

## Water hikes

**Ahornsee** 📍 A3

**Haus**  
🕒 4:30 h ↔️ 11.2 km ⚡️ 820 hm ■ **Weißbach**

**Starting point: Gradenbachal car park**

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

The Grafenbergsee and Grafenbergalm are other rewarding destinations if you wish to extend your tour. Reckon with an additional 2 hours, 47 km and 240 vertical meters!



**Salza Waterfall** 📍 E1

**Mitterberg-St. Martin** Salza

🕒 1:00 h ↔️ 4.0 km ⚡️ 50 hm ■ **easy**

**Starting point: Salza car park**

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

**Strub Hike** 📍 E3

**Naturpark Sölktaier** Großsölk

🕒 1:00 h ↔️ 2.1 km ⚡️ 200 hm ■ **moderate**

**Starting point: Schloss Großsölk car park**

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

## Family hikes and Themed walks

**In the footsteps of the pioneers** 📍 A4

**Haus** Hauser Kaibling

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

**Starting point: Tauern Seilbahn mountain station**

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

**Friedenskircherl** 📍 B2

**Gröbming** Stoderzinken

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

**Starting point: Rosenalm car park**

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

**Gröbming Hiking trail (G13)** 📍 C2

**Gröbming** Hofmanning

🕒 3:00 h ↔️ 11.0 km ⚡️ 240 hm ■ **moderate**

**Starting point: Gröbming centre**

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

**EX. Mayr path** 📍 C2

**Gröbming** Oberwinkl, Lend

🕒 3:30 h ↔️ 13.3 km ⚡️ 170 hm ■ **easy**

**Starting point: Gröbming Kurpark**

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

**Tree Horsopce Path** 📍 C2

**Michaelaerberg-Pruggern** Kulm

🕒 1:00 h ↔️ 2.1 km ⚡️ 140 hm ■ **easy**

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

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

**Viehbergalm – Miesbodensee** 📍 B2

**Gröbming** Lend, Ofen

🕒 4:00 h ↔️ 13.2 km ⚡️ 790 hm ■ **moderate**

**Starting point: Gröbminger Land**

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

**Birgseiten Circular Trail (P3)** 📍 C3

**Michaelaerberg-Pruggern** Pruggern

🕒 1:45 h ↔️ 5.7 km ⚡️ 150 hm ■ **moderate**

**Starting point: Pruggern centre**

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

**Prenten Alpine path (SM 2)** 📍 D1

**Mitterberg-St. Martin** Lengdorf

🕒 1:45 h ↔️ 5.6 ⚡️ 220 hm ■ **moderate**

**Starting point: Lengdorf centre**

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

**Gersdorf Circular Trail (M2)** 📍 D2

**Mitterberg-Sankt Martin** Mitterberg

🕒 0:45 h ↔️ 2.6 km ⚡️ 20 hm ■ **easy**

**Starting point: Hotel Häuser im Wald**

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

**Marathon course (M1)** 📍 D2

**Mitterberg-St. Martin** Mitterberg

🕒 4:45 h ↔️ 17.5 km ⚡️ 410 hm ■ **moderate**

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

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

**Geological hiking trail Gumpeneck** 📍 E3

**Naturpark Sölktaier** Großsölk

🕒 4:30 h ↔️ 10.5 km ⚡️ 890 hm ■ **moderate**

**Starting point: Koller car park**

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

## Panorama-Walks

**Bärfallspitze** 📍 A4

**Haus** Hauser Kaibling

🕒 4:00 h ↔️ 7.3 km ⚡️ 500 hm ■ **moderate**

**Starting point: Tauern Seilbahn or Quattalpinna mountain station**

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

## Alpine Hike on the Stoderzinken across the Grafenbergalm to the Kufstein

**Gröbming, Aich, Haus** Stoderzinken, Weißbach

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

**Starting point: Rosenalm car park**

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

## From Assach to Stoderzinken

**Aich** Assach, Stoderzinken

🕒 8:00 h → 17.6 km ⚡️ 1,290 hm ■ **moderate**

**Starting point: Assach fire station**

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

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

**Freienstein** 📍 B3

**Aich** Assach

🕒 2:45 h ↔️ 5.4 km ⚡️ 460 hm ■ **difficult**

**Starting point: Assacher Tenne**

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

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

## Stoderzinken and Friedenskircherl

**Gröbming** Stoderzinken

🕒 2:30 h ↔️ 4.1 km ⚡️ 400 hm ■ **moderate**

**Starting point: Rosenalm car park**

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

