



hohe tauern national park - a journey back to the beginnings



feel the summer in the nationalpark

The Hohe Tauern National Park Region in East Tyrol is genuine, pristine, and authentic. Covering an area of 1,856 km², this protected area is the largest national park in the Eastern Alps and ranks among the most fascinating high mountain landscapes on Earth.

Our mission is not only to showcase the National Park, but also to ensure the protection, research, education, and conservation of animal and plant species, as well as the region's cultural landscapes. Education is especially close to our hearts. Each year, we work with around 17,000 schoolchildren, helping them understand why protecting our natural environment is more important than ever.

My personal tips:

In 2025, we are celebrating both the Year of the Isel River and the UN Year of Glacier Protection. Feeling the power of water on the final two stages of the Isel Trail, before standing in awe before the mighty Umbalkees glacier, is a true highlight for every nature enthusiast.

At our National Park Center in Mauterndorf, you are warmly invited to explore a special exhibition that takes you deep into the world of East Tyrol's powerful glacial river.

Our National Park Rangers impress with their in-depth knowledge of natural sciences. Thanks to their many years of experience and deep familiarity with the region, they know exactly where to find the most special features and highlights of the alpine National Park.



I invite you to experience the magnificent mountain world of the national park in the company of our rangers.

Hermann Stotter
National Park Director



climate-friendly journey is rewarded

Travelling to East Tyrol by public transport (train or bus) is rewarded. If you take part in a ranger hike, you will receive a **€ 10,-- voucher** for the National Park Shop. Simply show your ticket (day ticket, climate ticket, etc.) to the ranger.

Cash redemption not possible.



FREE
for persons with a handicap

free of charge with guest card

mobility & public transport

Barrier-free access to the national park at Lucknerhaus in Kals a. Gr.

For people with disabilities, free access to the National Park is possible using a Swiss Trac or mobility scooter. With the help of a Swiss Trac, speeds of up to 6 km/h and gradients of up to 20% can be managed. The device consists of a wheelchair with an electric towing unit. An accompanying person is required. With Swiss Tracs, you can also take part in unique guided ranger hikes in the National Park. Further information available upon request.

Info & Booking: +43 4875 5161-10
nationalparkservice.tirol@hohetauern.at

Public transport

Numerous national park valleys are accessible by public transport. Guests with a valid guest card can take advantage free of charge. Details and timetables online www.vvt.at

E-Bike-charging stations

Numerous free e-bike charging stations are installed at the Nationalparkhaus Matrei and throughout the National Park region. For more information on e-bike tours in the Hohe Tauern National Park, see page 34.

national park offers

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national park house matrei

The interactive exhibition „**Tauernblicke – Momente des Staunens**“ (Views of the Tauern – experience the wonder) offers visitors unexpected insights into various living spaces and experiences of Austria's largest and oldest national park. **NEW: Flight experience: "The National Park through the eye of the golden eagle".**

Free entry!

Audio-Guide (German, English, Italian)
Costs € 4,- (Free of charge with „Erlebniskarte Tirol“)

Guided tours for groups of 10 people or more
Pre-booking required. Costs: Adults € 5 | Children € 4, -



Special exhibition 2025 -
"The Isel river" - East Tyrol's mighty glacial river & Exhibition of paintings by Hannelore Nenning

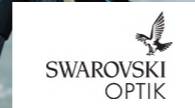
Opening times
June: Monday to Thursday, 10:00 - 12:00 and 14:00 - 18:00 & Friday 10:00 - 12:00 (closed on holidays)
July & August: Monday to Saturday, 10:00 – 18:00 and Sunday, 14:00 – 18:00
September: Monday to Thursday, 10:00 - 12:00 and 14:00 - 18:00 & Friday 10:00 - 12:00
October: Monday to Thursday, 10:00 - 12:00 and 14:00 - 17:00 & Friday 10:00 - 12:00 (until October 24th)



perfectly equipped nature - here we come

Activities in the "wilderness" of the National Park require good and functional equipment. "Meindl" mountain boots are the reliable companions on your feet, in order to be safe in the Hohe Tauern. Swarovski Optik binoculars and spotting scopes are the perfect companion for your national park experience.

Supported by:



general information about our guided tours

Equipment

- x Sturdy hiking boots with deep-tread soles
- x Outdoor clothing (incl. rain and sun protection)
- x Backpack with provisions and drinks
- x Hiking poles

Guided Tours*

Group size: min. 5 to max. 15 participants
Reservation: until 17:00 on the day before
Custom tailored tours and group offers on request.

* subject to change depending on weather

Costs for guided walking tours acc. to programme:

Adults € 22,- | Children up to 14 years € 15,-
plus transfer costs, if applicable

Rent a Ranger

For your custom tour experience. More information on page 11.

Info at National Park Service Tyrol

+43 4875 5161-10
nationalparkservice.tirol@hohetauern.at
Booking online: hohetauern.at



Tour Classification



Easy

No major elevation changes; wide hiking trails and forest tracks



Medium

Hiking trails can be steep and with considerable altitude gain; hiking equipment required



Challenging

Hiking routes can occasionally lead across steep terrain above the tree line: good hiking gear and sure-footedness are essential

Your benefits



With the "Osttirol Card" you can take part in ranger hikes free of charge.



A guided ranger tour is included if you stay overnight in a Nationalpark Partner business.

rangers in the national park hohe tauern tyrol



Matthias Berger



Ruth Bstieler



Christoph Dietmaier



Brigitte Eckle



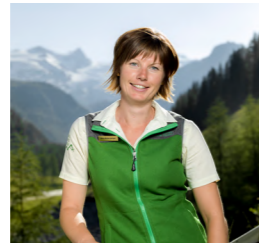
Elisabeth Fladerer



Caroline Führer



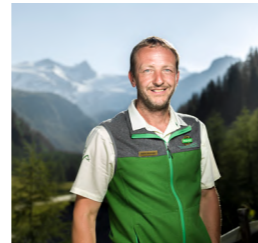
Armin Kollreider



Maria Mattersberger



Hermann Mauthner



Matthias Mühlburger



Andreas Rofner



Sophie Thaler



Carola Trojer



Simon Zeiner

Our Rangers have specialist knowledge in natural sciences, wildlife and landscapes – making them the perfect companions for your National Park experience in East Tyrol.

rent a ranger

Exclusively for you, your family, company outings, business events or group trips

We plan an unforgettable tour at the heart of the Hohe Tauern National Park for you.

