



Supported by the federal government, the federal provinces and the European Union

2026 Summer programme
Out and about with our national park rangers
East Tyrol

hohe tauern national park - a journey back to the beginnings



feel the summer in the nationalpark

Experience breathtaking landscapes and warm hospitality – summer in the Hohe Tauern National Park.

Our unique and unspoilt high-mountain landscape – characterised by mighty, world-famous peaks, crystal-clear mountain lakes and streams, the fascinating flora and fauna of the traditional cultural landscape on our alpine pastures, and delightful moments in the mountain huts – invites you to discover it with all your senses. Together with our experienced national park rangers, we open doors to hidden natural treasures and exciting stories about the largest national park in the Alps. Whether lasting impressions of the 'eternal ice',

memorable encounters with ibex, bearded vultures and other wildlife, or children's programmes featuring nature adventures – the national park offers unforgettable experiences of the natural world.

My personal tips:

In 2026, the Umbalfälle Water Trail will celebrate its 50th anniversary. Experiencing the power of the water there on a summer's afternoon is a natural spectacle in a class of its own. At our National Park Centre this year, we look forward to sharing with you stories, myths and fascinating facts about the Großvenediger, that ancient majesty.



I warmly invite you to take some time out, take a deep breath and enjoy the restorative qualities of our national park.

Florian Jurgeit
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 Matri 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 mautrei

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. **TIP: 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 2026

"The Großvenediger" - an ancient majesty

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

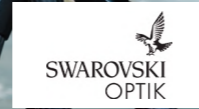
October: Monday to Thursday, 10:00 - 12:00 and 14:00 - 17:00 & Friday 10:00 - 12:00 (until October 23rd 2026)



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



Caroline Führer



Eva-Maria Klauzner



Armin Kollreider



Maria Mattersberger



Matthias Mühlburger



Leonie Raneburger



Andreas Rofner



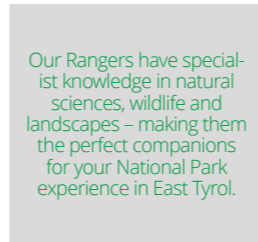
Sophie Thaler



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



Tip: Rent a Ranger as a gift for special occasions

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, Matri i. O.)

Fridays 15/05 & 19/06/2026

Tuesdays 26/05 & 09/06/2026

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

Thursdays, 21/05, 11/06, 18/06 & 25/06/2026

BIG FIVE - wildlife safari (Kals am G.)

Tuesdays, 12/05, 19/05, 16/06 & 23/06/2026

Fridays, 29/05 & 05/06/2026

THAT'S WHAT NATURE TASTES LIKE – the secret world of herbs (Virgen valley)

Fridays, 22/05, 12/06 & 26/06/2026 - Virgen Valley

Tuesday, 02/06/2026

TIP

12th may – 26th june

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.

summer tours

29th june – 02nd october

Mondays

BIG FIVE - wildlife safari

29/06 – 02/10/2026 (Ködnitz Valley, Kals am G.)

THE POWER OF WILD PLANTS - a sensory journey

06/07 - 07/09/2026 (Virgen)

Tuesdays

ALPINE SCENTS & FLOWER-FILLED MEADOWS

17/07 – 15/09/2026, every 2 weeks (Tauern Valley, Matri i. O.)

HAND IN HAND INTO THE LAND OF DISCOVERY

14/07 – 08/09/2026, every 2 weeks (Umbal Valley, Prägraten)

Wednesdays

A MAGICAL MOUNTAIN LAKE MOMENT - Oberseitsee

08/07 – 30/09/2026 (St. Jakob in Deferegggen)

THE ISEL - East Tyrol's mighty glacial river

15/07 – 30/09/2026 every 2 weeks (Virgen Valley, Prägraten am G.)

NEW

NEW

Thursdays

INTO ETERNAL ICE - icy giants in hot times

02/07 – 24/09/2026 (Gschlöss Valley, Matri i. O.)

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

09/07 – 17/09/2026 every 2 weeks (Matri i. O.)

Fridays

BIG FIVE - wildlife safari

29/06 – 02/10/2026 (Ködnitz Valley, Kals am G.)

