Braunschweiger Hütte | T +43 (0) 664 2012 013

RETURN TRANSFER

Public bus line: Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

ÖBB-Postbus GmbH Imst | T +43 (0) 5412 6626 6 - www.vvt.at

Martin-Busch-Hütte, Hotel Alt Vent | T +43 (0) 5254 8130

SONSTIGES

Glacier experience absolutely required. (mountain guide recommended!)



Stage 13

Similaunhütte (3.017 fm) – Hauslabjoch (3.283 fm) – Hochjoch-Hospiz (2.412 fm)

↔ 8,5 km ⌚ 3:30 h ↗ 390 fm ↘ 997 fm ⚓ 3.279 fm

difficult 🏔️ 🏠 ❤️ 🚰 🚰 🚰 🚰 🚰 🚰

🎒 Standard hiking equipment, crampons, ice pick acc. to conditions; rope is a must, roping absolutely required on the glacier

🏠 Similaunhütte, Hochjoch-Hospiz

➔ From Vent through Niedertal to Martin-Busch-Hütte and Similaunhütte (ascent approx. 4.5 h / descent 4 h); from Vent through Rofental to Hochjoch-Hospiz (ascent approx. 2.5 h / descent 2 h)

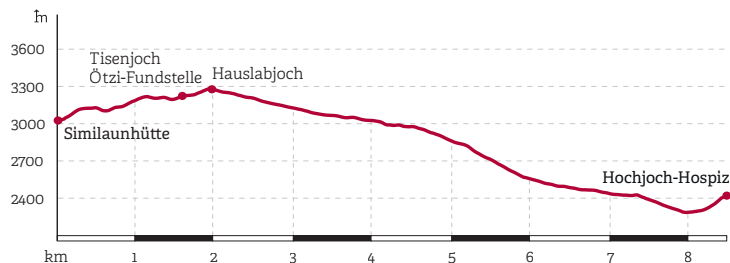
🏛️ A memorial was erected at the finding site of the stone age mummy „Ötzi“, which is around 5250 years old.



22

ÖTZI - THE ICEMAN AND GLACIER MUMMY

From the refuge hut a trail climbs steeply up a wide ridge which later turns into a boulder ridge with fixed cables for assistance. The last section of the trail to Tisenjoch saddle in South Tyrol takes you through flatter terrain. Ötzi's finding place at Tisenjoch is among the highlights of this stage. Once at Tisenjoch, the trail climbs for another 100 meters to Hauslabjoch before descending northwards on the Hochjochferner glacier fields. Leaving behind the glacier at approx. 3000 m, the trail joins the path coming down from Saykogel. Continue to Rofental, descending moderately at the beginning and steeply at the end. Cross Hochjochbach brook at 2500 m. In steep switchbacks down to the brook of Hintereisferner. Another challenging 100 altitude meters before you reach Hochjoch-Hospiz.





Weißkugel, Vent

Stage 14

Hochjoch-Hospiz (2.412 ft) – Brandenburger Haus (3.274 ft)

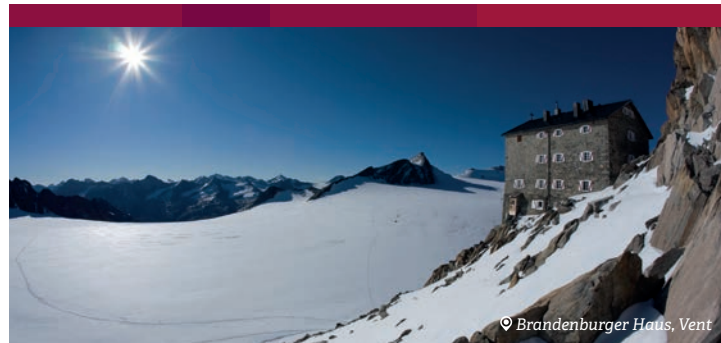
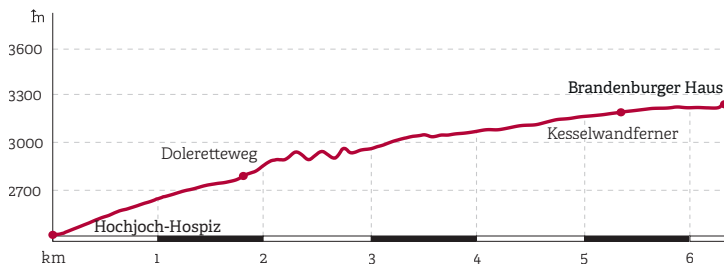
↔ 6,3 km ⌚ 3:00 h ⬆️ 1.024 ft ⬇️ 172 ft 🏔️ 3.274 ft

difficult 🌀 🚧 ❤️ 🦿 ⚔️ 🧑🏃🏃🏃 ❄️

🎒 Standard hiking equipment, crampons, ice pick acc. to conditions; rope is a must, roping absolutely required on the glacier

🏠 Hochjoch-Hospiz, Brandenburger Haus

➡️ From Vent through Rofental to Hochjoch-Hospiz (ascent approx. 2.5 h / descent 2 h)



Brandenburger Haus, Vent

A MAJESTIC GLACIER CASTLE

22

The trail first climbs in leisurely switchbacks through rather steep meadows before it gets really precipitous. Brandenburger Haus at 3.274 ft above sea level is perched on the edge of a rock above Kesselwandferner glacier, amid spectacular mountain scenery. Up to approx. 3000 meters you follow Deloretweg Trail before you reach countless crevasses spread over the glacier area. The route through the glacier is fairly easy to follow as it is marked with long poles. Nonetheless: roping-up is essential here! It takes about an hour to cross the glacier fields in a western/northwestern direction. The last section of the tour takes you through boulders up to Brandenburger Haus which affords spectacular panoramic views. Weißkugel, Tirol's most beautiful mountain according to some, is only one of the many awe-inspiring peaks.

