Legend

	negena		
Ş	suitable for strollers	→	one way
F	toll, parking fee or entry	√ _⊳	there & back
ē	gondola	P	roundtrip
Æ	chairlift	∱↓	altitude (up- / downhill)
H	film location "Die Bergretter"		difficulty level
X	dogs not allowed		starlit places
VA1	starting point with grid square	Å.	construction site: more informations:
\odot	walking time		schladming-dachstein.at/ hauser-kaibling

Reconstruction of the cable cars Senderbahn Hauser Kaibling and Mitterhausalm 1

Due to the construction of new cable car facilities during the summer season of 2025, there may be partial route diversions or closures, meaning that certain routes are not accessible or passable as usual. Please follow the signposting on site. You can find all information at:

schladming-dachstein.at/en

Water-Hikes

Ahornsee	:		A3
Haus			Weißenbach
🔆 5:10 h	⊲ — [▶] 11.2 km	∱ ↓ 820 vm	moderate
Starting poi	nt: Gradenbachta	l car park	
During this hi	ke to the Ahornsee,	you will experience v	vater 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, 4.7 km and 240 meters of altitude!



Salza Waterfall 🍋	Salza Waterfall 💫	
Mitterberg-St. Martin		Salza
⑦ 1:00 h <-> 4.0 km	∱ ↓ 50 vm	easy
Starting point: Salza car parl	¢	

The hike to the Salza Waterfall is a nature experience for the whole family. You will follow the Salzachbach 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
Sölktäler Nature Park	Großsölk

moderate

√ 2.1 km
↑
↓
200 vm 1:00 h

tarting noint: Schloss Großsölk car na This hike is short, yet rewarding. In half an hour, you will hike to the imposing Strubschlucht, a canyon dividing the Klein- and Grosssölktal valleys. Bridges twice take you across the Kleinsölk- and Großsölkbach streams. The perfect place to pause and collect your thoughts. During a guided hike of Sölktäler Nature park, you will be able to marvel at the difficult-to-access wash-outs in the marble rock.

Family-Hikes & Themed-Hikes

In the foo	In the footsteps of the pioneers 🖻		🕅 А4	
Haus			Hauser Kaibling	
🕑 0:45 h	> 2.1 km	🚽 440 vm	moderate	

Starting point: Tauern Seilbahn mountain station On the path from the Krummholzhütte to the mountain station of the 8-passenger gondola, 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 🖾 😽		🕅 B:	
Gröbming			Stoderzinker
🕑 1:00 h	⊲ _ ⊳ 3.0 km	个 150 vm	easy

Starting point: Rosemialm 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 the Ennstal.

Gröbming long-distance-hiking-Trail (G13) 🕅			
Gröbming			Gröbming
💛 3:00 h	🖓 11.0 km	↑↓ 240 vm	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, Mautdörfl and the race track in Gröbming back to the center of town.

F.X. Mayr Path			V C2	
Gröbming			Oberwinkl, Lend	
💛 3:30 h	⊲ _ ⊳ 13.3 km	∱ ↓ 170 vm	moderate	

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.

Baumhor	Baumhoroskop Path		
Michaelerbe	erg-Pruggern		Kulm
🔿 1:00 h	🖓 2.1 km	수 ↓ 140 vm	easv

Starting point: car park below Ackerl farm The Baumhoroskop 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 Schneerosenhügel.

The Panorama Trail 100 is a circular hiking trail with a length of 116 kilometres. It leads left and right alongside the Enns at an altitude of 700 to 1,300 metres and is therefore wonderfully accessible from May onwards.

Viehberg	alm – Miesbo	densee 😽	🖗 B2
Gröbming			Lend, Öfer
🕑 4:00 h	⊲— [⊳] 13.2 km	ት∲ 790 vm	moderate
Starting poin	nt: Gröbminger Le	nd	

At the start of this tour, you will hike through the Öfen – 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 minutes away, the Miesbodensee is an almost circular moorland lake and an extraordinary gem in the beautiful landscape.

Birgseiten Loop (P3) Michaelerberg-Pruggern		
	ern	

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. Following them and with the Dachstein in sight, you stroll back to Pruggern.