We offer

- x Nature watch & nature education
- x Day and multi-day program, tailored to age group and condition
- x Lectures on special topics
- x Local information and tips
- x Incentive, team building and group travel offers
- x barrier-free wildlife observation and much more.

Rent a Ranger offers summer:

Individual tours in the most beautiful national park areas, multi-day trekking tours (e.g. Knappentreck, Schobertreck, Lasörling Höhenweg), natural history themed tours (e.g. wildlife observation, birdwatching, predators, butterflies, insects, glaciers, water adventure tours, botanical rarities, herbs, etc.), photo adventure hikes and much more

Costs for your Rent a Ranger tour

€ 270,- per day



spring tours

The marmots wake up from hibernation and a sea of blossoms starts to adorn the valleys. Go tracking for ibexes, chamois or bearded vultures on one of our nature watch tours, or follow the hiking trails through lush green valleys, collect herbs and wild berries en route, immerse yourself and all your senses in the element of water and experience the versatility of marvellous places, which impel you to let off steam!

KINGS OF THE SKIES – Observe bearded vultures and golden eagles (Tauern Valley, Matrei i. O.)

Fridays 16/05, 13/06 & 20/06/2025

Tuesday 27/05/2025

NATURE WATCH FROM ABOVE - wildlife observation tower Oberhaus (Deferegggen Valley)

Tuesdays, 20/05, 03/06 & 17/06/2025

BIG FIVE - wildlife safari (Kals am G.)

Tuesday, 13/05/ & 10/06/2025

Fridays, 23/05, 06/06, & 27/06/2025

THAT'S WHAT NATURE TASTES LIKE – the secret world of herbs (national park region)

Friday, 30/05/2025 - Virgen Valley

Tuesday, 24/06/2025 - Kals

BIRD WALK - special ornithological tour (Matrei)

Wednesday, 21/05 & 04/06/2025 - 08:00 - approx. 12:00

TIP

Costs & Duration

Adults € 22,- | Children up to 14 years € 15,- |
from 9:00 to approx. 13:00

The respective meeting point will be announced in the weekly advertisement or when registering.



With our Rent a Ranger offer each tour can be booked individually on a day of your choice. More information on page 11.

13th may – 27th june

summer tours

Mondays

BIG FIVE - wildlife safari

30/06 – 22/09/2025 (Ködnitz Valley, Kals am G.)

NEW

STRONACHKOGEL - small summit, great joy

07/07, 28/07, 11/08 & 25/08/2025 (Iselsberg)

Tuesdays

NATURE WATCH FROM ABOVE - forest and wildlife awaking

01/07 – 23/09/2025 (Deferegggen Valley)

VIEWS, VISTAS, VENEDIGER - Tauerntour

15/07 – 09/09/2025, every 2 weeks (Tauern Valley, Matrei i. O.)

HAND IN HAND INTO THE LAND OF DISCOVERY

08/07 – 02/09/2024, every 2 weeks (Tauern Valley, Matrei i. O.)

Wednesdays

SPECIES-RICH MOUNTAIN MEADOWS - Virgen Valley

09/07 – 17/09/2025 every 2 weeks (Virgen Valley, Prägraten am G.)

NEW

THE ISEL - East Tyrol's mighty glacial river

16/07 – 24/09/2025 every 2 weeks (Virgen Valley, Prägraten am G.)

NEW

BETWEEN ALPINE PASTURES AND GLACIERS - Kals

19/07 – 17/09/2025 every 2 weeks (Kals am G.)

Thursdays

INTO ETERNAL ICE - icy giants in hot times

03/07 – 18/09/2025 (Gschröß Valley, Matrei i. O.)

THAT'S WHAT NATURE TASTES LIKE - the secret world of herbs

10/07 – 18/09/2025 (Prägraten, Kals or Huben)

Fridays

BIG FIVE - wildlife safari

04/07 – 26/09/2025 (Ködnitz Valley, Kals am G.)

JAGDHAUSALMEN – little Tibet of the Alps

04/07 – 26/09/2025 (Deferegggen Valley)

MEET A RANGER

During the summer months, our National Park Rangers are stationed in various valleys throughout the park, equipped with spotting scopes and educational materials. They are happy to provide visitors with information about the National Park, nature conservation, wildlife and much more. Why not meet a Ranger during your visit to the National Park?

**Mid-July to mid-September 2025
in the national park valleys**

indian summer in the hohe tauern national park

autumn tours

The forests shine in radiant golden yellow and fiery red and the bellow of the deer echoes off the slopes - autumn is arriving in the Hohe Tauern National Park. Wildlife is preparing for winter and supplies are being built. In search of fresh herbs and juicy berries, you will be amazed what nature still has to offer at this time of year.

BIG FIVE - wildlife safari (Kals am G.)
Fridays, 03/10, 11/10, 17/10 & 24/10/2025

**THAT'S WHAT NATURE TASTES LIKE –
the secret world of herbs** (Virgen Valley)
Tuesday, 07/10/2025

**KINGS OF THE SKIES – Observe bearded vultures
and golden eagles** (Tauern Valley, Matrei i. O.)
Tuesdays, 30/09, 14/10 & 21/10/2025

**NATURE WATCH FROM ABOVE - wildlife observation
tower Oberhaus** (Deferegggen Valley)
Thursdays, 02/10, 09/10, 16/10 & 23/10/2025

NATIONAL HOLIDAY TOUR - Isel Trail
Samstag, 26/10/2025

27th september – 26th october

Costs & Duration

Adults € 22,- | Children up to 14 years € 15,- |
from 9:00 to approx. 13:00

The respective meeting point will be announced in the
weekly advertisement or when registering.



