

Cross-Country ski trails

High Trails (snow guarantee)

1 1 High Trail Schönfeld – Rosanin

Difficulty: easy, intermediate, challenging ●●●
Elevation: 1730 - 2050 m
Length: 8 km classic & partially skating
Access Points: *Rosanin (area)* turn-off near the *Dr. Josef-Mehrlhütte (hut)*

Undulating terrain at the foot of the "Grosser Königstuhl" (mountain), long downhill return.

2 2 High Trail Schönfeld - Kasmandl

Difficulty: easy ●
Elevation: 1730 - 1500 m
Length: 2 km loop, skating & classic
Access Points: in front of the *family- and youth guest house Schönfeld*

Tour in the *Schönfeld (city)* valley bottom. Very suitable for beginners!

3 3 High Trail Schönfeld – Bundschuh

Difficulty: easy, intermediate ●●
Elevation: 1600 - 1730 m
Length: 10 km classic & partially skating
Access Points: *Schönfeld (city)* car park

Along the banks of the "Feldseibenbach" (rivulet), easy, undulating, out to the crossing at the "Bundschuhlandstrasse" (road), then back.

10 10 High Trail Preber

Difficulty: easy, intermediate ●●
Elevation: 1450 - 1500 m
Length: 8 km double-tracked classic, 6 km skating
Access Points: near the *Ludalm*

Around the "Prebersee" (lake), continues in an easterly direction through easy, undulating meadows and alpine pastures. Turn-around point in front of the *Gasthof Stalober (inn)*, side trail up to the inn itself! Return along the right side of the "Feisterbach" (rivulet). Skating track for cross-country skiers with more athletic ambitions. Suitable for all ages!

14 14 High Trail Lignitz – with snowmaking coverage

Difficulty: easy, intermediate ●●
Elevation: 1330 - 1420 m
Length: 7 km classic & skating, loop
Access Points: *Lignitz (district)*

Snowy high trail for beginners, casual skiers and pros. Depending on snow conditions, it may be possible to ski further into the *upper Lignitz (area)*. Biathlon, daily illuminated round loop (ca. 800 m) from 4 - 9 pm.

Valley trails (Depending on the snow situation)

7 7 Winkel Trail Göriach

Difficulty: easy, intermediate ●●
Elevation: 1180 - 1250 m
Length: 8 km classic and two rounds with 1,5 km skating per round
Access Points: *Göriach at Wassing (district)*, at the village hall

Gently uphill heading north in the direction of *Unterwiesenthal (district)*. Alongside the "Göriachbach" (rivulet) to the "Landschaftsschutzgebiet Göriachtal" (Göriach valley nature preserve). After 3,5 km, you reach the turn-around point at the *Ederalm (hut)*. On the eastern side of the valley, you now head towards the mouth of the valley as far as *Vordergraben (district)*. After a short, steep stage, you will reach the access point in *Wassering (district)*. Numerous access points along this trail. At *Göriach Winkel* there are also along the left hand side of the stream 2 cross-country ski-tracks with 1,5 km per round.

8 Romantic Trail Lessach

Difficulty: easy, intermediate ●●
Elevation: 1208 - 1241 m
Length: 7 km classic
Access Points: car park serving the ski lifts (Lessach - Vorderdorf, districts)

From the car park, take the trail above the parish church (site of a cemetery that is very much worth a visit) through the "Landschaftsschutzgebiet Hinteres Lessach" (upper Lessach valley nature preserve). This trail ends at the *Assendahlhütte (hut)*, not staffed, but a pleasant resting place). It is about a 500 m walk from the *Unterdorf (district)* car park to the start of the trail (*Moarhofersiedlung*).

9 Taurach Trail St. Andrä

Difficulty: easy, intermediate ●●
Elevation: 1044 - 1080 m
Length: 10 km classic & skating
Access Points: the stop for the *Taurachbahn (railway)* at *St. Andrä (village)*

Follows the "Taurachbahn" (railway) and "Taurach" (rivulet) in several loops to wards *Linsching (district)*, then it leads back to *St. Andrä*. Aside from the trail for skiers using "classic" technique, there is a parallel one for "skaters". Refreshment opportunities at *Gasthof Adwirlt in St. Andrä*, *Gasthof Kariwirt* or *Pizzeria Ernesto* in *Linsching (inn & restaurants)*.

