

ÖTZTAL TOURISMUS
6450 Sölden Austria T +43 (0) 57200 F +43 (0) 57200 201
info@oetzal.com www.oetzal.com

Imp rint:
Responsible for the contents: Ötztal Tourismus;
Concept/Layout: Zimmermann & Pupp • Werbeagentur, Innsbruck;
Picture credits: Ötztal Tourismus, Cankick, Rainer Eder, Michael Meisl,
B. Bäcker – Heiko Wilhelm, Alexander Riml

Ötztal, The Peak of Tirol.



Ötztal Climbing Concepts

The Ötztal valley makes an ideal base for unlimited climbing at the heart of Tirol's Oberland Region, boasting no less than 600 different routes. In the course of the last two years all climbing gardens were equipped with new hooks. The average distance between the hooks ranges between 75 cm and 150 cm.

The most popular climbing areas are also equipped with tables, benches and sometimes even with sanitary facilities – ensuring a wonderful climbing day for the whole family. Many of the surrounding climbing areas have been redesigned as well.

More detailed information on climbing in the Tirolean Oberland Region:



ÖTZTAL
Climbing Gardens & Via Ferratas
oetzal.com



A - easy B - intermediate C - difficult D - very difficult R - resting place

B - intermediate

C - difficult

A Reinhard Schiestl Via Ferrata

ACROSS BURGSTEINER WAND ROCK FACE

Character: The Reinhard Schiestl Via Ferrata is somewhat more difficult than the via ferrata at the Lehner Waterfall – some hard physical work awaits you! The trail leads up an almost vertical granite face (200m) and is secured all along by a wire rope, clamps and rungs. At the exit amid the pasturelands of Burgstein (several snack stations) you enjoy a fantastic view of the Stubai and Ötztal Alps.

Difficulty/equipment: A steep, slightly overhanging, grade-C/D wall at the access, then grade-B/C throughout with some steep rock, past a grade-B traverse, and a grade-D scarp at the end. Three resting areas for resting and regaining ones powers. Complete climbing equipment required.

Trail length and time required: 200m of altitude gain and 300m of rope length. 1.5 – 2 hours, incl. return approx. 2.5 – 3 hours.

Starting point: At the southern end of Längenfeld near the village sign of Astlehn (signpost for parking area can be seen from the federal road), 5 minutes from the access area.

Descent: marked descent trail to Längenfeld, then continue in the direction of Astlehn. Walking time approx. 45 minutes. You can also get to the village of Burgstein by car.

C Stuibenfall Via Ferrata

Character: The via ferrata of Umhausen-Niederthai has a total length of 450m and requires surefootedness and a good head for heights. The first part leads along the rock face of Niederthai to a small resting area located right below a ledge. After the resting area you keep to the left and follow the Stuiben Waterfall until you reach the exit. Real dare devils can cross the waterfall on a thin steel rope. The easier route continues on the left side up to the exit area.

Difficulty/equipment: A large part of the route is graded B, only two short overhanging sections are C-graded. Therefore the Stuibenfall Via Ferrata is also ideal for families and beginners. Children over 10 years can take full advantage of countless stepladders if they are secured by an additional rope. Complete climbing equipment required.

Trail length and time required: 300m of altitude gain and 450m of rope length. Approx. 2 hours, incl. return approx. 3 hours.

Starting point: Approx. 20 minutes walking distance from Bischofplatz car park in Umhausen. 30 minutes on foot from „Mure“ car park in the village center.

Descent: Along the scenic Stuibenfall walking trail, past the panoramic platforms towards Umhausen or further on to Niederthai (follow the signposts).



