Cross-Country ski trails

High Trails (snow guarantee)

1 1 Hig	h Trail Schönfeld – Rosanin
Difficulty: Elevation: Length: Access Point:	easy, intermediate, challenging ●●● 1730 - 2050 m 8 km classic & skating <i>Rosanin (area)</i> turn-off near the <i>Dr. Josef-Mehrlhütte (hut)</i>
The cross-country ski trail leads across hilly terrain up to the Rosaninalm and, in perfect conditions, out as far as the Rosaninsee at the foot of the Königstuhl, while the return promises an extended downhill experience.	

2 High Trail Schönfeld - Kasmandl Difficulty: easy

Elevation:	1730 m
Length:	2 km loop, skating & classic
Access Point:	in front of the family- and youth guest house Schönfeld
Tour in the <i>Schö</i>	nfeld (city) valley bottom. Very suitable for beginners!

3 3 High	n Trail Schönfeld – Bundschuh
Difficulty:	easy, intermediate ••
Elevation:	1600 - 1730 m
Length:	10 km classic & skating
Access Point:	<i>Schönfeld (city)</i> car park

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

10 10 High Trail Preber

Difficulty:	easy, intermediate 🛛 🗢
Elevation:	1450 - 1500 m
Length:	8 km double-tracked classic, 6 km skating
Access Point:	Ludlalm, P1, P2, P3
Around the "Prebersee" (lake), continues in an easterly direction through easy, un- dulating meadows and alpine pastures. Turn-around point in front of the <i>Gasthof</i> <i>Preberhof (inn,</i> side trail up to the inn itself). Return along the right side of the "Feisterbach" (rivulet). Skating track for cross-country skiers with more athletic ambitions. Suitable for all ages!	

14 14 High Trail Lignitz -

0	snowmaking coverage	
Difficulty: Elevation: Length: Access Point:	easy, intermediate •• 1330 - 1400 m 7 km classic & skating, loop <i>Lignitz (district)</i>	
Snowy high trai	for beginners, casual skiers and pros	Depending on s

Snowy high trail for beginners, casual skiers and pros. Depending on snow conditions, it may be possible to ski further into the *upper Lignitz Valley (area)*. Biathlon, daily illuminated round loop (ca. 800 m) from 4 – 9 pm.

Valley trails (Depending on the snow situation)

7 7 Winkel Trail Göriach		
	Difficulty: Elevation:	easy, intermediate •• 1180 - 1250 m
	Length: Access Point	8 km classic and two rounds with 1,5 km skating per s : <i>Göriach at Wassering (district)</i> , at the village hall

Gently uphill heading north in the direction of *Hintergöriach (district)*. Alongside the "Göriachbach" (rivulet) to the "Landschaftsschutzgebiet Göriachtal" (Göriach *valley nature preserve*). After 3.5 km, you reach the turn-around point at the *Ed*eralm (hut). On the eastern side of the valley, you now head towards the mouth of the valley as far as *Vordergöriach (district)*. After a short, steep stage, you will reach the access point in Wassering (district). Numerous access points along this trail. At Göriach-Winkl there are also along the left hand side of the stream 2 crosscountry ski-tracks with 1,5 km per round.

8 Romantic Trail Lessach

Difficulty:	easy, intermediate 🛛 🗢
Elevation:	1208 - 1241 m
Length:	8,7 km classic & skating
A	and work as with a the shirt lifts () as a

Access Point: car park serving the ski lifts (Lessach - Vorderdorf, districts) From the car park, take the trail above the parish church (site of a cemetery that is very much worth a visit) through the "Landschaftsschutzgebiet Hinteres Lessachtal" (upper Lessach vallev nature preserve). This trail ends at the Assendl hütte (hut, not staffed, but a pleasant resting place). It is about a 50 m walk from the Unterdorf (district) car park to the start of the trail (Moarhofersiedlung).

9	9	Taurach Trail St. Andrä	

Difficulty: easy, intermediate Elevation: 1044 - 1080 m Length: 4,7 km classic & 7,2 km skating

Access Point: the stop for the *Taurachbahn* (railway) at St. Andrä (village) Follows the "Taurachbahn" (railway) and "Taurach" (rivulet) in several loops towards Lintsching (district), then it leads back to St. Andrä. Refreshment opportu-

nity nearby the trail at Gasthof Andlwirt in St. Andrä. 16 16 Terrie als Trail Marstannalant

io io laurach Trail Mauterndorf		
Difficulty:	easy 🔵	
Elevation:	1050 - 1122 m	
Length:	5 km classic & skating	
	(Steindorf-Moos - Mauterndorf - Neusess-Moos)	
Access Point	s: Flugplatz Mauterndorf (airfield), Neusess-Moos (district)	

Westwards to the "Airfield Trail Mauterndorf" and further to Neusess-Moos (district).

17 17 Trail Weißpriach			
	Difficulty:	intermediate 🔸	
	Elevation:	1099 m	
	l ongth.	12 km classic & skating incl winterhikingnath	

Elevation:	1099 m
Length:	13 km classic & skating incl. winterhikingpath
Access Point:	town center Weißpriach – parking place P1 (at the football field), parking place Fanning

The cross-country trail leads in parts alongside the Longa, which meanders through the valley. Also along the ski trail you will find a winter hiking path (2-3 hrs.) offering occasional refreshment opportunities.