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 2026
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, 09/10, 16/10 & 23/10/2026

KINGS OF THE SKIES – Observe bearded vultures and golden eagles (Tauern Valley, Matri i. O.)
Tuesdays, 06/10, 13/10 & 22/10/2026

NATURE WATCH FROM ABOVE - wildlife observation tower Oberhaus (Deferegggen Valley)
Thursdays, 08/10, 15/10 & 22/10/2026

NATIONAL HOLIDAY TOUR - Steiner Alm
Monday, 26/10/2026

05th october – 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.



special tours in the national park valleys

TIP!

saturday exclusive tours

18/07 - Iseltrail
01/08 - Türljoch
22/08 - St. Pöltner Hütte
05/09 - Kalser Tauern

Challenging tours into the heart of the Hohe Tauern National Park
Further information and booking:
www.hohetauern.at
04875 / 51 61 10



end-of-season-hike in tauern valley

free of charge

TIPP

INDIAN SUMMER

FREE FINAL HIKE
to Steiner Alm
Monday, 26th of October 2026

Enjoy the 'Indian Summer' of the Virgen Valley in the National Park community of Matrei together with National Park Rangers.

Meeting point: 09:00, car park Stein
Ende: approx. 15:00
Total walking time: approx. 3,5 hours
Altitude difference: approx. 600 | Distance: ca. 8km
Difficulty: medium

Information & Registration:



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, 29th June – 02nd October 2026

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)



the power of wild plants – a sensory journey

The newly designed Sensory Trail offers excellent opportunities to explore the species-rich cultural landscape of the Virger fields along this family-friendly walking route. As well as learning about various medicinal herbs, collecting them yourself and processing them, we will experience nature's rich bounty with all our senses and gain an understanding of its significance for local people through the ages. By incorporating the newly designed trail, participants are offered sensory experiences and opportunities for nature observation.

A barefoot experience, Kneipp basins, the scent of wild plants and much more await you.

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

Mondays, 06/07 - 07/09/2026

10:00, ends about 14:00

Meeting point: Virger village square

Total walking time: approx. 2.5 - 3 hours

Altitude difference & distance: depending on the route

Level of difficulty: easy (for families)



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 Islitzeralm

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



family
tour



Tuesdays, 14th July – 08th September 2026, every 2 weeks
14/07, 28/07, 11/08, 25/08 & 08/09/2026
alternating with "alpine scents & flower-filled meadows"
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



alpine scents & flower-filled meadows - tauerntour

On this impressive ranger-led hike, we'll enjoy breathtaking panoramic views of the Venediger area. Together, we'll explore the sustainably managed outer zone of the Hohe Tauern National Park and discover just how closely nature and traditional land use are intertwined here. How are the alpine meadows maintained and managed? And why is biodiversity in the managed outer zone often significantly higher than in the untouched core zone? Around the Steineralmen, we gain fascinating insights into the preservation of a unique cultural landscape – shaped by previous generations and kept alive to this day. Places to stop for refreshments: Inner & Outer Steineralm

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



NEW

Tuesdays, 07th July – 15th September 2026, every 2 weeks
07/07, 21/07, 04/08, 18/08, 01/09 & 15/09/2026
alternating with "hand in hand into discovery land"
9:00, ends about 13:00

Meeting point: car park Stein, Matrei i.O.

Total walking time: approx. 3,5 hours

Altitude difference: approx. 600 m

Distance: approx. 8 km

Level of difficulty: medium (endurance & surefootedness)



a magical mountain lake moment – oberseitsee

This guided ranger walk to the idyllic Oberseitsee takes you away from the hustle and bustle of everyday life and right into the heart of the national park. Together, we'll discover the colourful variety of alpine flowers along the trail and explore different vegetation zones, from the mountain forest right up to the rugged high mountains. On this stunning mountain lake walk, the landscape becomes more alpine and more breathtaking with every step. At Oberseitsee, a quiet, rugged high-mountain world opens up, offering fantastic views. By the shimmering blue-turquoise waters of Oberseitsee, there's time to take a deep breath and enjoy the moment – pure relaxation, complete with interesting facts from the National Park rangers.

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

Wednesdays, 08th July – 30th September 2026

07:00, ends about 15:00

Meeting point: Parkplatz Trogach, Jagateestube, St. Jakob i.D.

Total walking time: approx. 3,5 hours

Altitude difference: approx. 700 m

Distance: approx. 9 km

Level of difficulty: easy (suitable for families)



NEW!