With our Rent a Ranger offer each tour can be
booked individually on a day of your choice.
More information on page 11.

big five – wildlife safari

At the foot of the Großglockner, equipped with spotting scopes and binoculars from Swarovski Optik, we go in search of clues in the BIG FIVE habitat and get to know the residents of the Alps. With a little luck, the ranger will spot the bearded vulture, golden eagle, ibex, chamois and marmot in the wild with his trained eye. On the Nature Watch tours, the national park becomes a lively open air classroom for the whole family. Refreshment stops: Lucknerhaus and Lucknerhütte

Costs Adults € 22,- | Children up to 14 years € 15,-
Lending fee for binoculars € 5

Mondays & Fridays, 30th June – 26th September 2025

Mondays, 8:30, ends about 12:30

Fridays, 8:30, ends about 12:30

Meeting point: Infopoint Glocknerwinkel at Lucknerhaus, Kals am G. (toll road, arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 1,5 hours

Altitude difference: approx. 350 m

Distance: approx. 4 km

Level of difficulty: easy (suitable for families)



stronachkogel – small summit, great joy

On this guided ranger hike, we ascend a border mountain between Carinthia and Tyrol – the 1,831-metre-high Stronachkogel. Before reaching the flower-covered Stronach meadows, our path leads us through an idyllic forest of spruces and larches.

What might be the story behind the Bear Cave? Once we reach the summit, we are rewarded with a breathtaking panoramic view of the surrounding peaks. The Dolomites and the Schober Group, at the heart of the Hohe Tauern National Park, reveal their most magnificent side from here.

Costs Adults € 22,- | Children up to 14 years € 15,-

Mondays, 07/07, 28/07, 11/08 & 25/08/2025

08:45, ends about 15:30

Meeting point: bus stop "Dolomitenblick", Iselsberg-Stronach

Total walking time: approx. 4 - 5 hours

Altitude difference: approx. 800m

Distance: approx. 13 km

Level of difficulty: medium (from 8 years old)



hand in hand into the land of discovery - umbal water trail

Join us on an exciting journey of discovery to a mysterious research site by the water. Your little explorers will be thrilled by the fascinating creatures they can discover here. And don't worry - the adults will catch the curiosity too. Together we'll explore the beautiful natural surroundings, play fun games and sample delicious treats picked straight from the wild. Relax and listen to the sound of the majestic Isel while your children race across flower-covered meadows chasing after insects. Experience an unforgettable family adventure in the Hohe Tauern National Park. Refreshment stop: Almgasthaus Isltzeralm

Cost adults € 22,- | children up to 14 years € 15,-



family
tour



Tuesdays, 08th July – 02nd September 2025, every 2 weeks
08/07, 22/07, 05/08, 19/08 & 02/09/2025
alternating with "views, vistas, venediger"
10:15, ends about 13:45

Meeting point: parking Ströden, Prägraten am G. (bus stop)

Total walking time: approx. 1 hour 45 minutes

Altitude difference: approx. 300 m

Distance: approx. 6,0 km

Level of difficulty: easy



views, vistas, venediger - tauerntour

On this impressive ranger hike, we enjoy a breathtaking panoramic view of the Venediger region and the beautiful Gschlössstal valley. Following in the footsteps of the muleteers, we climb up to around 2,000 metres above sea level. As we walk along the track into the valley, the rangers tell us exciting stories about the Hohe Tauern National Park and its special features. With a little luck, a short descent across stunning alpine meadows will lead to the sighting of a marmot or two. The tour ends at the Außergschlöß mountain inn and those who wish can take a leisurely stroll into the Innerschlöß on their own. Refreshment stops: Außergschlöß & Matreier Tauernhaus

Cost adults € 22,- | children from 8 - 14 years € 15,-



NEW

Tuesdays, 16th July – 10th September 2024, every 2 weeks
15/07, 29/07, 12/08, 26/08, 09/09/2025
alternating with "hand in hand into discovery land"
9:00, ends about 13:00

Meeting point: Matreier Tauernhaus (arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 4 hours

Altitude difference: approx. 500 m

Distance: approx. 6 km

Level of difficulty: medium (endurance & surefootedness)



nature watch from above – forest and wildlife awakening

In order to observe the largest and most reclusive hoofed game of the alps up close in its habitat, you need to get up early. At dawn we will hike along the Zirbensteig to the wildlife observation tower in the remote Deferegggen valley. Red deer are most active in the evening, at night and at dawn. During the day they chew the cud and sleep under cover. It is an impressive spectacle when they appear in focus through the spotting scope. Aside from red deer and roe deer, chamois can be spotted and occasionally a golden eagle will appear. After the observation will visit our hunting hut in the swiss pine forest where everyone can enjoy their own packed breakfast. We will provide fresh tea and coffee. An exciting morning will finish with a cosy gathering at the hut.

Costs Adults € 22,- | Children up to 14 years € 15,-

Tuesdays, 1st July – 02nd September 2025

6:00, ends about 12:00

Tuesdays, 09th September – 23th September 2025

9:00, ends about 13:00

Meeting point: Oberhaus car park, St. Jakob i. D.
(toll road)

Total walking time: approx. 2 hours

Altitude difference: approx. 100 m

Distance: approx. 2 km

Level of difficulty: easy (suitable for families)



species-rich mountain meadows - blooming, wild, unique

During this guided excursion with a ranger you will experience the outer zone of the national park from its most impressive side. Shaped through traditional farming activities you'll find species rich and colourful mountain meadows. We will hike up through those meadows to our highest point (Katinalm, 1900m altitude). From there, we will hike across to the Strabant hut (1800m altitude) through a forest strewn with boulders. Many species prefer this forest as habitat. Countless mosses and ferns, as well as the savin (juniper) can be found here. After a refreshment stop at the Stabant hut we loop back to our starting point.

Costs Adults € 22,- | Children up to 14 years € 15,-

Wednesdays, 09th July – 17th September 2025 every 2 weeks

09/07, 23/07, 06/08, 20/08, 03/09 & 17/09/2025

alternating with "isel - east tyrol's mighty glacial river"

9:00, ends about 13:00

Meeting point: tourist info Präراتen, followed by a joint onward journey in a convoy, Präراتen am G.