Otto's Ski & Snowboardschule

Schischule St. Michael, Karl Pellikan

Poststraße 408 and valley station

info@schischule-stmichael.at

www.schischule-stmichael.at

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Sonnenbahn

Cross-Country Information

Cross-Country schools (with reservation) St. Michael / Katschberg: Mariapfarr

Lungauer Langlaufschule / Albert Eßl Lintsching 223, T +43 (0)6473 7197 T+43 (0)650 9500135 albert.essl@gmx.at www.langlaufschule-lungau.at

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

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

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

Cross-Country Skiing with Small Children

Especially for families with smaller children, *Weißpriach* also offers the rental of sleds for toddlers. This is a great way for youngsters to join mom and dad as they enjoy the sunshine and fresh air.

Price per day € 15.00 Hans Fuchs, T +43 (0)676 7622302

19 19 Murtal Trail Difficulty: easy **Elevation:** 1025 - 1124 m Length: 31 km Stage: Muhr - Unterweißburg Length: 10 km classic & skating Access Points: Muhr, Hemerach, Schellgaden, Unterweißburg Alongside the charming "Murmäander" (area). Stage: Fell - Oberweißburg - Unterweißburg 6 km classic & skating Length: Access Points: Fell, Oberweißburg, Unterweißburg Easy, short climbs and downhills, refreshment stops in all towns. Highly recommended: 'Full-Moon Tours"! Stage: Unterweißburg - St. Michael 3 km classic & skating Length: Access Points: Unterweißburg, Höf, St. Michael (Special Events Hall), Stranach Several refreshment points along the way, perfect for sun-worshippers and those with gourmet tastes Stage: Glashütte - Stranach 3.5 km classic & skating Length: Access Points: Stranach and Glashütte with refreshment opportunity Stage: St. Michael - St. Margarethen 5.5 km classic & skating Length: Access Points: Stranach, Golf course, Oberbayrdorf, St. Margarethen (districts) Sunny, flat trail along the "Mur" Valley with numerous refreshment opportunities. Stage: St. Margarethen - Unternberg - Neggerndor 6.5 km classic & skating Length: Access Points: St. Margarethen, Unterbayrdorf, Pischelsdorf, Moosham, Unternberg, Neggerndorf (districts) Sunny and predominantly flat, partially along the "Murmäander" (area) with beautiful views, at the bridge in *Neustatt (district)* you will have to switch from the left to the right side of the River "Mur". Refreshment opportunities in St. Margarethen and Unternbera. **22 22** Hammer-/Twenger-/Lantschfeld Trail easy, intermediate 🔵 🔴 Difficulty: Elevation 1180 - 1300 m 12 km classic & skating Length: Access Points: Mauterndorf ski center, Tweng: Franznbauer (farm), Lantschfeld timber yards Undulating terrain alongside the "Taurach" (rivulet) to the Annakapelle (chapel) Trail through very charming countryside via the "Twenger Au" (area) to Tweng (city). This is the beginning of the "Lantschfeld" (area) Loop, a trail protected from the wind and taking you through the romantic valley in the direction of the "Postalm" (area). Ample refreshment opportunities in the villages along the way! **23 23** Begöriach Trail Difficulty: easy 🔵 Elevation: 1122 - 1142 m Length: 1.5 km classic & skating Access Points: Begöriach (district), access between Lungauer Bärensuiten and Fam. Landschützer (accomodations), St. Wolfgang Non-challenging, flat trail for casual skiers and beginners. **24 24** Airfield Trail Mauterndorf Difficulty: easy 🔵 Elevation: 1122 m Length: 3 km classic & skating Access Points: Flugplatz Mauterndorf (airfield), Steindorf-Moos (district) This trail affords beautiful panoramic views of the peaks of the Radstädter, Niedere and Schladminger Tauern (mountains), as well as of the Nockberge. Particularly suitable for sun-loving occasional skiers and beginners. 26 26 Hundsfeld Trail intermediate, challenging 🔍 🗨 Difficulty: Elevation: 1740 - 1800 m 6 km classic & skating Length: Access Points: Obertauern Sportcenter The most beautiful, sunniest part of this trail leads out across the Hundsfeldmoon nature sanctuary and ends with an exhilarating downhill. There is also a wonderful hiking path (2,5 hrs.) along the trail. 27 27 World Cup Trail **Difficulty:** intermediate, challenging Elevation: 1590 - 1740 m Length: 6 km classic & skating Access Point: Zehnerkarparkplatz P2 (parkingplace P2) Challenging mountain trail for experienced skiers! Flat at the beginning, then steadily uphill once more, returning in a loop past the *Tauernhof* youth hostel. There is also a wonderful hiking path (3 hrs.) along the trail. **28 28** Zederhaus Trail **Difficulty:** easy, intermediate Flevation 1205 M 8 km classic, of which 7 km are tracked for skating Access Points: Dorf - at the Bartlbauer, Bruckdorf - at the Schieferbauer Rothenwand – at the Moserbauer and town center across at the fire department

In the Nature Park Community of (Naturparkgemeinde) Zederhaus (city) from the community of Dorf – Anger via easy, undulating terrain to the "Schiefergraber" (area). Gently downhill alongside the "Zederhausbach" (rivulet) to the Moserbauer (farm), crossing the street and continuing to the turn-around point at the museum "Denkmalhof Maurergut" in Gries. Right in the town center circa 2 km skating and classic.

