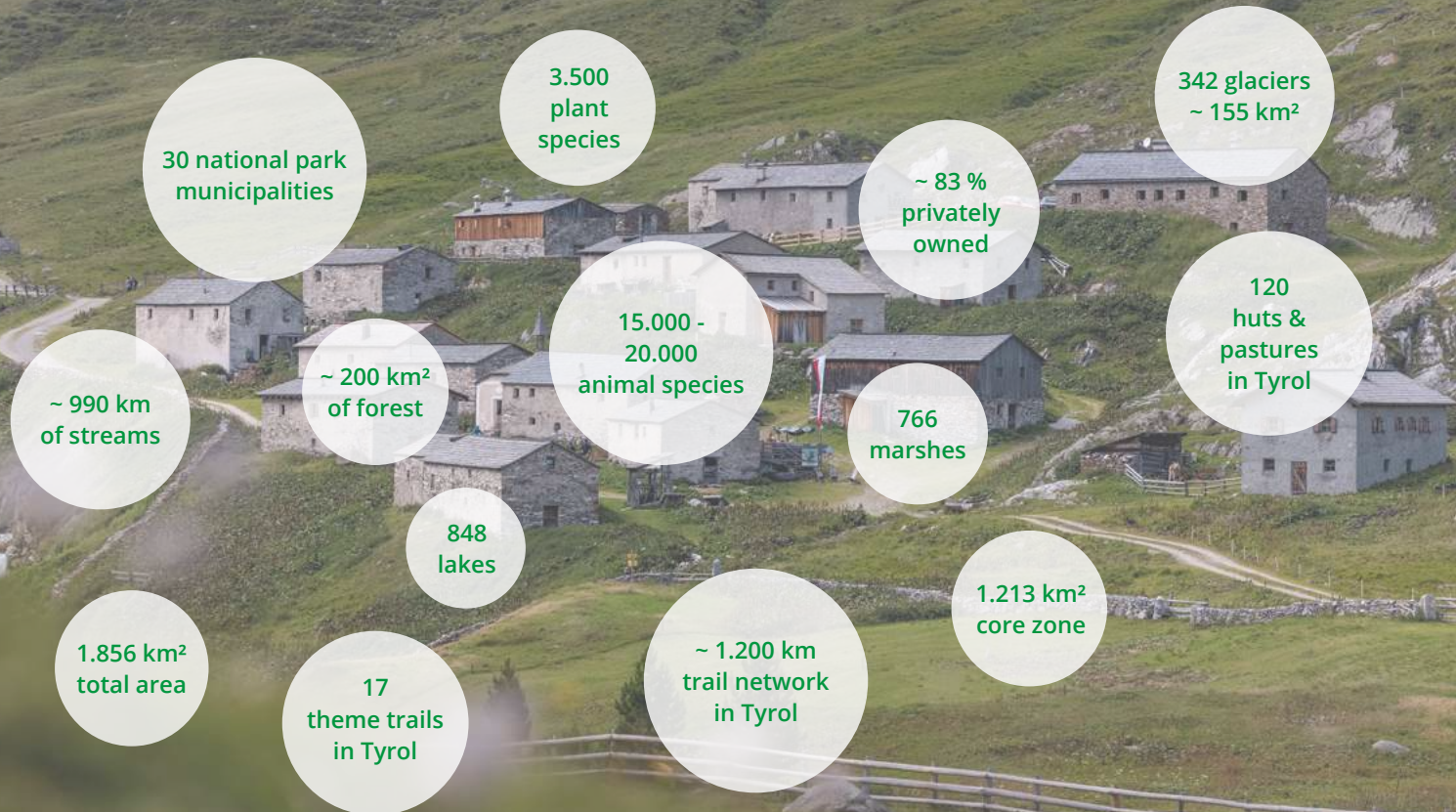




hohe tauern national park - a journey back to the beginnings



feel the summer in the nationalpark

The national park region of East Tyrol is genuine, pristine and authentic. With 1.856 km², the protected area is the largest national park in the Eastern Alps and is one of the most fascinating high mountain landscapes on earth.

Our task is not only to represent the national park, but also to ensure protection, do research as well as educate you in animals, plant species and cultural landscapes.

Above all, education is very close to my heart. Every year, we look after about 17,000 students who learn, among other things, why the protection of our nature is so essential in today's world.

