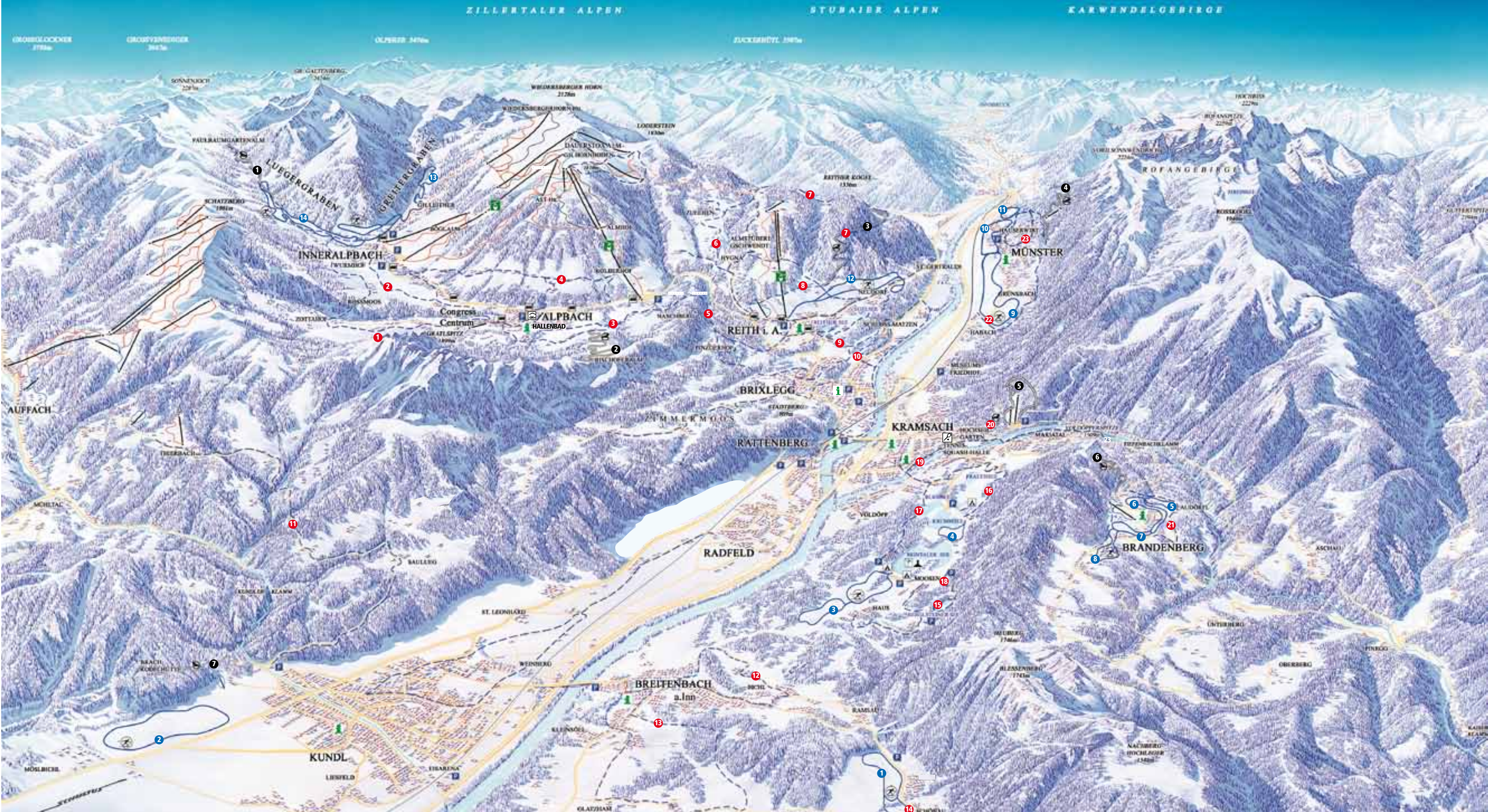


# Winter walks, cross-country trails and toboggan runs



## ● Winter walks (red dots)

1. Oberer Höhenweg Alpbach – Inneralpbach
2. Mittlerer Höhenweg Alpbach – Inneralpbach
3. Ausserland/Hausertal walk – Alpbach
4. Alpbach-Neader walk
5. Alpbachtaler Höhenweg
6. Hygna – Hechenblaiken
7. Reitherkogel panorama walk
8. Reitherboden circular route
9. Matzen Park walk