Brandenburger Haus (3.274 ft) – Dahmannspitze (3.397 ft)

Surefootedness and a good head for heights are an absolute must. The hiking route mainly travels on snow-covered but crevasse-free ice fields. Crampons, ice pick and rope usually not required. A fabulous sunset hiking tour.



average ⌚ 0:50 h ⬆️ 120 ft ⬇️ 120 ft



Brandenburger Haus is the highest Alpine refuge hut run by the DAV (German Alpine Club).



Stage 15

Brandenburger Haus (3.274 fm) – Fluchtkogel (3.497 fm) – Vernagthütte (2.755 fm)

↔ 6,5 km ⌚ 2:30 h ↗ 332 fhm ↘ 845 fhm ⚔ 3.482 fm

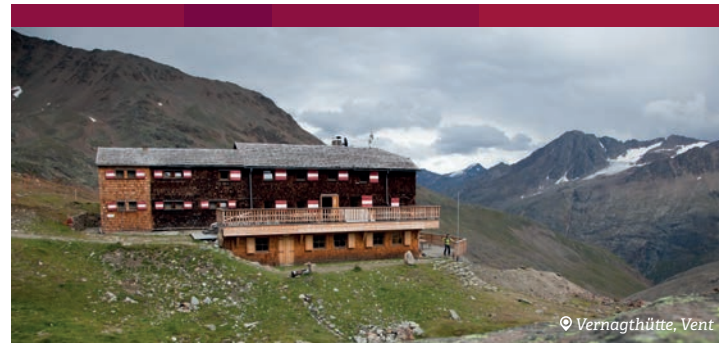
difficult 🏔 🏠 ❤️ 🧎 🧎 🧎 🧎 🧎 🧎

🧰 Crampons, ice pick required; rope is a must, roping absolutely required on the glacier 🏠 Brandenburger Haus, Vernagthütte

➔ From Vent through Rofental to Hochjoch-Hospiz, from Hochjoch-Hospiz via Deloretweg and Kesselwandferner to Brandenburger Haus (ascent approx. 6 h / descent 4.5 h); from Vent via Vernagtegg to Vernagthütte (ascent approx. 3.5 h / descent 2.5 h)



Despite the glacier meltdown, Kesselwandferner has increased in size since 1971.

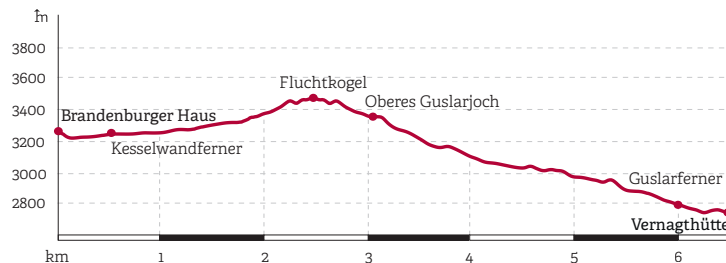


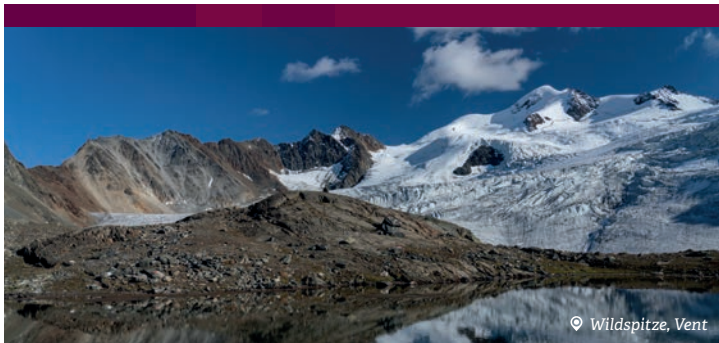
22

THE GLACIER CASTLE PLUS A SUPERB SUMMIT

From Brandenburger Haus the trail descends (some 50 meters of altitude change) through boulders and rubble to Kesselwandferner and crosses the glacier in a northeastern direction towards Oberes Guslarjoch. It's only another 150 altitude meters up to Oberes Guslarjoch ridge from 3497 m tall Fluchtkogel peak: it offers fabulous views and is an absolute must!

Back at Oberes Guslarjoch, you descend through steep terrain down to Guslarferner glacier. The trail levels out and continues flat across the first glacier field until you reach a hill which has to be climbed (beware of crevasses here!). After another fairly steep slope the route descends in a south-eastern direction. The last part of the trail takes you through moraine terrain and along the moraine ridge down to Vernagthütte.