Total walking time: approx. 3 hours

Altitude difference: approx. 450 m

Distance: approx. 10 km

Level of difficulty: medium



the isel – east tyrol's mighty glacial river

On this ranger hike, we tackle the Iseltrail from the 'opposite' side. Especially between Ströden and Virgen, the Isel shows its spectacular side. The trail down the valley leads us to the edge of the dramatic and pathless Isel gorge where we can hear the Isel raging far below.

The highlight of this tour is undoubtedly the 84 metre long and 90 metre high suspension bridge.

Join us as we dive into the world of the last unspoilt glacial river in the Alps and the wild primeval landscape of the Virgen Valley.

Please note: Punctuality is required!

Costs Adults € 22,- | Children up to 14 years € 15,-

Wednesdays, 16th July – 24th September 2025, every 2 weeks

16/07, 30/07, 13/08, 27/08, 10/09 & 24/09 2025

alternating with "species rich mountain meadows"

09:45 - approx. 13.30

Meeting point: bus stop Obermauern, onward journey by public transport to Stöden (bus arrives 09.55)

Total walking time: approx. 3,5 hours

Altitude difference: approx. 200 m

Distance: approx. 13 km

Level of difficulty: medium (from 6 years)



NEW



between alpine pastures & glaciers – kalser dorfer valley

Right at the start of the hike, the Dorfertal valley shows its wild side. Rugged rocks and roaring waters characterise the entrance to the valley, and we reach the flat alpine pastures of this valley steeped in history. From here, a path leads us to the Ochsenalmen area. Accompanied by marvellous views of the glaciers of the Glockner group and the gentle alpine pastures of the valley floor, we follow the high trail further into the valley. The descent is tackled after reaching an impressive Swiss stone pine forest, leading us past an impressive waterfall to the catered Kalser Tauernhaus. After a little refreshment, we hike comfortably back to our starting point.

Costs Adults € 22,- | Children up to 14 years € 15,-

Wednesdays, 09th July – 17th September 2025, every 2 weeks

09/07, 23/07, 04/08, 20/08, 03/09 & 17/09 2025

08:00 - approx. 16:30

Meeting point: car park Dorfertal (arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 5 hours

Altitude difference: approx. 620 m

Distance: approx. 14 km

Level of difficulty: challenging



NEW



that's what nature tastes like – the secret world of herbs

How do herbs from forests and meadows taste? Join the national park rangers on a search for fresh wild herbs and you will be amazed at what nature has to offer. Herbs like yarrow, lady's mantle, nettle, cinquefoil and even berries or trees are identified together. We will taste and process them together in the great outdoors so that all participants can savour a piece of the national park or even take it home with them.

Costs Adults € 22,- | Children up to 14 years € 15,-

Thursdays, 10th July – 18th September 2024

10:00, ends about 14:00

Meeting point: Virgen Valley, Kals or Huben

For details see weekly programme or online

Total walking time: approx. 2,5 - 3 hours

Altitude difference & Distance:

depending on the route

Level of difficulty: easy (suitable for families)



into eternal ice – icy giants in hot times

The glaciers in the Hohe Tauern National Park are a fascinating phenomenon with many secrets. The glaciated peaks show themselves all their full glory on this day tour along the Innergsschlöss Glacier Trail. The eyes of the participants sparkle when passing the Salzbodensee, the eye of God covered with cotton grass and the imposing glacial polish of the Schlattenkees. What remains after this impressive hike are magnificent pictures, captivating stories of the national park rangers and the certainty to discover the glaciers at the next mountain hike with a lot of new knowledge. Refreshment stop (at the end): Venedigerhaus

Attention: It is currently not possible to reach the glacier tongue directly!

Costs Adults € 22,- (plus taxi costs for outward trip)

Thursdays, 3rd July – 11th September 2025

8:30, ends about 16:00

Meeting point: Matreier Tauernhaus (arrival and departure possible by public transport - free with guest card)

Total walking time: approx. 6,5 hours

Altitude difference: approx. 800 m

Distance: approx. 15 km

Level of difficulty: challenging

Note: mountain boots absolutely necessary!



jagdhausalm – little tibet of the alps

In the remote Deferegggen Valley you hike with the national park ranger through the Oberhauser Zirbenwald, past alpine pastures and ancient stone walls to the little Tibet of the Alps - the Jagdhausalm. The 16 stone houses and the rustic Maria Hilf chapel are embedded in a picturesque natural setting at 2,000 m above sea level and are among the oldest alpine pastures in Austria. If you like, you can visit a popular photo motif: the eye of the peacock - a circular lake behind a moraine wall - with a short ascent. Refreshment stop: Jagdhausalm

Costs Adults € 22,- | Children up to 14 years € 15,-

Fridays, 4th July – 26th September 2024

9:00, ends about 15:30

Meeting point: Oberhaus car park, St. Jakob i. D. (toll road)

Total walking time: approx. 4 - 5 hours

Altitude difference: approx. 250 m










Distance: approx. 13 km

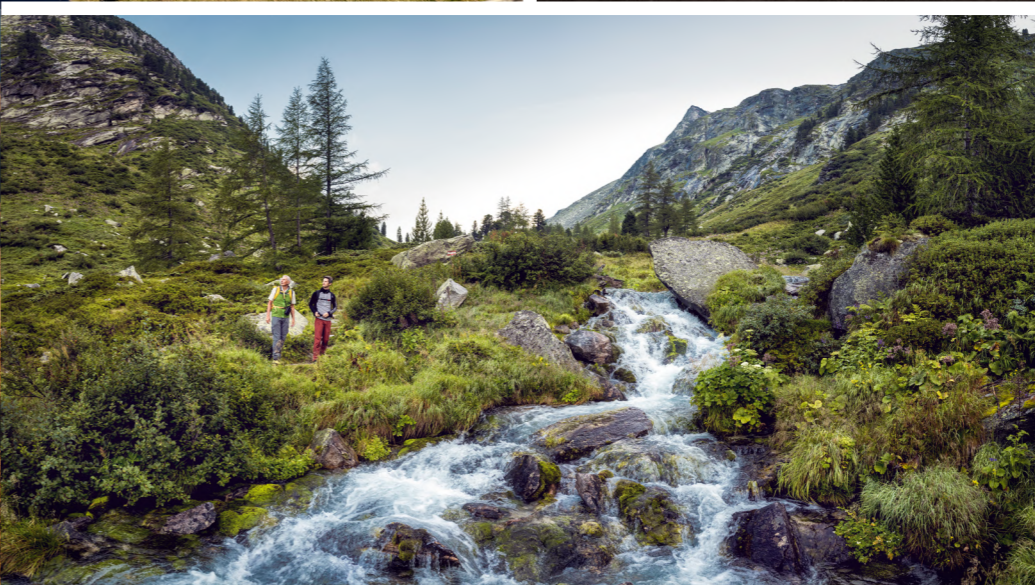
Level of difficulty: easy (suitable for families)