Prenten A	🕈 D1		
Mitterberg-	Lengdorf		
🕑 1:45 h	💎 5.7 km	☆↓ 335 vm	moderate
This hike brir hike along fo will come to see Lengdor	rest paths directly the beautiful com f and the Mitterbe	he Kammspitze. From at the foot of the mo munity of Prenten, fi erg. The "Masler Gas to your original starti	ountain. Finally, you rom where you can ssl", an easy hiking
Gersdorf	Loop (M2) 🗧	6	D2

Gersuorr		10	
Mitterberg-	Sankt Martin		Mitterberg
🕑 0:45 h	🖓 2.8 km	ት ↓ 20 vm	easy
Starting poi	nt: Hotel Häuser	l im Wald	

You don't have to conquer any major inclines on the Gersdorf loop of the Mitterberg-Sankt Martin exercise arena (M2). Instead, you will experience great scenic impressions and varied terrain on the walk through the Mitterberg district of Gersdorf: forest and meadow paths as well as gravel and tarmac. A leisurely circuit suitable for strollers.

Marathor	n Course (M1)		🕅 D:
Mitterberg-	Sankt Martin		Mitterberg
🕑 4:45 h	🖓 17.8 km	∱ ↓ 405 vm	moderate

Starting point: Mitterberg - St.Martin townhall 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 "Motion Arena", featuring a total of 14 clearly marked hiking, running and Nordic-walking trails totaling 70 kilometers in length.

Gumpeneck Geo Hiking-Trai	l 🛛 🛛 🖗 E3
Sölktäler Nature Park	Großsölk
Solution Stress Str	00 vm 📕 moderate
Starting point: Koller car park	

On this hiking loop, you will experience for yourself how the mountain landscapes of the Sölktäler 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 in the Sölktäler".

Panorama-Hikes

Mountain Tour to Bärfallspitze 🖻			🕅 🗛
Haus			Hauser Kaibling
💛 4:00 h	🖓 7.3 km	∱ ↓ 500 vm	moderate

tarting point: Tauern Sei 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 welltrodden hiking paths and steadily gain elevation, finally coming to the goal of this tour, the 2,150 m summit of the Bärfallspitze.

Alpine Hike from Stoderzinken	
across Grafenbergalm to the Kufstein	Lal

Gröbming, Aich		Stoderzinken
📀 6:30 h → 15.8 km	1	difficult
Starting point: Rosemialm car	park	

B2

Starting at Rosemialm 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 Burgstaller in Ramsau-Rössing.



FIOM ASSach to Stouerzmiken			V D 3
Aich		Assac	h, Stoderzinken
💛 4:00 h	⊳ 8.8 km	∱ ↓ 1,300 vm	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 bunnies.

Freienstein			B 3
Aich			Assach
🕑 2:45 h	⊲ _ [⇒] 5.4 km	∱ ↓ 460 vm	difficult

Starting point: Assacher Tenne Although 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 vm.

Additionally, you can also climb the Freienstein via Gröbming Adventure Park. Though also in this case, you should exercise caution.

Stoderzin	ken and Frie	denskircherl		🕅 B2
Gröbming			Stode	rzinken
🕑 2:30 h	⊲ _ [⊳] 4.1 km	∱ ↓ 400 vm	📕 mo	derate
Starting poir	nt: Rosemi car par	k		

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 Florasteig 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.

ck via Öblarn		🕅 E2
		Öblarr
√ — [▶] 13.3 km	∱ ↓ 1,300 vm	moderate
nt: Schattenberg	straße car park	
	⊲ 13.3 km	

beautiful scenic mountain. You begin your hike on forestry lanes leading to the Schupfenalm. Via the Schönwetterberg and Schrettenkarspitze, you continue along a scenic ridge. Just before the final summit ascent, you will drop down through a field of boulders, before finally reaching the top of the Gumpeneck.

Gumpeneck			E 3	
Sölktäler Nature Park			Großsölk	
🔆 6:00 h	⊲— [⇒] 11.8 km	∱ ↓ 1,100 vm	moderate	

Starting point: Koller car park The striking Gumpeneck is also one of the most scenic summits in the Sölktäler. 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	g Loop 😪		🖗 E2
Öblarn			Moosberg
🕑 2:20 h	🖓 7.9 km	∱ ↓ 200 vm	easy

Starting point: Öblarn centre In Öblarn, you take a leisurely stroll through the village before heading up to the plateau of Sonnberg and Moosberg. There, you can enjoy a magnificent view of the Grimming, before descending via a forest road

to Niederöblarn and returning to Öblarn along the Enns Cycle Path.

Short-Walks and Leisurely-Tours

Sonnberg Loop No.6			A3
Haus			Weißenbach
💛 3:45 h	🖓 14.3 km	∱ ↓ 320 vm	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 Kneipp pool in Weissenbach and the Siebenbrünn interactive path. The best views are from the Sonnberg, though the idyllic small village of Weissenbach is also quite enchanting.



Weißenbach	1		Weißenbach
🔆 1:45 h	🖓 4.7 km	∱ ↓ 180 vm	easy
Starting poi	nt: Weißenbach	centre	
A walking tou	r for the whole fan	nily through the most b	peautiful cadastral
0		/illage square in Weisse	
,	,	I walk past the charm	
with beautif	. 1	ssweg", which will also	0 0

Starting poin	nt: Aich centre		
🕑 1:50 h	🖓 7.3 km	∱↓ 60 vm	easy
Aich, Haus			Weißenbach
Lärchscha	achen Path N	Io. 10 📓	🕅 B3
playground. Adventures for big and small are definitely guaranteed!			

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.

Kulmleiten Loop (G1)			C:
Gröbming			Gröbming
🕑 0:30 h	🖓 2.0 km	∱ ↓ 50 vm	easy

Starting point: Kurpark Gröbming From the Kurpark in Gröbming, this tour takes you gently uphill along pleasant paths to the top of the Kulmleiten. 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 wMitterberg. Finally, the Gradieranlage in the Kurpark provides for a refreshing conclusion.

Equipment

A good backpack is helpful and for routes in alpine terrain, a hat, gloves, a warm jacket and trousers are part of the basic equipment.

Waterproof shoes with non-slip soles, sunglasses, sun protection, and sufficient drinks are essential. A charged phone, torch, maps, knife and a small first-aid kit should also be part of it.

For multi-day hikes we suggest a backpack with a capacity of around 40 litres.

Mitterberg-	Sankt Martin		Sankt Martin
🕑 1:00 h	🖓 3.3 km	∱ ↓ 220 vm	moderate
Starting poi	nt: Sankt Martin		
From St. Mai	tin am Grimming,	, this hike leads to a	ı beautiful viewing
platform at th	ne foot of the Grim	ming. You will follow	the Mitterbach and
climb via a sł	nort, rather steep f	forest trail. Along the	way, there are two
"mountain w	indows" that fra	me the beautiful al	pine world which

surrounds you and are the perfect motif for a memorable photo souvenir. Short Enns Loop **E2** ⑦ 0:45 h ♀ 3.2 km ↑↓ 10 vm

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.

Short Enns Loop		🛛 🚺 💽	
Öblarn			Öblarn-Niederöblar
🕑 2:00 h	🖓 7.9 km	∱ ↓ 30 vm	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.

Walchental Hiking-Trail 🍃		🕅 E	
Öblarn			Walche
💛 3:00 h	⊲ – [⊳] 10.8 km	≙ 250 vm	easy

Starting point: Öblarn centre

From Öblarn, you will walk next to the Walchentalbach into the remote Walchental 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 a guided tour of the "Öblarn Water Experience", you can find detailed information at **wassererlebnis-oeblarn.at**.

Niederöblarn Loop 🍃			
Öblarn			Niederöblarn
🔆 1:20 h	🖓 4.5 km	∱ ↓ 140 vm	easy
Starting point: Gasthof zum Grimmingtor car park 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 Gritschenberg. 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 (R7) back to your starting point.			

Lakeside-Trail Niederöblarn			🕈 F1
Öblarn			Niederöblarn
🕑 0:30 h	🖓 2.1 km	∱ ↓ 10 vm	easy
Starting poi	nt: Sportsarea G	rimming	

In barely half an hour, this leisurely walk takes you from the sports area in Niederöblarn to the peaceful Ennsau outside Niederöblarn. There, vou 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 vm	difficult
The Kammsp destination o hike uphill vi ascent acros rocky and s	f this attractive mo a a sunken pathwa s the northern flank	mmit just outside of (ountain tour. From G ay and then a trail. < of the mountain is p Once you've reach	röbming, you will The final summit particularly steep,
Hangofer	ı via Englitzta	1	🕅 F3
Öblarn			Öblarn

Öblarn			Öblarn
📎 5:00 h	⊲ _ [⊳] 12.4 km	∱ ↓ 1,060 vm	difficult
Starting poi	nt: ÖAV Berghaus		

Walchental 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.





