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 INFORMATION UMHAUSEN-NIEDERTHAI
 ÖTZTAL TOURISMUS

Ötztal. The Peak of Tirol.

Winter Walking Trails

UMHAUSEN (1,036 M)

A) UMHAUSEN -> STUIBENFALL -> STEPPSTEIG -> ROSSLACH
Walking time: Umhausen -> waterfall -> Rosslach -> Umhausen 2 hrs
Difference in altitude: 80 m, easy
 From the St. Vitus parish church in Umhausen you head towards Niederthai -> at the Bischofsplatz car park and the Kneipp area you leave the road, following the forest trail -> continue towards the waterfalls -> return via „Stuböbele“ mountain inn and „Stuiben Nannele“ wayside statue -> level trail along the Steppsteig footpath to Rosslach -> back to the parish church.

B) UMHAUSEN -> ÖTZTALER-ACHE -> ÖSTEN -> HOPFGARTEN & RETOUR
Walking time: Umhausen -> Hopfgarten -> Umhausen 1.5 hrs
Difference in altitude: 200 m, easy
 From the St. Vitus parish church in Umhausen you head towards Neudorf and the Antonius chapel -> along the Ötztaler Ache river to Fundustal/Leierstal -> cross the bridge and follow the level trail in direction of Östen-Hopfgarten through the deep green forest -> cross the wooden bridge an turn right before you get to the football field -> along the forest trail back to the bridge (Fundustal/Leierstal), the village and the parish church.

C) „MURE“ AREA -> FARSTERWEG -> FARST „THE EAGLE'S EYRIE ABOVE ENGELSWAND“
Walking time: Umhausen -> foothill of the mountain 1 hr; Umhausen -> Farst 2.5 hrs
Difference in altitude: 450 m, intermediate
 From the St. Vitus parish church in Umhausen you head towards the ice skating rink and the „Mure“ area, crossing the bridge -> follow the road to Farst and the foothill of the mountain -> from here experienced hikers can reach the scenic mountain farms (1,482 m, serviced all year round) within a strenuous one-hour climb.

D) UMHAUSEN -> OLD FEDERAL ROAD TO NIEDERTHAI
Walking time: Umhausen -> Niederthai 2 hrs
Difference in altitude: 500 m, intermediate
 At the Umhausen Information Office you walk to the left -> cross the bridge towards the hamlet of Rosslach -> following the trail past the houses, you reach the fork-off and the old federal road to Niederthai -> continuing on this ascending road you get to Niederthai (1,550 m).

E) UMHAUSEN -> „DR. BERNHARD VOGELWEG“ (HIGH-ALTITUDE TRAIL) -> NIEDERTHAI
Walking time: Umhausen -> Niederthai 2.5 hrs
Difference in altitude: 500 m, intermediate
 At the Umhausen Information Office you walk to the left -> cross the bridge towards the hamlet of Rosslach and the fork-off to the old federal road to Niederthai -> continue straight ahead -> leaving behind the legendary Hirschberg area you reach Niederthai -> the effort will be rewarded with stunning views of Umhausen and the Alpine scenery -> return to Umhausen on the old federal road.

NIEDERTHAI (1,550 M)

F) NIEDERTHAI -> HORLACHTAL CIRCULAR HIKE
Walking time: Niederthai -> Larstigalm 1 hr; Niederthai -> Schweinfurter-Hütte 2 hrs
Difference in altitude: 500 m, easy
 From the Niederthai Information Office you keep to the right towards the hamlet of Ennebach -> continue in direction of Grastal -> along Horlachtal valley until you reach Larstigalm mountain inn (1,770 m, 2 hrs both ways). Alternative: continue further on to Schweinfurter Hütte (2,028 m, another 1.5 hrs) -> return on foot via Bergmahderweg or ride downhill to Niederthai on a toboggan.

G) NIEDERTHAI -> ST. ANTONIUS CHAPEL -> HÖFLE -> „BICHL“
Walking time: Niederthai -> Bichl 1 hr
Difference in altitude: 150 m, easy
 Starting point is the Antonius Chapel or the Niederthai Information Office -> turn left and cross the wooden bridge heading in the direction of Höfle -> continue on this trail and admire the really breathtaking panoramic views of the valley and the village of Köfels (located opposite) -> take a break at the „Bichl“ snack station.