30 30 Gnadenalm Trail

1		
	Difficulty:	easy, intermediate, challenging 🛛 🗨 🗨
	Elevation:	1350 m
	Length:	20 km classic & skating, biathlon
	Access Point:	ca. 4 km to the north just before Obertauern (coming from
		Radstadt) above the Gnadenalm (hut)

Also reachable on the ski shuttle! The Gnadenalm Trail boasts some of the most reliable snow conditions anywhere in the Alps. Refreshment opportunities are avail-

31 31 Petersbründl Trail - with snowmaking coverage Difficulty: easy

Elevation: 1000 – 1050 m Length: 1,3 km classic & skating, loop Access Point: valley station Petersbründl lift / Glashütte (district)

A snow-guarantee trail for beginners, pleasure runners and professionals. The trail is almost completely flat and for the experienced cross-country skier too warm up well suited. There is also a rest stop on site!

- Rules for use of the cross-country ski trails
- Dogs are generally not allowed on cross-country ski trails. Stop in at the tourist office to find out which trails dogs are permitted on.
- You may only enter the trails while wearing cross-country skis.
- Each cross-country skier must behave in such a way as to not endanger or harm others.
- Obey markings, signals or signs must be obeyed and the prescribed skiing direction must be adhered to.
- Each double track constitutes a single trail unit. Keep to the right (even if several trails occasionally run next to each other). Groups, please ski in single file on the right-hand track
- Overtake to the left or right. The skier in front is not obliged to yield the track to those who are passing, unless he is able to do so without endangering himself or others.
- When overtaking, being overtaken or approaching skiers,
- keep your poles tight to your body. • When skiers encounter each other coming in opposite directions, always keep to the right. Skiers who are climbing a hill must yield to those coming down.
- Speed especially when skiing downhill should be appropriate to your ability, the terrain, visibility and the number of people on the trail.
- If standing still or in the event of a fall get off the track without delay. In the event of an accident, other skiers are obliged to render assistance as necessary.
- Skiers involved in accidents must present some form of official I.D.!
- Never leave the designated trails.



• Oonat		 	uu
Difficulty: Start: Length: Refreshment Description:	easy ● Gasthof Lacknerhof (inn) ca. 3 km one way Time on Trail: 45 min. one way Opportunities: Gasthof Lacknerhof (inn) From Gasthof Lacknerhof, the hiking path leads along the left side of the Göriachbach. After approximately 1 km you will reach a fork, where you can either branch off to the sledding hill or continue straight in the direction of the Winklweg (as far as the Hansal	Difficulty: Start: Length: Refreshment Description:	Kat hoi
	Chapel). This winter-hiking path is not cleared or treated. Use at your own risk.	24 "Höllv	ve
4 Wildb	achhütte – Lessach	Difficulty: Start: Length:	ea Gri 10
Difficulty: Start:	intermediate • 1) car park for the ski lift (Trail 8) 2) car park for the Wildbachhütte (hut), Purgger-Gut (farm) 1) 4.5 km or 2) 2.5 km	Description:	alo ofi no
Refreshment	Opportunity: Wildbachhütte (hut), T +43 (0)664 4107513 easy uphill, groomed, no traffic	25 Winte	eas
5 Cultur	e Trail: Thurnschall Ruins - Lessach	Start: Length: Time on Trail:	Scl 13 : ca.
Difficulty: Start: Length: Description:	easy info point by the church for the church for the church chur	Description:	
_	nenlehrpfad" Mariapfarr (Sun Path)	26 Bussa	lau
Difficulty: Start: Length: Time on Trail:	easy • information board in the town center 4 km : ca. 1 hr. 30 min. Opportunities: town center of Mariapfarr	Difficulty: Start: Length: Time on Trail: Description:	
	Austria's first self-guided Sun Path.	28 Unter	nb
10 Maute	erndorf Airfield to Begöriach	"Schlo	oss
Description:	easy Flugplatz Mauterndorf (airfield) 1 km Time on Trail: 20 min. Opportunities: town center flat, cleared, little traffic	Difficulty: Start: Length: Refreshment Description:	ea: vill ca. Opp litt <i>Vo</i> .
	rndorf Winter Hiking Path – Steindorf,		(ca
St. Ge Difficulty:	rtrauden and Begöriach	29 Mitter	be
Start: Length: Refreshment	airfield or the town center of <i>Mauterndorf</i> 4 km Time on Trail: 1 hr. 30 min. Opportunities: town center flat, cleared, little traffic	Difficulty: Start: Length: Refreshment	
12 Fannii	ngberg to St. Gertrauden	Description:	he litt out
Difficulty: Start: Length: Pofreshment	intermediate church St. Gertrauden 4 km Time on Trail: 1 hr. Opportunities: town center, <i>Gasthof Jacklbauer</i> ,	30 Seekr	(ch
	Gasthof Hainererho (inn) cleared, little traffic, also possible to Steindorf (district)	Difficulty: Start:	ea: Hir
14 Muhr		Length: Refreshment	4 k Opp
Difficulty: Start:	intermediate town center	Description:	fla Loi
	3 km Time on Trail: 45 min. Opportunities: Mesnerwirt (inn), Gasthof Jedl (inn) village road, little traffic	31 Zeder	
_	king Path "Myths & Legends" – Ramingstein	Difficulty: Start: Length:	ea: ma ca.
Difficulty: Start: Length:	easy ● village of Madling 4 km Time on Trail: 1 hr. 20 min. Opportunities: Café "Zum Burablick", Gasthof Durigon,	Refreshment Description:	Opp Fro tra far

Refreshment Opportunities: Café "Zum Burgblick", Gasthof Durigon, Landgasthof Weilharter (inn & hotels) Description: cleared path along the bicycle path to Hintering (district), from ntering to Kendlbruck (district) the path is not cleared.

