



BERGSTEIGER  
DÖRFER



## Gschnitztal

Tyrolean originality south of Innsbruck





printed according to the Austrian Ecolabel  
criteria for printed matter,  
Samson Druck GmbH, UW-Nr. 837



This product is from sustainably managed forests and controlled sources.  
[www.pefc.org](http://www.pefc.org)

The initiative "Mountaineering villages" is a project of the Austrian Alpine Association, the German Alpine Association, the Alpine Association South Tyrol, the Slovenian Alpine Association (Planinska Zveza Slovenije) and the Italian Alpine Association (Club Alpino Italiano). Since 16 September 2016 the "Mountaineering Villages" have also been an official implementation project of the Alpine Convention. Mountaineering villages are an official implementation project of the Alpine Convention.



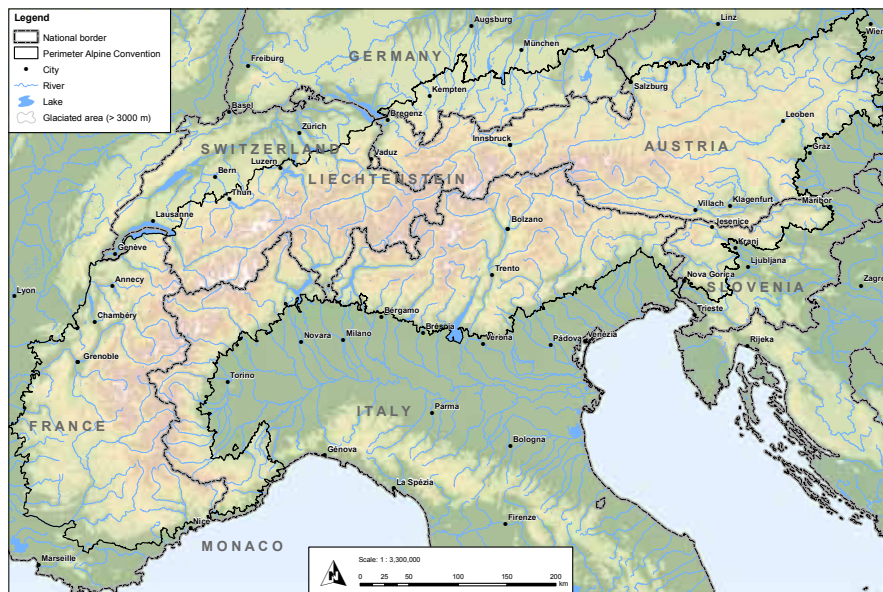
# Contents

Mountaineering villages and the Alpine Convention	4
Gschnitztal – Tyrolean originality south of Innsbruck	6
History	8
Special features	9
Summer tour tips	14
Winter tour tips	28
Alternative options for bad weather	34
Arrival & getting around	35
Partners	36
Mountain huts	38
Important addresses	40
Publication details and picture credits	42
Tips on good conduct in the mountains	43



# Mountaineering villages.

## The Alpine Convention in practice



Scope of Alpine Convention; Source: 2nd Alpine Convention Report on the State of the Alps – Water, 2008; Author: Environment Agency Austria

The Alpine Convention is an international treaty between the eight Alpine countries and the European Community; an agreement that sets ambitious goals for the sustainable development in the Alpine region; a milestone in the history of nature conservation and environmental protection in the Alps. It was a long journey from the 1950s, when the international Alpine Commission, or CIPRA, first had the idea of a Convention on the Protection of the Alps, through to its ratification in 1995 and the entry into force of its Protocols in Austria in 2002. Moreover, there is a long road still ahead. At a time when political discourse is dominated by questions of growth and increased competitiveness, the Alpine Convention should be of increasing importance as a sustainable development strategy for the Alpine region. It remains essential,

however, that the Alpine Convention Protocols are applied in a legal context at administrative level as well as to promote sustainable economic development at local level.

The Austrian Alpine Association played a significant role in the conclusion of the Alpine Convention and its Protocols. Since then the Association has sought to make the Convention accessible to the wider public, transposing it from cumbersome legal jargon into practical examples. One of these examples is the Alpine Associations' Mountaineering Villages initiative.

Across the Alps, communities were devoting themselves to mechanised winter tourism, levelling their slopes, putting up cable cars, digging reservoirs, constructing huge

tourist hotels... all for their visitors. The local population thus became dependent on a development – capital cycle that continues to spin, ever more quickly, and seems unlikely to stop. The mountaineering villages (germ. "Bergsteigerdörfer") are an attempt by the sections of the Alpine Associations to strengthen communities that make a conscious decision to pursue a different, more independent and sustainable development. With joint support from the Permanent Secretariat of the Alpine Convention, the Ministry for a Liveable Austria and the European Agricultural Funds, mountaineering villages are a transformative project and one of the jigsaw pieces for making the Alpine Convention a reality.

The project has now taken on a more international flavour. The Alpine Associations are guardians of a commitment to quality and place great emphasis on the need for mountaineering villages in Austria, Germany, South Tyrol, Slovenia and Italy to meet the criteria set out. Not every village that attracted mountaineers in the early years of alpine tourism still complies with the Alpine Association criteria for remaining a mountaineering village. For this reason, particular attention is paid to communities' (alpine) history, their past decisions and especially their future development goals when mountain and valley communities are being selected. Characteristic of all mountaineering villages are an Alpine location, a small size and tranquil atmosphere, a charming appearance, traditions kept alive, a high altitude landscape, an Alpine history and infrastructure, and strong Alpine competence. With the support of their local section of the Alpine Association, mountaineering villages are developing enjoyable leisure activities that can be undertaken without

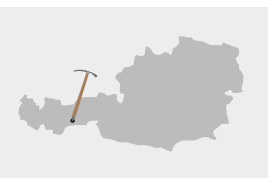
special equipment. Each mountaineering village offers its guests a unique and largely unspoilt landscape: for hiking, mountaineering, climbing, cycling, ski touring, snowshoeing, cross-country skiing or tobogganing. Bad weather is no obstacle to getting out and about, either: from guided geological and ornithological hikes to visits to museums, traditional workshops or old mining tunnels, there is a wide range of options. Often all you need to enjoy a rainy afternoon, though, is a warm, dry place to sit by the wood burner, a cup of mountain herb tea and a good book – for instance about Alpine history.

Mountaineering villages should appeal to visitors looking for a holiday destination where things are still to some extent "unflustered". A visit to a mountaineering village creates a real symbiotic relationship: while visitors are finally getting to leave behind their day-to-day stresses, jobs are being safeguarded in communities, overnight stays are being booked in mountain huts and valley hostels, little restaurants are making a living, and regional specialties are gaining fans. This is how the Alpine Convention is activated. It enables the Alpine Convention for its part to regenerate mountain regions in a way that maintains a balance between conservation and sustainable economic development. The primary objective is not only to express admiration but also to add value for local people.

Time will tell whether the patience and effort invested will pay off. However, we – the international Mountaineering Villages Project Team – are convinced that mountaineering villages provide a model of how to implement the Alpine Convention in practice in Alpine regions.

# Gschnitztal

Tyrolean originality south of Innsbruck



## LOCATION

The Gschnitztal is a western side valley of the Wipptal region and is situated in the Stubai Alps, at the foot of several peaks like the Habicht (3,277 m), the Feuersteine (3,267 m) and the Tribulaune (3,097 m). The valley is characterised by the simultaneous occurrence of limestone, crystalline, prehistoric rock and dolomite, constituting the basis for an unusually large variety of botanical species. To the

east, the Gschnitztal is flanked by gentle mountains, which grow higher and more rugged going westwards and combine many 3,000 m peaks at the end of the valley.

## COMMUNES OF TRINS AND GSCHNITZ

The municipality of Trins has 1,280 inhabitants, the municipality of Gschnitz has 446 inhabitants. The villages are situated in a sunny location between 1,214 m and 1,242 m above sea level. The Gschnitzbach stream flows from its source at the Lauterersee through the flat U-shaped valley, which was shaped in the ice age, to its mouth in the Sill near Steinach and covers a distance of approx. 20 km. A predominant part of the villages consists of the landscape conservation areas of Serles-Habicht-Zuckerhütl (total area 180 km<sup>2</sup>) and Nösslachjoch-Tribulaune (total area 92 km<sup>2</sup>), in which Natura 2000 areas and landscape parts that are particularly worthy of protection are also designated.



#### MOUNTAIN HUTS

##### **Blaser Hut (2,180 m)**

(N 47° 06'13,3", O 11° 24'26,6")

##### **Bremer Hut (2,413 m)**

(N 46°59'41.8", O 11°15'48.2")

DAV Bremen section

##### **Gschnitzer Tribulaun Hut (2,064 m)**

(N 47°00'07.7", O 11°20'48.4")

Naturfreunde Innsbruck

##### **Innsbrucker Hut (2,369 m)**

(N 7°02'35.8", O 11°18'39.3")

OEAV Innsbruck Section

##### **Padasterjochhaus (2,232 m)**

(N 47°04'51.7", O 11°21'49.7")

Naturfreunde Vienna

##### **Truna Hut (1,722 m)**

(N 47°03'06.0", O 11°24'16.4")

#### MOUNTAIN RANGE

Stubai Alps

#### MOUNTAIN HUTS & SNACK STATIONS

Laponesalm

St. Magdalena

Pumafalle

Vallmaritzalm

Gerichtsherrnalm

Kiosk Sandeswasser-  
fall (milling village)

#### IMPORTANT SUMMITS

Blaser (2,241 m)

Garggerin (2,470 m)

Glättespitze (3,133 m)

Goldkappl (2,788 m)

Gschnitzer Tribulaun  
(2,946 m)

Habicht (3,277 m)

Hammerspitze (2,634 m)

Innere Wetterspitze  
(3,053 m)

Ilmspitze (2,692 m)

Kalkwand (2,564 m)

Kesselspitze (2,728 m)

Kirchdachspitze  
(2,840 m)

Leitner Berg (2,309 m)

Muttenkopf (2,638 m)

Östl. Feuerstein  
(3,268 m)

Pflerscher Tribulaun  
(3,096 m)

Rötenspitze (2,481 m)

Schneespitze (3,147 m)

Weißwandspitze  
(3,016 m)

Wetterspitze (3,053 m)



# History



Antonius chapel with view of the glaciated valley head

## Trins

Trins was first mentioned in documents in 1040 as "Truna", a name that indicates a prehistoric linguistic root. The townscape of Trins, a former miners' settlement, is characterised by closely spaced houses, a relic from the settlement in the Rhaeto-Romanic period. The original population lived from mining; copper, antimony and lead were mined. Only much later did agriculture begin to dominate the townscape. Trins was struck by catastrophes several times: in 1611 the plague raged, in 1858 a major fire destroyed the town centre, and in 1927 a flood disaster occurred. In the years 1944, 1951 and 1984 there were big avalanche accidents in Trins.