10 16 Taurach Trail Mauterndorf

Difficulty: easy ●
Elevation: 1050 - 1122 m
Length: 5 km classic & skating
Access Points: *Flugplatz Mauterndorf (airfield)*, *Neussess-Moos (district)*

Westwards to the "Airfield Trail Mauterndorf" and further to *Neussess-Moos (district)*.

17 17 Trail Weißpriach

Difficulty: intermediate ●
Elevation: 1099 m
Length: 10 km classic & skating incl. winterhikingpath
Access Points: town center – parking place P1 (at the football field), parking place Fanning

The cross-country trail leads in parts alongside the *Longa*, which meanders through the valley. Also along the ski trail you will find a winter hiking path (2-3 hrs.) offering occasional refreshment opportunities.

Cross-Country Information

Cross-Country schools (with reservation)

Mariapfarr:
Lungauer Langlaufschule / Albert EBI
Linsching 2-3, T +43 (0)6473 7197
T +43 (0)650 393001
albert.essi@gmx.at
www.lungau.at

Sport Werk - Institut für Sportwissenschaften - Marcella Dalm
T +43 (0)664 3187110

Obertaum:
CSA - Cross-Country & Outdoor Station
Grillitsch & Partner
Gnadental, T +43 (0)6456 7462

St. Margarethen:
Lungau Aktiv Firm Sepp
Liftstrasse Aineck
T +43 (0)664 4228083
firm@sbg.at, www.firmsepp.com

Schischule St. Michael:
Karl Pellikan
Poststraße 408 and valley station
Sonnenbahn
T +43 (0)6477 71060
T +43 (0)664 2123201
info@schischule-stmichael.at
www.schischule-stmichael.at

FRESH-UP Schischule Erwin Resch:
Katschbergstraße 37
T +43 (0)4734 29900-13
schischule@berwinresch.at
www.werwinresch.at

Cross-Country Skiing with Small Children
Especially for families with smaller children, *Weißpriach* also offers the rental of sleds for toddlers. This is a great way for youngsters to join mom and dad as they enjoy the sunshine and fresh air.

Price per day € 15,00

Hans Fuchs, T +43 (0)676 7662302

10 19 Murtal Trail

Difficulty: easy ●
Elevation: 1025 - 1124 m
Length: 31 km

Stage: Muhr - Unterweißburg
Length: 10 km classic & skating

Access Points: *Muhr, Hemerach, Schellgaden, Unterweißburg*

Alongside the charming "Murmänder" (area).

Stage: Fell - Oberweißburg - Unterweißburg
Length: 6 km classic & skating

Access Points: *Fell, Oberweißburg, Unterweißburg*

Easy, short climbs and downhill, refreshment stops in all towns. Highly recommended: "Full-Moon Tours"!

Stage: Unterweißburg - St. Michael
Length: 3 km classic & skating

Access Points: *Unterweißburg, Höf, St. Michael* (Special Events Hall), *Stranach*

Several refreshment points along the way, perfect for sun-worshippers and those with gourmet tastes.

Stage: Glashütte - Stranach
Length: 3,5 km classic & skating

Access Points: *Stranach and Glashütte* with refreshment opportunity

Stage: St. Michael - St. Margarethen
Length: 5,5 km classic & skating

Access Points: *Stranach, Golf course, Oberbayrdorf, St. Margarethen (districts)*

Sunny, flat trail along the "Mur" Valley with numerous refreshment opportunities.

Stage: St. Margarethen - Unternberg - Neggendorf
Length: 6,5 km classic & skating

Access Points: *St. Margarethen, Unternbergdorf, Pischelsdorf, Moosham, Unternberg, Neggendorf (districts)*

Sunny and predominantly flat, partially along the "Murmänder" (area) with beautiful views, at the bridge in *Neustadt* you will have to switch from the left to the right side of the River "Mur". Refreshment opportunities in *St. Margarethen and Unternberg*. (Note the opening hours of the inn in Unternberg, MON and TUE rest day).

22 22 Hammer-/Twenger-/Lantschfeld Trail

Difficulty: easy, intermediate ●●
Elevation: 1180 - 1300 m
Length: 12 km classic & skating
Access Points: *Mauterndorf ski center, Tweng, Franzbauer (farm), Lantschfeld timber yards*

Undulating terrain alongside the "Taurach" (rivulet) to the *Annakapelle (chapel)*. Trail through very charming countryside via the "Twenger Au" (area) to *Tweng (city)*. This is the beginning of the "Lantschfeld" (area) loop, a trail protected from the wind and taking you through the romantic valley in the direction of the "Postalm" (area). Ample refreshment opportunities in the villages along the way!