H) NIEDERTHAI -> BERGMÄHDERWEG -> LARSTIGALM (1,777 M)
Walking time: Niederthai -> Larstigalm -> Niederthai 2 hrs
Difference in altitude: 200 m, easy
 Starting point is the Niederthai Information Office -> turn left and cross the wooden bridge heading in the direction of Höfle -> turn right after 200 m into Bergmahderweg trail which takes you along Horlachtal to the Larstigalm snack station -> return to Niederthai on foot or on a toboggan along the winter hiking trail.

I) NIEDERTHAI -> WIESLE
Walking time: car park -> Wiesle 1 hr
Difference in altitude: 200 m, easy
 Leave your car at the Niederthai Information Office -> walk in the direction of Ennebach/Überfeld/Lehen -> turn left at the football field in the hamlet of Lehen -> ascend to Mauslasattel saddleback -> downhill trail to Wiesle snack station (closed).

KÖFELS (1,403 M)

J) KÖFELS -> WURZBERGALM
Walking time: Köfels -> Wurzburgalm 45 min
Difference in altitude: 180 m, easy
 Start the hike in Köfels at 1,400 m. At the village edge you pass the old sawmill -> follow the so-called „Stubenweg“ trail -> enter the forest and continue to Wurzburgalm snack station (Waldesruhe at 1,575 m). Tobogganing is possible.

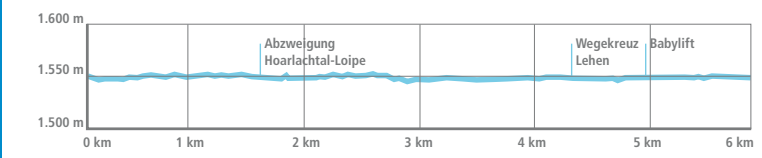
TUMPEN (950 M)

K) TUMPEN -> LEHN/PLATZL -> „MARIA SCHNEE“ -> ÖSTEN -> UMHAUSEN
Walking time: Tumpen -> Lehn/Platzl/Östen -> Umhausen 2.5 hrs
Difference in altitude: 100 m, easy
 From Gasthof Acherkogel across the bridge towards the Engelswand climbing area and Lehn/Platzl -> continue past the idyllic „Maria Schnee“ chapel and southwards towards Umhausen -> cross another small bridge and the Ötztal federal road -> leave the football field behind and proceed to the scenic villages of Östen, Neudorf and Umhausen.

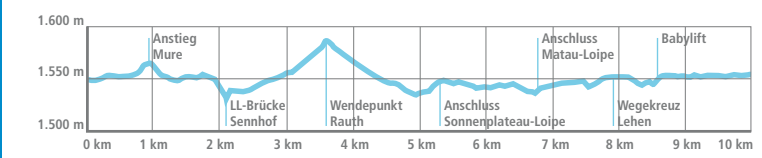
Cross-Country Skiing Routes

NIEDERTHAI
 Niederthai received the official Tirolean Quality Seal for its well-maintained nordic tracks which are all suitable for classic-style skiers and skaters.

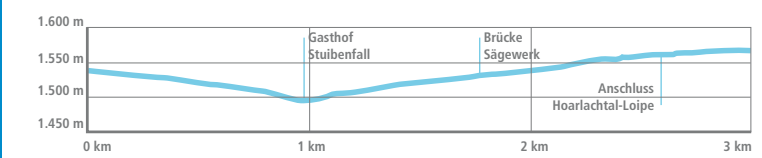
1.) SONNENPLATEAU ROUTE 1 (BLUE, EASY)
Access: car park of Information Office
Length: 6 km
 The 6 km long, slightly rising and descending Sonnenplateau cross-country skiing track leads right to the heart of Niederthai's sunny plateau. Past the houses of Niederthai or along the scenic forest edge you can enjoy uninterrupted panoramic views of the picture-book surroundings. Numerous sunbathing terraces where tasty delights are served warmly invite you to take a rest and restore your energies.



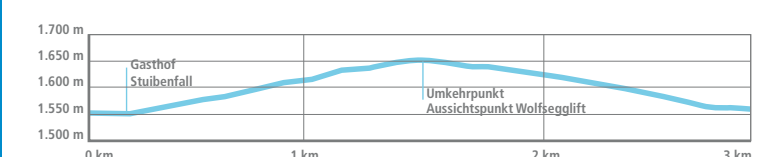
2.) HORLACHTAL ROUTE 2 (RED, INTERMEDIATE)
Access: car park of Information Office
Length: 10 km
 The descending route requires quite a bit of stamina and a good physical shape for the first kilometer. After a smooth downhill section and a level part you cross Horlachbach brook. Then you continue uphill for 1 km along Horlachtal valley. Later you reach a downhill trail. Cross the trail and also Horlachbach brook. After a short but very steeply rising part you return to the sunny plateau of Niederthai.



