

THE TOP 10 WALKS IN THE GASTEINER VALLEY

D O R F G A S T E I N

1.) Fulseck (mountain station) – Arltörl – Schuhflicker – Heumoosalm / Grabnerhütte – Brandlalm (middle station)

Total walking time: 5 hours.

Difference in altitude: ↗ 250 m, ↘ 1.000 m.

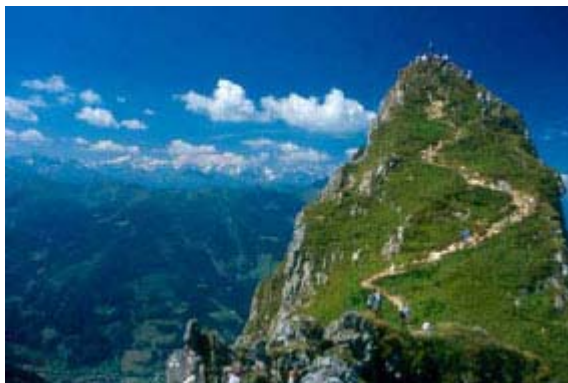
Walking path, Theme path: Kraftplätzeweg (path), Jagasteig (Hunter's climb) and Pilzlehrpfad (Wild Mushroom Trail)

Once reaching the summit area you should have a good head for heights!

From the mountain station Fulseck through the gateway of the Kraftplätzeweg path, the walking path (also called Biotopensteig) leads in a northerly direction, mostly along the ridge, passing lots of small tarns, which offer a natural habitat also to some rare animals (Salamanders, Newts, Sandpipers, Dragonflies,...) then slightly downhill until you reach the Arltörl enjoying the beautiful views... The many notice boards along the way describe special places of energy, and give tips how to make the most of these places.

From the Arltörl in a northerly direction to the ridge, always going uphill until reaching the first piles of rocks. Here there is a weather cross, and also a path leading to the Aualm in the Großarl Valley. Go straight on passing the rocks and in a number of serpentines to a notch, now turn left towards the main peak, where a beautiful cross of the Dorfgastein Mountain Rescue can be seen.

Contrary to the prehistoric rock in the more southern Gasteiner valley here we find limestone, and therefore a completely different very colourful Alpine flora.



The Schuhflicker Mountain Top

Go back the same way to the Arltörl. Here we have two possibilities:

- a) Climb down in a westerly direction to the Heumoosalm (1/2 an hour), or
- b) Over the “Jagasteig” (there are many picture notice boards with information about the Game which can be seen here) and from here along a transport path to the Heumoosalm (1 hour). From the Heumoosalm the Pilzlehrpfad (Wild Mushroom Trail) leads us through the forest, once reaching the edge of the forest cross over the ski piste to the middle station of the lift (Brandlalm). The Heumoosalm and the Grabnerhütte are open in summer; the Brandlalm mountain restaurant is open all year round.

2.) „Drei Waller“

Total walking time: 4 hours

Difference in altitude: ↗ 630 m, ↘ 630 m,

Transport trail, paths along some of the route

The oldest and in earlier days the only way over the Drei Waller into the Gasteiner Valley! The name originated from 3 pillagers (=Waller) that are possibly buried here. The legend about the three “Drei Wallern” is told in the following story.

Leading out of the Unterberg part of the village behind Amosergut along the transport path uphill. Over the Bernkogelbach and now over a sunny slope following the transport trail in the direction of the Drei Waller until the Huberalm. Turn left and use the walking path as a short cut until reaching the transport path again, or carry on along the transport path, passing the “Calcit Hohle” a crystal cave with lots of calcite - now turn westwards until the road turns right to the Drei Waller Chapel. There is a walking stamp at the chapel. A walk to the Kögerlalm from here will take ¼ hour. There is also a transport path leading northwards and downhill to the Kögerlalm. Beautiful views from here to the Salzach Valley as well as the Hochkönig and the Steinernen Meer.