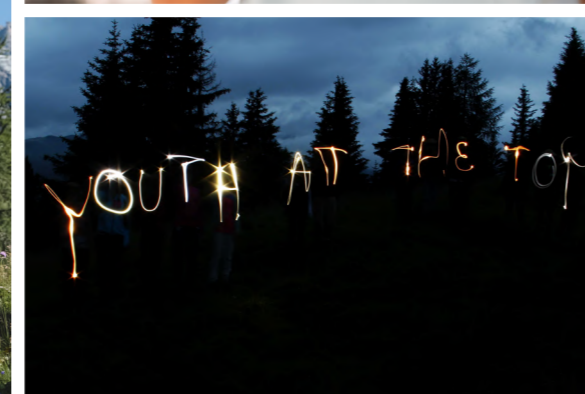




Help to protect nature!
Observe the rules of conduct and ask our national park rangers.

 KEEP DISTANCE	 STAY ON PATH	 NO LITTERING
 NO COLLECTING	 DOGS ON LEASH	 NO CAMPING
 NO NOISE	 WEATHER DANGER	 GOOD EQUIPMENT





kids & family offers

The national park is a hive of activity. Big and small adventurers are waiting to experience our unique nature. Whether by day or by night, deep in the forest or on the mountain, dry or wet - there is something for everyone.

Kids programs

LITTLE NATIONAL PARK GOLD FINCHES

(in the national park valleys)
07/07 – 27/08/2025

FOREST WILDLIFE CAMP (Deferegggen Valley)

2-day camps, 07 - 08 & 13 - 14/08/2025

NATIONAL PARK WATER CAMP (Deferegggen Valley)

5-day camp, 18/08 – 22/08/2025

TIP

JUNIOR RANGER 2025 - we are looking for you

14/07 – 25/07/2025, in two parts
More information online

TIP

National park experience indoor

More information from page 48.

Family offers - guided tours 2024 (from 6 years)

KINGS OF THE SKIES (Tauern Valley, Mauter i. O.)

Tuesdays, 27/05, 30/09, 14/10 & 21/10/2025
Fridays, 16/05, 13/06 & 20/06/2025

NATURE WATCH FROM ABOVE (Deferegggen Valley)

Tuesdays, 20/05, 03/06 & 17/06, 01/07 – 23/09/2025
Thursdays, 02/10, 09/10, 16/10 & 23/10/2025

BIG FIVE – wildlife safari (Kals am G.)

Mondays, 30/06 – 26/09/2025
Tuesday, 13/05 & 10/06/2025
Fridays, 23/05, 06/06, 27/06, 04/07 - 26/09/2025, 03/10, 10/10, 17/10 & 24/10/2024

SPECIES-RICH MOUNTAIN MEADOWS (Virgen Valley)

Wednesdays, 09/07 - 17/09/2025

THAT'S WHAT NATURE TASTES LIKE (national park region)

Tuesday, 24/06/2025
Thursdays, 10/07 - 18/09/2025
Fridays, 30/05/2025

JAGDHAUSALMEN (Deferegggen Valley)

Fridays, 04/07 – 19/09/2024

HAND IN HAND INTO THE LAND OF DISCOVERY (Virgen Valley)

Tuesdays, 08/07 – 02/09/2025

TIP

little national park goldfinches

Cool adventures for little national park explorers

Great outings to mysterious places promise fun, games and excitement. National park goldfinches can look forward to: Photo safaris, bat nights, summit victories, handicrafts with natural colors and stones, overnight stays in huts, glacier explorations, water fun, marmot spotting, puzzle rallies, insect hunts, fairy tale hours and much more.

- x **Mondays, 7th July - 25th August 2025**
Matrei i. O. & Virgen Valley (for small explorers)
- x **Tuesdays, 8th July - 26th August 2025**
Lienz Valley Floor
- x **Wednesdays, 09th July - 27th August 2025**
Matrei i. O. & Virgen Valley (for big explorers)
- x **Thursdays, 10th July - 21th August 2024**
Kals am G. every 2 weeks

7th July – 27th August 2025

further details online and at registration

Costs: € 15,- per child (plus any material and transfer costs, if applicable)



supported by
STIEGLITZ
LIMONADE



forest wildlife camp oberhauser stone pine forest

Boredom? Never! During this exciting overnight expedition in the middle of the forest wilderness, we spend the night in a rustic, cosy lodge without electricity and experience an exciting summer night with a ranger in the middle of the national park. Not only do we go in search of wild animals but also for something to eat and see what nature has to offer us. Together with the forest dwellers, we become survivors in the wilderness and nature becomes a teacher with a fun factor.

2-day camps

- x Thursday, 7th to Friday, 8th of August 2025
- x Wednesday, 13th to Thursday 14th of August 2025

10:30, ends about 16:00 the next day

Meeting point: Bus stop St. Jakob i. D., Erlsbach
(arrival and departure possible by public transport)

Costs

€ 85,- | children from 9 to 12 years



EXPERIENCE
THE WILD



telling stories with pictures

Fascinating national park lectures

Multi-visions shows with pictures, film sequences and stories about the region. Treat yourself and be carried away into the fascinating world of the Hohe Tauern National Park.