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, 15th July – 30th September 2026, every 2 weeks

15/07, 29/07, 12/08, 26/08, 09/09 & 23/09 2026

09:45 - approx. 13.30

Meeting point: bus stop Obermauern, onward journey by public transport to Stöden (bus arrives 09.55, bus 951)

Total walking time: approx. 3,5 hours

Altitude difference: approx. 200 m

Distance: approx. 13 km

Level of difficulty: medium (children aged 6 and over)



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, 09th July – 17th September 2026

09:00, ends about 14:00

Meeting point: Parking Dirnburg - Strumerhof

Total walking time: approx. 4 - 5 hours

Altitude difference & Distance:
depending on the route

Level of difficulty: medium (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 Innerschlöss 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 Schlatenkees. 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, 02nd July – 24th September 2026

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!





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

NATIONAL PARK SLEUTHS

(in the national park valleys)
13/07 – 26/08/2026

FOREST WILDLIFE CAMP (Deferegggen Valley)
on request

NATIONAL PARK WATER CAMP (Deferegggen Valley)
5-day camp, 24/08 – 28/08/2026

TIP

JUNIOR RANGER 2026 - we are looking for you

13/07 – 26/07/2026, in two parts
More information online

TIP

National park experience indoor

More information from page 46.

Family offers - guided tours 2026 (from 6 years)

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

Tuesdays, 26/05, 09/06, 06/10, 13/10 & 20/10/2026
Fridays, 15/05 & 19/06/2026

BIG FIVE – wildlife safari (Kals am G.)

Mondays, 29/06 – 28/09/2026
Tuesday, 12/05, 19/05, 16/07 & 23/06 2026
Fridays, 29/05, 05/06, 03/07 - 02/10, 09/10, 16/10 & 23/10/2026

THE POWER OF WILD PLANTS (Virgen Valley & Matri)

Mondays, 06/07 - 07/09/2026
Tuesday, 02/06/2026
Thursday, 09/07 - 17/09 2026 (every 2-weeks)
Fridays, 22/05, 12/06 & 25/06/2026

NATURE WATCH FROM ABOVE (Deferegggen Valley)

Thursdays, 21/05, 11/06, 18/06, 25/06, 09/10, 16/10 & 23/10/2026

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

Tuesdays, 14/07 – 08/09/2026 (every 2 weeks)

TIP

national park sleuths

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, 13th July - 24th August 2026

nationalpark region

x Tuesdays, 14th July - 25th August 2026

Lienz Valley Floor

x Thursdays, 06th July & 20th August 2026

Deferegggen Valley

11th July – 26th August 2026

further details online and at registration

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



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 on request

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, ...



NATIONAL
PARKS
AUSTRIA



*Nichts berührt uns
wie das Unberührte.*

house of water indoor & outdoor

Creative workshops

Th. & Fr., 07/05 & 08/05 - nature education water

Tue. 18/08 & 01/09 children summer university

Th. 21/05, 16/07, 06/08, 10/09 & 15/10 - climate creativity workshop

Tue. 14/07 - Water phenomena

Sat. 08/08, 22/08 & 05/09 - baking bread

on request - Making oilcloth

on request - Land art by the water

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 2026 /2027

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.

24th to 28th August 2026

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: € 250,- 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 Islitzeralm. (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 – Lienzer 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: maps.osttirol.com

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



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Photo: Peter Mayer

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2.169 hm

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.

Booking at www.alpenverein.at/huetten/finder.php

- 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



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IM EINKLANG



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

Nationalpark
Hohe Tauern

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 & Matri, 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

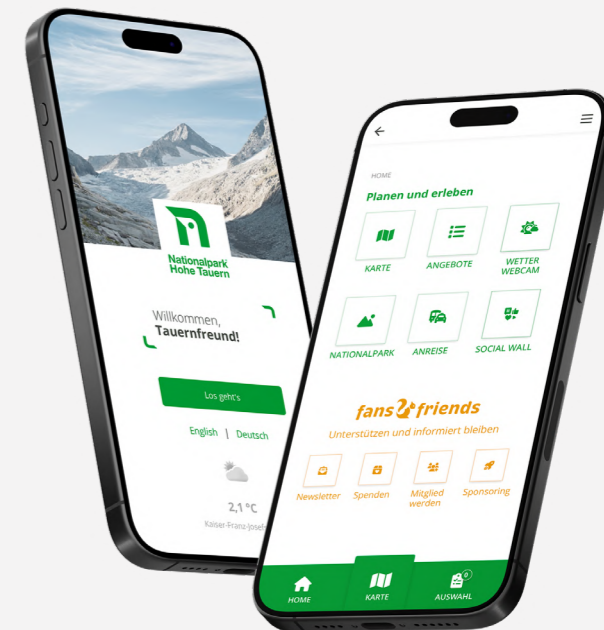
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Keep up to date and play an active role in shaping the future!
Register now for our newsletter and become part of our community!