## Gschnitz

Gschnitz was first mentioned in documents as "Gasnitz" in 1288. At that time there were already nine Schwaighöfe of the Tyrolean sovereigns. The different forms of settlement of Trins and Gschnitz is still clearly visible today.

The townscape of Gschnitz is characterised by far-flung Einödhöfe, no real village centre is recognisable. Already Emperor Maximilian appreciated this area as an excellent chamois territory. Since 1811 Gschnitz, just like Trins, has been an independent political municipality.

## Alpine history

The Gschnitztal was already known and loved by skilled alpinists since the beginning of the 20th century. In addition to the Blaser, which is considered to be the mountain with the most flowers in the Alps, the Dolomite-like peaks at the end of the valley are particularly attractive, e.g. the Gschnitzer Tribulaun (2,946 m), which was long regarded as indomitable. But also other mountains like the mighty Habicht have been popular destinations for mountain tours for many decades. The Gschnitztal is especially known for its wealth of alpine flowers. For this reason, numerous well-known botanists have repeatedly settled there for research purposes.



# Special features



Schneeberg Castle on top of the moraine wall near Trins

## Schneeberg Castle

Schneeberg Castle is situated on the valley floor in Trins. It is not until after the year 1500 that we can find reliable information about the castle, when the Imperial Councillor Franz Schneeberger received the castle as a fief from Emperor Maximilian.

However, as early as 1518 a report was sent to the government regarding the desolate state of the castle, so we can assume that the castle must have been there for quite some time. A number of fief owners followed between 1568 and 1636. It was not until 1636 that the Barons of Schneeberg were the owners once again. Following their demise in 1778, Empress Maria Theresia handed the castle over to the Councillor Alois Count Sarnthein. The present appearance of the castle has been shaped by the many renovations carried out since then. The Trins coat of arms symbolises the battlements of Schneeberg Castle on the moraine wall.

## Moraine wall

The mountains south of Trins are made up of very old Paleozoic rocks from the Carboniferous period: sandstones and conglomerates in which fossilised ferns, horsetails and lycopoda can be found. These species grew 300 million years ago in extensive marshlands. These plants were fossilised and transformed into coal over millions of years.

The most recent geological past, the Ice Age, has also left many traces here. The striking end moraine wall impressed the natural scientists because of its perfect preservation to such an extent that it was included in specialist literature as a Late Ice Age type locality, as the "Gschnitz stage". This glacier advance took place during the last ice age ("Würm") that was coming to an end approx. 13,500 years ago. Back then the glaciers, brought about by a cold period, once again advanced far into the Alpine valleys, before retreating to the high Alpine regions for the foreseeable future.

### **Krotenweiher**

During the retraction of the Gschnitz Glacier, remnants of ice remained in the moraine material and slowly melted away. Funnel-shaped holes, the so-called dead ice holes, were left behind. The best known dead ice hole in the Trins moraine is the "Krotenweiher", which is filled with a moor almost eight metres thick. The oldest deposits in this moor (remains of plants and pollen) resulted in a Carbon-14 age of approx. 9,600 years.

### **Adlerblick**

The Adlerblick viewing platform was built a few years ago above Trins as a pleasant hiking destination for families. Following the short tour, a breathtaking panoramic view of Trins and further into the Gschnitztal to the glacier mountains at the end of the valley awaits visitors. The viewing platform is equipped with benches and tables that invi-

te visitors to take a break.

### **Oberlawieswald**

The Oberlawieswald near the Pumafalle Gasthof in Trins is a pine forest relic which can be regarded as unique and particularly worthy of protection for the inner Alpine region.

### **St. Magdalena Pilgrimage Chapel**

The small pilgrimage chapel of St. Magdalena (1,661 m) rises 400 m above the valley floor on a steep overgrown rock slope between the villages of Trins and Gschnitz.

The origin of the mountain sanctuary of St. Magdalena lies in the darkness of the past. The mysterious pilgrimage site was first mentioned in a document in 1307, but it is thought to be a pre-Christian place of worship. There are several legends about the origins of the pilgrimage. The present place of worship dates back to the 15th century, but

The little church of St. Magdalena towers above the Gschnitztal



the Romanesque and Gothic frescoes restored between 1960 and 1972 indicate an older collection. The frescoes from the 14th century are among the oldest wall paintings in Tyrol.

The sculptor Hans Pontiller from Innsbruck created the impressive wooden cross with St. Magdalene (1958). The outer wall of the chapel is decorated with a fresco of the patron saint of the church and the coat of arms of the Tyrolean aristocratic Schneeberger family.

### Alpine Safety Area (ASA)

The training ground of the Alpine Safety Area (ASA) was built at the same time as the construction of the St. Magdalena via ferrata in 2017. Visitors to this permanently installed Alpine demonstration and training area can experience what demands are placed on mountain hikers, mountaineers and climbers on hiking and mountain trails as well as via ferrata routes covering various levels of difficulty close together and in a relatively safe environment.

### The film village of Trins

Trins was the backdrop for the film "The Last Valley" by director James Clavell in early summer 1969 with an international star cast (Omar Sharif, Michael Caine). The film was set during the Thirty Years' War, and a film village with a church, parish hall, farmhouses, stables and farm buildings was built especially for it. Around 150 people living in Trins played extras as (film) inhabitants. There were also considerations about leaving the village standing, but the lightweight architecture probably would not have survived the next winter. The film was shot with a lot of time and effort until November 1969, the world premiere of the film was on March 5th, 1971 in the Metropolkino in Innsbruck.



A break at the Adlerblick platform



Safety is first - Alpine Safety Area



Trins as a setting for great cinema





Mühlendorf: Old mills and craft workshops provide an insight into times gone by

### **Mühlendorf – mill village in Gschnitz**

The living mill village in Gschnitz gives its visitors a journey through time into the past, where the working methods of the farming community in the Alpine valleys from approx. 100 years ago are exhibited. The water-powered grain mill, the blacksmith's shop and the workshop can be admired. You can witness how the grain, harvested by hand, was ground to flour. The Sandes Waterfall in the background is an impressive natural spectacle that can be observed from the visitor platform below or from a 40 m long bridge above. There are many play opportunities for children related to the theme of water.

[www.muehlendorf-gschnitz.at](http://www.muehlendorf-gschnitz.at)

### **Flora and fauna**

The Blaser Mountain is well known for its flora and can be reached from Trins in a three hour hike. No fewer than 14 species of orchids were recorded here. The superposition of limestone and prehistoric rock in the Gschnitztal has resulted in a diversity of species which prompted many renowned botanists to spend their summer holidays in Trins as early as the 19th century.

The rear Gschnitztal, especially the area around the Tribulaun Hut and the Garggerlin Mountain, is known for its ibex populations and is also a popular breeding area for the rare golden eagle.

### Waterfalls and mountain lakes

The Sandes Waterfall at the end of the valley, situated just behind the mill village, with its visitor platform and the large suspension bridge is a special place of power. Immunologist Univ.-Doz. Dr. Arnulf Josef Hartl, lecturer at the Paracelsus Medical Private University of Salzburg, confirms that a specific micro-climate with highly concentrated negatively charged air ions is prevalent at the Sandes Waterfall, which has a positive effect especially on respiratory diseases.

A hike to the Truna and Sarnthein Waterfalls near Trins is also recommended, as well as to the scenic mountain lakes Lauterersee, Simmingsee and Lichtsee.

### The Trins energyTRAIL

The community of Trins aims to be energy self-sufficient by 2030. Trins was declared the Austrian model community for climate and energy measures in 2011. This is why the Trins Energy TRAIL was set up; it runs along private and municipal projects that show the possibilities and experiences of electricity generation. The starting point for the 4 km long circular trail is at the Trins primary school. An information brochure is available at the Trins municipal office.

### Trins ski lift – the family meeting point

The T-bar lift with approx. 3 km of slopes is spread over a very wide and sunny area in Trins, where children have a particularly good time. There is a huge playground with a sliding hill and a well-kept ice skating rink illuminated in the evening right next to the lift. There is also a children's playhouse at the Liftstüberl, where children can warm themselves up and enjoy a lot of fun and games. There is another "special" unique throughout Austria: the lift can be rented exclusively for companies, clubs and ski races. The ski lift is



Good for body and soul - rest at the Sandes Waterfall

also illuminated in the evening on Fridays and is ideal for night skiing. Further information: Municipality of Trins, tel. +43 5275 5210, [www.schilift-trins.at](http://www.schilift-trins.at)



Winter fun for young and old at the Trins ski lift

# Summer tour tips



## LONG DISTANCE HIKES

### Gschnitztal hut tour (difficult - black)

This hut tour is certainly an insider tip among the multi-day high-altitude hikes, because you can still enjoy the peace and solitude of the mountain for most of the time. It passes through seven stages in a loop around the Gschnitztal, where you can spend the night in six different mountain huts. The entire tour is classified as difficult (black) and starts and ends at the car park of the Bergeralm cable car valley station in Steinach. With approx. 5,200 altitude metres of ascent, 6,293 altitude metres of descent and 53.2 km of distance, it truly is a fine sporting challenge and should only be completed if you are absolutely sure-footed and fit. However, you can shorten the round as much as you like or go in the other direction – there is an ascent/descent to the valley at every hut. There is also a return journey by public transport (bus) at each point.

### 1st stage: Steinach – Bergeralm valley station/Bergeralm middle station – Truna Hut

3 – 4 hours, 700 altitude metres up/2 hours, 200 altitude metres up

Alternative to this stage: ascent with the cable car to the Nösslachjoch, then hike along the Kammweg trail no. 42 and the Gstreinjöchl 38/94 directly to the Tribulaun Hut (approx. 7 – 8 hours)

### 2nd stage: Truna Hut – Gschnitzer Tribulaun Hut (Tribulaunhaus)

5 – 6 hours, 1,000 altitude metres up  
700 altitude metres down

### 3rd stage: Gschnitzer Tribulaun Hut – Bremer Hut

6 – 7 hours, 1,050 altitude metres up  
700 altitude metres down

### 4th stage: Bremer Hut – Innsbrucker Hut

6 – 7 hours, 950 altitude metres up,  
900 altitude metres down



**5th stage: Innsbrucker Hut –  
Padasterjochhaus**

7 – 8 hours, 1,150 altitude metres up,  
1,250 altitude metres down

**6th stage: Padasterjochhaus – Blaser Hut**

5 – 6 hours, 800 altitude metres up,  
850 altitude metres down

**7th stage: Blaser Hut – Steinach, Bergeralm  
valley station**

3 hours, 1,150 altitude metres down

Alternative to this stage: descent via trail  
no. 31/31a/30 to Trins or along trail no. 13 to  
Steinach to the Bergeralm valley station in  
Steinach without overnight stay at the Blaser  
Hut (approx. 10 hours)

*Detailed information with an interactive map  
can be found online on [www.wipptal.at/ght](http://www.wipptal.at/ght) or  
in a brochure which is available at the informa-  
tion offices of the Wipptal Tourist Board.*

**Romedius trail (moderate – red)**

The Romediusweg is a historic pilgrimage trail  
that takes you through 12 stages from the Ro-  
medius church in Thaur near Innsbruck over  
the Alps to San Romedio in Trentino, Italy. The  
pilgrimage route leads back to St. Romedius



Variety of flowers on the Gschnitztal Hut Tour

and covers 180 km and 9,600 altitude me-  
tres. Hikers travel from Thaur via Innsbruck,  
Mieders and the Maria Waldrast monastery to  
the mountaineering village of Trins (overnight  
stay). Then from Trins you ascend on the op-  
posite side of the valley to the Truna Hut (re-  
freshment stop and overnight accommodati-  
on at 1,723 m) and continue to the Trunajoch  
(2,101 m), which forms the transition to the  
Obernberg Valley. From there several stages  
to San Romedio.

*More detailed information can be obtained in a  
brochure which is available at the information  
offices of the Wipptal Tourist Board.*

On the Romedius trail below the Blaser Hut





View of Trins and the sunny side of the valley with Hammerspitze, Kesselspitze and Serles

## HIKING – STARTING POINT IN TRINS

### **Sarnthein Waterfall (1,340 m)**

Contemplative valley hike around Trins

The starting point is the entrance to Trins (free parking by the road), where after a few metres you turn right into the valley towards the church, continue to the car park and then follow the Jubiläumsweg trail towards the waterfall. Initially through the forest passing the chapel of St. Barbara and further on the trail to the Sarnthein Waterfall.

Return journey traces the same trail as the one you took there or continue along a steep trail in the direction of Gschnitz to the Gschnitztal road. Change to the valley floor and to the other side of the valley at the Puma-falle sign and hike back to Trins (10 km, 275 altitude metres, 3 hours in total)

### **Trins Sun Trails**

Hiking trails for families around the mountain-eering village of Trins

"Gstreinerunde": From the Liftstüberl car park at the Trins ski lift a little way into the valley and in a small ascent above the Trins ski slope, follow the meadow path out of the valley and on asphalted paths back to the Liftstüberl.

"Ober'm Zaun": A few metres into the valley after the village school, turn right up the slope and at the first fork right again out of the valley on a short ascent up to the path that leads out to Steinach at the boundary of meadow and forest. For the round trip, return to the meadow path at the signposted gate after approx. 30 min.

"Unter'm Dorf": Follow the village road a little way out of the valley and then turn right and follow the "Wiesenweg" sign down to

the stream. Walk along the stream back into the valley. Through a romantic lane along the old castle wall of the Schneeberg Castle up to the Trins Waldfestplatz fairground and from there across a small bridge through the hamlet of Bichl back again.

### **Gerichtsherrnalm Hut – Vallmaritzalm Hut–Truna Hut**

The Trins mountain hut hike

The starting point is the car park at the Liftstüberl in Trins (subject to charge). From there you walk across the bridge and then follow trail no. 40, which leads through the forest directly to the Gerichtsherrnalm (1,663 m). You can reach the Vallmaritzalm (1,988 m), which is about 300 m higher, along a forest road. From here, you continue down the valley to the Truna Hut (1,750 m), which can be reached via trail no. 44 and trail no. 78. To descend, you first follow the forest road, then you can shorten the winding bends via trail no. 125. The last minutes back to Trins will take you along a forest road. (850 altitude metres, 5 h in total)

### **Blaser (2,241 m)**

Circular hike to the most floral mountain in Tyrol

The starting point is the 4 Tal/Leiten car park above the church in Trins. From there you follow the marked trail no. 30 across meadows and forest, frequently crossing the forest road to the Blaser Hut on the way up. In the pastures above the forest, the trail finally leads into the forest road that you follow to the hut. From there, it is not far to the summit with cross.

The descent first leads along trail no. 31 to the valley, which then crosses the forest road no. 31 A. You can either stay on the gradually steep trail no. 31 or follow the 7 km long forest road to the starting point in Trins. (950 altitude metres, 3 hours ascent)



On the Trins sun trails



The Gerichtsherrnalm invites you for a snack



Magnificent view from the summit of the Blaser



View from the Rötenspitze to the Lichtsee and the Tuxer Alps with Olperer

### **Padasterjochhaus – Padasterkogel (2,391 m)**

Excursion to the oldest Friends of Nature House in Austria

From the 4 Tal/Leiten car park above the church in Trins, you first hike along a wide forest road and later along a somewhat steeper trail (Herrenweg) up to the Padasterjochhaus (2,232 m). From there, you continue on a beautifully laid out trail (no. 122), climbing at a leisurely pace to the Padasterjoch and another 100 m up to the Padasterkogel (2,391 m). A beautiful summit cross with a bench for resting was erected here by the host of the Padasterjochhaus, Paul Pranger, which invites you to enjoy the fantastic view of the Gschnitztal. (1,000 altitude metres, 3 hours ascent)

### **Rötenspitze (2,481 m)**

Red rocks and blue lake

From the Liftstüberl car park (subject to charge), you walk approx. 200 m along the stream into the valley and then turn left onto a road leading fairly steeply up through the meadows. The road turns into a forest trail (no. 125) when it reaches the forest. Those travel-

ling by bike can follow it, but hikers can also take trail no. 125, which branches off at the first bend. After the Truna Waterfall, at the beginning of the mountain meadows, the forest road and the trail reunite and lead to the Truna Hut. Continue on to the Trunaalm (you can park your bike here) and it is only about 200 altitude metres to the Trunajoch. You meet ridge trail no. 94 on the col, which you follow for a while along the ridge to the west until reaching a signpost. You stay on the ridge here and follow trail no. 41 to the easily recognisable Rötenspitze, which is framed by red rock.

(1,300 altitude metres, 4 hours ascent)

### **Kesselspitze (2,728 m)**

The unknown neighbour of Serles

From the 4 Tal/Leiten car park above the Trins church along the freight road towards the Padasterjochhaus and Blaser Mountain, walk uphill to the first sharp right-hand bend. After passing a gate across a meadow, you continue a little uphill along the forest road. At a left-hand bend, you climb straight up through the forest in a northerly direction,



frequently crossing a forest road. A steep gradient takes you to some huge boulders and finally to the Kalbenjoch (2,225 m). Continue on trail no. 8, climbing diagonally to the west and up along the wide, partly grassy eastern ridge, after which you have to overcome a rocky headland with a narrow ridge edge. Lastly over rubble and scree on the broad summit ridge to the summit cross of the Kesselspitze. Descent as ascent or as a round tour via trail no. 8 to the Roter Kopf, the Wasenwand and the Padasterjochhaus with descent to Trins. (1,400 altitude metres, 4 h ascent)



Kirchdachspitze with view of Innsbruck

### **Kirchdachspitze (2,840 m)**

Panoramic summit in the form of a church made of rock

The starting point is the 4 Tal/Leiten car park in Trins. From there continue on the forest road, mostly through the forest, into the Padaster Valley until the first sharp right turn. Then follow trail no. 122 (Herrenweg) further uphill, at first through meadows, then through woods, intersecting the forest road again and again. You reach the tree line un-

der the Foppmandl. Another steep climb, then turn left to the Padasterjochhaus. Leaving the hut, cross the slopes along trail no. 122 southwards onto a shoulder above the Padasterjoch. Continue over steep slopes, passing the Schäfer Hut, to a gap in the terrain and then up into the ridge between the Hammerspitze and Kirchdachspitze to the Silbersattel. It is only a few metres up to the summit from there, the climb is secured by rope. Descent like ascent.