3.) MATAU ROUTE 3 (RED, INTERMEDIATE)
Access: at the church
Length: 3 km
 Slightly descending towards Gasthof Stuibenfall for approximately one kilometer. Here you follow the shores of Horlachbach brook. The return route, 2 slightly rising kilometers, leads towards Niederthai's sunny plateau and across snow-covered hills. A short downhill track takes you back to the starting point.

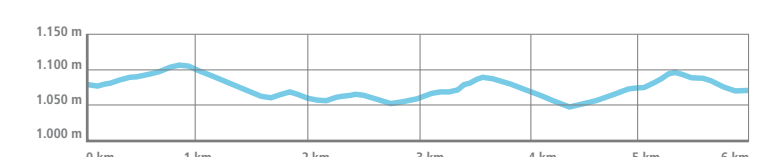


4.) TAUFERBERG ROUTE 4 (BLACK, DIFFICULT)
Access: car park of Information Office
Length: 3 km
 Across the forest for all those in a perfect physical shape! Already the first 1.5 kilometers feature 100 meters of altitude gain. A speedy downhill track with some steep sections and hairpin bends takes you back to the starting point (always following the ascent route). Real experts can choose the alternative downhill track via Wolfsegg lift.

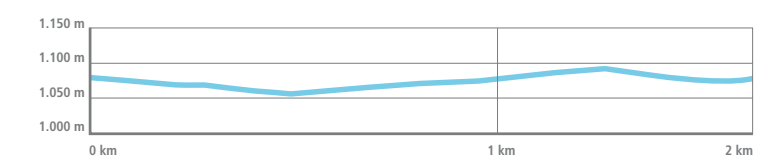


UMHAUSEN

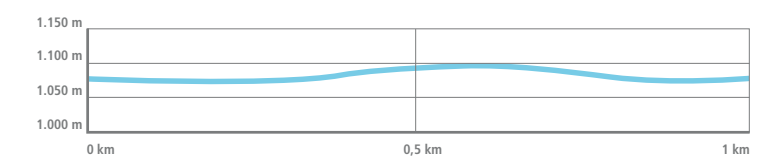
5.) STUIBENFALL ROUTE 5 (RED, INTERMEDIATE)
Access: car park of swimming lake
Length: 6 km
 Skating and classic-style track. Below the Ötzi Village you continue across the forest and towards the wide open fields of Umhausen. This attractive nordic track has both easy and challenging parts but no steep downhill sections. Refreshment stops along the cross-country skiing route or in the historical village center of Umhausen.



6.) TAUFERPUIT LOOP 6 (BLUE, EASY)
Access: car park of swimming lake
Length: 2 km
 Skating and classic-style track. Ideal for short-track sprinters and cruisers thanks to slightly ascending and descending stages. Refreshment stops: along the cross-country skiing route or in the historical village center of Umhausen.



7.) ÖTZI DORF LOOP 7 (RED, INTERMEDIATE)
Access: car park of swimming lake
Length: 1 km
 Past the enclosures of the Ötzi Village, across the level fields. Floodlit on a total length of 1 km every Monday, Wednesday and Friday. Refreshment stops along the cross-country skiing route or in the historical village center of Umhausen.



8.) TUMPEN LEHN-PLATZL ROUTE 8 (BLUE, EASY)
Access: car park of Lehn - Engelswand
Length: 5 km
 Very easy cross-country skiing track along the valley bottom. Ideal also for beginners who want to glide across the picturesque fields of Tumpen and Lehn-Platzl. Refreshment stops in Tumpen or Umhausen.

9.) KÖFELS HIGH ALTITUDE TRACK 9 (RED, INTERMEDIATE)
Access: Köfels car park
Length: 3 km
 From the car park in Köfels you follow Tirol's biggest water wheel. Snow is always guaranteed here. Beautiful route across gently sloping meadows, a true insider tip for passionate classic-style cross-country skiers. Refreshment stop directly in Köfels.