Stage 16

Vernagthütte (2.755 fm) – Breslauer Hütte (2.844 fm)

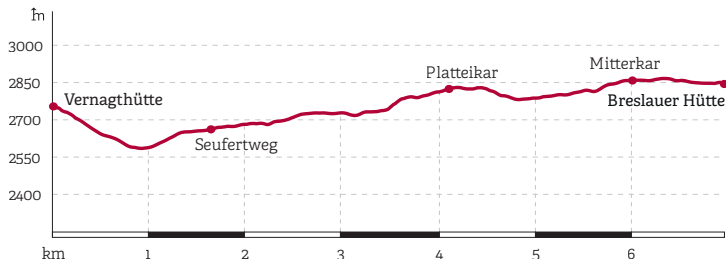
↔ 6,9 km ⌚ 2:30 h ↗ 358 fhm ↘ 274 fhm 🏔️ 2.864 fm

average



🎒 Standard hiking equipment 🏠 Vernagthütte, Breslauer Hütte

➡️ Vent - Vernagtegg - Vernagthütte (ascent approx. 3.5 h / descent 2.5 h); uphill ride on Wildes Mannle 6-seater chairlift to 2646 m and then only 1 h to Breslauer Hütte (descent to Vent approx. 1.5 h)



22

ALONG SEUFERTWEG IN THE FOOTHILLS OF WILDSPITZE

From Vernagthütte you walk down and continue on a trail that branches off to the left, descending towards Vernagtbach brook. From here you enjoy superb views of Großer Vernagtferner glacier including Hochvernagtspitze to the north/northwest. Cross Vernagtbach brook and continue to the flat meadows on opposite Platteiberg slope towering high above Rofental valley.

The trail crosses Platteikar cirque and rolls up and down through Mitterkar. Just above Mitterkar you can see Ötztal's Wildspitze, which looks unusually rocky from this angle. From here it's only a few more meters down to the refuge hut that affords fabulous views of Kreuzspitze, Hochjochferner in the south-west and majestic Weißkugel.



Breslauer Hütte (2.844 fm) – Urkundholm (3.134 fm)

Short ascent from the hut to Urkundholm peak. Surefootedness and a good head for heights required.

average ⌚ 1:45 h ↗ 290 fhm ↘ 290 fhm



The glacier waters of Vernagtferner even reached the Inntal valley during expansion times.



Stage 17

**Breslauer Hütte (2.844 fm) – Restaurant Tiefenbach (2.789 fm) –
Rettenbachjoch (2.990 fm) – Braunschweiger Hütte (2.758 fm)**

↔ 17,6 km ⌚ 6:00 h ↗ 1.080 fm ↘ 1.140 fm ⚓ 3.044 fm

difficult 🏔️ 🚩 ❤️ 🏠 ⚔️ 🧗 🧎 🌨️

🧰 Standard hiking equipment; crampons, ice pick if necessary; rope is a must, roping absolutely required on the glacier

🏠 Breslauer Hütte, Braunschweiger Hütte, Restaurant Tiefenbach (no overnight stay)

➔ Uphill ride on Wildes Mannle 6-seater chairlift and in 1 hour to Breslauer Hütte; from the base station of Rettenbach Glacier via Rettenbachjoch or Pitztaler Jöchel to Braunschweiger Hütte (ascent approx. 2 h each / return 1.5 h)



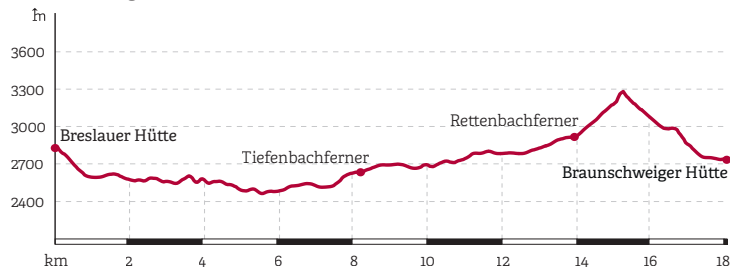
Rofental valley was settled by shepherds from Schnalstal (South Tyrol).



22

ABOVE VENTERTAL IN THE ETERNAL ICE

At the trailhead you descend on a steep path - the route leads past the foothills of Rofenkar cirque. A little below you change to the left to the new High Altitude Trail that travels out of Ventertal valley and joins the original Vent-Tiefenbach-ferner Panorama Trail. The footpath then descends in order to continue climbing high above Ventertal to the Tiefenbach restaurant (Tiefenbach Glacier). Once there, in front of the road tunnel, you hike up the ski slope on the left towards Seiter Jöchel (follow Seiter Jöchlbahn chairlift). From Jöchel you descend to the north down to Rettenbach Glacier (crampons required)! Alternative: by bus from Tiefenbach Glacier to Rettenbach Glacier. You circle the rocky promontory to the left and continue in a northwestern direction to the icefalls. Then you continue to Rettenbachjoch and its lift stations. From there the footpath drops down to Braunschweiger Hütte.





📍 Mainzer Höhenweg Trail



Braunschweiger Hütte (2.758 fm) – Mainzer Höhenweg – Rüsselsheimer Hütte (2.328 fm) – Luibisscharte (2.914 fm) – Hauerseehütte (2.383 fm) – Felderjöchl (2.797 fm) – Frischmannhütte (2.192 fm)

Route 5: ACROSS GEIGENKAMM – MAINZER HÖHENWEG TRAIL

↔ 29,1 km ↗ 2.637 ftm ↘ 3.205 ftm ⌚ ca. 13:00 h 🏔 2.912 fm

Mainzer Höhenweg high-altitude trail ranks among the undisputed cult hiking tours. Geigenkamm ridge promises quiet and authentic mountaineering. This route is quite demanding but offers extremely beautiful stages.