The Drei Waller Chapel

The Alm (high pasture hut) is open in the summer (walking stamp)

Difference in altitude from the Drei Waller: ↘ 70 m, ↗ 70 m,

Transport trail downhill, on the way back to the Drei Waller Chapel. A visit can also be made to the Amoseralm on the way back. Take the fork in the path to in a corner the “Stoffalmsteig”. A walking path leads uphill through the forest for approximately ½ hour to the Stoffalm (not open for business) from here take the transport trail to the Amoseralm. (Open in summer, bread baking every Thursday). Difference in altitude: additional ↗ 100 m, ↘ 100 m.
Extra walking time: 1 hour

3.) Sagenweg (Legend Walk) – Gasteiner Klamm (Gasteiner Ravine)/ Entrische Kirche (Entrische Church)

Total walking time: 1 ½ hours

Difference in altitude: ↗ 120 m, ↘ 170 m,

Transport trail, not suitable for push chairs, prams or bikes.
Theme Path: Legend Walk, Nature Trail (to the Entrischen Church)

Starting at the Unterberg part of the village turn right behind the Amoserhof. Walk along the signposted and marked walking path (transport path). Along this route there are a total of 10 Legend Boards, on which legends can be found both in words and pictures. After crossing the Bernkogel river, walk steeply uphill, following this the route is mostly even and slightly downhill while walking in a northerly direction. The varied walk leads sometimes through forests, but mostly over fields and pastures, passing the “Schlossalm” (walking stamp at a bench) and a power station to the “Gasthof zur Ruine” (guest house) in Klammstein. Here it is possible to catch the local Post Bus back to Dorfgastein.



Along the Legend Walk

→**Our tip:** we would like to recommend a very interesting brochure which has been compiled about the Legend Walk. This is obtainable from Mr. Unterberger, at the Gasthof zur Ruine or at the Tourist Office.

The walk to the **Gasteiner Klamm** (Gasteiner Ravine) is just as easy as the Legend Walk:

After leaving the Car Park in Klammstein cross over the Bundesstraße (main road) onto the “alte Gasteiner Straße” (the old Gasteiner Road), crossing the original old partly overgrown bridge northwards into the ravine. The old Klamm Road served as the entrance to the Gasteiner Valley until 1975. The old protective structures have deteriorated, you are not allowed into the ravine during the spring, or after thunderstorms, as there is a very high danger of rock fall. The road leads through the ravine walls, passing climbing rocks and erosion caused by water, until reaching an avalanche and falling rock protection building. (The Tauern motorway is tunnelled under the ravine), carry on walking on until reaching the top of the pass, shortly after this is the Sebastians Chapel (a walking stamp can be found here). The way back is the same route.

Total Walking time: 1½ hours

Difference in altitude: ↗ 50 m, ↘ 50 m,

Asphalt road, partly gravel.

The “Klammstein“ is also the start of the walk to the **Entrischen Church**

The Entrische church is a natural cave that served as a shelter in the 16th century for protestants that were on the run, it has beautiful stalagmites and curtains. Many kilometres in the cave have been discovered; about 500 metres are accessible and have been secured. They can be visited while taking part in the “short cave tour”. The entrance can be reached from the Klammstein Car Park, (bus stop). There is a walking path that is also a nature trail where many different presentation boards inform about our mountain world especially the fauna and flora. After approximately 50 min.



Curtains in the natural cave

Guided tours of the caves take place daily from May until the end of October. The tours take 50 minutes and the temperature in the cave is 6 degrees plus. Entrance ticket costs as per price list. Walking stamp given by cave guide.

Total walking time: 50 minutes, guided tour 50 minutes.

Difference in altitude: ↗ 210 m, ↘ 210 m,
walking path.

4. Bernkogel 2.325 m

Total walking time: 4 ³/₄ hours, 40 points+ 1 alpine point.

Difference in altitude: ↗ 1.500 m, ↘ 1.500 m.

Transport trail, the Alpine country, wide and difficult, good head for heights needed!