My personal tips:

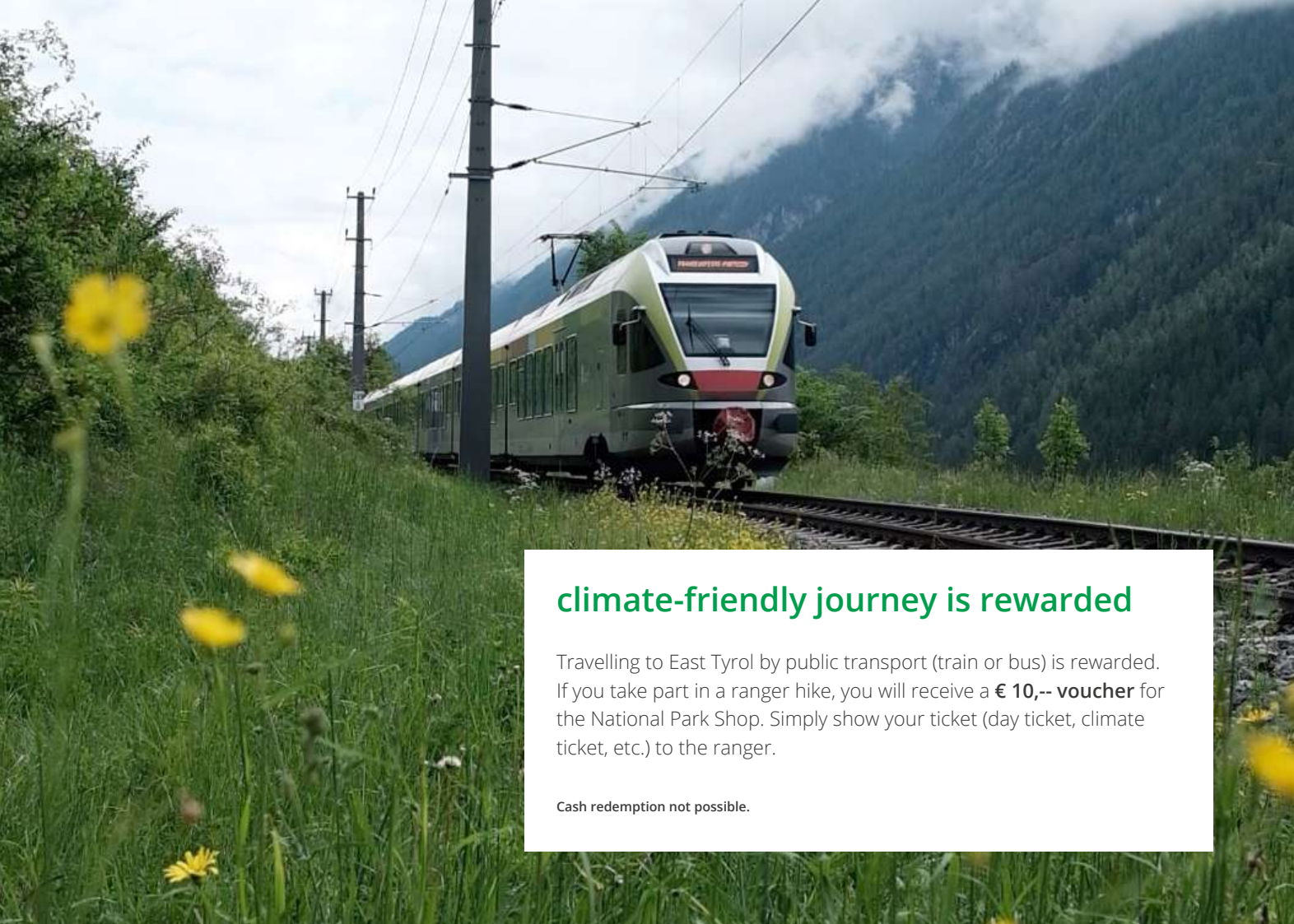
Feel the power of the water on the last two stages of the Iseltrail. Hike past the thundering Umbal Falls through the picturesque Umbaltal valley to the Clarahütte hut, at the source of the Isel and, with a bit of luck, you might even spot an ibex or two. In our National Park House in Matrei, we can also take you on an indoor adventure to the world of East Tyrol's mighty glacial river - the Isel.

Our national park rangers convince with their special knowledge of our natural history and know about the special features and highlights of the alpine national park through their many years of experience and knowledge of the area.



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

Hermann Stotter
National Park Director



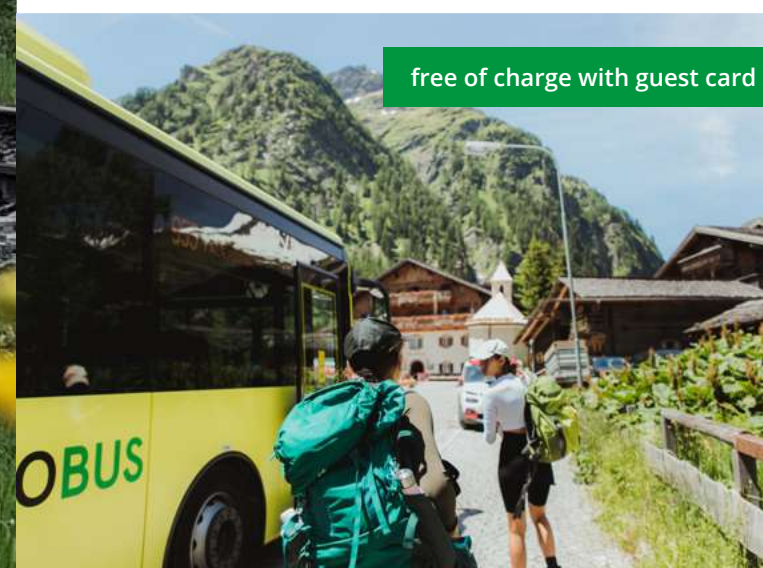
climate-friendly journey is rewarded

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

Cash redemption not possible.



FREE
for persons with a handicap



free of charge with guest card

mobility & public transport

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

For people with disabilities, access to the national park is possible with a Swiss Trac or scooter for free. With the help of the Swiss Trac up to 6 km/h as well as 20 percent incline are manageable. It consists of a wheelchair incl. electric tractor. An accompanying person is necessary. With Swiss Tracs you can also experience unique, guided ranger hikes in the national park. More information on 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 of the offer free of charge. Details and timetables 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

page
more details

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national park house matri

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

Free entry!

Audio-Guide (German, English, Italian)
Costs € 4,- (Free of charge with the East Tyrol Card)

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

Special exhibition 2024 -
"Die Isel" - East Tyrol's mighty glacial river

Opening times

June: Monday to Friday, 10:00 - 12:00 and 14:00 - 18:00 (closed on holidays)

July & August: Monday to Saturday, 10:00 - 18:00 and Sunday, 14:00 - 18:00

September: Monday to Friday, 10:00 - 12:00 and 14:00 - 18:00

October: Monday to Friday, 10:00 - 12:00 and 14:00 - 17:00 (until October 25th)



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 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 differences in height; 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



Spend the night at one of our national park partners or use the Osttirol Card (summer 2024) and receive a guided ranger tour for free or the special tour at a reduced price. With the Osttirol Card the audio guide for the exhibition in the National Park House Matri is free of charge also.

rangers in the national park hohe tauern tyrol



Matthias Berger



Ruth Bstieler



Christoph Dietmaier



Brigitte Eckle



Elisabeth Fladerer



Caroline Führer



Armin Kollreider



Maria Mattersberger



Hermann Mauthner



Matthias Mühlburger



Andreas Rofner



Sophie Thaler



Carola Trojer



Simon Zeiner

Our rangers have specialist knowledge about nature studies, wildlife and landscape, making them the perfect companion 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

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 & early summer 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 17/05 & 14/06/2024

Tuesdays 28/05 & 25/06/2024

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

Tuesdays, 21/05, 04/06 & 18/06/2024

TIP

BIG FIVE - wildlife safari (Kals am G.)

Tuesday, 14/05/2024

Fridays, 24/05, 07/06, 21/06 & 28/06/2024

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

Fridays, 31/05/2024

Tuesday, 11/06/2024

14th may – 28th 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

1st july – 30th september

Mondays

BIG FIVE - wildlife safari

01/07 – 30/09/2024 (Ködnitz Valley, Kals am G.)

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

08/07 – 16/09/2024 (Virgen Valley)

Tuesdays

NATURE WATCH FROM ABOVE - forest and wildlife awaking

02/07 – 24/09/2024 (Deferegggen Valley)

VIEW, PANORAMIC VIEW, VENEDIGER VIEW

16/07 – 17/09/2024, every 2 weeks (Tauern Valley, Matri i. O.)

NEW

HAND IN HAND INTO THE LAND OF DISCOVERY

09/07 – 10/09/2024, every 2 weeks (Tauern Valley, Matri i. O.)

NEW

Wednesdays

HUT SUMMER - paths to happiness

03/07 – 11/09/2024 more infos page 22 & 23

KALS GLACIER JOURNEY - adventures on ice (Kals am G.)

2 days, 03/07 – 05/09/2024, more info on page 41

NEW

Thursdays

INTO ETERNAL ICE - icy giants in the hot season

04/07 – 12/09/2024 (Gschlöss Valley, Matri i. O.)

Thursdays

SPECIES-RICH MOUNTAIN MEADOWS - Virgen Valley

11/07 – 19/09/2024 (Virgen Valley, Prägraten am G.)

Fridays

BIG FIVE - wildlife safari

05/07 – 27/09/2024 (Ködnitz Valley, Kals am G.)

JAGDHAUSALMEN – little Tibet of the Alps

05/07 – 13/09/2024 (Deferegggen Valley)

MEET A RANGER

During the summer months, our rangers are positioned in the various valleys of the National Park with spotting scopes and illustrative materials to provide visitors with information about the National Park, nature conservation, wildlife and much more. You too can meet a ranger in the National Park.

Mid-July to mid-September 2024 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, 04/10, 11/10, 18/10 & 25/10/2024

**THAT'S WHAT NATURE TASTES LIKE –
the secret world of herbs** (Virgen Valley)
Tuesday, 15/10/2024

**KINGS OF THE SKIES – Observe bearded vultures
and golden eagles** (Tauern Valley, Matri i. O.)
Tuesdays, 08/10, 22/10/2024

**NATURE WATCH FROM ABOVE - wildlife observation
tower Oberhaus** (Deferegggen Valley)
Thursdays, 10/10, 17/10 & 24/10/2024

NATIONAL HOLIDAY TOUR - Glorer Hut
Samstag, 26/10/2024

4th 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.



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, 1st July – 30th September 2024

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)



FAMILY
TOUR



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

What do herbs from forests and meadows taste like? Join the national park rangers on a search for fresh wild herbs and you will be amazed at what nature has to offer. Herbs such as 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,-

Mondays, 8th July – 16th September 2024

10:00, ends about 14:00

Meeting point: Virgen Valley - details are available in the weekly programme

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

Altitude difference & Distance:
depending on the route

Level of difficulty: easy (suitable for families)



FLAVOUR-
FUL



nature watch from above – forest and wildlife awakening

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

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

Tuesdays, 2nd July – 03rd September 2024

6:00, ends about 12:00

Tuesdays, 10th September – 24th September 2024

9:00, ends about 14:00

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

Total walking time: approx. 2 hours

Altitude difference: approx. 100 m

Distance: approx. 2 km

Level of difficulty: easy (suitable for families)



view, panoramic view, venediger view - tauerntour

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

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

Tuesdays, 16th July – 10th September 2024, every 2 weeks

16/07, 30/07, 13/08, 27/08, 10/09/2024

alternating with "hand in hand into discovery land"

9:00, ends about 13:00

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

Total walking time: approx. 4 hours

Altitude difference: approx. 500 m

Distance: approx. 6 km

Level of difficulty: medium (endurance & surefootedness)



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 also be infected by their curiosity. Together we will 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 romp across flower-covered meadows and chase after insects. Experience an unforgettable adventure as a family in the Hohe Tauern National Park.

Refreshment stop: Almgasthaus Islitzeralm

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

Tuesdays, 09th July – 03th September 2024, every 2 weeks

09/07, 23/07, 06/08, 20/08 & 03/09/2024

alternating with "view, panoramic view, venediger view"

10:15, ends about 13:45

Meeting point: parking Ströden, Prägraten am G.



Total walking time: approx. 1 hour 45 minutes

Altitude difference: approx. 300 m

Distance: approx. 6,0 km

Level of difficulty: easy



family
tour



NEW



hut summer - paths to happiness

NEU

Discover the unspoilt beauty of the national park on our guided hut hikes with a national park ranger by your side! Immerse yourself in the fascinating world of alpine nature and experience unforgettable adventures amidst majestic peaks and wild landscapes. Our carefully selected routes take you to the most beautiful places in the national park, while you gain valuable insights into the ecological diversity and history of this unique region from our rangers. Learn about the fascinating wildlife, discover rare plant species and learn more about the efforts to protect and preserve this precious nature. Once at the hut, we enjoy the cosiness of the traditional mountain huts and savour regional delicacies.

