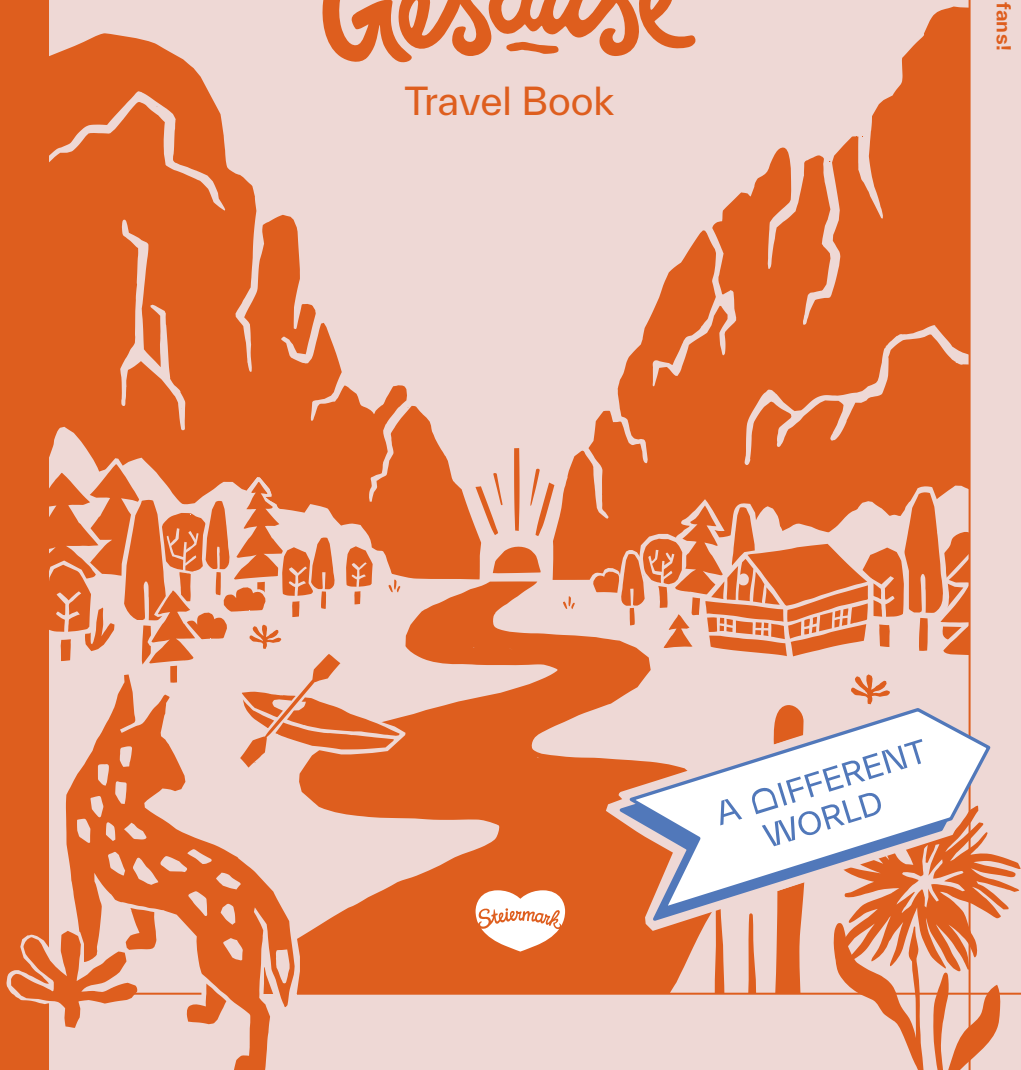


Summer / Fall

Free Copy for all Gesäuse fans!

Gesäuse

Travel Book



A DIFFERENT
WORLD

Steiermark



Hello there.
It's me,
the Gesäuse.

Legal disclosure

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I am a National Park,
a Nature Park, a
UNESCO Global
Geopark and World
Heritage Site.

I am a sleepy village
and an alpine univer-
sity. I'm the jump into
wild waters and the
one embracing life to
its fullest.

I am honest and
straightforward, as-
sertive and power-
ful. I am a lot of things
– and there are many
things I'm not. What it
all boils down to:

I'm a different world.

And you are
most welcome!





Outdoors

Welcome to crystal clear waters.

WATER, from p. 26

All things possible at water, our river personalities Enns & Salza, guides for the water, the most refreshing adventure park, swimming lakes & outdoor pools.

Welcome to the untamed jungle.

WILDERNESS AREA, from p. 50

Interesting facts & figures about the youngest addition to our nature reserves.

Welcome to the one and only.

NATIONAL PARK, from p. 54

A few words of the director, the Weidendom adventure center with all its facilities, and everything else there is to explore at the National Park, plus some rules.

Welcome to the largest Nature Park in Styria.

NATURE & GEOPARK, from p. 64

The definition of a Nature Park, GeoVillage Gams and gurgling gorges.

Welcome to the inner values.

CAVES, from p. 76

Getting to know the three rocky caves waiting to be explored in the Gesäuse.

Welcome to our enlightening walks.

THEMED TRAILS, from p. 82

Explore our array of themed walks spread out wide throughout the Gesäuse.

Welcome to the hikes of a lifetime.

HIKING, from p. 92

Introducing the local mountain ranges, great hiking & summit routes, the Gesäuse hiking pass, tips for packing your backpack, and a list of all mountain & hiking guides.

Welcome to a place suspended in time.

ALPINE PASTURES, from p. 116

The flagship circuit Johnsbacher Alpine Hut Loop, as well as all other tended alpine pastures, and a code of conduct for the mountain.

Welcome to the cozy refuge.

ALPINE HUTS, from p. 126

Hopping from one to the next on the Gesäuse Hut Loop, all the essentials and portraits of each of the 12 alpine huts.

Welcome to a backpack full of dreams.

LONG-DISTANCE HIKING & PILGRIMAGE, from p. 144

Introducing our long-distance hiking trails that meander through the Gesäuse as well as our highlight, the Luchs Trail.





Welcome to our alpine university.

CLIMBING, from p. 152

Academic life at its best: from sports climbing and via ferratas to secured routes and high ropes courses at the University of Mountaineering.

Welcome to the ride.

MTB & CYCLING, from p. 160

The royal route TRANS NATIONALPARK, its sister, the Buchstein Tour, and other MTB routes, cycle paths and tips for responsible biking.

Welcome to endless fun.

OTHER SPORTS, from p. 170

From archery courses and the Kaiserau adventure playground to golf and horseback riding. It's all there.



ICONS

Barrier-free

Family-friendly

Suitable for strollers

Rainy weather



Indoors

Welcome to the sights of the past.

CULTURE & MUSEUMS, from p. 180

Admont Abbey and the largest monastery library in the world as well as many other museums and cultural attractions, castles and ancient ruins throughout the entire region.

Welcome to the cozy side.

RAINY WEATHER, from p. 196

Ideas for all who prefer to sit in the warm or pamper themselves while it's stormy or pouring down outside.

Info

GETTING THERE & GETTING AROUND, from p. 202

GESÄUSE SERVICE HUBS, p. 204

GESÄUSE STORE, p. 206

GESÄUSE PARTNERS, from p. 207

SUMMER & FALL AT A GLANCE, p. 210



THE WILD HEART OF THE GREEN LAND.

Our National Park:
an untamed, unadulterated
beauty. Inspiring,
soothing, wild.

GRAB YOUR TRUMPETS AND ACCORDIONS.

Where the locals
embrace the
good vibes.





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Fruit so heavenly
in flavor, it's like
a divine treat.

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one single monastery.
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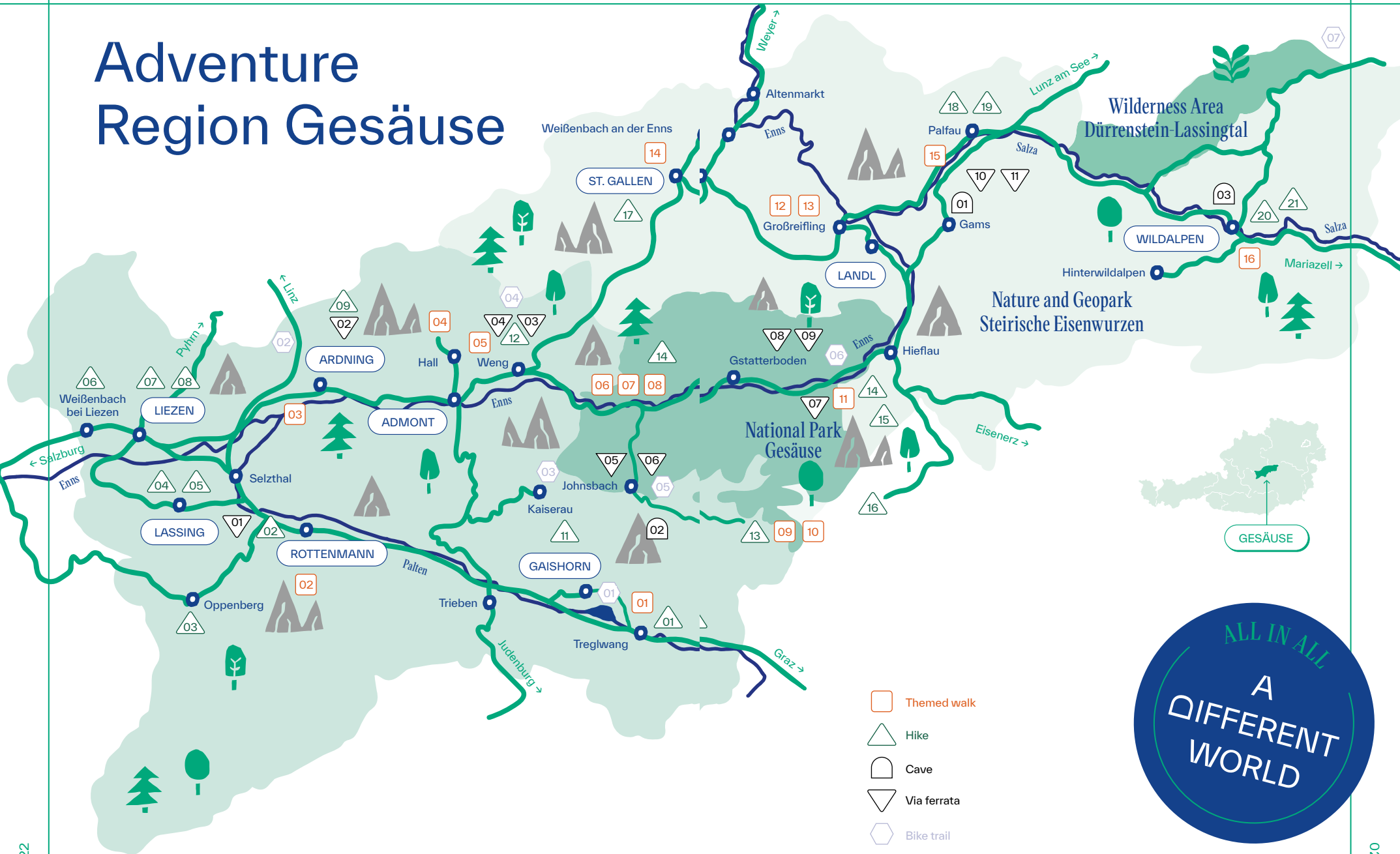
AN OLD WORLD BENEATH THE GROUND.

Where do you find Geo-Workshops, GeoPath, GeoRama, even GeoRafting? In the UNESCO Global Geopark.

Outdoors
Outdoors
Outdoors
Outdoors
Outdoors

Get outside and
explore the wild.

Adventure Region Gesäuse



ALL IN ALL
A
DIFFERENT
WORLD

UNESCO World Heritage Site, National Park, Nature Park and UNESCO Global Geopark. The Wild Heart of Austria.



The Gesäuse National Park includes

- 10 partner schools,  14 2,000ers,
- 500 caves, 
- 930 springs, 
- 1,219 research projects, 
- 1,234 butterfly species and 
- 1 movie theater.

The Gesäuse spans across

1,7 %

of Austria's surface area, and there are 12 alpine shelters.

The shortest via ferrata in the Gesäuse is 2 meters long.



It runs from a meadow into the Johnsbach, a stream where you can cool your feet.


IN 50 YEARS ADMONT ABBEY WILL CELEBRATE ITS 1,000TH ANNIVERSARY

Over **10,000**  **CHEERS** pints of beer are served at Hesshütte every year.


Where ropeways only transport materials. 

Are you just as curious about the origin of mountain names?

Raspberry Stone, Viper Bar, Bear Cirque Wall, Witch Tower, Monastery Ballon, Blowing Corner, Rooster Stone, Sulzkar Dog, Little Roof, Three Monks, Women's Wall, ...

217 million l of water 

flow from the Hochschwab-Wildalpen area into Viennese water pipes.

BUBBLE 

At the age of (believe it or not)

9 MONTHS

the youngest Gesäuse resident ever received

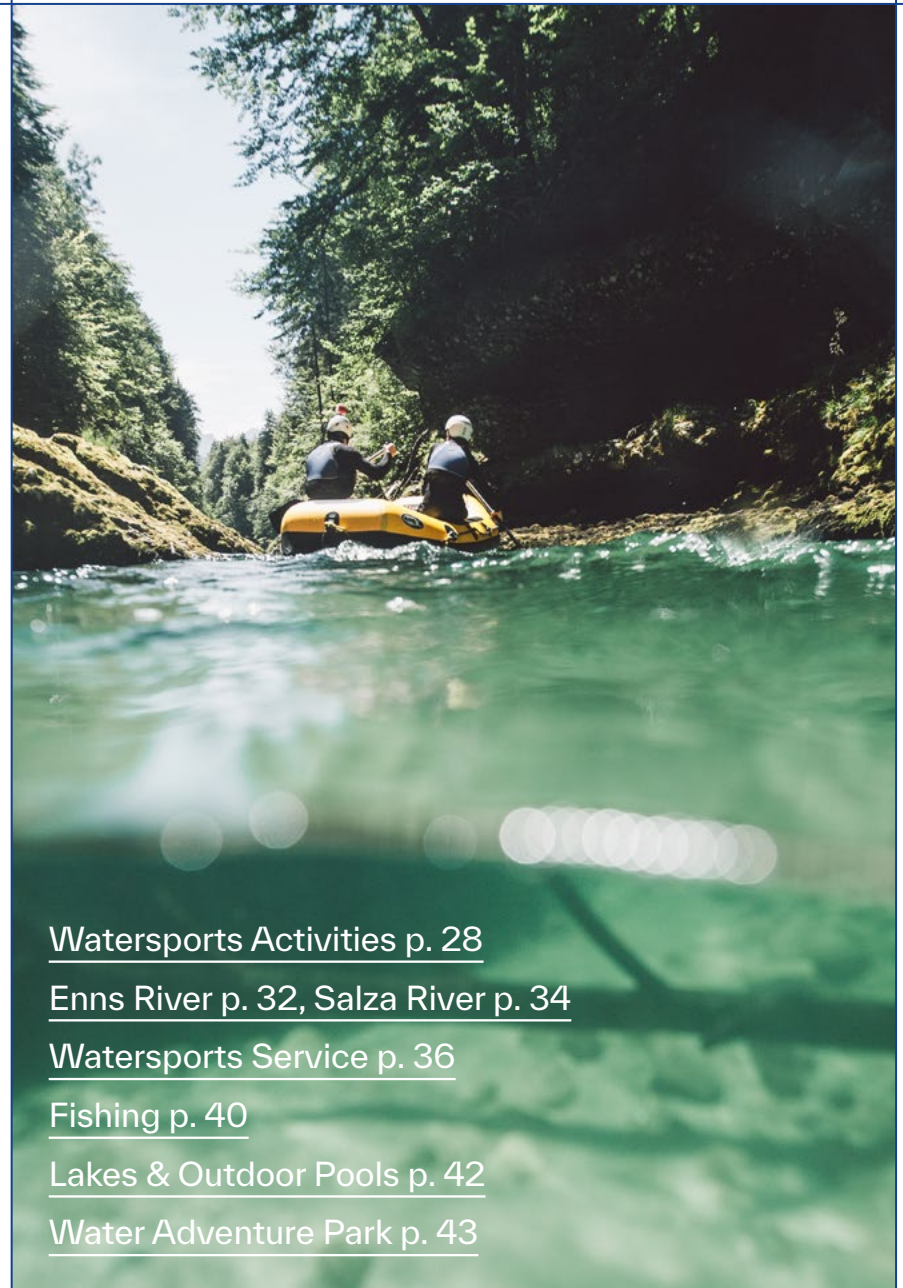
THE GOLDEN GESÄUSE HIKING PIN

Welcome to crystal clear waters.