Via Ferratas

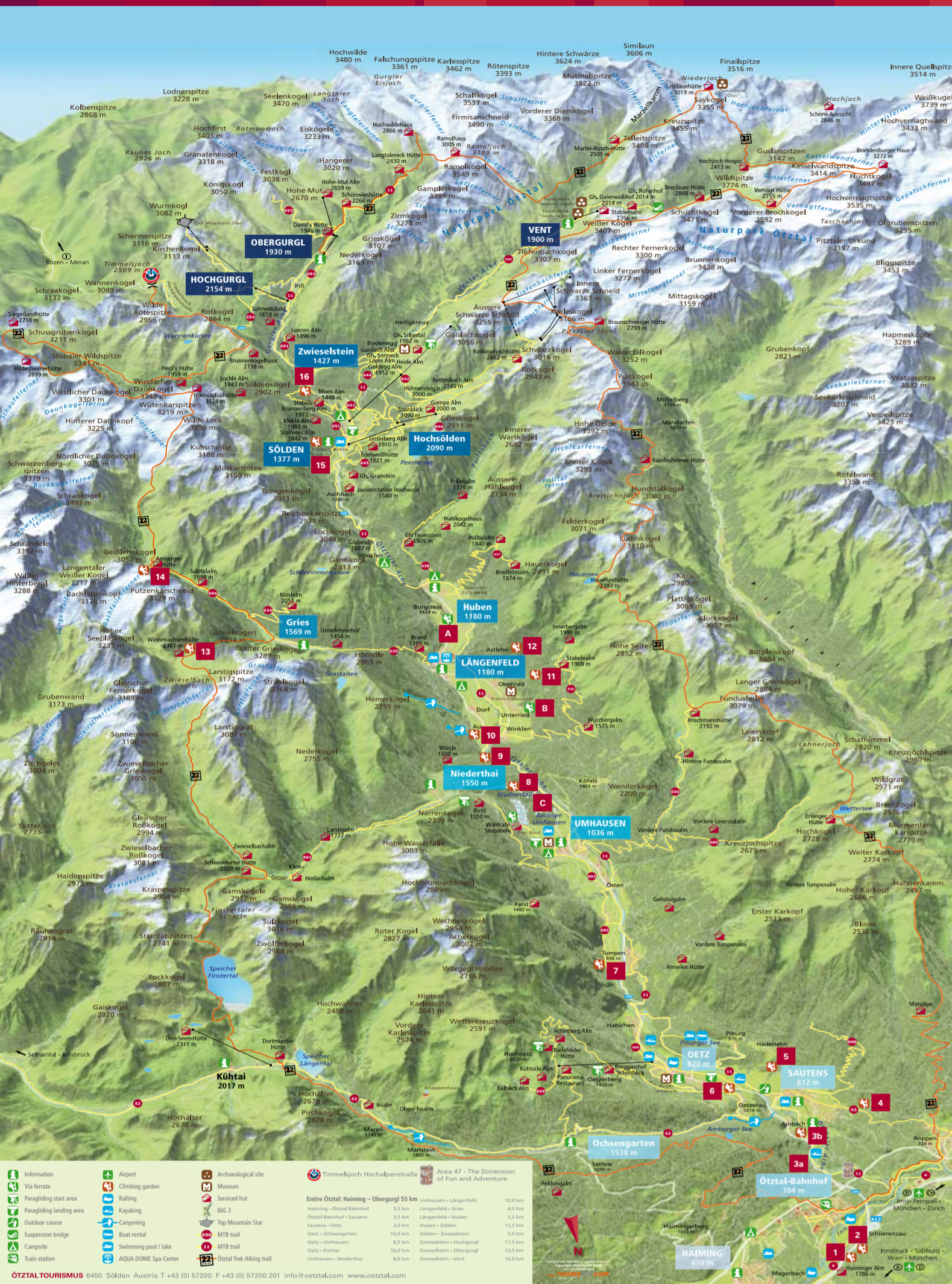
You need not be a climber to get a glimpse of their world. Also families, hikers and active people are warmly welcome to the world of hooks and ropes. As an ideal start we recommend the Stuibenthal Tour in Umhausen. The different difficulty levels range from A (easy) to E (extremely difficult). Via ferratas enable surefooted hikers to enjoy new views and dimensions. Secured with karabiners they climb up along a wire rope. A complete via ferrata climbing equipment – helmet, chest harness, sit harness and karabiner – is absolutely required.

Equipment Rental

HAIMING	
AREA 47	T +43 (0) 5266 87676
Wiggli Rafting	T +43 (0) 5266 88080
Faszinatour	T +43 (0) 5266 87188
Wasser-C-raft	T +43 (0) 5252 6721
Frankhauser Rafting	T +43 (0) 5266 88116
SAUTENS	
Cankick	T +43 (0) 5252 20038
Trenkertours	T +43 (0) 5252 20288
UMHAUSEN	
Camping Ötztal Arena	T +43 (0) 5255 5390
Schuh- und Sport Doblander	T +43 (0) 5255 5163
Kneipphäusl	T +43 (0) 676 4402136
Hotel Tauferberg	T +43 (0) 5255 5509
Sport Grüner	T +43 (0) 5255 5420
LÄNGENFELD	
Sporthütte Fiegl	T +43 (0) 5253 518860
Intersport Riml	T +43 (0) 5253 6375
Vertical Water	T +43 (0) 6524 3002
Alpine Sports Club Ötztal	T +43 (0) 664 5016864
SÖLDEN	
Bergführerstelle	T +43 (0) 5254 2948
Sport Sport4you	T +43 (0) 5254 30610
Sport Glanzer	T +43 (0) 5254 2223322
Sport Riml	T +43 (0) 5254 501130
Sport Brugger	T +43 (0) 5254 30062
OBERGURGL	
Haus Kuraten	T +43 (0) 5256 6305
Haus Schönblick	T +43 (0) 5256 6251
VENT	
Alpinerlebnis	T +43 (0) 5254 8108

Step by step towards memorable sports climbing experiences

In the early Eighties it was Reinhard Schiestl who opened up the unique Ötztal for sports climbing fans. Today the valley has become one of Tirol's premium climbing areas boasting no less than 16 climbing gardens and 3 via ferratas. There is a great choice of routes for all levels and abilities – suitable for extreme and expert climbers, beginners and families alike. What's more, in the winter season adventurous ice climbing is still possible on 20 frozen waterfalls.