Lectures and presentations on various topics around the national park (glacier world, the life of a ranger, fauna and flora...)

On request

Duration: approx. 45 minutes

Costs: € 100,-
Bookable for hotels, groups, business trips, ...



*Nichts berührt uns
wie das Unberührte.*

exclusive tour to umbalkees - the last stage of the iseltrail

free of
charge

Information & Registration:



exclusive tour

Year of the Isel

Saturday, 19th of July 2025

Dive into the incredible world of water and glaciers together with national park rangers on a beautiful summer day.

meeting point: 05:00 Uhr, car park "Ströden", Prägraten

end: approx. 17:00

Total walking time: 7-8 hours

Altitude difference: ca. 1200 | **Distance:** approx. 24km

Difficulty: very challenging!

Breakfast opportunity: Clarahütte

end-of-season-hike on iseltrail

free of
charge

Information & Registration:



TIPP

INDIAN SUMMER

FREE FINAL HIKE

on Iseltrail from Ströden to Virgen

Sunday, 26th of October 2025

Enjoy the 'Indian Summer' of the Virgen Valley in the National Park communities of Virgen & Prägraten together with National Park Rangers.

Meeting point: 09:00, car park Würfelehütte

(Shuttlebus to Ströden)

Ende: approx. 15:00

Total walking time: approx. 5,5 hours

Altitude difference: approx. 400 | **Distance:** ca. 16km

Difficulty: medium

house of water indoor & outdoor

Creative workshops

Saturday, 24.05. Paper making

Saturday, 28.06. recreate aquatic animals

Tuesdays, 29.07., 12.08. & 26.08. water phenomena

Saturday, 02.08. Baking bread

Saturday, 20.09. Land art on the water

Saturday, 19.10. Making oilcloth

10.15 - 13.45 (arrival and departure by public transport possible)

Further offers, information & registration

+43 664 25 161 40 | hausdeswassers@hohetauern.at

More offers at www.hausdeswassers.at



Research-based learning - project days for school groups 2025 /2026

Modules to choose from:

- x Water as habitat
- x Drinking water
- x National park
- x Out and about in nature
- x Weather & climate

Rangers share specific knowledge with students from 10 to 17 years in an age-appropriate manner.

Bookable all year round, costs on request.



national park water camp swarovski foundation



If you didn't get wet while learning at the House of Water, you definitely missed out!

Hohe Tauern National Park in Tyrol invites you to explore and understand the many wonders of water – both outdoors by the mountain river and indoors in the education centre. We connect via video call with children and Waterschool teachers from another part of the world and build a miniature national park in the nearby riverside forest.

18th to 22th August 2025

Monday, 13:30, ends on Friday, 10:30

Place: Haus des Wassers

Unterrotte 110, 9963 St. Jakob i. D.

Accommodation: Zirbenhof next door

Age: 10 - 13 years

Costs: € 222,- for program and full board on site

Info & Booking at Haus des Wassers

+43 664 25 161 40 | hausdeswassers@hohetauern.at

e-bike & hike at the hohe tauern national park

A relaxed and eco-conscious nature experience. E-bike tours to spectacular viewpoints in romantic valleys are a memorable experience. This way, the alpine mountain-scape of the Hohe Tauern National Park can be observed from a different angle and remote valleys & mountain summits can be explored in a more laid-back way.

NOTE: E-bike tours are possible in the protected area, but only designated e-bike routes may be used.

x Iseltal Cycling Track – Umbal Waterfalls

The cycling track leads from Matrei in East Tyrol via Prägraten to Europe's oldest waterfalls trail, end point bike Iskitzeralm. (Asphalt, gravel, easy, 513 m altitude difference, 19 km - each way).

Hiking tip: Natur-Kraft-Weg (nature-force-trail) Umbal Waterfalls - Umbaltal Valley

x Kals am G. – Lucknerhaus

The route from Kals to the Lucknerhaus leads past old farmsteads to Ködnitztal Valley, the perfect starting point for relaxed walks and summit tours, end point bike Lucknerhaus. (Asphalt, easy, 610 m altitude difference, 7.7 km - each way).

Hiking tip: several hiking- and climbing tours

x St. Jakob i. D. – Jagdhausalm alpine pasture & Klammljoch

From St. Jakob, the e-bike tour in the far end of the Defereggental Valley leads via the Oberhaus Swiss Stone Pine woods and one of Austria's oldest mountain pastures to the South Tyrolean border. (Asphalt, gravel, medium, 970 m altitude difference, 21.9 km - each way).

Hiking tip: Pfauenauge Pond (past the Jagdhausalm alpine pasture)

x Lienz – Lienzner Hut/Debant Valley

The e-bike tour takes you along the road to Debanttal Valley. En route, the cyclist is rewarded by the view of the Lienz Dolomites, while at the finish, the spectacular sight of the Glödis, often referred to as the “East Tyrol Matterhorn Mountain” make the effort worthwhile. (Asphalt, gravel, medium, 1,450 m altitude difference, 27.9 km - each way).

Hiking tip: Debanttal Valley nature and culture trail, from car park Seichenbrunn

Info on e-bike-tours at the national park and charging stations: www.maps.osttirol.com

E-bike charging station at the National Park House in Matrei free of charge for visitors.



Follow your flow.



Osttirol
Dein Bergtirol

info@osttirol.com • T +43 50 212 212
5 stages
74,2 km
2.169 hm
Osttirol Information

Long-distance hiking with individually selectable sections in the 'Year of the Isel' along the longest still free-flowing glacial river in the Alps. From the Dolomite town of Lienz in the green

valley floor to the arctic glacier gate in the Hohe Tauern National Park. A unique nature experience for all pleasure hikers, heat escapees and wilderness fans.

iseltrail.at



long-distance hiking in the hohe tauern national park

Simply relax, unwind, clear your mind to explore and admire secluded places. Be spoilt by warm hospitality during overnight stays at rustic huts & alpine pastures.

