

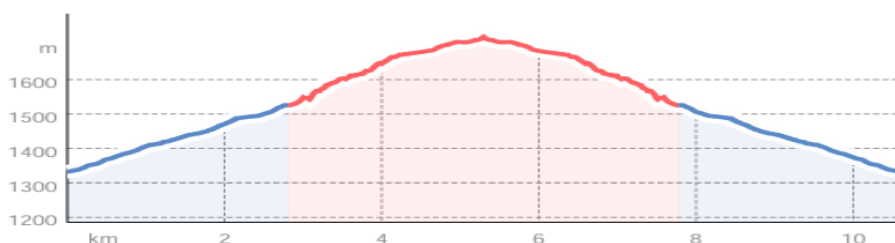
Into the valley of alpine pastures

Discover the Seidlwinkl Valley..

- Level of difficulty:** Easy summer excursion on wide hiking trails.
- Equipment:** Sports or lightweight trekking shoes, rain and sun protection, appropriate clothing and a change of clothes, backpack with drinks and snacks.
- Costs:** €22. Children and teenagers (ages 7–16) accompanied by their parents are free of charge. Free with Guest Card or National Park SummerCard! Price excludes the valley taxi.
- Dogs:** The presence of dogs is not allowed during excursions out of consideration for other participants and local wildlife.
- Meeting point:** Every Friday (from July 17, 2026 to September 11, 2026) at 9:30 a.m. at Palfneralm (coordinates: N 47.141226 / E 12.886701)
- How to reach us:** By valley bus from Rauris directly to Palfneralm; alternatively by car to the Fleckweide parking area, then continue on foot or by bike.
- Duration:** Approximately 6 hours.
- Pure walking time:** Approximately 4 hours.
- Route:** Approximately 11 kilometers.
- Ascent:** Approximately 400 meters in altitude.
- Refreshment stops:** Available after the tour and during the tour.
- Booking:** Registration possible up to three hours before the tour starts at npht.at/seidlwinkl-valley

Description: The tour begins at the managed Palfneralm. It can be reached either comfortably by valley taxi, more challengingly by bike, or on foot for the more ambitious. Together with the ranger, participants hike through the "Valley of the Alpine Pastures." Along the way, in addition to traditional livestock breeds, a diverse cultural and natural landscape can be observed and—with a bit of luck—some wild animals as well. Passing the Rauriser Tauernhaus, the ranger continues further towards Hochtorn and the Großglockner High Alpine Road until the Litzlhofalm is reached, which marks the destination of the tour. From here, the terrain begins to rise noticeably. The return route follows the same path.

Elevation Profile:



booking &
online information:

