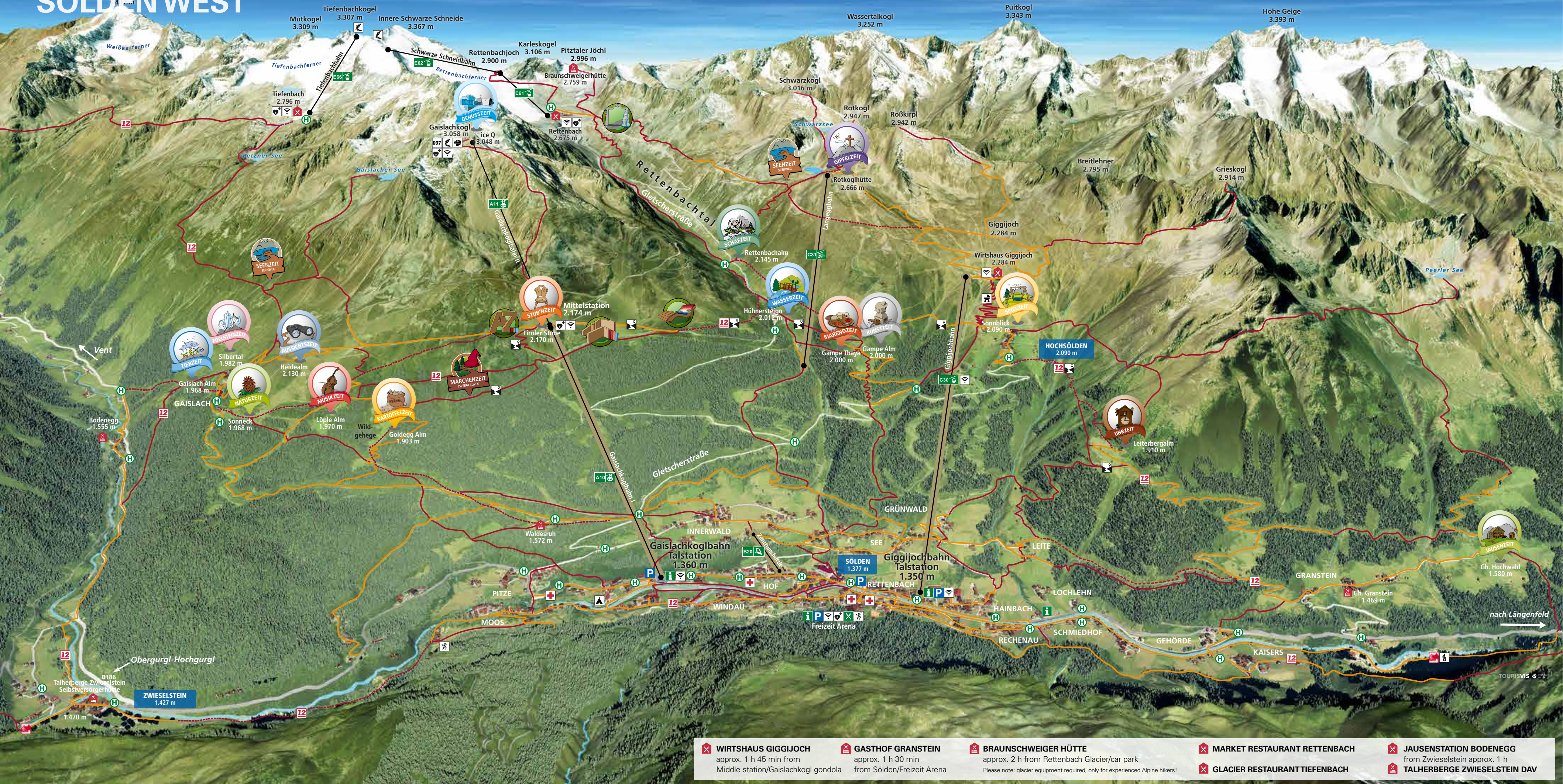


SÖLDEN WEST

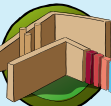


TIME FOR ADVENTURES



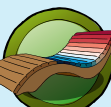
TIME TO PLAY

Seven magic letters await you at the Gaislachkogel middle station, introducing you to the ALMZEIT theme trail. Climbing, floating, swinging, sliding: the letters are 3 meters high and make a perfect toy! Young hikers can slide down on the A or enjoy swinging on the T while their parents indulge in the awesome views of the Alpine mountain scenery.



