



Larmkogel – Over the 3000-meter peak from the Habach Valley to the Hollersbach Valley

Date: August 1, 2025 (Registration deadline: July 25, 2025)
Meeting point: 06:45 Uhr, Parkplatz Habachtal
Return: 6:45 a.m., Habach Valley parking lot
Price: €50 including taxi costs
Duration: 8 hours hiking time; 10 hours total duration
Distance: Ascent: 8 km, 1,600 m; Descent: 6.5 km, 1,400 m

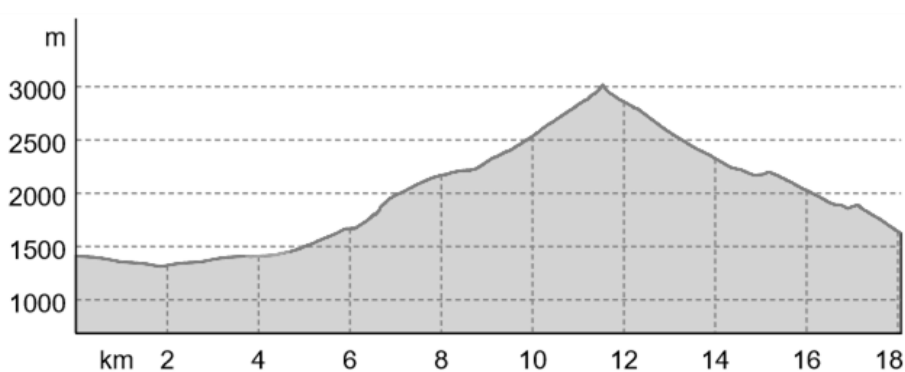
Equipment:

- Backpack (mandatory for each person)
- Mountaineering boots (ankle-high, category B or C)
- Sun protection (cream, cap, sunglasses)
- Rain protection
- Drink and snacks
- Warm jacket
- Poles (optional)

Terrain & Requirements:

- Black mountain trail, alpine path, steep terrain, short secured sections with ropes
- Very good physical condition
- Very good surefootedness
- A head for heights

Elevation Profile:



Registration & Online
Information



npht.at/larmkogel-en



Number of participants: Minimum 5 people, maximum 7 people

Short description: Nestled between the Habach and Hollersbach valleys lies the Larmkogel. The 3,017-meter-high summit is relatively easy to reach due to its terrain. A marked and well-trodden trail connects the two valleys.

How to get there: Turn off the federal road west of Bramberg and drive to the Habach Valley parking lot. GPS: 47.2481954, 12.3179764

Description: We cover the first part of the route by taxi. From the Moaralm, the tour begins gently along the stream at the valley floor. After that, the narrow and exposed “Noitroi” trail winds its way along the steep valley flanks up to the Thüringer Hütte. The path then continues to climb ever more steeply up to the Larmkogel Saddle. Along the way, a variety of alpine flowers and cushion plants can be admired.

The final 60 vertical meters to the summit cross are partly off-trail and partly secured, but still manageable without major difficulty. At the summit, all the effort is forgotten—we’re rewarded with a magnificent view from a beautiful resting spot.

The first part of the descent follows the same route back to the saddle, then we branch off eastward into the Hollersbach valley. Over well-marked terrain, we descend to the Kratzenbergsee, the largest lake in the National Park. After a short break at the Fürther Hütte, we continue our descent and reach the base station of the material cable car in the late afternoon. From there, a taxi takes us back to our starting point.

Conditions of participation: The National Park administration reserves the right to adapt the tour to the participants’ abilities and to carry it out only if weather conditions are suitable, and participants are properly equipped and physically fit. Being of legal age is a prerequisite for participation in this tour.

Participants are kindly requested to disclose any health issues that may be relevant for the safe execution of the tour, so that appropriate consideration can be given (e.g., insect sting allergy, asthma, diabetes, cardiovascular diseases, hip, knee, or ankle problems, etc.).

All participants will stay together as a group during the tour. Leaving the group in alpine terrain is not permitted. If progress is no longer possible due to health or fitness reasons, the entire group will turn back together.

Participation is not possible without the required minimum equipment listed for each individual.