



**ÖTZ  
TAL**



Ötztal.  
*Tirol at its Best.*

# Ötztal Mountain Winter



# Index

## Cross-country Skiing

- 08 | Haiming-Ochsengarten
- 09 | Umhausen-Niederthai
- 13 | Längenfeld
- 19 | Sölden
- 21 | Gurgl
- 23 | Vent

## Winter & Snowshoe Hiking

- 26 | Haiming-Ochsengarten
- 29 | Sautens
- 31 | Oetz
- 33 | Umhausen-Niederthai
- 43 | Längenfeld
- 50 | Sölden
- 58 | Gurgl
- 64 | Vent

## Ski Tours

- 72 | Mountain Guide Offices
- 74 | Haiming-Ochsengarten  
Sautens | Oetz

- 77 | Umhausen-Niederthai
- 80 | Längenfeld
- 83 | Sölden
- 86 | Gurgl
- 89 | Vent
- 92 | Mehrtagestour

## Tobogganing

- 104 | Haiming-Ochsengarten
- 105 | Sautens
- 106 | Oetz
- 107 | Umhausen-Niederthai
- 110 | Längenfeld
- 114 | Sölden
- 116 | Gurgl
- 117 | Vent

## Ice Skating &

## Ice Curling

- 118 | in Ötztal
- 122 | in Ötztal

## Ice Climbing

## More Activities

- 128 | in Ötztal

## Rental Stations

- 132 | in Ötztal

## Worth Seeing

- 138 | Oetz

- 139 | Umhausen-Niederthai



















- 140 | Längenfeld

- 141 | Sölden

- 142 | Gurgl

- 143 | Vent

# Signs & Symbols

- |   |  |   |
|---|--|---|
|  Distance                 |  Altitude meters downhill     |  Toboggan run floodlit |
|  Ice climbing             |  Map                          |  Snowshoe hiking       |
|  Ice skating              |  Cross-country skiing classic |  Worth seeing          |
|  Ice curling              |  Cross-country skiing skating |  Ski tour              |
|  Suitable for families    |  Opening times                |  Starting point        |
|  Walking time           |  Car park                   |  Changing facilities |
|  Cable car              |  Restaurant                 |  Rental station      |
|  Altitude meters uphill |  Tobogganing                |  Winter walking      |



Ötztal.  
*Winter at its Best.*



# Cross-country Skiing



## **NORDIC MOMENTS IN SNOW WHITE VALLEY BASINS**

Nordic sports rival the typical Alpine skiing day: no crowded slopes or waiting times but heaps of nature and individuality. Already at the entrance to Ötztal you can comfortably choose from varied tracks in top conditions. The easy cross-country loop trail in Ochsen Garten leads towards Kühtal along meter-high, snow-covered spruce forests and glades. Umhausen-Niederthai, nestling in the central valley, is considered a true oasis for cross-country skiing fans in Ötztal. 7 loop tours of several difficulty levels establish this status set against a superb Alpine backdrop. The wide open loops on more than 56 kilometers along the valley basin in Längenfeld also show a completely different Ötztal - inviting and gentle. Are you looking for the ultimate nature exploration? Then you absolutely have to glide on narrow skis along Sulztal in the snowy hamlet of Gries! At the rear end of the valley Nordic skiers will also find their favorite track in the holiday resorts that are more popular for adrenaline boosting sports - Sölden, Gurgl and Vent. Absolute snow reliability promises a long season even if spring has arrived in the valley as you can still make your rounds in the higher regions. In addition to the huge choice of Nordic tracks throughout the valley, certified accommodations are well prepared for the needs of cross-country skiers while countless sports shops and changing facilities guarantee premium comfort for even more fun on Ötztal's cross-country ski trails!

Special tip for true cross-country ski aficionados: the Nordic night skiing tracks in Längenfeld, Umhausen and Niederthai and taster biathlon lessons in Längenfeld and Niederthai.

➤ [oetztal.com/cross-country-skiing](https://oetztal.com/cross-country-skiing)





## Haiming-Ochsengarten

### OCHSENGARTEN LOOP TRACK

average



0:45 h



2.8 km




72 Ft




95 Ft

**P** School Ochsengarten

The Nordic trail runs through the forest towards Kühtai (approx. 1.5 km) where you cross the federal road and Nederbach brook. On the opposite side of the valley you return to Ochsengarten. Other access points and parking facilities are located opposite Gasthof Waldesruh inn and opposite Gasthof Burkert inn, as well as next to the Balbach ski lift in Ochsengarten.

 School Ochsengarten

 Gasthof Burkert  
T +43 (0) 5252 6947



## Umhausen-Niederthai

### SONNENPLATEAU TRACK

easy



0:40 h



3 km




15 Ft



15 Ft

**P** Ötztal XC Ski Center  
(parking fee)

 Ötztal XC Ski Center

 Hotel Tauferberg  
T +43 (0) 5255 5509

The 3 kilometer long cross-country skiing track leads, slightly ascending and descending, right to the heart of Niederthai's sunny plateau and across endless fields. Past the houses of Niederthai and along the forest edge you can enjoy uninterrupted panoramic views. The Nordic track offers three alternatives of intermediate difficulty for sporty Nordic skiers.



### TELLERBODEN NIGHT TRACK

easy



0:15 h



1.3 km



1 Ft



1 Ft

**P** Ötztal XC Ski Center  
(parking fee)

Ötztal XC Ski Center

Hotel Tauferberg  
T +43 (0) 5255 5509

The gently rising and descending floodlit track leads through the meadows of Niederthai on a length of 1.3 kilometers. Right on the Nordic trail sporty cross-country skiers will find an alternative route of intermediate difficulty.

### FRÜHLOIPE TRACK

average



0:15 h



1.1 km



14 Ft



14 Ft

**P** Ötztal XC Ski Center  
(parking fee)

Ötztal XC Ski Center

Hotel Tauferberg  
T +43 (0) 5255 5509

This Nordic track was equipped with snow-making devices to ensure a very early start of the cross-country skiing season. Along the Nordic ski trail you also pass the biathlon course. Here you can prove your sporty skills at the taster biathlon unit held twice a week.



### LEHENLOIPE TRACK

easy



0:05 h



0.7 km



3 Ft



3 Ft

**P** Ötztal XC Ski Center  
(parking fee)

Ötztal XC Ski Center

Hotel Tauferberg  
T +43 (0) 5255 5509

The gently rising and descending Lehenloipe cross-country ski trail leads through the meadows of Niederthai on a length of 0.7 km. Right on the spot the Nordic track also offers one alternative of intermediate difficulty for sporty skaters.

### TAUFERBERGLOIPE

difficult



0:45 h



2.3 km



96 Ft



96 Ft

**P** Ötztal XC Ski Center  
(parking fee)

Ötztal XC Ski Center

Hotel Tauferberg  
T +43 (0) 5255 5509

On the first 1.5 km you have to conquer about 100 altitude meters, which lead through a picture-book forest. Followed by a speedy downhill stretch on the same route with steep sections and hairpin bends.



### HORLACHTAL TRACK

average



0:50 h



3.3 km



92 ftm



92 ftm

**P** Car park Sennhof  
(parking fee)

Car park  
Sennhof

After a short but quite steep climb you will reach the scenic Sonnenplateau Nordic track. On the next kilometer you cross Horlachbach brook first, continuing steadily uphill into scenic Horlachtal side valley. After a gentle downhill stretch and a short flat area you get back to the starting point.

### MATAU TRACK

average



0:30 h



2.1 km



49 ftm

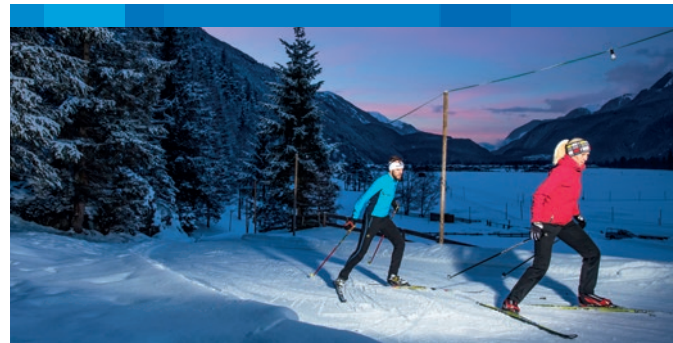


49 ftm

**P** Car park Sennhof  
(parking fee)

Parish church  
Niederthal

The Nordic trail leads along Horlachbach brook (across the meadows), then slightly downhill to Gasthof Stuibenfall inn and back again to the starting point. From the Matau track you can also access the Sonnenplateau track leading across snowy hills.



## Längenfeld

### NIGHT TRACK NO. 1

easy



0:30 h



3.1 km



6 ftm



6 ftm

**P** Sports center  
Längenfeld

Längenfeld  
Camping Ötztal

The cross-country skiing night track is floodlit daily from 5:00 pm to 9:00 pm. At its start the very flat trail leads towards the hamlet of Oberried and in a huge loop back to the starting point.

### NIGHT TRACK NO. 2

average



0:40 h



3.3 km



17 ftm



17 ftm

**P** Sports center  
Längenfeld

Längenfeld  
Camping Ötztal

The cross-country skiing night track is floodlit daily from 5:00 pm to 9:00 pm. From its access point at the campsite a short stretch takes you first over the pedestrian bridge which spans Ötztaler Ache river. At its start the trail leads towards the hamlet of Oberried - then slightly ascending to the Plague Chapel and further on to its finish at the footbridge.



### OBERRIED LOOP TRACK NO. 3

easy



0:30 h



2.4 km



7 Hm



5 Hm

**P** Sports center  
Längenfeld

**📍** Längenfeld  
Camping Ötztal

The flat Nordic skiing trail leads on a length of about 2.5 kilometers from the campsite or the footbridge in Längenfeld past the hamlet of Oberried and then back again to the starting point.

### SÜDLOIPE TRACK NO. 4

average



2:00 h



10.6 km



26 Hm



27 Hm

**P** Sports center  
Längenfeld

**📍** Längenfeld  
Camping Ötztal

From Camping Ötztal the cross-country ski route leads past the AQUA DOME thermal spa center to Astlehn/Runhof where you cross the bridge and continue towards Huben. From the hamlet of Mühl to Gottsgut the track is quite challenging as the terrain has noticeable slopes. From Runhof the Nordic trail takes you back to the starting point.



### SÜDLOIPE TRACK NO. 5

average



2:00 h



10 km



20 Hm



20 Hm

**P** Sports center  
Längenfeld

**📍** Längenfeld  
Camping Ötztal

From Camping Ötztal the cross-country ski route leads past the AQUA DOME thermal spa center to Astlehn/Runhof where you cross the bridge and continue towards Huben. You return past the football field and the hamlets of Mühl and Gottsgut. In Runhof you cross the bridge again and follow the track back to Längenfeld.

### XC SKI TRACK LÄNGENFELD – AU NO. 6

average



0:40 h



3.6 km



3 Hm



24 Hm

**P** Sports center  
Längenfeld | Car park  
in Winklen/Au

**📍** Längenfeld Camping  
Ötztal or Au

At its start the track runs along a small forest and across fields to the Oberried road. Cross the road, follow the route along Ötztaler Ache to the hamlet of Dorf-Espan. Before you reach the end in Winklen/Au there is a short ascent.



### LÄNGENFELD – NORD TRACK NO. 7

average



1:30 h



7.9 km



103 Ft



96 Ft

**P** Sports center  
Längenfeld | Car park  
in Winklen/Au

 Längenfeld Camping  
Ötztal or Au

First the Nordic trail takes you through a forest and then across fields to the hamlet of Dorf-Espan. Shortly before the turn in Winklen/Au you conquer a short climb. On the other shore of the river you follow the track of Ötztaler Ache back to Längenfeld. There are several access points (feeder trails) along this cross-country ski route.



### XC SKI TRACK AU NO. 8

easy



0:20 h



1.5 km



25 Ft



25 Ft

**P** Car park in  
Winklen/Au

 Hotel  
Bergwelt

The access point of the track can be found directly at Hotel Bergwelt in the hamlet of Au. First you glide along flat terrain and in the second half of the route the Nordic loop track has gently ascending and descending stretches, leading back to the starting point through pasturelands.

### HIGH ALTITUDE TRACK GRIES NO. 9

average



2:00 h



8.2 km




121 Ft



121 Ft

**P** Car park village  
edge of Gries

 Car park village  
edge of Gries

The cross-country skiing trail starts with a small climb behind the bridge. The course always follows Fischbach brook and leads into scenic Sulztal to Vögelsbrücke. After crossing Fischbach, it travels slightly downhill on the left side of the mountain brook. Then cross the brook again and conquer a few altitude meters in order to get back to the starting point.





### HIGH ALTITUDE TRACK GRIES NO. 10

average



1:30 h



6.1 km



116 Hm



117 Hm

**P** Car park village edge of Gries

**📍** Car park village edge of Gries

The Nordic track leads mostly along Fischbach brook, at its start further into Sulztal side valley. After turning at Vögelasbrücke the trail continues slightly downhill to the village of Gries. After crossing the brook you continue on the ascending route back to the starting point.



## Sölden

### XC SKI TRACK ZWIESELSTEIN

average



1:30 h



5.6 km



65 Hm



65 Hm

**P** Car park Zwieselstein

**📍** Gasthof Brückenwirt

The Nordic trail starts at Gasthof Brückenwirt inn and takes you to Zwieselstein's sports field. There you cross a bridge and follow Venter Ache brooklet to Bodeneegg where you cross the brook again and continue on the track to the sports field in Zwieselstein. In case of long and cold periods of fine weather you can admire beautiful hoarfrost.

### XC SKI TRACK UNTERSÖLDEN

easy



1:15 h



4.0 km



65 Hm

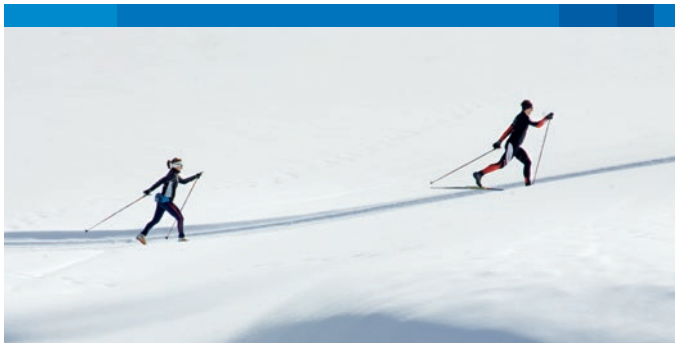


65 Hm


**P** Postplatz | Giggijochbahn

**📍** Kaisers

The classic cross-country ski trail leads through the hamlets of Kaisers und Schmiedhof. You continue in classic style along the snow-covered meadows to Rechenau. From there you return to the starting point.



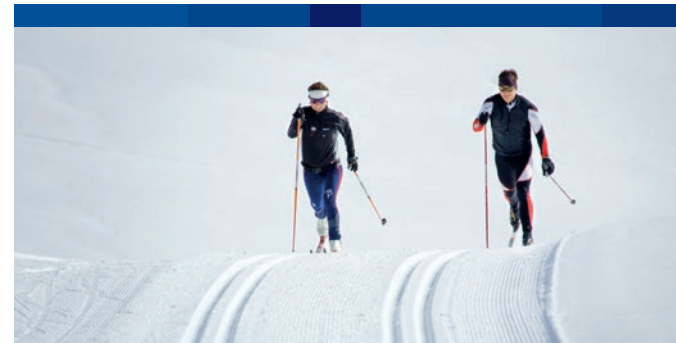
### XC SKI TRACK HOFER BÖDEN | WINDAU

easy    0:25 h  1.9 km  9 FtM  9 FtM

**P** Postplatz

 Hotel Das Central

The easy Nordic ski track runs over flat meadows, after a bit you continue on the cross-country ski bridge, crossing Ötztaler Ache river. Through a sparsely wooded area you reach the hamlet of Windau before you return to the starting point on scenic, snow-covered meadows.