WATER



The Gesäuse holds an abundance of water.
Untamed, mild, calm.
What are you in the mood for today?



Watersports Activities p. 28

Enns River p. 32, Salza River p. 34

Watersports Service p. 36

Fishing p. 40

Lakes & Outdoor Pools p. 42

Water Adventure Park p. 43

GOING WITH THE FLOW.



Kayak - Canoe

Whether you paddle fast or take it slow, you'll have the time of your life here. The only one dictating the speed is the river – or your kayak guide. Mingle with the vibrant kayaking crowd and paddle past quaint bays lined with soft sand, towering limestone and conglomerate rocks. The Eskimo roll is optional, goosebumps are guaranteed.



Canyoning

Ready to overcome your fear of heights? Then it's time to take the plunge – with a guide, helmet, and plenty of rubber on. Start by heading up the forest road – and descend by sliding through the running stream. Once you get comfortable with your pain threshold, you'll effortlessly navigate water, jump into deep ponds, rappel down waterfalls, and by the end of the day wonder why you didn't try this sooner?!



Rafting

Don't stop paddling as you are heading straight into the primal force of white water. The Enns and the Salza are happy to welcome you in your sleek wetsuit with helmet on and muscles ready. Whether you're a rookie or a pro: Rafting is an amazing experience and gives you the opportunity to lose control over your life – at least for a little while. The surge of adrenaline will make you lose track of time. Find yourself fully immersed in the here and now – just where you belong.

Gesäuse is renowned for its white-water sports. After braving the cold water plunge (and the freezing shock), you take a dive. Into another world.





Riverbug

Small, orange mini-rafts from New Zealand are now making waves on the Salza. Take a seat and enjoy the view while you drift past the stunning scenery in these inflatable, easy-to-handle crafts. How it works? You paddle with webbed gloves and flippers as you manoeuvre through the emerald green water. The riverbugs are easy-to-use and you feel every wave and every current while you ride the rapids and enjoy the fun float.



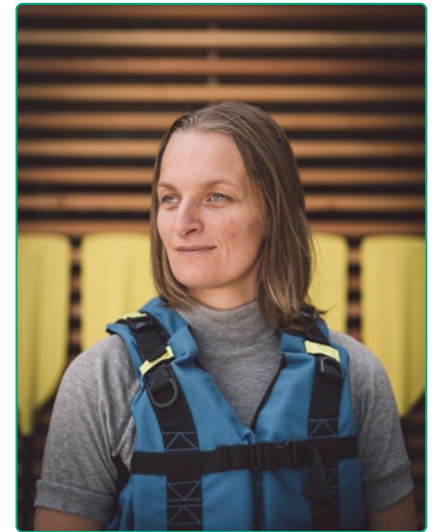
Water trekking on the Enns

Immerse yourself in nature on this paddling trek along beautiful Enns. You will make 90 kilometers on this breath-taking, five-stage tour from Schladming to Admont. Along the way you will encounter wild animals in their natural habitats while enjoying the serene pace of the river. The best part? You don't need any prior experience!

THANK YOU

Please mind: you might be in water, but you are still in a protected nature reserve. Treat the animals, plants, and their fragile habitat with care.

The Salza is the life vein of our valley!



*says Gudrun Lackmaier
of Rafting Camp Palfau*

The Enns River

THE ENTIRE VALLEY GOES BY HER NAME

The Enns is wilder than its sister river, the Salza. She can switch from being quick-tempered and fast-paced to laid-back and gentle, depending on her mood. The Gesäuse envelops her with the imposing rock formations of the Hochtor range and the Buchstein mountain. The so-called Ennskatarakt demonstrates all characteristics of a level 6 white water rapid, the upper limit of navigability in this category.

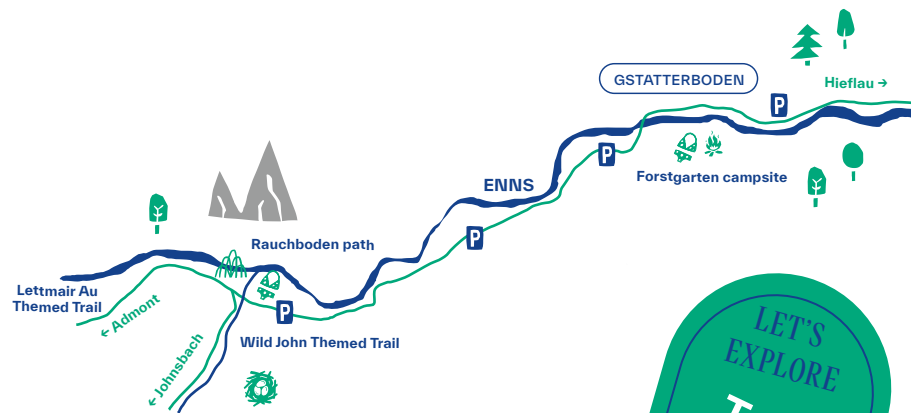
LET'S SURF AND ROLL

The Enns is a spectacular alpine river, and the rocky surroundings are vying for attention with her sparkling beauty. You might find it hard to decide where to look first. Actually, it is Austria's longest inland river covering a total of 254 kilometers. Yet, you find the most exciting and beautiful passage between the towns of Liezen and Hieflau. Here, the Enns has carved out a so-called breakthrough valley transforming the scenery into a dramatic spectacle as it unleashes its wild alter ego.

STEEP CANYON

At the perfect water level, the Bruckgraben Gorge is transformed into a stunning sight with turquoise water flowing through and smooth white limestone walls surrounding it – a sight that asks for a short lap of ho-

The name
Gesäuse goes
back on the
river's mum-
bling sounds.



nor on your rafting tour. You can also see traces of the lumberjacks who practiced the log drive up to a century ago – without the luxury of warm wetsuits or safety precautions.

The Salza River

CARIBBEAN - BUT A BIT COOLER

Sparkling in emerald green, the Salza winds its way gracefully through the Nature and Geopark Steirische Eisenwurzen. Renowned for her exceptional white water possibilities, one thing is for sure: There is hardly any match for this place when it comes to paddling. The best way to explore her beauty and her style is by



grabbing a kayak, a small riverbug, or a rafting boat. Or maybe you're up for a swim in (icy) water? That's when you will feel why the Caribbean comparison stops at the colors: The Salza is freezing cold throughout the entire year. Just what you like? Then check out one of the numerous watersports providers and dive right into the Salza adventure.

THE WILD AND THE WOW

Meandering roughly 40 kilometers through the UNESCO Global Geopark our untamed Salza may proudly call herself the longest wild river in Europe. She runs alongside untouched, pristine forest and in Palfau flows through the jaw-dropping Conglomerate Gorge, famously known as the Grand Canyon of Styrians. Wow! It's as if you've been whisked away to a completely different world in the wink of an eye. This place will stay in your memory for a long time. It embraces you like a wild blanket before setting you free with a gentle swoosh.

The Salza in the Grand Canyon is Europe's longest wild river.



WATERSPORTS SERVICE

There is no pause button in water. With these guides you are in safe hands.

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office@freelife.at

Sportcamp Wildalpen

FROM A KAYAK THE WORLD LOOKS A WHOLE LOT DIFFERENT.

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www.kajakshop-wildalpen.at
office@kajakshop.at

Up & Down

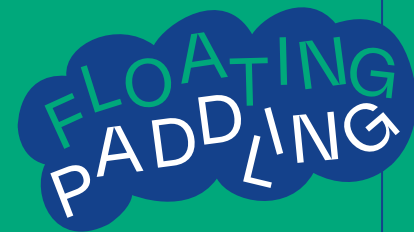
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t: +43 664 76 76 333
www.up-down.at
office@up-down.at

Whitewater Center of the Naturfreunde Austria in Wildalpen

INTOXICATED BY THE RIVER.

t: +43 664 85 21 739
www.wildwasserzentrum.at
wildwasserzentrum@naturfreunde.at



Fly Fishing Stories

There are no compromises in the Gesäuse: its mountains are just as wild as its inhabitants. Yes, even those who reside in the water. And since the locals love a catch, fly fishing is quite a sport here. It takes skills, tactics, and experience to handle the rot, to monitor the water levels, the habitat, current, and obstructions – and to pick the right fly. At the Enns you will come across grayling, brown and rainbow trout and even Danube salmon.



FISHING ASSOCIATION GESÄUSE-GSTATTERBODEN

t: +43 676 95 18 890

Waters:

- Enns - approx. 6 km - salmonid waters
May 1st to November 15th

Seminatural fishing coordinated with the National Park Administration

FISHING ASSOCIATION LIEZEN & AREA

t: +43 664 46 43 839

www.fischereiverein-liezen.at
scharfmartin23@gmail.com

Waters:

- Enns – approx. 12 km – salmonid waters
March 16th to November 30th
- Palten – approx. 8 km - salmonid waters
March 16th to November 30th
- Picturesque Lake Frauenberg - peaceful and
predatory fish waters. All year round, when the
lake is not frozen

NATURE PROJECT DANUBE SALMON ENNS

t: +43 676 59 00 713

www.huchenfischen.at
huchenenns@outlook.com

Waters:

- Enns – approx. 15 km - salmonid waters
March 16th to November 30th
- Palten - approx. 6 km - salmonid waters
March 16th to November 30th

ACTIVE FISHING

t: +43 676 72 19 357

www.activefishing.at
office@activefishing.at

Waters:

- Enns Hirschsprung – approx. 8 km –
salmonid waters, fly stretch, catch & release
- Enns Wolfswasser - approx. 8 km - salmonid
waters, catch & release

FLY FISHING SALZA

t: +49 162 29 09 236

www.flyfishingsalza.com
info@flyfishingsalza.com

ACTIVE FISHING RIVER HOUSE IN GROSSREIFLING

The new River House at the Enns offers a diverse range of top-notch fly fishing gear and a workshop dedicated to traditional rod making. Just a short two-minute stroll away, you can enjoy fishing in the beautiful natural waters for brown trout, rainbow trout, grayling, char and Danube salmon. You can also stay overnight.

Großreifling 35, 8931 Landl

t: +43 676 72 19 357
office@activefishing.at
www.activefishing.at

NICE

THE JOY OF SPLASHING.

Summertime and way too hot? Let fresh water cool you down.

Admont Natural Pool

PURE WATER FUN

Summer in the Gesäuse is a time for kids to have fun in the adventure paddling pool, while older youths enjoy their beach volleyball battles, or take on the classic outdoor pool jump – the belly flop. Visitors of the natural pool in Admont have access to 1,600 m² of water and there is a cafeteria, too. That's the way to spend the summer!

No. 395, 8911 Admont
t: +43 3613 27 200 330

**Adventure paddling pool, diving board,
beach volleyball court**

Hall Adventure Outdoor Pool

SMALL BUT MIGHTY

The perfect water entertainment package: water slide, solar power system, child-friendly facilities. Plus, there's a bonus at Hall: The pool water is safe to drink. As you have a blast splashing around, it's impossible not to feel that amazing Gesäuse sensation, with the stunning alpine scenery all around – this might refer to mountains as well as people.

Hall 163, 8911 Admont
t: +43 3613 27 200 331

Slide, children's pool

Water Adventure Park



The Water Adventure Park was voted most popular family tourist attraction in Austria.

**GESÄUSE
TIP**

Let's play

There are endless opportunities for children and adults to have a blast at the Water Adventure Park near St. Gallen. While some build dams in the water, others divert it. Then there are those who prefer drifting through the canal and floating over family-friendly waterfalls in a bright red rubber boat. There are also river rafts and a rope climbing garden, ideal for kids and their family to enjoy some leisure and thrill.

Great taste

After a day of water adventures, you might find yourself craving a meal. In true Gesäuse style, a traditional alpine lodge serves up delicious dishes using only the freshest regional produce.

Come rain or shine

The Water Adventure Park is a great option even when it's raining. There are areas covered by roof, where you can engage in different activities, check out the Hydrian exhibition and also craft and play – a fantastic way to brighten up a grey day in the Gesäuse.



May to September
Bodenweg 65, 8933 St. Gallen
t: +43 664 52 04 426
www.wassererlebnispark.at

Liezen Outdoor Pool

SUMMER RETREAT REDEFINED



Back in the days, people were splashing in wooden tubs. Well, today it's all about cannonball jumps, head dives, or loop jumps. With a height of three meters, the Alpenbad diving tower offers the perfect stage for flaunting your talents or stealing the limelight. Alternatively, you can simply relax and float around to unwind.

If you prefer peace and quiet over being in the spotlight, there is a spacious 6,000 m² sunbathing lawn with plenty of shady spots under towering trees. Hungry? There's a restaurant within walking distance.

Brunnfeldweg 34, 8940 Liezen
t: +43 3612 22 88 11 43

Water slide, diving platform, table tennis, beach volleyball court

Lake Lassing

(SUN)BATHING AND COOL DRINKS



You want to escape the summer heat? Well, there's hardly a cooler retreat than the Lassing swimming lake. There are two water slides, a beach volleyball court, several ping pong tables and a 3-meter-high climbing wall above water – just everything you are looking for.

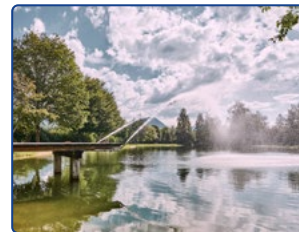
Its well-kept sunbathing lawn is green and inviting, the water is cool and revitalizing, and its pier offers a lovely spot to unwind and enjoy the view. If you're tired of diving, sliding and swimming, you can enjoy tasty food at the lakeside restaurant. And rather than heading home in the evening, why not rent one of five vacation homes and enjoy the last rays of sunshine on the panoramic terrace?!

Altlassing 43, 8903 Lassing
t: +43 664 50 93 882

2 water slides, climbing wall, beach volleyball court

Lake Weißenbach

SUMMER AT THE LAKE



Discover a sprawling 25,000 m² area where you can play, swim, and unwind! The leisure and bathing lake complex in Weißenbach bei Liezen has all the amenities for an ideal summer day. Located on the western side of the area, the swimming lake is easily accessible by bike or by foot. If you are travelling from a distance, there is a parking lot with plenty of parking spots.

Once you've found the perfect spot on the expansive sunbathing lawn, you'll find it hard to take your eyes off the majestic Weißenbach Walls. But then the water slide will grab your attention, or you off to a match on the beach volleyball court. You can spend so many summer days just like this – or entire summers!

Markus-Platzer-Weg 371
8940 Liezen
t: +43 3612 22 88 10

4,600 m² water surface, water slide, beach volleyball court

Lake Landl

IN THE MIDST



Discover a hidden gem nestled in the Ge-säuse mountains: a charming sanctuary of good moods. Covering 900 m², children can have a blast in the kids' area while adults relax on the green lawn or are battling it out at beach volleyball. Indulge in snacking and chatting at the bistro until the sun disappears behind the mountains, while you enjoy one final drink...