TIME TO BALANCE

Who is the best at balancing, climbing or floating? The Motor Skill Training Course offers little challenges and exercises: conquer them as quickly as possible - over floating rings, a shaking beam, a balance course, a climbing net, a thicket of rods and a balance beam - and reach the final vantage platform!



TIME TO WIND DOWN

If the hut is still too far you head towards the wooden platform featuring four comfy double loungers and ten wooden relaxation benches in typical Ötztal design. Simply breathtaking!



TIME FOR ICE

Avid hikers leave behind the rough high Alpine world on their way to the valley's mighty glacier fields: even the youngest hikers will melt away amidst the eternal ice in this magic mountain scenery.



TIME FOR STORIES

The Zwergerlweg trail for the youngest makes a superb route for all those who love stories and fairytales more than hiking. The kids will discover a whole new world full of children's fantasy going hand in hand with unique nature exploration - while parents can relax and tell their own stories!



TIME FOR LAKES

More experienced hiking aficionados conquer the Ötztal mountains not only via pastures and peaks, but also along a fabulous lake route! No less than five picturesque mountain lakes are spread along the scenic Lake Trail. What do you need? Hiking experience, surefootedness and an excellent physical shape are absolutely required!

Distance: about 10 km
Walking time: about 6.5 h
Altitude meters: ascent approx. 950 m / descent approx. 1650 m



HEIDEALM, 2130 m

Rustic atmosphere, splendid view of Ventertal, homemade dishes, cakes
ATTRACTION: children's playground with giant wooden telescope

VARIANT 1 Gaislachkogel gondola - middle station, approx. 30 min, broad hiking trail
VARIANT 2 Sölden/Freizzeit Arena - Innerwald, approx. 2 h 45 min



SILBERTAL, 1982 m

Tirol's largest mineral museum, panoramic terrace
ATTRACTION: huge outdoor climbing crystals, playground

VARIANT 1 Gaislachkogel gondola - middle station, approx. 50 min, broad hiking trail
VARIANT 2 experienced hikers - high Alpine hiking trail from Tiefenbach Glacier via Petznersee to Silbertal, approx. 2 h 15 min



GAISLACHALM, 1968 m

Varied menu incl. venison specialties, trout from private mountain brook
ATTRACTION: petting zoo, pony riding, fish-shaped swing

VARIANT 1 Gaislachkogel gondola - middle station, approx. 50 min, broad hiking trail
VARIANT 2 high Alpine hiking trail - Tiefenbach Glacier - Petznersee, approx. 2 h 15 min



SONNECK, 1968 m

Sun terrace with panoramic views of Ventertal, homemade Kaiserschmarren
ATTRACTION: outdoor bowling, playground

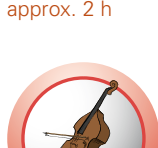
VARIANT 1 Sölden/Freizzeit Arena - Innerwald, approx. 2 h 15 min
VARIANT 2 experienced hikers - bus to Zwieselstein - before the hamlet of Bodenegg, via Gaislachalm, approx. 2 h



GOLDEGG ALM, 1903 m

Cozy mountain hut, potato variations, game enclosure
ATTRACTION: giant potato seesaw, swings, climbing, children's playhouse

VARIANT 1 Gaislachkogel gondola - middle station via Zwergerlweg, approx. 45 min, another 1 h 30 min to Sölden
VARIANT 2 Sölden/Freizzeit Arena - Innerwald, approx. 2 h



LÖPPE ALM, 1970 m

Cozy parlor with tiled stove, Kneipp pool
ATTRACTION: gigantic wooden double bass, partly live music

VARIANT 1 Gaislachkogel gondola - middle station, hiking trail, approx. 35 min
VARIANT 2 Sölden - Innerwald, approx. 2 h



ICE Q, 3048 m

Exclusiveness & enjoyment at 3048 m above sea level
ATTRACTION: rooftop terrace - superb views

VARIANT 1 from Sölden on Gaislachkogel gondola straight to the summit
VARIANT 2 experienced hikers - Sölden/Freizzeit Arena - Gaislach/Silbertal - Gaislachsee, high Alpine summit trail, approx. 5 h 30 min



TIROLER STUBE, 2170 m

Sun terrace, panoramic view, grilled Tirolean specialties, dumpling specialties
ATTRACTION: play park & motor skill park, slackline

VARIANT 1 bus - Hochsölden, gravel & asphalt trail, approx. 50 min
VARIANT 2 bus to Gaislachalm - middle station, 1 h