From the Unterberg part of the village take the transport trail to the Amoser Heimalm and keep on going until you reach the Amoser Hochalm. Then follow the well signposted mountain path, near the unmistakable large piles of rubble along the ridge. The north face can be reached by a small steep track which leads to the west side of the mountain (careful when wet, safety ropes are fitted here). The tracks to Rauris and from Embach join together here. Now the track leads over the very steep grass slope of the west face (short rocky piece, small shelter) to the peak, on which a beautiful cross has been mounted.

Alternative route: From Dorfgastein to the Heinrich Hochalm (accessible from Unterberg by using the transport path) here on along a cattle path to the large cirque between the Sladinkopf and the Katzinger. Follow the bends steeply uphill along the ridge. Follow this for a short while in a northerly direction; the ridge then crosses the steep left west front of the Sladinkop until it meets the uphill climb of the Amoser Hochalm.

BAD H O F G A S T E I N

5.) Bird Trail Bad Hofgastein

The starting point of this walk is the Kurverwaltung-Tauernplatz, while walking in a westerly direction cross the B 167 road and will reach a Kneipp path after walking uphill for 20 minutes, the Pyrkerhöhe guest house at an altitude of 930m is situated ideally at the edge of the forests – there is a wonderful view of the village and of the mountain world of the Hohen Tauern.

The Bird Trail begins here – there are 30 information boards with introductions to various native species of birds, this leads in a southerly direction along the west slopes of Bad Hofgastein, and ends in the Anger part of the village near to the Weitmoser Castle.

The Bird Trail is about 2.5km long and there is a difference in altitude of 150m. It will take about one and a half hours, to do this easy walk which will starts at the Tauernplatz in the village centre and ends in Talboden (870m) in the Anger Part of the village.

Interesting Features:

Kneipp Stations- Water walking pool – Arm bath

The Tauern Motorway Viaduct (built in 1901 – 1905)

Old Farmhouses

Weitmoser Castle (built 1400 und 1554)

Walking stamps are given at the highest point of the – Viehhauser Farmer

6.) Gadaunerer High Alms

This time the walk begins in the Anger valley, a bus will take you to the starting point. At the start of the valley at an altitude of 1,170m one exceeds to the Judaubrücke and the Angerbach walking gradually along this easy path. After about half an hour you will reach the Jagdhaus in Angergrund – here the path 115A divides and leads in a westerly direction, and leads round bends along a shady transport path continually uphill. After leaving the edge of the forest you will see the luscious green mountain Alm pastures of the Gadaunerer Hochalmen – there are a few mountain Alm Huts scattered around at 1.750m. After an extensive rest in an Alm hut walk down the path 115 passing Lafenmahder and the Nößlach back down to the valley.

The difference in altitude is about 600m, and the walking time for this beautiful circular walk will take around 5 hours.

You will need sensible hiking clothes for this walk especially good strong walking shoes as there are a few shallow streams that need to be crossed.

Interesting Features:

Weißmayer Tax´n, Weißmayer Spruce (Fir, with a very old shrine) this is situated in front of the Jagdhaus at the end of the Anger Valley.

Alm Huts – and the Alm worker's work (cheese production, butter etc.)

The Lafenmahder – well known for its luscious flora

7.) Gamskarkogel

Of all the beautiful walks in the Gasteiner Valley the Gamskarkogel is certainly one of the most worthwhile. The highest green mountain in Austria (2,467m) offers a breathtaking view in the mountain world – from the Tennengebirge Mountains in the north, the Bischofsmütze and the Dachstein, also the Hohen Tauern in the South and the Großglockner in the west.

The oldest mountain refuge hut in Austria is the Bad Gasteiner Hut, built in 1829 as a simple shelter by Archduke Johann of Austria. Spend a comfortable rest, or an overnight stay with a chance to watch a breathtaking sunrise.