Exercise Arena Gröbminger Land

The Gröbminger Land exercise arena comprises 20 multi-faceted tours of varying degrees of difficulty in and around the communities of Gröbming, Mitterberg-Sankt Martin and Michaelerberg-Pruggern. Panoramic boards provide information about the trail conditions and starting points. Tour details such as altitude profiles, length, locations etc. can also be scanned and digitally accessed for each tour using QR

Friedenskircherl **Church on Stoderzinken**

"What shall I write in these mountains full of sunshine? I can only be silent in prayer and be blessed." Over 100 years ago, the famous local poet Peter Rosegger was already aware of the beauty of the Friedenskircherl at 1,898 metres above sea level. Just a 30-minute walk away, the small church nestles like an eagle's nest above the Enns Valley and offers an overwhelming view. If you ring the church bell, your wish will be granted!

Guided Sunrise Hike

Standing on the summit of the Stoderzinken early in the morning, before the first rays of sunshine, is a special experience. Followed by a forti-fying breakfast on the mountain - what could be better? Take part in the guided hike and find out more here:

schladming-dachstein.at/sonnenaufgang-stoderzinken

Guided Notgassen Hike

The Notgasse, part of the Hallstatt-Dachstein/Salzkammergut UNESCO World Heritage Site, provides a route from Gröbming to the higher alpine pastures on the eastern Dachstein plateau.

The path, which is only accessible to pedestrians, was used by alpine farmers, muleteers and charcoal burners. The impressive gorge, with rock faces up to 60 metres high and historic rock carvings, offers visitors an aura of mystery and mysticism.

schladming-dachstein.at/notgasse



T: +43 3687 23310

CENTER Hiking

Haus | Aich | Michaelerberg-Pruggern Gröbming | Mitterberg-Sankt Martin Naturpark Sölktäler Öblarn



Helpful tips



- Check the weather situation! Up on the mountain, snow can ∞ also fall in summer! In case of thunderstorms: Avoid summits, ridges and rope belays at all costs!
- Tour planning: Make sure you are informed about the weather, sunset and current conditions. Adapt the tour to your condition with the right self-assessment. Mountain rescue emergency call: 140 Euro emergency call: 112 Inform your host where you are going or, if you are hiking for several days, put information about the planned route behind the windscreen of your car.
- Proper handling of grazing livestock: The mountain pasture is not a petting zoo - avoid contact with the livestock and do not feed the animals. Keep calm, avoid the animals and cross the pasture quickly. Keep your dog on a leash and only let him loose if an attack is imminent. Close the gates at the fences after passing through.
- Help preserve nature. Don't throw away anything, leave the plants and respect the wildlife and their habitat.
- Take advantage of the hiking- and valley- bus offers for cross-valley tours, as an environmentally friendly and relaxed alternative to driving yourself. Numerous starting points can be easily reached by bus. Many bus and toll uses are included in the Sommercard.

You can find the current timetables here: schladming-dachstein.at/bus

	Hiking Trail - easy
	Hiking Trail - moderate
• • • • • • • •	Hiking Trail - difficult/
	alpine ascent
••••*	via feratta
	cableway - summer op
	cableway - only winter op
	no-dog zone
	nature park area
	nature conservation res
	wildlife sanctuary

Water-Hikes

Around the	he Steirische	r Bodensee 😓	🖸 🕴 🕅 A2
Aich		Steir	ischer Bodensee
🔆 1:00 h	🖓 3.0 km	ትት 30 vm	easy
Starting poi	nt: Seewigtal ca	r park	
The flat pat	h around the S	teirischer Bodensee	is an easy and
exceptionally	beautiful walk a	mid alpine landscap	es. At the foot of
towering, for	ested mountains, (enjoy an atmosphere	of pure romance –

	tour: Steirisch e – Obersee 🏾	er Bodensee	- •
Aich		Stei	rischer Bodense
🕑 4:30 h	⊲ _ [⊳] 8.0 km	∱ ↓ 540 vm	moderate
Starting poi	nt: Seewigtal car	park	

meanwhile, the waterfall above the lake is truly impressive.