HÜHNERSTEIG'N, 2012 m

Terrace at the mountain brook, old wood & natural stones - homely atmosphere
ATTRACTION: small water playground, Kneipp pool

VARIANT 1 bus - Hochsölden via Gampe Alm, hiking trail, approx. 45 min
VARIANT 2 Gaislachkogel gondola - middle station, gravel & asphalt trail, approx. 45 min



RETENBACHALM, 2145 m

Sun terrace overlooking the glacier, traditional dishes and sheep specialties

VARIANT 1 bus - Hochsölden, hiking trail approx. 55 min
VARIANT 2 Gaislachkogel gondola - middle station, gravel & asphalt trail, approx. 1 h



ROTKOGELHÜTTE, 2666 m

Tirolean delights, terrace overlooking Rettenbach Glacier and Stubai Alps
ATTRACTION: giant wooden climbing shoe, small kids' playground, summit books corner

VARIANT 1 Giggijoch gondola - Giggijoch, approx. 1 h 15 min
VARIANT 2 from Rettenbach Glacier via Schwarzsee, approx. 2 h



GAMPE ALM, 2000 m

Terrace with sun loungers, traditional Alpine food
ATTRACTION: painting chairs from own carpentry, easel, large children's playground

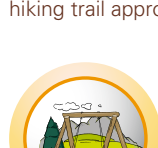
VARIANT 1 bus - just before Hochsölden, broad forest trail, approx. 30 min
VARIANT 2 bus - Glacier Road toll booth, hiking trail, approx. 20 min



SONNBLICK, 2090 m

Panorama sun terrace, local specialties
ATTRACTION: playground with giant slide, swing and trampoline

VARIANT 1 bus - just before Hochsölden, broad forest trail, approx. 30 min
VARIANT 2 bus - Glacier Road toll booth, hiking trail approx. 20 min



WIRTSCHAUS GIGGIJOCH, 2284 m

Homey farmhouse, sunny terrace, homemade sausage
ATTRACTION: playground with giant slide, swing and trampoline

VARIANT 1 bus - Hochsölden, approx. 10 min
VARIANT 2 bus - Glacier Road toll booth, hiking trail approx. 50 min



LEITERBERGALM, 1910 m

Home cooking, sunny terrace offering breathtaking views

VARIANT 1 bus - Hochsölden, hiking trail, approx. 45 min
VARIANT 2 Sölden/Freizzeit Arena via hamlet of Grünwald, hiking & asphalt trail, approx. 1 h 45 min