## ● Cross-country trails (blue dots)

10. Burgenwanderweg (eastle walk)
11. Saulueg – Thierbach
12. Bichl circular route – Breitenbach
13. Waldtal path – Breitenbach
14. Schneerosental path – Breitenbach
15. Lake Berglstein path – Breitenbach
16. Panorama path Pulvererhof – Kramsach
17. Lake Reintal walk
18. Scenic walk Lake Berglstein
19. Cultural walk – Sculpture Park
20. Waldwanderweg (forest walk) Hilaribergl monastery

## ● Toboggan runs (black dots)

21. Village walk – Brandenberg
22. Villagewalk – Münster
23. Besinnungsweg (path to contemplation) Grünangerl
5. Audörf trail Brandenberg (medium difficulty)
6. Schönau trail Brandenberg (medium difficulty)
7. Village trail Brandenberg (easy)
8. Obergründl trail Brandenberg (medium difficulty)
9. Grünbach trail Münster (easy)
10. Haus trail Münster (easy)
11. Hauserswies trail Münster (easy)
12. Village trail Reith i. A. (easy)
13. Greitergraben trail Inneralpbach (difficult)
14. Luegergraben trail Inneralpbach (medium difficulty)

## Other explanations:

- Green I = Tourist information offices
- Blue P = public parking
- Black bus = Ski bus stops
- Black line = lifts
- Red + black waded line = pistes in skiing area

## Winter walks

### 1. Oberer Höhenweg Alpbach – Inneralpbach A 8

Walking time: approx. 2.5 hours  
Starting point: Alpbach village centre  
Parking: Lukassen car park/garage (near the fire brigade building)  
Pass the church walking towards the Congress Centre and on to the Hotel Alpbach continuing on to the crossroads Zottahof/Roßmoos. Crossing the bridge continue on towards Roßmoos - Jausenstein Wurmhof. Follow the signs via the "Talgraben" towards Inneralpbach. There are 3 possibilities to get back to Alpbach: walk along the Mittlerer Höhenweg or along the main road or take a bus.

### 2. Mittlerer Höhenweg Alpbach – Inneralpbach

Walking time: approx. 3 hours  
Starting point: Alpbach village centre  
Parking: Lukassen car park/garage (near the fire brigade building)  
Pass the church towards the Hotel Alpbacherhof until you reach a small bridge. Cross the bridge taking the path to your right – cross the Mühlbach bridge, keep to the right along path A4 – Stöffern – path A7 (Mittlerer Höhenweg) Stättau – A7 – Rading – Volksschule Inneralpbach – follow the main road out of the valley (approx. 200m) – after the fire brigade building turn left crossing the Alpbach stream – path A11 – Ausserache – Ausserkerferner – to Dornegg – Klingler – Oberhaus – path A9 – direction Gasthof Kolberhof – along the road downhill to the bridge – turn left walking towards the recycling yard Alpbach – approx. 100m out of the valley. Turn right before the bridge taking the foot path to Alpbach – Unterknölln – Alpbach village.

### 3. Ausserland/Hausertal walk – Alpbach

Walking time: approx. 1 to 2.5 hours  
Starting point: Alpbach village centre  
Parking: Lukassen car park/garage (near the fire brigade building)  
Walk pass the Hotel Post along the road/path A2/R20 crossing a small bridge continuing along the road passing the Aussermoos-hof onwards uphill until you reach the Hausertal crossroads. Turn right towards Bischofen – walking on to the Innerbischofen and Aisten farms. Take the path through the woods bringing you to the Teit hamlet – cross the bridge (approx. 50m) bearing right. At the next crossroads bear left (approx. 50m) and take the next path to your right leading down to the village centre.

### 4. Alpbach – Neader walk

Walking time: approx. 2 to 5 hours  
Starting point: Alpbach village centre  
Walking time: approx. 2 to 5 hours  
Starting point: Alpbach village centre  
Parking: Lukassen car park/garage (near the fire brigade building)  
Take the path to the left of Souvenir Reichschüller (before the church on the right). Bear left walking towards the Lagerhaus along the road leading to the Alpbachtaler Landesstraße (country road) – walking approx. 150m out of the valley – before actually reaching the Lagerhaus take the bridge to the left leading to path A9. Continue uphill through the woods to the Oberhaus farm – bear to the right towards the Gasthof Kolberhof – following the road down to the bridge. Turn right walking along the Landesstraße until you reach the Lagerhaus. Take the way you came to get back to the village centre and your starting point.

### 5. Alpbachtaler Höhenweg

Walking time: approx. 3 hours  
Starting point: Reith i. A. village centre  
Parking: Reitherkogelbahn car park  
Departing from the village centre turn right in front of the Hotel Kirchenwirt and walk towards the hamlet Mayrhof. Cross the bypass road walking straight on towards Alpsteg (R20). Continue uphill along the road until you reach the turnoff for the Pinzgerhof. Turn right onto the R24 and along the R20 until you reach Alpbach (A2). We suggest taking the bus back to Reith.

### 6. Hygna – Hechenblaiken Reith walk

Walking time: approx. 1.5 hours  
Starting point: hamlet Hygna (Reith i. A.)  
Take the road to the left of the Hygna chapel (R18) towards Neader until you reach the Zulechenhof (R19). Continue on to the Hechenblaikenhof – walk back the same way. TIP for a circular route: Follow the above description taking the path to the right of the Zulechenhof R34 – follow the path to the Reitherkogel. Upon reaching the Reitherkogel and a road (R14) bear right. The road takes you back down to Hygna. (Walking time approx. 3.5 hours)

### 7. Reitherkogel panorama walk

Walking time: approx. 3 hours  
Starting point: Reitherkogelbahn bottom station  
Parking: Reitherkogelbahn car park  
Take the Reitherkogelbahn – upon arrival bear left of the Nisshof (R11) until you reach the next fork. Turn right and walk towards the Hinterkogelhof, walk downhill along the panorama path (R29) towards the valley and the Hub chapel. From this point it's only a few minutes back to the village centre.

### 8. Reitherboden circular route (R2)

Walking time: approx. 1 hour  
Starting point: Reith i. A. village centre  
Parking: Reitherkogelbahn car park  
Leaving the village centre turn left after the church and follow the lakeside path until you reach the road – turn right and upon reaching the Alpbachtaler Kinderpark (only open in summer) turn left into the hamlet Ried. Walk on to the Reither Almen take the path along the edge of the woods until you reach the Brandachhof (please be careful of its necessary to cross a ski piste!). Turn left and return back to the village centre.

### 9. Matzen Park walk

Walking time: approx. 2 hours  
Starting point: Reith i. A. village centre  
Parking: Reitherkogelbahn car park  
Starting from the village centre walk through the archway at the Hotel Kirchenwirt until you reach the Kleiderhaus Gschösser. Take the footpath leading to the hamlet Percha (RS). At the Nachtschaten-hof turn left – the path leads past the Jägerhäusl and takes you to the Matzen Park. Walk back taking the same path. Alternative: take the path back to the Nachtschattenhof and walk on to Mühlbichl. Cross the main road walking past the hamlets Haidach and Bischofsbrunn back to Reith village centre.