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 🌄 🖾	🕅 B4
Sölktäler Nature Park	Kleinsölk

\bigcirc 2:30 h $\triangleleft = >$ 8.2 km $\land \downarrow \downarrow$ 100 vm ∎ easy

Starting point: Breitlahnalm car park The Sölk "Wasserschaupfad" is all about water. On a wide path across alpine pastures, you will hike along the Kleinsölkbach 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 Hohensee	🕅 E
Sölktäler Nature Park	St. Nikol

\bigcirc 4:00 h <→ 10.8 km $\uparrow_{\downarrow}^{\downarrow}$ 450 vm moderate Starting point: St. Nikolai car park

From St. Nikolai in Grosssölktal, you will hike along pathways next to the Bräualmbach, past the Dürrmoos Waterfall to the Hohensee. 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 & Themed-Walks

Pirkl Loo	р		🕅 B
Michaelerbe	erg-Pruggern		Galsterber
🕑 1:00 h	🖓 3.0 km	∱ ↓ 160 vm	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 expanse of 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	Loop 🐷		🕅 E
Michaelerbe	erg-Pruggern		Sattent
💛 1:00 h	🖓 4.2 km	∱ ↓ 60 vm	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, children find many play opportunities. At the huts of the Perneralm and Tagalm, aside from a tasty bite to eat, there is also a lot to discover.

Sölktäler Nature Park	Kleinsö
Putzentalalm 🖾	🕅 B

S:30 h <=[>] 11.5 km ↑↓ 340 vm

Starting point: Breitlahnhütte car park A tour in Kleinsölktal for the whole family. From the Breitlahnalm, you will walk via a flat, pram-friendly pathway to Schwarzensee. After an easy climb, the path ends at the Putzentalalm, which is spectacularly encircled

easy

by several waterfalls. The hut also has a treat in store for the youngsters: a petting zoo.

wiountain v	mage at 10		105
Sölktäler Natur	e Park		Kleinsölk
🔆 3:00 h 🛛 <	1— [▶] 7.7 km	∱ ↓ 410 vm	easy
Starting point: \	wegkreuz Stri	egleralm	

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 Steirerkas is produced. It is the basic ingredient for Steirerkaskrapfen – which is THE specialty of huts in the Sölktäler and Ennstal.

Panorama-Hikes

Scheiblec	k-Tour 🗳		🕅 A1
Aich, Michae	elerberg-Prugger	n	Galsterberg
🔗 6:00 h	⊲ –⇒ 10.8 km	∱ ↓ 1,130 vm	difficult
Starting poi	int: Loipoldhof, Gö	ssenberg	

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 the passage between the Pleschnitzzinken and Scheibleck, surefootedness is an absolute must.

Galsterbergalm – Pleschnitzzinken			B2
Michaelerberg-Pruggern		Galsterberg	
📎 2:30 h	🖓 5.5 km	∱ ↓ 490 vm	moderate

Starting point: Bottinghaus This hike leads up to an easily reached and extremely attractive summit. 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 marmots in action.

Kochofen	l		🕅 B1
Michaelerbe	erg-Pruggern		Michaelerberg
💛 3:30 h	⊲ –→ 6.6 km	∱ ↓ 700 vm	moderate

Starting point	: Micl	haelerberg	haus	

Setting out from the Michaelerberghaus, 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 Sölktäler Nature Park			🕅 ЕЗ Мößna

(~) 6:00 h <- 14.4 km ↑↓ 1,090 vm moderate</p>
Starting point: Mößna fire station
From Mößna, you will first hike along a forestry lane, then a steeper trail

From MoBna, you will first hike along a forestry lane, then a steeper trail alongside the Seifriedingbach as far as the Mößnakar. On steep sloping meadows, you now continue to the Gstemmerscharte, 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 Loop	No. 12 😓		🕅 🗛
Aich			Assach, A
🕑 1:30 h	🖓 5.0 km	∱ ↓ 80 vm	easy
Starting po	int: Aich centre		
This easy wal	k takes you from th	e village of Aich, via Au	to the neighborir
village of Ass	sach and back. Wa	alkable year-round, you	u will follow pave
roads with b	arelv anv traffic ar	nd explore the beautif	ul riparian fores

🕙 1:30 h	🖓 5.6 km	☆↓ 80 vm	easy
Michaelerbe	erg-Pruggern		Pruggern
Pruggern	-Assach Loo	p (P2) 😸	🕅 B1
along the Enr	ns. Which makes th	is tour ideal for familie	es and for strollers.

