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 Point:	Rosanin (area) turn-off near the Dr. Josef-Mehrlhütte (hut)	
Undulating terrain at the foot of the "Grosser Königstuhl" (mountain), long downhill		

2 2 High Trail Schönfeld - Kasmandl

Difficulty: easy Elevation: 1730 M Length: 2 km loop, skating & classic

return.

Access Point: in front of the family- and youth guest house Schönfeld Tour in the *Schönfeld (city)* valley bottom. Very suitable for beginners!

3 3 H	igh Trail Schönfe	eld – Bundschuh
Difficulty:	easy, intermediate	••

Length:	10 km classic & partially skating
Access Point:	Schönfeld (city) car park

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

10 10 High Trail Preber

Difficulty: easy, intermediate • 1450 - 1500 m Elevation: Length: 8 km double-tracked classic, 6 km skating Access Point: near the Ludlalm

Around the "Prebersee" (lake), continues in an easterly direction through easy, un dulating meadows and alpine pastures. Turn-around point in front of the Gasthof Stadlober (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 –

Access Point: Lignitz (district)

wi	th snowmaking coverage	
Difficulty: Elevation:	easy, intermediate • • 1330 - 1400 m	
Levation.	7 km classic & skating loop	

Snowy high trail for beginners, casual skiers and pros. Depending on snow conditions, it may be possible to ski further into the upper Lignitz Valley (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: Elevation:	easy, intermediate 🔹 单 🛑 1180 - 1250 m	
Length:	8 km classic and two rounds with 1,5 km skating per round	

Access Points: *Göriach at Wassering (district)*, at the village hall Gently uphill heading north in the direction of *Hintergöriach (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 Vordergöriach (district). After a short, steep stage, you will reach the access point in Wassering (district). Numerous access points along this trail. At Göriach-Winkl 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

	antie man Less	
Difficulty:	easy, intermediate	•
Elevation:	1208 - 1241 m	
I am antila	- 1	

Access Point: 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 Lessachtal" (upper Lessach valley nature preserve). This trail ends at the Assendlhütte (but, not staffed, but a pleasant resting place). It is about a 50 m walk from the Unterdorf (district) car park to the start of the trail (Moarhofersiedlung).

9 Taurach Trail St. Andrä		
Difficulty: Elevation: Length: Access Point:	Elevation: 1044 - 1080 m	

Follows the *"Taurachbahn"* (railway) and *"Taurach"* (rivulet) in several loops towards *Lintsching (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 Andlwirt in St. Andrä, Gasthof Karlwirt or Pizzeria Ernesto in Lintsching (inn & restaurants).

16 16 Taurach Trail Mauterndorf

Difficulty:	easy 🔵
Elevation:	1050 - 1122 M
Length:	5 km classic & skating
	(Steindorf-Moos - Mauterndorf - Neusess-Moos)

Access Points: Flugplatz Mauterndorf (airfield), Neusess-Moos (district) Westwards to the "Airfield Trail Mauterndorf" and further to Neusess-Moos (dis-

17 17 Trail Weißpriach

trict).

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

The cross-country trail leads in parts alongside the Longa, which meanders through A snow-guarantee trail for beginners, pleasure runners and professionals. The trail is occasional refreshment opportunities.

Schischule St. Michael, Karl Pellikan

Poststraße 408 and valley station

Sonnenbahn

T +43 (0)6477 71060

T+43 (0)664 2123021

Katschberghöhe 37

www.erwinresch.at

T+43 (0)4734 29900-13

skischule@erwinresch.a

info@schischule-stmichael.at

www.schischule-stmichael.at

FRESCH:UP Skischule Erwin Resch

Cross-Country Information

Cross-Country schools (with reservation) St. Michael / Katschberg: Mariapfarr Lungauer Langlaufschule / Albert Eßl Otto's Ski & Snowboardschul Gerichtsplatz / Haus Alpina

Lintsching 223, T +43 (0)6473 7197 T +43 (0)650 9500135 T +43 (0)664 3930001 albert.essl@gmx.at otto@schischul.infc www.schischul.info www.langlaufschule-lungau.at

Sport Werk - Institut für Sportwissen schaften - MarcDaLena T +43 (0)664 3187110

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

St. Margarethen: Lungau Aktiv Firn Sepp Liftstrasse Aineck T +43 (0)664 4228083 firn@sbg.at, www.firnsepp.com