Mooslandl 68, 8921 Landl
t: +43 3633 22 01 54

Kids' pool, children's playground, nature experience area, beach volleyball court



Forest Pool Hinterwildalpen Swimming Pool St. Gallen

GREEN PARADISE

FREE ENTRANCE



When it comes to planning a romantic escape with your loved one, Hinterwildalpen (as the name implies a bit more secluded than Wildalpen) is the perfect location. Yet, we also highly recommend it if you just need some peace and quiet.

Situated amidst a breathtaking forest scenery, you might be tricked into believing you are seeing a mirage: The sun shining on the glistening water, families enjoying picnics on the grass, and then, of course, there is some serious swimming fun going on.

8924 Wildalpen
t: +43 3636 621

Slide, sunbathing lawn

SUMMER, SUN, WATER FUN

It doesn't take much for a perfect summer day: sunshine, some food and some drinks, a good book and a ping-pong match. If you're not feeling hot enough to cool off in the water, you will certainly be after a session in the sauna!

Spitzenberg 124, 8933 St. Gallen
t: +43 3632 209

Sunbathing lawn, table tennis, sauna

Natural Pool Frauenberg

BEAT THE HEAT

The Frauenberg natural pool offers a refreshing escape from the heat and is a paradise for sports enthusiasts. You can find a climbing tower, beach volleyball facilities, a ping-pong table and even a slackline to balance things out. If you are exhausted from all the climbing and jumping you can unwind on the spacious 14,000 m² sunbathing lawn. Look at the setting sun and wonder if it is really time to call it a day.

Frauenberg 19, 8904 Ardning
t: +43 3612 75 55

Kids' area, climbing wall

Outdoor Pool Treglwang

FROM TOES TO TIPS

Where old meets young at the terrace snack bar. Where jumping into cool water is not just said but done, and where refreshment goes all the way up from your toes to the tips of your hair. If you can tick all that off your list, chances are you hanging out at the Treglwang pool, where you can also let your mind wander while your body floats almost weightlessly in water.

Gaishorn 59, 8783 Gaishorn am See
t: +43 3617 22 08

Snack bar, sunbathing lawn

Outdoor Pool Rottenmann

THE SUMMER HANGOUT

The unparalleled highlight in the biggest garden of the municipality is the 52 m long water slide, with the wild water channel being a close second. Yet, if you just like to relax, take a seat on an underwater bench and let your back be massaged by the built-in massage jets.

Hauptstraße 348, 8786 Rottenmann
t: +43 3614 24 81 50

Children's area, diving tower

Park Pool Gams

HIDDEN GEM

If you are looking for a snug, cozy spot by the water, check out the Park Pool Gams, truly a hidden gem. Located on the fringes of the forest, it is a fantastic place to cool down on a sizzling summer day. There is a 40 m long water slide for the big splash, as well as a beach volleyball court and a playground that will keep the kids entertained.

Gams 250a, 8922 Landl
t: +43 3633 22 01 50

Water slide, playground, paddle pond

Hieflau Outdoor Pool

KIDS TIME

There are people who claim that merely being around water makes us happier. Well, in Hieflau you can plunge into even more happiness on the blue water slide. You can shower under a big bear, you can turn rocks into shells and you can do a lot more happy things in this happy place.

Kirchbichl 47a, 8920 Landl
t: +43 3633 22 01

Slide, kids' area with shower bear

W
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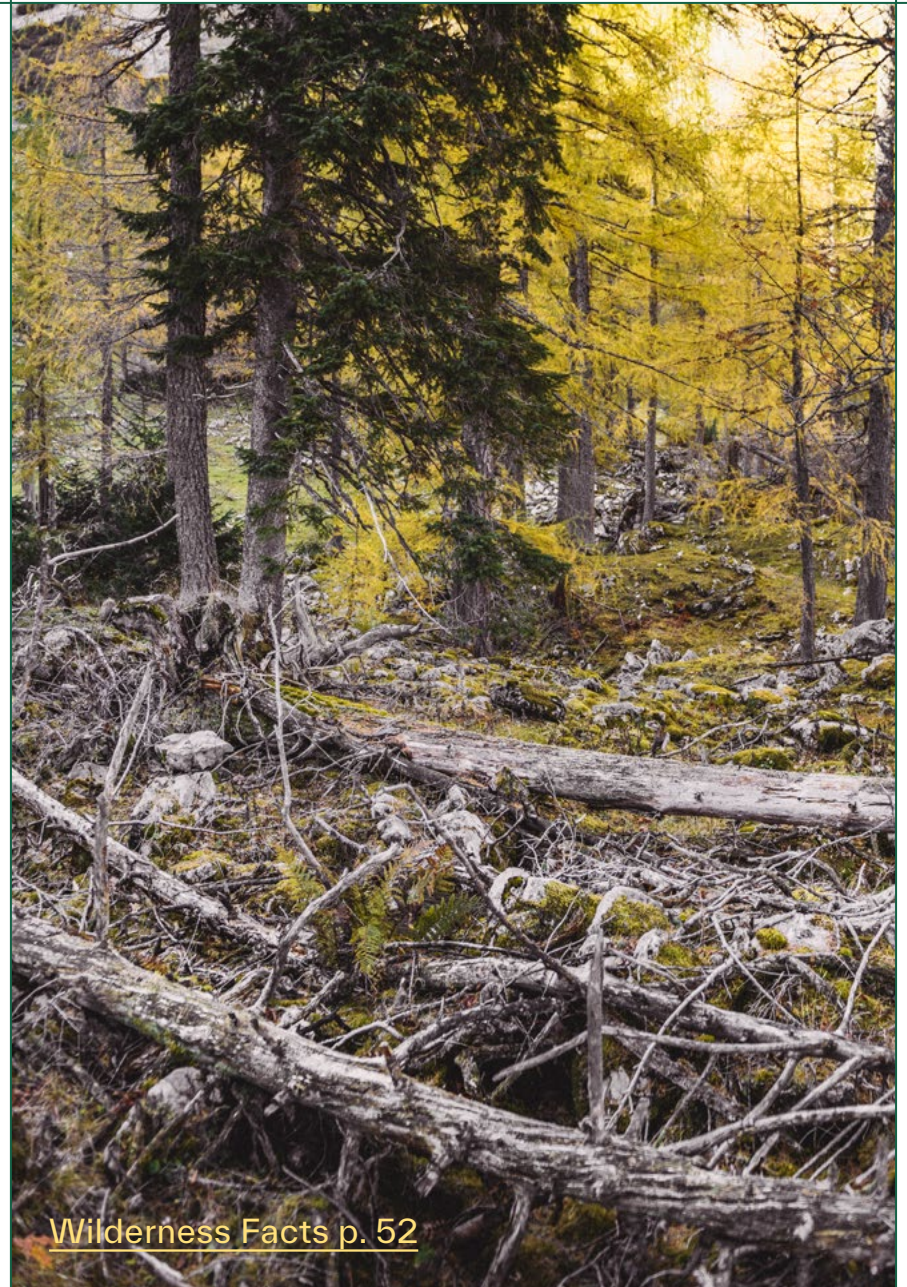


Welcome to the untamed jungle.

WILDERNESS AREA
DÜRRENSTEIN-LASSINGTAL



The uncultivated Dürrenstein Wilderness Area has grown into Styria from the Lassing Valley. It offers a wealth of biodiversity and exciting expeditions.



[Wilderness Facts p. 52](#)

1, 2, 3 Wild!

1875

Albert of Rothschild took first steps to protect the heart of the Wilderness Area.



WHERE TREES CAN REACH THEIR ULTIMATE PEAK

Spruces and firs celebrate their 600th birthday.

Beeches turn 450 and the ancient yews celebrate their 1,000th birthday!

88% of the area

The Wasserloch Gorge lies in the heart of the Wilderness Area.



1:4
is the ratio between deadwood and live wood.



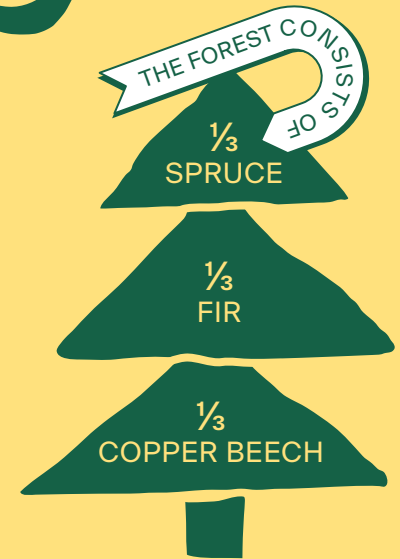
800

MUSHROOM SPECIES AND

280

KINDS OF MOSS LIVE HERE.

The Wilderness Area's elevation ranges from 600 to 1,878 m above sea level.



Want to snag a ticket for a highly sought-after wilderness excursion?

Book at www.wildnisgebiet.at

are natural zones untouched by humans.

Welcome to the one and only.

GESÄUSE NATIONAL PARK

Our USP?

Being the only National Park in all of Styria.

[Weidendom Adventure Center p. 56](#)

[In and Around Weidendom p. 58](#)

[More To-Dos p. 61](#)

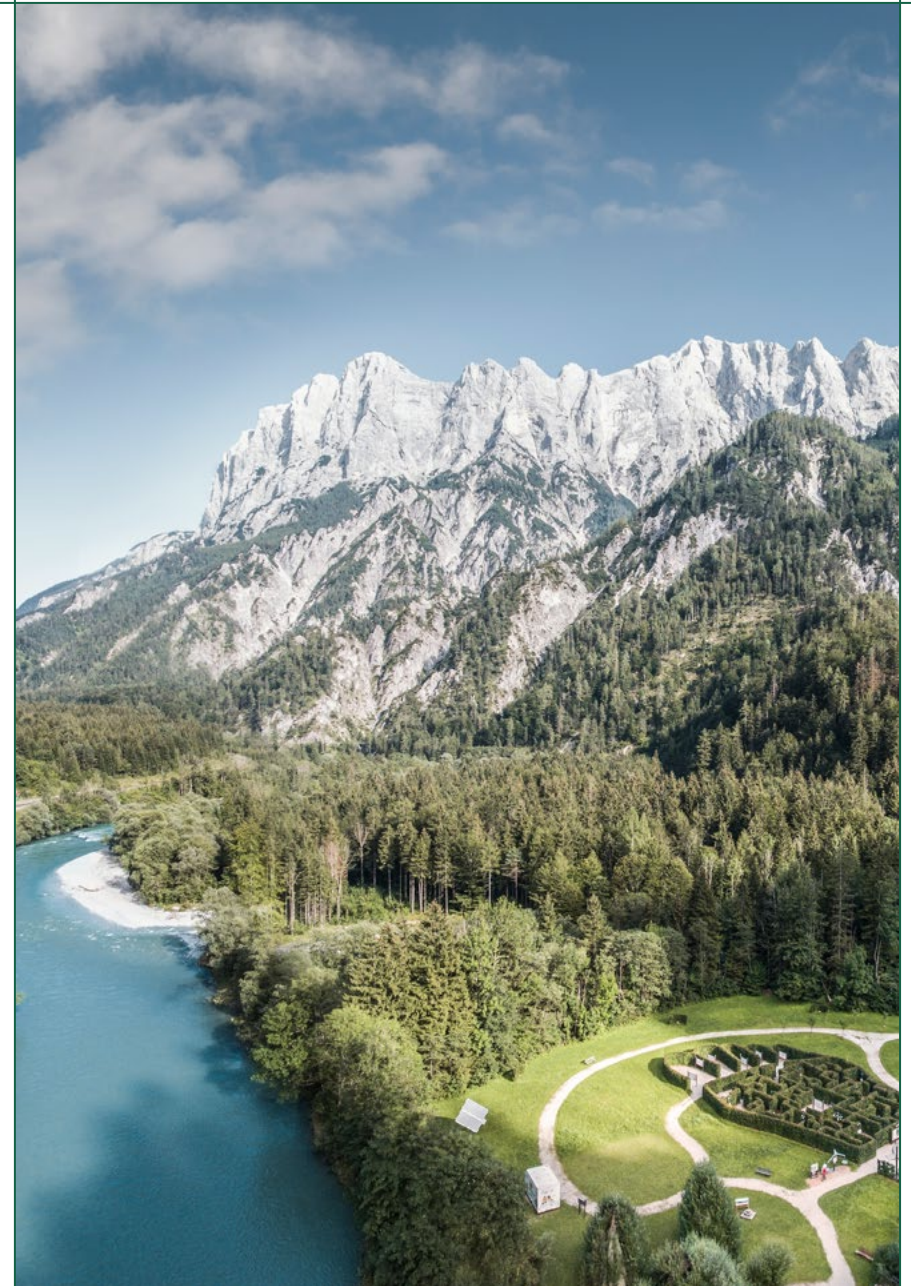
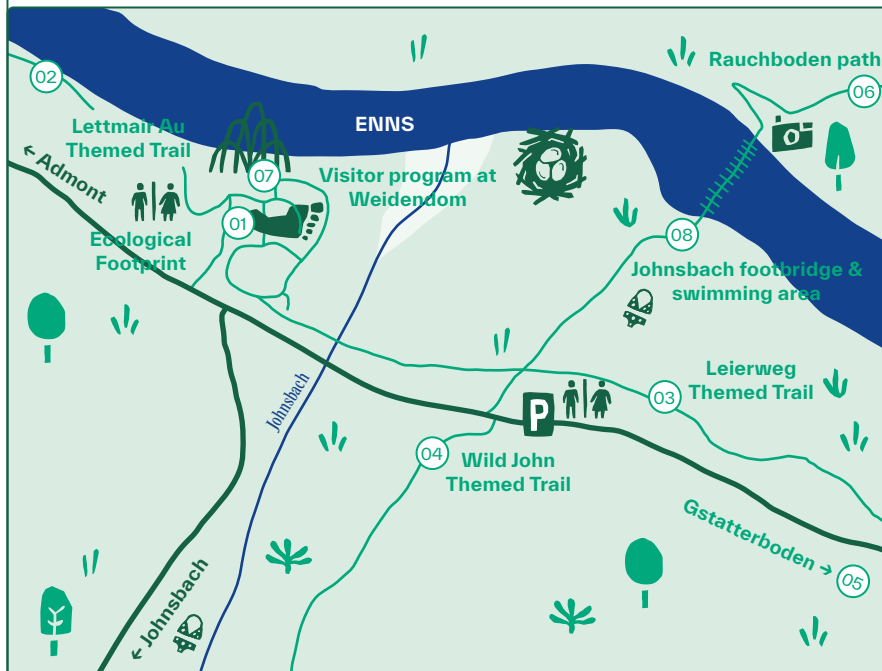
[National Park Rules p. 62](#)



Weidendom Adventure Center

Framed by the towering grey peaks of the Gesäuse mountains, you find a natural piece of art in the midst of Styria's only national park. The willow dome Weidendom is packed with creative and interactive experiences showcasing what defines the national park. This map will give you a first impression.

Find all information from 01 to 08 on page 70.





Ecological Footprint 01

The world's first walkable ecological footprint is actually a maze that teaches a lot about the environment and our impact on it. There are questions like "What traces do we leave on this planet?" which prompt reflections on living a more sustainable life.



Leierweg Themed Trail 03

A great barrier-free solution: The Swiss Tracs are designed to comfortably pull wheelchairs all the way to the riverbank of the Enns.



National Park Pavilion 05

Prepare yourself for a great package of outdoor and indoor experiences: Built in 2005 in the "capital" of the Gesäuse - Gstatterboden - the building houses a museum with exhibitions, a shop and a sunny terrace. It's close to the train station and the trailhead for many hikes.



Visitor Program at the Weidendom 07

It is a natural, living piece of art in the midst of the wilderness: the Weidendom is literally rooted on the banks of the Enns river on the junction to Johnsbach. Discover the dome of willows on one of the many programs that are hosted at 11 am, 2 pm and 4 pm.