GETTING THERE

By train – from Innsbruck or Bregenz to Ötztal-Bahnhof, then by public bus through Ötztal to Sölden

By car – A12/exit Ötztal towards Sölden – Postplatz square, parking for a fee
Access route – from Rettenbach glacier via Rettenbachjoch to Braunschweiger Hütte (ascent approx. 2 h); glacier bus line Sölden – Rettenbach Glacier (June to September)

HUTS

Braunschweiger Hütte | T +43 (0) 664 2012 013

Rüsselsheimer Hütte | T +43 (0) 5413 2030 0

Hauerseehütte | T +43 (0) 664 7828 637

Frischmannhütte | T +43 (0) 664 1134 445

RETURN TRANSFER

Public bus line: Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

ÖBB-Postbus GmbH Imst | T +43 (0) 5412 6626 6 - www.vvt.at

MORE DETAILS

Glacier experience absolutely required. (mountain guide recommended!)



Stage 18

**Braunschweiger Hütte (2.758 fm) – Mainzer Höhenweg –
Rüsselsheimer Hütte (2.328 fm)**

↔ 9, km ⌚ 9:30 h ↗ 979 fm ↘ 1.408 fm ⚓ 3.252 fm

difficult ⚡ 🏔️ ❤️ 🏠 🧗 🧑🏃 ❄️

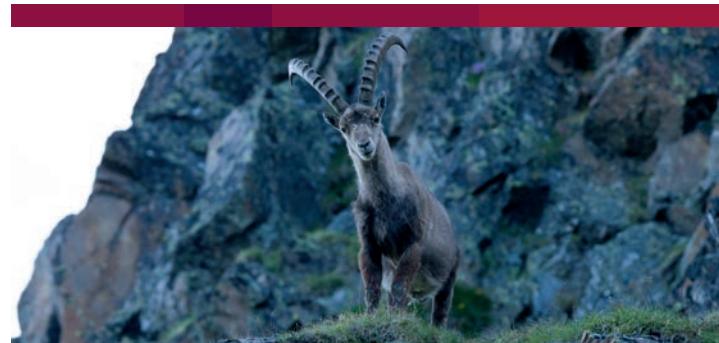
🎒 Standard hiking equipment;
depending on conditions also ice
pick, crampons, rope

🏠 Braunschweiger Hütte, Rüsselsheimer Hütte

➡️ 📍 From Rettenbach Glacier base terminal via Rettenbachjoch to Braunschweiger Hütte (to the hut approx. 2 h / return 1.5 h); from Plangeross (St. Leonhard im Pitztal) to Rüsselsheimer Hütte (ascent approx. 2 h / descent 1.5 h)



Mainzer Höhenweg high elevation trail leads across five peaks higher than 3000 meters and three glaciers.



22

IBEX GOULASH AFTER A STRENUOUS ALPINE HIKE

Three peaks higher than three thousand meters are crossed here on Geigenkamm ridge. Walk uphill from Braunschweiger Hütte and follow the route below Pitztaler Jöchel to the left, then down into Silbergrube basin. The route permanently ascends and descends along the wide ridge. Scenic Wurmsitzkogel (3079 m) and Gschrapkogel (3197 m) are the first three thousand meter high peaks you climb on this tour. Followed by splendid Wassertalkogel (3252 m) on which you can find the orange-colored Rheinland-Pfalz bivouac (free use) for 12 people. When descending from Wassertalkogel, three glacier fields must be crossed. Afterwards a short scramble stage takes you back to a hiking trail. The path leads down to Weißmaurachjoch saddle and cirque, where you reach Rüsselsheimer Hütte after about 10 challenging hours.





Luibiskogel, Längenfeld



Hauerseehütte, Längenfeld

Stage 19

**Rüsselsheimer Hütte (2.328 fm) – Kapuzinerjöchel (2.710 fm) –
Breitlehnojöchel (2.637 fm) – Sandjöchel (2.826 fm) – Luibisscharte (2.914 fm) –
Hauerseehütte (2.383 fm)**

↔ 11 km ⌚ 5:00 h ↗ 1.246 fm ↘ 1.187 fm 🏔️ 2.914 fm

difficult 🏔️ 🏔️ ❤️ 🏔️ 🏔️ 🏔️

🎒 Standard hiking equipment, ice pick, crampons, rope 🏠 Rüsselsheimer Hütte, Hauerseehütte (self-catering)

👉 📍 From Plangeross (St. Leonhard im Pitztal) to Rüsselsheimer Hütte (ascent approx. 2 h / descent 1.5 h); from Unterlängenfeld, Lehn or Unterried (Längenfeld) to Hauerseehütte (ascent approx. 4 h / descent 2.5 h); alternative: taxi shuttle from/to Innerbergalm (walking time Innerbergalm – Hauerseehütte approx. 1.5 h)

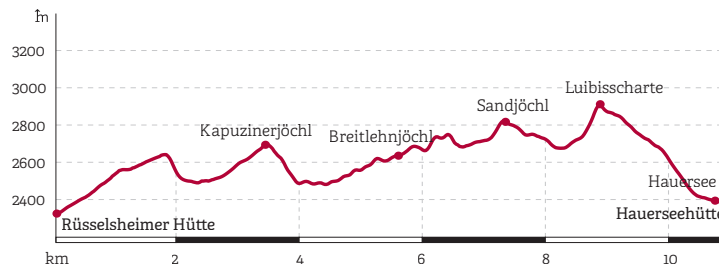


Ibexes feel particularly at ease in the Alpine area surrounding Rüsselsheimer Hütte.