## Gurgl

### XC SKI TRACK OBERGURGL PILL | ANGERN

average    1:20 h  5.3 km  95 FtM  94 FtM

**P** Base station Hochgurgl Gondola


 Base station Hochgurgl Gondola

Access at the car park of Hochgurgl Gondola's base station. Flat Nordic trail on the valley floor of Pill/Angern. Easy to moderate climb via Issewiesen meadows to the hamlets of Königsrain and Alt Poschach. On the right side of Gurgler Ache brook you return to the parking area.

### HIGH ALTITUDE TRACK HOCHGURGL

easy    0:30 h  2 km  10 FtM  12 FtM

**P** Hochgurgl

 Top station Hochgurgl Gondola section I | Mountain chapel

Access above Hochgurgl's chapel at the top station of Hochgurgl Gondola section I. The Nordic trail is slightly ascending and descending. One stretch is illuminated at night. As the highest altitude trail in Ötztal, this splendid Nordic route travels through Alpine terrain above the tree line with great panorama.



### PRACTICING TRACK OBERGURGL

easy



0:30 h



1 km



17 Hm



25 Hm

**P** Center garage  
(from € 2.00/hour)

 Obergurgl  
hamlet of Imfong

Access after a short walk (approx. 5 minutes) below the church. Level cross-country skiing loops with connecting track (only skating) along Gurgler Ache brook.



## Vent

### PRACTICING TRACK VENT

easy



0:10 h



1 km



20 Hm



20 Hm

**P** Car park base station  
of chairlift Wildspitze  
Vent

 Church  
Vent

The practicing track in gently rolling terrain is located at the entrance to the village below the church. It makes an ideal route for beginners and slightly advanced.

### XC SKI TRACK EBENLE

average



0:10 h



1 km




30 Hm



30 Hm

**P** Car park base station  
of chairlift Wildspitze  
Vent

 Crossroads  
Pg

The Ebenle track in hilly terrain of intermediate difficulty is located at 1950 meters in a snow-sure and sunny location. In addition to the small chapel, there are two comfortable seating areas.



# Winter & Snowshoe Hiking



📍 Längenfeld

## **LITTLE EQUIPMENT FOR WINTER GALORE**

Hiking is on the very top of the must-do winter activities list away from the ski slopes. You are spoiled for choice on some **320 kilometers of sign-posted and well-groomed trails** between Haiming, Gurgl and Vent. Amidst the snow-covered winter wonderland there are countless walking opportunities through picture-book forests to quaint Alpine huts where you can warm up comfortably by enjoying a hot drink in the warm parlor. The well cleared trails lead across the whole valley: **leisurely walks or athletic performance** - everyone will find a favorite route. Families can choose from child-friendly trails for kids, parents and grandparents. Especially the easy loop walking tours promise **great fun in the snow for young and old**.







Those who prefer to trot across the freshly fallen snow off the beaten tracks will be fascinated by the glittering of the powdery crystals on a memorable **snowshoe hiking** adventure. The special thing about it: it feels like walking on clouds when wading across snow-covered fields without sinking into the snow. Many routes lead straight to fairytale forests and awesome landscapes. Probably you can't help but sit down, pour hot tea into a cup and indulge in nature's gorgeous white dress. With a bit of luck you'll see animal tracks, maybe also a mountain hare or even red deer. And what's best, there is no age limit. In addition to the sporty aspect, one thing is of utmost importance: **peace and quiet in the outdoors**. Snowshoes can be rented in countless sports shops spread all over the valley.

👉 [oetztal.com/snowshoe-hiking](https://oetztal.com/snowshoe-hiking)




## Haiming-Ochsengarten

### OCHSENGARTEN WINTER WALKING TRAIL

easy    1:00 h  2.8 km  72 FtH  95 FtH

**P** School Ochsengarten

 School Ochsengarten

 Gastronomy in Ochsengarten

The walking route travels on the left side of the valley towards Kühtai. Then you cross the federal road and Nederbach brook after about 1.5 km. Return to Ochsengarten along the trail on the right side of the valley.

**Access options:** next to Balbach ski lift in Ochsengarten, opposite Gasthof Burkert inn or opposite Gasthof Waldesruh inn.




### OCHSENGARTEN LOOP WALKING TRAIL

average    4:00 h  7 km  337 FtH  337 FtH

**P** Car park Sattelle (parking fee)

 Sattelle (above Ochsengarten)

 **Feldring Alm**  
T +43 (0) 5252 6203  
Wednesday – Sunday  
10:00 am – 5:00 pm

**Berghotel & Gasthof Marlstein**  
T +43 (0) 5252 6203  
8:00 am – 10:00 pm

The hike leads through wooded terrain to Feldring Alm at 1888 meters (it's also a toboggan run), from where the trail continues over Feldringerböden meadows to Grünwaslekreuz (2027 FtH) area.

Here the path offers two different variants – on the right there is a cleared trail leading back to the Sattelle starting point.

On the left, as an alternative route, you'll find the road to Marlstein including a forest stretch (not always groomed) back to the Sattelle starting point.





### FOREST TRAIL TO MARLSTEIN

average



1:30 h



3 km



112 Ft



0 Ft

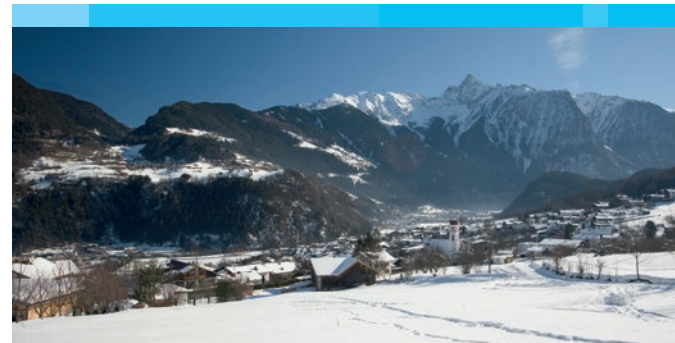
**P** Car park Sattelle  
(parking fee)

**📍** Sattelle  
(above Ochsegarten)

**X** Berghotel &  
Gasthof Marlstein  
T +43 (0) 5252 6203  
8:00 am – 10:00 pm

The hiking tour starts right at the first turn-off of the Sattelle car park. The route continues slightly uphill on the forest and meadow trail (not always groomed) through the snow-covered Alpine landscape. Hiking past the Zwirch area, you follow the trail up to nearby Marlstein.

Return down to Sattelle starting point on the same route.



## Sautens

### WIDIS ENCHANTED FOREST

easy



1:00 h



2.4 km



90 Ft



80 Ft

**P** Primary school  
Sautens

**📍** Primary school  
Sautens

**X** Gastronomy  
in Sautens

In the enchanted forest you meet varied animals of the forest - like bees, butterflies, ants and many more. At the end you finally reach the entertaining forest playground where the kids can romp around to their heart's content: a truly perfect family adventure!

### MEDINGER WEG TRAIL

easy



1:30 h



6 km



50 Ft



50 Ft

**P** Village administration  
Sautens

**📍** Village administration  
Sautens

**X** Gastronomy  
in Oetz

Scenic Medinger Weg trail is an idyllic route through the wintry landscape of Sautens and Oetz. Leading along Ötztaler Ache river with fresh glacier water running from the valley's rear end into the river Inn. You cross Ötztaler Ache twice and hike back on the other shore of the river.



### FORCHET SAUTENS TRAIL

easy



1:00 h



3.6 km



60 Ft



80 Ft

**P** Kreuzkapelle – Sports field

Kreuzkapelle – Sports field

Hiking through the Forchet nature reserve you reach the Tschirgant vantage point. From the sports field to Roppen about 300 meters along the road. The trail branches off to the right, into the forest. Follow the loop hiking route back to Kreuzkapelle chapel.

### HADERLEHN SEEJÖCHL TRAIL

average



3:30 h



10.3 km



450 Ft



450 Ft

**P** Primary school Sautens

Primary school Sautens

Gastronomy in Piburg and Oetz

You hike via Haderlehn to the Seejöchli vista point. Continue on the trail towards lake Piburger See down to the Wellerbrücke river section. From there you walk along Ötztaler Ache brook to Oetz and via Beerweg hiking trail back to Sautens.



## Oetz

### VISTA POINT ROTES WANDL – HOCHOETZ

easy



0:45 h



1.3 km



58 Ft



58 Ft

**P** Acherkogel Gondola base station

Panoramarestaurant Hochoetz

Panoramarestaurant Hochoetz  
T +43 (0) 5252 6385  
9:00 am – 4:30 pm

From the gondola's top station in Hochoetz you walk past the water reservoir to Rotes Wandl vantage spot. Then the easily descending trail takes you to the old Kühtaile Alm (not serviced) and from there slightly ascending, above the ski slope, back to the panorama restaurant.

### ELSINGER WEG TRAIL: LAKE PIBURGER SEE

average



2:30 h



6.8 km



220 Ft



220 Ft

**P** Oetz central car park

Oetz central car park

Gastronomy in Piburg and Oetz

From the Oetz village center via Piburg's bridge to the branch-off towards the sports field. There you follow Elsinger Weg trail to lake Piburger See. Continue to Piburg, then return to Oetz on the asphalt road or take the skibus.



### SEEJÖCHL LOOP TRAIL

average



3:00 h



7.7 km



288 ftm



288 ftm

**P** Oetz central car park

**📍** Oetz central car park

**X** Gastronomy in Oetz and Piburg

The hike starts in the village center of Oetz. Along Ötztaler Ache brook you cross Wellerbrücke, walking through the romantic forest on a wide forest trail towards Seejöch. Rudolf Schock Weg hiking trail was widened and newly designed. Some sections are quite steep and demanding, therefore walking poles are strongly recommended especially in winter. To get to the viewing platform you slightly branch off from the main walking trail. At Seejöch vista point you will be rewarded with breathtaking views.

Again through the forest you reach the scenic little hamlet of Piburg, from there you take the asphalt road back to Oetz. Alternatively, you can also take the skibus from Piburg to Oetz.



## Umhausen-Niederthai

### TAUFERBERG LOOP TRAIL

average



2:00 h



4 km



150 ftm



150 ftm

**P** Ötztal XC Ski Center (parking fee)

**📍** Ötztal XC Ski Center

**X** Gastronomy in Niederthai

You start at the car park of Ötztal's Cross-Country Ski Center (hamlet of Lehen) in Niederthai. From there you walk along the winter hiking trail towards Tellerboden. You turn left into the signposted „Taufenberg-rundgang“ forest trail after about 50 meters and follow the forest path until you reach the next branch-off. Always keep to the right and continue along the forest route until it joins a narrow footpath. The snowshoe tour starts right here. Continue through the wooded area of Tauferbergwald towards Mauslatt. From there the wide forest trail takes you back down to the football field and starting point of the snowshoe hiking tour.



### GRASTAL - JAGDHÜTTE

average



3:50 h



6.6 km



150 ftm



150 ftm

**P** Car park Sennhof (parking fee)

**📍** Car park hamlet of Sennhof

**X** Gastronomy in Niederthai

From the car park you follow the wide winter hiking trail towards Hotel Falknerhof until you reach Grastalweg trail which takes you into Horlachtal side valley to the left. You follow Grastalweg until you get to the Grastalsee branch-off (shortcut). Then you climb on a steeply rising, groomed ski mountaineering route to Grastal in the direction of lake Grastalsee (signposted). If you prefer a less steep ascent you can continue on the regular trail to Grastalfeld meadow and ascend on the forest trail into Grastal to the right. The shortcut leads you back to a wide trail after about 20 minutes walking - continuing up to the hunting lodge. Then you descend back to Grastalfeld on the normal forest trail and return to Niederthai.



### BERGMAHDERWEG TRAIL

easy



2:00 h



7.1 km



284 ftm



283 ftm

**P** Car park Sennhof (parking fee)

**📍** Car park hamlet of Sennhof

**X** Larstigalm  
T +43 (0) 5255 5178  
late December to  
Easter Monday  
11:00 am – 5:00 pm  
closed on Monday

A worthwhile alternative for winter hikers, leading from Niederthai to the left over a wooden bridge towards the hamlet of Höfle. After approx. 200 meters you turn right into the signposted Bergmahderweg trail. Slightly ascending at the beginning, later the trail leads comfortably along the meadows on the northern side of Horlachbach brook into picturebook Horlachtal valley and up to Larstigalm. Then you either walk down the valley to Niederthai on foot or enjoy a funfilled toboggan ride on the wide winter hiking trail along Horlachbach brook.





### UMHAUSEN HIGH ALTITUDE TRAIL (DR. BERNHARD-VOGEL WEG)

easy



3:00 h



6.1 km



541 Hm



33 Hm

**P** Car park  
Mure

**📍** Car park  
Mure

**X** Gastronomy in  
Umhausen and  
Niederthai

From the Mure car park you follow the road through the hamlet of Roßlach until you reach the „alte Niederthaier Straße“ cross-roads (old road to Niederthai). Here you walk straight on in the direction of the legendary Hirschberg area, continuing on the high altitude trail to Niederthai. All efforts will be rewarded with stunning panoramic views of Umhausen on the valley floor and the mighty summits of Ötztal's Geigenkamm Alpine ridge. You can either return on foot on the old Niederthai road or with the ski and cross-country ski bus from Gasthof Stuibenfall inn.



### UMHAUSEN – STUIBENFALL

easy



2:30 h



5.1 km



283 Hm



282 Hm

**P** Car park  
Mure

**📍** Information  
Umhausen

**X** Gastronomy in  
Umhausen

From the Information Office in Umhausen you walk through the village towards Niederthai. At Bischoffsplatz car park you continue past the Kneipp facilities, following the „Arzwinkl Waalweg“ signs. The water trail (Waalweg) travels above the forest road past the Ötzi Village and the Birds of Prey Park towards the waterfall. At the end of the trail you continue on the wide forest path that takes you to the foot of the Stuiben Falls where you can admire the elemental energy of this nature spectacle. From there you walk back on the same route, past Waldcafe Stuböbele on the right to the legendary figure of „Stuibennele“. There you turn right and follow „Steppsteig“ trail back to Umhausen and the starting point of the hike.





### SCHWEINFURTER HÜTTE

easy



2:00 h



6.4 km



497 ftm



0 ftm

**P** Car park Sennhof  
(parking fee)

**📍** Car park hamlet of  
Sennhof

**X** Schweinfurter Hütte  
T +43 (0) 5255 5002 9  
late December to early  
January & mid-  
February to late April  
open all day

Larstigalm

T +43 (0) 5255 5178  
late December to  
Easter Monday  
11:00 am – 5:00 pm  
closed on Monday

Directly from the car park you follow the wide forest road which takes you gently ascending into the valley next to Horlachbach brook. After about an hour you get to Larstigalm (1777 ftm) hut on the right. Another hour's walk leads a bit steeper up to Schweinfurter Hütte (2034 ftm) towering on a panoramic saddleback below Sörenspitze summit. In winter, the mountains around the hut are among the quietest within Ötztal. Therefore the hut is considered a true heaven for winter walkers, tobogganers, snowshoe hikers and ski mountaineers.



### HORLACHTAL LOOP HIKING TRAIL

easy



2:00 h



7.5 km



283 ftm



283 ftm

**P** Car park Sennhof  
(parking fee)

**📍** Car park hamlet of  
Sennhof

**X** Larstigalm  
T +43 (0) 5255 5178  
late December to  
Easter Monday  
11:00 am – 5:00 pm  
closed on Monday

At the car park in the hamlet of Sennhof you take the road on the right, leading to Hotel Falknerhof. There you keep left and continue along the wide Grastalweg trail to Larstigalm hut. After a leisurely stop at Larstigalm you hike back to Niederthai on "Bergmahderweg" trail on the right side of the valley.



### KÖFELS – WURZBERGALM

easy



1:00 h



2.4 km



199 Ft



0 Ft

**P** Car park Köfels (parking fee)

 Car park Köfels

**X** Wurzburgalm  
T+43 (0) 664 9858 307  
from 25 December to Easter, daily  
10:00 am – 6:00 pm

From the car park in Köfels you walk through the village, past the sawmill and further into the forest. There you follow the signs to Wurzburgalm. Continue on the level cart road, then slightly uphill and straight on through the forest. You will come across a hunting lodge next to a trail fork where you simply follow the wide trail on the right. Finally you walk easily descending to Wurzburgalm which is already in sight.