- x **Isel trail** - The trail is a unique adventure route along the glacial river Isel from the sunny city of Lienz to the glacier mouth in the Hohe Tauern National Park.
- x **Virgen Valley (Sunny Side Trail)** - The 43 km route runs in 4 stages, starting in Zedlach, through the Virgental Valley to the Umbal Waterfalls the Hohe Tauern National Park.
- x **East Tyrolean Adlerweg (Eagle trail)** - Walk where the eagles fly - the challenging routing simulates the outstretched wings of an eagle and runs in 9 stages right into the Hohe Tauern National Park from Prägraten am Großvenediger to Kals am Großglockner.
- x **Hochschoberrunde (Hochschober mountain loop)** - The secluded Schober mountain group is just the place to relish stunning moments in pristine nature. Cosy huts, high-alpine crossings and heavenly views of 3000 m+ high mountain peaks create unforgettable memories.
- x **Venediger- and Lasörling Alpine Paths – almost Heaven** - Several stages lead along the Venediger alpine path to comfortable huts and mountain pastures in the Venediger mountain group. The heart of the route is the glaciated Grossvenediger Mountain - majesty as old as the world. The Lasörling alpine path on the opposite side consists of 5-day stages.
- x **The Glocknerkrone** - In the realm of King Großglockner, you hike around 60 kilometres in six daily stages. Mountain farming landscapes and the core zone of the national park with its famous peaks characterise this trail.

Tips:

- x Book a mountain guide for tours to the high mountain ranges!
- x Book your overnight stays at mountain huts of the Austrian Alpine Club well in advance



Booking at www.alpenverein.at/huettenfinder.php



National Park Cuisine Preserve nature. Experience nature. Taste nature.

A herb garden right in front of the house, dairy products fresh from the mountain pastures and the best local meat - that is real National Park cuisine.

We, the National Park Culinary Establishments, run our establishments in harmony with the seasons and rely on high-quality products from East Tyrol and local agriculture. Our chefs are passionate about using the treasures of the region: fresh vegetables from our own gardens, game from the surrounding forests, aromatic herbs and the award-winning dairy products of East Tyrol. Enjoy a culinary adventure at one of our Certified National Park Partner Restaurants. We look forward to welcoming you!



If you don't come to the mountain, we'll bring the mountain to you.



Become a member of fans&friends – starting at just € 12 per year, you'll contribute to the preservation of endangered species and alpine habitats in the Hohe Tauern National Park. As a Family member, you'll receive a cuddly National Park stuffed animal as a thank you – so you can stay close to the mountains, even when you're not in nature. By the way, it also makes the perfect gift!

Fan: € 12 Friend: € 60 Family: € 120



fans & friends



So delicious - quality-certified National Park regional products

You can see, smell and feel the National Park, but above all: you can taste it! Would you like a piece of the National Park to take home? Gourmets can savour the quality-certified specialist products from the National Park region literally melt on their tongue. Because when it says “Hohe Tauern National Park Regional Product” on the outside, genuine authentic taste is what you find inside. The products are manufactured in East Tyrol and at least 50% of the raw materials used come from the National Park region.

Available here: Bauernladen Virgen Farm Shop, Lienz Market, Hofladen Peischlerwirt Farm Shop, Sotla's Tauernladen, Regiomat Nußdorf-Debant, Gaimberg & Matrei, Deferegger Machlkammer Craft Shop, Kalsertaler Genusshitte, Mühlstätter butchers, online stores of producers, direct marketing from the farm, East Tyrolean food retailers with a regional focus

your hohetauern|guide

Bring the national park on your smartphone!

- ✕ Plan your experiences
- ✕ Find themed trails and exhibitions
- ✕ Book national park tours with rangers online
- ✕ and many more

www.hohetauernguide.at

Nationalpark
Hohe Tauern
fans & friends



Keep up to date and play an active role in
shaping the future!
**Register now for our newsletter and become
part of our community!**



nationalpark experience indoor

Visitor centre National Park House - Matrei i. O.

Interactive exhibition „**Tauernblicke – Momente des Staunens**“ (Views of the Tauern – experience the wonder)

Special exhibition 2025 - **Die Isel** - Details page 7.

National park welcome area - district capital Lienz

You can admire the natural jewels of the protected area in the district capital of Lienz.

Place: Tourism office, TVB Lienz, free entry

Welcome | Benvenuti
kommen im Nationalpark



Nationalpark
Hohe Tauern

Hohe Tauern
Nationalpark

Under the spell of the Grossglockner - Kals am G.

Opening hours:

Fridays 14.30 - 17.30, 6th - 27th June 2025 & 26th September - 31st October 2025

30th June - 19th September 2025, every Monday, Wednesday and Friday from 15.00 - 18.00 and by appointment on +43 (0)50 212 540

Place: Glocknerhaus, Kals a. G., chargeable

Glocknerpanorama & information point - Glocknerwinkel

The focus of the exhibition at Lucknerhaus is on the national park's **Big Five**. The terrace offers a splendid panoramic view of Austria's highest mountain.

Opening hours information centre: mid June to end of September, 9:00 to 16:00

Place: Glocknerwinkel, Kals a. G., free entry

Beyond time - Virgen

The Virgen landscape is an ancient cultural place uniting space and time. Six individuals look into the past and future.

Opening hours:

1st May - 12th October 2025 daily, 8:00 to 18:00

Place: Tourist information Virgen, free entry

Time travel Deferegggen - St. Jakob i. Def.

In time lapse, this show takes visitors on a journey from the ice age through the Millennia to the history of mining in the valley and travelling trade.

Opening hours:

Monday - Friday, 10:00 to 18:00 & on request at the municipal office

Place: St. Jakob i. D., Music Pavilion, free entry

The Swiss Stone Pine - Deferegggen Valley

Everything revolves around the Queen of the Alps - the Swiss stone pine.

Opening hours:

Monday - Friday, 8:00 to 18:00 and on request at the tourist info Deferegggen Valley

Place: Handhaus, St. Jakob i. D., free entry

Opening hours subject to change!



Swiss stone pine

"Hauptplatz Lienz"

In the openly accessible information area in the centre of Lienz, you can find inspiration for your next nature experience in the Hohe Tauern National Park.