(1,550 altitude metres, 4.5 hours ascent)

Curious companions on the way to the Kirchdachspitze



## HIKING – GSCHNITZ STARTING POINT

### Laponesalm (1,472 m)

Family excursion destination in the nature conservation area of the rear Gschnitztal

Behind Gasthof Feuerstein at the end of the Gschnitztal to the Laponesalm on an asphalted path or turn right across the bridge of the Gschnitzbach stream directly at the beginning and follow the forest road no. 50, always keeping right of the stream to the southwest. You will reach a bridge after about 20 to 25 minutes. At this point, go across the road and the bridge to the other side of the stream and continue on trail no. 50 along the stream. The path mainly leads through woods, finally you come to a bridge over Alpine pastures and continue to the Laponesalm.

(3 km, 200 altitude metres, 45 min. ascent)

### Pilgrimage Chapel of St. Magdalena (1,661 m)

A spiritual place of power among the rocks  
The pilgrimage chapel of St. Magdalena is a centuries-old mysterious place of power among the rocks. Ascent: from the Magdalena car park for the via ferrata, you cross a bridge and follow the signs for St. Magdalena (trail no. 52) through the woods, quite steep

uphill. After approx. 1 hour, you reach the pilgrimage chapel with a serviced snack station, which is embedded in the rock and resting on a flat meadow ledge. There is a climbing garden above the snack station, which takes approx. 5 min. to reach. Descent like ascent. Alternative: ascent on the via ferrata (B/C, medium difficulty) possible.  
(450 altitude metres, 1 hour ascent)

### Innsbrucker Hut (2,370 m) – Kalkwand (2,564 m)

At the foot of the most striking mountain of Tyrol  
Hut ascent: the starting point is the car park approx. 200 m behind the Gschnitz church on the left side of the road. You cross the road and follow trail no. 123 with a pleasant ascent. First of all, you go through forest, then above the tree line and below the rocks over stony ground. Shortly before the Innsbrucker Hut, the ascent trail joins the one from the Gschnitztal end. Shortly after comes the junction to the Illmspitze with a fixed-rope route and you can enjoy a clear view down into the Pinnis and Stubai Valleys just a few metres before you reach the hut.

(1,100 altitude metres, 3 hours ascent)

The Laponesalm is an ideal resting place for families and hikers







The Innsbrucker Hut at the foot of Habicht and Kalkwand

**Summit ascent:** you walk from the hut to the Pinnisjoch and follow the well-prepared ascent on the Pinnis Valley side. The trail first leads northwards over a gravel channel to a wind gap, after which the trail takes you to the south side with a passage to the summit safeguarded by ropes. Magnificent view to the Habicht Mountain and the Gschnitztal. (200 altitude metres, 45 min. ascent)

### **Habicht (3,277 m)**

Alpine mountain tour to the most remarkable peak of the Stubai Alps

**Hut ascent:** see Innsbrucker Hut. **Summit ascent:** behind the hut (2,370 m) take the trail at the right hand. After a short ascent over a slightly flatter ridge (memorial stone), to the first rope securings. The trail initially roughly follows the southeastern ridge, then there is a flat crossing to the east side, up to the remains of the small glacier. There is a trail vari-

ant that leads to the summit completely free of snow. If you have to cross the snow fields (somewhat shorter), then make sure that the conditions are suitable. The steep drop off at the end of the snow field increases the danger and means that sliding is not possible. A wide arc leads to the east ridge and then upwards. The last metres to the summit pass along the southern side of the ridge. Descent like ascent. (910 altitude metres, 3 hours ascent)

### **Bremer Hut (2,413 m) – Innere Wetterspitze (3,053 m)**

The Bremer Hut's local mountain

**Hut ascent:** the starting point is the car park at the Gasthof Feuerstein in Gschnitz (subject to charge). From there you will follow the agricultural road to the Laponesalm. Continue along the wide gravel path towards the end of the valley, after approx. 500 m the trail branches



View of the Gschnitzer Tribulaun

Starry sky at the Habicht with view to Innsbruck



off to the right hand towards the Bremer Hut. The path leads steeply through woods and bushes to the Simmingalm situated at approx. 2,000 m above sea level. Passing the Prangerstadl, you will cross a small bridge to the left side of the valley, from where the path climbs steeply uphill again to the glacial ridge of the Mitteregg and leisurely on to the Bremer Hut at 2,413 m. Descent like ascent. (1,230 altitude metres, 4 hours ascent)

Summit ascent: the trail branches off to the north-west behind the hut and crosses very steep, exposed terrain over the east ridge to the summit. The ascent is secured in part with steel cables, a head for heights and secure footing are absolutely necessary! (640 altitude metres, 2.5 hours ascent)

### **Glättespitze (3,133 m)**

In the Habicht's shadow

The starting point is the Innsbrucker Hut (2,370 m) – see above for description.

From there you follow a trail towards the Bremer Hut and head into the valley. After approx. 45 minutes, you will encounter two big cairns (1.6 km, approx. 2,500 m). At this point, you leave the marked trail and ascend in a vale. A number of cairns indicate the right way. Without a path, steep and strenuous, you climb up a scree and grass-covered slope which merges into a basin at a height of approx. 2,780 m. At the end it is steep again, on partly brittle rock you continue practically pathless to a suitable point to the ridge – descending to Glättenieder (2,980 m).

**CAUTION:** very steep and requires concentrated and skilled climbing in brittle rock!

The ascent on the following rocky ridge is considerably easier, but also challenging at times. Be careful when descending on the ridge and from the Glättenieder trough into the caldera!

(850 altitude metres, 4 hours ascent)

### **Tribulaun Hut – Gschnitzer Tribulaun (2,946 m)**

Massive pyramid of rock and gravel

Hut ascent: the starting point is car park at the Gasthaus Feuerstein (subject to charge) at the end of the valley. From there you walk to the Mühlendorf, where the trail to the Tribulaun Hut begins. After passing the Sandes Waterfall, the route climbs the first steep gradient in winding bends. Then you hike in a pleasant gradient always at the left side of the stream into the Sandes Valley. The impressive rock pyramid of the Gschnitzer Tribulaun soon appears. You ascend above the mountain pine belt in 18 hairpin bends to the Gschnitzer Tribulaun Hut (former name: Österr. Tribulaunhaus). (785 altitude metres, 2 hours ascent). As an alternative to the ascent to the Tribulaun Hut, take the agricultural road from Gschnitz. Walking time 2.5 hours – starting shortly after the car park into the valley.

Summit ascent: take the marked path towards the Schneetalscharte. The trail climbs in small winding bends, which become steeper and steeper, first on the left handside, then alternating to the right, up the gravel channel. Then turn left again to the Schneetalscharte. Continue along the rocky ridge, partially secured, to a steep step that can be easily overcome thanks to wire ropes. Continue along a few bends to the relatively large summit plateau featuring fantastic panoramic views. The descent is the same as the ascent.

(Overall tour: 1,666 altitude metres, 4.5 hours ascent)

### **Tribulaun Hut – Garggerlin (2,470 m)**

Magnificent panoramic circular trail where you are sure to see ibexes

Ascent to the Tribulaun Hut, see Gschnitzer Tribulaun. From the Tribulaun Hut, you circle around the valley head below the mighty, rugged limestone walls of the Gschnitzer Tribulaun and Pflerscher Pinggl on trail no. 63 in a large arc to the ridge on the opposite side



View from the Garggerlin to the Tribulaun

of the valley. Special caution is necessary during spring, when there are still snow fields to be crossed. The short ascent to the Garggerlin calls for absolute sure-footedness and a head for heights, but can be done in approx. 30 min. The descent into the Gschnitztal begins again at the foot of the Garggerlin, following trail no. 63. The first half of the descent leads across beautiful mountain meadows and is easy to manage. Caution is necessary once again on the last part of the descent. The path becomes steeper here and leads through high foliage growing on damp ground. This makes the path difficult to see and partly rocky.  
(1,190 altitude metres, 3 hours ascent)

## MOUNTAIN BIKING – ELECTRIC (E) BIKE

There are four designated mountain bike routes of medium difficulty in the Gschnitztal:

### **No. 523 Blaser Hut (2,180 m)**

Start at the 4 Tal/Leiten car park above the parish church of Trins – tour possible as a round trip (descent via MTB trail no. 524)  
Length: 8.1 km, altitude metres uphill: 895

### **No. 524 Zwieselmähder – Loosjoch – Blaser Hütte (2,180 m)**

Start at the 4 Tal/Leiten car park above the parish church of Trins – tour possible as a round trip (descent via MTB trail no. 523)  
Length: 7.4 km, altitude metres uphill: 920 m

### **No. 577 Padasterjochhaus (2,232 m)**

Start at the 4 Tal/Leiten car park above the parish church of Trins.  
Length: 7.6 km, altitude metres uphill: 1,045 m

### **No. 525 Truna Hut - Gerichtsherrnalm – Bergeralm**

Start at the Lifstüberl Trins car park.  
Length: 6.4 km, altitude metres uphill: 488 m  
Descent possible from the Bergeralm to Steinach and back to Trins on the meadow path along the Gschnitzbach stream.