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

Wednesdays, 03rd July - 11th September 2024

9.00, end approx. 15.00 - 17.00 Uhr

Further Information about the tours

you find on [hohetauern.at](https://www.hohetauern.at)

Level of difficulty: challenging

Note: mountain boots absolutely necessary!



Where are we going?

- 3rd July - Berger-See-Hütte (Virgental)
- 10th July - Stüdlhütte (Kals)
- 17th July - Lienzerhütte (Debanttal)
- 24th July - Barmerhütte (Defereggental)
- 31st July - Bonn-Matreier-Hütte (Virgental)
- 07th August - St.Pöltner Hütte (Matrei)
- 14th August - Hochschoberhütte (Debanttal)
- 21st August - Neue Reichenberger Hütte (Defereggental)
- 28th August - Essener-Rostocker-Hütte (Virgental)
- 4th September - Glorerhütte (Kals)
- 11th September - Clarahütte (Virgental)

Further information about meeting points, times, altitudes and much more can be found here:
[hohetauern.at/visit/tour-offers](https://www.hohetauern.at/visit/tour-offers)

Detailed information on the tours:
+43 4875 51 61 10 or
nationalparkservice.tirol@hohetauern.at



species-rich mountain meadows - diverse Virgen valley

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

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

Thursdays, 11th July – 19th September 2024

9:00, ends about 13:30

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

Total walking time: approx. 3 hours

Altitude difference: approx. 450 m

Distance: approx. 10 km

Level of difficulty: medium



into eternal ice – icy giants in the hot season

The glaciers in the Hohe Tauern National Park are a fascinating phenomenon with many secrets. The glaciated peaks show themselves in their full glory on this day tour along the Innerschlöss Glacier Trail. The eyes of the participants sparkle when passing the Salzbodensee and the eye of God covered with cotton grass as well as the imposing glacier polish of the Schlatenkees. What remains after this impressive hike are magnificent pictures, exciting 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 get directly to the glacier tongue!

Costs Adults € 25,- (plus taxi costs for outward trip)

Thursdays, 4th July – 12th September 2024

8:30, ends about 16:00

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

Total walking time: approx. 6,5 hours

Altitude difference: approx. 800 m

Distance: approx. 15 km

Level of difficulty: challenging

Note: mountain boots absolutely necessary!



jagdhausalm – little tibet of the alps

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

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

Fridays, 5th July – 27th September 2024

9:00, ends about 15:30

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

Total walking time: approx. 4 - 5 hours

Altitude difference: approx. 250 m

Distance: approx. 13 km

Level of difficulty: easy (suitable for families)



FAMILY
TOUR



hohetauern|guide

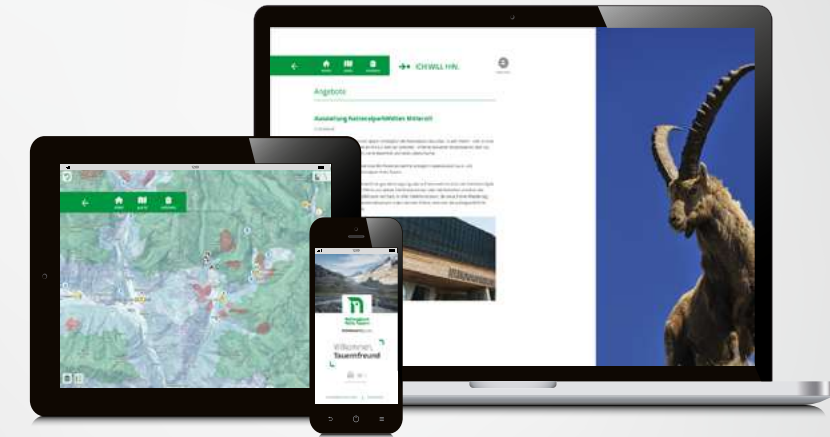
Bring the national park on your smartphone!

- Filter offers by your interests
- Find themed trails and exhibitions
- Book national park tours with rangers online
- Keep an eye on the weather and much more



www.hohetauernguide.at

Nationalpark
Hohe Tauern



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





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

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





kids & family offers

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

Kids programs

LITTLE NATIONAL PARK DETECTIVES

(in the national park valleys)
08/07 – 29/08/2024

FOREST WILDLIFE CAMP (Deferegggen Valley)

2-day camps, 24/07 – 22/08/2024

NATIONAL PARK WATER CAMP (Deferegggen Valley)

5-day camp, 26/08 – 30/08/2024

TIP

JUNIOR RANGER 2024 - we are looking for you

15/07 – 26/07/2024, in two parts
More information online

TIP

National park experience indoor

More information from page 48.