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 7622302

19 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 "Murmäander" (area). Stage: Fell - Oberweißburg - Unterweißburg 6 km classic & skating Length: Access Points: Fell, Oberweißburg, Unterweißburg Easy, short climbs and downhills, 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 3.5 km classic & skating Length: Access Points: Stranach and Glashütte with refreshment opportunity Stage: St. Michael - St. Margarethen 5.5 km classic & skating Length: Access Points: Stranach, Golf course, Oberbayrdorf, St. Margarethen (districts) Sunny, flat trail along the "Mur" Valley with numerous refreshment opportunities. Stage: St. Margarethen - Unternberg - Neggerndor Length: 6.5 km classic & skating Access Points: St. Margarethen, Unterbayrdorf, Pischelsdorf, Moosham. Unternberg, Neggerndorf (districts) Sunny and predominantly flat, partially along the "Murmäander" (area) with beautiful views, at the bridge in Neustatt (district) you will have to switch from the left to the right side of the River "Mur". Refreshment opportunities in St. Maraarethen 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: Franznbauer (farm), Lantschfeld timber yards ndulating terrain alongside the *"Taurach" (rivulet)* to the Annakapelle (chapel). Trai 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 efreshment opportunities in the villages along the way! 23 23 Begöriach Trail Difficulty: easy Elevation: 1122 - 1142 M 1.5 km classic & skating Length: Access Points: Begöriach (district), access between forester's house and maintenance area Ion-challenging, flat trail for casual skiers and beginners. 24 24 Airfield Trail Mauterndorf Difficulty: easy Elevation: 1122 M 3 km classic & skating Length: Access Points: Flugplatz Mauterndorf (airfield), Steindorf-Moos (district) This trail affords beautiful panoramic views of the peaks of the Radstädter, Niedere and Schladminger 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: Obertauern Sportcenter, above the Lürzeralm (hut) The most beautiful, sunniest part of this trail leads out across the Hundsfeldmoo 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



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 vonderful hiking path (3 hrs.) along the trail.

28 28 Zederhaus Trail

Difficulty: easy, intermediate Elevation: 1205 M 6 km classic, of which 5 km are tracked for skating **Access Points:** *Dorf - Anger*: past the fire department by the *Bartlbauer (farm)* district Bruckdorf: at the Schieferbauer (farm)

district Rothenwand: at the Moserbauer (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 "Zederhausbach" (rivulet) to the Moserbauer (farm), crossing the street and continuing to the turn-around point at the museum "Denkmalhof Maurergut".

30 30 Gnadenalm Trail

Difficulty: easy, intermediate, challenging Elevation: 1350 M 20 km classic & skating, biathlon Length: Access Point: ca. 4 km to the north just before Obertauern (coming from Radstadt),

above the *Gnadenalm* (hut) Also reachable on the ski shuttle! The Gnadenalm 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 1000 – 1050 m Elevation:

Length: 1,3 km classic & skating, loop Access Point: valley station Petersbründl lift / Glashütte (district)

the valley. Also along the ski trail you will find a winter hiking path (2-3 hrs.) offering 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.
- If 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 I.D.! • Never leave the designated trails.



		1.20	
1 Göria	ch Winter Hiking Path	20 St Mi	ichael to Fell
Difficulty: Start: Length: Refreshment Description: achbach to th road. From th	easy • Gasthof Lacknerhof (inn) ca. 3 km one way Time on Trail: 45 min. one way Opportunities: Gasthof Lacknerhof (inn) From Gasthof Lacknerhof, the trail leads on the left side of the Göri- he Rodelwiese. Laterally at the Rodelwiese up to the Hintergöriacher iere you can walk about 2 km to the Ederütte in the direction of Winkl. t cleared and strewn. Use only at your own risk.	Difficulty: Start: Length: Refreshment Description S	easy, intermediate • • swimming pool in St. Michael (city) ca. 16 km loop Time on Trail: 1 - 5 hrs. Opportunities: Blasiwirt, Neuhauserstadl, Wel Stages: St. Michael – St. Egidi, St. Egidi – Dasl (all districts, ca. 1 hr.), Oberweiβburg – Fell (A10 motorway) and return
	pachhütte – Lessach	Difficulty:	erwegLeisnitz"–St.Margaret
Difficulty: Start: Length: Time on Trail	 intermediate ● 1) car park for the ski lift (Trail 8) 2) car park for the Wildbachhütte (hut), Purgger-Gut (farm) 1) 4.5 km or 2) 2.5 km 1) 2 hrs. 30 min. or 2) 1 hr. 30 min. one way 	Start: Length:	water stone in the town center (at <i>Löckerwir</i> 5 km Time on Trail: 1 hr. 30 mi Opportunities: Zallerwirt, Löckerwirt, Schlöge Schwaiger (all inns)
	Opportunity: Wildbachhütte (hut), T +43 (0)664 4107513 easy uphill, groomed, no traffic		rail - Muhr to Tamsweg
Difficulty: Start: Length:	re Trail: Thurnschall Ruins - Lessach easy • info point by the church 6 km Time on Trail: ca. 2 hrs. flat, not cleared, little traffic	Difficulty: Start: Length: Refreshment Description:	easy Muhr, St. Michael-Au, St. Margarethen, Oberbayrdorf, Triegen, Unterbayrdorf, Unter 25 km Time on Trail: 1 - 6 hrs. Opportunities: in the towns and alongside the sunny, flat, cleared, served by public transpic (city) to Schellgaden (district) along the mai St. Michael (city), option to branch off onto to
_			No. 20 and to <i>Oberweissburg</i>
Difficulty:	nenlehrpfad" Mariapfarr (Sun Path)	23 Pritzh	ütte Gontal – Katschberg
Start: Length: Time on Trail Refreshment	information board in the town center 4 km : ca. 1 hr. 30 min. Opportunities: town center of <i>Mariapfarr</i> Austria's first self-guided Sun Path.	Difficulty: Start: Length: Refreshment Description:	intermediate • Katschberg Pass, travel there by ski bus 8 km Time on Trail: 2 hrs. Opportunities: Alpengasthof Bacher (hotel), 1 Katschberg Pass at Gontalweg (road) to the horse-drawn sleigh rides are also possible
10 Maute	erndorf Airfield to Begöriach	24 "Höll\	weg" - Thomatal
Difficulty: Start: Length: Refreshment	easy • Flugplatz Mauterndorf (airfield) 1 km Time on Trail: 20 min. Opportunities: town center flat, cleared, little traffic	Difficulty: Start: Length: Description:	easy Gruben - Kocherbauer (farm) 10 km Time on Trail: 3 hrs. along the banks of the "Bundschuhbach" (ri of the Bundschuh road
	erndorf Winter Hiking Path – Steindorf, rtrauden and Begöriach	"Schlo	nberg via Flatschach to Cas oss Moosham"
Difficulty: Start: Length: Refreshment	easy • airfield or the town center of <i>Mauterndorf</i> 4 km Time on Trail: 1 hr. 30 min. Opportunities: town center flat, cleared, little traffic	Difficulty: Start: Length: Refreshment Description:	easy • village square in Unternberg ca. 3 km Time on Trail: ca. 1 hr. (n Opportunities: town center of Unternberg, Ga little traffic, flat trail via the districts Stranac Voidersdorf, concluding with a brief climb to (castle, museum opening times as posted)
12 Fanni	ngberg to St. Gertrauden	29 Mitter	rberg Hike - Unternberg
	intermediate ● church St. Gertrauden 4 km Time on Trail: 1 hr. Opportunities: town center, <i>Gasthof Jacklbauer,</i> <i>Gasthof Hainererhof (inn)</i> cleared, little traffic, also possible to <i>Steindorf (district)</i>	Difficulty: Start: Length:	intermediate • village square in Unternberg (city) 3 km Time on Trail: ca. 1 hr. (n Opportunities: town center Unternberg
14 Muhr	to Jedl	30 Seekr	euz Tour – Weißpriach
Description:	intermediate • town center 3 km Time on Trail: 45 min. Opportunities: <i>Mesnerwirt (inn), Gasthof Jedl (inn)</i> village road, little traffic	Difficulty: Start: Length:	easy • Hinterweißpriach (district), end of the paved 4 km Time on Trail: 30 - 45 mi Opportunity: Dicktlerhütte (hut)
	npromenade – zamingstein	31 Zeder	haus Winter Hiking Path
Description:	intermediate loop starting at the village hall 1.9 km Time on Trail: 30 min. Opportunities: Café "Zum Burgblick", Gasthof Durigon (inns) 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) iking Path "Myths & Legends" – Ramingstein easy	Difficulty: Start: Length:	easy • market in the center of Zederhaus ca. 2 km Time on Trail: ca. 1,5 hrs. Opportunities: COOEE alpin Hotel Lungau, Kin
Start: Length:	village of Madling 4 km Time on Trail: 1 hr. 20 min. Opportunities: Café "Zum Burgblick", Gasthof Durigon, Landgasthof Weilharter (inn & hotels)	32 Maria Difficulty: Start:	pfarr to the Frimlkapelle (ch challenging ● town center of Mariapfarr
	Hintering to Kendlbruck (district) the path is not cleared.	Length: Time on Trail:	8 km : ca. 2 hrs.
17 Tams	weg / Prebersee		Opportunities: town center from Mariapfarr (city) via the "Heldenallee" (district), continuing from there to Pichl (dis

Difficulty:easy ●Start:Ludlalm cLength:4 kmDescription:flat, clear Ludlalm car park, travel there by post bus or car Time on Trail: 1 hr. 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:
 Twengerhof (hotel), Landhotel Postgut (hotel)
 nicely cleared footpath through the forest, little traffic

33 Gnadenalm Hiking Tour Difficulty: Start: Length: 10 km



Nordic-walking & Winter-hiking paths

Toboggan runs

y, intermediate 🔍 🔴

mming pool in St. Michael (city) . 16 km loop **Time on Trail:** 1 - 5 hrs. portunities: Blasiwirt, Neuhauserstadl, Weltcupstüberl (all inns) es: St. Michael – St. Egidi, St. Egidi – Dasl, Dasl – Oberweißburg l districts, ca. 1 hr.), Oberweißburg – Fell (districts, parallel to the motorway) and return

vegLeisnitz"-St.Margarethen(WaterTrail) ermediate 🔵 ter stone in the town center (at Löckerwirt)

Time on Trail: 1 hr. 30 min. ortunities: Zallerwirt, Löckerwirt, Schlögelberger, Jausenstation hwaiger (all inns) to moderately uphill, along the banks of the "Leisnitz" (rivulet) owshoe rental in the Tourist Office St. Margarether

Muhr to Tamsweg

, hr, St. Michael-Au, St. Margarethen, erbayrdorf, Triegen, Unterbayrdorf, Unternberg, Tamsweg Time on Trail: 1 - 6 hrs. ortunities: in the towns and alongside the trail ny, flat, cleared, served by public transportation, from Muhr y) to Schellgaden (district) along the main road to connection

Michael (city), option to branch off onto winter hiking path . 20 and to *Oberweissburg* te Gontal – Katschberg

tschberg Pass, travel there by ski bus Time on Trail: 2 hrs. ortunities: Alpengasthof Bacher (hotel), Pritzhütte (hut) tschberg Pass at Gontalweg (road) to the Pritzhütte (hut), rse-drawn sleigh rides are also possible

g" - Thomatal

ben - Kocherbauer (farm) Time on Trail: 3 hrs.

ong the banks of the "Bundschuhbach" (rivulet) to the crossroad he Bundschuh road

erg via Flatschach to Castle Moosham"

lage square in Unternberg Time on Trail: ca. 1 hr. (not incl. the return leg) ortunities: town center of Unternberg, Gasthof Mooswirt (inn) le traffic. flat trail via the districts *Stranach* and *Flatschach* to idersdorf, concluding with a brief climb to "Schloss Moosham"

erg Hike - Unternberg

Time on Trail: ca. 1 hr. (not incl. the return leg) id out to the east, make a left onto the *Mitterberg* road (very little fic), sunny, uphill to the Frimlhof (farm), beautiful views out across "Murtal" (valley) and continue to the Frimlkapelle (chapel)

z Tour – Weißpriach

nterweißpriach (district), end of the paved road Time on Trail: 30 – 45 min. ortunity: Dicktlerhütte (hut) t trail to the "Seekreuzkapelle" (chapel), after 100 m over the nga, then a little-travelled gravel road and back to the start

us Winter Hiking Path

rket in the center of Zederhaus

Time on Trail: ca. 1,5 hrs. ortunities: COOEE alpin Hotel Lungau, Kirchenwirt, Jägerwirt (inn's) rting at the village square, close to the fire station, along the street n little traffic to the district "Dorf", and further along old farms to e restaurant *lägerwirt* and back to the point of departure. Additional ant Ofner via Schieferbauer and ice stadium (Time on Trail ca.

arr to the Frimlkapelle (chapel)

min.) – Additional variant, though not treated in winter.

ortunities: town center 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 Frimlkapelle (chapel) Important - not gritted or salted in winter!

easy, intermediate, challenging 🏾 🛡 🗨 Gnadenalm / Obertauern Time on Trail: 2 - 3 hrs. Refreshment Opportunities: Gnadenalm (hut), or the town center of Obertauern **Description:** hiking loop out to the *Hintergnadenalm (hut)*, easy uphills

Start: town center of Ramingstein Time on Trail: ca. 2 hrs. Length: 9 km **Refreshment Opportunities:** town center of *Ramingstein*, *Karneralm (hut)* **Description:** from *Ramingstein (city)* along the forest road to the *Karneralm* (area) cleared and naved Mitterberg Path – Ramingstein Difficulty: intermediate 🔵 Start: village of Kendlbruck 3.5 km Time on Trail: ca. 1 hr. 30 min. Length: Refreshment Opportunity: Landgasthof Weilharter (inn) **Description:** cleared, little traffic **36** Macheiner Path – Ramingstein Difficulty: intermediate 🗕 Start: village hall Time on Trail: ca. 1 hr. Length: 2.5 km Refreshment Opportunities: Café "Zum Burgblick" Description: cleared, little traffic 38 Mariapfarr – Lignitz Winter Hiking Path Difficulty: intermediate Start: Wielandhof at Lignitztal 2.5 km Time on Trail: ca. 50 min. Length: hment Opportunity: Wielandhof (restaurant, opening times as posted) Description: Wielandhof (parking 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 🔵 Zankwarn Length: 14 km Time on Trail: ca. 3 hrs. ment Opportunity: Wielandhof (restaurant, opening times as posted) Park possibility: Örmoos car park Description: Zankwarn (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! Thomatal – Rosanintal to Eßlalm Winter Hiking Path Difficulty: easy 🔵 car park at the Dr. Josef-Mehrlhütte (hut) Start: Time on Trail: ca. 50 min. Length: 2 km hment Opportunitiy: Dr. Josef-Mehrlhütte (hut) **Description:** from the *Dr. Josef-Mehrlhütte (hut)* a flat path leads through snowy winter countryside to the Rosanintal (valley) and further to the turn-around point at the *Eβlalm (hut)* 41 Mauterndorf – Grosseck Winter Hiking Path Difficulty: easy Start: mountain station - 8 man Gondola

34 Ramingstein to Karneralm

easy, intermediate 🏾 🗨

Difficulty:

Length: ca. 2 km Time on Trail: ca. 30 min. **Refreshment Opportunities:** *Panoramaalm (inn)*, *Speiereckhütte (hut)* **Description:** easy walking-tour to the Speiereckhütte (hut)

42 St. Margarethen - Saumoosrunde Winter Hiking Path Difficulty: easy Start: village cent

ength: escription:	then continue to M Saumoos to the go	Time on Trail: ca. 1 hr. illage square towards <i>Oberbayrdorf</i> (district), <i>fiesenbauer</i> (farm, holiday home) go further via If course and pass along the Mur (river) back to
	Oberbayrdorf or to	St. Margarethen
St. Mar	garethen - Bei	tlmandltauern Winter Hiking Path

	0	S
culty:	easy 🔵	
t:	Pichlern	
th:	1 km	Time on Trail: ca. 20 min.

Leng starting from *Pichlern* over the old *Thomatalerweg*, first ca. 200 m Description slightly uphill and then slightly downwards towards *Thomatal* or district Gruben

44 Hiking Path Weißpriach

town center - parking place P1 (at the football field), parking place Fanning Start: Time on Trail: 2-3 hrs. 10 km Refreshment Opportunities: Longa Stubn (inn), Dicktlerhütte (hut) Description: flat, maintained, no traffic, climbs slightly in part

45 Hiking Path Tiergrabenweg to Lignitz - Mariapfarr Difficulty: intermediate ●

Start: Zankwarn Time on Trail: 3 hrs. Length: 12,5 km Refreshment Opportunities: Wielandhof (inn) Description: in Zankwarn, cross the road by the bridge, continue upriver throug the Tiergraben and into beautiful Lignitztal.

46 Hiking Path Heldenallee - Mariapfarr

Difficulty: easy Start: Mariapfar Time on Trail: 1 hr. 20 min. Length: 4 km Refreshment Opportunities: Wielandhof (inn) Description: from Mariapfarr via the Heldenallee to Althofen, then continue left t the Leitensiedlung, downriver, cross the railroad tracks, straight ahead 500 m, then make a left and via Stockerfeld in the direction of

Mariapfarr. Another option is via Miesdorf.

47 Soil-Culture-Path- Mariapfarr

Difficulty: easy Start: Mariapfar Time on Trail: 2 hrs. Length: 6 km Refreshment Opportunities: Wielandhof (inn) Description: 11 info boards including an app; from Mariapfarr via Ulnötz, Sagpich (Longa) to the Nessiteich, then via the Feldgasse (farming area) to

Bruckdorf and via Pfarrbühel back to the start. 19 Hilling Dath Crassack Spainrach

4	HIKINg	g Path Grosseck-Spelereck	
	Difficulty:	easy 🔍	
	Start:	mountain station Grosseck-Speiereck	
	Length:	3 km Time on Trail: 1 hr.	
	Refreshment Opportunities: Peterbaueralm (hut), Panorama Alm (inn)		
	Parking:	Lift parking place	
	Description:	Prepared winter hiking trail from the mountain station Grosseck	

to the mountain station *Sonnenbahn*. (maximum slope 5%)

Please inquire prior to your trip about the opening times of the desired Refreshments!

Hintergoriach – Sledding Hill with Floodlighting	Mauterndorf Toboggan Run with Flo	
Length:200 mStart:outskirts of GöriachRefreshment Opportunities:Gasthof Bauer (inn), Gasthof Lacknerhof (inn)Floodlighting:high season - daily, off-peak season - Tue, Thu and Sat until 9.30 pm	Length:300 mStart:below the castleDrop in Elevation:25 mRefreshment Opportunities:in the town centerToboggan Rentals:Sport Pichler, T +43 (0)6472 7363	
2 Lessach Toboggan Run	Rest Sport GmbH & Co KG, T +43 (o)6472 200	
Length: 2.5 km Start: car park at the Purgger-Gut (farm), for Wildbachhütte (hut) Drop in Elevation: 368 m Refreshment & Toboggan rental: Wildbachhütte (hut, opening times: Fri – Mon, daily: Christmas holidays), T +43 (0)664 4107513 Important: Especially child-friendly since "Jakobi" and "Schlaumi" accompany you along the way!	13 Tweng Toboggan Run with Floodlight Length: 400 m Start: in town (Franzenbauerfeld) Drop in Elevation: 50 m Refreshment Opportunities: Landhotel Postgut, Hotel Twent Toboggan Rental: Josef Edler, T +43 (0)6471 207	
4 Tamsweg – Preber Toboggan Run	15 Gnadenalm Toboggan Run (also nig	
Length: 2.5 km Start: car park at the Ludlalm Drop in Elevation: 350 m Description: machine groomed, reachable with your own car or by post bus	Start: ca. 4 km north of Obertauern above the Gnade Drop in Elevation: ca. 50 m Refreshment Opportunity: Gnadenalm Toboggan Rentals & Taxi: Fam. Habersatter, Gnadenalm, T + Please note: a natural toboggan run begins near the "Süd	
5 St. Michael – Petersbründl Toboggan Run	hütte" (hut) (5 km, ploughed forestry road, d on season and weather conditions), sleds are	
Length: 1.5 km Start: mountain station – Petersbründl ski-lift Drop in Elevation: 200 m Refreshment Opportunity: Weltcup-Stüberl (inn), T +43 (0)6477 7527 Description: machine groomed, reachable with your own car, by post bus or Bacher Reisen, T +43 (0)6477 8111	available by arrangement, T +43 (0)664 3436 16 Mariapfarr – Sledding Hill Length: 200 m Start: town center of <i>Mariapfarr</i> Refreshment Opportunities: town center	
6 Katschberg – Gamskogel Toboggan Run	Floodlighting: please consult information posted at Mariap, Tourist Office	
Length: 1.8 km Start: ca. 80 m over the Pizzeria Stamperl, Katschberg Drop in Elevation: 200 m Refreshment Opportunities: Gamskogelhütte (hut), Pizzeria Stamperl and other restaurants on the Katschberg Pass Floodlighting: Tue & Sat - 10 p.m. Toboggan Rental: Gamskogelhütte (hut), T +43 (0)4734 291 and +43 (0)664 3376678 Description: ca. 40 min. on foot to the starting point at 1850 m	 18 Mauterndorf – Grosseck Sledding F Length: 1 km Start: Speiereckhütte (hut) Drop in Elevation: 120 m Refreshment Opportunities: Speiereckhütte (hut), Panoram Toboggan Rentals: mountain station - 8 man Gondola (daily 9 a.m 4 p.m.) € 3.00/toboggan Please note: price 8 man Gondola: roller coaster ride € 15.00/adult, € 7,50/child, € 10,50/youth, 	
 ^{above sea level} Zederhaus Toboggan Run 	19 Schönfeld - Knappenstub'n Sleddin	
Length:500 mStart:car park close to the Schieferbauer (farm)Drop in Elevation:200 m	Length:250 mStart:Knappenstub'nDrop in Elevation:50 mRefreshment Opportunities:Almstüberl	
Refreshment Opportunity: Gasthof Jägerwirt (inn)Description:romantic toboggan run through high forest	20 Weißpriach – Sledding Hill with Floo	
8 Lignitz Toboggan Run with Floodlighting Length: as much as 2 km, depending on snow conditions	Length: 200 m Start: <i>in town (Am Sand)</i> Drop in Elevation: 50 m Persehment Opportunities: Gasthaus Longa Stubin (inp)	
Start:WielandhofDrop in Elevation:200 mRefreshment & Toboggan Rental:Wielandhof (restaurant), T +43 (0)6473 7162	Refreshment Opportunities: Gasthaus Longa Stub`n (inn) Please inquire prior to your trip about the opening times o ments!	

The missing numbers in the cross-country skiing, nordic walking & winter hiking trails and toboggan runs are in winter 2019/20 not usable or not in operation.