23 23 Begöriach Trail

Difficulty: easy ●
Elevation: 1122 - 1142 m
Length: 1,5 km classic & skating
Access Points: *Begöriach (district)*, access between forester's house and maintenance area

Non-challenging, flat trail for casual skiers and beginners.

24 24 Airfield Trail Mauterndorf

Difficulty: easy ●
Elevation: 1122 m
Length: 8 km classic & skating
Access Points: *Flugplatz Mauterndorf (airfield), Steindorf-Moos (district)*

This trail affords beautiful panoramic views of the peaks of the *Radstädter, Niedere and Schladinger Tauern (mountains)*, as well as of the *Nockberge*. Particularly suitable for sun-loving occasional skiers and beginners.

26 26 Hundsfeld Trail

Difficulty: intermediate, challenging ●●
Elevation: 1740 - 1800 m
Length: 6 km classic & skating
Access Points: *Obertaum Sportcenter, above the Lärzeralm (hut)*

The most beautiful, sunniest part of this trail leads out across the *Hundsfeldmoor* nature sanctuary and ends with an exhilarating downhill. There is also a wonderful hiking path (2,5 hrs.) along the trail.

27 27 World Cup Trail

Difficulty: intermediate, challenging ●●
Elevation: 1590 - 1740 m
Length: 6 km classic & skating
Access Points: *Zehnerkarplatz P2 (parkingplace P2)*

Challenging mountain trail for experienced skiers! Flat at the beginning, then steadily uphill once more, returning in a loop past the *Tauernhof* youth hostel. There is also a wonderful hiking path (3 hrs.) along the trail.

28 28 Zederhaus Trail

Difficulty: easy, intermediate ●●
Elevation: 1205 m
Length: 6 km classic, of which 5 km are tracked for skating
Access Points: *Dorf - Anger* past the fire department by the *Barbauer (farm)* district *Bruckdorf*, at the *Schieferbauer (farm)* district *Rothendamm*; at the *Mosebauer (farm)*

In the Nature Park Community of (*Naturparkgemeinde*) *Zederhaus (city)* from the community of *Dorf - Anger* via easy, undulating terrain to the "Schiefergraben" (area). Gently downhill alongside the "Zederhubschach" (rivulet) to the *Mosebauer (farm)*, crossing the street and continuing to the turn-around point at the museum "Dankmalhof Mauregg".

Also reachable on the ski shuttle! The *Gnadental* trail boasts some of the most reliable snow conditions anywhere in the Alps. Refreshment opportunities are available!

31 31 Petersbründl Trail - with snowmaking coverage

Difficulty: easy ●
Elevation: 1000 - 1050 m
Length: 13 km classic & skating, loop
Access Points: valley station Petersbründl (lt) / *Glashütte (district)*

A snow-guaranteed trail for beginners, pleasure runners and professionals. The trail is almost completely flat and for the experienced cross-country skier too warm up well suited. There is also a rest stop on site!

Rules for use of the cross-country ski trails

- Dogs are generally not allowed on cross-country ski trails. Stop in at the tourist office to find out which trails dogs are permitted on.
- You may only enter the trails while wearing cross-country skis.
- Each cross-country skier must behave in such a way as to not endanger or harm others.
- Obey markings, signals or signs must be obeyed and the prescribed skiing direction must be adhered to.
- Each double track constitutes a single trail unit. Keep to the right (even if several trails occasionally run next to each other). Groups, please ski in single file on the right-hand track.
- Overtake to the left or right. The skier in front is not obliged to yield the track to those who are passing, unless he is able to do so without endangering himself or others.
- When overtaking, being overtaken or approaching skiers, keep your poles tight to your body.
- When skiers encounter each other coming in opposite directions, always keep to the right. Skiers who are climbing a hill must yield to those coming down.
- Speed - especially when skiing downhill - should be appropriate to your ability, the terrain, visibility and the number of people on the trail.
- In standing still or in the event of a fall - get off the track without delay.
- In the event of an accident, other skiers are obliged to render assistance as necessary.
- Skiers involved in accidents must present some form of official ID!
- Never leave the designated trails.