Family offers - guided tours 2024 (from 6 years)

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

Tuesdays, 28/05, 25/06, 08/10 & 22/10/2024
Fridays, 17/05 & 14/06/2024

NATURE WATCH FROM ABOVE (Deferegggen Valley)

Tuesdays, 21/05, 04/06, 18/06, 02/07 – 24/09/2024
Thursdays, 10/10, 17/10 & 24/10/2024

BIG FIVE – wildlife safari (Kals am G.)

Mondays, 01/07 – 30/09/2024
Tuesday, 14/05/2024
Fridays, 24/05, 07/06, 21/06, 28/06, 05/07 - 27/09/2024,
04/10, 11/10, 18/10 & 25/10/2024

SPECIES-RICH MOUNTAIN MEADOWS (Virgen Valley)

Thursdays, 11/07 - 19/09/2024

THAT'S WHAT NATURE TASTES LIKE (Virgen Valley)

Mondays, 08/07 – 16/09/2024
Tuesday, 11/06 & 15/10/2024
Fridays, 31/05/2024

JAGDHAUSALMEN (Deferegggen Valley)

Fridays, 05/07 – 13/09/2024

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

Wednesdays, 05/07 – 13/09/2024

TIP

NEW

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, Wednesday & Thursday

- x 24th to 25th July 2024
- x 7th to 8th August 2024
- x 21th to 22th August 2024

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



little national park detectives

Cool adventures for little national park explorers

Great outings to mysterious places promise fun, games and excitement. National park sleuths 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 hunts, puzzle rallies, insect hunts, fairy tale hours and much more.

x Mondays, 8th July - 26th August 2024

Matrei i. O. & Virgen Valley (for small explorers)

x Tuesdays, 9th July - 27th August 2024

Lienz Valley Floor

x Wednesdays, 10th July - 28th August 2024

Matrei i. O. & Virgen Valley (for big explorers)

x Thursdays, 11th July - 29th August 2024

Kals am G. & Deferegggen Valley 2 week alternating



8th July – 29th August 2024

Details in announcement and at registration

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

national park water camp



What lives in the water? Let's explore it!

Together with the national park rangers you will experience water in many different ways! The moor and the forest invite you to discover them together. Another attraction is the Obersee. In our outdoor laboratory we survey the Schwarzach stream and want to find water creatures. For experiments and physiochemical analyses we have our base camp: If you didn't get wet in the house of water, you missed something! Campfire and bread baking included.

26th to 30th August 2024

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: € 198,- for program and full board on site

Info & Booking at Haus des Wassers

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

telling stories with pictures - unique reportage photography

Learn to tell stories through a picture series during this exciting 3 day course. Whether it is documentation style, a portrait series, landscape or nature photography, you can photograph your own story or choose from existing themes. For more than 10 years the experienced photographer, filmmaker and lecturer Patrice Kunte has been running this course jointly with the Hohe Tauern Nationalpark Tyrol. They will be on hand to advise you throughout the course. Topics such as photographic storytelling, image composition and image editing are part of this unique photography course. Once completed, each participant will receive a book with the images taken during the course.

Wednesday, 11th - Sunday, 15th September 2024

Costs:

€ 899,- per person incl. single room with half board

Further information and registration:

fokuspokus-workshops.de



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 Isplitzeralm. (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 & Klammloch

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, 1,450 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: www.maps.osttirol.com

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



Iseltrail - follow your flow



info@osttirol.com • T +43 50 212 212

5 stages
74,2 km
2.169 m
altitude metres

Osttirol Information

Enjoy hiking along the longest free-flowing glacier river in the Alps with individually selectable stages. From the town Lienz in the green valley to the arctic glacier gate in the Hohe Tauern National Park. A unique nature experience following the river Isel. www.iseltrail.at

kals glacier journey - adventures on ice (2 days)

Immerse yourself in the majestic world of glaciers. On two days, a ranger and a mountain guide accompany you through breathtaking high alpine landscapes in the national park. The ascent with the national park ranger to the Stüdlhütte is exciting - here a whistling marmot, there chamois scurrying across the colorful alpine meadows - the ranger quickly pulls out his binoculars to show the hikers the inhabitants of the Alps. After spending the night at the Stüdlhütte, you climb the glacier on crampons with the mountain guide. The very brave can rappel down into the deep crevasses. Due to the vegetation zones and altitude levels that have been hiked through, this trekking tour corresponds to a 4,000 kilometer journey to the Arctic.