### 10. Burgenwanderweg (castle walk)

Walking time: approx. 1.5 hours  
Starting point: Matzen Park  
Parking: Matzen Park parking lot  
From the entrance to Matzen Park walk towards „Lipperheide“ castle. Continue through the beautiful park towards „Matzen“ castle. The path continues behind the castle leading to Brixlegg/Weng. Cross the road after the curling alley and tennis courts and continue on until you reach the River Inn. Walk towards the West alongside the river to „Lichtwehr“ castle and from there direction main road. Crossing the road will bring you to where you started off.

### 11. Saulueg – Thierbach

Walking time: approx. 2.5 hours  
Starting point/parking: Kundl Gorge car park. Leaving the car park walk along the tarred road (14 % gradient) to Saulueg until you reach a crossroads. Walk along the fat and continue along an uphill leading gravel path. At the following tarred road (50 m) to the right is the Jausenstein Klinglerhof) turn left. After approx. 2.5 hours you reach Thierbach. Take the same route back.

### 12. Bichl circular route – Breitenbach no. 7

Walking time: approx. 1 – 1.5 hours (circular route)  
Starting point: Breitenbach village centre  
Parking: village centre car park (at no charge)  
The walk begins in the village centre and leads from the church in northerly direction to the „Kämpfer Chapel“ (approx. 300 m). Turn left and follow the no. 7 path (St. James Path) through fields and woods, cross the main road and take the underpass. The path leads in an easterly direction through the hamlets „Bichl“ and „Ramsau“ to the fuelling station – turn right and walk along the village road back to the starting point.

### 13. Waldtal path no. 3 and 4 – Breitenbach

Walking time: approx. 3 hours (circular route)  
Starting point: village centre  
Parking: village centre car park (at no charge)  
Walk from the village along the road in a northerly direction to the „Kämpfer Chapel“ (left hand side of the road), turn right and take the pavement leading uphill for 2 km to the Gasthof Krämerwirt. After the Gasthof take the immediate left and follow the no. 3 path through fields to the Grattau woods. Walk straight through the woods via the no. 4 path to the „Waldtal“ and „Haschl“ farms. Turn right after the farms walking past the „Egler“ pond and after approx. 500 m turn right again. The path leads past „Untermoos“, „Ried“, „Berg“ (ideal viewpoint) to the

„Gatterer Chapel“. Walk past the Gasthof Krämerwirt taking the path immediately to the left (no. 2) and walking through the Buchen woods back to the starting point. Several Regiobus stops along the way!

### 14. Schneerosental path no. 6 – Breitenbach

Walking time: approx. 2 hours (circular route)  
Starting point: Schönau  
Parking: village car park, (Regiobus), cross-country car park Schönau: it's easiest to use the Regiobus from the village centre to Schönau. From there walk to the cross-country trail and turn left on to the no. 6 path. The path leads straight ahead through the Schneerosental and once you reach a tarred road crossing through the Schneerosental turn left. After approx. 500 m turn left again continuing along the road to reach the starting point (bus stop, Schönau). This walk is an easy walk and boasts many remarkable features – tranquility and beautiful scenery.

### 15. Lake Berglstein path no. 11 – Breitenbach

Walking time: approx. 1 hour  
Starting point: Haus  
The path leads from the hamlet Haus (chapel) uphill past the „Asper“, „Berghof“ and „Salberg“ farms to the natural gem Lake Berglstein. The circular route around the lake takes approx. 15 – 20 minutes. You can return along the same path or follow the gravel road behind the restaurant Berglstein. See down towards Lake Reintal. Take a bus back to the starting point (Breitenbach - hamlet Haus).

### 16. Panorama path Pulvererhof Kramsach

Walking time: approx. 1.5 hours  
Starting point/parking: Kramsach tourist office  
Starting from the tourist office cross the Dufner bridge and walk straight on along the Seebühel path past Pension Christoph and on to the water wheel. Turn left and walk on to the Sommerger mill and continue steeply uphill past the Pulvererhof and along the Höhenpanorama path. Pass the well house and walk downhill to Lake Krumm. Walk back passing the water wheel along the Seebühel path to the tourist office.