Lettmair Au Themed Trail 02

Diving into the floodplain? You will if you trek from the Weidendom along the Enns River towards the entrance to the Gesäuse. Unfortunately, a severe thunderstorm has caused some damage in the area. Yet, on the positive side, you can now witness how nature is regenerating right before your eyes. More on page 88.



Wild John Themed Trail 04

No matter how old or how young you are: learn about the legend of Wild John. All we are revealing for now: The Johnsbach stream was once tamed - now it flows freely. Find out more on page 88.



Rauchboden Path 06

This easy hike is just perfect for families and those who are new to the Gesäuse. It follows the beautiful Enns river all the way to the Gesäuse Pavilion (see above), situated at the foot of the towering Tamischbachturm and the majestic Großer Buchstein.



Johnsbach Footbridge & Swimming 08

Enjoy the stunning view on the Hochtor mountain range and the colorful boats on the river from the wooden bridge that spans the Enns. It's also a great spot to go for a quick swim and cool off on a hot summer day.



A National Park
is a place where
one interacts with
wilderness.



*says National Park
Director Herbert Wölger*

Photography School

GETTING THE BIG PICTURE

The wild, untouched scenery of the National Park attracts many photographers from all over the world to the Gesäuse. Yet, how do you capture the wood grouse courtship? Well, that's one of many things you learn in the School of Photography in the Gesäuse. The classes provide not only skills for animal shots but also dive deep into the composition of nature and wildlife, light and shadows. There are all the technical gadgets, of course. But the most important tool of the trade is being in the right place at the right time. And our pros at the National Park will help you being on time...



Fotoschule Nationalpark Gesäuse
t: +43 3613 21 160 20
www.nationalpark-fotoschule.at
info@nationalpark-fotoschule.at

Gallery Fokus

PICTURE-PERFECT

Gallery Fokus in Admont can be best described as a place that blurs the line between photography and art. Here you find photographers displaying their pieces alongside artists, connected by their unique perspective on nature. All of the exhibitors acknowledge nature as an infinite source of inspiration. As visitors we are fortunate to experience and enjoy this creative convergence of images and words.



Galerie FOKUS
Hauptstraße 32, 8911 Admont



National Park Events and Excursions

From photography courses to stargazing at the willow dome cinema and the sound of grouse mating. Find all the information on upcoming events and excursions here:

www.nationalpark-gesaeuse.at/nationalpark-erleben



Loosely based on Aretha Franklin: What the National Park needs is a good por- tion of R-E-S-P-E-C-T!

NO FLY ZONE

Only birds fly here - flying drones is prohibited within the entire National Park area.

SSHHH

Enjoy the silence of nature and avoid disturbing it.

NO BUFFET

Do not feed the animals. Wild animals in the National Park cannot handle food given to them by humans.

LEAVE NOTHING

but footprints. Do take your garbage with you, or even better: try to minimize your waste altogether. Plus: our parking lots follow a no-trash can policy.



LINKED

Always keep your dog on a leash. Thank you!

NIGHT GUARDS

are not patrolling the National Park. So, plan your tour well, to get back before dusk.

NO GO

Enter the riverbanks of Enns and Johnsbach only at the designated areas. There are rare breeding birds nesting here.

PS: The rules may come across as quite strict. Yet, to keep what we love safe and clean, it is essential that we ALL follow the rules.

OVERNIGHT

The only place to camp and make fire is the Forstgarten campsite. (There is an official fireplace where you can come together, meet new people and have a good time.)

Welcome to the largest Nature Park in Styria.

NATURE AND GEOPARK STEIRISCHE EISENWURZEN

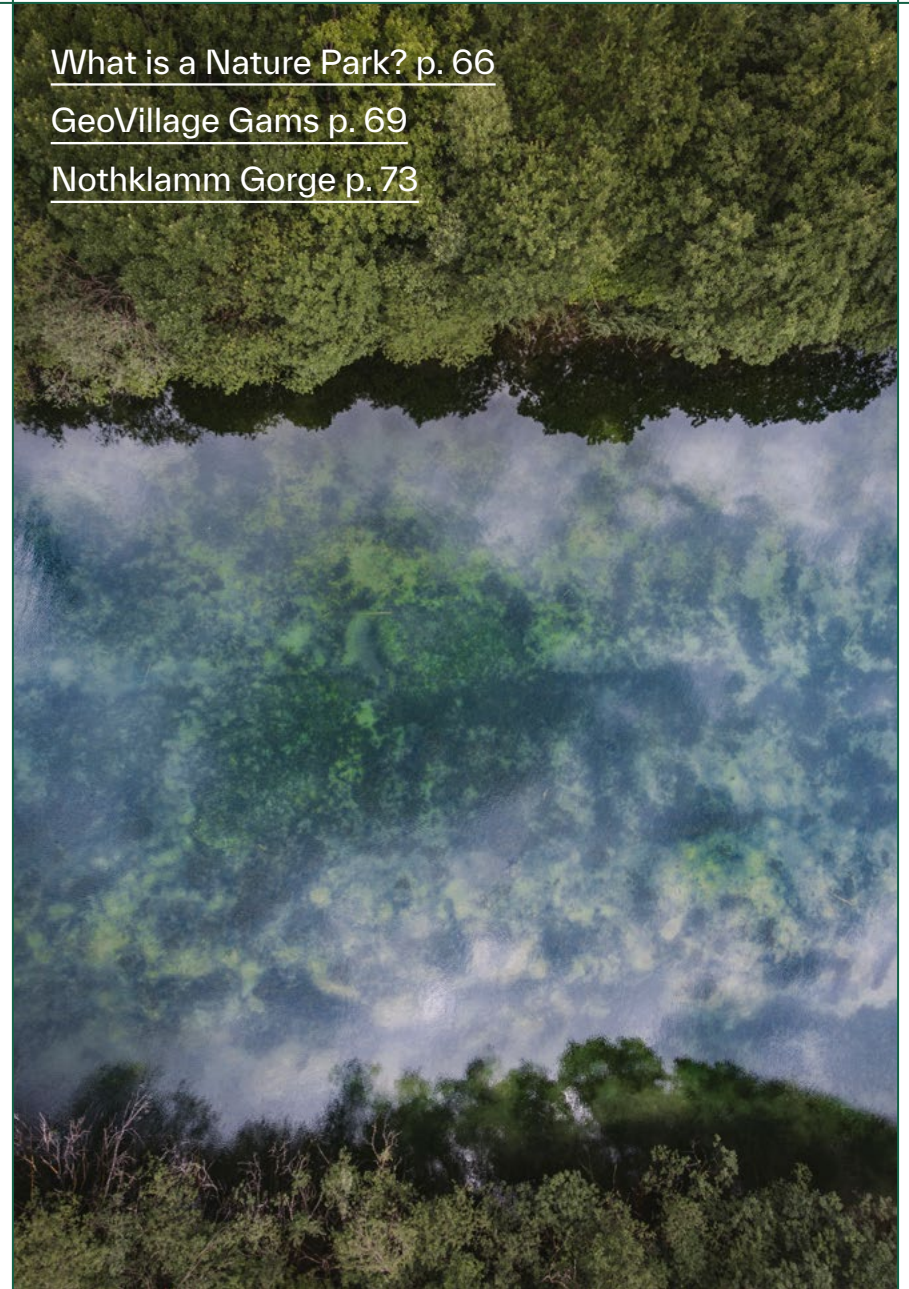


Styrian Eisenwurzen is home to our largest natural reserve. It is also designated as a UNESCO Global Geopark. A place where you learn about geology while having the best time.

What is a Nature Park? p. 66

GeoVillage Gams p. 69

Nothklamm Gorge p. 73



What is a Nature Park?

- 01 The purpose of a Nature Park entails preserving and enhancing the region's natural beauty, while also providing recreational activities as well as educational programs that align with the park's concept.
- 02 The park's mantra is: protect and explore.
- 03 Austria has a total of 48 Nature Parks, with 7 located in Styria, including the largest one in the Gesäuse – we're never getting tired of emphasizing this. Known primarily as a geological marvel, the full name of the park is Nature and Geopark Steirische Eisenwurzen. It is also famous for its abundant orchards.
- 04 Nature Parks play a crucial role in regional development by creating jobs and supporting businesses in tourism and agriculture.

For more info:
www.eisenwurzen.com

Gams is the geological navel of the world.



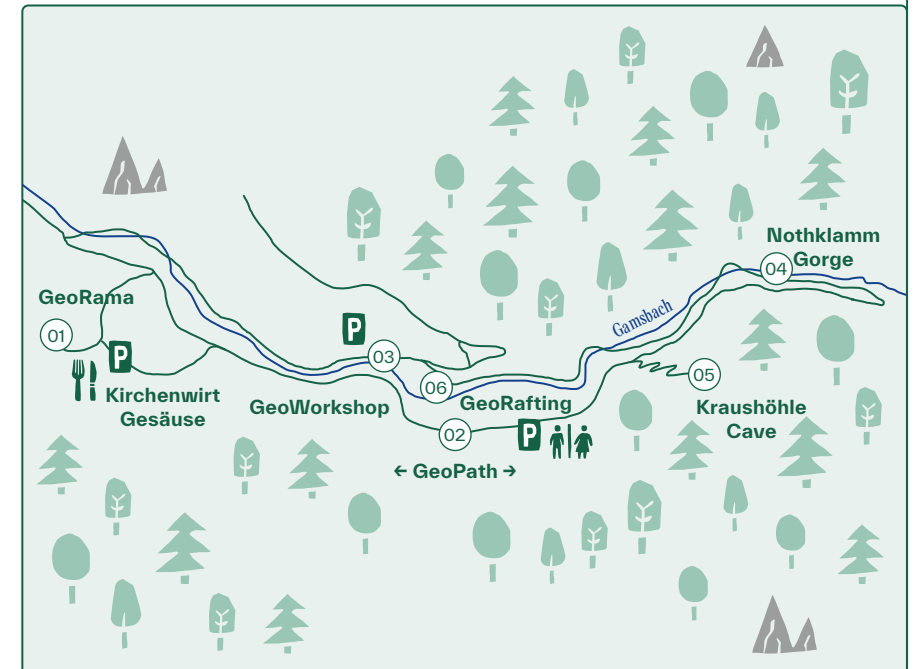
*says Herbert Traisch of
 GeoDorf Gams*



GeoVillage Gams

In the heart of the Nature and Geopark Steirische Eisenwurzten you find the village of Gams – which is dominated by the prefix “geo”. Every attraction is geo from the GeoWorkshop to the GeoPath, GeoRama and GeoRafting, then there is the Kraushöhle Cave and the Nothklamm Gorge. They are all reminiscent of the Anisian stage of our planet’s history. And the name goes back to - yes, indeed - the Enns (lat. Anisus fluvius).

Find all info on  to  from page 82.





GeoRama 01

In the center of Gams, you will find a museum that revolves entirely around stones. For more information see page 189.



GeoPath 02

What's the easiest and quickest way to walk through 250 million years of Earth's history? The GeoPath in Gams, of course. Walk just five kilometers through the enchanting village at the center of the Nature and Geopark, and absorb a lot of geology knowledge along the way.



GeoWorkshop 03

Just as fish belong in water, a GeoWorkshop belongs in a GeoVillage. Especially with fossils and unique rocks scattered all around, just waiting to be found. Create your very own one-of-a-kind piece of jewelry by grinding and polishing your stone at the workshop. It makes a great, individual souvenir to bring back home!



Nothklamm Gorge 04

Find more information on page 73.



Kraushöhle Cave 05

What would a gorge be without a cave? More info on page 78.



GeoRafting 06

Love water? Then you'll be captivated by the Salza - hailed as one of the most picturesque rivers in Austria. It's fantastic for paddling and kayaking, for soaking in the incredible Conglomerate Gorge - and also learn more about the formation of the landscapes while GeoRafting. The expert guides know how to navigate through the water and will teach you about the geology, too.

www.raftingcamp.at

More info:
www.geodorf.com

Nature Parks are scattered across Austria, a bit like apples in an orchard. And every single one is individual, every single one has its own taste. The Nature and Geopark Steirische Eisenwurzen is pretty delicious, we have to say: the park's produce include honey, cider, sparkling wine, tea, spices, and much more.

Partner

www.bergbienen.at
www.veitlbauer.at
www.kraeuterbergbauer.at
www.ferienholzhaus.at (beekeeping)
www.forstauer.at
Jaglbauer fine brandies

Restaurant owners and chefs appreciate the convenience of having quality food right on their doorstep: They create delicious dishes using only ingredients sourced locally. Trust us: You will also enjoy the variety of flavors the region has to offer.



I'll have a gorge with a shower, please.

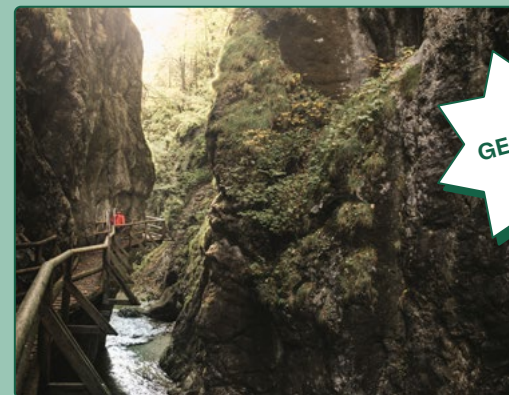


WOW!

Collect 5 awe-inspiring waterfalls on a single hike!

Find more details on the Wasserloch Gorge on page 110.

Nothklamm Gorge



**GESÄUSE
TIP**

PS: The Nothklamm is an official UNESCO Global Geopark.

One of the most rejuvenating spots in the Gesäuse during the summer is the Nothklamm Gorge in Gams. Walk along the wooden footpaths and venture deeper and deeper into the natural wonder of the Gamsbach stream. Adding even more excitement on this stunning loop is the Kraushöhle (page 88), a cave you can explore on a guided tour. Further highlights in this short hike: the rock formations and natural water features.

A Great Escape

On the 700 m long Nothklamm construction you almost seem to float above the gorge which has been carved into the landscape by the rushing Gamsbach stream. You hike over steps and footbridges above the water which is sometimes dripping and other times gushing. The gorge is easily accessible from Gams and is (literally) a cool and refreshing escape in the summer months. With a sharp eye and a dash of

luck, you might even find fossils that have been buried for ages.

Nothing Less Than Amazing

There is no lack of awe and entertainment with rocks in all shapes and colors and the constant whooshing of water. Some locals even hike through the Nothklamm every single day – and they still find new favorite spots. You can also see the traces of avalanches that hit the gorge in wintertime. Some find it wildly romantic, others find it utterly thrilling.



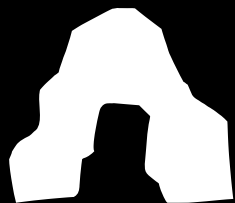
**Palfau 69, 8923 Landl
t: +43 3633 22 01 51
www.geodorf.com**

BOLD
BOLD
BOLD



Welcome to the inner values.