Costs € 220,- (incl. ranger, mountain guide & overnight stay in the Stüdlhütte)

Dates 2024 - Wednesday to Thursday

| | |
|---------------|---------------|
| 03/07 - 04/07 | 07/08 - 08/08 |
| 17/07 - 18/07 | 21/08 - 22/08 |
| 31/07 - 01/08 | 04/09 - 05/09 |

further dates for groups of 5 people or more on request



Info & Booking: TVB Kals am G.:

+43 50 212 540 | kals@osttirol.com



Long-distance hiking in the Hohe Tauern National Park

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

- x **Isel trail** - The trail is a unique adventure route along the glacier river Isel from the sunny city of Lienz to the glacier portal 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 at 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 lap)** - 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.

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



INDIAN SUMMER FREE CLOSING HIKE - Glorer Hütte 26th October 2024

Enjoy the "Indian Summer" of the Ködnitz Valley in the National Park municipality of Kals together with National Park Ranger:in.

TIP

Meeting point: 09.00, Parkplatz Glocknerwinkel (Arrival & departure possible with free shuttle bus from Lienz railway station - later boarding possible)
End: approx. 15.00
Total walking time: approx. 4 hours
Metres in altitude: ~ 750 | **km:** ~ 9
Difficulty: medium



nationalpark*gut*schein redeemable at over 100 partners

The ideal gift if you are looking for something special: With the „nationalpark*gut*schein“ it is possible to easily give • a vacation in a National Park partner business in East Tyrol • a breakfast, lunch, snack or dinner in a National Park culinary establishment • a purchase of regional delicacies from selected direct marketers & in farm stores • shopping in the store of the National Park House in Mauterndorf in East Tyrol and in 40 Mauterndorf Markt stores.

The vouchers are available at the Nationalparkhaus Mauterndorf and the tourist information offices in Mauterndorf i.O., Kals a.Gr., St. Jakob i. Def., Prägraten a.Gr. Lienz and in the Hofladen Stemberger in St. Veit i.Def.



tell stories with pictures

Fascinating national park lectures

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

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

On request

Duration: approx. 45 minutes

Costs: € 100,-

Bookable for hotels, groups, business trips, ...



*Nichts berührt uns
wie das Unberührte.*

Mit Unterstützung von Bund und Europäischer Union





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 from the following direct retailers: Bauernladen Virgen, Stadtmarkt Lienz, Hofladen Peischlerwirt, Hofladen Stemberger, Genussstankstellen Nußdorf-Debant & Gaimberg, Kalsertaler Genussstube, Deferegger Machlkammer, Kalser Handwerksladen, Kuenz Hofladen, Fleischhauerei Mühlstätter
You can find more information on regional products at nationalpark.osttirol.com - discover & experience - regional products.

house of water indoor & outdoor

Creative workshops

- Saturday, 20.04. Paper making
- Saturday, 25.05. Land art on the water
- Saturday, 29.06. Water animals
- Saturday, 10.08. Baking bread
- Saturday, 21.09. Soap making
- Saturday, 19.10. Making oilcloth

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

Costs: € 30,- excl. catering & material

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



Research-based learning - project days for school groups 2024 /2025

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.



nationalparkerlebnis indoor

Visitor centre National Park House - Matri i. O.

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

Special exhibition 2024 - Die Isel - Details page 7.

National park welcome area - district capital Lienz

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

Place: Tourism office, TVB Lienz, free entry



Under the spell of the Grossglockner - Kals am G.