Climbing is a High-Risk Sport

If you don't master safety techniques adequately or if you use unsuitable equipment, there is the danger of falling. Novice climbers are strongly recommended to enlist one of our certified mountain guides.

Climbing Rules

- > Get familiar with the equipment: use only standardized mountain sports equipment (CE-sign) & study instructions for use.
- > Warm up before starting to climb: warm-up climbing protects your joints, tendons and muscles.
- > Partner check before starting: double-check your knots, harness buckle, belay system, karabiners, snaplinks and the end of the rope.
- > Full attention while belaying: the life of your partner is in your hands.
- > Let your partner know what's going on: communication prevents misunderstandings, let your belayer know when he has to take your weight on the rope.
- > No rope on rope contact: use always metal karabiners for rappelling. Never use two ropes in one karabiner/toprope link plate.
- > Protect your head: a helmet prevents head injuries in case of falling rocks or if you fall.
- > Act respectfully: respect other climbers and inform them of mis-takes and dangers. Stick to climbing bans.
- > It is strictly forbidden to fix new climbing hooks.

Climbing emergency call: 112 or 140
In case of hazards contact: www.climbers-paradise.com

Imst Climbing Hall

Kletterhalle Imst
6460 Imst, Austria
T +43 (0) 5412 626522 or T +43 (0) 5412 64514
F +43 (0) 5412 64514
kletterhalle@sportzentrum.at www.kletterhalle.com

Topographic Maps & Climbing Guides

You find a complete topographic list of all climbing areas at www.climbers-paradise.com

The Ötztal Climbing Guide is available in all Ötztal Tourismus information offices.



Ötztal Climbing Gardens

Symbols:
1 – 5 symbols: 1=sufficient, 5=excellent
S, W, E, N: South, West, East, North

Name	Rating	Grade	No.	Route length	Safety	Direction	Access	Beginner-friendly	Family-friendly	Parking
1 Haiming	***	4c – 6c	9	15 – 25m	***	SE	10 Min	**	*	PP
2 Simmering	***	4c – 6b	38	15 – 30m	**	SE	10 Min	****	***	PP
3a Amberg	****	6a – 7c	13	12 – 18m	****	W	10min	**	*	PP
3b Brunau	**	4b – 6a	6	15 – 20m	****	SW	5 Min	*	*	PP
4 Rammelstein	***	5c – 7b	8	15 m	****	N	5 Min			P
5 Ritzlerhof	***	3 – 5	5	15 – 25m	****	NE	1 Min	****	****	PPP
6 Oetz	***	3b – 7b+	33	15 – 30m	****	SW	1 Min	***	*	PPPP
7 Tumpen	*****	4a – 8a+	76	15 – 50m	****	S + W	10 Min	***	*****	PPPPP
8 Niederthai	*****	6b – 9a	118	10 – 30m	****	S,W,N,E	20 – 25 Min	*	**	PPP
9 Auplatte	****	4a – 7b+	43	10 – 20m	****	S,W,N,E	10 Min	**	***	PPP
10 Nösslach	***	5a – 7c	53	10 – 25m	****	W	10 Min	**	*	PP
11 Oberried	****	3a – 7c	89	10 – 30m	****	E	5 Min	*****	*****	PPPP
12 Astlehn	****	3a – 7c	11	20 m	**	SE	10 Min	****		P
13 Winnebachsee-Kleinkanada	***	2 – 6a	25	10 m	*	S,SW	90 Min	****	*	PPPPP
14 Amberg	****	5b – 7c	13	7 – 16 m	****	W	5 Min	*	*	PPPPP
15 Freizeit Arena Sölden	*	5c – 7a	6	20 m	*	W	5 Min	*	*	PPPPP
16 Sölden / Moos	****	3a – 7a+	31	8 – 35 m	****	SW	20 Min	****	****	PPP

Tip: Multi-pitch routes in Haiming, Simmering and Nösslach. Topographic details at www.climbers-paradise.com



Climbing & Rock Climbing Instruction in the Ötztal

ASC Bergführerbüro Längenfeld (Mountain Guide Office)
T +43 (0) 664 5016864 www.alpinesportsclub.at

Bergsport & Erlebnisschule Sölden (Mountain Sports & Adventure)
T +43 (0) 5254 236416 www.bergfuehrer-soelden.com

Vacancia Outdoor
T +43 (0) 5254 3100 www.vacancia.at

Alpinerlebnis Vent (Mountain Guide Office)
T +43 (0) 5254 8103 oder T +43 (0) 5254 8108
www.alpinerlebnis.at

Bergführerstelle Vent (Mountain Guide Office)
T +43 (0) 5254 8106 www.bergfuehrer-vent.at

Hochgebirgsschule Obergurgl (High Alpine School)w
T +43 (0) 5256 6305

Rocky Nature
T +43 (0) 650 2665298 www.rockynature.com