17 Tamsweg / Prebersee

Tunisv	
Difficulty: Start: Length: Description:	easy • Ludlalm car park, travel there by post bus or car ca. 2 km Time on Trail: 1 hr. flat, cleared

19 Lantschfeldweg – Tweng intermediate 🔵 Taurach (river) bridge, travel there by ski shuttle or post bus 4 km Time on Trail: 1 hr. 30 min. Start: Length: 4 km Time on Trail: 1 nr. 30 min. Refreshment Opportunities: Twengerhof (hotel), Landhotel Postgut (hotel)

20 St. M	ichael to Fell
	easy, intermediate ● ● swimming pool in St. Michael (city) ca. 16 km loop Time on Trail: 1 - 5 hrs. t Opportunities: Blasiwirt, Neuhauserstadl, Weltcupstüberl (all inns) Stages: St. Michael – St. Egidi, St. Egidi – Dasl, Dasl – Oberweißburg (all districts, ca. 1 hr.), Oberweißburg – Fell (districts, parallel to
	the A10 motorway) and return

21 "WasserwegLeisnitz"-St.Margarethen(WaterTrail) Difficulty: intermediate •

Juli.	water stone in the town center (at Lockerwitt)
Length:	5 km Time on Trail: 1 hr. 30 min.
Refreshment	Opportunities: Zallerwirt, Löckerwirt, Schlögelberger (inns)
Description:	flat to moderately uphill, along the banks of the "Leisnitz" (rivulet)
	Snowshoe rental at info point St. Margarethen.

22 Mur Trail - Muhr to Tamsweg

easy ● Muhr, St. Michael-Au, St. Margarethen, Start: Oberbayrdorf, Triegen, Unterbayrdorf, Unternberg, Tamsweg 25 km Time on Trail: 1 - 6 hrs. Length: 25 km

efreshment Opportunities: in the towns and alongside the trail scription: sunny, flat, cleared, served by public transportation, from Muhr (city) to Schellgaden (district) along the main road to connection St. Michael (city), option to branch off onto winter hiking path

No. 20 and to Oberweissburg

33 Gnadenalm Hiking Tour Difficulty: Length: 10 km

8 km

Time on Trail: ca. 2 hrs.

Difficulty:

Length:

Start:



Nordic-walking & Winter-hiking paths

Göriach Winter Hiking Path

Description: nicely cleared footpath through the forest, little traffic

23 Pritzhütte Gontal – Katschberg termediate 🔵 atschberg Pass, travel there by ski bus Time on Trail: 2 hrs.

portunities: Alpengasthof Bacher (hotel), Pritzhütte (hut) atschberg Pass at Gontalweg (road) to the Pritzhütte (hut), orse-drawn sleigh rides are also possible g" - Thomatal

ruben - Kocherbauer (farm)

isy 🔵

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ISV 🔵

Time on Trail: 3 hrs. ong the banks of the "Bundschuhbach" (rivulet) to the crossroads the Bundschuh road. Half of this hiking path is neither cleared or treated. Use at your own risk.

hiking paths in Schönfeld – Thomatal sy, intermediate, challenging 🏾 🖶 🗨 hönfeld car park, Dr. Josef-Mehrlhütte

. 3 – 5 hrs. a the alpine cross-country ski trails (please only use the trail signated for hikers!) Through sparse pine forests, either in the ection of Bundschuh or Rosanin.

uern tour – Thomatal

nomatal (community center)

lat, a piece along the banks of the "Thomatalerbach" (rivulet)

berg via Flatschach to Castle ss Moosham"

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

erg Hike - Unternberg

termediate 🗕 lage square in Unternberg (city) Time on Trail: ca. 1 hr. (not incl. the return leg) rtunities: town center Unternberg ead out to the east, make a left onto the *Mitterberg* road (very tle traffic), sunny, uphill to the Frimlhof (farm), beautiful views It across the "Murtal" (valley) and continue to the Frimlkapelle

uz Tour – Weißpriach

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

aus Winter Hiking Path

arket in the center of Zederhaus . 4 km Time on Trail: ca. 2 hrs. (entire route with additional option pportunities: Kirchenwirt, Jägerwirt (inn`s) rom the town center, immediately after the fire station take the little aveled road to a small part of town known as Dorf, past old

farmhouses and via Anger, finally returning to your original starting point. Additional option – from the town center along the banks of the Zederhausbach and from the Messnerbrücke via the bike path as far as Gritschbühel.

32 Mariapfarr to the Frimlkapelle (chapel)

challenging ullettown center of Mariapfar

Refreshment Opportunities: town center Description: from Mariapfarr (city) via the "Heldenallee" (street) to Althofen (district), continuing from there to Pichl (district), at Die Stub'n (restaurant) cross the bridge in the direction of "Mitterberg" (hill) - from this point, steadily uphill to the Frimlkapelle (chapel) Important – not gritted or salted in winter!

easy, intermediate, challenging 🏾 🗨 🗣 Gnadenalm / Obertauern Time on Trail: 2 - 3 hrs.