*Detailed mountain bike map available free of charge at the information office of the Wipptal Tourist Board.*

*Mountain bike rental: WippRad, Bergeralm valley station, Steinach, [www.wipp-rad.at](http://www.wipp-rad.at)  
E-mountain bike rental from partner companies: Wienerhof, Hohe Burg and Zita in Trins*





VIA FERRATA

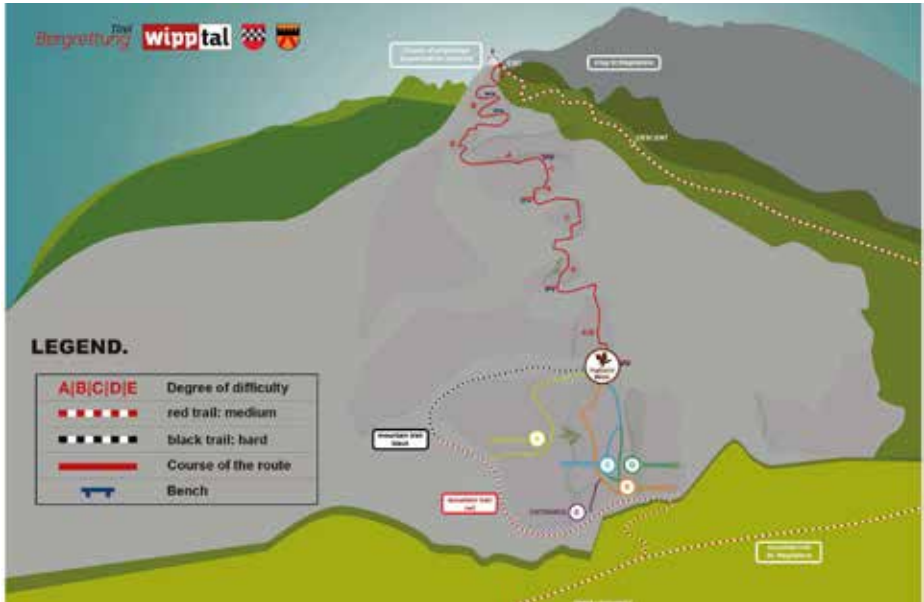
St. Magdalena via ferrata

The St. Magdalena via ferrata in the Gschnitztal was built during the summer of 2017. The construction was carried out in harmony with nature and in line with the latest via ferrata construction guidelines. It takes approx. 1.5 hours to cover the 270 m altitude metres to the pilgrimage chapel on this enjoyable via ferrata. The 500 m long route is notable for its easy accessibility (can be accessed in 30 min. along a footpath from the St. Magdalena car park in Gschnitz), its moderate difficulty (B/C, suitable for athletic beginners and children accompanied by experienced persons), the opportunity to stop for a refreshment at the destination (St. Magdalena snack station) and the multitude of variants (difficulty levels A-E) at the start of the via ferrata. They are part of the unique Alpine Safety Area (ASA), a training ground in which you can test the different levels of difficulty of mountain trails and via ferrata.



On the St. Magdalena via ferrata

More information: [www.wipptal.at](http://www.wipptal.at)  
Brochure is available at the information offices  
of the Wipptal Tourist Board



### **Illspitze via ferrata (2,690 m)**

The Illspitze is a rugged peak at the end of the Pinnis Valley, which is accessible along a via ferrata of difficulty level C+. This passes over steep plateaus directly up to the small summit, whereby the criterion is the spreading step over a deep channel. The starting point is the Innsbrucker Hut, the via ferrata runs over steep to very steep rocky terrain, over passages with small steps almost all the way, which are almost always exposed. Some ladders, stepping pegs and iron clamps are a little further apart in places. A head for heights, sure-footedness and good physical condition are all required.

### **CLIMBING GARDEN**

#### **St. Magdalena climbing garden**

The climbing garden currently has 18 routes in Alpine limestone at around 1,675 m, right above the pilgrimage chapel of St. Magdalena. You can enjoy refreshments in the adjoining snack station where you also have the possibility of spending the night.

Degree of difficulty: 3 to 7, mostly 5 and 6

Exposure: west – southwest

Most favourable time: May to November

Recommended equipment: normal climbing garden equipment incl. helmet

Pförscher Pinggl, Goldkappl, Gschnitzer and Pförscher Tribulaun





## ALPINE CLIMBING

There are two climbing mountains in the Gschnitztal that are worth recommending: the Pflerscher Tribulaun (3,097 m) and in its immediate vicinity the Goldkappl (2,788 m).

### **Pflerscher Tribulaun (3,097 m)**

Behind the Tribulaun Hut, you climb directly over the steep cirque up to the ridge. Use crampons if there are still snow fields. Otherwise, you have to be extremely careful over scree and gravel slopes. Leaving the ridge, a first you reach a safety rope to the southern ascent. You climb up to the summit with difficulty level III – IV. All stanchions after the first fixed rope are in place.

CAUTION: danger of falling rocks (wear helmet!)

Ascent time from the Tribulaun Hut: approx. 4 – 5 hours

### **Goldkappl (2,788 m)**

The starting point is the Tribulaun Hut again, from where you walk on trail 63 and 130 to the Sandesjöchl, where you join the west ridge. Pleasant climbing with difficulty levels III – IV (partly brittle rock). As a reward for all your climbing efforts, you can look forward to magnificent views from the summit cross, which was erected by the Gschnitztal residents Peter and Paul Pranger, Peter Schlögl and Toni Salchner in 1986. Abseiling piste available.

Ascent time from the Tribulaun Hut: approx. 3 hours



# Winter tour tips



## SNOWSHOE HIKING

### **Snowshoe hike to the Truna Hut (1,750m)**

An easy and scenic forest path leads to the Truna Hut in the Gschnitztal.

From the car park at the Trins ski lift (subject to charge), follow the signs to the right for Truna Hut no. 125. Through a forest and then on a forest road, the trail continues for approx. 15 min. level into the valley.

Following a left-hand bend, the trail climbs a little steeper up through the forest until it meets the road just before the hut. From there, the trail leads across the Alpine meadows on a direct path up to the hut. No refreshment opportunities (hut is only open during summer)!

Ascent time: approx. 2.5 hours, 508 altitude metres

### **Snowshoe hike on the Blaser (2,241m)**

The Blaser is a popular destination in the Gschnitztal for ski tourers as well as snowshoe hikers. The tour is very recommendable, not least because of the impressive panoramic view of the Stubai and Zillertal Alps, the low danger of avalanches and the easy terrain. From the 4 Tal/Leiten car park in Trins, follow the summer trail to the Blaser Hut, cross the forest road and continue uphill through the scenic valley. You will reach the Blaser Hut shortly afterwards. You can look forward to the stunning panorama on the Blaser summit if you continue to climb along the wide ridge.

No refreshment opportunities (hut is only open during summer)!

Ascent time: approx. 3.5 hours, 1,000 altitude metres

### Snowshoe hike to the Adlerblick (1,520 m)

The Adlerblick viewing platform is located above Trins, which is a suitable destination for a first snowshoe tour. After the short snowshoe hike (approx. 1 hour walking time) a breathtaking panoramic view of Trins, into the Gschnitztal and to the glacier mountains at the end of the valley awaits hikers.

From the "Blaserhütte 30/31" signpost northwards across a meadow continuing upwards, past a water basin, to a signposted turn-off. Turn right there and follow a cart path on trail no. 30 through the avalanche protection forest to the Adlerblick branch-off. It is approx. 5 min. from there to the viewing platform (1,520 m). We also recommend this destination in combination with a snowshoe hike to the Blaser.

No refreshment opportunities! Ascent time: approx. 1 hour, ca. 200 altitude metres

### SKI TOURING

#### Blaser (2,241 m)

Starting point: 4 Tal/Leiten car park in Trins above the church

Elevation gain: 1,000 m

Ascent time: approx. 3 hours

Demands: light

Most favourable time: November to April with good snow conditions

Type of tour: easy ski tour with magnificent views

Description: follow the Sommerweg trail from the car park to the Blaser Hut, crossing an agricultural road at 1,500 m and 1,800 m, but stay on the marked trail until you reach a hay barn. Passing it, turn to the right to the Blaser Hut (2,180 m), then continue for about 100 altitude meters up to the summit.

#### Padasterkogel (2,301 m)

Starting point: 4 Tal/Leiten car park in Trins above the church



With snowshoes...



... or touring skis to the Padasterkogel



Wonderful the descent from the Kesselspitze

Elevation gain: 1,020 m

Ascent time: approx. 3.5 hours

Demands: light to moderate

Most favourable time: November to April with good snow conditions

Type of tour: ski tour in a scenic area

Description: follow the forest road from the car park following the signposts to the Padasterjochhaus. After approx. 20 min. the terrain opens up. At the end of the valley floor, bear left along the Sommerweg trail from the Padasterjochhaus and continue the ascent to the tree line. Then across a beautiful hilly terrain to the summit.

### **Aperer Feuerstein (2,968 m)**

Starting point: car park at the Gasthof Feuerstein in Gschnitz

Elevation gain: 1,686 m

Ascent time: approx. 6 hours

Demands: difficult; requires very good fitness

Most favourable time: end of April to end of June

Type of tour: spring tour/firn tour with special view to the Zuckerhüt, Becherhaus, Frei-

Ski tour to the Gschnitzer Tribulaun

ger Hut, Stubai Alps, Ötztal Alps

Description: trail no. 63 to the Laponesalm at 1,472 m (approx. 45 min). From the Laponesalm in the direction of the Simming See to the Bremer Hut (2,411 m) on trail no. 102 (entrance left of the forest road). From the Bremer Hut towards Simming Jöchl (2,754 m) via the Feuersteinferner glacier to the summit. The tour can also be completed in 2 days – an overnight stay in the winter quarters of the Bremer Hut is possible.

### **Serles (2,717 m)**

Starting point: 4 Tal/Leiten car park in Trins above the church

Elevation gain: 1,503 m

Ascent time: approx. 4 hours

Demands: moderate to difficult

Most favourable time: February to end of April

Type of tour: ski tour with magnificent views of the Zillertal Alps, the Stubai Alps, Innsbruck with the Nordkette and the Gschnitztal. Description: take trail no. 122 from the car park towards the Padasterjochhaus; branch off to trail no. 53 towards Kalbenjoch (Trinser







Ascent to the Kesselspitze with Serles in the background

Joch); from Kalbenjoch (trail no. 8A) to Serlesjöchl (2,384 m) and up to the summit.