1 Göriach Winter Hiking Path

Difficulty: easy ●
Length: *Gasthof Lacknerhof (inn)*
Start: ca. 3 km one way **Time on Trail:** 45 min. one way
Length: 8 km loop **Time on Trail:** 1 - 5 hrs.
Refreshment Opportunities: *Biswirt, Neuhäuserstadt, Welpcaustüber (all inns)*
Description Stages: *St. Michael - St. Egidi, St. Egidi - Dastl, Dastl - Oberweißburg (all districts, ca. 1 hr.), Oberweißburg - Fell (districts, parallel to the Aso motorway) and return*

4 Wildbachhütte – Lessach

Difficulty: intermediate ●
Start: 1) car park for the ski lift (Trail 8)
Length: 2) car park for the *Wildbachhütte (hut)*, *Purger-Gut (farm)*
Time on Trail: 1) 1 hr. - 30 min. one way
Refreshment Opportunities: *Wildbachhütte (hut)*, T +43 (0)664 4107513
Description: easy uphill, groomed, no traffic

5 Culture Trail: Thurnschall Ruins - Lessach

Difficulty: easy ●
Start: info point by the church
Length: 6 km **Time on Trail:** ca. 2 hrs.
Description: flat, not cleared, little traffic

6 "Sonnenlehrpfad" Mariapfarr (Sun Path)

Difficulty: easy ●
Start: information board in the town center
Length: 4 km **Time on Trail:** 1 hr. 30 min.
Refreshment Opportunities: town center of *Mariapfarr*
Description: Austria's first self-guided Sun Path.

10 Mauterndorf Airfield to Begöriach

Difficulty: easy ●
Start: *Flugplatz Mauterndorf (airfield)*
Length: 8 km **Time on Trail:** 20 min.
Refreshment Opportunities: town center
Description: flat, cleared, little traffic

11 Mauterndorf Winter Hiking Path – Steindorf, St. Gertrauden and Begöriach

Difficulty: easy ●
Start: airfield or the town center of *Mauterndorf*
Length: 4 km **Time on Trail:** 1 hr. 30 min.
Refreshment Opportunities: town center
Description: flat, cleared, little traffic

12 Fanningberg to St. Gertrauden

Difficulty: intermediate ●
Start: church St. Gertrauden
Length: 4 km **Time on Trail:** 1 hr.
Refreshment Opportunities: town center, *Gasthof Jackbauer, Gasthof Hainerehof (inn)*
Description: cleared, little traffic, also possible to *Steindorf (district)*

14 Muhr to Jedl

Difficulty: intermediate ●
Start: town center
Length: 3 km **Time on Trail:** 45 min.
Refreshment Opportunities: *Mesnerwirt (inn), Gasthof Jedl (inn)*
Description: village road, little traffic

15 Felsenpromenade – zamingstein

Difficulty: intermediate ●
Start: loop starting at the village hall
Length: 1,9 km **Time on Trail:** 30 min.
Refreshment Opportunities: *Café „Zum Burgblick“, Gasthof Duriglon (inns)*
Description: cleared path to the upper part of town, take a right at the BMW repair station, cross the bridge over the River "Mur", turn right and return to *Rossing (district)*

16 Mur Hiking Path "Myths & Legends" – Ramingstein

Difficulty: easy ●
Start: village of Madling
Length: 4 km **Time on Trail:** 1 hr. 30 min.
Refreshment Opportunities: *Café „Zum Burgblick“, Gasthof Duriglon, Landgasthof Lacknerhof (inn & hotels)*
Description: cleared path along the bicycle path to *Hintering (district)*, from *Hintering* to *Kendlbuck (district)* the path is not cleared.

17 Tamsweg / Prebersee

Difficulty: easy ●
Start: *Ludalm* car park, travel there by post bus or car
Length: 4 km **Time on Trail:** 1 hr.
Description: flat, cleared

19 Lantschfeldweg – Tweng

Difficulty: intermediate ●
Start: *Taurach (river)* bridge, travel there by ski shuttle or post bus
Length: 4 km **Time on Trail:** 1 hr. 30 min.
Refreshment Opportunities: *Twenghof (hotel), Landhotel Postgut (hotel)*
Description: nicely cleared footpath through the forest, little traffic