### TUMPEN – UMHAUSEN

easy



2:00 h



6.5 km




111 Ft



3 Ft

**P** Car park of primary school Tumpen

 Car park of primary school Tumpen

**X** Gastronomy in Umhausen and Tumpen

At the car park you cross the main road and the bridge, then walk through the hamlet of Ried and straight on through the snowy meadow road to the hamlet of Lehn-Platzl. Past the beautiful “Maria Schnee” chapel you cross a small wooded area and follow the signs to Umhausen.

### TUMPEN – TALBLICK UMHAUSEN

easy



2:00 h



5.2 km




241 Ft



240 Ft

**P** Car park of primary school Tumpen

 Car park of primary school Tumpen

**X** Gastronomy in Umhausen and Tumpen

At the car park you walk through the village until you reach a wide forest road. Follow this road until you get to the signposted turnoff to “Talblick Umhausen” (view of the valley). Return on the same route, optionally you can descend to Tumpen’s business park and walk back to the starting point.



### OLD ROAD TO NIEDERTHAI

easy



2:00 h



5 km



544 ftm



39 ftm

**P** Car park  
Mure

**📍** Car park  
Mure

**X** Gastronomy in  
Umhausen and  
Niederthai

From the Mure parking area you walk past the "Schützenheim" marksmen's club house and continue through the hamlet of Roßlach. Follow the road to "alte Niederthaier Straße" intersection (old Niederthai road). Then hike along the wide trail to Niederthai.



## Längenfeld

### LOOP WALKING TRAIL BRAND | BURGSTEIN

easy



2:30 h



5.3 km



200 ftm



397 ftm

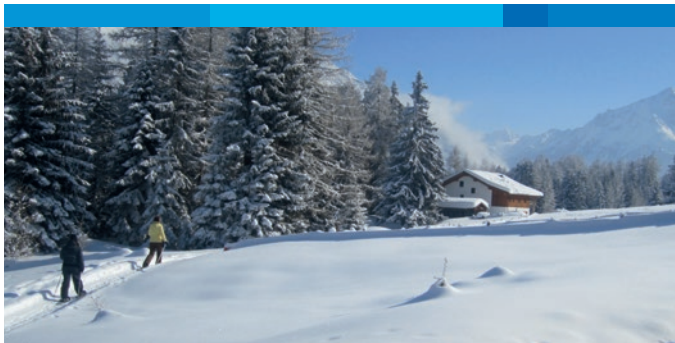
**P** Sports center or  
Information  
Längenfeld

**📍** Fischbachbrücke  
Längenfeld






**X** Brandalm  
T +43 (0) 5253 5283  
mid-December to  
Easter

s'Dorfstüberl  
T +43 (0) 5253 5213  
open all year

You start in Unterlängenfeld at Fischbach bridge and follow the steadily rising forest trail up to Brandalm. On the footpath towards Burgstein you can catch a glimpse of the valley basin again and again. The highlight is the crossing of the superb, 82-meter long suspension bridge that spans the valley at a height of 150 meters - great views included. From there it's only a few walking minutes to the hamlet of Burgstein. A forest road (old Burgstein road) leads back to Längenfeld. The last part back to the starting point travels along the main road.



### LÄNGENFELD – WURZBERGALM

average    1:40 h  4.4 km  418 ftm  0 ftm

**P** Car park between Winklen & Unterried

 Car park between Winklen & Unterried

**X** Wurzburgalm  
T +43 (0) 664 9858 307  
late December to  
Easter

The hut hiking tour up to Wurzburgalm is neither difficult nor steep and therefore perfectly suitable for children, especially as a toboggan ride can elegantly shorten the way back. From Längenfeld's hamlet of Winklen (parking area at the edge of the forest) a wide forest road takes you up to Wurzburgalm (1575 ftm) in huge turns. Through the sunny and sparsely wooded area of the Köfels rockslide you ascend fairly quickly until the walking trail surprisingly takes you to a clearing at a height of almost 1600 ftm. Only a few more steps to the mountain hut's sunny terrace. You return on the groomed toboggan run. Those without a sled can rent one from Wurzburgalm. Of course not without having taken a hearty break before you return to the valley.



### SULZTALALM

easy    1:30 h  3.8 km  315 ftm  0 ftm

**P** Car park village edge Gries

 Car park village edge Gries

**X** Sulztalalm  
T +43 (0) 676 5115 370  
mid-December to  
Easter

From the parking area at the end of the village of Gries the almost flat trail leads through snow-covered meadows to Vögelasbrücke. Here you start a quite challenging climb. After three bends you follow the signs towards Sulztalalm, leaving behind the fork-off to Nisslalm on the right. Fischbach brook which has its source in varied springs of the Sulze area, and the unrivaled "Queen of the Alps" - the stone pine - accompany you to lovely Sulztalalm. You can significantly shorten the way back by enjoying a cheerful toboggan ride. Toboggan rental available at the hut.





### AMBERGER HÜTTE

average



⌚ 2:10 h



5.9 km



540 ftm



9 ftm

**P** Car park village edge Gries

**📍** Car park village edge Gries

**X** Amberger Hütte  
T +43 (0) 676 9523 426  
late January to early May

Sulztalalm  
T +43 (0) 676 5115 370  
mid-December to Easter

A popular destination for hiking and snowshoeing fans is the family-friendly Amberger Hütte (2135 ftm) which also makes a starting point for many ski tours. From the south-facing sun terrace of the solid natural stone building, dating from 1888, you enjoy awesome views of glistening Sulztalferner glacier, flanked by mighty mountain peaks like Schrankogel or Wilde Leck. The ascent to Amberger Hütte leads constantly uphill on a wide trail along Fischbach brook which points the way to the mountain hut almost until its end. If you want to take a short rest in between, we recommend scenic Sulztalalm halfway.

Always check the latest avalanche report:  
[www.lawine.tirol.gv.at](http://www.lawine.tirol.gv.at)



### NISSLALM

average



1:50 h



5 km



453 ftm



0 ftm

**P** Car park village edge Gries

**📍** Car park village edge Gries

**X** Nisslalm  
T +43 (0) 676 5618 561  
open all year

A lovely place in the sun, lots of cozy dark wood, easily accessible and open all year – this is how you could summarize all the advantages of Nisslalm. The splendid views of Sulztal make the walk a true high Alpine experience. From the Gries parking area you follow the trail for about half an hour to Sulztal in the direction of Sulztalalm. Then turn right (signpost) and climb up the stone pine forest in ascending switchbacks. Finally you reach a forest clearing – splendid 130-year old Nisslalm on a sunny balcony. Due to the north-facing slope, the descent from Nisslalm is snow reliable for a quite long time, usually from early December to mid-April. You return on the same route or enjoy a thrilling toboggan ride. (Toboggan rental at the hut)





### TRAIL OF SENSES

easy



0:50 h



3.1 km



85 Ft



85 Ft

**P** Pilgrimage church in Gries | Car park village edge of Gries

 Pilgrimage church in Gries

**X** Gasthof Schöpf  
T +43 (0) 5253 5119  
mid-December to Easter

The "Maria Hilf" pilgrimage church is the starting point of the Trail of Senses, it prepares hikers spiritually and contemplatively for this loop hiking tour. The route leads easily ascending through the snow-covered meadows and forests of Gries, following the Stations of the Cross to the newly built vantage platform. Here you can indulge in magnificent views of the small mountain village, the striking mountain tops of the Stubai Alps with Schrankogel and Mutterberger Seespitze in the background. An easy downhill stretch takes you to the beautifully designed trail towards the collegiate chapel. After crossing the federal road of Gries you follow Fischbach brook back to the starting point.



### THERMAL LOOP TRAIL

easy



0:50 h



3 km



13 Ft



13 Ft

**P** Sports center Längenfeld

 Längenfeld Camping Ötztal

**X** Gastronomy in Längenfeld

Murmuring Alpine waters, peace and silence to the fore can be enjoyed on this theme walking trail. The pedestrian bridge which spans Ötztaler Ache river near the campsite is the starting point. First you follow the river upstream to the hamlet of Astlehn. Through the trees you always get a glimpse of the Ötztal mountains as well as of the scenic village. Once arrived in Astlehn, you cross another bridge. The return route travels on the opposite shore of the river. Along the trail you can certainly watch sporty cross-country skiers practicing Nordic sports. The AQUA DOME thermal spa center can be seen from far. A little later you reach the walk's starting point again.



## Sölden

### ZWIESELSTEIN – BODENEGG

easy



1:30 h



5.6 km



65 Hm



65 Hm

**P** Zwieselstein

**📍** Gasthof Brückenwirt

**X** Jausenstation  
Bodenegg  
T +43 (0) 5254 2295  
mid-December to  
mid-April

Gastronomy in  
Zwieselstein

From Gasthof Brückenwirt inn you walk along a wide hiking trail to Zwieselstein's sports field. There you cross the bridge and continue along the shore of Venter Ache brook, following a wide path towards the houses of Bodenegg.

At the height of Jausenstation Bodenegg you cross the brook over a wide wooden bridge and walk along the trail back to the sports field in Zwieselstein.



### PANORAMA TRAIL

easy



2:00 h



5.8 km



180 Hm



280 Hm

**P** Postplatz | Base station  
Gaislachkogel gondola |  
Car park Stiegele

**📍** Car park Stiegele

The public bus or skibus takes you to the industrial area at the edge of Sölden. Here an ascending hiking trail leads to the road towards Gaislach. You hike further down to the right towards the Glacier Road and to Stiegele area. Above Stiegele you hike through the forest, always slightly uphill to the hamlet of See. Then you continue further down, via the hamlets of Plödern or Mapuit/Berghof back to Sölden.

#### Alternative route:

By Hochsölden bus to Stiegele area, then through the forest to the hamlet of See, from there down via the hamlets of Plödern or Mapuit/Berghof back to Sölden. (Walking time 1:15 h | distance 3 km | 55 altitude meters | 220 downhill meters).



### SONNECK – GAISLACHALM – SILBERTAL

average



2:00 h



4.2 km



400 ftm



0 ftm

**P** Stiegele

From the Stiegele parking area the hike starts towards Gaislach (Gaislach/Hochsölden turn-off). A wide forest road takes you through partly dense forest to Gaislachalmen pasturelands on an easily climbing trail.

**📍** Stiegele

**X** Sonneck, Gaislachalm, Silvbertal  
mid-December to mid-April

First you walk past Gasthof Sonneck inn at a leisurely pace. Then you continue on the flat forest road to Gaislachalm and past Silvbertal. From here you enjoy magnificent views of Ventertal valley.



### SUSPENSION BRIDGE LOOP WALK

easy



1:30 h



2.1 km



100 ftm



100 ftm

**P** Postplatz |  
Freizeit Arena

From Freizeit Arena Sölden you walk uphill towards Granbichl. There you turn right at the first turn, slightly downhill on Windaustraße and along the river towards the campsite. Another ascending stretch takes you to the hamlet of Platte where you turn right. You continue into the forest and cross the suspension bridge leading to the main road. Then you follow the road back to the village center.

**📍** Freizeit Arena

**X** Gastronomy in Sölden



### RECHENAU LOOP TRAIL

easy



1:15 h



4.0 km



65 ftm



65 ftm

**P** Postplatz |  
Freizeit Arena

**📍** Freizeit Arena

**🍴** Gastronomy  
in Sölden

At Freizeit Arena you follow Gemeindestraße towards Waldelestraße and further on to Rechenaustraße and Hotel Sunny. There you turn right into the forest road. A pleasant trail above the meadows takes you through the forest to Kaisers.

From the hamlet of Kaisers you can either walk back on the same route or take the asphalt road via Schmiedhof and Rechenau, where you continue walking along the river shore to Waldele on a narrow gravel road. From the music pavilion you reach the starting point at Freizeit Arena in a few minutes.



### MOOSALM

average



0:50 h



1.2 km



120 ftm



0 ftm

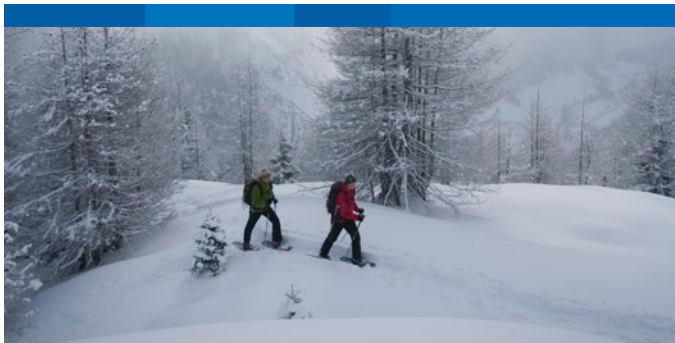
**P** Gaislachkogel  
Gondola

**📍** Gaislachkogel  
Gondola

**🍴** Moosalm  
T +43 (0) 5254 2572  
December to April

The best starting point is Gaislachkogel gondola. Hike in the direction of the campsite, across the bridge and uphill to the hamlets of Platte and Wildmoos until you get to Moosalm. Enjoy stunning panoramic view of the valley floor and Sölden.





### BRUNNENBERGALM

average



2:45 h



6.0 km



590 ftm



590 ftm

**P** Gaislachkogel  
Gondola

 Gaislachkogel  
Gondola

**X** Moosalm  
T +43 (0) 5254 2572  
December to April

The trail to Brunnenbergalm (not serviced in winter) leads from Gaislachkogel gondola base station along Öztaler Acher brook past the campsite. Cross the bridge and walk uphill to the right through the hamlets of Platte and Wildmoos to Moosalm. From there a wide and constantly climbing forest path leads through light forest to the hut.



### STALLWIESALM

average



2:00 h



3.7 km



550 ftm



0 ftm

**P** Postplatz | Parking at  
the barrier | Freizeit  
Arena

 Freizeit Arena

**X** Stallwiesalm  
T +43 (0) 664 5011 389  
mid-December to late  
April







As one of the most rustic Alpine huts in Ötztal, the pasture inn is also very popular in winter. From Freizeit Arena Sölden you follow Gran-bichlstraße to the parking area below the barrier. The forest road leads through sparse coniferous forest until the wooded area joins a wide Alpine meadow with old huts made of dark wood. The one with the most beautiful sun terrace is Stallwiesalm (1850 ftm). By the way, you can also return on toboggan along the forest road.





## Gurgl

### STONE PINE FOREST NATURE TREASURE

easy    1:00 h  2.9 km  70 FtH  70 FtH

**P** Center garage  
(from € 2.00/hour)

 Center garage

**X** Zirben Alm  
T +43 (0) 5256 6332  
mid-November to late April

Accessibility of the trail strongly depends on weather and snow conditions!


From Obergurgl's center you walk through the village to Mahdstuhl lift and further on in the direction of the stone pine forest („Zirbenwald). Past Zirben Alm to the wayside cross. Then you continue straight through the natural monument area and back again.



### PILL | ANGERN – ZIRBEN ALM

easy    1:00 h  5.8 km  130 FtH  0 FtH

**P** Base station  
Hochgurgl gondola

 Base station  
Hochgurgl gondola

**X** Downhill Grill  
Base station  
Hochgurgl gondola  
Section I  
T +43 (0) 5256 6265 564

Zirben Alm  
T +43 (0) 5256 6332

In addition to the Nordic skiing trail from Pill/Angern, an interesting winter hiking route runs through the wide open valley basin of Gurgl.

Over small steps and bridges, past a small larch forest and old farmhouses, the trail takes you to Obergurgl and towards Zirben Alm at the foot of the natural monument. The hiking trail travels either on the right, sometimes on the left along Gurgler Ache brook, showing both the original and modern side of this popular winter sports resort.