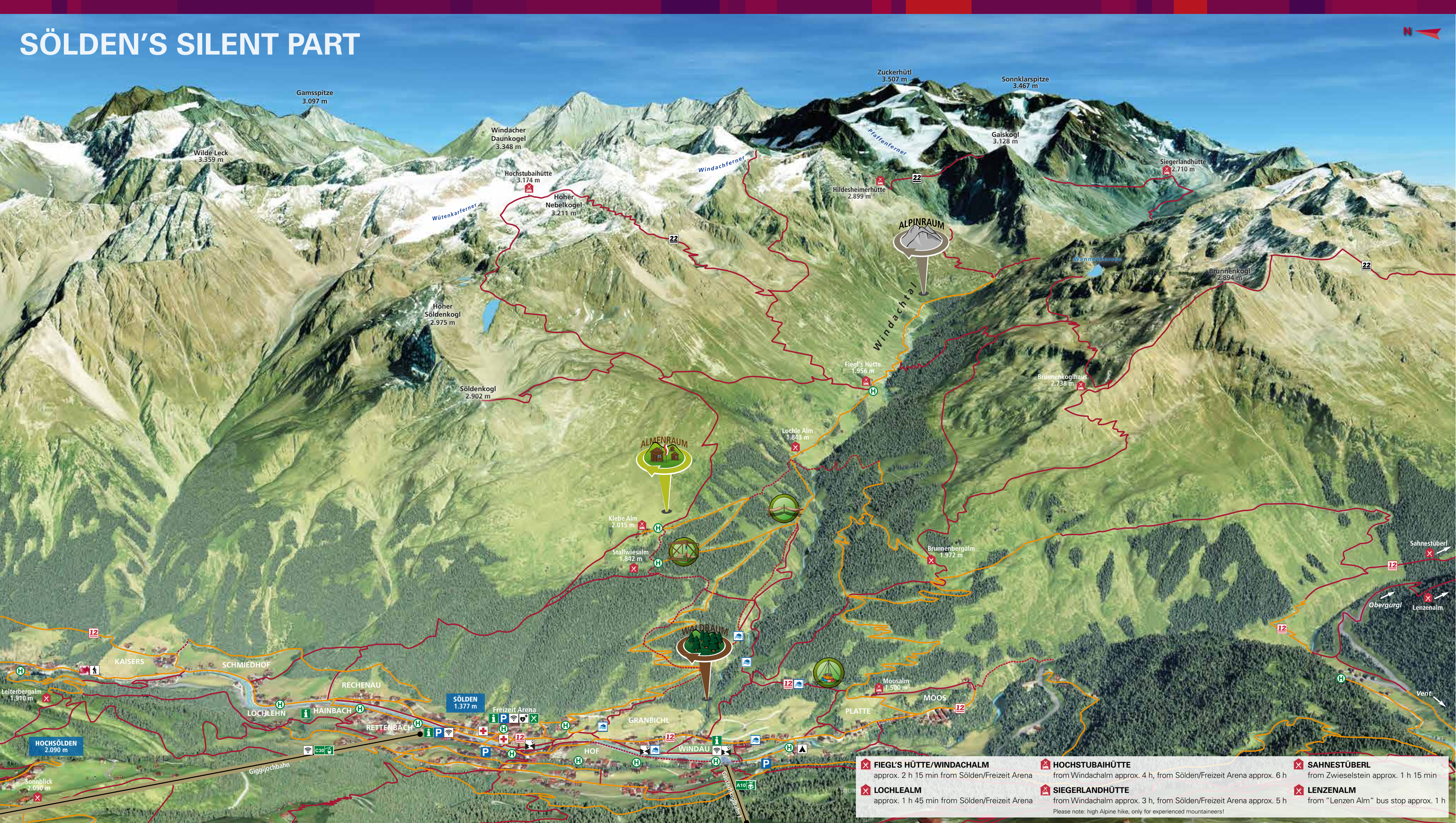
JAUSENSTATION HOCHWALD, 1580 m

Homey farmhouse, sunny terrace, homemade sausage
ATTRACTION: playground with giant slide, swing and trampoline

VARIANT 1 bus - Hochsölden, hiking trail, approx. 2 h
VARIANT 2 Sölden/Freizzeit Arena via hamlet of Leite to Hochwald, approx. 1 h 45 min



SÖLDEN'S SILENT PART



- broad trail (used by all)
- narrow hiking trail (only for walkers)
- narrow trail (used by both hikers/bikers)
- Restaurant
- Hut, serviced
- Hut, serviced incl. overnight stay
- Suitable for prams
- Theme trail
- Ötztal Urweg
- Ötztal Trek
- Water Strider loop trails
- Free WiFi
- Defibrillator
- Climbing garden
- Bus stop
- ice Q
- BIG 3
- 007 ELEMENTS
- Car park
- Doctor | first aid
- Information office
- Campsite
- Ötztal Cycle Trail
- Hiking
- Distance
- Altitude meters ascent
- Altitude meters descent
- Walking time
- Gaislachkogel gondola I
- Giggijoch gondola
- Gaislachkogel gondola II
- Langegg chairlift
- Zentrum Shuttle
- Tiefenbach gondola
- Schwarze Schneid gondola

IMPRINT
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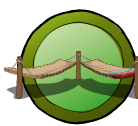
TIME FOR SILENCE



TIME FOR PASTURES & ALPS
The PASTURE AREA of Ötztal's mountains comprises lush Alpine meadows embedded in superb nature landscapes. Little mountain fans explore the ALPINE AREA over hedge and ditch while adult hikers enjoy a short break in complete silence.



TIME TO FLOAT
Lay down, unwind and let your thoughts flow: watch out for the comfy ALMZEIT hammocks floating above the ground - they make a marvelous rest stop for body, mind and soul.



TIME TO ENJOY
In the FOREST AREA hungry hikers reach a picture-book barbecue site amidst a lush green nature oasis. Just perfect to spend some time together, to play and to enjoy crispy grilled delights with all the family.



MEET UNDER THE TREE TOPS – a world brimming with little wonders and sounds. Rushing, whispering, crawling, crackling: indulge into the surprising Forest Area!