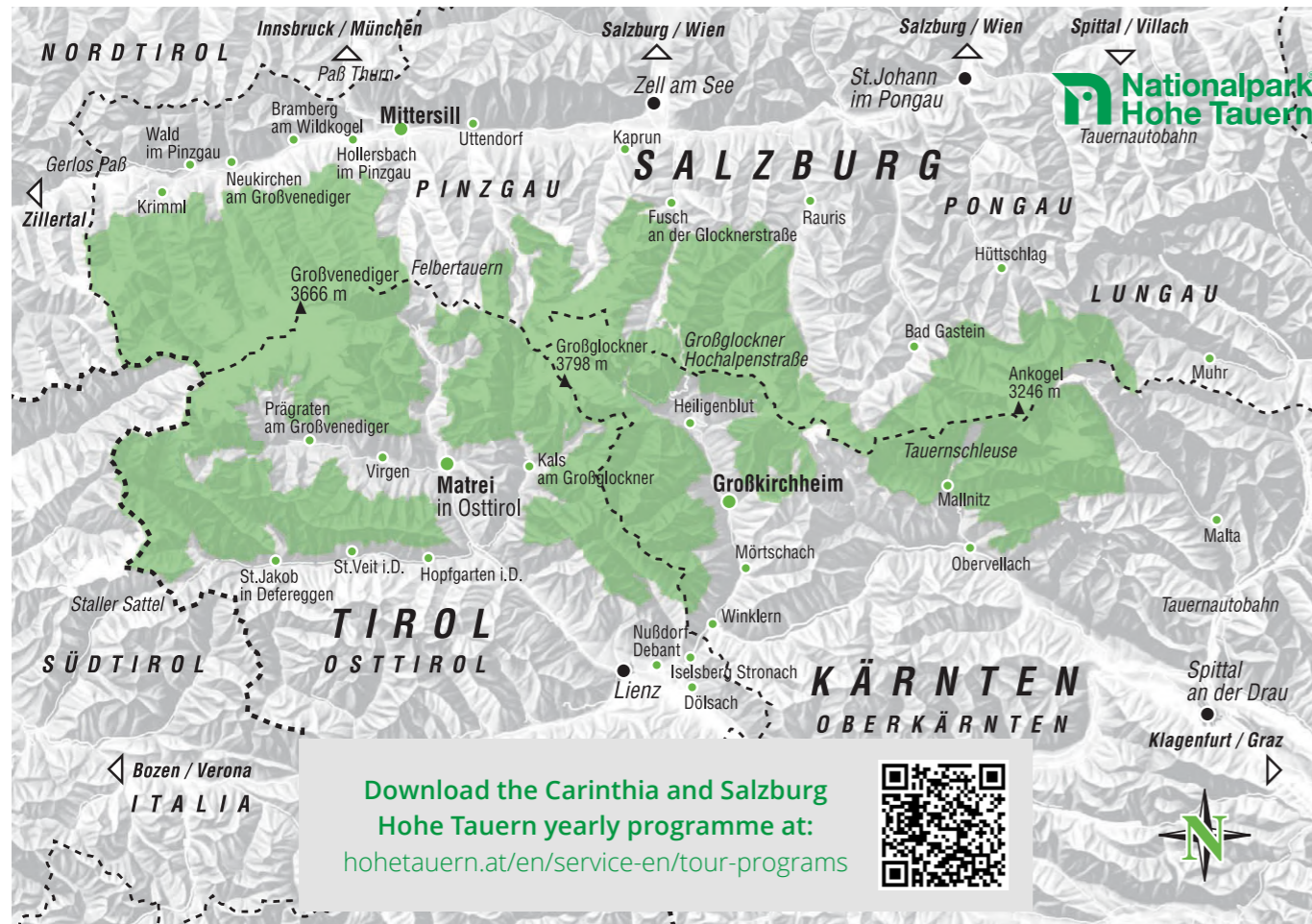
Opening hours:

All year round, openly accessible all day, free entry

Place: Main square Lienz



Main square Lienz



Download the Carinthia and Salzburg
Hohe Tauern yearly programme at:
hohetauern.at/en/service-en/tour-programs



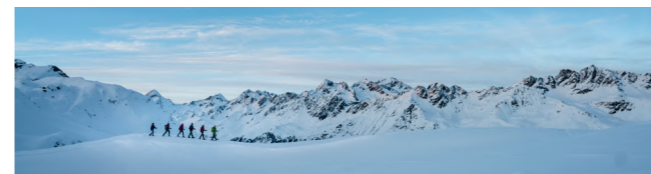
preview winter offers

Nature Watch - Guided by a ranger, find secret places and treasures on snow shoes.

Winter at the Hohe Tauern National Park has its very own enchantment – with snow crystals sparkling and the nature sanctuary plunged in glittering white. If you would like to experience the winter idyll in the midst of Austria's highest mountains, then a winter hike or unique moments during sunset tours in the Hohe Tauern National Park in East Tyrol is the right choice for you.

TIP

Snowshoe walking tours with national park rangers become an unforgettable highlight and intense moment of happiness.



Share your very own national park moment with us on Instagram.

#nationalparkhohetauern
#myosttirol



SHARE YOUR NATIONAL PARK MOMENT WITH US!



#nationalparkhohetauern

#myosttirol

Information about national park partners in East Tyrol:

www.nationalpark-partnerbetriebe.at

Information about the East Tyrol region:

<http://nationalpark.osttirol.com>

Travelling by car



Media holder and editor, publisher:

Nationalpark Hohe Tauern Tirol

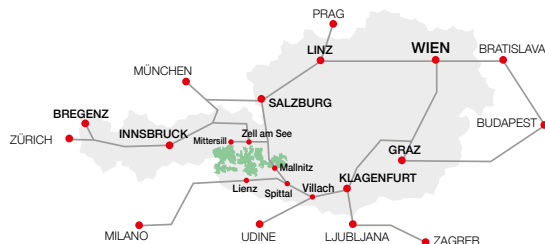
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Travelling by train



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