Opening hours:

Fridays 14.30 - 17.30, 3rd - 24th June 2024 & 30th September - 28th October 2024

27th June - 23rd September 2024, every Monday, Wednesday and Friday from 15.00 - 18.00 and by appointment on +43 (0)50 212 540

Place: Glocknerhaus, Kals a. G., chargeable

Glocknerpanorama mit Infostelle - 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 - 31st October, 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

Main square Lienz

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

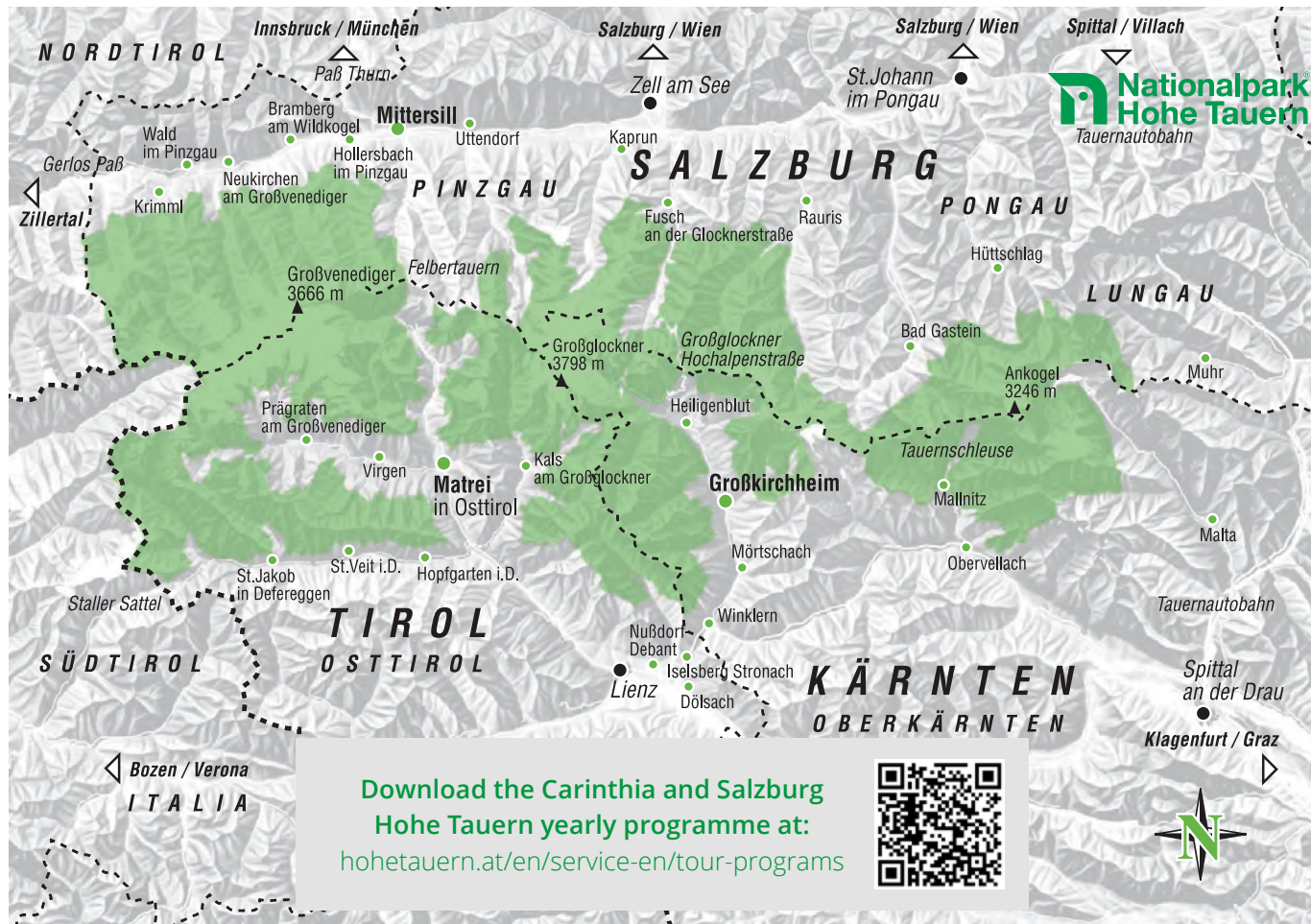
Opening hours:

All year round, freely accessible all day, free entry

Place: Main square Lienz



Main square Lienz



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



preview winter offers

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

Winter at the Hohe Tauern National Park has its very own enchantment – with snow crystals sparkling and the nature sanctuary plunged in glittering white. If you would like to experience the winter idyll in the midst of Austria's highest mountains, then a winter hike, a mystical full moon tour 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.



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

#nationalparkhohetauern
#myosttirol



SHARE YOUR NATIONAL PARK MOMENT WITH US!



Information about national park partner companies in East Tyrol:

www.nationalpark-partnerbetriebe.at

Information about the East Tyrol region:

<http://nationalpark.osttirol.com>



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