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

**Gumpeneck via Öblarn** 📍 E2

**Öblarn** Öblarn

🕒 6:00 h ↔️ 13.3 km ⚡️ 1,300 hm ■ **moderate**

**Starting point: Schattenbergstraße car park**

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

**Gumpeneck** 📍 E3

**Naturpark Sölktaier** Großsölk

🕒 6:00 h ↔️ 11.8 km ⚡️ 1,100 hm ■ **moderate**

**Starting point: Koller car park**

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

**Moosberg Circular trail** 📍 E2

**Öblarn** Moosberg

🕒 2:30 h ↔️ 7.8 km ⚡️ 200 hm ■ **easy**

**Starting point: Öblarn centre**

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

## Short walks and Leisurely tours

**Sonnberg Circular Trail** 📍 A3

**Haus** Weißbach

🕒 3:45 h ↔️ 14.3 km ⚡️ 320 hm ■ **easy**

**Starting point: Haus centre**

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



**Goassweg Circular Trail** 📍 A3

**Weißbach** Weißbach

🕒 1:45 h ↔️ 4.7 km ⚡️ 180 hm ■ **easy**

**Starting point: Weißbach centre**

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

**Lärchsachsenweg** 📍 B3

**Aich, Haus** Weißbach

🕒 1:50 h ↔️ 7.3 km ⚡️ 60 hm ■ **easy**

**Starting point: Aich centre**

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

**Kulmlaiten Circular Trail (G1)** 📍 C2

**Gröbming** Kulm

🕒 0:30 h ↔️ 2.0 km ⚡️ 50 hm ■ **easy**

**Starting point: Kurpark Gröbming**

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

**St. Martin Grimming Circular Trail (SM 5)** 📍 E1

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

🕒 1:00 h ↔️ 3.3 km ⚡️ 180 hm ■ **moderate**

**Starting point: St. Martin**

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

**Short Enns Circular Trail** 📍 E2

**Öblarn** Öblarn

🕒 0:45 h ↔️ 3.2 km ⚡️ 10 hm ■ **easy**

**Starting point: Öblarn centre**

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

## Exercise arena Gröbminger Land

Active on the go.

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

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

**Long Enns Circular Trail** 📍 E2

**Öblarn** Öblarn-Niederöblarn

🕒 2:00 h ↔️ 7.9 km ⚡️ 60 hm ■ **easy**

**Starting point: Öblarn centre**

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

**Walchenal Hiking trail** 📍 E2

**Öblarn** Walchen

🕒 3:00 h ↔️ 10.8 km ⚡️ 250 hm ■ **easy**

**Starting point: Öblarn centre**

From Öblarn, you will walk next to the Walchenthalbach into the remote Walchenal valley. Awaiting you along this flat path are the attractive Schrabach Chapel as well as the Copper Theme Path with numerous info stations. If you are interested in the guided water-themed tour in Öblarn, you will find details and dates online at wasserlebens-öblarn.at

**Niederöblarn Circular Trail** 📍 F1

**Öblarn** Niederöblarn

🕒 1:20 h ↔️ 4.5 km ⚡️ 140 hm ■ **easy**

**Starting point: Öblarn centre**

Setting out from Gasthof "Zum Grimmingtor", you will first hike in the direction of the Niederöblarner Graben, then continue uphill via the Zamberg to the Gröbtschenberg. The views there of the Grimming and Upper Ennstal are unique. Now, you will descend along the country road, then take the Enns Bike Path (K7) back to your starting point.

**Niederöblarn lake-side trail** 📍 F1

**Öblarn** Niederöblarn

🕒 0:30 h ↔️ 1.8 km ⚡️ 10 hm ■ **easy**

**Starting point: Sportsarea Gröbming**

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

## Alpine Tours

**Kammspitze** 📍 C2

**Gröbming** Hofmanning

🕒 6:00 h ↔️ 11.2 km ⚡️ 1,360 hm ■ **difficult**

**Starting point: Catholic Cemetery**

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

**Hangofen via Englitztal** 📍 F3

**Öblarn** Öblarn

🕒 5:00 h ↔️ 12.4 km ⚡️ 1,060 hm ■ **difficult**

**Starting point: ÖAV Berghaus**

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

## For more information:

[www.schladming-dachstein.at/hiking](http://www.schladming-dachstein.at/hiking)



## Peace Chapel on the Stoderzinken

"What ought I to write, in these mountains filled with sunshine? I can merely pause in silent reverence and be blissful." Over 100 years ago, the famous local author and poet Peter Rosegger was well aware of the beauty of Peace Chapel, perched there at 1098 meters above sea level. Reachable on foot in barely 30 minutes, this small chapel clings like an eagle's nest high above Ennstal, treating visitors to jaw-dropping views.

Not without good reason was it chosen "The Most Beautiful Place in Austria" in 2022. The "Friedenskircherl", as it is known in German, was built 1200 years ago, open to all confessions and committed to the ideal of bringing all people together, regardless of who they are or what they believe. It is said that if you ring the chapel bell, your wish will come true!

## Guided sunrise hike

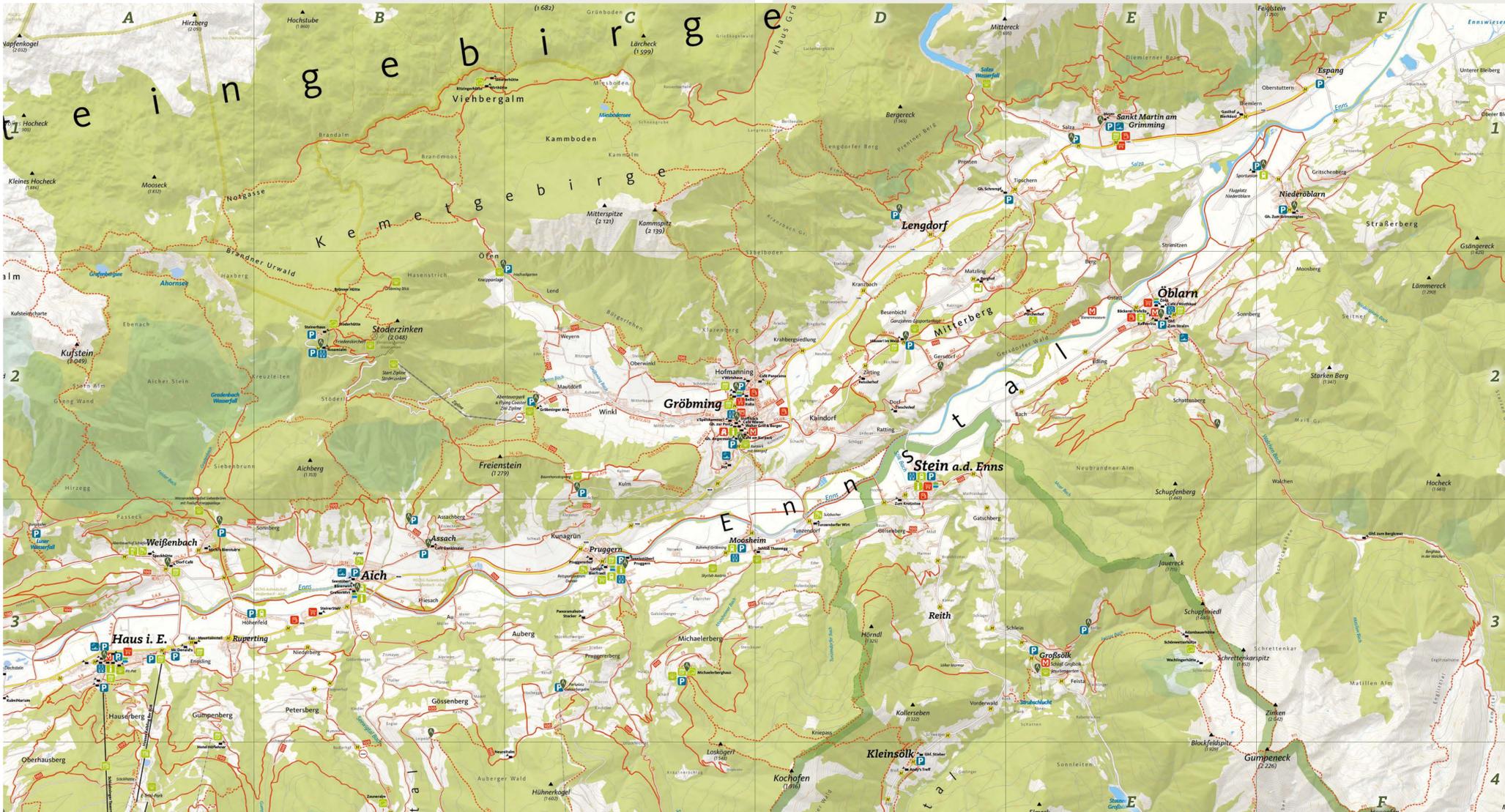
Standing on the summit of the Stoderzinken first thing in the morning, the first rays of sunshine before you, is a special experience indeed. Followed by a hearty mountain breakfast – now what could be more beautiful than that? Take part in a guided hike, learn more here:

[schladming-dachstein.at/sonnenaufgang-stoderzinken](http://schladming-dachstein.at/sonnenaufgang-stoderzinken)

## Guided Walk through the Notgasse

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

[schladming-dachstein.at/notgasse](http://schladming-dachstein.at/notgasse)



**Legend**

	hike – easy		hospital		archery
	hike – moderate		info office		horse riding
	hike – difficult		ATM		right
	via ferrata		village shop		via ferrata
	cableway – summer operation		train station		gastroonomy
	cableway – winter operation		e-charging station		grocery store
	starting point		cable car		gas station
	car park		chairlift		pharmacy
	paid car park		hut with overnight stay & service		driving ban
	public toilet		camping		golf course
	lake / outdoor swimming pool		go-kart		golf course
	indoor swimming pool		golf course		golf course



## Summer experience map

Haus | Aich | Michaelaerberg-Pruggern  
Gröbming | Mitterberg-St. Martin  
Naturpark Sölktaier | Öblarn



**Die Sommercard ist für Dich da.**

Included from the very first night!

SCHLADMING-DACHSTEIN  
We are there for you.

## Even more from your holidays with the Schladming-Dachstein Sommercard.

The Sommercard opens all the doors to an array of unforgettable holiday experiences in the Schladming-Dachstein region! It gives you free or discounted access to a wide selection of leisure activities – whether outdoor recreation and nature, art and culture, special offers for children or rides on the summer lifts. The public transportation also included guarantees convenient, ecofriendly mobility throughout your vacation.

## Your key to more holiday memories.

The Schladming-Dachstein Sommercard is valid from 18 May until 01 November 2023. You will receive the Sommercard when you stay as little as one night at one of our over 1000 participating Sommercard hosts. Our littlest guests even receive their very own KidsCard.

The Sommercard can be used beginning at 1 pm. of your arrival day and is valid all day, every day for the duration of your stay (including the day you leave). With the Schladming-Dachstein app, you can also easily download the Sommercard to your smartphone.

We wish you an unforgettable holiday and countless awesome moments enjoyed in the Schladming-Dachstein region!  
For complete information visit: [www.sommercard.info](http://www.sommercard.info)

**Legend**

- Suitable for strollers
- Toll, parking fee or entry
- Gondola
- Chairlift
- A1 Starting point with grid square
- Walking time
- One way
- There & back
- Roundtrip
- Altitude (Up / Downhill)
- Difficulty level

## Water hikes

**Steirischer Bodensee**

**Aich** Steirischer Bodensee

1:00 h ↔ 3.0 km ↕ 30 hm ■ easy

**Starting point: Seewigal car park**

The flat path around the Steirischer Bodensee is an easy and exceptionally beautiful walk amid alpine landscapes. At the foot of towering, forested mountains, enjoy an atmosphere of pure romance – meanwhile, the water-fall above the lake is truly impressive.

**Steirischer Bodensee – Hüttensee – Obersee**

**Aich** Steirischer Bodensee

4:30 h ↔ 8.0 km ↕ 540 hm ■ moderate

**Starting point: Seewigal car park**

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

**Schwarzensee**

**Kleinsölk**

2:30 h ↔ 8.4 km ↕ 100 hm ■ easy

**Starting point: Breithalmalm car park**

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

**From Bräualm to Hohense**

**St. Nikolai**

4:00 h ↔ 10.8 km ↕ 450 hm ■ moderate

**Starting point: St. Nikolai car park**

From St. Nikolai in Grosssölkal, you will hike along pathways next to the Bräualmback, past the Dürmoos Waterfall to the Hohense. Aside from several dilapidated huts, two huts (not staffed) made of marble catch your eye. The lake itself is surrounded by high mountains and is the perfect place for a rest stop.