## SCHÖNWIESHÜTTE

easy



1:30 h



3.8 km



390 Ft



14 Ft

**P** Center garage  
(from € 2.00/hour)

Center garage

**X** Zirben Alm  
T +43 (0) 5256 6332  
mid-November to  
late April

Schönwieshütte  
T +43 (0) 664 1700 911  
early December to  
late April

Accessibility of the  
trail strongly depends  
on weather and snow  
conditions!

Schönwieshütte lies above the lively village of Obergurgl at the foot of Hanger face. The ascent starts at the village edge of Obergurgl, leading past the 400 year old stone pine forest and the foothills of Hohe Mut mountain ridge. The last stretch runs parallel to the mighty Rotmoos ravine.

### Easier variant:

Pedestrians can take an uphill ride on Steinmannbahn at the foot of the stone pine forest (lift ticket required). From the top station there is a broad road leading directly up to the hut – that guards the entrance to Rotmoostal side valley. From the top station of Steinmannbahn there is a hit taxi that will gladly pick you up (call for reservation).



## HOHE MUT SATTEL

easy



0:30 h



1.1 km



24 Ft



26 Ft

**P** Center garage  
(from € 2.00/hour)

Hohe Mut  
Alm

**X** Hohe Mut Alm  
T +43 (0) 5256 6260 551  
mid-November to  
late April  
9:00 am – 4:00 pm

First you take a ride on Hohe Mut mountain gondola up to Hohe Mut Alm. Already on arrival at Hohe Mut the breathtaking landscape of two glacier valleys, Gaisbergtal and Rotmoostal, and the summit panorama of Granatenkogel, Hochfirst, Liebener Spitze, Scheiberkogel, Seelenkögl and Hangerer will enchant you. With this magnificent view always in mind, you walk to the turnoff at the end of Hohe Mut saddle and back to Hohe Mut Alm restaurant.



### HOCHGURGL ROMANTIC TRAIL

easy



0:30 h



2 km



10 Hm



12 Hm

**P** Hochgurgl

**📍** Top station Hochgurgl  
Gondola Section I |  
Mountain chapel

**✗** Restaurants in  
Hochgurgl  
mid-November to  
late April

Accessibility of the  
trail strongly depends  
on weather and snow  
conditions!

Access the trail above the chapel in Hochgurgl at the top station of Hochgurgl Gondola, section I. From there the slightly ascending and descending trail runs parallel to the cross-country skiing track. A part of the trail is illuminated in the evening.

The trail travels straight through Alpine landscapes of awesome natural beauty above the tree line, offering stunning vistas.



### HOCHGURGL – TOP MOUNTAIN CROSSPOINT

easy



0:25 h



1.6 km



58 Hm



0 Hm

**P** Hochgurgl

**📍** Hochgurgl

**✗** Gastronomy in  
Hochgurgl

**Top Mountain  
Crosspoint**  
T +43 (0) 5256 6265 910  
mid-November  
to late April  
9:00 am – 5:30 pm

From Hochgurgl a wide trail leads along the federal road towards the Top Mountain Crosspoint. The building hosts the toll booth of the Timmelsjoch High Alpine Pass Road, the Kirchenkar mountain gondola, a restaurant with table service and Europe's highest motorbike exhibition – the unrivaled Top Mountain Motorcycle Museum.

Along the walking route you can enjoy breathtaking views of the snow-topped Ötztal mountain world.



## Vent

### AROUND VENT

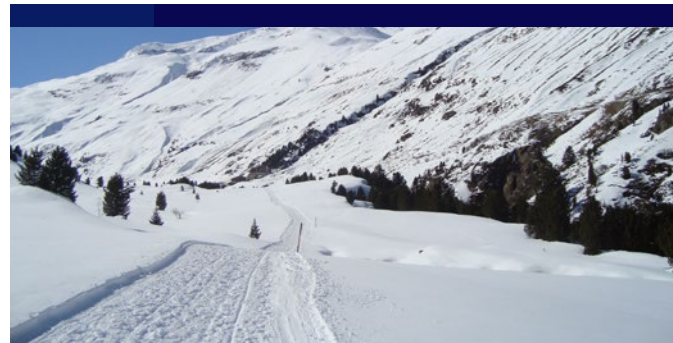
easy   1:00 h  2 km  90 Hm  90 Hm

**P** Car park base station of chairlift Wildspitze Vent







 Church Vent

 Gastronomy in Vent

An atmospheric winter hiking trail takes you from Vent to the beautifully located Rofenhöfe farmhouses. From the P9 crossroads you walk over the village bridge towards the base station of Ochsenkopf T-bar ski lift. The winter hiking trail starts right here. After about 2 km you turn right, hiking past the old summit cross of Wildspitze and over the suspension bridge to Rofenhöfe farms.



### ROFENHÖFE FARMS

easy    0:45 h  2 km  114 Hm  4 Hm

**P** Car park base station of chairlift Wildspitze Vent

 Crossroads P9

 Gasthof Rofenhof  
T +43 (0) 5254 8103  
mid-December to  
late April  
11:00 am – 6:00 pm

An atmospheric winter hiking trail takes you from Vent to the beautifully located Rofenhöfe farmhouses. From the P9 crossroads you walk over the village bridge towards the base station of Ochsenkopf T-bar ski lift. The winter hiking trail starts right here. After about 2 km you turn right, hiking past the old summit cross of Wildspitze and over the suspension bridge to Rofenhöfe farms.



### PANORAMA TRAIL STABLEIN

average



1:30 h



5 km



465 ftm



0 ftm

**P** Car park base station of chairlift Wildspitze Vent

**⊙** Crossroads P9

**X** Panoramarestaurant Stableinalm  
T +43 (0) 5254 3012 8  
late December to early/mid-April  
9:30 am – 4:00 pm

At the junction to Rofen (P9) you hike for approx. 500 meters on the ski run (please keep to the edge of the slope). Then turn right and follow the wide, switch-backing trail that is flat at the beginning but becomes steeper and steeper until you get to Stableinalm at 2365 ftm, offering a fabulous panorama terrace ideal for a rest stop.

Alternatively, you can also take the Wildes Mandle 6-seater chairlift to the top station (you return also by lift as there is no hiking trail leading back).



Ötztal.  
Tirol at its Best.

## Guided Snowshoe Hikes in the Ötztal Nature Park



### MOONLIGHT TOUR OCHSENGARTEN (1X WEEKLY)

Trudging through the snow with headlamps under the sparkling stars. Magical! Duration: 2 h

### WINTER EXPLORATION NIEDERTHAL (1X WEEKLY)

Leisurely snowshoe tour through snowy forests while discovering animal tracks. Duration: 2.5 h

### TRACKS IN THE SNOW – GRIES (1X WEEKLY)

Explore winter's awesome beauty amidst scenic Sulztal in the Ötztal Nature Park. Duration: 5 h

### AROUND VENT (1X WEEKLY)

All facts and figures about the mountaineering village of Vent, Ötzi - the glacier mummy, and legendary Franz Senn! Duration: 3 h

Further snowshoe hikes can be found in the Ötztal Winter Program or at [naturpark-oetztal.at](https://www.naturpark-oetztal.at)







# Ski Tours



## **ON YOUR CLIMBING SKINS, GET SET, GO**

In close touch with pristine deep snow slopes and wild glaciers of Ötztal: ski touring fans and ski mountaineers of all skill levels will experience nature exploration and sporting challenge in perfect harmony within Tirol's longest side valley. No matter if you plan 1-day tours, high Alpine and glacier tours or even classic multi-day ski tours like the „Vent Ski Mountaineering Loop“, the choice of routes is as varied as the valley itself. Especially in spring, when the „powder“ slowly turns into corn snow, it's the perfect time for firm skiers. Certified mountain guides and local instructors will accompany you safely on your way towards the heart of the Ötztal mountain world.

## Tour Planning & recommended Ski Touring Equipment

As a classic endurance sport, ski touring requires health and a good self-assessment. Always inform yourself about the exact tour details (distance, altitude difference, difficulty, current weather conditions - strong wind and poor visibility increase the risk of accidents). Small groups and accompanying persons ensure mutual help and can reduce risks. Glacier crossings are only allowed in a group by using a rope. Inform someone down in the valley about your tour destination and the time you expect to return. An avalanche transceiver is strongly recommended. Special tip: Hot isotonic drinks are perfect thirst quenchers and heat sources. Light food (e.g. granola bars or snacks) satisfy the small hunger during the tour.

Appropriate ski touring equipment comprises the following:

- Touring skis with touring bindings
- Telescopic ski poles
- Climbing skins and ski crampons
- Digital avalanche transceiver, avalanche shovel and probe
- First aid kit and mobile cell phone
- Backpack with spare clothes, sun & cold protection, food & enough to drink
- For overnight stays at a hut: hygiene articles and sleeping bag
- A ski helmet protects against head injuries

Additional equipment for glacier crossings:

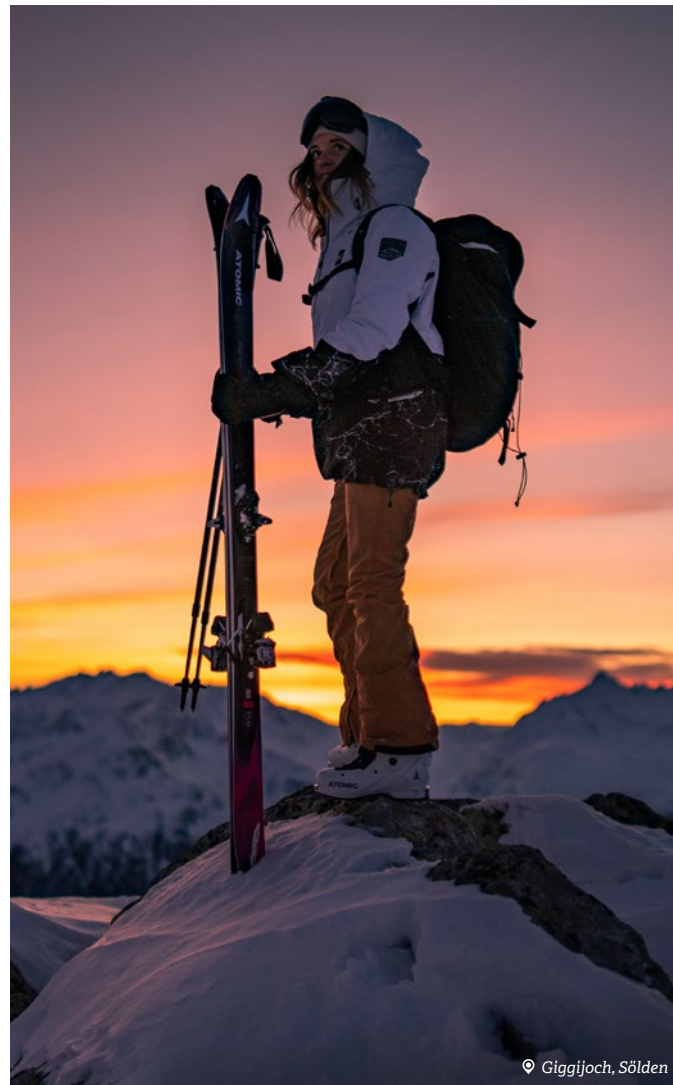
- Sit harness
- Two prusik loops of different lengths and ascenders
- Two HMS carabiners
- Ice pick, climbing irons, bivouac bag, airbag system and rope

Always check the 5 level avalanche risk scale and the current snow report before you set off at [lawine.tirol.gv.at](http://lawine.tirol.gv.at)

**Emergency numbers:** 140 Alpine Emergency | 144 Ambulance Emergency  
112 European Emergency Call



SOS EU ALP – Emergency App Mountain Rescue Tirol  
Ötztal Tourismus assumes no liability for the tours listed  
and recommends that you enlist a local mountain guide.





## Learning from the best – Mountain Guide Offices in Ötztal

### **ALPINSCHULE CLIMBERS PARADISE**

Kreuzstraße 2b | 6425 Haiming  
T +43 (0) 664 9202 515 | [info@alpinschule-climbersparadise.com](mailto:info@alpinschule-climbersparadise.com)  
[www.alpinschule-climbersparadise.com](http://www.alpinschule-climbersparadise.com)

### **X-ALPTOURS**

Salchat 1 | 6432 Sautens  
T +43 (0) 660 6866 388  
[info@x-alptours.at](mailto:info@x-alptours.at) | [www.x-alptours.at](http://www.x-alptours.at)

### **ALPINE SPIRIT CENTER OCHSENGARTEN**

Base station Ochsen Gartenbahn | 6433 Ochsen Garten  
T +43 (0) 5252 6777  
[info@alpinespiritcenter.at](mailto:info@alpinespiritcenter.at) | [www.alpinespiritcenter.at](http://www.alpinespiritcenter.at)

### **ACTIVSPORT ALPIN**

Tumpfen 101 | 6441 Umhausen  
M +43 (0) 699 1140 0289  
[info@activsport-alpin.at](mailto:info@activsport-alpin.at) | [www.activsport-alpin.at](http://www.activsport-alpin.at)

### **ÖTZTALAUFTALAB ALPINZEIT**

Roßlachgasse 4 | 6441 Umhausen  
T +43 (0) 650 9003 038  
[info@alpinzeit.tirol](mailto:info@alpinzeit.tirol) | [www.alpinzeit.tirol](http://www.alpinzeit.tirol)

### **ALPINSPORTCENTER**

6444 Längenfeld  
T +43 (0) 664 5016 864  
[info@alpinsport-center.at](mailto:info@alpinsport-center.at) | [www.alpinsport-center.at](http://www.alpinsport-center.at)

### **ALPIN TREFF – ALPIN GUIDE**

Unterlängenfeld 90 | 6444 Längenfeld  
T +43 (0) 664 4434 684  
[info@alpin-guide.at](mailto:info@alpin-guide.at) | [www.alpin-guide.at](http://www.alpin-guide.at)

### **BERGSPORT & ERLEBNISSCHULE SÖLDEN**

Plattestraße 3 | 6450 Sölden  
T +43 (0) 664 8478 155  
[info@bergfuehrer-soelden.com](mailto:info@bergfuehrer-soelden.com) | [www.bergfuehrer-soelden.com](http://www.bergfuehrer-soelden.com)

### **ALPINSCHULE SÖLDEN**

Dorfstraße 70 | 6450 Sölden  
T +43 (0) 5254 3100  
[info@vacancia.at](mailto:info@vacancia.at) | [www.vacancia.at](http://www.vacancia.at)

### **FREERIDE CENTER MORANDELL – BERGSCHULE ÖTZTAL**

Dorfstraße 119a | 6450 Sölden  
T +43 (0) 650 4153 505  
[www.freeride-center.at](http://www.freeride-center.at) | [office@freeride-center.at](mailto:office@freeride-center.at)

### **ALPINCENTER OBERGURGL**

Gurglerstraße 118 | 6456 Obergurgl  
T +43 (0) 5256 6305 50  
[info@alpincenter-obergurgl.com](mailto:info@alpincenter-obergurgl.com) | [www.alpincenter-obergurgl.com](http://www.alpincenter-obergurgl.com)

### **BERGFÜHRERSTELLE VENT**

Marzellweg 7 | 6458 Vent  
T +43 (0) 5254 8106  
[info@bergfuehrer-vent.at](mailto:info@bergfuehrer-vent.at) | [www.bergfuehrer-vent.at](http://www.bergfuehrer-vent.at)

👉 [oetztal.com/skitouren](http://oetztal.com/skitouren)



## Haiming-Ochsengarten

### FALTEGARTENKÖPFEL (2180 ft)

easy



2:00 h



4.2 km



494 ft



494 ft

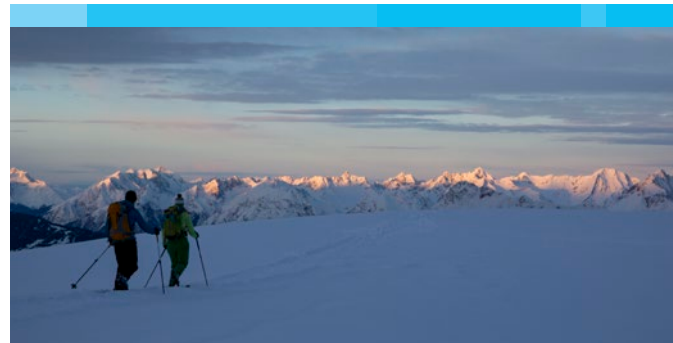
**P** Car park Sattelle  
(parking fee)

**📍** Sattelle (above  
Ochsengarten)

**🗺️** Kompass Karte,  
Ötztaler Alpen/Pitztal  
1:50.000

From the car park at Sattelle in northwest direction on a pleasantly climbing trail along the toboggan run to Feldringalm. Over a meadow up to the forest edge, a short stretch through the forest until you reach the wide open area of Feldringer Böden. From here towards the east, always keeping to the right of the wooded ridge, across wide meadows towards the summit that can be seen from far. First you hike below the summit, then to the left and over the ridge to the peak!