### **Kesselspitze (2,728 m)**

Starting point: 4 Tal/Leiten car park in Trins above the church

Elevation gain: 1,514 m

Ascent time: approx. 3 – 4 hours

Demands: difficult

Most favourable time: January to April

Type of tour: ski tour with magnificent views of the Zillertal Alps and the highest mountain in the Gschnitztal, the Habicht at 3,277 m

Description: from the Leiten cattle grid on the Padasterjochhaus trail no. 122; branch off

to Kalbenjoch (Trinserjoch) no. 53 – via Valscherenmäder to the Kugelwand as far as the summit.

Several difficult tours (ascent 5 – 6 hours), where it is particularly important to pay attention to Alpine hazards, are located at the end of the Gschnitztal (starting point is Gschnitz): e.g. Gschnitzer Tribulaun (2,946 m), Pflerscher Scharte (2,599 m), Hoher Zahn (2,924 m), Pflerscher Pinggl (2,767 m), Habicht (3,277 m).

*More detailed information with descriptions of ski tours and an interactive map can be found online at our website [www.wipptal.at](http://www.wipptal.at)*



## CROSS-COUNTRY SKIING

Cross-country skiers who enjoy practising their favourite sport away from the masses in an unspoilt natural landscape are in the right place in the Gschnitztal. A total of 28 km of classic and 29 km of skating trails have been awarded the Tyrolean cross-country seal of approval since 1984 due to their vast extent, the beautiful scenic location and the thorough preparation.

All the cross-country skiing trails are well signposted and poles in the respective colours mark the routes at the junctions so that you can easily find the right track.

Our plus: all cross-country ski trails are free of charge!

If you do not have any cross-country skiing equipment or would like to participate in a course, Skirent Schafferer Gschnitz, the Bergalm Ski School or Hansi's Ski School have a good, reasonably priced offer for beginners and advanced skiers. Changing facilities and toilets are located at the Liftstüberl in Trins

and at the Gasthof Feuerstein in Gschnitz. Lockers are available in Trins at the Liftstüberl. Buses are free of charge with the guest card!

### **Gschnitztal trail**

Length: 18 km – Style: classic & skating

Elevation gain: approx. 100 m

Access at the area of the Trins T-bar lift via an access route or from the football field in Trins or Gschnitz.

Refreshment opportunities: Liftstüberl, Pumafalle, Gh Alpenrose, Gh Feuerstein

### **Trins practice trail**

Length: 5 km – Style: classic

Elevation gain: approx. 50 m

Access at the lift or at the football field

Refreshment opportunities: Liftstüberl Trins

### **Trins skating trail**

Length: 4 km – Style: skating

Elevation gain: approx. 100 m

Circular trail: Access at the football field



### Gschnitz sun & practice trail

Length: 2.5 km – Style: classic

Elevation gain: approx. 100 m

Access at Gasthaus Feuerstein Gschnitz

Refreshment opportunities: Gasthaus Feuerstein

### Gschnitz Stauden trail

Length: 2 km - Style: classic

Elevation gain: approx. 50 m

Access near Hotel Kirchedach or Gschnitzerhof

Refreshment opportunities: several possibilities in Gschnitz

### Gschnitz skating trail

Length: 9 km - Style: skating

Elevation gain: approx. 100 m

Access in the area of Gasthaus Feuerstein or Gasthaus Alpenrose.

Refreshment opportunities: several possibilities in Gschnitz

## WINTER HIKING

### Premium Gschnitztal winter hiking route

The winter hiking trail starts at the ski lift car park in Trins or a little further into the valley at the football field car park. The trail then runs without incline along the bottom of the Gschnitztal, partly along the Gschnitzbach stream, through snowy meadows. After approx. 1 hour walking time you will reach the rustic and cosy "Pumafalle" where you can stop for a break and refreshments. The trail then climbs gently through a small wooded area before changing to the other side of the stream and to the entrance to Gschnitz. For approx. half an hour you then continue through a sparse forest until you reach the protective dam behind the Gasthof Alpenrose, which is where the winter hiking trail ends. It is possible to hike further to the end of the valley on the country road which is rarely used. There is a ski bus stop at the Gast-



Cross-country skiing for the whole family

hof Alpenrose, from where you can take the ski bus back to Trins (free of charge using the guest card).



# Alternatives

for when the weather is not so good



Cross-country skiing trails in Gschnitztal

## Basecamp Matrei

Climbing and bouldering centre with equipped climbing tower and new bouldering area incl. modern fitness centre and sauna.

Statz 49, 6143 Mühlbachl

T: +43 5273 77066

[info@basecamp-tirol.at](mailto:info@basecamp-tirol.at)

[www.basecamp-tirol.at](http://www.basecamp-tirol.at)

Opening hours:

Mon–Fri: from 9am – 12pm/4pm – 10 pm

Sat, Sun & public holidays: 2pm – 8pm

## Climbing hall & boulder room at the JUFA Hotel

Alfons-Graber-Weg 1, 6150 Steinach

T: +43 57083 510

[wipptal@jufa.at](mailto:wipptal@jufa.at)

[www.jufa.eu/jufa-wipptal](http://www.jufa.eu/jufa-wipptal)

## BBT Info-Center - Tunnel Worlds

Visitors can learn all about the construction of the longest railway tunnel in the world, the Brenner Base Tunnel. Free entry!

Opening hours: Tue – Sun, from 10am - 5pm

Alfons-Graber-Weg 1, 6150 Steinach

T: +43 512 4030400

[tunnelwelten@bbt-se.com](mailto:tunnelwelten@bbt-se.com)

[www.tunnelwelten.com](http://www.tunnelwelten.com)

## State capital of Innsbruck

The excellent bus and train connections mean that you can take full advantage of the state capital's diverse cultural and sporting attractions in bad weather. In addition to numerous sights (e.g. the old town, Golden Roof (seat of the Alpine Convention), city tower, Hofburg Imperial Palace and Court Church, Ambras Castle, Bergisel Ski Jump with Tirol Panorama and Museum of the Tyrolean Imperial Infantry, etc.) there are several sports facilities (indoor and outdoor swimming pools, climbing hall, ice rink, etc.). The Alpine Zoo is also certainly worth a visit. Further information: [www.innsbruck.info](http://www.innsbruck.info)

## Brenner Outlet Center

The large Outlet Center Brenner is situated on the border with Italy - a paradise for all shopping lovers. Open daily from 10:00 to 19:00. Also on Sundays and bank holidays.

[www.outletcenterbrenner.com](http://www.outletcenterbrenner.com)

## Indoor swimming pools with spa

Balneum in Sterzing ([www.balneum.bz.it](http://www.balneum.bz.it)) oder Stubay in Telfes ([www.stubay.at](http://www.stubay.at))

# Arrival & getting around



## Arriving by train and bus

From the north: By train from Innsbruck (S-Bahn every half hour) to Steinach am Brenner, there change to bus 4146 for the Gschnitztal (Steinach-Trins-Gschnitz)

From the south: By train from the Brenner (S-Bahn every hour) to Steinach am Brenner, there change to the bus 4146 for the Gschnitztal (Steinach-Trins-Gschnitz)

All bus & train connections: [www.vvt.at](http://www.vvt.at)

## Arriving by car

From the north: On the A12 to Innsbruck, continue on the A13 (Brenner motorway - toll) to the Matrei/Steinach exit, continue for approx. 4 km on the B182 towards Brenner, at Steinach am Brenner at the roundabout take the first right towards Trins and Gschnitz

From the south: On the A13 (Brenner motorway) to the Brennersee exit (toll road continues on the B182 approx. 10 km in the direction of Innsbruck to Steinach am Brenner to the roundabout, the 3rd exit left in the direction of Trins and Gschnitz.

**Guest card:** The guest card is valid as a ticket for all regional trains and buses in the entire region, even for the journey from Innsbruck/Brenner to your holiday destination!  
[www.wipptal.at/mobility](http://www.wipptal.at/mobility)

## Getting around

The guest card is your ticket for public transport in the Wipptal all year round. This includes the S-Bahn trains Innsbruck – Brenner (S3/S4) and all bus lines (4145, 4141, 4144, 4146, 4143 and 8365) into the mountain valleys as well as the arrival journey from Innsbruck or Brenner (ask your accommodation for an arrival voucher).

Public bus connection Steinach-Trins-Gschnitz: Line 4146

## Winter:

The ski bus (line 4146) runs extra courses to the skiing area Bergeralm in Steinach.

Free local ski bus Trins (if required and on advance booking by telephone). Registration with your host or the tourist office Wipptal

Taxi Laponessalm on advance booking:

T: +43 664 1634190

E-bike rental in the partner businesses Wiernerhof, Hohe Burg and Hotel Zita

## TAXI SERVICES IN THE WIPPTAL

Taxi Pranger, T: +43 664 16 34 190

Wipptal Taxi, T: +43 664 12 23 055

Busreisen Eller, T: +43 664 23 22 528

# Partners

Mountaineering village partner companies cater specifically to the requirements of hikers, climbers and ski tourers. An early breakfast, information on rental equipment, arranging a mountain guide or tips on tours are as much a part of the service as the use of many regional products in the kitchen.

As a member of an Alpine Association (ÖAV, DAV, AVS, PZS, CAI), you will also receive a 10% discount on the standard rate (bed & breakfast). Please mention your membership at the time of booking and present the valid membership card for all participants upon settling the bill.