## Family hikes and Themed walks

**Pirkd Circular Trail**

**Michaelberg-Pruggern** Galsterberg

1:00 h ↔ 3.0 km ↕ 160 hm ■ easy

**Starting point: Galsterberg valley station**

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

**Sattental Circular Trail**

**Michaelberg-Pruggern** Sattental

1:00 h ↔ 4.2 km ↕ 60 hm ■ easy

**Starting point: Sattental car park**

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

**Putzentalm**

**Naturpark Sölktaier** Kleinsölk

3:40 h ↔ 11.9 km ↕ 300 hm ■ easy

**Starting point: Breithalmalm car park**

A tour in Kleinsölkital for the whole family. From the Breithalmalm, you will walk via a flat, pram-friendly pathway to Schwarzenbach. After a steady climb, the path ends at the Putzentalm, which is spectacularly encircled by several waterfalls. The hut also has a treat in store for the youngsters: a petting zoo.

**Mountain Village at Tuchmoaralm**

**Naturpark Sölktaier** Kleinsölk

3:00 h ↔ 7.7 km ↕ 410 hm ■ easy

**Starting point: Strieglalm way cross**

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

**Sölkpass – Traces of the Ice Age**

**Naturpark Sölktaier** St. Nikolai

2:00 h ↔ 4.9 km ↕ 300 hm ■ moderate

**Starting point: Erzherzog-Johann-Hütte car park**

Much awaits discovery along the Ice Age Path on Sölk Pass. The "Roman Road" leads you uphill via nicely maintained paths. You will learn how the landscape was sculpted during the Ice Age and the evidence still visible today. You will also read about plants and their strategies for adapting to the harsh climate.

## Panorama-Walks

**Scheibleck-Tour**

**Aich, Michaelberg-Pruggern** Galsterberg

5:00 h ↔ 10.8 km ↕ 1,130 hm ■ difficult

**Starting point: Gössenberg, Lalpoldhof**

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

**Galsterbergalm – Pleschnitzzinken**

**Michaelberg-Pruggern** Galsterberg

2:30 h ↔ 5.2 km ↕ 490 hm ■ moderate

**Starting point: Bottinghaus**

Your hike already begins at a significant elevation, next to the Bottinghaus, first through sparse forests, later through open expanses up to the summit. On the way down, you should pay a visit to the Galsterbergalmhütte and watch the namrats in action.

**Kochhofen**

**Michaelberg-Pruggern** Michaelberg

3:30 h ↔ 6.6 km ↕ 700 hm ■ moderate

**Starting point: Michaelberghaus**

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

**Großes Bärneck**

**Naturpark Sölktaier** Mößna

6:00 h ↔ 12.6 km ↕ 1,050 hm ■ moderate

**Starting point: Mößna fire station**

From Mößna, you will first hike along a forestry lane, then a steeper trail alongside the Seifriedingbach as far as the Mößnalkar. On steep sloping meadows, you now continue to the Götterscharte, and finally to the summit. If you wish, you can extend the tour even farther, descending via the Mörsbachalm to Donnersbachwald.

## Short walks and Leisurely tours

**Au-Circular Trail**

**Aich** Assach, Au

1:30 h ↔ 5.0 km ↕ 80 hm ■ easy

**Starting point: Aich centre**

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

**Pruggern-Assach Circular Trail (P2)**

**Michaelberg-Pruggern** Pruggern

1:30 h ↔ 5.6 km ↕ 80 hm ■ easy

**Starting point: Pruggern centre**

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

## Alpine Tours

**Hochwildstelle via Hans-Wödl-Hütte**

**Aich** Steirischer Bodensee

8:00 h ↔ 14.1 km ↕ 1,710 hm ■ difficult

**Starting point: Seewigal car park**

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

**Hochwildstelle**

**Michaelberg-Pruggern** Sattental

8:00 h ↔ 16.2 km ↕ 1,490 hm ■ difficult

**Starting point: Sattental car park**

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

**Stierkarsee – Goldlacker**

**Michaelberg-Pruggern** Sattental

5:00 h ↔ 12.8 km ↕ 1,100 hm ■ difficult

**Starting point: Sattental car park**

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

**Deneck**

**Naturpark Sölktaier** St. Nikolai

5:30 h ↔ 6.7 km ↕ 850 hm ■ moderate

**Starting point: Kaltenbachsee car park**

This mountain tour is highly recommended as a family hike. With three mountain lakes along the way, also hikeable in stages. From the Kaltenbachalm, you will first hike steeply uphill to the Unterer, Mitterer and Oberer Schareck. Then across the broad expanse of the Etachboden, before crossing the Schafspitz on your way up to Deneck summit.