Variant: You can also follow the „Winterweg“ signs to the right after a few minutes ascent - you leave behind the pasture hut and reach Feldringer Böden in the south, already above the hut. An ascent via the winter hiking path from Marlstein is possible as well.



### PIRCHKOGEL (2828 ft)

average



3:30 h



4.5 km



1043 ft



1043 ft

**P** Marlstein  
(above Ochsengarten)

**📍** Berghotel & Gasthof  
Marlstein

**🗺️** Kompass Karte,  
Ötztaler Alpen/Pitztal  
1:50.000

From the car park you walk along the cleared winter hiking trail towards Grünwaslekreuz to the first left turn. Continue straight in an eastern direction. At the next open forest strip you continue climbing up to the left, walking north through sparse forest to the tree line. In the northeast you continue towards the main ridge of Pirkkogel, past a cairn towards Schafjoch. Here the broad ridge becomes a narrow edge. North of the summit you cross a short steep slope (crux!). Keeping to the left you climb to the highest point without a summit sign, then you go back to the summit cross on the second summit crest.



### WETTERKREUZ (2591 m)

average



2:30 h



4.5 km





871 m



871 m

**P** Car park Issbrücke, approx. 3 km after Ochsendgarten

 Car park Issbrücke Ochsendgarten

 Kompass Karte, Ötztaler Alpen/Pitztal 1:50.000

From the car park you ascend through the forest to Obere Issalm junction. From here you continue in south-western direction through sparse forest, past the Knappenhäus into Wörgetal (2250 m). Here you bypass a striking area with a left-right-loop before you reach the summit slope. In the upper part of the summit slope keep left and then climb to the peak.



## Umhausen-Niederthai

### BRAND – GRASTAL (2283 m)

easy



2:30 h



8.2 km




733 m



733 m

**P** Car park Sennhof Niederthai, (parking fee, multi-day tickets available)

 Car park Sennhof Niederthai

 AV-Karte Stubai-er Alpen – Sellrain 1:25.000

You start at the Sennhof car park (parking fee) in Niederthai and walk a short distance along the cross-country ski trail onto the striking avalanche ditch in the southeast, reaching the broad forest trail leading into Grastal side valley. Along Grastalweg to the signposted junction of „Sommerweg“ towards Brand, follow the red-white-red marked climbing path until you reach a forest road again. Follow this road to a small hunting lodge. Here the trail branches off to the right and leads steeply uphill through the forest, which gets lighter the higher you go. A short saddleback leads to a striking stone with a memorial plaque, the destination of this fabulous tour.





### KRASPESSPITZE (2954 m)

average



4:50 h



11.5 km



1404 m



1404 m

**P** Car park Sennhof Niederthai, (parking fee, multi-day tickets available)

Car park Sennhof Niederthai

AV-Karte Stubaiyer Alpen – Sellrain 1:25.000

Start comfortably at the Sennhof car park (parking fee) in Niederthai, follow the 7 km long route via Horlachtalweg up to Schweinfurter Hütte (2034 m). Shortly before you get to Schweinfurter Hütte, „Gubener Weg“ trail leads to the left, over a slightly steeper slope uphill towards Weites Kar. Follow the route to the next fork-off. On the left the path leads towards Finstertaler Scharte and Schartenkogel - on the right the trail leads via the summit slope to Kraspesspitze (2954 m).



### ZWIESELBACHER ROSSKOGEL (3081 m)

difficult



4:50 h



10.3 km



1531 m



1531 m

**P** Car park Sennhof Niederthai, (parking fee, multi-day tickets available)

Car park Sennhof Niederthai

AV-Karte Stubaiyer Alpen – Sellrain, 1:25.000

From the Sennhof car park (parking fee) in Niederthai, you walk comfortably along Horlachtalweg (7 km) to Schweinfurter Hütte. From there straight into Zwieselbachtal side valley, past Zwieselbacher Sennhütte you climb up to the mouth of a brooklet. Turn left before you get to the brook. The route continues partly steeply up to Fidaskar where you quickly gain some altitude. The last 200 altitude meters are particularly steep and exhausting, therefore it's recommended to continue on foot. You reach a wide open summit plateau. There you turn sharply to the right, ascending to the southern summit of Zwieselbacher Rosskogel in a few minutes and without any difficulty.



## Längenfeld

### NISSLALM (2054 m)

easy



1:30 h



4.9 km




470 Hm



470 Hm

**P** Längenfeld/Gries – Nisslalm

 Car park at the edge of Gries

 AV-Karte Stubaier Alpen – Hochstubaier 1:25.000

From the car park (no parking fee) at the edge of Gries you follow the trail into Sulztal side valley. After approx. 30 min. the route leads to Nisslalm towards the right. Continue up to the hut on a pleasant slope in two long loops. On this ski tour you can practice climbing as the return route is the same (along the cleared winter hiking trail which is also a toboggan run)!



### KUHSCHIEBE (3187 m)

average



2:30 h



10.0 km




1068 Hm



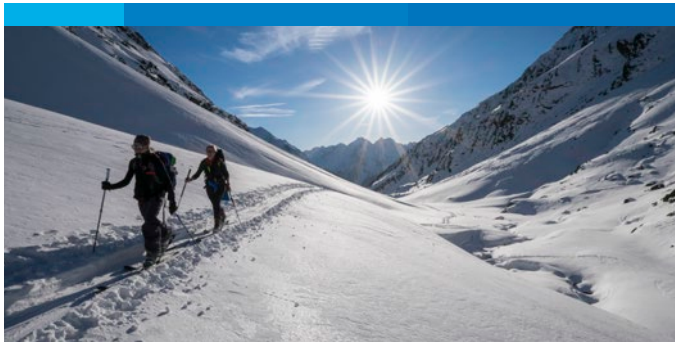
1068 Hm

**P** Längenfeld/Gries – Ambergerhütte

 Car park at the edge of Gries

 AV-Karte Stubaier Alpen – Hochstubaier 1:25.000


From the car park (no parking fee) at the edge of Gries you follow the trail into Sulztal side valley. Ascent to Amberger Hütte approx. 2 hours / 500 altitude meters (overnight stay recommended). From Amberger Hütte you continue into the valley (Sulze), then westwards over a steep stretch into Roßkar which is divided into two by a ridge. Either through the left or right trough up to a height of about 2700 meters. Past two steep sections southwards to Rosskarferner and across this small glacier area, in a wide right arc to the southern summit area of Kuhscheibe. The last few meters on foot, without any difficulty across stone blocks (if you cross the ridge put your skis on the backpack) to the summit (3187 m).



### BREITER GRIESKOGEL (3287 m)

difficult   3:00 h  4.1 km  975 m  975 m

**P** Längenfeld/Gries – Winnebachseehütte

 Car park at the edge of Gries






 AV-Karte Stubaier Alpen – Hochstubaier 1:25.000

From the car park (no parking fee) at the edge of Gries, the ascent via the hamlet of Winnebach into Winnebachtal side valley takes about 2 hours / altitude 790 meters (overnight stay recommended). On the left you climb a steep section towards Winnebachseehütte, from there northwards, keep left in the direction of Zwieselbachjoch. Below the ridge keep to the left steeply uphill along Grieskogelferner glacier, continue to the right towards the summit. Downhill on the ascent route or via Grastalferner towards Niederthai.




## Sölden

### WASSERTALKOGL (3252 m)

average   4:30 h  7.0 km  710 m  710 m

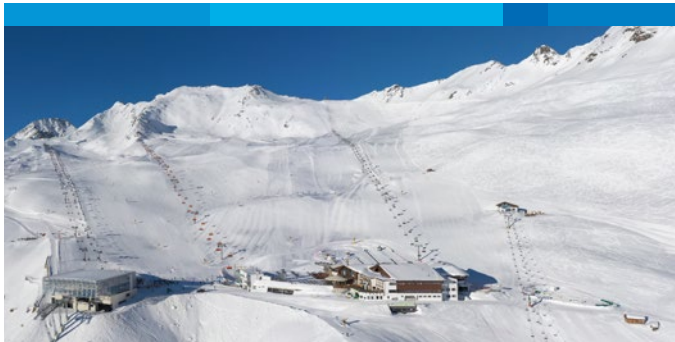
**P** Rettenbach Glacier, Sölden (toll road)

 Rettenbach Glacier Sölden

 Schwarze Schneid gondola

 AV-Karte Wassertalkogl 30/2 1:25.000

From the car park at Schwarze Schneide gondola base station westwards into the cirque between Karleskogel, Pitztaler Jöchel and Polleskogel. Keep to the right, through the last steep section into the cirque (approx. 3000 m) east of Polleskogel. On the saddle for about 100 meters across Pollesferner glacier in a north-eastern direction, then northwards down into Pollestal. At approx. 2400 m the valley runs northeast, here you start the ascent through Silberkar up to Wassertalkogl. Follow the northern creek ditch, climbing it to the west until the saddle branches off at approx. 2800 m. Through the central cirque up to the ridge between Sonnenkogel and Wassertalkogl, then via the southern ridge to the summit of Wassertalkogl (3252 m).



### POLLESTALELE (2770 m)

average



1:30 h



1.3 km



485 Hm



1390 Hm

**P** Giggijoch gondola  
Sölden

Top station  
Giggijoch gondola

Giggijoch gondola

AV-Karte Stubai  
Alpen – Geigenkamm  
1:25 000

From the top station of Giggijoch gondola to the north, past the restaurant, along Roßkirpl ski slope for a bit. Then you cross the wide open ski slopes to the north, reaching finally the steep route into Pollestalele. Through this small valley to the saddleback's west. Downhill via the slopes towards the ski run above Hochsölden, then on the ski run down to Sölden!

It's also possible to ascend via the ski run from the base station of Giggijoch gondola (6,3 km | 4:00 h).



### SÖLDENKOGL (2902 m)

difficult



4:00 h



8.6 km



1450 Hm



1450 Hm

**P** Car park at the  
barrier (for free)

Hamlet of Granbichl,  
Sölden

AV-Karte Stubai  
Alpen – Hochstuba  
1:25.000

You start at the parking area (free of charge) next to the barrier, above Sölden in the hamlet of Granbichl. You comfortably climb on a broad, groomed forest trail up to almost 2000 meters towards Kleble Alm. From Kleble Alm you ascend straight to the open area until you get to an old stable. Continues over several rock ledges and ridges to the saddleback with ski storage area. From here you follow the ridge to the summit cross. Downhill you follow the ascent track to Kleble Alm. Behind Kleblealm you can comfortably descend through Alpine meadows to Stallwiesalm (refreshment stop). From Stallwiesalm you return on the groomed forest path to the parking area at the barrier.



## Gurgl

### EISKÖGELE (3233 m)

easy



4:00 h



6.8 km




1300 ftm



1300 ftm

**P** Parking garage center Obergurgl, parking fee

Parking garage Festkogel, for free (no overnight parking)

 Village center or Festkogel gondola, Obergurgl

 Hohe Mut gondola I or I & II

 AV-Karte Ötztaler Alpen – Gurgl 1:25.000

From the parking garage in Obergurgl's center or the Festkogel gondola parking garage to Schönwieshütte (alternative: ascent via Hohe Mut gondola). Further into Rotmoostal side valley, soon to the right towards the steep slope below Hangererferner. Above the glacier field of Hangererferner to the steep ridge of Eiskögele. Continue over the 40-degree steep summit ridge that leads towards the short but very exposed northern ridge.



### LIEBENER SPITZE (3389 m)

average



4:30 h



8.0 km




1481 ftm



1481 ftm

**P** Parking garage center Obergurgl, parking fee

Parking garage Festkogel, for free (no overnight parking)

 Village center or Festkogel gondola, Obergurgl

 Hohe Mut gondola Obergurgl

 AV-Karte Nr. 30/1 Ötztaler Alpen – Gurgl 1:25.000

From the parking garage in Obergurgl's center or the Festkogel gondola parking garage to the base station of Hohe Mut gondola (alternative: ascent via Hohe Mut gondola), along the slope southwards to the middle station. On the left, the winding route leads along the piste to a small water reservoir (2220 m). Then continue in a south-southeastern direction through Gaisbergtal side valley to the glacier mouth. Bypass the clearly visible crevasse area on the left. Keep to the south above the icefalls and follow the steep southwestern glacier zone. At the upper glacier basin on the left across a huge steep slope into the saddle between the main and the western summit. The last few meters to the summit plateau on foot.






### SCHALFKOGL (3537 m)

difficult   3:30 h  5.0 km  1090 Ft  1090 Ft

**P** Parking garage center Obergurgl, parking fee

Parking garage Festkogl, for free (no overnight parking)

 Village center or Festkogl gondola, Obergurgl






 AV-Karte Ötztaler Alpen – Gurgl 1:25,000

From the parking garage in Obergurgl's center or the Festkogl gondola parking garage to Langtalereck Hütte through Gurgl's gorge towards Gurgl's glacier. Steep ascent to the right up to Kleinleiten Ferner glacier and Schalfkogljoch. Ascent on the southern ridge up to Schalfkoggl, short climbing section. Downhill via Schalfkoglferner glacier field.





## Vent

### MITTLERE GUSLARSPITZE (3126 m)

average   3:30 h  5.4 km  860 Ft  860 Ft

**P** Base station double chairlift Wildspitze, Vent, daily fee € 5,00

 Vernagthütte Vent

 AV-Karte Wildspitze 30/6 1:25,000

After a short downhill stretch from Vernagthütte you ascend southwards on the steep side moraine into the wide flat cirque. From there below Vordere Guslar Spitze into the upper cirque area and below the northern flank to the right.



### HINTERE SCHWÄRZE (3624 m)

average



4:00 h



6.9 km




2100 ftm



2100 ftm

**P** Base station double chairlift Wildspitze, Vent, daily fee € 5,00

 Martin-Busch-Hütte Vent

 AV-Karte Gurgl 30/1 1:25.000

From Martin-Busch-Hütte to Niederjochbach brook and around the northern Marzellkamm ridge to Marzellferner glacier, past the dangerous glacier crevasses to a ramp that leads steeply to the summit ridge. On a very exposed route on foot to the summit.



### SAYKOGEL (3355 m)

average



3:30 h



5.6 km




1093 ftm



1093 ftm

**P** Base station double chairlift Wildspitze, Vent, daily fee € 5,00

 Hochjoch Hospiz Vent

 AV-Karte Weisskugel 30/2 1:25.000

From Hochjoch Hospiz southwards down to Schäferhütte, to the right into the valley and the suspension bridge in the direction of Rofental. Cross the bridge, keep to the right in a south-western direction, along a steep slope along the brook's gorge. Further into the valley up to approx. 2500 ftm, then to the left across the brooklet and southwards to Hochjochferner glacier and further on the left side up to 3000 ftm in the direction of Hauslabjoch. Cross the eastern glacier field, climbing through the glacier basin to the left edge of the glacier. At the ski storage area you keep to the north, along the narrow ridge to the summit.