Other Recreational Activities

Winter driving training:

www.winterfahrpark-lungau.at

Erwin Korbuly

Winterfahrpark Stegergut – Thomatal

WINTERFAHRTRAINING.at – Thomatal and Muhr

Mon, Tue, Wed, Fri, Sat, Sun from 2 - 9.30 p.m. mixed sauna Thu from 2 - 5 p.m. ladies sauna, followed by mixed sauna until 9.30 p.m. last admission: 8.30 p.m., admission 6 years and older Please note: 24.12.2019: sauna and wellness facilities are closed 31.12.2019: sauna closes at 6 p.m. Public holidays: instead of ladies sauna, mixed sauna Information: Sonnenweg 600, T +43 (0)6473 20020-0, info@samsunn.at,

Information: www.wallfahrtsmuseum.at, www.stillenachtmuseum.at

Hours & Information: Mauterndorf Castle, T+43 (0)6472 7426, www.salzburg-burgen.at

Wildlife Feedings at the "Alpentierpark" (Zoo) Arrival for wildlife feedings no later than 3 p.m. (as part of the package weeks - see

Alive 656 Postplatz 286

www.alive656.com Kraftplatz Kaltbachstraße 668/3 T+43 (0)676 3062638 Kegelbahn mit Stüberl "s 9erl" (skittle alley)

T +43 (0)676 7607072

Information: Sportzentrumweg 2, T +43 (0)6474 2312-0, www.badeinsel.at

Schloss Moosham (Castle)

Museum tours at winter 2019/20 (16.12.2019 – 30.04.2020, Mon closed) daily 11 a.m. and 2 p.m nformation & Registration for Special Tours: Mr. Kremser, T +43 (0)6474 305 or +43 (0)664 3914804, museum@schlossmoosham.at, www.schlossmoosham.at

Veißpriach Wooden Toys and Turnery Pieces

nformation & Registration: Matthias Gappmayer: ca. 2.5 km to Weißpriach on the rightnand side on a small hill, Weißpriach 36, T +43 (0)6473 7054 or +43 (0)664 4797113

Kodak History Camera Museum village hall / 3rd floor

nformation & Registration: Josef Baier, T +43 (0)650 5550903, www.zederhaus.at



Lots of sun and even more snow: this is Salzburg's Lungau region in winter. The Salzburg's Lungau offers, at an average elevation of 1000 m above sea level, perfect conditions for winter sports enthusiasts. The Lungau region is well known as the sunniest region in Austria and therefore skiers, ski tourers, cross-country skiers and winter hikers awaits an unbeatable combination of a beneficial mountain air and crunching snow. And so that you know what to expect on and off the ski slopes and trails, here is an overview of Salzburg's Lungau region's 2019/20 winter brochures.



Meine Zeit im Salzburger Lungau: Salzburg's Lungau region in summer and winter from A to Z. Practical A4- format brochure with all of the most imporant tips for the Lungau ski region, special events, package offers, other outdoor activities, wellness opportunities and sightseeing, art and culture, Lungau traditions, gift ideas, restaurant guide, listing of telephone numbers etc.! Available free of charge at local and regional tourist offices in the Salzburg's Lungau (only German/English).



Info SkiLungau: Folding map with ski-pass prices for the Lungau ski region, LUNGO region (incl. Obertauern), panorama sk map with description of the ski areas, ski and snowboard schools, ski rentals, free ski bus and snow info phone. Available free of charge at local and regional tourist offices in the Salzburg's Lungau.

Lungau Ski-Touring Guide: In this handy ring binder, you will find 28 carefully selec-ted, precisely described ski tours and freeride routes amongst the mountains of the Lungau. Each of he pages can be individually removed, incl. a practical transparent cover, allowing you to take it with you "on tour". Price per guide: € 10.00 excl. postage & handling, available at all local and regional tourist offices in the Salzburg's Lungau, as well as quality book tores everywhere (only German).

Other brochures from Salzburg's Lungau region can be found online at www.lungau.at.





Bura Mauterndorf (Castle)

poster tourist infocenter) at Gasthof Schlögelberger. Information: T +43 (0)6476 313

Kaltbachstraße 3

The.Cage – Sports- and leisure center atschberghöhe 30 T+43 (0)4734 630

BadeINSEL

Hours: Indoor pool: daily 10 a.m. - 9 p.m., Sauna: daily 2 - 9 p.m., mixed Sauna Please note: 16.09.2019 to 08.10.2019 and 24.12.2019 - closed

Hintergöriach – Sledding Hill with Floodlighting Mauterndorf Toboggan Run with Floodlighting

port GmbH & Co KG, T +43 (0)6472 20044 oggan Run with Floodlighting

inities: Landhotel Postgut, Hotel Twengerhof (hotels)

Toboggan Run (also night-sledding) m north of Obertauern above the Gnadenalm (hut)