## **Alpengasthof Hohe Burg**

Christian Salchner  
6152 Trins 107  
T: +43 5275 5204  
info@hoheburg.at  
www.hoheburg.at

## **Hotel Trinserhof**

Jörg and Harald Covi  
6152 Trins 106  
T: +43 5275 5212  
hotel@trinserhof.com  
www.trinserhof.com

## **Genuss-Boutique BB Wienerhof**

Arno Übergänger  
6152 Trins 13  
T: +43 5275 5205  
info@wienerhof.at  
www.wienerhof.at

## **Hotel Zita**

Sandra Ribis-Nocker  
6152 Trins 132  
T: +43 5275 5208  
info@hotel-zita.at  
www.hotel-zita.at

## **Salzerhof**

Monika and Hubert Leitner  
6152 Trins 249  
T: +43 664 5407068  
salzerhof249@gmail.com  
www.salzerhof.at

## **Bründlhof**

Peter Schlögl  
6152 Trins 140  
T: +43 5275 5297  
bruendlhof@aon.at  
www.bruendlhof.at

## **Gästehaus Klauserhof**

Benjamin Mair  
6152 Trins 94  
T: +43 5275 5267  
klauserhof@aon.at  
www.klauserhof.at

## **Prangerhof**

Anton Hilber  
6152 Trins 21  
T: +43 5275 5402  
info@prangerhof.at  
www.prangerhof.at

## **Färberhof**

Georg Tost and Elisabeth Eller  
6152 Trins 46  
T: +43 664 3000032  
e.e.1@gmx.at  
www.farberhof.at

## **Ferien bei Tost**

Peter and Ute Tost  
Rauth 19, 6152 Trins  
T: +43 664 3105313  
info@ferienwohnung-tost.at  
www.ferienwohnung-tost.at



**Alfaierhof & House Bergheimat**

Ferdinand Pranger  
 6150 Gschnitz 25 und 90  
 T: +43 5276 290  
[info@alfaierhof-bergheimat.at](mailto:info@alfaierhof-bergheimat.at)  
[www.alfaierhof-bergheimat.at](http://www.alfaierhof-bergheimat.at)

**Auenhof**

Dr. Charlotte Wagner & Dr. Simon Straub  
 6150 Gschnitz 54  
 T: +43 5276 264  
[office@auenhof.tirol](mailto:office@auenhof.tirol)  
[www.auenhof.tirol](http://www.auenhof.tirol)

**Haus Christophorus**

Martin Schafferer  
 6150 Gschnitz 59  
 T: +43 664 5165751  
[martin.schafferer@aon.at](mailto:martin.schafferer@aon.at)  
[www.christophorus-gschnitz.at](http://www.christophorus-gschnitz.at)

**Conny's Holiday Apartments**

Familie Anton Salchner  
 6150 Gschnitz 124  
 T: +43 5276 325  
[connys@gschnitz.at](mailto:connys@gschnitz.at)  
[www.gschnitz.at](http://www.gschnitz.at)

**Gasthof Feuerstein (Apartment)**

Georg Heidegger  
 6150 Gschnitz 52  
 T: +43 5276 78045  
[info@gasthof-feuerstein.at](mailto:info@gasthof-feuerstein.at)  
[www.gasthof-feuerstein.at](http://www.gasthof-feuerstein.at)

**Feiserhof**

Nikolaus Pittracher  
 6150 Gschnitz 89  
 T: +43 5276 260  
[andrea-pittracher@gmx.at](mailto:andrea-pittracher@gmx.at)  
[www.feiserhof.com](http://www.feiserhof.com)

**Mühlendorf Gschnitz**

Christian and Roswitha Felder  
 6150 Gschnitz 131  
 T: +43 664 2364917  
[info@muehlendorf-gschnitz.at](mailto:info@muehlendorf-gschnitz.at)  
[www.muehlendorf-gschnitz.at](http://www.muehlendorf-gschnitz.at)  
*no accommodation*

**Pirschenhof**

Thomas Schlögl  
 6150 Gschnitz 39  
 T: +43 5276 301  
[thomas\\_schloegl@utanet.at](mailto:thomas_schloegl@utanet.at)

**Prangerhof**

Peter Pranger  
 6150 Gschnitz 3  
 T: +43 5276 263 or +43 664 312 0003 und  
 +43 664 452 2353  
[info@prangerhof.info](mailto:info@prangerhof.info)  
[www.prangerhof.info](http://www.prangerhof.info)

Gschnitz in the spring time



# Mountain huts



The Bremer Hut high above the Gschnitztal

## MOUNTAIN HUTS

### **Blaser Hut (2,176 m)**

Georg Nocker

T Hütte: +43 5275 20069 od.

T mobil: +43 664 571 8200

[n.georg67@gmail.com](mailto:n.georg67@gmail.com)

[www.blaserhuette.at](http://www.blaserhuette.at)

Opening times: mid of June to end of Sept.

### **Bremer Hut (2,413 m)**

DAV Bremen Section

T hut: +43 720 270 660

or +49 421 40895460

[buchungen@bremerhuette.at](mailto:buchungen@bremerhuette.at)

[www.bremerhuette.at](http://www.bremerhuette.at)

Opening times: mid of June to end of Sept.

### **Gschnitzer Tribulaun Hut (2,064 m)**

Naturfreunde Innsbruck

T hut: +43 664 405 0951

[info@tribulaunhuette.at](mailto:info@tribulaunhuette.at)

[www.tribulaunhuette.at](http://www.tribulaunhuette.at)

Opening times: begin of June to end of Oct.

### **Innsbrucker Hut (2,369 m)**

ÖAV Innsbruck Section TK

T hut: +43 5276 295

or mobile: +43 522 62450

[office@innsbrucker-huette.at](mailto:office@innsbrucker-huette.at)

[www.innsbrucker-huette.at](http://www.innsbrucker-huette.at)

Opening times: mid of June to begin of Oct.

### **Padasterjochhaus (2,232 m)**

Naturfreunde Vienna

T hut: +43 699 111 75352

or mobile: +43 650 717 2771

[info@padasterjochhaus.at](mailto:info@padasterjochhaus.at)

[www.padasterjochhaus.at](http://www.padasterjochhaus.at)

Opening times: mid of June to end of Sept.

### **Truna Hut (1,750 m)**

Ingrid Schlögl

T +43 676 4134880

[schloegl@graf-ferdinand.at](mailto:schloegl@graf-ferdinand.at)

[www.trunahuette.at](http://www.trunahuette.at)

Opening times: mid of June to mid of Sept.

## MOUNTAIN HUTS & SNACK STATIONS

### Laponesalm

Family Pranger  
6150 Gschnitz 71  
T: +43 664 163 41 90  
[laponesalm@gmx.at](mailto:laponesalm@gmx.at)  
[www.laponesalm.at](http://www.laponesalm.at)

### St. Magdalena

Anne Brugger and Roman Gander  
6152 Trins  
T: +43 676 618 1655 or +43 677 630 32060  
[jausenstation@stmagdalena.at](mailto:jausenstation@stmagdalena.at)  
Opening times: mid of May to end of Sept.

### Pumafalle

Sandra and Tom Uhlig  
6152 Trins 250  
T: +43 5275 5323 or +43 677 629 29 202  
[gasthaus@pumafalle.at](mailto:gasthaus@pumafalle.at)  
[www.pumafalle.at](http://www.pumafalle.at)

### Vallmaritzalm

Johann Arnold  
6152 Trins  
T: +43 676 9273877  
Opening times: mid of June to end of Sept.

### Gerichtsherrnalm

Family Franz Vötter  
6152 Trins  
T: +43 664 2700217

### Kiosk Sand waterfall near Mühlendorf Gschnitz (mill village)

Christian and Roswitha Felder  
6150 Gschnitz 131  
T: +43 664 2364917  
[info@muehlendorf-gschnitz.at](mailto:info@muehlendorf-gschnitz.at)  
[www.muehlendorf-gschnitz.at](http://www.muehlendorf-gschnitz.at)

The Tribulaun Hut at the bottom of the Gschnitzer Tribulaun



# Important addresses

## Wipptal Tourism Office

Rathaus, 6150 Steinach

T: +43 5272 6270

F: +43 5272 2110

[tourismus@wipptal.at](mailto:tourismus@wipptal.at)

[www.wipptal.at](http://www.wipptal.at)

## Wipptal Info Office Trins

No. 36, 6152 Trins

T: +43 5275 5337

F: +43 5275 5337

[info.trins@wipptal.at](mailto:info.trins@wipptal.at)

[www.wipptal.at](http://www.wipptal.at)

## Trins Council Offices

Hausnummer 36, 6152 Trins

T: +43 5275 5210

[gemeinde@trins.tirol.gv.at](mailto:gemeinde@trins.tirol.gv.at)

[www.trins.tirol.gv.at](http://www.trins.tirol.gv.at)

## Gschnitz Council Offices - Info office

Gschnitz 101, 6150 Gschnitz

T: +43 5276 209

F: +43 5276 280

[gemeinde@gschnitz.tirol.gv.at](mailto:gemeinde@gschnitz.tirol.gv.at)

[www.gschnitz.riskommunal.net](http://www.gschnitz.riskommunal.net)

## Österreichischer Alpenverein

[Austrian Alpine Association]

Steinach/Brenner section

Chairman: Johann Pittracher

Trinser Str. 26, 6150 Steinach am Brenner

T: +43 664 730 300 83

[hans.pittracher@aon.at](mailto:hans.pittracher@aon.at)

[www.alpenverein.at/steinach-brenner](http://www.alpenverein.at/steinach-brenner)

## Steinach Mountain Rescue

6150 Steinach a. Br.

T: +43 664 5437955

T: +43 5272 6127

[marcogk1@hotmail.com](mailto:marcogk1@hotmail.com)

[www.bergrettung-tirol.at](http://www.bergrettung-tirol.at)

## Mühlendorf (milling village) Gschnitz

6150 Gschnitz

T: +43 664 236 4917

[info@muehlendorf-gschnitz.at](mailto:info@muehlendorf-gschnitz.at)

[www.muehlendorf-gschnitz.at](http://www.muehlendorf-gschnitz.at)

## Zentralalpen Stellplatz Trins

Position: 47°04'31.56''N, 11°24'13.20''O

6 pitches with sanitary facilities

Prices: from € 10,- for 24h

## Protected area management Stubai Alps

Mag. Kathrin Herzer

T: +43 676 88 508 82245

[kalkkoegel@tiroler-schutzgebiete.at](mailto:kalkkoegel@tiroler-schutzgebiete.at)