### 17. Lake Reintal path

Walking time: approx. 1 hour  
Starting point/parking: Kramsach tourist office  
Starting from the tourist office cross the Dufner bridge and walk straight on along the Seebühel path to Pension Christoph turn right and walk through the woods to the „Windthogel“. Continue on about 500m walking towards the camping site. You can either walk to the left down to Lake Reintal along the lakeside path or to the right to Lake Reintals' East bank and walk around the lake – approx. 30 minutes. There are several places alongside the lake to stop off at and have a snack or a drink.

### 18. Scenic path Lake Berglstein

Walking time: approx. 40 min.  
Starting point/parking: Lake Reintal car park East  
Walk along the footpath (approx. 25 minutes) - gentle gradient – to the Wirtshaus Berglsteinsee (restaurant). A walk around the scenic lake takes approx. 20 minutes. A hidden natural gem.

### 19. Cultural walk – Sculpture Park

Walking time: approx. 45 min.  
Starting point/parking: Kramsach tourist office  
Leaving the tourist office walk along the stream to the tennis centre. At the tennis centre there is a sculpture made by the Kramsach artist Alois Schild. The sculpture was created to celebrate the friendship between Japan and Kramsach: Freundschaftsverein Japan-Kramsach – partner town Azumino. On the other side of the stream is the 500 year old Troadkasten, where the cultural exchange club „Freunde Zeitgenössischer Kunst“ is based. After crossing the road walk through the idyllic Triftrechen Park and cross the newly erected Trift Bridge. To the left the Radetzky path leads past the Glasfachscheule to the pilgrimage basilica Mariatal and on to the Sculpture Park.

### 20. Waldwanderweg (forest walk) Hilaribergl monastery

Walking time: approx. 1 hour  
Starting point/parking: Kramsach lift car park  
Start off from the Kramsach lift car park South of the Liftstüberl. This is where the fitness mile with great new exercising stations starts. Passing the high ropes garden continue along the path through the woods until you reach the Hilaribergl monastery. Return taking the tarred road to the hamlet Winkl and walk along the edge of the woods back to the lift car park.

### 21. Village walk Brandenberg

Walking time: approx. 1 hour  
Starting point/parking: Brandenberg church  
The starting point is also the beginning of the cross-country trail (next to the church) – walk alongside the trail following the signs for Wintervandeweg.

### 22. Village walk Münster

Walking time: approx. 2.5 hours  
Starting point/parking: Münster tourist information office  
Depart from the tourist information office via the Leiten path to the hamlet Frax, on to Kronbichl and via Grünbach to Habach. When you reach „Frischdienst Lamplmayr“ cross the road – continue on through the fields to the rail underpass Zoben. Turn left and after the underpass bear right. Pass old wooden huts walking in a westerly direction until you reach the rail underpass in Hof – turn right and after approx. 150 m turn right again walking next to the cross-country trail leading to the sports ground. Return back to the village centre.

### 23. Besinnungsweg (path to contemplation) Grünangerl

Walking time: approx. 1.5 hours  
Starting point/parking: Münster village centre  
Walk from the old village water-trough past the music pavilion along path R2 to the Grüngerl chapel in the woods. Backtrack approx. 150 m and turn right following the path R1 to the Hauserswies. Walk towards the village passing the „Berghof“ – a listed building. After 200 m you will reach the „Dorfinstallateur“, cross the road. Return to the village centre via the hamlet Hof - Hofler chapel. Along the path leading to the Grünangerl chapel you will see an unusual and different Stations of the Cross. The stations depict simple but impressive images of modern day events created on large granite stones by the local artist Hartwig Unterberger. Each image is accompanied by a suitable verse from the bible. ...