**Hornfeldspitze**

**Naturpark Sölktaier** St. Nikolai

3:00 h ↔ 3.3 km ↕ 490 hm ■ moderate

**Starting point: Sölkpasskapelle car park**

Sölk Pass, elevation 1788 m, is the highest pass in Styria and also the starting point for this summit tour. From the top of the pass, you will reach the Hornfeldspitze in roughly 15 hours – a short, though rewarding climb! Initially, the path will lead you across a mountainside, followed by a somewhat rocky ridge to the summit.

**Hochstüben**

**Naturpark Sölktaier** St. Nikolai

6:00 h ↔ 8.7 km ↕ 890 hm ■ moderate

**Starting point: Erzherzog-Johann-Hütte car park**

From the Erzherzog Johann Hütte, you will first hike along a wide hut access lane to the Mahlfeldalm. A trail begins next to a wide cross and leads across the hillsides, crossing several small streams. The path becomes increasingly steep, through multiple switchbacks, followed by the final, not-too-difficult summit ascent.

**Knallstein**

**Naturpark Sölktaier** St. Nikolai

8:00 h ↔ 15.2 km ↕ 1,500 hm ■ moderate

**Starting point: St. Nikolai car park**

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

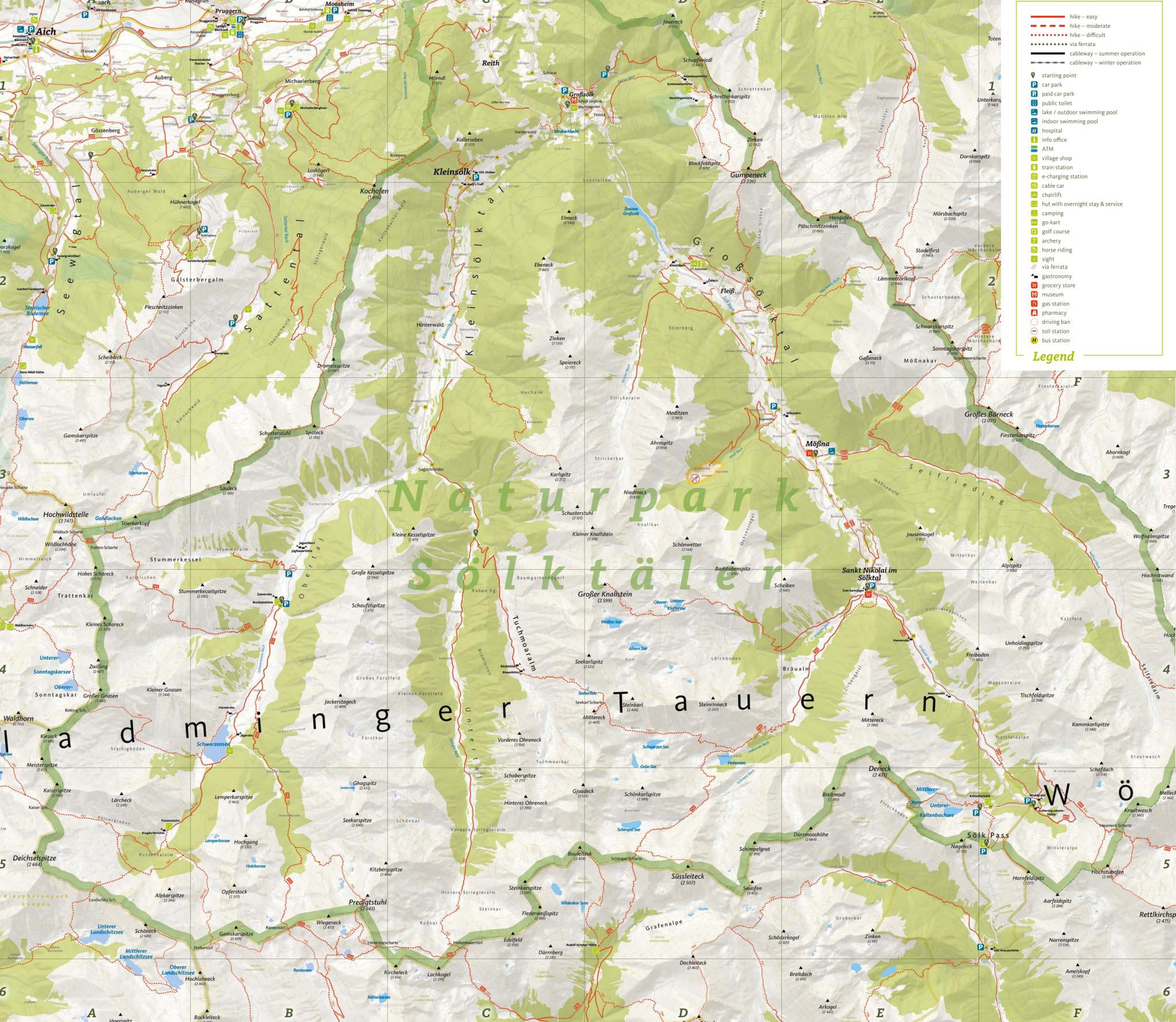
**Seekarscharte**

**Naturpark Sölktaier** St. Nikolai, Kleinsölk

7:40 h ↔ 14.3 km ↕ 1,180 hm ■ moderate

**Starting point: St. Nikolai car park**

Water in all its variants accompanies you on this long, though not difficult tour. From Grosssölkal, you will hike to the natural meanders near the Bräualm and to the Dürmoos Waterfall. You will now continue to the Hohensee and the Seekarscharte. Via the shimmering waters of the Seekarscharte, the Tuchmoaralm and the Kesslerkreuz, you will make your way back to Kleinsölkital. The valley bus will carry you back to your starting point. Be sure to consult the online timetable at schladming-dachstein.at/tourbus



## Nature and Us.

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

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



## Mutual Respect.

Due to agricultural or forestry operations (parts of) trails may be closed, diverted or affected otherwise even during high season as land owners, such as farmers and lumberjacks of course need to cultivate their land also during the summer months. Moreover, their work is an important contribution to the preservation of the natural and cultural landscape.

In terms of the good cooperation with the land owners, farmers and lumberjacks we ask for your understanding and respect for the necessary work!