[www.tiroler-schutzgebiete.at](http://www.tiroler-schutzgebiete.at)

## Naturfreunde Tyrol

Bürgerstraße 6, 6020 Innsbruck

T: +43 512 584 144

[tirol@naturfreunde.at](mailto:tirol@naturfreunde.at)

[www.tirol.naturfreunde.at](http://www.tirol.naturfreunde.at)

## Naturfreunde Vienna

Viktoriagasse 6, 1150 Wien

T: +43 1 892 35 34-0

[info@naturfreunde.at](mailto:info@naturfreunde.at)

[www.naturfreunde.at](http://www.naturfreunde.at)

## Deutscher Alpenverein

[German Alpine Association]

Bremen section

Altenwall 24, 28195 Bremen

T: +49 421 724 84

[geschaeftsstelle@alpenverein-bremen.de](mailto:geschaeftsstelle@alpenverein-bremen.de)

[www.alpenverein-bremen.de](http://www.alpenverein-bremen.de)

## Österreichischer Alpenverein

[Austrian Alpine Association]

Innsbruck TK section

Olympiastraße 39, 6020 Innsbruck

T: +43 512 58 51 57

[tk.innsbruck@sektion.alpenverein.at](mailto:tk.innsbruck@sektion.alpenverein.at)

[www.alpenverein.at/TK-innsbruck](http://www.alpenverein.at/TK-innsbruck)



**MOUNTAIN & SKI GUIDES**  
**MOUNTAIN HIKING & NATURE GUIDES**

**WIPPTAL ALPIN Mountain Sports Centre**

Wolfgang Peer, mountain & ski guide  
 Statz 49, 6143 Matrei am Brenner  
 T: +43 664 45 27 094  
[office@wipptal-alpin.com](mailto:office@wipptal-alpin.com)  
[www.wipptal-alpin.com](http://www.wipptal-alpin.com)

**Peter Weber**

mountain & ski guide  
 Trinser Str. 57, 6150 Steinach  
 T: +43 5272 2272 od. +43 664 750 140 98  
[bergerlebnis@edumail.at](mailto:bergerlebnis@edumail.at)

**Joakim Strickner**

mountain hiking & nature guide  
 T: +43 650 43 11 833  
[joakim@hikingtirol.com](mailto:joakim@hikingtirol.com)

**Wolfgang Holzknecht**

mountain hiking guide  
 Wiesengrund 11, 6143 Pfons  
 T: +43 5273 6649 od. +43 664 113 2512  
[office@funktechnik-holzknecht.at](mailto:office@funktechnik-holzknecht.at)

**Roswitha Wallasch**

mountain hiking guide  
 6152 Trins 13  
 T: +43 5275 5205

**Joseph Steyrer**

mountain hiking guide  
 6152 Trins 11d  
 T: +43 664 75000236  
[joseph.steyrer@tuatguat.com](mailto:joseph.steyrer@tuatguat.com)  
[www.tuatguat.com](http://www.tuatguat.com)

**Renate Mader**

mountain hiking guide, alpaca hikes  
 6150 Gschnitz 37  
 T: +43 650 3630575  
[franz.mader@outlook.com](mailto:franz.mader@outlook.com)

**EQUIPMENT RENTAL**

**Electric (E) bike rental::**

**Alpengasthof Hohe Burg, Christian Salchner**

6152 Trins 107  
 T: +43 5275 5204  
[info@hoheburg.at](mailto:info@hoheburg.at)  
[www.hoheburg.at](http://www.hoheburg.at)

**Wienerhof B&B, Arno Übergänger**

6152 Trins 13  
 T: +43 5275 5205  
[info@wienerhof.at](mailto:info@wienerhof.at)  
[www.wienerhof.at](http://www.wienerhof.at)

**Hotel Zita, Sandra Ribis-Nocker**

6152 Trins 132  
 T: +43 5275 5208  
[info.hotel-zita.at](mailto:info.hotel-zita.at)  
[www.hotel-zita.at](http://www.hotel-zita.at)

**Electric bike & mountain bike rental:**

**WippRad**

Huebenweg 25 (Valley station Bergeralm)  
 6150 Steinach  
 T: +43 664 2559404  
[office@wipprad.at](mailto:office@wipprad.at)  
[www.wipprad.at](http://www.wipprad.at)

**Ski & cross-country ski rental:**

**Ski rental Schafferer Gschnitz**

opposite of Council office/Raika  
 T: + 43 0676 566 6193

**Snowsport Georg Messner**

Huebenweg 25 (Valley station Bergeralm)  
 6150 Steinach  
 T: +43 664 2260287  
[info@skischule-bergeralm.at](mailto:info@skischule-bergeralm.at)  
[www.skischule-bergeralm.at](http://www.skischule-bergeralm.at)

## Publication details and picture credits

**Published by:** Austrian Alpine Association, Olympiastr. 37, 6020 Innsbruck

**Text:** Helga Beermeister, Angelika Spiegl, Judith Gstrein, Joakim Strickner

**Translation:** Online Büro Service, Steinach a. Br.

**Layout and editing:** Marion Hetzenauer, ÖAV

**Printed by:** Samson Druck, St. Margarethen

### Picture credits:

**Cover picture:** Gschnitztal, Joakim Strickner

**Back picture:** Cross-country ski trails Gschnitztal, Joakim Strickner

Castaner, Carmen: 15 middle.

Felder, Christian: 6

Nocker, Mario: 7

Saker, Robin: 13

Salchner, Christian: 33

Schlögl, Peter: 34, 37 a. right

Skyman: 26 below.

Strickner, Joakim: 1, 8-9, 16, 17 above, below, 20, 21 above, 22, 23 below, 28 above, 29 above, 30-31, 32, 35, 36, 37 above, 37 below right, 38, 39 41, 47, 48

Wipptal Tourism Office: 14, 15 above/below, 18, 19 above, 19 below, 21 middle, 21 below, 23 above, 24, 25, 26 above, 28 below, 29 below, 42

Umweltbundesamt Austria: 4

### Literature:

Gogl, Hubert: Wipptaler Wanderbuch. Tyrolia Buchverlag, ISBN 978-3-7022-3122-4

Kössler, Ulrich: Skitouren im Wipptal. Tappeiner Verlag, ISBN 978-88-7073-650-2

# Good conduct in the mountains

Mountain hiking is a great outdoor experience that is good both for your health and for meeting new people. The following recommendations from the Alpine Associations are intended to help ensure you hike as safely and enjoyably as possible.

1. **Be healthy in the mountains:** mountain hiking is an endurance sport. A good level of health and realistic assessment of your abilities are prerequisites for ensuring that this exercise has a positive effect on your heart and circulation. Avoid putting yourself under time pressure and walk at a speed that ensures no-one in your group is out of breath.
2. **Careful planning:** Hiking maps, guidebooks, the internet and experts can all provide information about distances, ascent, difficulty and current conditions. Always agree your route with the whole group! Pay particular attention to the weather report, since rain, wind and cold all increase the risk of accident.
3. **Be fully equipped:** Ensure you have the appropriate gear for your expedition and make sure your rucksack is not too heavy. You should always carry protection against rain, cold and the sun, along with a first aid kit and a mobile phone (European emergency number 112). Maps and GPS help you find your way.
4. **Appropriate footwear:** Good hiking boots protect your feet, relieve pressure and make you surer-footed! Make sure your boots are the right fit, have non-slip treaded soles, and are waterproof and lightweight.
5. **A secure footing is key:** Falls as a consequence of slipping or stumbling are the most common accidents! Be aware that walking too fast or when you are tired will significantly impair your steadiness and concentration. Beware of falling rocks: Walking with awareness will help ensure you do not dislodge rocks.
6. **Stay on waymarked paths:** The risk of becoming disorientated, falling or experiencing rockfalls is higher when you leave marked routes. Avoid short cuts and if you lose your way, retrace your steps to the last point you recognise. Often underestimated and very dangerous: old and steep snowfields!
7. **Take regular breaks:** Resting properly will help you to recover and to enjoy both the scenery and each other's company. Eating and drinking are vital for maintaining performance and concentration. Isotonic drinks make ideal thirst-quenchers. Muesli bars, dried fruit and biscuits help with hunger pangs on the trail.
8. **Be responsible with children:** Remember that variety and learning through play are paramount for children. In sections where there is a risk of falling, an adult can only look after one child at a time. Very exposed routes requiring sustained concentration are not suitable for children.
9. **Small groups:** Small groups allow flexibility and enable group members to help each other. Inform people who know the terrain of your destination, route and return route. Stay in your group. Solo hikers beware: Severe emergencies can be caused by the smallest of incidents.
10. **Respect for nature and the environment:** To protect the mountains: Take all rubbish with you, avoid making noise, stay on the trail, do not disturb wild or grazing animals, leave plants where they are and respect conservation areas. Use public transport or shared transport to get to your hike.

Source: "Sicher Bergwandern" [Safe mountain hiking]

10 recommendations from the Austrian Alpine Association (ÖAV)/ CAA

**Alpine emergency number: 140**

**International Emergency number: 112**



## Gschnitztal

Ginzling im Zillertal  
Großes Walsertal  
Grünau im Almtal  
Hüttschlag im Großarlal  
Jezersko  
Johnsbach im Gesäuse  
Kreuth  
Lesachtal  
Luče  
Lungiarü  
Lunz am See  
Mallnitz  
Malta  
Matsch

Mauthen  
Ramsau bei Berchtesgaden  
Region Sellraintal  
Schlechting – Sachrang  
Steinbach am Attersee  
Steirische Krakau  
St. Jodok, Schmirn- und Valsertal  
Tiroler Gailtal  
Val di Zoldo  
Vent im Ötztal  
Villgratental  
Weißbach bei Lofer  
Zell-Sele