Taxi: Fam. Habersatter, Gnadenalm, T +43 (0)6456 7351 ral toboggan run begins near the "Südwiener (hut) (5 km, ploughed forestry road, dependant son and weather conditions), sleds are ble by arrangement, T +43 (0)664 3436342

consult information posted at Mariapfarr

rf – Grosseck Sledding Hill

Inities: Speiereckhütte (hut), Panoramaalm (inn)

o/adult, € 7,50/child, € 10,50/youth, € 12.00 senior Knappenstub'n Sledding Hill

– Sledding Hill with Floodlighting

your trip about the opening times of the desired Refresh-

Mariapfarr:

Mauterndorf

Rest Sport GmbH

Sport Pichler GmbH

Sport Pichler GmbH

Bruckdorf 113, T +43 (0)6473 8206

Markt 54, T +43 (0)6472 7363

Valley station ski center 416

office@sport-rest.com, www.sport-res

liftstrasse Aineck, T +43 (0)664 4228083

(Nordic-walking poles and snowshoe rental only)

St. Margarethen 73, T +43 (0)6476 812

port Friedrich Sport 2000 rent a sport

oofriedrich.at

Marktstrasse 3. T +43 (0)6477 8246

Katschberg, T +43 (0)4734 470

RESCH:UP Ski und Sportzentrum

Gerichtsplatz / Haus Alpina

T +43 (0)664 3930001

Erwin Resch (cross-country skis only)

Katschberghöhe 37, T +43 (0)4734 29900

sports@erwinresch.at, www.erwinresch.at

Otto's Schischule (cross-country skis only)

office@schischul.info, www.schischul.info

T +43 (0)6472 20044

Lungau Aktiv Firn Sepp

(cross-country skis only)

T +43 (0)6472 20044-60

St. Margarethen Tourist Office

St. Michael / Katschberg:

www.sport-rest.com

firn@sbg.at, www.firnsepp.com

St. Margarethen:

Rest Sport GmbH

Information: T +43 (0)664 5453776, info@winterfahrpark-lungau.at,



Natural toboggan runs Nordic-walking trails Winter hiking paths Cross-country trails





in Salzburg's Lungau region Active winters

Further Information



info@lungau.at www.lungau.at



Rentals & Service

Cross-country skis, Nordic-walking poles and toboggans Rest Sport GmbH

St. Michael

St. Margarethen

Center, T+43 (0)6472 20044-40 Valley station Sonnenbahr 1 +43 (0)6472 20044-50 office@sport-rest.com, www.sport-rest.com Sportfex Gmb Murtalstraße 641, T +43 (0)6477 20271 office@sport-pichler.at, www.sport-pichler.at www.sportfex.at Tamsweg / Obertauern: Kirchengasse 7, T +43 (0)6474 6655 21 Ski center Zehnerkar, T +43 (0)6456 20072 Stützpunkt Obertaueri T +43 (0)6456 20211 Hotel Edelweiss, T +43 (0)6456 727 Freeride center Kringsalm T +43 (0)664 8366565 intersport.fruehstueckl.at www.fruehstueckl.at (no rental of Nordic-walking poles Obertauern: only toboggan rentals & toboggan taxi) Gnadenalm, Fam, Habersatter T +43 (0)6456 7351, www.gnadenalm.com Langlaufschule Gnadenalm (biathlon, school, rental, snowshoe rental) T +43 (0)664 4139518, www.langlauftrainer.at Weißpriach: (children's cross-country sleds only

Hans Fuchs, T +43 (0)676 7622302

General Information

Emergency Numbers

Fire Brigade:	122		
Police:	133		
Mountain Rescue:	140		
Emergency Physician:	141		
European emergency			
number:	112		

Red Cross/Ambulance Rescue: 144 Avalanche Warning Service: T+43 (0)662 1588 (audio message)

Avalanche Warning Service/ Special Cases: T +43 (0)662 8042-2170

Warning Notices

• Please pay attention to avalanche danger notices. • 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.
- Trails are not inspected at the end of the day. Be aware that grooming machines may be out on the trails as need and weather
- conditions dictate. • Cross roads and ski slopes with care.
- No liability is accepted for accidents of whatever nature Be kind to the environment.
- If you go online to https://karte.lungau.at, you will be able to see and print off precise routes and elevation profiles. GPS data is also available for download.

Publisher: Ferienregion Salzburger Lungau, Rotkreuzgasse 100, A-5582 St. Michael, T +43 (0)6477 8988, F -20, info@lungau.at, www.lungau.at

Design: KWER Marketing, www.kwer.at

Print: Samson Druck, www.samsondruck.at Photo Credits: Title Photo: Ferienregion Salzburger Lungau

Panorama: Tarifverbund Lungau - Katschberg - Obertauern All prices incl. VAT. Duplication, as well as storage in electronic data-processing equipment, requires the expressed permission of the publisher. No liability is accepted for errors, inaccuracies, changes and related

onsequences. ©2019 Ferienregion Salzburger Lungau



o Murau, Graz