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				
No. 782	The second se	Steiri	A2	
	4 — [▶] 14.1 km	^ ↓ 1,710 vm	difficult	

Starting point: Seewigtal 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 Hütten- and Obersee, steeply uphill to the Neualmscharte. Increasingly exposed, you will continue across the Kleine Wildstelle to the summit. Surefootedness, a head for heights and mountain experience are absolutely vital!

Hochwildstelle			🕅 B2
Michaelerbe	erg-Pruggern		Sattental
🕑 8:00 h	⊲ [⊳] 16.2 km	ት ↓ 1,490 vm	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 Goldlacken – 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 – Goldlacken	B2 Sattental
Michaelerberg-Pruggern	
🔆 5:00 h <- → 12.8 km 🖞 1,100 vm	moderate
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 Goldlacken, not far away – a collection of numerous smallish tarns.



Deneck			🕅 F5
Sölktäler Na	ture Park		St. Nikolai
🔆 5:30 h	⊲— [⊳] 7.5 km	∱ ↓ 850 vm	moderate

Starting point: Kaltenbachkehre car park This mountain tour is highly recommended as a family hike. With three mountain lakes along the way, also hikable in stages. From the Kaltenbach-alm, you will first hike steeply uphill to the Unterer, Mittlerer and Oberer Kaltenbachsee. Then across the broad expanses of the Etrachböden, before crossing the Schafspitz on your way up to Deneck summit.

Hornfelds	pitze		🕈 F5
Sölktäler Nat	ure Park		St. Nikolai
🔆 3:00 h	⊲— [⊳] 3.3 km	∱ ↓ 490 vm	moderate
Starting point: Sölkpasskapelle car park Sölk Pass, elevation 1,788 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 1.5 hours – a short, though rewarding climb! Initially, the path will lead you across a mountainside, followed by a some- what rocky ridge to the summit.			
Hochstub	ofen		🕈 F5
Sölktäler Nat	ure Park		St. Nikolai
🔆 6:00 h	⊲ —́ [⊳] 11.1 km	∱↓ 1,050 vm	moderate

Starting point Starting from the parking area, you will first hike down to the Winkleralm bend, then make your way via an access lane leading up to the Mahdfeld-alm. A trail begins next to a wayside cross and leads across the hillside, crossing several small streams. The path becomes increasingly steep, through multiple switchbacks, followed by the final, not too-difficult summit ascent.

Großer Knallstein 📓	🕅 E4
Sölktäler Nature Park	St. Nikolai

♦ 8:00 h
 ♦ 15.2 km
 ↑↓ 1,460 vm
 ■ 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!

Sölktäler Nature Park			V E4
		St.	Nikolai, Kleinsölk
🔗 6:00 h	⊳ 16.0 km	수 」 1.190 vm	moderate

Starting point: St. Nikolai car park Water in all its variants accompanies you on this long, though not

difficult tour. From Großsölktal, you will hike to the natural meanders near the Bräualm and to the Dürrmoos Waterfall. You will now continue to the Hohensee and the Seekarlscharte. Via the shimmering waters of the Seekarlsee, the Tuchmoaralm and the Kesslerkreuz, you will make your way back to Kleinsölktal. The valley bus will carry you back to your starting point. Be sure to consult the online timetable at schladming-dachstein.at/taelerbus.

SummitLynx ...

...is your digital summit- and hutbook - available worldwide and always at hand! Further information: **summitlynx.com**



Starlit places

Dachstein region.

The Panorama Trail 100 is a special experience for star lovers as it leads past three star-viewing sites. On the Mitterberg, the panel "The cosmic journey of our universe" will inspire you, on the Birnberg, the panel "A journey through our solar system" takes a closer look at the individual planets, while the Stein an der Enns star-viewing site offers fascinating insights into the night sky with the panel "Celestial spectacles over the Sölk".