GASTHOF MOOSALM, 1500 m
Traditional inn with stunning views, wood paneled parlor, Tirolean cuisine

VARIANT 1 Sölden Gaislachkogel gondola – hamlet of Windau – Windau's mill - via Waalweg, approx. 45 min

VARIANT 2 bus - Zwieselstein - Kühtrain-schlucht - Moosalm, approx. 45 min



ADVENTURE ON PASTURELANDS - Oldest, serviced Alpine hut in Tirol, cozy wooden parlor, sun terrace, children's playground, natural bowling alley

BRUNNENBERG ALM, 1972 m
Oldest, serviced Alpine hut in Tirol, cozy wooden parlor, sun terrace, children's playground, natural bowling alley

VARIANT 1 Sölden/Gaislachkogel gondola - Windau, approx. 2 h

VARIANT 2 experienced hikers walk via Zwieselstein, approx. 2 h 30 min

KLEBLE ALM, 2015 m
Quaint hut, sunny terrace, delicacies from own farming, overnight accommodation

VARIANT 1 bus - Windachalm, approx. 1 h
VARIANT 2 Sölden/Freizeit Arena - Granbichl, approx. 2 h

STALLWIES ALM, 1842 m
Tirolean specialties such as pork shank, spare ribs, cheese spaetzle on advance reservation, Kaiserschmarren, terrace

VARIANT 1 bus - Windachalm, approx. 1 h
VARIANT 2 Sölden/Freizeit Arena - Granbichl, approx. 1 h 45 min



ACTION ON THE SUMMIT - Once you have conquered the mountain, you will be endlessly amazed!

HILDESHEIMER HÜTTE, 2899 m
Sun terrace with views of several 3000 m high peaks in the Stubai Alps

VARIANT 1 bus - Windachalm, Ludwig Aschenbrennerweg approx. 3 h 30 min
VARIANT 2 Gaiskarweg approx. 3 h 15 min

Please note: both trails are only suitable for experienced mountaineers with a good head for heights!

BRUNNENKOGELHAUS, 2738 m
Awesome panoramic view of the peaks in the Ötztal and Stubai Alps

VARIANT 1 bus - Windachalm, approx. 3 h
VARIANT 2 bus - Timmelsjoch, approx. 4 h, high Alpine panorama trail

Please note: both trails are only suitable for experienced mountaineers with a good head for heights!



THEME TRAILS

1 THE ADVENTURE MILE
The highlights of Sölden bundled on one mile
1,5 km 30 min 53 m 40 m

2 THE NATURE EXPLORATION TRAIL
The theme trail includes varied topics ranging from fauna and flora to ancient customs and traditions or mountain hazards.
7 km 2 h 102 m 450 m

3 WAALWEG MOOSER STEGLE
The ancient "Waalweg" routes used to be important for watering the Alpine meadows and pasturelands.
5,4 km 2,5 h 250 m 250 m

4 ZWERGERLWEG
The Zwergerlweg attracts children of all ages with colorful stories and fairytales.
1,4 km 1 h 8 m 282 m

5 ÖTZTALER URWEG
In 12 stages, the trail leads through the entire Ötztal, crisscrossing the whole valley via mountain brooks and Alpine meadows up to panoramic altitudes.

6 WATER STRIDER LOOP TRAILS
Scenic hikes that show all facets of Alpine waters in Ötztal. A truly adventurous experience for all family members!

LIFT-ASSISTED HIKING

In Sölden's hiking area there is a huge variety of walking, hiking and Alpine touring opportunities. What's best, you can use the summer mountain lifts instead of ascending or descending on foot.

HIKING TIP - Loop Hiking Tour:
→ Uphill ride on Gaislachkogel gondola to middle station (2174 m)
→ Hike to Hühnersteign (2012 m)
→ Uphill ride on Langegg chairlift to Rotkogelhütte (2666 m)
→ Walk to Giggijoch gondola top station (2284 m)
→ Return to Sölden by Giggijoch gondola
5,5 km 2 h 0 m 675 m

www.soelden.com/wandern

HIKING TIP - Sölden's Silent Part: WALKING FROM HUT TO HUT

There is also silence in Sölden, in the rear Windachtal you discover the beauty of nature again. Spread along Ötztal's peaks and glaciers, wide stone meadows and Alpine pastures, the silent part of Sölden is waiting for you. Where there used to be smugglers' paths, today you'll find an excellent hiking trail network from hut to hut!

26,5 km 2.460 m 2.800 m

Hochstubaiahütte (3174 m) – Hildesheimer Hütte (2899 m) – Siegerlandhütte (2710 m) – Gasthaus Hochfirst (1860 m) – Brunnenkogelhaus (2738 m)

www.oetztal.com/oetztal-trek
www.soelden.com/wandern