## Cross-country trails

### 1. Schönauer Trail – Breitenbach

Type: classic + skating  
Difficulty: easy (link to other trails - medium difficulty and difficult)  
Length: approx. 15 km  
Parking: Cross-country car park Schönau  
Wonderful, quiet location removed from traffic routes. The trail leads via a circular route to Mariastein and Angerberg. A skating trail runs parallel to the classic trail. Experienced cross-country skiers can opt for a more demanding route. Inclinations and descents make for a varied and interesting trail to Angerberg. Depending on where you enter the trail you can ski up to 25 km choosing between, medium difficulty and difficult. Several Regiobus stops can be found along the way.

### 2. Schießstand (shooting range) trail Kundl

Type: classic  
Difficulty: easy, length: approx. 3.5 km  
The trail begins at the Kundl shooting range – the car park is the start and finish and the trail runs alongside the woods.

### 3. Lake Reintal trail East Kramsach

Type: classic, difficulty: easy, length: 7 km  
Tip: in the evening the upper part of this trail is floodlit! Access to the trail is near the Hafingserhof. The trail leads past the Museum of Tyrolean Farmhouses towards Breitenbach and loops back. Ideal for beginners!

### 4. Krummsee trail in Kramsach

Type: classic + skating  
Difficulty: medium difficulty, length: 0.8 km  
Short trail in a beautiful setting between Lake Reintal and the Krummsee with gentle gradients; ideal for practicing.

### 5. Audörf trail Brandenberg

Type: classic  
Difficulty: medium difficulty to difficult, length: 5.5 km  
The trail starts next to the church. Up until Schönau follow the descriptions for the Schönau trail (no. 7). From Schönau ski down the slope (steep) to Audörf. Cross the road and follow the circular route back to the starting point.

### 6. Schönau trail Brandenberg

Type: classic  
Difficulty: medium difficulty, length: 2.5 km  
Follow the descriptions for the Dorf trail then cross the road at „Koglhöhe“. Ski out of the valley towards the „Schneiderbauer“ on to „Schönau“ and back to the starting point.

### 7. Dorf trail Brandenberg

Type: classic + skating  
Difficulty: easy, length: 1.5 km  
The trail starts at the church. Course: a circular route over an open field back to the church. A skating trail runs alongside the classic trail.

### 8. Obergründl trail Brandenberg

Type: classic + skating  
Difficulty: medium difficulty, length: 4.5 km  
Start from the church. At the „Vogelweg“ cross the main road. Follow the trail to the „Angerleuten“ from there ski through the woods until you reach the road. Cross the road and ski over an open field until reach „Gründl“. Follow the trail to the road, cross the road and ski through the woods, down a slope to the main road and back to the church.

### 9. Grünbach trail Münster

Type: classic + skating  
Difficulty: easy, length: 6 km  
The start/finish is at the sports ground (parking). Course: over fields, passing the outdoor swimming pool – after crossing the road – continues through Asten - Habach to Grünbach and back. A skating trail runs parallel to the classic trail.

### 10. Haus trail Münster

Type: classic  
Difficulty: easy, length 4 km  
The start/finish is at the sports ground (parking). Course: over fields passing the outdoor swimming pool – after crossing the path the course continues through Asten - Habach to Grünbach and back. A skating trail runs parallel to the classic trail.

### 11. Hauserswies trail Münster

Type: classic  
Difficulty: easy, length: 3 km  
The trail starts at the „Gleissenberger“ farm next to the Hotel Hauserswies (parking). Course: the circular route leads over fields alongside the woods back to the starting point. All three trails in Münster are interconnected!

### 12. Village trail Reith im Alpbachtal

Type: Classic  
Difficulty: easy, length: 5 km  
Start: Reitherkogelbahn bottom station  
The trail leads via the hamlets Kirchfeld – Ried to the Hotel Pirchnhof – Neudorf – and back. Note: The trail can only be prepared snow conditions permitting.