The starting point for this walk is the Kurverwaltung Bad Hofgastein – Tauernplatz, passing the Wasserfallgasse – at the Wasserfallweg (waterfall path) walk up to the Annakapelle (chapel built in 1801); walking alone path 513 you will reach after approximately a good 2 hours walk the Rastötzenalm (1740m). This Alm hut is open for business in summer. In a beautiful basin just above the Alm the paths fork (old and new paths) and lead to the very top of the Gamskarkogels. Here you are advised to use the new path AV Steig (path) 513, A 502 A) this way you will reach the Rauchkogelscharte, along the well cared for AV Steig (path) to the Bad Gasteiner Hut.

There are different ways to get back down:

Passing the Toferscharte (2091m) path Nr. 513, 514 – or the long way back route H 16, passing the Harbachalm (1621m) to Hüttschlag in the Großarl valley.

After leaving the mountain top of the Gamskarkogels (2467 m) on the way back to Bad Hofgastein you can also use the old path to the Rastötzenalm passing Gräfinsitz to reach the village centre.

The most popular way from the Gamskarkogel leads from the Toferscharte, into the Kötschachtal Valley, to the Eggeralm, and the Poserhöhe (1505m) and the walk down to the Hoteldorf Grüner Baum (1036 m). This walk covers the most difference in altitude in the Gasteiner Valley – 1600 m. The walking time from the village centre to the Gamskarkogels is approximately 5-6 hours.

While on this mountain tour it is very important that you:

Are acclimatised, and that means that you have already spent a few days in the Gasteiner Valley and that you are “run in”!

Also that you are very fit!

Very good walking equipment (bad Weather protection, good strong shoes, make sure that you have enough fluids with you etc.).

Interesting features:

Bad Hofgasteiner Waterfall –Waterfall Path

Anna Chapel at the Hausstatt

Gräfinsitz – Rastötzenalm

Views from the mountain top of the Gamskarkogels

Poserhöhe – Hoteldorf Grüner Baum

BAD GASTEIN

8.) High Path to Bad Hofgastein:

Walking time from the Cafe Hubertus – Bad Hofgastein 2 hours:

One of the most worthwhile walks in the Gasteiner Valley must be the High Path (Höhenweg) which joins Bad Gastein and Bad Hofgastein together. This “path to the view” was made in 1934 to 1938. You can reach this from the West slope of the Gamskarkogels, crossing the High Path over the Kaiserpromenade and reaching the Café Hubertus Mountain Restaurant. From here you follow the path in a northerly direction and cross the Remsach River after a few minutes by using the wooden bridge. After following the high path for approximately 10 minutes you will reach the Gadaunerer ravine, this path had to be exploded out of the vertical sheer drop walls. The wooden bridge that was used to cross the river in the past had suffered by spring time damage from ice and snow, that is why it was decided to build a tunnel under the river, enabling easy danger free access to the north side of the ravine bank. This part of the way should be pointed out because the extreme route through the steep rocky walls (natural monument). After leaving the ravine the path begins to slope down to Bad Gastein, passing by some farm houses, and partly through forests and fields revealing a charming and varied countryside. After the mountain restaurant “Cafe Gamskar“ there is a steep downhill slope going down to Bad Hofgastein, which can be reached after a two hour walk. (Bus connection to Badgastein) Walking stamps can be obtained on the High Path above Gadaunern, near to the “Schöne Aussicht” (beautiful view) guest house.

Niedersachsen House:

From the Valeriehaus we start our walk along the Hermann-Bahlsen Path into the untouched countryside of the Siglitztal Valley. Enjoy the huge waterfall on the way up. The Niedersachsen House is the highest point of the walk. Here we regain our strength with a hearty snack and local folk’s music while enjoying the fantastic views of the Hohen Tauern glacier world.

Around midday our walk takes us further on in the direction of Bockartscharte (2,226m) passing piles of cinder, reminders of the prosperous times of the gold mining days in the Gasteiner Valley Mountains. From the Bockartscharte the path leads us past parts of the old Roman Road passing the wonderfully situated Bockart Lakes. By using a transport path we end up back at the starting point of our walk, where we this relive this impressive walk with a relaxing drink.