Toboggan Runs

UMHAUSEN
 -> **Stuböbele toboggan run, 2 km**
 Refreshment stops: Waldcafe Stuböbele, Pizzeria del Piero

NIEDERTHAI
 -> **Horlachtal toboggan run, 7 km**
 Refreshment stops: Larstighof, Schweinfurterhütte

KÖFELS
 -> **Wurzburgalm toboggan run, 4 km**
 Refreshment stops: Alpengasthof Köfels, Wurzburgalm

Ice Skating Rinks

Umhausen: floodlit
 Where: center/Mure; Ice skate rental on the spot

Tumpen: floodlit
 Where: next to children's playground in Tumpen

Snowshoe Hikes

Skischule Niederthai-Umhausen
 Sport Grüner, Niederthai 64a, 6441 Niederthai
 T +43 (0) 5255 5420 or +43 (0) 660 5571998
 www.skischule-niederthai-umhausen.com

Serviced Huts and Snack Stations in Winter

- > **Jausenstation Bichl:** open daily
- > **Larstig Alm:** open daily
- > **Schweinfurter Hütte:** open daily, overnight possible
- > **Waldcafé Stuböbele:** open Wed - Sun
- > **Jausenstation Farst:** open daily
- > **Wurzburgalm:** open daily
 In the period between Christmas and Easter.

Horse Carriage Rides or Horse Riding

Edwin Leiter
 Tellerboden 41, 6441 Niederthai, T +43 (0) 5255 5534 (advance booking required)
August Leiter
 Höfle 10, 6441 Niederthai, T +43 (0) 5255 5523 (advance booking required)

Ski Area

Niederthai offers 3 short T-bar ski lifts and a connecting lift. Therefore it makes an ideal ski area for families, children and beginners. Ski & snowboard schools and a ski kindergarten promise plenty of fun and action on the slope. Learn how to ski in a playful way! Expert skiers are recommended to head for the valley's top winter sports centers like Sölden, Obergurgl or Hochoetz. All of them are easy to reach with the skibus shuttles.

Important Phone Numbers

EMERGENCY NUMBERS
 Fire brigade 122,
 Police 133,
 Ambulance (emergencies) 144
 Mountain rescue & emergency call 140
 Pharmacy and doctor T +43 (0) 5255 5211
 Zams Hospital T +43 (0) 5442 600-0
 Administration, lost & found T +43 (0) 5255 5230

TAXI SERVICE
 Taxi Scharfetter / Umhausen
 T +43 (0) 5255 5858 or +43 (0) 664 1818740
 Taxi Griesser / Niederthai
 T +43 (0) 5255 50277 or +43 (0) 664 4516010

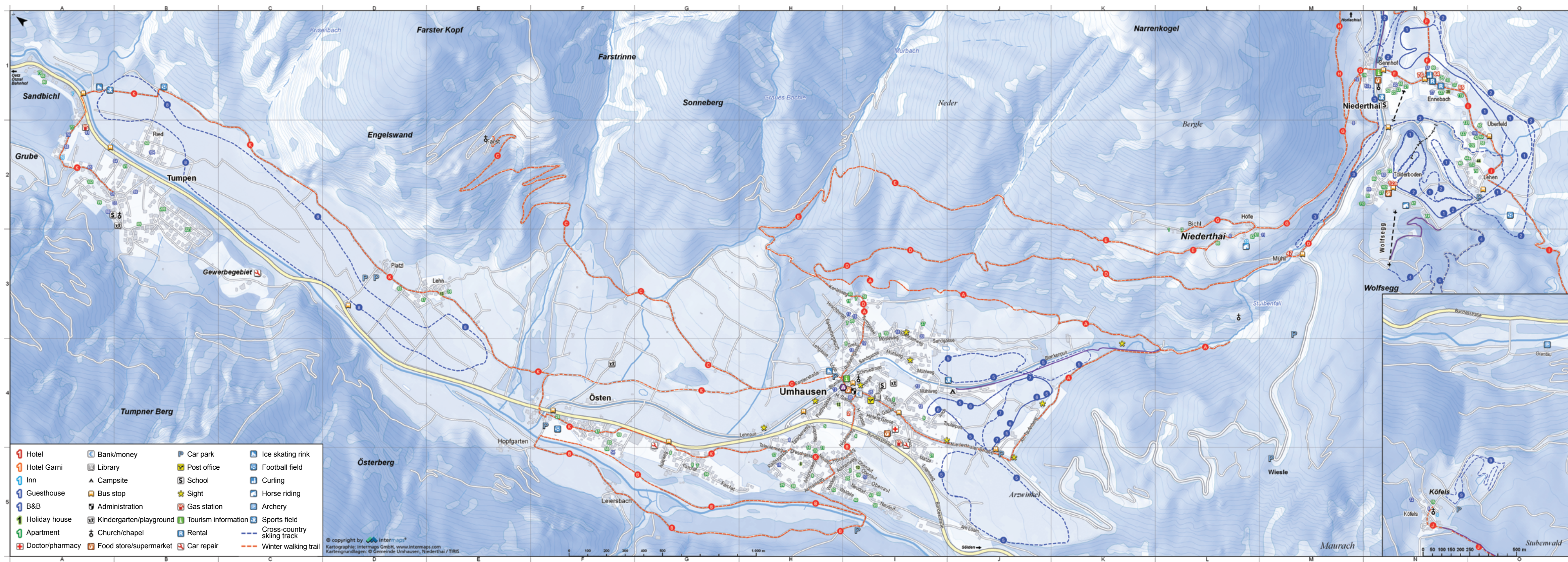
CAR REPAIR & BREAKDOWN SERVICE
 Auto Kapferer (VW, Audi, Mercedes, Skoda) T +43 (0) 5255 5218
 ABF Frischmann (Ford, SsangYong) T +43 (0) 5355 5244
 Autozentrum Ötztal (Seat, ...) T +43 (0) 5255 50282