You can discover a total of 6 star-viewing sites in the Schladming-





Mutual Consideration

chaufelspitz

Großes Fürstfeld

g

Ghagspitz

Seekarspitze

emperkarspitze

Due to agricultural and forestry work, there may be closures, diversions or impairments to paths even during the peak season. Also be aware that most of the hiking trails are on private property and often on agricultural and forestry land. Therefore, please be considerate of the necessary management and always act on your own responsibility.

linteres Ohrei

Dürrnberg

In the interest of good cooperation with our landowners, as well as for the responsible management and necessary care of nature and the cultural landscape, we kindly ask for your understanding!



Süssleiteck

Geologischer Lehrpfad Gumpeneck



Nature and you

We are not alone in nature! The wildlife in our mountains needs certain resting areas - on the one hand to raise their young and on the other to save energy.

So please stay on the marked paths! Please also help us, to keep our environment clean. If you take a drinking bottle or a snack bag with you on the trail, please don't leave it behind in the forest. These various materials take between decades and millennia to decompose

completely and are a danger to animals and groundwater.

Valley Bus



In summer (from July 5 to September 7, 2025), the Tälerbus runs daily between the Große and Kleine Sölktal valleys. It will gladly take you to the starting point of your hike or pick you up again after a rewarding transition tour. There is also nothing to stop you from travelling comfortably by train.

The valley bus runs according to a timetable and serves the signposted stops.

For groups of 3 or more people, a reservation must be made in advance via WhatsApp or SMS to: **T: +43 664 42 28 988** or by email: **info@taxi-seebacher.at.**

It still goes on...

Our Schladming-Dachstein adventure region doesn't end with this map. In the other two copies you will find many more wonderful hiking tours and natural tips for your summer holiday, all waiting to be discovered by you!



Even more adventures

Action while biking or trail running, fun while climbing, adventures in the gorge or simply information about holidays with children, cable cars and rules of conduct on the mountain pasture – you can find all this and much more in our "Summer Experiences" brochure.

Our alpine pastures, huts, restaurants and many other locations provide the necessary refreshment after lots of nature and activity.

Get an overview and pick up the brochures free of charge from our information offices



Sölktäler Nature Park

Experience nature

Picturesque mountain villages, gentle alpine pastures, wild mountain streams and impressive peaks characterise the Sölktäler region, which covers a total area of 288 km² and forms the framework for one of the seven Styrian nature parks. This award is proof of a healthy habitat for people, animals and plants, where traditions are cultivated and good things are preserved. With our nature guides, you can discover nature and its secrets on a guided tour.

The Sölk, one of the darkest places on earth, offers a ultra-clear view of the night sky and invites you to forget time and space. The "Certification as a Dark Sky Park" project aims to protect the sky from light pollution and raises awareness of the value of dark nights.

More information at: **soelktaeler.com**



The Sommercard *is there for you.*

The included public transport ensures that you can get around comfortably and sustainably during your holiday. The cable cars take you up high and the toll roads take you to unique places.

You can find an overview of all Schladming-Dachstein Sommercard

services at: **sommercard.info**

Here you can find your suitable bus connection including toll: **schladming-dachstein.at/sc-busse**

These cable cars are also opened for you during summer:

schladming-dachstein.at/sc-bergbahnen



Disclaimer: All information has been compiled with the utmost care and the latest findings. The information is provided without guarantee and does not claim to be complete. The use of the tours is exclusively at your own risk and at your own peril - therefore on your own responsibility. We therefore accept no liability for any accidents or damage of any kind. Everyone is responsible for their own route selection and assessment of their own experience, ability and alpine dangers!

Imprint

 Publisher: Tourismusverband Schladming-Dachstein

 General Manager: Mag. (FH) Mathias Schattleitner, Ramsauerstraße 756, 8970 Schladming

 Concept, design: G.A. Service GmbH, ga-service.at

 Photos: Mathäus Gartner, Susanne Einzenberger, Veronika Grünschachner-Berger,

 Martin Huber, Paradies Ennstal, Gerhard Pilz

 Cartography: © Printmaps.net/OSM | Preparation: Gerhard Pilz

Printing: Druckhaus Rettenbacher | Status: April 2025

Subject to research, typesetting and printing errors and changes. For reasons of better readability, we refrain from using the language forms male, female and diverse at the same time. References to persons apply equally to all genders.