Refreshment Opportunities: Gnadenalm (hut), or the town center of Obertauern **Description:** hiking loop out to the *Hintergnadenalm (hut)*, easy uphills

Hin 34 Ramingstein to Karneralm Length easy, intermediate 🏾 🗨 Start: town center of Ramingstei Start: Time on Trail: ca. 2 hrs. Length: 9 km Refresh Refreshment Opportunities: town center of Ramingstein, Karneralm (hut) Floodligh **Description:** from *Ramingstein (city)* along the forest road to the *Karneralm* (area), cleared and paved 2 Les Length 35 Mitterberg Path – Ramingstein Start: Difficulty: intermediate 🗕 Drop in E Start: village of Kendlbruck Refresh 3.5 km Time on Trail: ca. 1 hr. 30 min. Length: Refreshment Opportunity: Landgasthof Weilharter (inn) Importa **Description:** cleared, little traffic 36 Macheiner Path – Ramingstein 4 Tan Difficulty: intermediate Length Start: village hall Time on Trail: ca. 1 hr. Start: Length: 2.5 km Drop in shment Opportunities: Café "Zum Burgblick" Tobogga Description: cleared, little traffic Descripti 8 Mariapfarr – Lignitz Winter Hiking Path 5 St Difficulty: intermediate 🔵 Length Start: Wielandhof at Lignitzta Time on Trail: ca. 50 min. Length: 2.5 km Start: Wielandhof (parking available) - towards "Lignitztal" (area) -Drop in E turn right - slight climb to the south along the mountainside as far Refreshn as the Wielandhütte (hut, beautiful lookout point) – return via Descript the same route to our original starting point, OR: continue along the path to the "Lignitztal" (ca. 30 min.) Important – not gritted or salted in winter! 6 Kat **39** Mariapfarr – Kobaltsattel Winter Hiking Path Length Start: Difficulty: intermediate 🗕 Drop in Start: Zankwarn Refresh Length: 14 km Time on Trail: ca. 3 hrs. Park possibility: Örmoos car park Description: Zankwarn (district) - ascending via Pirka (district) following the Floodlig forestry lane to the "Kobaltsattel" (area), from there via the Tobogga "Lignitztal" (valley) back to the start Important - not gritted or salted in winter **40** Thomatal – Rosanintal to Eßlalm Winter Hiking Path Difficulty: easy Zec Start: car park at the Dr. Josef-Mehrlhütte (hut) Length Length: 2 km Time on Trail: ca. 50 min. Refreshment Opportunitiv: Dr. Josef-Mehrlhütte (hut) Start: **Description:** from the Dr. Josef-Mehrlhütte (hut) a flat path leads through Drop in E snowy winter countryside to the Rosanintal (valley) and further to Refresh the turn-around point at the *Eßlalm (hut)* Important: Not cleared! Descripti Snowshoes recommended 41 Winterwanderweg Grosseck - Mauterndorf Difficulty: easy mountain station - 8 man Gondola ca. 2 km Time on Trail: ca. 30 min. Length: Refreshment Opportunitiy: Panoramaalm (inn), Speiereckhütte (hut) **Description:** easy walking-tour to the Speiereckhütte (hut) **42** St. Margarethen - Saumoosrunde Winter Hiking Path Difficulty: easy Start: village center Length: 4,9 km Time on Trail: ca. 1 hr. Description: starting from the village square towards Oberbayrdorf (district), then continue to Wiesenbauer (farm, holiday home) go further via Saumoos to the golf course and pass along the Mur (river) back to Oberbayrdorf or to St. Margarethen 43 St. Margarethen - Bettlmandltauern Winter Hiking Path Difficulty: easy 🔵 Start: Pichlern 1 km Time on Trail: ca. 20 min. Length: **Description:** starting from *Pichlern* over the old *Thomatalerweg*, first ca. 200 m slightly uphill and then slightly downwards towards Thomatal or district Gruben 44 Hiking Path Weißpriach Difficulty: easy town center - parking place P1 (at the football field), parking place Fanning Start: 13 km Time on Trail: 2-3 hr Refreshment Opportunities: Longa Stubn (inn), Dicktlerhütte (hut) Description: flat, maintained, no traffic, climbs slightly in parts. This winter hiking path runs along the cross-country skating trail. 45 Hiking Path Tiergrabenweg to Lignitz - Mariapfari Difficulty: intermediate 🔵 Start: Zankwarn 12,5 km Time on Trail: 3 hrs. Length: **Description:** in *Zankwarn*, cross the road by the bridge, continue upriver through the *Tieraraben* and into beautiful *Lianitztal*. **46** Hiking Path Heldenallee - Mariapfarr Difficulty: easy Start: Mariapfari Length: Time on Trail: 1 hr. 20 min. 4 km Description: from Mariapfarr via the Heldenallee to Althofen, then continue left to the Leitensiedlung, downriver, cross the railroad tracks, straight ahead 500 m, then make a left and via Stockerfeld in the direction of Mariapfarr. Another option is via Miesdorf.