ÖTZTAL
 Umhausen-Niederthai
 Resort Information Winter



UMHAUSEN-NIEDERTHAI, TUMPEN, KÖFELS



Ski School / Rental

NIEDERTHAI-UMHAUSEN SKI SCHOOLS

Sport Grüner
6441 Niederthai/Umhausen
T +43 (0) 5255 5420
www.schischule-niederthai-umhausen.com

Offer:

Josl's Alpine and Nordic Ski Rental
6441 Niederthai/Umhausen
T +43 (0) 5255 50277 or M +43 (0) 664 4516010

Group or private lessons for alpine skiers, snowboarders, classic-style cross-country skiers or skaters, snowshoe hikers, ski mountaineers.



Ski Pass Rates Winter 09 / 10

15 DEC 2009 – 30 APR 2010	NORMAL	CHILDREN 6 – 15 YEARS (BORN 1994 – 2003)	YOUTH (BORN 1990 – 1993)	SENIORS (BORN 1949 AND EARLIER)
2-hour pass	€ 13,50	€ 9,50	€ 12,50	€ 12,50
3-hour pass	€ 15,00	€ 10,00	€ 13,00	€ 13,50
4-hour pass	€ 16,00	€ 11,00	€ 14,00	€ 15,00
From 11.30 am	€ 17,00	€ 12,00	€ 15,00	€ 16,00
1-day pass	€ 21,00	€ 13,00	€ 17,00	€ 18,00
2-day pass	€ 40,00	€ 25,00	€ 32,00	€ 35,00
3-day pass	€ 59,00	€ 36,00	€ 47,00	€ 52,00
4-day pass	€ 76,00	€ 45,00	€ 62,00	€ 67,00
* 5 in 7 days	€ 91,00	€ 55,00	€ 75,00	€ 81,00
* 6 in 8 days	€ 105,00	€ 64,00	€ 86,00	€ 95,00
* 7 in 9 days	€ 116,00	€ 72,00	€ 94,00	€ 104,00
8-day pass	€ 128,00	€ 80,00	€ 105,00	€ 115,00
9-day pass	€ 137,00	€ 85,00	€ 111,00	€ 125,00
* 10 in 14 days	€ 144,00	€ 89,00	€ 117,00	€ 130,00
11-day pass	€ 153,00	€ 94,00	€ 124,00	€ 140,00
12-day pass	€ 162,00	€ 99,00	€ 130,00	€ 148,00
* 50-point booklet	€ 25,00	€ 17,50	€ 22,50	€ 22,50
Key Card deposit	€ 2,00			

- * Flexible ski pass 5 in 7 days = valid for 5 days skiing fun within 7 days; you can choose the two days off
- * Flexible ski pass 6 in 8 days = valid for 6 days skiing fun within 8 days; you can choose the two days off
- * Flexible ski pass 7 in 9 days = valid for 7 days skiing fun within 9 days; you can choose the two days off
- * Flexible ski pass 10 in 14 days = valid for 10 days skiing fun within 14 days; you can choose the four days off
- * 50-point booklet = Wolfsegg 3 points, Matau 2 points, beginners lift 1 point

We hope you will understand that discounted lift tickets for children, youths, seniors and snow kids are issued on presentation of a photo ID only (date of birth!). Ski passes and day tickets may not be exchanged and they are not transferable to other persons. Misuse of ski passes will be prosecuted and reported to the responsible authorities. Once purchased, tickets can not be prolonged afterwards.
ATTENTION: reduced lift tickets are available if a limited number of ski lifts is in operation (probably from Monday, 01 Mar 2010, to Friday, 26 Mar 2010)