9.) Lake Reed

Walking time Grüner Baum –Lake Reed 3 Hours

Lake Reed – Palfnerscharte 1,5 Hours

Palfnerscharte Badgastein passing Hochalm 3 Hours

Palfnerscharte Bergstation Graukogellift 1 Hour

We leave the Straubinger Platz with the bus to reach the start of the Kötschacht Valley at the “Grünen Baum”. Those wanting to walk choose the half an hour walk along the Kaiser Promenade into the Kötschach Valley. From here walk along the road down the valley towards the end of the valley the views of this backdrop are a real pleasure. After about a 30 minute walk a wooden boardwalk leads over the Kötschachtaler River; we are now leaving the road, and walk over the boardwalk to the other side of the river bank and follow the footpath on the upstream on south side of the river. After about 5 minutes a path leads uphill into the forests. After a one hour climb we reach the so called Kohlplatzerl, an even and mineshaft covered piece of forest, where once miners worked. From here the path leads steeply in a south-south-easterly direction, mainly through larch woods. It is best not to leave the marked paths through this part of the forest, as under the logs there are deep crevices (similar to those found in glaciers) in the rocks which are partly hidden. After about a 2.5 hour climb the ground becomes flatter, suddenly you are standing in lush green, in front of the Lake Reedsee, the surrounding glacier tops of the Tischler Group of mountains reflect in the clear water of this remote lake. The hut at the lake is not open for refreshments so make sure that you take enough provisions with you.

If you are tired after the walk you can go back the same way to the “Grünen Baum”. If you want to enjoy the wonderful views from the Palfnerscharte, the glacier of the Tischlergruppe Mountains, then you have to get your strength together to walk uphill for another the one and a half hours. On the marked AV route walk uphill in a south-easterly direction and reach after 1.5 hours the Palfnerscharte (2321 m) that nestles between the Graukogel and the Palfnerhörndl ensuring fantastic views of both east and west.

From here the walk down takes you past the Palfnersee to the mountain station of the Graukogel lift or the passing the Palfner Hochalm and the Heimalm to Badgastein.

10.) On historical tracks over the Tauern

For over 4,000 years man tried to transport goods over the Tauern. It was important that the roads were in good condition. The historical crossing over the Mallnitzer Tauern has lost its use for transportation and traffic, but a walk over the Tauernhaupt Kamm is still a very special experience today. The remains of the Old Roman Road are now a path. The historical tracks of the "Säumer" have been joined together with the present. Walkers can enjoy interesting information about Flora, Fauna and about the geological development of the Tauern.

The shuttle services running from Badgastein Station take us to Naßfeld (Sportgastein). Walking through the natural beautiful countryside we walk along Naßfeld's long basin, where signs of the old gold and silver mines prevail. Cattle can be watched grazing in the surrounding fields. After a good half and hour of walking one reaches the uphill walk to the Hagener Hut. The serpentine and crossings on the man made path are for experienced walkers good to master. One reaches the top quickly and can enjoy the fantastic views over Naßfeld and of the Northern Tyrolean Limestone Alps. Quite often the walking path crosses the route of the 2,000 year old Roman Road. There is enough time to enjoy a cooling drink of pure mountain water from a spring. After a good 3 hours walking one reaches the Eselkar at an altitude of 2,445 metres, and the Hagener Hütte, the original Tauern crossing. Here both Roman and Celtic coins have been found, proving that this road was used in pre Roman times. After a cosy rest in the Hagener Hut the walking route number 110 leads us to the Southside of the Tauern, passing the Tauernhaus (Tauern house) built by Archduke Johann in the year of 1836. Even today the natural stone walls and the arches of the original building can be seen. This also very curvy wide path leads us through the "Tauernmähder" and Alm pastures passing marmots burrows, after approximately 2 hours walking to the 1,745 metre high Jamnigalm. A shuttle bus service will take us from the Car Park at the Jamnigalm to Mallnitz Station. We arrive back at Badgastein Train Station after a journey time of 20 minutes by train through the Tauern Tunnel.