22

SADDLES AND SMALL GLACIERS

Behind the hut you follow the trail a little to the east, then it branches off to the left towards the Gahwinden vista point. From there the trail leads down through scree into Rötkarle. Then the route ascends up to Kapuzinerjöchel where you descend across steep terrain, secured by ropes. Then you hike up the path to Breitlehnojöchel and further uphill to Sandjöchel. An extremely strenuous stretch to Luibisscharte starts at the climb's fork-off point. Soon you enter crevice-free Hauerferner glacier (there is also a footbridge leading down from the glacier field on the right!). You cross it in the upper, flatter part in an easterly direction. The trail between the glacier and Hauerseehütte has been officially closed off due to a rockslide. A bypass route follows the glacier in a north-eastern direction and descends to the right of a rocky knoll down to Hauerseehütte.





Stage 20

Hauerseehütte (2.383 fm) – Felderjöchl (2.797 fm) – Frischmannhütte (2.192 fm)

↔ 6,4 km ⌚ 3:00 h ⚡ 610 fHm ⚙ 825 fHm 🏔 2.797 fm

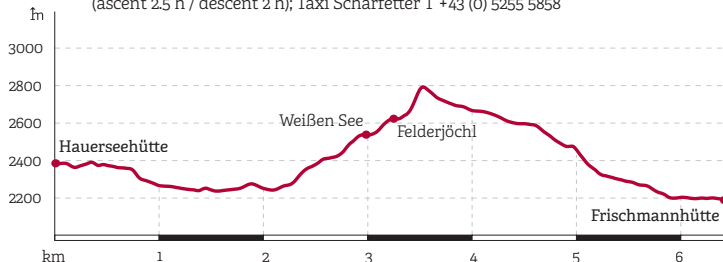
average



🎒 Standard hiking equipment, enough to eat and drink

🏠 Hauerseehütte (self-catering), Frischmannhütte

➡️ 📍 From Längenfeld to Hauerseehütte (ascent approx. 3.5 h / descent 2.5 h); alternative: taxi shuttle to Innerbergalm (ascent to Hauerseehütte 1.5 h); from Umhausen to Frischmannhütte (ascent 3.5 h / descent 2.5 h); alternative: taxi shuttle to Hintere Fundusalalm (ascent to Frischmannhütte 30 min); from Köfels to Frischmannhütte (ascent 2.5 h / descent 2 h); Taxi Scharfetter T +43 (0) 5255 5858



22

LAKE HIKE ON MITTLERER GEIGENKAMM

The first awe-inspiring mountain lake can be found right next to Hauerseehütte and also gave its name to the hut. Here the trail descends moderately past lake Unterer Spitzigsee, then climbs gently in a north-western direction through picture-book Innerbergalm side valley and crosses the slopes above Felderkar cirque. Then a more strenuous section is on the program: the trail switchbacks steeply up to lake Weißer See below Felderjöchl (2800 m), the saddle you have to cross to get to Frischmannhütte.

The footpath travels to the right of the lake and climbs in switchbacks through very steep and rocky terrain towards scenic Felderjöchl (fixed cables). From the saddle the trail drops steeply at the beginning and then levels out and continues through Fernerkar below Ploderferner glacier. Later the route descends quickly east of Griesköpfe peaks and through high Alpine meadows and pasturelands in full bloom to Frischmannhütte.



Geigenkamm mountain range is surrounded by thirty summits higher than 3000 meters.



📍 Fundusfeiler, Umhausen



Frischmannhütte (2.192 fm) – Fundusfeiler (3.079 fm) – Erlanger Hütte (2.541 fm) – Forchheimer Weg – Maisalm (1.631 fm) – Ötztal-Bahnhof (704 fm)

Route 6: ACROSS GEIGENKAMM – FORCHHEIMER WEG TRAIL

↔ 36,1 km ↗ 1.906 fm ↘ 3.417 fm ⌚ ca. 14:00 h 🏔️ 3.079 fm

The last Ötztal Trek Route covers 2 stages, on the last stage an overnight stay is strongly recommended. Otherwise you descend some 2350 meters on a single day! From Erlanger Hütte you hike on the scenic Forchheimer Weg high elevation trail!

GETTING THERE

By train – from Innsbruck or Bregenz to Ötztal-Bahnhof, then by public bus through Ötztal to Umhausen

By car – via A12 / exit Ötztal towards Umhausen, parking for a fee

Access route – from Umhausen to Frischmannhütte (ascent approx. 3.5 h; alternatively by taxi shuttle from Umhausen to Hintere Fundusalm – followed by a 30-minute ascent to Frischmannhütte), Taxi Scharfetter | T +43 (0) 5255 5858

HUTS

Frischmannhütte | T +43 (0) 664 1134 445

Erlanger Hütte | T +43 (0) 664 3920 268

Maisalm | T +43 (0) 664 9855 181

RETURN TRANSFER

Public bus line: Ötztaler Verkehrsbetriebe | T +43 (0) 5254 3550

ÖBB-Postbus GmbH Imst | T +43 (0) 5412 6626 6 - www.vvt.at



Stage 21

Frischmannhütte (2.192 fm) – Fundusfeiler (3.079 fm) – Erlanger Hütte (2.541 fm)

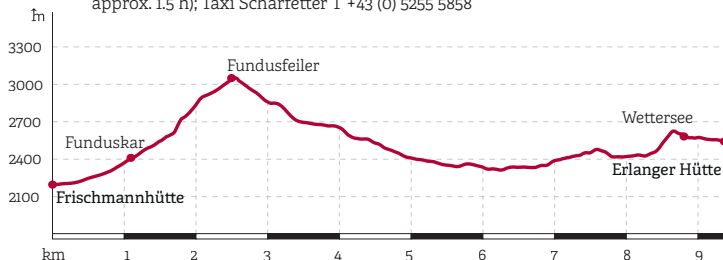
↔ 9,4 km ⌚ 4:30 h ↗ 1.270 fm ↘ 925 fm 🏔️ 3.067 fm

difficult 🌀 🌊 🏔️ ❤️ 🚰

🎒 Standard hiking equipment

🏠 Frischmannhütte, Erlanger Hütte

➔ **H** Umhausen - Frischmannhütte (ascent approx. 3.5 h / descent 2.5 h; alternatively by taxi from Umhausen to Hintere Fundusalm from where it's a 30-minutes hike to Frischmannhütte); Köfels (Umhausen) - Frischmannhütte (ascent approx. 2.5 h / descent 2 h); Umhausen - Erlanger Hütte (ascent approx. 4.5 h / descent 3.5 h; alternatively by taxi from Umhausen to crossroads of Vordere Leierstalalm from where it's another 2 hour hike to Erlanger Hütte /descent approx. 1.5 h); Taxi Scharfetter T +43 (0) 5255 5858



22

DREITAUSENDERLUFT MIT BERGSEE

From the hut you climb into Funduskar, following the well-maintained path in steep terrain up to Fundusfeilertrinne. The last 150 altitude meters from Feilerscharte to panoramic Fundusfeiler peak (3079 m) are an absolute must! Head in northern direction through scree areas down to „Schwarzes Loch" area. At the fork you keep to the right and continue hiking westwards through the gently rolling pasturelands of Leierstal. Later the trail climbs in switchbacks to a mountain dip past which you can already see crystal-clear Wettersee, one of Ötztal's most pristine mountain lakes. It's only a short descent down to the fabulous lake and within a few more minutes you also reach Erlanger Hütte.

Frischmannhütte (2.192 fm) – Waalweg Fundus

From Frischmannhütte the trail leads towards the rear Fundustal side valley, traveling eastwards to Köfler Scharte at 2088 meters, then in north-eastern direction to Hintere Fundusalm. The Waalweg water trail through Fundustal promises unique nature exploration above the tree line due to its exposed location and the unique terrain (some 50% made of primary rocks).

easy ⌚ 1:35 h ↗ 120 fm ↘ 120 fm



Fundus Waalweg, a former irrigation ditch, once supplied Köfels with water.



Erlanger Hütte, Umhausen



Mutkopf, Oetz

Stage 22

Erlanger Hütte (2.541 fm) – Forchheimer Weg – Maisalm (1.631 fm) – Ötztal-Bahnhof (704 fm)

↔ 21,5 km ⌚ 8:00 h ↗ 647 fm ↘ 2.491 fm ⚡ 2.665 fm

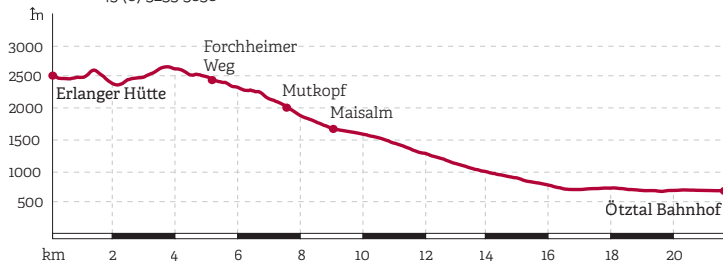
average



Standard hiking equipment, two-day hiking tour

Erlanger Hütte, Maisalm

→ Umhausen - Erlanger Hütte (ascent approx. 4.5 h / descent 3.5 h; alternatively by taxi from Umhausen to crossroads of Vordere Leierstalalm from where it's another 2 hour hike to Erlanger Hütte /descent approx. 1.5 h); Taxi Scharfetter T +43 (0) 5255 5858



22

TWO DAYS ON VORDERER GEIGENKAMM

If it wasn't for Maisalm where you can spend the night on your way between Erlanger Hütte and Ötztal-Bahnhof you would be forced to climb down 2350 meters in only one day. From Erlanger Hütte the trail descends northwards, crosses a few slopes, climbs up to a ridge and drops steeply down into Tumpental valley. You ascend to Murmentenkarjoch col where the route descends in a northern direction and travels along a ridge down to the small Forchheimer Bivouac (a basic mountain shelter left unlocked; sleeps four persons).

The trail contours along the ridge to Hahnenkamm which is bypassed through a scree field to the east. Then the route heads towards Vorderer Geigenkamm and continues to Mutkopf peak and Muthütte (not serviced). Follow a descending cart road until you reach Maisalm hut (approx. 6 hours from Erlanger Hütte) where you spend the night (advance booking absolutely required).

The next day you continue along cart roads and trails down to Roppen where you follow the road parallel to the rail tracks in an eastern direction. From Ötztaler Ache mountain brook you continue on the Ötztal Cycle Trail until you get to the village of Ötztal-Bahnhof.



Forchheimer Weg Trail has been connecting Geigenkamm ridge with Inntal valley since 1930.