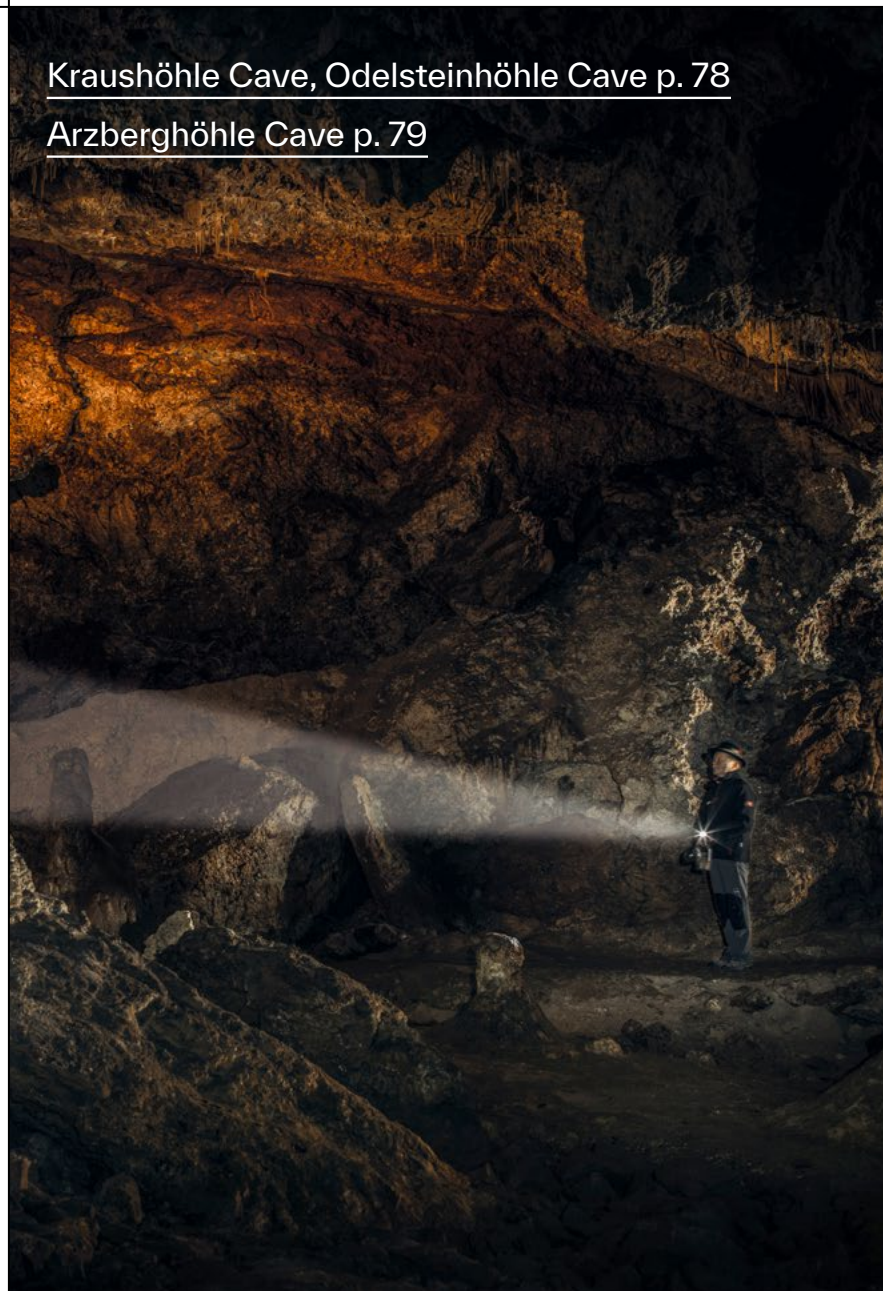
CAVES



Caves redefine the concept of time.
The rocks tell stories spanning millions of years.
They are captivating! So, come into the dark.

Kraushöhle Cave, Odelsteinhöhle Cave p. 78

Arzberghöhle Cave p. 79



Shining a light on geological history in the Kraushöhle Cave.

Kraushöhle Cave 01

LET THERE BE LIGHT

With the expert insights of our guides, it soon becomes evident that this cave could really boast. With what? Well, even approaching the entry gate to this mystical gorge is an impressive, stunning sight. Plus, the Kraushöhle actually was the first illuminated show cave worldwide – you can still see traces of the old lighting system today.

GYPSUM CRYSTAL COLUMNS

The Kraushöhle is part of the UNESCO Global Geoparks network and grinds down deep into the Annerlbauernkogel. Covered in white milk of lime, the stone formations seem to be made for eternity. Don't forget to put on your jacket when you start your hike through one of Austria's oldest show caves. There are many fascinating things to learn about this unique place. It is, for example, the largest gypsum-bearing cave in the German-speaking world. It is named after Franz Kraus, a pioneering cave explorer from the suburbs of Vienna who owned his own little property in Gams.

WOW!

The Kraushöhle is the only show cave in Europe where hydrogen sulfide lime is converted to gypsum.

GeoDorf Gams
t: +43 3633 22 01 50
www.geodorf.com

Odelsteinhöhle Cave 02

THE LOCAL JOHNSBACH CAVE

Equipped with a headlamp, sturdy shoes, and a thick, warm jacket, you are ready to explore the dark cave hole, designated as a natural monument back in 1931. On the guided tour, you will navigate through a mix of narrow passages and spacious hallways, while listening to captivating stories and learning all about crystals, sinter columns, and other cave formations.

IRON AND COPPER

If you are interested in geology, rocks and cave exploration then Odelsteinhöhle (next to the Kraushöhle) is a must-visit. It is located in the rear of the Johnsbach valley at 1,085 meters above sea level and it is mainly known for its bluish aragonite crystals. You will also come across iron, copper and drop ore deposits. These extend from the neighboring Erzberg via Radmer to Johnsbach and can be explored in detail on the copper trail.

Gasthof "Zum Kölbl"
t: +43 3611 216
www.koelblwirt.at

Arzberghöhle Cave 03



Never walk alone – you can't access the cave without a guide.

Enlighten the Dark

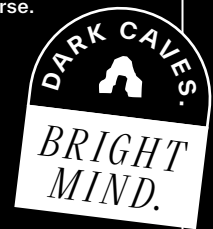
Diving into the underworld is quite something. A few degrees colder, a few meters deeper. Therefore, make sure to embark on this three-hour tour near Wildalpen only if you have no fear of heights and are sure-footed. It is physically quite demanding to explore the extensive corridor system, which spans over a kilometer. The reward: the end is truly spectacular with a ladder that stands eight meters tall and connects the main entrance and the vestibule.

Become a Speleologist

On a guided tour in the midst of a cave you no longer know what is more captivating: The stories about ice age hunters, bats and bears, or simply the sight of the awe-

inspiring cave scenery. Well, it's a fact, that here - three kilometers to the west of Wildalpen - bears roamed and went about their daily routine thousands of years ago. The glacial cave bears may now be extinct, remnants of their massive bodies (weighing up to 1,200 kilograms), such as teeth and bones are still dug up every now and then - as fossils, of course.

Municipality Wildalpen
t: +43 664 41 65 401
www.wildalpen.at





Welcome to our enlightening hikes.

THEMED WALKS



Easy themed walks for friends, families,
and those who have a thirst for knowledge.



The Basics of Themed Trails p. 84

Themed Walks p. 86

THE BASICS OF THEMED TRAILS

Enjoy the stroll, explore nature and learn along the way - literally by passing by.

Wild John Themed Trail

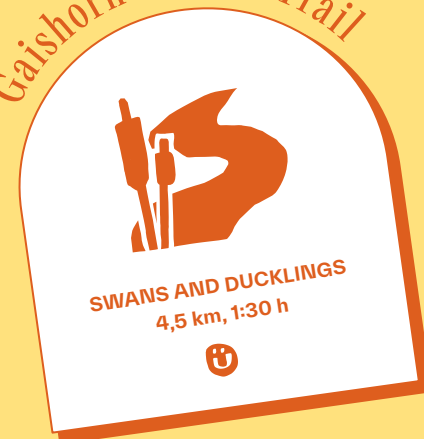


Lettmair Au Themed Trail



Pürgschachen Moor

Gaishorn Biotope Trail



Climate Positive Forest

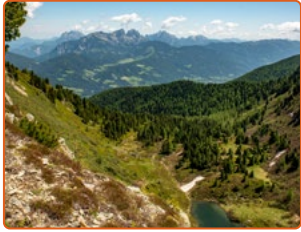


TIP

New to hiking?
Themed trails are
perfect for beginners!

Pilgrimage Path of the World Religions 02

SO CLOSE TO HEAVEN



On this inclusive and family-friendly route, the focus is on practicing a collective and giving mindset through the five major world religions.

Ten artists from France, Poland, Armenia, Slovakia, Iraq, Israel and, of course, Austria contributed to this unifying project. There are informative signs introducing the basics of the various religions and thus promoting an understanding of the variety of beliefs. Where to stop for food & drink? Rottenmanner Hütte!



Length: 4.6 km, **duration:** 2 h
Ascent: 480 m
Start: Rottenmanner Hütte parking lot

Pürgschachen Moor 03

SAVING THE CLIMATE



Between Admont and Liezen, you find an elevated marshland with layers of high-quality peat measuring up to seven meters in thickness. The 50-hectare area is far from being spooky - it is very welcoming to visitors. Raised bogs of this size are scarce in the Alps, and even fewer are as accessible. From the trailhead at the parking lot in Ardning, there are 13 stations to discover and a natural area to explore over the course of one and a half to two hours.

The observation deck literally stands out providing a full view of the (moor) landscape. The marshland has been listed in the Ramsar directory as a wetland of global importance that should be safeguarded.



Length: 4.5 km, **duration:** 1:30 h
Start: Moor parking lot, Ardning

Salt Educational Trail of Hall 04

THE SALT OF THE GESÄUSE

Bad Reichenhall, Hallstatt, Hall - hal is the old Germanic word for saline, and back in the days people settled near the precious salt deposits. Even the small village of Hall near Admont had a brine spring that was first documented in 931. Thus, it is no surprise that the village coat of arms features three small salt barrels that were once used for salt production. The salt educational trail of Hall was established to bring back that era of white gold.

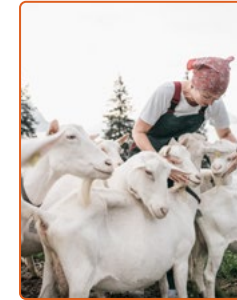
Meandering for approximately four kilometers, the themed trail runs alongside the Essling River, connecting the relaxation facility at the leisure park to the village square in Hall. The trail usually takes about an hour and a half to walk from start to finish. If you're with children, it may take an extra hour or so due to the playground being the starting point, nestling among trees and bushes - where you can playfully travel back in time to the 11th century. For those who prefer grounding their imagination in facts: you can study the various information boards along the way and learn all about salt deposits, salt extractions and salt production.



Length: 4 km, **duration:** 2:30 h
Start: Freizeitpark Hall

Grabneralm Alpine Educational Trail 05

BALCONY TO THE GESÄUSE



The easy family hike starts on the Buchauer saddle heading towards Grabneralm. The track leads through a hollow path onto a forest trail and finally onto a gravel road. As you make your way steadily upwards, you will learn about the practices of alpine farming now and then, about livestock farming and indigenous wild animals. Having spent one and a half hours strolling and reading the info panels, the next stop is Grabneralm - and it is well deserved: The sunny terrace is a comfortable spot to relax, offering a breathtaking panoramic view of Mount Grabnerstein, known as one of Styria's most stunning floral mountains.



Length: 5 km, **duration:** 1:30 h
Ascent: 569 m, **descent:** 569 m
Start: Buchauer Sattel parking lot, Weng

**YOU SEE.
YOU LEARN.**

Lettmair Au Trail 06

AHA-MOMENTS

Beyond the Weidendom adventure center lies a different world, a lush green paradise: Take a short 30-minute hike along the Lettmair Au educational trail through the nearby wetlands of the Enns. Perched two meters high, the barrier-free wooden pathways will guide you through the flood-plain forest offering a fresh perspective on the beautiful flora and fauna.



Length: 1.2 km, duration: 0:45 h
Start: Weidendom Adventure Center

Wild John Trail 07

FREE THE GIANT

Set out on your journey at the Weidendom and trace the route of Wild John for the next 1.5 kilometers. According to the legend, Wild John was a water giant who roamed the Gesäuse and got captured by dwarves. Well now, it's on you to free him.



Length: 5 km, duration: 1:30 h
Start: Weidendom Adventure Center

Leierweg Trail 08

THE SIMPLE WAY

This barrier-free hiking trail leads from the Weidendom to the Zigeuner tunnel. From the Leier viewpoint, you can see the Enns River's backflow and if you're lucky you might catch a glimpse of the common sand-piper. Do not scare the birds please!



Length: 2.2 km, duration: 1:30 h
Start: Weidendom Adventure Center

Johnsbach Copper Trail 10

LIKE BACK IN THE DAYS

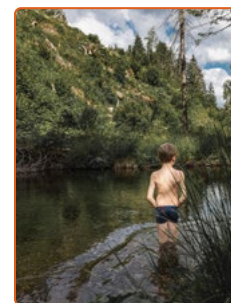
Discover the ancient copper mining activities in Johnsbach, dating back 3,500 years to the bronze age, on this hiking route from Radmer to Johnsbach. On the three-hour-hike from the trailhead at the Paradeis show mine in Hinterradmer all the way to the alpine hut Zeiringalm in Johnsbach you will learn tons about copper and mining.



Length: 6 km, duration: 3:30 h
Ascent: 508 m, descent: 350 m
Start: Paradeis tunnel Hinterradmer

Johnsbach Kneipp Trail 09

REJUVENATING



Sebastian Kneipp once claimed: "Nature is the best pharmacy". Keep this in mind when walking barefoot along the natural Kneipp path in Johnsbach. Maybe you've just finished a strenuous hike; or you are even here for a Kneipp therapy retreat – the trail is definitely worth it. It starts with a gentle foot massage – for which you just have to take off your shoes. Step by step, the soft bark-mulched path prepares your feet for the ice-cold water. Over a distance of one and a half kilometers, the Johnsbach has six Kneipp stations, each of them super rejuvenating. You might be an adult (and might have been for some time), but there is a great chance you will find yourself playing with the kids... It's pure fun and healthy at the same time. You will find the Kneipp facility passing by Ödsteinblick in the direction of Waldfest Place.



Length: 4.5 km, duration: 1:30 h
Start: Zum Kölbl or Ödsteinblick, Johnsbach

Hartelsgraben Educational Trail 11

THE GRANDE DAME

You have to master 500 meters of altitude if you want to meet the oldest mountain forest road in Styria. But then again: there sure are more dreadful things than hiking amidst the beautiful scenery of Hartelsgraben. Plus: You will learn a lot on this hike about the history of the forest. Reach the Sulzkaralm pastures via trail 601.



Length: 6 km, duration: 3:00 h
Ascent: 580 m, descent: 580 m
Start: Hartelsgraben parking lot, Gstatterboden

Gaishorn Biotope Trail 01

SWANS AND DUCKLINGS

The reed beds around Lake Gaishorn hold quite a few lively surprises. Spring brings a surge of life to the biotope. So be careful and considerate when you set out on the foot-bridges that lead you deep into the reeds. You will encounter shy amphibians, baby swans, fluffy ducklings or even a beaver lodge. This walk around the lake has its charm also in the colder months, when the birds feast on the food provided in the little bird houses.



Length: 4.5 km, duration: 1:30 h
Start: Lake Gaishorn

Gasteiger Loop 12

TRACING HISTORY



This five-hour tour along the Gesäuse rivers Enns and Salza starts and ends at the train station in Großreifling. On this loop, you follow the footsteps of Hans Gasteiger, who pioneered a hydraulic structure in the 16th century that defined the timber industry in the region for centuries. You will also come across a couple of cultural monuments, charming old farmhouses, and incredible vistas. Crossing the alpine pastures and farmyards you will get an impression how generations of farmers took care of this land. This hike can be perfectly combined with a visit to the Silvanum Forestry Museum or the Landl leisure park.



Length: 17.7 km, duration: 6:00 h
Ascent: 488 m, descent: 505 m
Start: Großreifling train station

Climate Positive Forest 13

INTO THE WOODS



Exploring the Gasteiger loop along the gurgling turquoise-green and beneath towering yew trees, the latest educational trail in the Gesäuse leads you deep into the heart of the lush forest – and we all know that this is where the soul finds its peace.

Preserving the forest ecosystem is the main focus in the Nature and Geopark Steirische Eisenwurzen. There are six stages where you can learn about the forest habitat, climate, and protective function. Just like forests have been proven to have a beneficial impact on blood pressure, they also contribute to lowering the ambient temperature by a few degrees. Exactly what you need to beat the heat on those hot summer days!