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 2026 - Großvenediger - 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 09.00 - 12.00, 5th - 20th June 2026 & 28th September - 30th October 2026

26th June - 13th September 2026, every Monday, Wednesday and Friday from 9.00 - 12.00 & 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 - 11th October 2026 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: Handlhaus, 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.

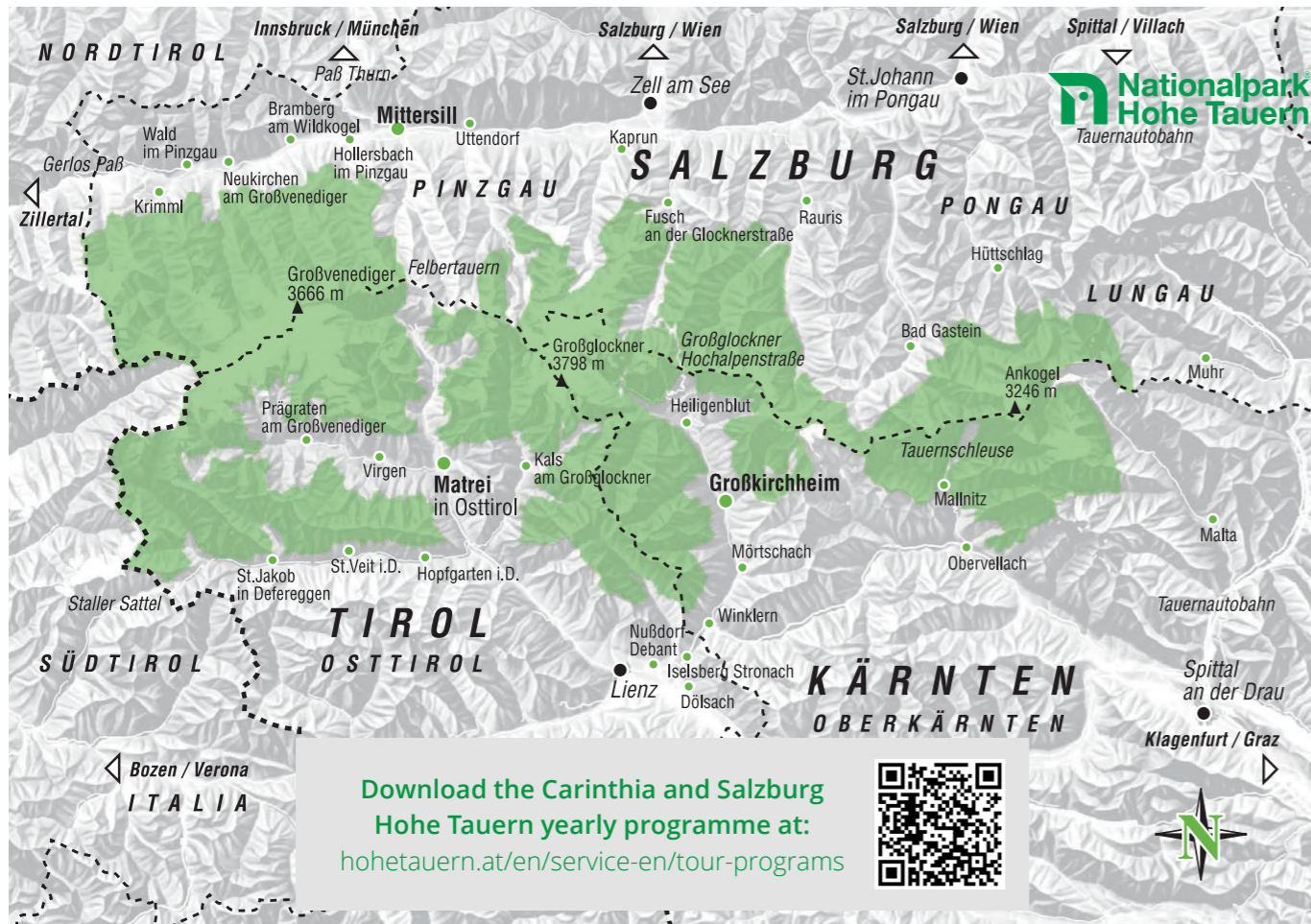
Opening hours:

All year round, openly accessible all day, free entry

Place: Main square Lienz



Main square Lienz



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.



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



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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



Travelling by train



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