European Long-distance Hike



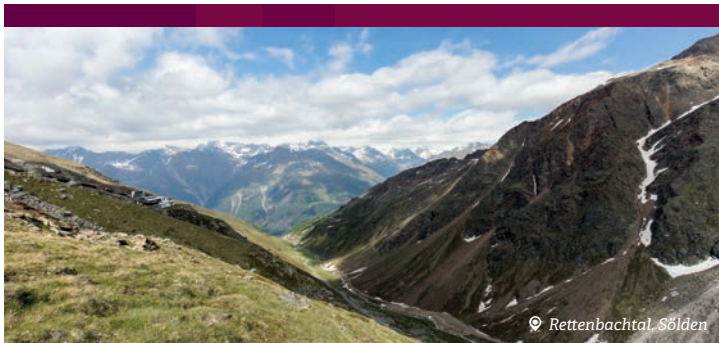
E5 QUEEN'S STAGE - OVERCOMING OUTER AND INNER LIMITS

On 3200 kilometers from the French Atlantic coast to Venice, the European long-distance hiking trail reaches one of its highlights when crossing the Alps: The queen's stage/tappa regina leads fit and sure-footed hikers with a good head for heights from Pitztal via Ötztal and Timmelsjoch to Moos in Passeier (South Tyrol | Italy). A new alternative path offers cross-border mountaineers an attractive route coupled with comfy services.

Across Timmelsjoch to South Tyrol

Long-distance hikers don't just cross geographical borders, also physical, psychological and sometimes spiritual limits are put to the test. The E5 queen's stage through Ötztal is dedicated to perceiving and shifting these limits: on two or three days the stage leads from Braunschweiger Hütte in Pitztal via Obergurgl into Passeiertal (South Tyrol | Italy). (Alternative route via Vent - Obergurgl).

Specially designed welcome steles at the starting points provide hikers with detailed information about the E5 and the queen's stage. Text stones with selected quotes on the topic of border-crossing are installed along the route, and a hiking book at Timmelsjoch invites mountaineers to record their personal „border“ experiences. The unique embossing stamp makes a great souvenir to take home.



Rettenbachtal, Sölden



Zwieselstein, Sölden

Original Route Day 1

Braunschweiger Hütte (2.759 fm) – Rettenbachtal – Gaislachalmen – Zwieselstein

↔ 16,5 km ⌚ 6:10 h ↗ 250 fm ↘ 1.530 fm ⚓ 2.994 fm

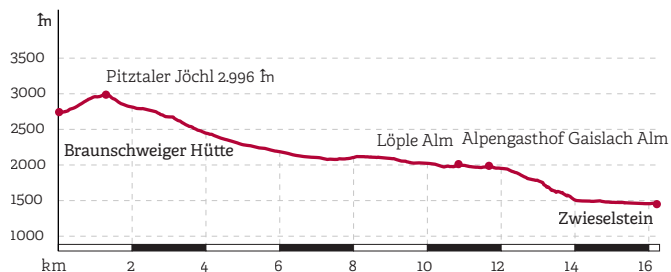
difficult 🌀 🌊 🏔️ ❤️ 🚶 🚶

🎒 Standard hiking equipment;
depending on conditions, also ice ax,
crampons, rope

🏠 Braunschweiger Hütte
(overnight stay on request),
Gaislachalmen

→ 🚌 Public bus from Sölden to Vent

🏠 Hiking accommodations in
Zwieselstein



E5

ROUTE DESCRIPTION

This particularly challenging stage starts at Braunschweiger Hütte (2758 fm) with a rather steep and demanding ascent to Pitztaler Jöchel col at almost 3000 meters - it is the highest point of the entire tour along the E5 long-distance hiking trail and offers awe-inspiring views of Braunschweiger Hütte, Wildspitze peak, Rettenbachtal side valley and lake Riffelsee. Larger snow fields must be expected, especially in the early season of the year. Alternatively, you can choose the slightly shorter route via Rettenbachjoch. Both trails lead to Rettenbach glacier. From there, you descent through Rettenbachtal valley and past lush Alpine meadows and a small chapel to Zwieselstein (1470 fm).



Original Route Day 2

Zwieselstein – Timmelsjoch (2.509 m) – Moos in Passeier (South Tyrol)

↔ 33,2 km ⌚ 9:00 h ↗ 1.130 m ↘ 1.570 m ⚓ 2.492 m

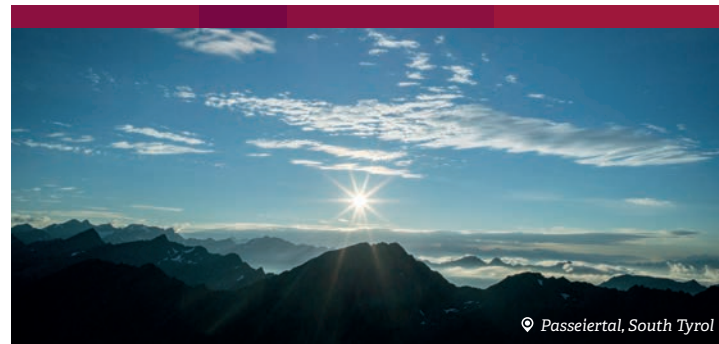
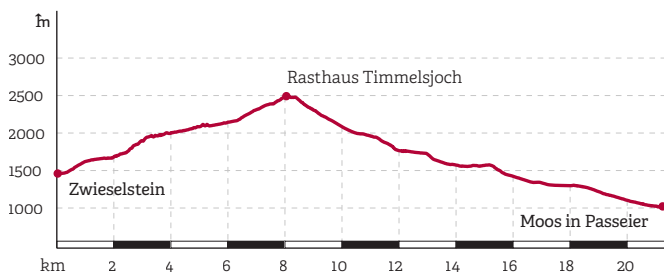
difficult 🌀 🌊 🏔️ ❤️

🎒 Standard hiking equipment

🏠 Rasthaus Timmelsjoch

🚌 🟡 Public bus to Zwieselstein

🏠 Hiking accommodations in Moos



E5

ROUTE DESCRIPTION

This stage is considered easy in terms of its technical hiking requirements. Because of the distance and great altitude difference, however, it ranks among the fairly strenuous mountain hikes.