# Multi-day Tour



Vent

## **ÖTZTAL LOOP TOUR - THE SKI TOURING CLASSIC INCLUDING VENT LOOP TRAIL ON SKIS: CROSSING THE ÖTZTAL ALPS' HIGHEST PEAKS!**






The Ötztal Loop Tour has its trailhead in Obergurgl, traveling across the central part of the Ötztal Alps in seven days. It also comprises the popular Vent Loop Trail for ski mountaineers to some of Tirol's highest and most attractive peaks beyond three thousand meters. The Vent Loop Trail is the undisputed highlight of the seven-day Ötztal Loop Tour, ranking among the classic „hautes routes“ of the Eastern Alps. The difficulty level of this ski mountaineering loop tour is very high, therefore the route should only be attempted by experienced ski mountaineers. A mountain guide is strongly recommended.

Unrivaled peak conquests are on the program:

- Hinterer Seelenkogel (3472 fñ)
- Hohe Wilde (3465 fñ)
- Similaun (3606 fñ)
- Finailspitze (3514 fñ)
- Weißkogel (3739 fñ)
- Fluchtkogel (3497 fñ)
- Wildspitze (3774 fñ)



**DAY 1**  
**FROM OBERGURGL TO LANGTALERECK HÜTTE**  
**(KARLSRUHER HÜTTE | 2450 űm)**

difficult   2:30 h  6.2 km  520 űm  111 űm

Start of loop tour: ascent from Obergurgl past Schönwieshütte – Karlsruher Hütte (2450 űm)

Alternative: via Eiskögele (3233 űm) to Langtalereck Hütte,  
 Downhill: 1300 űm / Walking time: 4 h / Distance 8.7 km

**Peaks**

- Mittlerer Seelenkogel (3426 űm)
- Hinterer Seelenkogel (3472 űm)
- Langtalerjochspitz (3157 űm)

**Hut Crossings**

- Schönwieshütte (2262 űm)






Langtalereck Hütte (Karlsruher Hütte, 2450 űm, DAV)

Serviced from late February to mid May

T +43 (0) 664 5268 655



**DAY 2**  
**START OF VENT LOOP TRAIL OR ÖTZTAL LOOP TOUR**  
**VIA SCHALFKOGL (3537 űm)**

difficult   6:00 h  12.7 km  1400 űm  1330 űm

Start of Vent Loop Tour on Skis: Ascent from Vent through Niedertal to Martin-Busch-Hütte (2501 űm, 3 h)

Ötztal Loop Tour: Downhill to Gurgler Schlucht gorge (2200 űm) – ascent via Gurgler Ferner and Kleinleitenferner glaciers to Schalfjoch – continue along the ridge to Schalfkogel (3537 űm) – downhill via Schalfjoch to northern Schalfferner glacier into Niedertal – Martin-Busch-Hütte (2501 űm).

**Peaks**

- Hohe Wilde (3465 űm)
- Karles Spitze (3465 űm)
- Annakogl (3336 űm)

**Hut Crossings**






- Martin-Busch-Hütte (2501 űm)
- Hochwilde Haus  
 (2885 űm – currently closed)

Martin-Busch-Hütte (2.501 űm, DAV)

Serviced from early March to early May

T +43 (0) 5254 8130 | www.hotel-vent.at | info@hotel-vent.at

**DAY 3****FROM MARTIN-BUSCH-HÜTTE TO SIMILAUN (3606  $\text{m}$ ) | SIMILAUNHÜTTE (3019  $\text{m}$ )**

difficult

 3:00 h
 8.0 km
 1130  $\text{m}$ 
 582  $\text{m}$

Ascent via Martin-Busch-Hütte and Similaun (3606  $\text{m}$ ) to Similaunhütte (3019  $\text{m}$ )

**Alternative:** Ascent from Martin-Busch-Hütte to Saykogel (3355  $\text{m}$ )  
 Ascent: 871  $\text{m}$  | Walking time: 2:30 h | Distance: 4 km

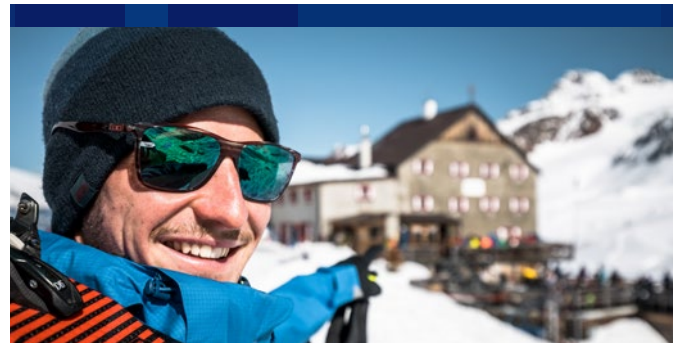
**Peaks**






- Kreuzspitze (3455  $\text{m}$ )
- Hauslabkogel (3402  $\text{m}$ )
- Similaun (3606  $\text{m}$ )
- Hintere Schwärze (3624  $\text{m}$ )
- Saykogel (3355  $\text{m}$ )
- Finailspitze (3514  $\text{m}$ )

**Hut Crossings**

- Similaunhütte (3019  $\text{m}$ )
- Hochjoch Hospiz (2413  $\text{m}$ )
- Hochwildehaus (2866  $\text{m}$ )
- Ramolhaus (3005  $\text{m}$ )

Similaunhütte (3019  $\text{m}$ , privately owned) serviced mid-March to early Mai  
 T +39 (0) 473 6697 11 | Satellite number: 072 0 9204 39  
[www.similaunhuetten.com](http://www.similaunhuetten.com) | [info@similaunhuetten.com](mailto:info@similaunhuetten.com)

**DAY 4****VIA FINAILSPITZE (3514  $\text{m}$ ) TO SCHÖNE AUSSICHT (2846  $\text{m}$ )**

difficult

 5:00 h
 8.5 km
 680  $\text{m}$ 
 860  $\text{m}$

Ascent to Ötzi's finding place (Tisenjoch) – then towards Hauslabjoch (1.5 h) – via north-eastern rock ridge up to Finailspitze (3514  $\text{m}$ , 1 h) – downhill via eastern part of Hochjochferner glacier – crossing the lower Hochjochferner glacier – short ascent to Schöne Aussicht (2846  $\text{m}$ )

**Peaks**

- Similaun (3606  $\text{m}$ )
- Finailspitze (3514  $\text{m}$ )
- Similaun ridge crossing (3606  $\text{m}$ )
- Marzellspitze (3532  $\text{m}$ )
- Hintere Schwärze (3624  $\text{m}$ )

**Hut Crossings**

- Martin-Busch-Hütte (2501  $\text{m}$ )
- Schöne Aussicht (2846  $\text{m}$ )
- Hochjoch Hospiz (2413  $\text{m}$ )

Similaunhütte (3019  $\text{m}$ , privately owned) serviced mid-March to early Mai  
 T +39 (0) 473 6697 11 | Satellite number: 072 0 9204 39  
[www.similaunhuetten.com](http://www.similaunhuetten.com) | [info@similaunhuetten.com](mailto:info@similaunhuetten.com)





**DAY 5**  
**WEISSKUGEL (3739 m) AND**  
**HOCHJOCH HOSPIZ (2413 m)**

difficult   7:30 h  18.6 km  1360 m  1790 m

Ascent on the saddle between im hintern Eis (3270 m) and Egg (3219 m) – down to Hintereisferner glacier – ascent via Hintereisferner to Hintereisjoch (3460 m, 4–4.5 h) – up to Weißkugel (3739 m, 1 h) on the southern ridge – down to Hochjoch Hospiz (2413 m, 2 h) via Hintereisferner

**Peaks**

- Weißkugel (3739 m)
- Finalspitze (3514 m)
- Langtauferer Spitze (3528 m)
- Saykogel (3355 m)

**Hut Crossings**

- Hochjoch Hospiz (2413 m)
- Similaunhütte (3019 m)






Schöne-Aussicht (2846 m, privately owned)

Serviced from late November to mid-May

T +39 (0) 473 6621 40 | [www.schoeneaussicht.it](http://www.schoeneaussicht.it) | [info@schoeneaussicht.it](mailto:info@schoeneaussicht.it)



**DAY 6**  
**FROM FLUCHTKOGEL (3497 m) TO**  
**VERNAGTHÜTTE (2755 m)**

difficult   4:30 h  9.4 km  1100 m  760 m

Ascent to Kesselwandferner glacier – Oberes Guslarjoch (3361 m, 3–3.5 h) – further on to Fluchtkogel (3497 m, 0.5 h) – downhill via Guslarferner glacier to Vernagthütte (2755 m)

**Peaks**

- Weißkugel (3739 m)
- Hintere Guslarspitze (3147 m)
- Fluchtkogel (3497 m)
- Langtauferer Spitze (3528 m)
- Saykogel (3355 m)

**Hut Crossings**

- Vernagthütte (2755 m)
- Brandenburger Haus (3272 m)
- Schöne Aussicht (2846 m)
- Similaunhütte (3019 m)

Hochjoch Hospiz (2413 m, DAV)

Serviced from early March to early May

Satellite number: 0720 9203 11

[www.hochjoch.at](http://www.hochjoch.at) | [hochjoch@gmx.at](mailto:hochjoch@gmx.at)



**DAY 7**  
**VIA WILDSPITZE (3774 fm) BACK**  
**TO VENT (1900 fm)**

difficult

 6:30 h
 8.0 km
 1.050 fm
 1.900 fm

Past Vernagtferner glaciers to Brochkogeljoch (3423 fm, 2.5–3 h) – via Taschachferner glacier to Wildspitze (3774 fm, 1.5–2 h) – downhill to Mitterkarjoch (3470 fm) – steep descent to the remains of Mitterkarferner glacier – through Mitterkar to Breslauer Hütte (2848 fm) – Stablein ski area – ski run down to Vent

**Alternative:** Ascent from Vernagthütte up to Hochvernagtspitze (3 h),  
 Ascent: 808 fm | Walking time: 3 h | Distance: 5 km

**Peaks**

- Wildspitze (3774 fm)
- Fluchtkogel (3497 fm)
- Schwarzwandspitze (3466 fm)
- Hochvernagtspitze (3535 fm)

**Hut Crossings**

- Hochjoch Hospiz (2413 fm)
- Breslauer Hütte (2848 fm)
- Brandenburger Haus (3272 fm)
- Taschachhaus (2432 fm)

Vernagthütte (2.755 fm, DAV) serviced early March to early May

T +43 (0) 664 1412 119 | Satellite number: 0720 9203 15

www.vernagthuette.de | info@wieshof.at



**RECOMMENDED TRAIL MAPS:**

- Alpenvereinskarte (AV) Ötztaler Alpen Gurgl 30/1  
 Wildspitz 30/6, Weißkugel 30/2
- Kompass Karte, Inneres Ötztal 042
- Freytag&Berndt Karte, Ötztal-Pitztal-Kaunertal WK 251

**Please check mountain hut opening times!**

For more tours go to:

👉 [oetzta.com/skitouren](https://oetzta.com/skitouren)



# Tobogganing



📍 Gaislachkogel Middle Station, Sölden

## **HIGH-SPEED ADVENTURE TOWARDS THE VALLEY**

The rush of speed probably might be one of the many reasons why tobogganing has become so popular. The choice of toboggan runs is really huge: from family-friendly to demanding, from “snow sliding” to speed sledding - there is something for all ages and preferences. Ötztal’s 13 toboggan runs wind down the mountain flanks on more than 45 km. Already at the entrance to the valley families will find perfectly suitable runs with easy ascents. Here you can also enjoy “twosome” tobogganing by doubling fun factor. Fun and action continue as there are several routes that promise an even higher level of adrenaline in the high mountains. And what’s best: real tobogganing enjoyment in Ötztal also involves comfy uphill transport. On some toboggan runs the local mountain lifts, hut taxis and shuttles take you effortlessly high up in the mountains for extra-long toboggan pleasures.

In Sölden, Gaislachkogel gondola takes you straight to the toboggan start of the 7.2 km long and extremely varied route. Once a week the course is floodlit in the evening. Also in Gurgl and Vent you can enjoy lift-assisted sledding fun. You never want to stop, right? Usually you can rent a toboggan directly at the hut or mountain inn. Or you can hire a perfect speed toboggan in the valley’s sports shops!

Special tip for ultimate tobogganing fun: Ötztal’s night toboggan runs in combination with a rest stop at one of the cozy mountain huts in a jovial atmosphere - followed by a cheerful downhill ride under moon and stars. A truly memorable experience.

➤ [oetztal.com/tobogganing](https://oetztal.com/tobogganing)



## Haiming-Ochsengarten

### TOBOGGAN RUN OCHSENGARTEN

average



1:00 h



2.2 km

**P** Car park Sattelle  
(parking fee)

**📍** Sattelle  
(above Ochsengarten)

**R** Feldring Alm

**X** Feldring Alm  
T +43 (0) 5252 6203  
Wednesday – Sunday  
10:00 am – 5:00 pm

The 2.2 km long toboggan run leads through the winter wonderland of Sattelle area at 1690 m above Ochsengarten to Feldringalm at 1888 m (serviced, closed on Monday and Tuesday). The short ascent route to Feldringalm is traffic-free and easily ascending – a perfect toboggan run for families!

The toboggan run is not floodlit!



## Sautens

### TOBOGGAN RUN SAUTENS

average



0:45 h



1 km

**P** Primary school  
Sautens

**📍** Above  
Primary school

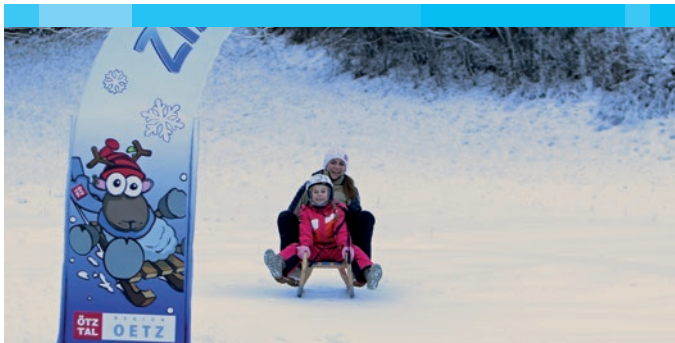
**R** Gasthof Hotel Post  
T +43 (0) 5252 6237

**X** Gastronomy in  
Sautens

**🕒** Floodlit daily until  
10:00 pm


In Sautens you will find a 1 km long toboggan run which is illuminated daily in the evening. There is even a separate ascent route - which means that tobogganists enjoy safe and traffic-free sledding fun.

A toboggan taxi can be ordered in advance at Gasthof Post inn.




## Oetz

### FAMILY TOBOGGAN RUN PIBURG

easy     0:30 h  0,5 km

**P** Piburg


The toboggan run Oetz/Piburg can be found in the hamlet of Piburg. The track is illuminated daily until 9:00 pm. You can rent toboggans directly at Gasthof Piburger See inn and, of course, also enjoy a glass of mulled wine or spicy alcoholic tea after a fun-filled toboggan adventure.

 Piburg village

**R** Gasthof Piburger See

 Hotel Seerose  
T +43 (0) 5252 6220

Gasthof Piburger See  
T +43 (0) 5252 6295

 Floodlit daily until 9:00 pm




## Umhausen-Niederthai

### TAUFERBERG TOBOGGAN RUN

average    0:30 h  1,9 km

**P** Ötztal XC Ski Center (parking fee)

Scenic Tauferberg toboggan run is located directly in Niederthai. On the separate winter hiking trail you ascend approx. 30 minutes to the starting point of the toboggan track, followed by a 1 kilometer long downhill ride.

 Car park hamlet of Lehen

**R** Alpincenter Sport Grüner Niederthai | Josl's Ski Rental

 Gastronomy in Niederthai





## NIEDERTHAI – HORLACHTAL

easy



2:00 h



3 – 6 km

**P** Car park Sennhof  
(parking fee)

**X** Car park hamlet of  
Sennhof

**R** Larstigalm |  
Schweinfurter Hütte |  
Alpincenter Sport  
Grüner Niederthai |  
Josl's Ski Rental

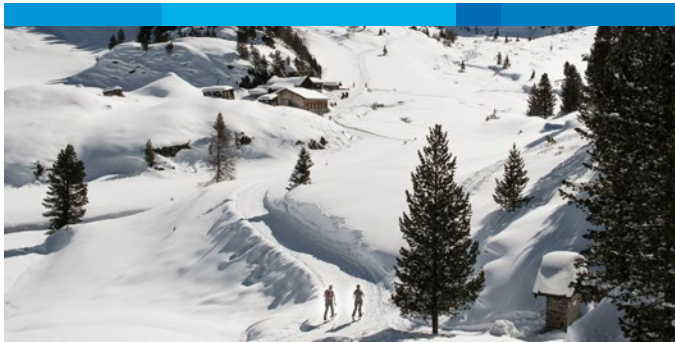
**X** Schweinfurter Hütte  
T +43 (0) 5255 5002 9  
from late December  
to late April  
open all day

Larstigalm  
T +43 (0) 5255 5178  
from late December  
to Easter  
11:00 am – 5:00 pm  
closed on Monday

You start at the Sennhof parking area and walk on the wide winter hiking trail along Horlachbach brook towards the upper valley to Larstigalm or further on to Schweinfurter Hütte. From there you can return to Niederthai on toboggan on the same route and indulge in the marvelous winter landscape.

Alternatively you can also follow the fairly steeper Grastalweg walking trail up to Larstigalm and continue to Schweinfurter Hütte.





## Längenfeld

### TOBOGGAN RUN SULZTALALM

easy



1:30 h



3.8 km

**P** Car park village edge of Gries

**🅄** Car park village edge of Gries

**R** Sulztalalm (parking fee)

**X** Sulztalalm  
T +43 (0) 676 5115 370  
December to Easter

The ascent route along the toboggan run is quite flat at the beginning but from Vögelasbrücke the slope slightly increases. After a refreshment in the warm and cozy wooden parlor you enjoy a toboggan ride back to Gries. Since the route is not steep it is also perfectly suitable for families!



### TOBOGGAN RUN NISSLALM

average



1:50 h



5 km

**P** Car park village edge of Gries

**🅄** Car park village edge of Gries

**R** Nisslalm (parking fee)

**X** Nisslalm  
T +43 (0) 676 5618 561  
open all year

At the beginning the trail is very flat, later the slope increases noticeably. After a short walk the path branches off to the right. A couple of hairpin bends meander uphill on a moderately climbing route. The entire trail is lined with beautiful stone pine trees. The mountain hut nestles on a plateau and offers superb views.



### TOBOGGAN RUN WURZBERGALM

average



1:40 h



4.4 km

**P** Car park between Winklen & Unterried

**📍** Car park between Winklen & Unterried

**R** Wurzburgalm (parking fee)

**X** Wurzburgalm  
T +43 (0) 664 9858 307  
late December to Easter

The forest trail (toboggan run) takes you uphill in countless hairpin bends. At its start you still have the opportunity to catch a glimpse of scenic Längenfeld. Later the tour runs through dense coniferous forest. Once at the hut, you can relax in the warm wooden parlour while enjoying homemade specialties, followed by a speedy toboggan ride down to the valley.



### TOBOGGAN RUN BRANDALM

average



0:45 h



1.4 km

**P** Sports center | Information Längenfeld

**📍** Fischbach bridge

**R** Sport shops in Längenfeld

**X** Brandalm  
T +43 (0) 5253 5283  
mid-December to Easter

You ascend on the forest road (toboggan run) in the direction of Gries. The route, especially the first part, is quite steep but can be mastered by everyone. Due to some bends the terrain's slope is less noticeable. At the top you can indulge in magnificent panoramic views. After a stop at the hut you reach the valley floor on a fun-filled toboggan ride.

Please note that there is no toboggan rental at Brand Alm.





## Sölden

### TOBOGGAN RUN SÖLDEN

average



2:30 h



7.2 km

**P** Car park Gaislachkogel Gondola

**🕒** Gaislachkogel Gondola middle station

**R** Sports shops at Gaislachkogel Gondola

**X** Huts & Alpine pastures in the ski area

**🕒** daily 9:00 am – 4:15 pm  
1x weekly floodlit until 9:30 pm

The floodlit toboggan run leads from the Gaislachkogel Gondola middle station down to Sölden. Covering a length of 7.2 kilometers, it ranks among Austria's longest toboggan runs. The easy route makes this toboggan run just perfect for families. Uphill rides on Gaislachkogel Gondola I for holders of a valid skipass, toboggan lift ticket or single-ride ticket.



### TOBOGGAN RUN STALLWIESALM

average



2:00 h



3.8 km

**P** Car park Freizeit Arena | Car park at the barrier

**🕒** Postplatz | Car park at the barrier

**R** Sport shops in Sölden

**X** Stallwiesalm  
T +43 (0) 664 5011 389  
December to March



The natural toboggan run leads from Stallwiesalm mountain hut to the parking area next to the road gate. This 3.8 km long natural toboggan run is a true highlight for young and old. The fun-packed toboggan adventure starts right next to the quaint mountain hut. On request, the hut keeper will gladly take you to the hut in a snow-grooming machine. Special tip: a jovial hut evening at Stallwiesalm!



## Gurgl

### NATURAL TOBOGGAN RUN HOCHGURGL



- P** Base station  
Hochgurgl Gondola
-  Top station Hochgurgl  
Gondola section I
- R** Sport Scheiber  
T +43 (0) 5256 6209 500
- X** Downhill Grill  
Base station  
Hochgurgl gondola  
Section I  
T +43 (0) 5256 6265 564  
Gastronomy in  
Hochgurgl
-  daily 9:00 am – 4:00  
pm until Christmas  
floodlit on FRI from  
7:30 pm – 10:30 pm |  
after Christmas  
floodlit on THU from  
7:30 pm – 10:30 pm

A true tobogganing highlight: the floodlit natural toboggan run leads from the middle station of Hochgurgl Gondola down to the base station in Pill. Three kilometers long, 25 speedy turns, top floodlights and comfy uphill ride on Hochgurgl Gondola.


Free night tobogganing bus from Sölden. For holders of a valid lift ticket the gondola ride is free of charge.



## Vent

### TOBOGGAN TRAIL STABLEIN



- P** Car park base station  
of chairlift Wildspitze  
Vent
-  Crossroads P9
- X** Panoramarestaurant  
Stableinalm  
T +43 (0) 5254 3012 8  
late December to  
early/mid-April  
9:30 am – 4:00 pm

At the Rofen intersection (P9) you follow the ski slope for about 500 meters (please keep to the edge of the slope). Then turn right into the broad trail, quite flat at the beginning and steeper at its end. At 2365 m lovely Stableinalm offers a fabulous sun terrace just perfect for a rest stop.

Alternatively, you can also take Wildspitze chairlift to the top station, from there you return on toboggan to Vent (toboggan rental available at Stableinalm).





# Ice Skating & Ice Curling



© Lake Piburger See, Oetz

## **CONQUER SLIPPERY NATURE ON ICE SKATES**

Floating elegantly on the icy surface - even if this idea can't be implemented by 100% in terms of motor skills, skating always promises a good mood. And after the first try you will quickly improve your skills and acquire a taste for it. In addition to the artificial ice rinks on which team athletes can try Alpine curling on ice, scenic Ötztal also offers a natural ice rink.

Atmospheric music for tricks on the ice, floodlit in the evening and a bistro or refreshments in the immediate vicinity - the skating rinks provide a change from skiing or tobogganing throughout Ötztal. Ice skates are usually available for rent directly at the skating rinks. Even the youngest ones can give ice skating a try thanks to skating aids in the form of funny figures. The undisputed ice skating highlight in Ötztal, weather permitting, is the natural ice skating rink of lake Piburger See in Oetz. A special safety commission checks the ice quality regularly and opens the track for ice skaters and winter hikers at lake Piburger See in Oetz. Nature-loving ice skaters can glide on the frozen water surface for free. A truly sublime feeling when the view sweeps from the lake to majestic Acherkogel peak. Gasthof Piburger See inn has a skate rental station and is also perfect for warming up in its cozy wooden parlors. As soon as the lake is open for ice skaters, a shuttle bus will take you from Oetz to Piburg and back again!

If you like playing in a team ice curling is the right thing for you. But it's not as easy as it sounds, especially if it's your first attempt with the curling stone. These are exactly the right conditions for a tournament: the more people, the more exciting it can be! By the way, a glass of spicy mulled wine tastes delicious.

➤ [oetztal.com/ice-skating](https://oetztal.com/ice-skating)



## Gliding on Ice – Ötztal Ice Skating Rinks

### **ÖTZTAL-BAHNHOF**

Ice skating & ice curling (on request)

Behind the train station, floodlit on request, no rental!

Opening times: 9:00 am – 9:00 pm

Contact: Marco Lackner | T +43 (0) 699 1154 4557

### **HAIMING**

Ice skating & ice curling

At the sports center, floodlit in the evening, weather permitting, no rental!

Opening times: 9:00 am – 9:30 pm

Contact: Franz Koll | T +43 (0) 650 9241 158

### **OETZ**

Ice skating & ice curling

At lake Piburger See, check ice quality first!

Rental: ice skates at Gasthof Piburger See | T +43 (0) 5252 6295

curling stones at Hotel Seerose | T +43 (0) 5252 6220

Opening times: according to safety commission

Contact: Ötztal Tourismus | T +43 (0) 57200 500

### **TUMPEN**

Ice skating & ice curling (on request)

Next to primary school, floodlit on request, weather permitting

Rental: on the spot, reservation required for groups!

Opening times: 10:00 am – 5:00 pm

Contact: Tanja Haid | T +43 (0) 664 2023 770

### **UMHAUSEN**

Ice skating

Murplatz in the center, floodlit, weather permitting | Rental: Sport Grüner

Opening times: 10:00 am – 10:00 pm

Contact: Sportverein Umhausen | T+43 (0) 676 7700 636

### **LÄNGENFELD**

Ice skating & ice curling

At the sports center

Rental: on the spot, reservation required for groups!

Opening times: 4:00 pm – 8:00 pm

Contact: Groundskeeper | T +43(0) 664 7918 841

### **SÖLDEN**

Ice skating & ice curling

Next to Gaislachkogel Gondola, floodlit in the evening | Rental: on the spot

Opening times: please check notice board

Contact: Freizeit Arena Sölden | T +43 (0) 5254 2514

### **GURGL**

Ice skating & ice curling

Opposite mountaineers chapel, floodlit in the evening, no rental!

Group requests also outside opening times!

Opening times: 4:00 pm – 10:30 pm, closed on FRI

Contact: Marco Gstrein | T +43 (0) 664 4418 2502

### **VENT**

Ice skating & ice curling

Sports field (behind Hotel Vent), floodlit ice curling by night

Rental: in the sport shops | video surveillance!

Opening times: ice skating daily 8:30 am – 12:30 pm & 1:30 pm – 6:00 pm

(weather permitting) | ice curling daily on request 6:00 pm – 9:00 pm

(curling stones provided)

Contact: Ötztal Tourismus Vent | T +43 (0) 57200 260



# Ice Climbing



## **FACING THE FROZEN WATERFALL**

Not an activity for everyone - but an ice cold adventure where Ötztal's frozen waterfalls play the main role. There are several possibilities, even beginners can give ice climbing a try. Climbing crampons and ice equipment are an absolute must when it comes to ice sports. Experienced mountain guides will show you the right climbing technique or you join one of ice climbing taster courses which promise fast improvement in ice climbing also for absolute novices.

The doubts whether one can easily acquire the skills are often unfounded as sports enthusiasts even without previous experience but with certain climbing skills can venture easy ice climbing routes together with a certified mountain guide. Discipline and safety always come first. At first beginners should learn proper belaying, assessing the quality of ice on site and the right climbing iron techniques at different levels of difficulty. The right ice device handling and the use of climbing crampons must be trained before heading for the frozen waterfall. And there are almost 30 different falls in Längenfeld alone, offering different heights and difficulty levels.

Ice climbing is at your own risk. The ice climbing sites are neither serviced nor closed in case of danger.



## Haiming-Ochsengarten

### **GHOSTBUSTER – TROUGH**

Name: waterfall climbing

Description: short practicing waterfalls

Difficulty: WI 2+/5-

Pitches: approx. 1 – 2 pitches, 15 – 35 m high

Direction: south - west

Parking: before and after the hairpin bends of Ochsengarten

Access: via forest trail, downhill to the waterfalls (approx. 5 min)

Descent: abseiling on the same route via threading aids & trees (approx. 0.5 h)

### **EIS AM STIEL**

Name: waterfall climbing

Description: short waterfall

Difficulty: WI 4 / 4+

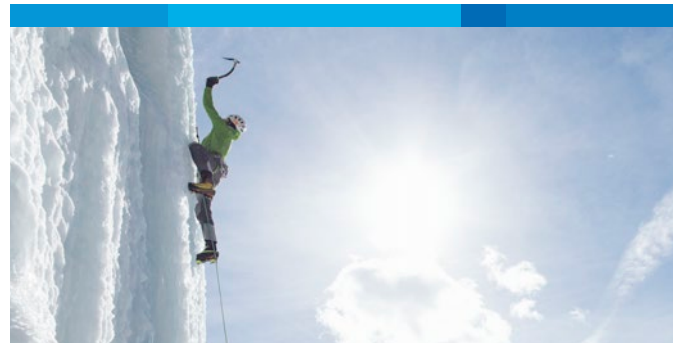
Pitches: approx. 1 pitch, 50 m high

Direction: north

Parking: from Oetz towards Ochsengarten – across the bridge in Mühlau – parking after 650 m

Access: from the car park to the bridge located above, across Nederbach brook, ascent to the waterfall (approx. 15 min)

Descent: abseiling on the same route via threading aids & trees (approx. 0.5 h)



## Umhausen-Niederthai

### **GRUBENBACHFALL (SCOOBY DOO, GHOSTBUSTER 1 & 2)**

Name: waterfall climbing

Description: beautiful ice shield with difficult final part

Difficulty: WI 2 / 5+

Pitches: approx. 3 – 4 pitches, 70 – 190 m high

Direction: east

Parking: Tumpen primary school

Access: walking towards the lower valley, you turn right at the farmhouse, then proceed straight to the waterfall (approx. 30 min)

Descent: abseiling on the same route via threading aids & trees or walking through the forest to the lowest part of the wall, abseiling on trees (approx. 1 h)

### **MEISTER PROPER TUMPEN**

Name: waterfall climbing

Description: small but difficult waterfall

Difficulty: WI 5+ / 6-

Pitches: approx. 3 pitches, 70 m high

Direction: east

Parking: Tumpen primary school

Access: walk towards Gehsteigalm / lower valley after the church, you reach the waterfall by crossing the forest (approx. 30 min)

Descent: abseiling on the same route via threading aids & trees (approx. 1 h)





### **KRISEILA**

Name: waterfall climbing

Description: splendid, long waterfall – difficult sections in the upper part

Difficulty: WI 4+

Pitches: approx. 6 pitches, 250 m high

Direction: west

Parking: Tumpen, Engelswand car park

Access: walking past the Engelswand climbing garden you cross the birch grove until you reach the icefall (approx. 30 min)

Descent: abseiling on the same route via threading aids & trees (approx. 1.5 h)

## **Längenfeld**

### **MÜRBIHL**

Name: icefall

Description: short icefall in the Ötztal Ice Climbing Park, floodlit daily from 5:00 pm to 9:00 pm

Difficulty: WI 4+

Pitches: 2 pitches

Direction: northeast

Parking: Oberried climbing garden

Access: from the car park you follow the signposts to the icefall (approx. 10 min)

Descent: abseiling (climbing bolts are provided in some sections)







# More Activities



## **THE THRILL OF VARIETY IN TIROL'S LONGEST SIDE VALLEY**

If you prefer something out of the ordinary Ötztal offers myriad opportunities to make your winter vacation a truly different one. In contrast to typical Alpine winter sports you will find many exciting activities throughout the valley.

The outdoor course in Sautens promises adrenalin kicks, fun and action amidst the white winter wonderland. The combination of tightrope and high ropes course makes you know your personal limits in the wonderful winter scenery. Of course there is a lot going on for families as well, for example the igloo building workshop in the Hochoetz Snow Village will surely inspire young and old. So it's quite easy to get distracted from the skiing fever in the Alpine strongholds by discovering a very different kind of winter holidays. You don't have to do without golfing and horseback riding just because it's winter time: simply take full advantage of the varied indoor facilities.