## Sölktaier Nature Park Experience nature.

Picturesque mountain villages, gentle alpine pastures, wild mountain streams and impressive peaks characterize the Sölk valleys, which form the framework for one of the seven Styrian nature parks over a total area of 288 km<sup>2</sup>. This region testifies a healthy living environment for people, animals and plants, where traditions are cultivated and good things preserved. Accompanied by our nature educators, you will be able to discover nature and its secrets during a guided tour.

www.soeiktaeler.com

## Discover even more of Schladming-Dachstein

The adventure continues...

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

For a full overview, pick up your summer experience maps from our local tourist information offices.



## Summer Experiences

Even more adventures.

Even away from all these great hiking routes and tours, the Schladming-Dachstein Region has countless summer experiences in store for you – here with us, boredom simply doesn't exist! Biking or trail-running activity, the joys of mountaineering, gorge adventures, plus useful information about holidays with children, mountain lifts, and safety guidelines for use of the alpine pastures – you will find all this and more in our brochure "Summer Experiences".

If ever you prefer not to explore independently, you are always welcome to join one of our guided tours – as we know, doing things in a group is even more fun.

Complete program details can be found online at: [www.schladming-dachstein.at/weekly-program](http://www.schladming-dachstein.at/weekly-program)



## Bus Schedules

Get to your destination easily and safely.

If you would like to leave your car parked during your holidays, our buses are always available to assist. Simply kick back and allow yourself to be chauffeured to your preferred destination – our buses for hikers and bikers are there for you, ensuring that you get there safely.

Get the most out of your Sommercard: Not only will your car thank you for it, our environment will, too!

Find current timetables and complete fare information online at: [www.schladming-dachstein.at/bus](http://www.schladming-dachstein.at/bus)



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

**Imprint**  
**Editor:** Tourismusverband Schladming-Dachstein  
 General Manager: Mag. (FH) Markus Schladminger, Rammaustraße 756, 8790 Schladming  
**Concept, Design:** G.A. Service GmbH, ga-service.at  
**Photos:** Christoph Lakas, Karin Wiedner, Christoph Huber, Gerhard Pilz, Paradies Ennstal, Veronika Grünbacher-Berger  
**Cartography:** © Printmaps.net (OSM) | **Processing:** Gerhard Pilz  
**Print:** Samson Druck GmbH | **Status:** April 2023  
 Subject to changes, printing and typesetting errors.