The trail leads along the bubbling waters of Gurgler Ache, across scenic meadows before it branches off into Timmelstal, climbs slightly along its course and after a while joins the idyllic Timmelsbach Alpine brook. Soon afterwards you get to the Timmelsjoch High Alpine Road, followed by an ascent where you quickly leave the road and take a path that leads over barren sheep pastures and craggy slopes up to Timmelsjoch.

From Timmelsjoch, belonging already to the Texel Group Nature Park, the gently sloping valleys, waterfalls and brooklets of picturesque Passeiertal valley take you to noticeably gentler and more extensive Alpine areas. Following the narrow trail, eye-catching stone walls can be found all around, bringing back memories of the former importance of this hidden path for smugglers and shepherds. After crossing the picturesque village of Rabenstein, the route leads through a narrow valley down to Moos in Passeier.



Eventful Timmelsjoch: E5 hiking book and stamp, visit to the pass museum, footbridge with viewing platform, smuggler's sculpture and more attractions.



Timmelstal, South Tyrol (Italy)

E5 Queen's Stage Alternative Route

From Obergurgl to Moos in Passeier

The undisputed queen's stage can be mastered on two different routes, which meet shortly before Timmelsjoch. The original route leads from Braunschweiger Hütte to Zwieselstein and further on via Timmelsjoch pass down to Moos in Passeier (pages 108 - 113).

The alternative route of the queen's stage also starts at Braunschweigerhütte but takes you via Vent to Obergurgl. From the village of Obergurgl - following the original route - you hike across Timmelsjoch until you finally reach Moos in Passeier (South Tyrol/Italy).

Alternative Route Day 1

Braunschweiger Hütte (2.759 ft) – Tiefenbachferner – Panoramaweg – Vent

↔ 16,8 km ⌚ 6:30 h ↗ 450 ft ↘ 1.310 ft 🏔️ 2.994 ft

average 📖 🏠 📍 🌟 🧑‍🌾

🎒 Standard hiking equipment

📍 Braunschweiger Hütte (overnight stay on request),
📍 Restaurant Snow Beach Tiefenbach,
📍 gastronomy in Vent

➔ 🚌 Public bus to Tiefenbach Glacier

🏠 Hiking accommodations in Vent



Ramolhaus, Obergurgl

Alternative Route Day 2

E5

Vent – Ramoljoch – Piccard Bridge – Obergurgl

↔ 19,9 km ⌚ 9:30 h ↗ 1.480 ft ↘ 1.450 ft 🏔️ 3.187 ft

difficult 📖 🏠 📍 🌟 🧑‍🌾

🎒 Standard hiking equipment

📍 Ramolhaus, Langtalereckhütte,
📍 Schönwieshütte, Zirben Alm,
📍 gastronomy in Obergurgl

➔ 🚌 Public bus from Sölden to Vent

🏠 Hiking accommodations in Gurgl

Alternative Route Day 3

Obergurgl – Timmelsjoch (2.509 ft) – Moos in Passeier (South Tyrol)

↔ 27,7 km ⌚ 10:30 h ↗ 980 ft ↘ 1.870 ft 🏔️ 2.491 ft

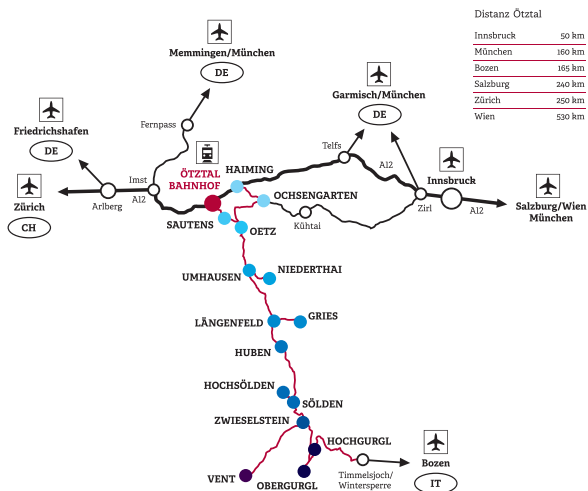
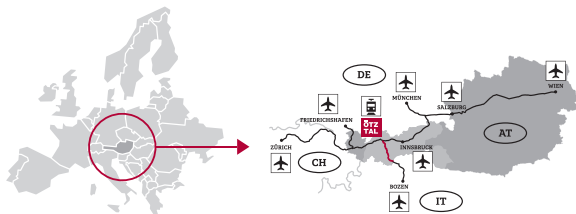
difficult 📖 🏠 📍 🌟 🧑‍🌾

🎒 Standard hiking equipment

📍 Top Mountain Crosspoint, Rasthaus
am Timmelsjoch, Gasthof Hochfirst,
📍 Gasthof Schönau

➔ 🚌 Public bus from Sölden to Gurgl

🏠 Hiking accommodations in
Moos/Passeier



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