Special tip: Those who want to enjoy a true fairy-tale Alpine winter are strongly recommended to enjoy romantic horse carriage rides through the snow-capped mountain villages and forests of Ötztal.



### **WINTER HIGH ROPES PARK**

Experience fun and great adventures also in winter.

On request daily from mid-December to early April.

Special tip: make a night fly by torchlight!

Contact: Ötztaler Outdoor Parcours | Dorfstraße 7 | 6432 Sautens |

T +49 (0) 170 2454 524

### **TANDEM FLIGHTS**

Experience a very different winter vacation on a wintry tandem paragliding flight with Oetz Air!

Oetz: Oetz-Air | Adi Meierkord | 6433 Oetz | T +43 (0) 664 4524 393

Sölden: Parataxi | Johannes Kalkus | 6450 Sölden | +43 (0) 664 1133 600

### **SNOW PLAYGROUNDS**

Huge play paradise for the kids. Sliding, tobogganing, building snow castles.

Information Niederthai: Niederthai 50 | 6441 Umhausen | T +43 (0) 57200 400

Information Vent: Venterstraße 35 | 6458 Vent | T +43 (0) 57200 260

Information Sölden: Gemeindestraße 4 | 6450 Sölden | T +43 (0) 57200 200

Information Gurgl: Gurglerstraße 118 | 6456 Obergurgl | T +43 (0) 57200 100

### **WINTRY HORSE CARRIAGE RIDES**

Horse-drawn carriage rides amidst the winter wonderland with great views of white forests and mountains provide for true mountain winter mood!

Oetz: Haflingerzucht Griesser | Hauptstraße 1 | 6433 Oetz | T +43 (0) 664 8398 911

Niederthai: Michael Leiter | Niederthai 10 | 6441 Umhausen | T +43 (0) 5255 5523

Längenfeld: Vinzenz Kuprian | Dorf 28a | 6444 Längenfeld | T +43 (0) 5253 5673

Vent: Haus Reinstadler | Gampenweg 9 | 6458 Vent | T +43 (0) 664 448 8511



### **HORSEBACK RIDING & RIDING SHOWS**

Galloping through high Alpine nature under a bright blue sky with stunning views of Ötztal's mountains. On request: lunge lessons, group & jumping lessons, riding out, private riding lessons, show program.

Längenfeld: Gut Kehlerbach | Huben | 6444 Längenfeld | T +43 (0) 676 3854 341

Ötztaler Reitschule | Aschbach | 6444 Längenfeld | T +43 (0) 676 3856 266

Pony Stüberl Ötztal | Aschbach | 6444 Längenfeld | T +43 (0) 677 6309 3664

Gurgl: Reithalle Obergurgl | Hotel Edelweiss & Gurgl | Ramolweg 5 |

6456 Obergurgl | T +43 (0) 5256 6223

### **INDOOR GOLF**

Indoor golf on Europe's largest indoor golf course: golf pro, golf simulators, putting green, video analysis course, individual coaching analysis, golf taster lessons.

Sautens: Selfness & Genusshotel Ritzlerhof | Ritzlerhof 1 | 6432 Sautens |

T +43 (0) 5252 6268

Gurgl: Hotel Riml | Putt-in Bar | Hochgurglerstraße 16 | 6456 Obergurgl |

T +43 (0) 5256 6261

### **WOOD CARVING & ARTISTIC CRAFTS**

Old artistic crafts and tradition make these hand-painted figures unique, carved from stone pine wood. Get your travel souvenir here!

Längenfeld: Holzschnitzerei Neurauter | Runhof 175 | 6444 Längenfeld |

T +43 (0) 5253 5382

Gurgl: Holzkunst-Schnitzerei | Schäfergasse 3 | 6456 Obergurgl |

T +43 (0) 650 9150 088

**R**

# Rental Stations in Ötztal



## **SUITABLE EQUIPMENT FOR ALL OCCASIONS**

Countless rental stations and sports shops spread all over the holiday villages provide maximum comfort for all concerns. Be it state-of-the-art cross-country skiing gear for a leisurely round on Ötztal's Nordic skiing trails, light snowshoes to trudge across glittering snow fields, toboggans and sleds for the ultimate high-speed adventure or ice skates for fun on two runners. You will quickly and easily find everything your heart could possibly desire during a winter holiday in Ötztal.

The best thing about Ötztal's rental stations? Everything you need is available in the immediate vicinity - often with active connections such as the start of the Nordic skiing trail or the toboggan runs access point. Additionally, you can rent ice skates at some skating rinks or toboggans right at the mountain hut, which makes the climb even more comfortable as your toboggan is already waiting for you.

In Ötztal you will never have to look far to get the right equipment and material for your needs as the Ötztal locals know best that winter sports promise unlimited fun only with the right equipment!

**OCHSENGARTEN****ALPINE SPIRIT CENTER**

Veronika Leichtfried X X X  
6433 Ochsen Garten | T +43 (0) 5252 6777

**SAUTENS****WINTER WORLD**

6432 Sautens | T +43 (0) 664 2414 040 X X

**OETZ****SNOW FUN CENTER HOCHOETZ**

6433 Oetz | T +43 (0) 5252 2024 9 X

**SPORT 2000 LOHMANN**

6433 Oetz | +43 (0) 664 4353 475 X

**GASTHOF PIBURGER SEE**

6433 Oetz | T +43 (0) 5252 6295 X X

**HOTEL SEEROSE**

6433 Oetz | T +43 (0) 5252 6220 X

**UMHAUSEN-NIEDERTHAI****ALPINCENTER SPORT GRÜNER NIEDERTHAI**

6441 Niederthai | T +43 (0) 5255 5420 X X X X X

**SPORT GRÜNER UMHAUSEN**

6441 Umhausen | T +43 (0) 699 1603 3449 X X X X X

**JOSL'S SKI- & LANGLAUFVERLEIH**

6441 Niederthai | T +43 (0) 664 2704 476 X X X

**LÄNGENFELD****RIML SPORTS LÄNGENFELD**

6444 Längenfeld | T +43 (0) 5031 1400 X X X X

**INTERSPORT GLANZER**

6444 Längenfeld | T +43 (0) 5254 2223 316 X X X X

**SCHUH- UND SPORTHAUS GRÜNER**

6444 Längenfeld | T +43 (0) 5253 5336 X X

**ALPINTREFF**

6444 Längenfeld | T +43 (0) 664 4434 684 X X

**SPORT RIML**

6444 Gries | T +43 (0) 5253 6263 X X

**SPORTVERLEIH SCHÖPF**

6444 Gries | T +43 (0) 5253 5119 X X X X

**SÖLDEN****SPORT4YOU**

6450 Sölden | T +43 (0) 5254 3061 0 X X X X X

**SPORT RIML**

6450 Sölden | T +43 (0) 5254 501 X X X X

**SPORT BRUGGER**

6450 Sölden | T +43 (0) 5254 3006 2 X X X X

**SPORT GLANZER**

6450 Sölden | T +43 (0) 5254 2223 X X X X

**SUNUP SPORTS**

6450 Sölden | T +43 (0) 5254 2255 X X X X

**GURGL****SPORT LOHMANN**

6456 Obergurgl | T +43 (0) 5256 6372 X X X

**SPORT SCHEIBER**

6456 Obergurgl | T +43 (0) 5256 6223 X X X X

**RIML SPORTS**

6456 Obergurgl | T +43 (0) 5256 6216 X X X

**VENT****VENTER KAUFHÄUSL**

6458 Vent | T +43 (0) 660 8103 127 X X X X X X

**SPORTALM**

6458 Vent | T +43 (0) 5254 8102 53 X X X X X X

**BERGFÜHRERSTELLE VENT**

6458 Vent | T +43 (0) 5254 8106 X X X



# Worth Seeing



© AQUA DOME, Längenfeld

## MEMORABLE WINTER HIGHLIGHTS

Discover the TOP spots in Ötztal and all must-sees during your picture-book winter vacation. In addition to the enchanting winter landscape, which may well be a highlight in itself, there are myriad other places worth seeing spread all over Ötztal. For example, warming up & relaxation in the hot thermal waters of the AQUA DOME - Tirol Therme Längenfeld spa center as a contrast to the cold season. You must also have seen the legendary Stuiben Falls - Tirol's biggest waterfall in a glittering white dress during the winter months. James Bond fans awaits a very special surprise: at the summit of Gaislachkogel peak in Sölden beyond 3000 meters altitude you can visit not only some of the action sequence shooting locations of the James Bond spy movie „Spectre“ but also a whole new 007 ELEMENTS cinematic installation. Exciting sequences from all James Bond films, interactive high-tech galleries and original gadgets such as the „Golden Gun“ or the Omega laser watch shown in James Bond's „GoldenEye“ provide real action feeling!



Visit the Nature Park House in Längenfeld and explore Ötztal's natural variety in all facets. You will learn interesting facts about flora and fauna, geology and history in a playful way by using interactive elements.





## WIDIs Moveshuttle

In the 5D cinema - WIDIs MOVIE SHUTTLE - you will float through WIDI's world thanks to special effects. A truly exciting adventure for all the family! The 5D cinema is located next to the kindergarten and children's restaurant at the Hochoetz top station.

### **MULTI-FACETED STORYTELLING**

A futuristic 5D multimedia simulator tells the story of the WIDIVERSUM Family Adventure World focusing on WIDI and his friends in search of their magic crystal stolen by the wolf. The adventurous journey and speedy chase, including digitally controlled flying and hovering moments, lasts for about eight minutes. The fascinating scenery also boasts many surprising, multi-sensory effects.

WIDIs MOVIE SHUTTLE is located in the second basement level of the Hochoetz Panorama Restaurant, close to the top station of Acherkogel mountain gondola

**Opening times:** daily 10:00 am – 4:00 pm  
At the WIDI Merchandise Shop you will find a wide range of fun souvenirs to choose from.

**Contact:** Bergbahnen Hochoetz | Angerweg 13  
6433 Oetz | T +43 (0) 5252 6385



## Stuiben Falls – Tirol's biggest waterfall

Also in the cold season you can admire the mightiest waterfall of Tirol in its white winter splendor including spectacularly sparkling icicles. A cleared winter hiking trail leads directly to the Stuiben Falls from Niederhai and Umhausen, which is also easily accessible for families. The natural spectacle can also be admired from the panoramic car park located opposite, just before you reach Niederhai.

Additionally, the Stuiben Falls are illuminated every Wednesday evening and you can even join a guided lantern walk. This unique highlight is an absolute must during your winter holiday in Ötztal.

Booking of lantern hikes at all Ötztal Tourismus Information Offices!

**Contact:** Information Umhausen | Dorf 24 | 6441 Umhausen  
T +43 (0) 57200 400



## AQUA DOME – Tirol Therme Längenfeld

The AQUA DOME - Tirol Therme Längenfeld is Tirol's very first spa resort and the largest water world within the entire region. Immerse yourself in one of the 12 scenic swimming pools filled with up to 36 degree warm thermal water and relax in the countless oases of peace and recreation. Unlimited family fun is guaranteed in the new, adjacent NOAH's ALPINE ARCH for kids.

Contact: AQUA DOME – Tirol Therme Längenfeld | Oberlängenfeld 140 | 6444 Längenfeld | T +43 (0) 5253 6400 6001

## Nature Park House Längenfeld

The Nature Park House in Längenfeld is home to a unique multi-media exhibition on Ötztal's nature and culture, covering some 300 m<sup>2</sup>. Special Ötztal plants, Alpine animals and habitats are presented as well as typical Ötztal stones and the rockslides that formed the entire valley. The multi-lingual exhibition contains state-of-the-art communication elements and appeals to all senses.

Contact: Naturpark Haus Längenfeld | Oberlängenfeld 142 | 6444 Längenfeld | T +43 (0) 5253 2020 1



## 007 ELEMENTS

007 ELEMENTS is an absolute world first: a cinematic installation centering on the world of James Bond. Although this installation focuses mainly on SPECTRE and those film scenes that were shot in Sölden, it also includes other chapters of the legendary 24 James Bond films.

007 ELEMENTS takes visitors on an exciting journey through a series of interactive high-tech galleries and halls that revolve around the hallmark and all the classic elements of a James Bond movie - such as magnificent title sequences and dramatic soundscapes, awe-inspiring action scenes as well as cars and gadgets, iconic locations, unique studio sets and, of course, a large number of convincing characters.

Contact: Bergbahnen Sölden | Dorfstraße 115 | 6450 Sölden | T +43 (0) 5254 5080



## Top Mountain Motorcycle Museum

Europe's highest motorbike exhibition on more than 3000 square meters, presenting over 260 classic motorcycles and exceptional cars plus their history. Special exhibitions. Admission fee according to current list.

**Opening times:** daily 9:00 am – 5:00 pm

**Contact:** Top Mountain Motorcycle Museum | Timmelsjochstraße 8  
6456 Obergurgl | T +43 (0) 5256 6265 910

## Nature Park Info Point

Experience a top-class natural history exhibition. At 2670 m high Hohe Mut Alm, boasting magnificent vistas of the mighty glaciers in Rotmoostal and Gaisbergtal side valleys, you will learn more about life in and around the glacier, imminent climate change and decades of high Alpine research in the valley. The bilingual (EN, DE) interactive exhibition on 135 m<sup>2</sup> features a selection of exhibits on the high Alpine fauna and flora, explaining also the colorful variety of Gurgl's stones and rock formations. Additionally, you can feel the glacier ice close up. Free admission.

**Opening times:** daily 9:00 am – 4:00 pm

**Contact:** Hohe Mut Alm | Skigebiet Obergurgl | 6456 Obergurgl  
T +43 (0) 5256 6260 551



## Nature Park Exhibition – Rectory Vent

The multimedia nature park exhibition on the 1st floor of Vent's rectory shows the huge variety of Vent nature themes - ranging from field names to sheep drives, from settlement history at the times of Ötzi to Franz Senn - the tourism pioneer and priest, from glacial recession and climate change to central themes of high Alpine habitats with especially adapted plants and animals (in German and English). Open daily, 8:00 am – 10:00 pm.

## Mountaineers Chapel Vent

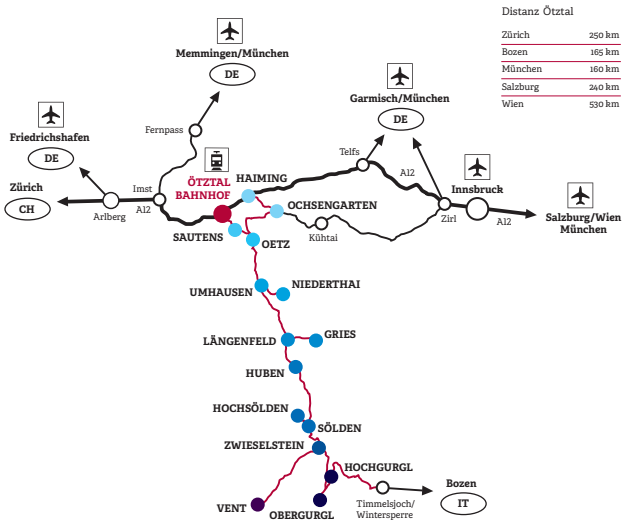
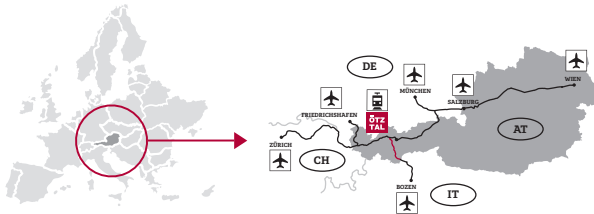
The chapel was renovated, redesigned and renamed as „Mountaineers Chapel“. There are yearly changing theme exhibitions held in the chapel.

**Contact:** Information Vent | Venterstraße 35 | 6458 Vent | T +43 (0) 57200 260

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