47 Soil-Culture-Path - Mariapfarr

- 3011-C	ullule-Falli - Maliapiali
Difficulty: Start: ength: Description:	easy • Mariapfarr 6 km Time on Trail: 2 hrs. 11 info boards including an app; from Mariapfarr via Ulnötz, Sagpichl (Longa) to the Nessiteich, then via the Feldgasse (farming area) to Bruckdorf and via Pfarrbühel back to the sta
	Bath Courses of Courts and

48 Hiking Path Grosseck-Speiereck

Difficulty: easy mountain station Grosseck-Speiereck Start: Time on Trail: 1 hr. Length: 3 km Refreshment Opportunities: Peterbaueralm (hut), Panorama Alm (inn) Parking: Lift parking place **Description:** Prepared winter hiking trail from the mountain station Grosseck*bahn* to the mountain station *Sonnenbahn*. (maximum slope 5%)

Please inquire prior to your trip about the opening times of the desired Refresh-

4797113 from December to April.

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Info: card.lungau.at

Toboggan runs

ntergöriach – Sledding Hill with Floodlighting	10 Mauterndorf Toboggan Run with Fl		
200 m outskirts of Göriach ment Opportunities: Gasthof Lacknerhof (inn) shting: high season - daily, off-peak season - Tue, Thu and Sat until 9.30 pm SSACH TODOggan Run	Length: 300 m Start: below the castle Drop in Elevation: 25 m Refreshment Opportunities: in the town center Toboggan Rentals: Sport Pichler, T +43 (0)6472 7363 Rest Sport GmbH, T +43 (0)6472 200444		
2.5 km car park at the Purgger-Gut <i>(farm), for Wildbachhütte (hut)</i>	13 Tweng Toboggan Run with Floodlig		
 Elevation: 368 m ment & Toboggan rental: Wildbachhütte (hut, opening times: Fri – Mon, daily: Christmas holidays), T +43 (0)664 4107513 int: Especially child-friendly since "Jakobi" and "Schlaumi" accompany you along the way! 	Length: 400 m Start: in town (Franzenbauerfeld) Drop in Elevation: 50 m Refreshment Opportunities: Landhotel Postgut, Hotel Tweet		
msweg – Preber Toboggan Run	Toboggan Rental: <i>Josef Edler</i> , T +43 (0)6471 207		
2.5 km car park at the <i>Ludlalm</i> Elevation: 350 m	15 Gnadenalm Toboggan Run (also niLength: 1.5 km		
an Rental: Ludlalm (inn) tion: machine groomed, reachable with your own car or by post bus	Start:ca. 4 km north of Obertauern above the GnadDrop in Elevation:ca. 50 m		
Michael – Petersbründl Toboggan Run	Refreshment Opportunity: Gnadenalm Toboggan Rentals & Taxi: Fam. Habersatter, Gnadenalm, T		
 1.5 km mountain station – Petersbründl ski-lift Elevation: 200 m ment Opportunity: Weltcup-Stüberl (inn), T +43 (0)6477 7527 tion: machine groomed, reachable with your own car, by post bus or 	Please note: a natural toboggan run begins near the "Süh hütte" (hut) (5 km, ploughed forestry road, on on season and weather conditions), sleds a available by arrangement, T +43 (0)664 343		
Bacher Reisen, T +43 (0)6477 8111	18 Mauterndorf – Grosseck Toboggan		
 tschberg – Gamskogel Toboggan Run 1.8 km ca. 80 m over the Pizzeria Stamperl, Katschberg Elevation: 200 m ment Opportunities: Gamskogelhütte (hut), Pizzeria Stamperl and other restaurants on the Katschberg Pass tschting: Tue & Sat - 10 p.m. an Rental: Gamskogelhütte (hut), T +43 (0)4734 291 and +43 (0)664 3376678 tion: ca. 40 min. on foot to the starting point at 1850 m 	Length: ca. 1 km Start: Speiereckhütte (hut) Drop in Elevation: 120 m Refreshment Opportunities: Speiereckhütte (hut), Panorar Toboggan Rentals: mountain station - 8 man Gondola (daily 9 a.m 4 p.m.) Please note: price 8 man Gondola: roller coaster ride € 18.00/adult, € 10.00/child, € 16.50/yout		
above sea level	19 Schönfeld - Toboggan Run to the S Length: 1 km		
derhaus Toboggan Run 500 m car park close to the <i>Schieferbauer (farm)</i> Elevation: 200 m	Start: Almstüberl (hut) Drop in Elevation: 140 m Refreshment Opportunities: Almstüberl (hut)		
ment Opportunity: Gasthof Jägerwirt (inn) tion: romantic toboggan run through high forest	Please inquire prior to your trip about the opening times Refreshments!		

The missing numbers in the cross-country skiing, nordic walking & winter hiking trails and toboggan runs are in winter 2021/22 not usable or not in operation.





Other Recreational Activities

Vital- und Wellnesscenter SAMSUNN (Spa)

Hours: from early December until middle of April: daily from 2 - 9.30 p.m. mixed sauna last admission: 8.30 p.m., admission 14 years and older! Please note: 24.12.: sauna and wellness facilities are closed, 31.12.: sauna closes at 6 p.m. nformation: Sonnenweg 600, T +43 (0)6473 20020, info@samsunn.at, www.samsunn.at

Pfarr-, Wallfahrts- und Stille Nacht-Museum nformation: www.wallfahrtsmuseum.at, www.stillenachtmuseum.at

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

Wildlife Feedings at the "Wildlife Park Schlögelberger" (Zoo)

Arrival for wildlife feedings no later than 3 p.m. at Berggasthof Schlögelbergen Information: T +43 (0)6476 313 St. Michae

My Gym Fitnessstudio Kaltbachstraße 668/3a

office@mygym.at, www.mygym.at Kegelbahn mit Stüberl "s 9erl" (skittle alley) Kaltbachstraße 3 T +43 (0)676 7607072 The.Cage – Sports- and leisure center