Length: 2.5 km, duration: 1:00 h
Start: Großreifling train station

Spitzenbach Gorge 14

A BIT OF WILD WEST

With its cascading waterfalls and sharp rock formations, the Spitzenbach Gorge resembles scenes from the Wild West. The area stands out as a prime demonstration of biodiversity, with as many as 450 distinct butterfly species identified. Though they won't disturb you during the day as they are sleeping. The gorge takes around an hour for keen observers to explore. For everyone else there's the approx. 4-hour circular walk.



Length: 12 km, duration: 4:30 h
Ascent: 462 m, descent: 462 m
Start: Eisenwurzen center, Weißenbach/Enns

Schwärzerweg Path Palfau 15

SMUGGLING ROUTES

Embark from Erzholden and retrace the steps of bootleggers and smugglers who once transported ironware and supplies past tollgates from Salztal valley to Ybbstal valley. There are signs along the path revealing tales of smartly concealed hiding spots and creative ideas. But what was the lumberjacks' role in all of this? We won't spoil it! If you like to hike some more you could extend your hike to the Naturfreunde hut or to Gamsstein mountain.



Length: 10 km, duration: 4:00 h
Ascent: 524 m, descent: 524 m
Start: Erzholden parking lot, Palfau

Forest & Water Themed Trail 16

FIRST THINGS FIRST



If you just can't get enough of (alpine spring) water, here – in addition to the museum - is a treat for you: the Forest & Water theme trail. There are 32 stops, each featuring an informative display that will introduce you to the different tree species, typical Gesäuse animals, timber utilization, and much more. Plus, you will also stumble upon edible as well as poisonous mushrooms and a large wooden swing. Ready to swing?



Length: 3 km, duration: 1:30 h
Start: Museum HochQuellenWasser, Wildalpen

Welcome to hikes of a lifetime.

HIKING



Where hiking means the world.
Taking you up high and down low. Close to the water,
with the rock in sight.

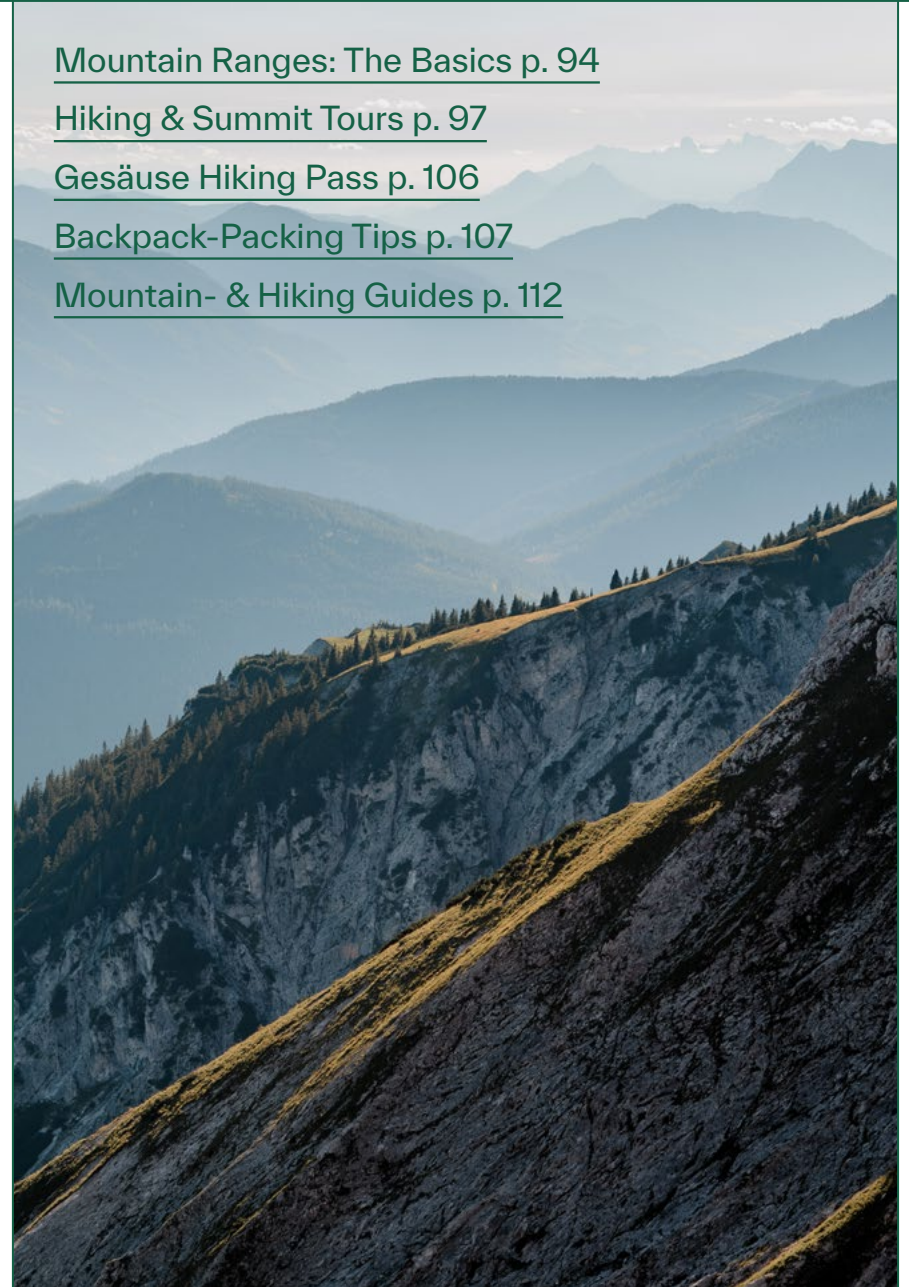
[Mountain Ranges: The Basics p. 94](#)

[Hiking & Summit Tours p. 97](#)

[Gesäuse Hiking Pass p. 106](#)

[Backpack-Packing Tips p. 107](#)

[Mountain- & Hiking Guides p. 112](#)



MOUNTAIN RANGES: THE BASICS

All those mountain ranges meet in the Gesäuse providing countless hiking and summit tour options.

Haller Mauern ⁰¹

The Haller Mauern range consists of over twenty peaks, with seven of them towering above 2,000 m. They form the northern border to Upper Austria. Several of the peaks within the range offer versatile hiking, climbing and skiing.

Ennstal Alps

Like a large bracket, the Ennstal Alps embrace the Haller Mauern with the Gesäuse mountains (Reichenstein, Buchstein and Hochtor range) and the Eisenerz Alps. They border the Totes Gebirge (or: dead mountain range) in the west, the Upper Austrian and Ybbstal Alps in the north, and the majestic Hochschwab in the east.

Reichenstein Range ⁰²

The huts Klinkehütte and Mödlingerhütte, have one thing in common: they are both located in the Reichenstein range, aka Little Gesäuse. It begins south of Admont and is flanked by Paltental Valley on the opposite side.

Buchstein Range ⁰³

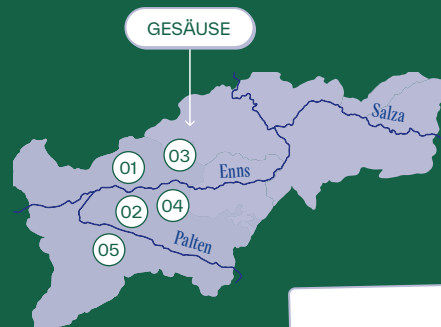
Both hikers and climbers enjoy the Buchstein rock massif - besides the very popular Buchsteinhaus there are several sports climbing routes on the Großer Buchstein, as well as a via ferrata.

Hochtor Range ⁰⁴

When you think Gesäuse, the first thing that comes to mind is the Hochtor mountain range. This impressive sierra stands out with its dramatic variations in elevation: from the Enns river to the Hochtor summit you have an incredible 1,800 vertical meters.

Rottenmanner Tauern Range ⁰⁵

South of the Paltental valley it gets really green. All the way up to the top most of the mountains (with peaks higher than 2,000 meters) are adorned with meadows and beautiful mountain flowers. The sheep like it - and so do we hikers.



I eagerly anticipate fall when I finally have time to hike all my favorite trails.



*says Hannelore Plum of
Guest House Plum*

Zinödl Traverse

GESÄUSE AT ITS BEST

A mountain tour that holds it all: Covering 17 kilometers and 1,700 meters of altitude, this track leads you along historic mountain roads and alpine passages all the way high up to the vast summit plateau of Mount Zinödl. The sight of the Gesäuse peaks makes it all worthwhile – and so does the stop at the Hesshütte before you hike back down to the picture-perfect village of Johnsbach.

Difficulty: difficult, duration: 8:30 h
Length: 16.6 km, ascent: 1,663 m
Start: Hartelsgraben parking lot, Gstatterboden

Three-Summit Tour

FROM KLINKEHÜTTE

A moderately difficult and – on clear days – picturesque hike for Gesäuse fans. A short, but steep and stony ascent takes you to the foot of the impressive south face of the Admonter Kalbling mountain. The flat-topped formation of this mountain range allows for the ascent of both Sparafeld and Riffel mountain. And the effort is rewarded as you have unique views on different parts from those two peaks.

Difficulty: medium, duration: 3:40 h
Length: 7.7 km, ascent: 974 m
Start: Klinkehütte parking lot, Kaiserau

Natterriegel

UNPARALLELED

A strenuous, yet amazing hike: From Buchauer Sattel head towards Grabneralm along the forest road. On the alpine pasture educational trail – Almlehrpfad Grabnerstein – you will learn about alpine traditions as you make your way to the peak. After passing Admonterhaus, the route takes you to the Mittagkogel in rugged, high alpine terrain. From here it is not far to the Natterriegel renowned for its unparalleled view from its summit at 2,065 m.

Difficulty: difficult, duration: 7:30 h
Length: 14.5 km, ascent: 1,202 m
Start: Buchauer Sattel parking lot, Weng

Leobner-Blaseneck-Round

SOLITUDE

Throughout the year, these two mountains attract hiking and ski touring enthusiasts, serving as a secluded retreat for those seeking solitude in the summer. On clear days, you can enjoy a stunning panoramic view, while in the autumn, the fiery red blueberry leaves create a captivating sight. You start at the Gschaidegger farmstead, then hike via Grössingalm alpine pastures and Saurog trench to Mount Leobner. From there the hike leads on a ridge path to Mount Blaseneck.

Difficulty: medium, duration: 9:05 h
Length: 14.5 km, ascent: 1,235 m
Start: Gschaidegger parking lot, Johnsbach

Karleck

OVER PASTURES

A perfect tour for fit families who like a beautiful hike. You set out at Ardning Alm and hike over the pastures of the Bacheralm all the way to Pyhrgasgatterl and the Rohrauerhaus. This loop brings you to the Upper Austrian side on the way across Arlingalm and its saddle to Ardning Alm where you can reward yourself with local dishes. There is a lot to see on this hike as you get one of the best vistas on the Haller Mauern mountain range.

Difficulty: medium, duration: 3:15 h
Length: 8.9 km, ascent: 602 m
Start: Ardning Alm Hütte

Pleschberg

ABOVE THE CLOUDS

When the fog lingers in the valley in fall, this hike from Frauenberg gives you a good chance for some sunshine. The trail begins by leading you through forest paths towards Mount Plesch. As you make your way up, you'll enjoy sweeping views of the Enns Valley and the unique, massive Grimming. And up on the top you will enjoy the panoramic view of Buchstein, Hoctor, Ödstein, and Reichenstein.

Difficulty: medium, duration: 3:30 h
Length: 11 km, ascent: 1,005 m
Start: Natural Pool Frauenberg

Großer Buchstein

MANY OPTIONS

Starting at Gstatterboden, the route first takes you along Rauchboden path, then up towards the Buchsteinhaus. Next, head towards the Krautgartl vantage point overlooking the charming Admont valley. Once you've taken in the sights, get ready to trek uphill through rocky terrain, following a zigzagging route. The Weng path holds a bit of climbing for you and is secured with ropes. It is rather easy yet demands a head for heights and sure-footedness.

If you don't feel capable of handling the Weng path, but still want to summit you can opt for the route via the west canyon. There are several ways leading up the summit cross, and once you've made it to the plateau it is more or less an easy stroll.

Just place yourself mentally in the image on the right. Feeling good?

WOW!

Difficulty: difficult, duration: 5:15 h
Length: 16 km, ascent: 896 m
Start: Buchsteinhaus parking lot, Gstatterboden



The Reichenstein range. A real Gesäuse beauty.

Mödlingerhütte

SCENIC HUT

The great thing about this hike is the easy access to public transportation. From the train station, make your way through the village of Gaishorn before beginning your ascent up the mountain. Keep an eye out for a marker at 960 meters above sea level, indicating a trail that leads through the forest. Once you've passed the fields of Treffneralm, you'll be treated to a beautiful sight of Ödstein, Buchstein, and Johnsbach valley. After just 500 meters you will spot this scenic hut set against a backdrop of mountains: the Mödlingerhütte.

Difficulty: medium, duration: 2:40 h
Length: 6.6 km, ascent: 808 m
Start: Gaishorn train station

Gamsstein Tour

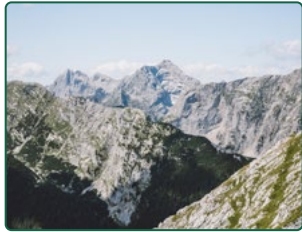
THE BOND BETWEEN THE FEDERAL STATES

Do count the Gamsstein, the local mountain of Palfau, among the most beautiful and scenic peaks in the Eisenwurzen region. There are various routes up: the steepest starts at Palfau Bergbauer (an alpine farmhouse), while the longest leads via the pastures of the Moaralm. At an altitude of 1,770 meters, the summit cross reigns supreme and also in wintertime.

Difficulty: difficult, duration: 6:50 h
Length: 14.9 km, ascent: 1,220 m
Start: Palfau church parking lot

Lugauer Crossing

ALPINE PLAYGROUND



This is a popular tour and one that takes a full day. Plus, you should be surefooted and have no fear of heights... Yet, the reward is a fantastic scramble up the rocks. From Radmer you trek through rocky terrain, steep meadows and an exposed traverse to reach the summit. It's a true playground for all alpinists!

Make sure to write down some words in the summit book of the Lugauer (also known as the Styrian Matterhorn) before you set out on the steep descent. There is a rope-secured crossing followed by short switchbacks, heavily sloped meadows and small scree steps cutting through the timber forest, finally leading you to Radmer an der Hasel on the other side.

Difficulty: difficult, duration: 7:00 h
Length: 10.8 km, ascent: 1,650 m
Start: Greifenberg Castle, Radmer an der Hasel



Nazogel and Angerkogel

TWO PEAKS

The trek up to the Hinteregger alpine pasture is an adventure in its own right. Once your hiking boots are laced up, the fun begins: This path runs through high-altitude meadows with challenging rocky sections that demand careful footing. After crossing a flat expanse, you'll reach the first peak of the Nazogel at 2,057 meters. From here it takes roughly an hour to reach the second peak. The descent leads you through bizarre terrain.

Difficulty: medium, duration: 5:00 h
Length: 10.7 km, ascent: 946 m
Start: Hinteregg parking lot, Liezen

Rote Wand Tour

ABOVE THE CITY

Escape to a peaceful retreat not far from the vibrant center of Liezen. Start in the town uphill past Alpenbad outdoor pool, as far as the junction Zierer restaurant (now closed). At the end of the houses you will see a path on the left which leads you up steeply through the forest to the Rote Wand (the Red Wall). From the top you have a stunning view of the district capital and across the entire Ennstal valley with the massive Grimming and the Dachstein range.

Difficulty: medium, duration: 3:00 h
Length: 8.3 km, ascent: 616 m
Start: Liezen city center

Weißbach Walls

FOLLOW THE FLOW

This trail, perfect for a family hike, winds alongside a stream and meanders through the woods, making it especially enjoyable for children. According to legend, mysterious creatures hide behind every tree and under every root. What you find for sure (at the end of a rather steep path): a beautiful waterfall. We recommend a detour through the forest along the stream to the source bench - its name says it all: This is the source of the Weißbach!

Difficulty: medium, duration: 1:15 h
Length: 6.1 km, ascent: 144 m
Start: Tennis court, Weißbach bei Liezen

Dürrenschöberl

FROM THE SOUTH TOWARDS THE SUMMIT

Still waters run deep - and inconspicuous peaks are full of surprises: the Dürrenschöberl links the Paltental with the Ennstal valley and you can climb it from both sides. On this tour you start from the south: Take the direct route through the forest. Looking north you will catch a glimpse of the Haller Mauern range and the Warscheneck, to the west broad and wide: the Grimming. You will be greeted with a breathtaking view of the Gesäuse from the top.

Difficulty: medium, duration: 3:40 h
Length: 9.2 km, ascent: 1,065 m
Start: Rottenmann train station



On the Luchs Trail, heading down from the Ennstaler Hütte to Landl.



Blosen-Stribing Route

INTO THE WILD

The peaks of the Rottenmanner Tauern range are hidden gems waiting to be discovered! It feels like stepping back in time when you wander through the forests and alpine pastures without encountering another soul. From the ridge's summit you can gaze far into the Enns valley which runs parallel, before you continue up the Stribing. After the final peak, you venture back into the forest and follow a trail that guides you to Lassing village via Treschnitz. What a great hike.

Difficulty: medium, duration: 5:30 h
Length: 14.2 km, ascent: 1,040 m
Start: Municipal office, Lassing

Mount Seekoppe

TRANQUILITY

This tour is peaceful and secluded, a scenic experience with a steep ascent that requires attention and surefootedness. At the summit of Seekoppe, you will be welcomed by the stunning sight of Lake Riedner and its crystal clear blue waters. Enjoying the spectacular panoramic view and the calming sounds of the Riednerbach stream, the descent leads you to the peaceful Gewürzalmhütte, the perfect place for a final stop.

Difficulty: difficult, duration: 8:00 h
Length: 21.5 km, ascent: 1,404 m
Start: Gewürzalmhütte parking lot, Oppenberg

Strechau Loop

LEGENDS AND FAIRY TALES

Styria's second largest castle rises above Rottenmann. Most of the people enjoy this sight passing by – yet it's a must-visit spot. A walk from the parking lot to the castle will transport you back in time. In the fortress you will learn the story of Styria taking you back on a journey of myths and legends, of fables and folk tales. Who knows, the Frog King might have been sitting right here in the courtyard waiting for his princess.

Difficulty: easy, duration: 1:30 h
Length: 4.5 km, ascent: 169 m
Start: Moar in der Feichtn parking lot, Lassing

Großes Maiereck

SUMMIT TOUR WITH BUTTERFLIES

Enjoy a day exploring mountain meadows and alpine trails. Begin at Pölzau and follow path 637 as it ascends steadily. A steeper forest section takes you to the Seisenalm hut and further via Kälberleiten to the summit of Großes Maiereck at 1,764 m. Stop to grab a snack out of your backpack – while feeding your eyes with this spectacular view. The descent leads you through Spitzenbach Gorge, where – with some luck – you might spot one of the elusive nocturnal butterflies.

Difficulty: difficult, duration: 7:15 h
Length: 18.3 km, ascent: 1,237 m
Start: Pölzau, St. Gallen



Above the clouds
WITH SORE MUSCLES

Wasserloch Gorge 01



**GESÄUSE
TIP**

The Wasserloch Gorge close to Palfau is part of the UNESCO Global Geopark Network.

Mystery Waterhole

Embark on a stunning gorge trek featuring waterfalls, breathtaking vistas, and the chance to indulge in delicious food. The mystery is a siphon lake that pours into the depths of the gorge at random, unpredictable intervals.

This adventure begins on a suspension bridge that overlooks the emerald-green Salza. If you have the courage to glance below, you'll see the vibrant helmets of kayakers and rafters. Continuing along the path, you will eventually enter the gorge, with beautiful gentian and liverwort flowers on either side. The sturdy wooden climbing structure makes this journey to the waterhole manageable for families, despite some steep sections.

Enchanting

Water will not leave your side along the entire way. The picturesque Salza river

will enchant you, and you will be amazed by the majestic sight of five cascading waterfalls, one of them reaching a towering height of 37 meters.

Starving!

Stop at the Wasserlochschenke for baked potatoes or yummy waffles and – who knows – even get an appetite for a rafting trip.

Duration: approx. 1:30 h to the waterhole
Ascent: 325 am

Length: 1.6 km, 900 m of which via a climbing construction

Equipment: sturdy footwear
Start: Arena Salza, Palfau

Brunntal Valley 20

MASSIVE MASSIF

Find this uniquely beautiful, yet easy hike in the Brunntal valley. The stunning backdrop of the Hochschwab massif might make you forget that you are in the Gesäuse, in Styria, in Austria, even in this world – as it has this mythical feeling of a land of old tales. The Hochschwab will be a steady view along with the serene lake Brunnsee, the gently ascending Brunnmäuer rocks, and the valley below the Rotmäuer rocks.

Difficulty: easy, duration: 2:30 h
Length: 9 km, ascent: 227 m
Start: Brunntal parking lot, Wildalpen

Seven Lakes Tour 21

CAPITAL WATER

Those who hope to find seven lakes on the seven lakes tour will find themselves going in circles for a while. However, there is plenty of water on this loop. From the Wildalpen mountains comes exquisite water that travels through the 2nd Vienna high spring water pipeline right into the apartments of Austria's capital. If you want to learn more, stop over at the High Spring Water Museum in the village of Wildalpen.

Difficulty: medium, duration: 3:40 h
Length: 6.6 km, ascent: 288 m
Start: Museum HochQuellenWasser Wildalpen

Buchberg Mountain

Starting from Gams. Genuine panorama hike over hills and colorful meadows.

Difficulty: medium, duration: 6:00 h
Length: 13 km, ascent: 800 m
Start: Thaller Gamsforst farmstead, Gams

High Trail Frauenberg

Through forest and meadow to the pilgrimage church of Frauenberg.

Difficulty: easy, duration: 2:30 h
Length: 8.6 km, ascent: 250 m
Start: Dorfwirt, Ardnig

Sonnberg Loop

Orbiting the sun with kith and kin.

Difficulty: medium, duration: 2:30 h
Length: 8.3 km, ascent: 250 m
Start: Lake Lassing

Zinödlberg Route

On forest paths and woodland trails to the plateau.

Difficulty: medium, duration: 4:15 h
Length: 9.9 km, ascent: 632 m
Start: Zinödlbauer Farm, St. Gallen

Hochstadl

Hear the cowbells (instead of cell phone rings) in untouched alpine pastures.

Difficulty: difficult, duration: 8:50 h
Length: 18.7 km, ascent: 1,244 m
Start: Holzäpfeltal gate, Wildalpen

MOUNTAIN & MOUNTAIN HIKING GUIDES



STATE-CERTIFIED MOUNTAIN
AND SKI GUIDES

Alpine School Alpinstil

Reinmüller Jürgen
t: +43 664 86 33 789
www.alpinstil.at, office@alpinstil.at

Alpine School Bergpuls

Guhl René
t: +43 676 74 00 082
www.bergpuls.at, office@bergpuls.at

Mountain-Sport Brugger

Brugger Patrick
t: +43 650 97 99 266
www.berg-sport.at, office@berg-sport.at

Sodamin Paul

t: +43 664 42 38 448
www.paul-sodamin.at, paul.sodamin@aon.at

Stangl Christian

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hp.wandern@gmail.com

Mountain hiking guide Posegga Susanne

t: +43 699 12 81 02 04
www.bergvagabundin.at
post@bergvagabundin.at

Mountain hiking guide Scheucher Christian

t: +43 699 11 18 11 84
www.kikinatur.at
kikischeucher@gmail.com

Mountain hiking guide Siedler Stefan

t: +43 664 61 74 500
www.canyon-mountain.at
info@canyon-mountain.at

Mountain hiking guide Weißensteiner Reinhard

t: +43 664 16 15 886
reiniw@gmail.com



Have you ever wondered what the difference between mountain guides and hiking guides is? Well...

Hiking guides are trained guides who keep you company on regular trails. They have tons of knowledge and can navigate you around the local trails and places of interest. And they are also trained in alpine first aid.

Mountain guides, on the other hand, have undergone extensive alpine training. They are experts in mountaineering, climbing and experienced rock climbers, as well as trained in snow and ice. They will guide and support you on demanding tours, on steep walls, glaciers and challenging terrain where belaying is required. They will also introduce you to all the safety and rescue techniques necessary and will be there in case of an emergency.

So, it depends on what kind of mountain tour you are planning and on how experienced you are. But no matter what you decide you are guaranteed to have a great time in the great outdoors!

AHA!



This is where the fun starts.

Welcome to a place suspended in time.

ALPINE PASTURES

Not quite as ruggedly mountainous,
yet truly romantic and inviting –
the pastures in the Gesäuse.

[Johnsbacher Alpine Hut Loop p. 118](#)

[Farmed Pastures p. 120](#)

[Code of Conduct p. 124](#)



Johnsbacher Alpine Hut Loop

Enjoy a family-friendly hiking experience filled with excitement (and original Gesäuse Pearl soda pop), on the Alpine Hut Loop, the Almenrunde, perfect also for those new to the Gesäuse area. Let the majestic Gesäuse mountains envelop you as you wander through the peaceful green alpine pastures. Lace your hiking shoes, pack food and water, and start your adventure at the Ebner crossing parking lot in Johnsbach, hiking from one alpine hut to the next!

[Find out about the opening hours here:](#)



Kölblalm 1,113 m 01

900 YEARS

Just a quick hike through the devil's gate and you will find yourself at Kölblalm in the middle of the Gesäuse National Park in no time (well, 30 minutes). This rustic alpine hut has an incredibly rich 900-year history. Yet, it is not only the oldest alpine pasture in the Johnsbach valley, but also one of the most captivating. It alone is reason enough to visit the Gesäuse.



t: +43 3611 216
www.koelblwirt.at

Ebneralm 1,282 m 03

EYES WIDE OPEN

Wow - what a stunning sight of Johnsbach valley! And what a reward for the hike up to the picturesque Ebneralm – the famous Almkrapfen is just an added treat (a very yummy one). It takes approximately one hour from the gorge via the (alpine) rocky path. And if you are coming via the Kölblalm add additional half an hour. Built from spruce wood, the hut's history is just as solid being the home alp of the Ebnerhof homestead.



t: +43 664 34 41188

Huberalm 1,400 m 02

ONE ON TOP

The Huberalm alpine hut may not be an "official" part of the Alpine Hut Loop, but we highly recommend the short detour from Ebneralm. With its recent tasteful renovations, the Huberalm is now a picture-perfect alpine cabin nestled in beautiful, lush-green meadows. An extra hike you will definitely not regret.



t: +43 664 24 83 575
www.huberbauer.at

Zeiringeralm 1,117 m 04

COWBELLS & ACCORDION

Expect chairs and benches, feet and bodies to move on the Zeiringeralm as soon as the team gets out their instruments. The hut is known as a fun place where it's all about having the best time. Yet, back in the days it was a different sight. From 3,500 years ago to the late 19th century, copper and coal was mined in the locality and then transported by foot. And the Zeiringeralm served as basecamp for the carriers. It will take you 45 minutes to walk uphill from Ebner parking lot, but if you park at the Gschaidegger, you can get there in just 30 minutes.



t: +43 664 43 43 209

Lahn-Alm

BIO IS LOGICAL

It's only a short 30-minute walk from the parking lot to the picturesque alpine getaway. The highlight of the trek is this cool, freshly constructed log cabin. A true marvel, crafted by the Seidl Family from Schermerhof farm, exemplifying their unwavering commitment to organic practices. Expect delicious food - as well as home-baked bread and homemade sausages - and a coffee that is loved by the locals who willingly hike 30 minutes through the enchanting forest for a steaming cup.



t: +43 664 38 25 254

www.lahn-alm.at

Kroisnalm

LIKE A PAINTING

An alpine pasture in a national park - that is special for Styria. In the midst of a dense forest, you find this picturesque clearing - maybe some of you have passed it on your way to Ennstaler hut. You may as well plan to stop here on your next hike - from June to September, the Kroisnalm is a fantastic place with tasty treats.



t: +43 664 53 09 595

Gewürzalm Oppenberg

IT GETS SPICY



On the right side of the trail pointing towards the head of Oppenberg valley, white letters on a wooden background guide the way to Gewürzalm - which translates to "the hut of spices". You'll find a sign at the bottom of the valley indicating if it's open or closed for the day. The trail is not strenuous, but even suitable for families and offers spectacular views. Relax on the cozy terrace in the heart of the Rottenmanner and Wölzer Tauern mountain range.

Tip: If you book in advance, the Gewürzalm is also happy to open its doors for groups.



t: +43 664 45 27 111

Hintereggeralm

HEAVEN AND HELL



A game of heaven and hell right on the outskirts of Liezen. The picturesque alpine pasture - home to 200 cows over the summer months - spreads over an area of 184 hectares. We cannot tell why some cows decide to graze the lower part called Höll (hell) and some choose the upper part called Himmel (heaven). What we do know, however, is that it's a great idea to both hike up here or ride up here on the winding road. Before you know it, you'll be immersed in a totally different world. Hintereggeralm is the final destination for some, while for others, it's just the beginning of their trek towards the Nazogl or the Kosennspitz from where you will have an amazing view across the Ennstal valley, the mighty Grimming and the Schladminger Tauern range.



Schlagerbaueralm

t: +43 699 88 44 88 62

Kink Hütte

t: +43 699 11 01 10 54

Wagenbänkalmen

A BERRY EXPERIENCE



If you follow the joyful smacking noises in early summer, it is very likely you will end up at those three huts: Müllnerhütte, Klemmhütte and Ederhütte. All the berry enthusiasts will be in pure bliss during the season, picking blueberries on the Lahngangkogel wooded mountain top. It is definitely the bluest picnic spot in the entire Gesäuse and one of the healthiest, too. Try to get your eyes off the juicy berries to take in the impressive view with Admont Kalbling. What an alpine backdrop!

P.S. You don't need to be an expert mountaineer to hike to the Wagenbänk huts, as they are only a short walk from Klinkehütte, which can be reached via a toll road. No matter how you get there, you'll be treated to Steirerkas cheese & bacon! Simply put: minimal effort, maximum pleasure. It doesn't get any easier than this win-win scenario.



Müllnerhütte

t: +43 664 93 66 83 01



CHECK IN. SHOW RESPECT.

It may be paradise for many of us, but for others, it's the place they call home or work. So, this might lead to conflicting interests. The answer?

Be nice to each other. You know what grandma and grandpa taught us:



01

Know your fitness level

When embarking on a hike or mountain tour, prioritize safety by selecting a route that aligns with your fitness level. Or – if you are traveling in a group – consider the capabilities of the least physically fit person.

02

Plan well

Make sure to carefully plan your tour by checking various boxes: How far are you going to hike? How high are you going up? Are there any places to stop and grab food or beverages? What's the weather forecast?

03

Good equipment

You will need sturdy footwear with great grip. And check out page 119 for a list with all you need to pack in your backpack for a day hike.

04

Follow the path

Stay on designated trails! The trail system in the Gesäuse will lead you to the most remote locations, offering plenty of opportunities for exciting discoveries.

05

Keep your distance

Encounters with wildlife, may they be furry or feathered, are always amazing. For us humans more so than for the animals, so it is essential to keep your distance and never intimidate or disturb them.

06

How to treat cows

Mother cows protect their calves. Therefore, avoid contact with grazing cattle in general, i.e. do not feed them, do not stroke them and no, please do not take any selfies with them.