25 Seekreuz Tour – Weißpriach

Difficulty: easy ●
Start: *Hinterweißpriach (district)*, end of the paved road
Length: 4 km **Time on Trail:** 30 - 45 min.
Refreshment Opportunity: *Dickelthütte (hut)*
Description: flat trail to the "Seekreuzkapelle" (chapel), after 100 m over the *Longa*, then a little traversing gravel road and back to the start

31 Zederhaus Winter Hiking Path

Difficulty: easy ●
Start: market in the center of *Zederhaus*
Length: ca. 2 km **Time on Trail:** ca. 1,5 hrs.
Refreshment Opportunities: *COÖE again Hotel Lungau, Kirchenwirt, Jägerwirt (inns)*
Description: starting at the village square, cross the fire station, along the street with little traffic to the district "Dorf", and further along old farms to the restaurant *Jägerwirt* and back to the point of departure. Additional variant *Offer* via *Schieferbauer* and ice stadium (Time on Trail ca. 30 min.) - Additional variant, though not treated in winter.

32 Mariapfarr to the Frimkapelle (chapel)

Difficulty: challenging ●
Start: town center of *Mariapfarr*
Length: 8 km **Time on Trail:** ca. 2 hrs.
Refreshment Opportunities: town center
Description: from *Mariapfarr (city)* via the "Heldenallee" (street) to *Althofen (district)*, continuing from there to *Pichl (district)*, at *Die Stub'n (restaurant)* cross the bridge in the direction of "Mitterberg" (hill) - from this point, steadily uphill to the *Frimkapelle (chapel)* Important - not gritted or salted in winter!



34 Ramingstein to Kameralm

Difficulty: easy, intermediate ●●
Start: town center of *Ramingstein*
Length: 9 km **Time on Trail:** ca. 2 hrs.
Refreshment Opportunities: town center of *Ramingstein, Kameralm (hut)*
Description: from *Ramingstein (city)* along the forest road to the *Kameralm (area)*, cleared and paved

35 Mitterberg Path – Ramingstein

Difficulty: intermediate ●
Start: village of *Kendlbuck*
Length: 9,5 km **Time on Trail:** ca. 1 hr. 30 min.
Refreshment Opportunity: *Landgasthof Weiherater (inn)*
Description: cleared, little traffic

36 Macheiner Path – Ramingstein

Difficulty: intermediate ●
Start: village hall
Length: 2,5 km **Time on Trail:** ca. 1 hr.
Refreshment Opportunities: *Café "Zum Burgblick"*
Description: cleared, little traffic

38 Mariapfarr – Lignitz Winter Hiking Path

Difficulty: intermediate ●
Start: *Wielandhof at Lignitztal*
Length: 2,5 km **Time on Trail:** ca. 50 min.
Refreshment Opportunity: *Wielandhof (restaurant, opening times as posted)*
Description: *Wielandhof (restaurant)* available - towards "Lignitztal" (area) - turn right - slight climb to the south along the mountainside as far as the *Wielandhütte (hut)*, beautiful lookout point! - return via the same route to our original starting point, OR: continue along the path to the "Lignitztal" (ca. 30 min.) Important - not gritted or salted in winter!

39 Mariapfarr – Kobaltsattel Winter Hiking Path

Difficulty: intermediate ●
Start: *Zankwam*
Length: 14 km **Time on Trail:** ca. 3 hrs.
Refreshment Opportunity: *Wielandhof (restaurant, opening times as posted)*
Park possibility: *Omoos* car park
Description: *Zankwam (district)*, ascending via *Pirka (district)* following the forestry lane to the "Kobaltsattel" (area), from there via the "Lignitztal" (valley) back to the start Important - not gritted or salted in winter!

40 Thomatal – Rosanin to Eßalm Winter Hiking Path

Difficulty: easy ●
Start: car park at the *Dr. Josef-Mehrlhütte (hut)*
Length: 2 km **Time on Trail:** ca. 50 min.
Refreshment Opportunity: *Dr. Josef-Mehrlhütte (hut)*
Description: from the *Dr. Josef-Mehrlhütte (hut)* a flat path leads through snowy winter countryside to the *Rosanin (valley)* and further to the turn-around point at the *Eßalm (hut)*

41 Mauterndorf – Grosseck Winter Hiking Path

Difficulty: easy ●
Start: mountain station - 8 man Gondola
Length: ca. 2 km **Time on Trail:** ca. 30 min.
Refreshment Opportunities: *Panoramaalm (inn), Speiereckhütte (hut)*
Description: easy walking tour to the *Speiereckhütte (*