Katschberghöhe 30 T +43 (0)4734 630, www.basekamp-hotel.at

BadeINSEL

Hours: Indoor pool: daily 10 a.m. - 9 p.m., Sauna: daily 2 - 9 p.m., mixed Sauna Please note: 24.12.2021 - closed Information: Sportzentrumweg 2, T +43 (0)6474 2312-0, www.badeinsel.at

Unternberg Schloss Moosham (Castle)

Museum tours at winter 2021/22 (16.12.2021 – 30.04.2022, Mon closed) daily 11 a.m. and 2 p.m. Information & Registration for Special Tours: T +43 (0)6474 305 or +43 (0)664 5470609, museum@schlossmoosham.at. www.schlossmoosham.at

Wooden Toys and Turnery Pieces

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

LungauCard Winter





In this handy ring binder, you will find 28 carefully Cross roads and ski slopes with care. selec-ted, precisely described ski tours and freeride No liability is accepted for accidents of whatever nature. routes amongst the mountains of the Lungau. Each of Be kind to the environment. the pages can be individually removed, incl. a practial transparent cover, allowing you to take it with you "on tour". Price per guide: € 10.00 excl. postage & handling, available at all local and regional tourist of-CREDITS fices in the Salzburg's Lungau, as well as quality book Publisher: Ferienregion Lungau, Rotkreuzgasse 100, A-5582 St. Michael, T+43 (0)6477 8988, F-20, info@lungau.at, www.lungau.at stores everywhere (only German).

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



Kodak History Camera Museum

village hall / 3rd floor Information & Registration: Josef Baier, T +43 (0)650 5550903, www.salzburgerlungau.at

Winter driving training Winterfahrpark Stegergut – Thomatal Erwin Korbuly

Information: T +43 (0)664 5453776, info@winterfahrpark-lungau.at, www.winterfahrpark-lungau.at WINTERFAHRTRAINING.at – Thomatal and Muhr Information: T +43 (0)664 75418866, marketing@winterfahrtraining.at,

www.winterfahrtraining.at Lungauring – St. Michael Heli Troger Information: T +43 (0)664 1613877, lungauring@sbg.at, www.lungauring.at

More Information can be found in the brochure "Meine Zeit im Salzburger Lungau Infos von A bis Z" (only German/English)

And even more winter...

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

here is an overview of Salzburg's Lungau region's 2021/22 winter brochures.

Info SkiLungau:



offices in the Salzburg's Lungau. • You may only enter the trails while wearing cross-country skis. Trails are not inspected at the end of the day. • Be aware that grooming machines may be out on the trails as need and wea-Lungau Ski-Touring Guide: her conditions dictate







Floodlighting

engerhof (hotels)

ight-sleddin

ndenalm (hut)

T +43 (0)6456 7351 , dependant 436342

n Run

amaalm (inn)

outh, € 16.50 senior Schilcher hut

es of the desired

Meine Zeit im Salzburger Lungau Infos von A bis Z: Salzburg's Lungau Region in Summer and Winter from A to Z with all important information for your vacation, for example: opportunities for active outdoor experiences. ski resorts. cross-country skiing, touring, sights and things to do, excursions, customs and information about Lungau region, Tips for families and groups, phone number directory, restaurant directory and much more! Available free of charge at local and regional tourist offices in the Salzburg's Lungau.

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



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





Further Information



A-5582 Michael T +43 (0)6477 8988 F +43 (0)6477 8988 – 20 info@lungau.at www.lungau.at





-Tamsweg -St. Andrä Unternberg Thomatal

St. Margarether

St. Michael

Rentals & Service

Cross-country skis, Nordic-walking poles and toboggans

Mariapfarr: Sport Pichler GmbH

Bruckdorf 113, T +43 (0)6473 8206 Mauterndorf

Sport Pichler GmbH Markt 54, T+43 (0)6472 7363 office@sport-pichler.at, www.sport-pichler.at

Rest Sport GmbH Valley station ski center 416 T +43 (0)6472 20044

office@sport-rest.com, www.sport-res St. Margarethen:

Lungau Aktiv Firn Sepp cross-country skis only Liftstrasse Aineck, T +43 (0)664 4228083 irn@sbg.at, www.firnsepp.com

Rest Sport GmbH T +43 (0)6472 20044-60

www.sport-rest.com St. Margarethen Tourist Office

(Nordic-walking poles and snowshoe rental St. Margarethen 73, T +43 (0)6476 812

St. Michael / Katschberg: ort Friedrich Sport 2000 rent a sport Marktstrasse 3, T +43 (0)6477 8246 Katschberg, T +43 (0)4734 470

FRESCH:UP Ski und Sportzentrum

Erwin Resch (cross-country skis only) Katschberghöhe 37, T +43 (0)4734 29900 sports@erwinresch.at, www.erwinresch.at

Gerichtsplatz / Bergnest T +43 (0)664 3930001 office@sport-pichler.at, www.sport-pichler.at office@schischul.info, www.schischul.info Rest Sport GmbH Center, T +43 (0)6472 20044-40 Valley station Sonnenbahn T +43 (0)6472 20044-50 office@sport-rest.com, www.sport-rest.com Sportfex GmbH

Otto's Schischule (cross-country skis only)

Murtalstraße 641, T +43 (0)6477 20271 www.sportfex.at Tamsweg / Obertauern: Intersport Frühstückl

Kirchengasse 7, T +43 (0)6474 6655 21 Ski center Zehnerkar, T +43 (0)6456 20072 Stützpunkt Obertauern +43 (0)6456 20211 Hotel Edelweiss, T +43 (0)6456 7270

intersport.fruehstueckl.at, www.fruehstueckl.at (no rental of Nordic-walking poles)

Obertauern: (only toboggan rentals & toboggan taxi) Gnadenalm, Fam. Habersatter

+43 (0)6456 7351, www.gnadenalm.com Langlaufschule Gnadenalm (biathlon, school, rental, snowshoe rental) T +43 (0)664 4139518, www.langlauftrainer.at

Weißpriach (children's cross-country sleds only) Hans Fuchs, T +43 (0)676 7622302

General Information

Emorgoney Numbers

Lineigency N	uning	515	
Fire Brigade:	122	Red Cross/Ambulance Rescue	: 144
Police:	133	Telephone health advice:	1450
Mountain Rescue:	140	Avalanche Warning Service:	+43 (0)662 1588
Emergency Physician	1: 141		(audio message)
European emergency	,	Avalanche Warning Service/	
number:	112	Special Cases: +4	3 (0)662 8042-2170
Marning Noti	c.o.c		

warning Notices • Please pay attention to avalanche danger notices.

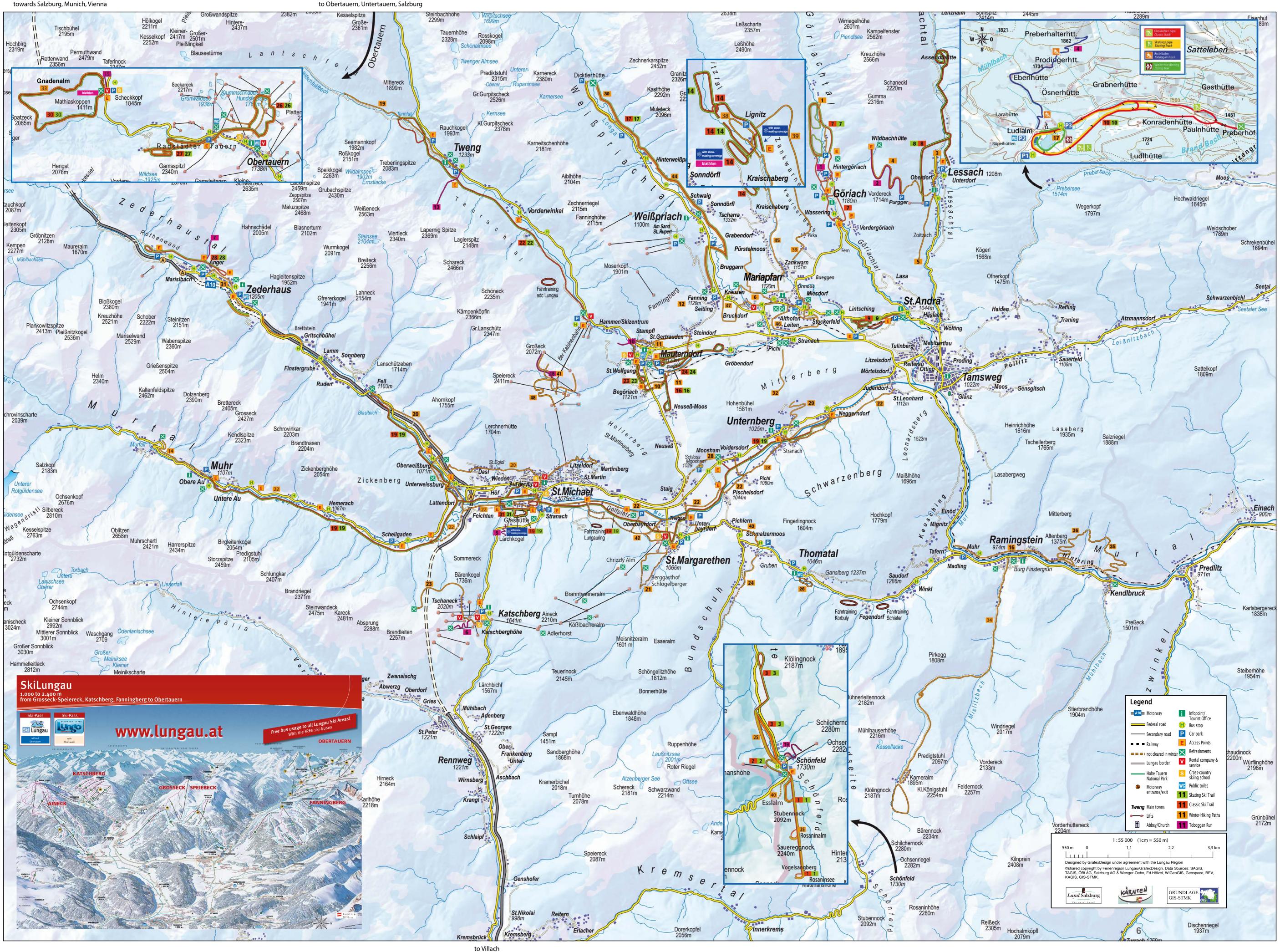
• Dogs are generally not allowed on cross-country ski trails. Stop in at the tourist office to find out which trails dogs are permitted on.

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o Murau, Graz