### 13. Greitergraben trail Inneralpbach

Type: classic  
Difficulty: difficult, length: 11 km  
The start is next to the Hotel Wiedersbergerhorn. Follow the trail alongside the Lueger stream for approx. 400m, cross the road and after another approx. 400m the trail reaches a junction. Follow directions for Greitergraben and after approx. 1 km the trail reaches the crossroads „Zettenkurve“. The trail winds through fields until it reaches the Salcher bridge. In part the descent follows the forestry road for approx. 1 km until it reaches the „Greiterack“. Follow the trail through fields to the starting point start and finish.

### 14. Luegergraben trail Inneralpbach

Type: classic and skating  
Difficulty: medium difficulty, length: 6 km classic, 4 km skating  
The trail starts at the Hotel Wiedersbergerhorn, leads over the bridge and runs alongside the Lueger stream leading into the valley and the „Bubenkapelle“. The trail continues on to the car park „Hochberg“ and alongside the river to the turning point „Kühnl“. The skating trail runs parallel to the Luegergraben trail and ends at the „Hochberg“ car park. Return back to start and finish.

## Toboggan runs

### 1. Faulbaumgartenalm Inneralpbach

Walking time: approx. 1.5 hours  
Length: approx. 5 km  
Parking/start: Hochberg car park  
Inneralpbach, left hand valley > Luegergraben, crossing a small bridge to the Faulbaumgartenalm (please note: motorised traffic is not authorised after Hochberg). Aim hut serving food & drinks - for information please call Tel: (0699) 11139936 or (0664) 656 18 48

### 2. Bischofer Joch - Bischoferalm Alpbach (floodlit)

Walking time: approx. 3.6 km  
Parking/start: Bischofen farm Alpbach  
Depart from the Bischofen farm (special „Alm“ taxis can be booked in advance: tel.: 0676 504 96 75), closed on Mondays – daily events such as Alm disco, tobogganing and fun evenings and music played by your host Franz Kostezner. Floodlit toboggan run from the Bischoferjoch (small huts) – stop offs (Aussichtshütte, Kuhlmeibär, Bischoferalm) down to the Bischofen farm.

### 3. Panorama path Reitherkogel

(challenging toboggan run/walk, R29)  
Walking time: approx. 30 minutes  
Length: 6.5 km  
Parking/start: Reitherkogelbahn car park  
Take the Reitherkogelbahn gondola – on arrival walk past the left of the Nisshof to the next fork in the path. Turn right towards the Hinterkogelhof, toboggan down the panorama path into the valley to the Hub chapel. From the chapel it's only a few minutes walk to the village centre.

### 4. Höllenstein toboggan run Münster

Walking time: approx. 1.5 hours  
Length: 4 km (thereof 1.5 km in the lower segment floodlit)  
Parking/start: Kronbichl (540 m) – on foot to the start at Höllenstein (890 m). Suitable for families, snow-sure. Every Saturday from 1.00 - 5.00 p.m. the tobogganing hut is open – drinks/food. Moon light tobogganing – the tobogganing hut is also open from 5.00 - 10.00 p.m. Further local eateries/taverns in the village.

### 5. Toboggan run Hilaribergl - Kaltes Wasserl Kramsach

Walking time: approx. 30 minutes  
Length: ascent 2 km, descent 1.5 km  
Parking/start: Kramsach lift car park  
From the car park walk up the former Almweg until you reach „Kaltes Wasserl“. Toboggan down the wide forestry path into the valley to the Hilaribergl. Upon your arrival at the car park stop off for a warming drink and something to eat.

### 6. Brandenberg toboggan run (floodlit)

Walking time: approx. 30 minutes  
Length: 1.5 km  
Parking/start: car park at the beginning of Brandenberg (on the right after the sports ground)  
Take the toboggan run up to the Rodelhütte (closed on Mondays and Tuesdays). The Rodelhütte is open from 7.00 p.m. and the run is floodlit (open daily during Christmas).

### 7. Kragenalmtoboggan run Kundl

Walking time: approx. 45 minutes  
Length: 1.7 km  
Parking/start: Schießstandgebäude (shooting range) car park  
Take the forestry road up towards the Kragenalmt (unfortunately at present no refreshments available at the hut). Toboggan down.