07

Keep calm

If you feel you've upset the cattle, do remain calm, cross the pasture and exit by the quickest path. Remember to close any gates behind you. If you have a dog with you, unleash it in case of danger.



Welcome to the cozy refuge.

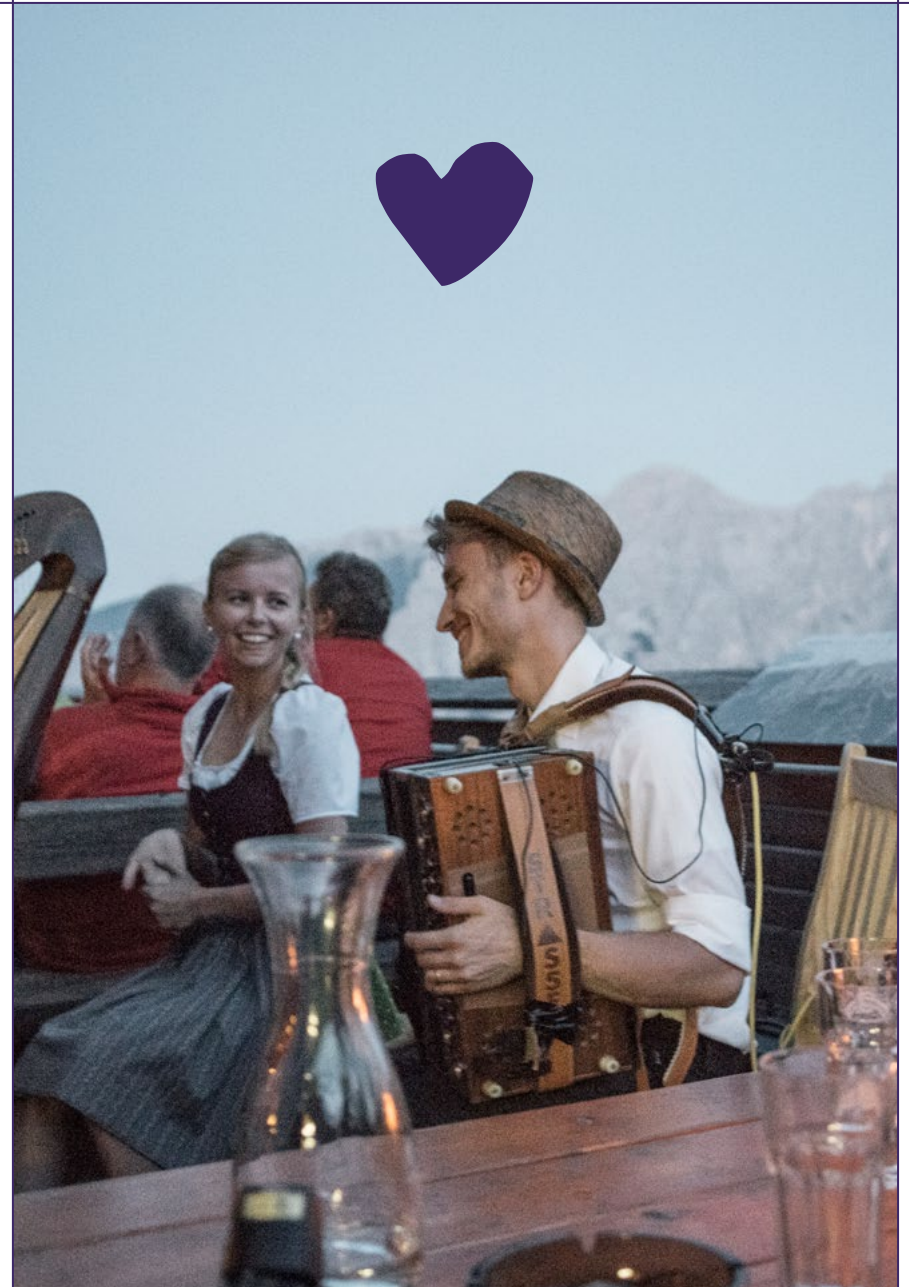
HUTS

Rustic yet comfy.
Hike, unwind, refuel – there is no place like a hut.

Huts: The Basics p. 128

Gesäuse Hut Loop p. 131

Mountain Shelters p. 132



HUTS: THE BASICS

The Gesäuse is known for having one of the highest hut densities, each hut being a unique gem.



HUT OF MANY
POSSIBILITIES

P. 135

LEARN ABOUT
THE VISION

P. 139



ZIGZAG YOUR WAY
UP TO THE HUT

P. 137

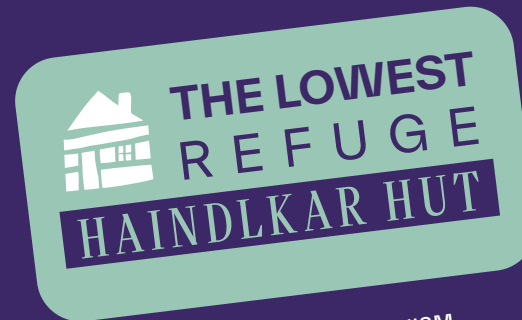


Make sure to get your hiking pins offline and online! Find out more on page 106.



HIKE THE WORLD RELIGIONS

P. 142

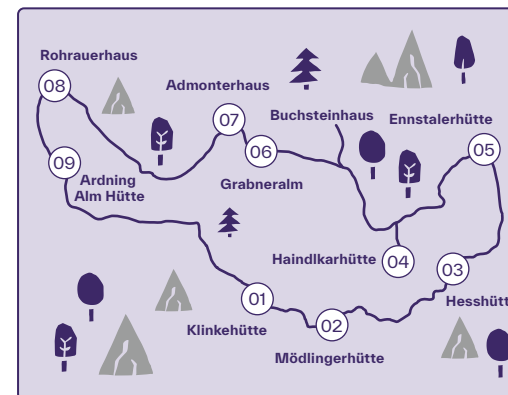


PIONEER OF ALPINISM

P. 136

GESÄUSE
TIP

Gesäuse Hut Loop



Create your very own hut tour with accommodation, shuttle service, tour documents, etc.

Book online:
www.bookyourtrail.com

From Hut to Hut

The Gesäuse is too beautiful to stay here for just one or two days – there is just too much to do and too much to see. With an amazing hiking trail network of more than 500 kilometers and one of the highest densities of mountain shelters in the Eastern Alps, take a look at your calendar and block enough days to explore the Styrian wilderness.

National Park will connect you with the essence of the Gesäuse - its history, its nature, its life. Yet do not forget: The Gesäuse is highly addictive. There have been quite a few who have lost their hearts in the local mountains and have returned time and time again. Well, the risk is definitely worth the endeavor.

Hut Hopping

Trekking from hut to hut, from mountain to mountain, you will truly immerse in the Gesäuse. Enjoy the local food, explore the diverse landscape, get to learn the names of the peaks. On the multi-day hut hike crossing the Ennstal Alps, you get all the flexibility you want. There are no fixed places, but numerous options to stay overnight. And getting around is easy even without a car of your own. Hiking the

IMPORTANT

Staying overnight with dogs is generally not permitted at the huts of the Alpine Association and the Naturfreunde.

Klinkehütte 1,504 m

CLOSE TO MOUNT KALBLING

In the vicinity of Klinkehütte, there are numerous hiking paths suitable for grandparents, for mum and dad, and the kids, too. Accessible by car, you can take a family-friendly tour to the peak of Lahngang or go on a more challenging climb up Mount Kalbling. The cabin which is managed by the Alpine Association has quite a few attractive neighbours (Kaiserau, Sportalm and Mödlingerhütte) and is also a popular hiking destination. No matter whether you drop in for a quick chat or spend a whole night here, the traditional hut offers everything you need in terms of food, entertainment, and comfortable beds.

Getting there:

- From Admont via Sieglalm, path 601 in 3 h
- Via Scheiblegger Hochalm, Kreuzkogel and Riffel (for experienced hikers only), trail 601A in 5 h
- From Admont via Lichtmess Stream and Kaiserau via path 653, 654 in 2.5 h
- Kaiserau parking to Klinkehütte: 1h



Transition/summit:

- To Mödlingerhütte: trail 601/608 in 2 h
- Admont Kalbling Mountain (2,196 m): path 655 in 2 h
- Sparafeld: path 656 in 2.5 h
- Kreuzkogel: via Jägersteig in 2 h
- Hahnstein: via Jägersteig in 1.5 h
- Lahngang: via Kalblinggatterl in 1 h, alt. from Kaiserau via Wagenbänkalm in 1.5 h
- Loop for experienced hikers only: Riffel (2,106 m), Kreuzkogel (2,011 m) on trail 601A (ridge hike I+). Descent to the Scheiblegger Hochalm - Jagasteig - Klinkehütte

15 room beds, 110 mattresses in dorms

t: +43 3613 26 01

www.alpenverein.at/klinkehuette

End of May to end of October

Mödlingerhütte 1,523 m

HIGHLY RECOMMENDED



Situated against the dramatic backdrop of Mount Reichenstein's rocky walls, the Mödlingerhütte rests on a scenic plateau. At an elevation of 1,523 meters, a crisp mountain breeze awaits outside, while the scent of Steirergröstl and freshly baked pastries fills the air indoors. Accessible from Johnsbach village through the forest, from Gaishorn (see hike on page 110) or from the neighboring Klinkehütte. The alpine lodge is a popular spot for mountain bikers and hikers to socialize over a drink or meal. We also recommend a detour to Heldenkreuz for a breathtaking view of Johnsbach valley. Just watch out for the crevasses!

Getting there:

- From Donnerwirt in Johnsbach on path 608/601 in 2 h
- From Gaishorn am See via toll road in 3 h

Transition/summit:

- To Klinkehütte on trail 608 in 2 h
- Admonter Reichenstein on path 672 (climbing tour II+ for experienced climbers only) in 3 h
- Spielkogel (Johnsbach elevated path) on trail 673 in 1 h
- Eisenerz Alps ridge trail - from Reichenstein to Reichenstein: long-distance hiking trail only for experienced hikers in 17 h

6 double rooms, 6 multi-bed rooms,
30 mattresses in dorms

t: +43 3611 21 120

www.moedlingerhuette.at

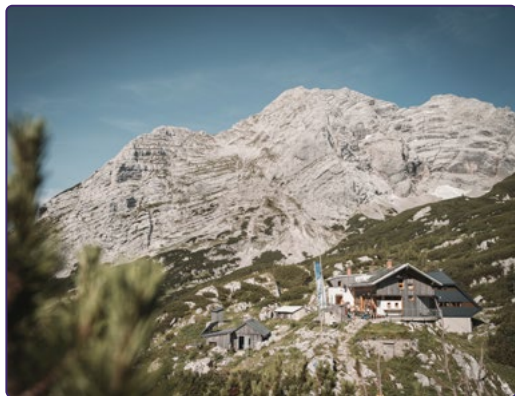
Mid-May to end of October



**Access via Gaishorn
by car and bike
possible via toll road**

Hesshütte 1,699 m

LEGEND ANNO 1893



The Hesshütte - located between Hochtor, Planspitze, and Hochzinödl - is known as the Grand Dame of the huts in the Gesäuse. It is named after the pioneering figure Heinrich Hess, the author of the original Gesäuse guide and the first tourist on Peterpfad and Wasserfallweg. The latter path to the waterfall is still a popular classic. Of course, this is not the only tour: After a night in the dorms or in a four-bed room, mountain enthusiasts set out early in the morning towards the Hochtor or Planspitze peaks. There is also a more relaxed trail up the Hochzinödl.

Getting there:

- From Kölblwirt, Johnsbach on path 601 in 3 h
- From Kummerbrücke parking (Gesäusestraße near Gstatterboden in the direction of Hieflaw) on path 660 via the waterfall path in 3.5 h (secured climb)
- Through Hartelsgraben via Sulzkaralm and Sulzkarhund on path 665 or 601 in 5 h

Transition/summit:

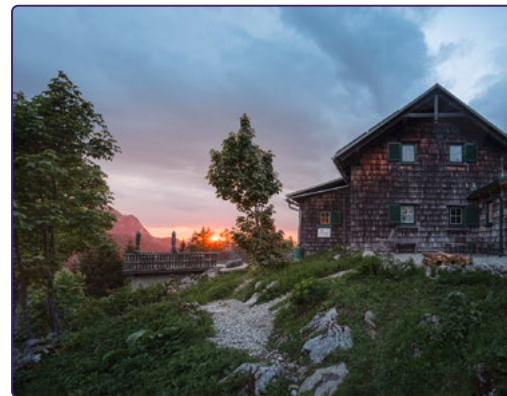
- Haindlkarhütte: via the unsecured Peterpfad (alpine climbing II+) in 4 h
- Hochzinödl (2,191 m): panoramic trail on path 662 in 2 h
- Planspitze (2,117 m): on trail 663 (I+) in 2 h
- Hochtor (2,369 m): on trail 664 Josefinensteig and Schneelochpfeiler for experienced hikers only

45 room beds, 85 mattresses in dorms

t: +43 664 43 08 060
www.diehesshuette.at
 End of May to end of October

Ennstalerhütte 1,544 m

YOUNG AT HEART



The date 1885 is inscribed in vintage letters above the door. Ennstalerhütte is the oldest hut in the Gesäuse and it will make you want to prolong your stay beyond a single night. From Gstatterboden or from Erbsattel, the route leads through a forest, across meadows and pastures, past butterflies, cows and seas of flowers all the way up to the rustic hut. Have a snack (or perhaps a full meal), digest and relax on the comfy deckchairs and soak in the alpine air. Then decide whether you want to hike up the Tamischbachturm or whether you just stay in that position for a bit. There are peaks waiting for you the next day.

Getting there:

- From Gstatterboden, path 646 in 3 h
- From Gstatterboden via Kroisnalm, Hochscheibenalm and path 642 in 3.5 h
- From Erb near St. Gallen through Mühlbach on path 650 in 3 h
- From Erb through Tamischbachgraben on path 646 in 2.5 h

Transition/summit:

- Tamischbachturm (2,035 m, the easiest 2,000 m peak in the Gesäuse): on trail 648 in 1.5 h
- Tieflimauer (1,820 m): on trail 645 (I) in 2 h or via Teufelsteig via ferrata (B-C) in 2 h

25 room beds, 35 mattresses in dorms

t: +43 664 49 01737
www.alpenverein.at/ennstalerhuette
 Mid-May to end of October



Haindlkarhütte 1,121 m

HOME OF PIONEERS



Nestled in the heart of the Gesäuse, with the towering north-west faces of Hochtor and Ödstein mountains in the background, you'll find Haindlkarhütte. The history of this hut is closely linked to alpine pioneers Paul Preuss, Hubert Peterka and Fritz Kasperek, the latter having been one of the first climbers of the Eiger North Face. As early as 1923, this first base of the Vienna Reichenstein section was established here. Haindlkarhütte as we know it today, was built in 1958. The hut is a great place to refuel your energy level for the next tour - with delicious regional dishes, or simply by enjoying the peaceful, serene surroundings.

Getting there:

- From Haindlkar parking (between Gstatterboden and Weidendom) on path 658 in 1.5h
- From Weidendom parking via Sagenweg no. 608 and Gsengscharte, path 658, in 2.5 h (for experienced hikers only)

Transition/summit:

- Transition to Hesshütte via Peterpfad (alpine climbing II+)

13 room beds, 26 mattresses in dorms

t: +43 664 11 40 046
www.alpenverein.at/haindlkarhuette
 Beginning of May to beginning of October

Buchsteinhaus 1,571 m

ROAD TO VISTAS

Enjoy the perfect blend of outstanding cuisine, cool architecture and a cozy alpine atmosphere. Depending on your fitness level, choose path number 641 from Gstatterboden or St. Gallen - the latter is a lot more challenging and lengthier. If you opt for the route from Admont, expect to tackle winding serpentine over the final hour of the ascent. Once you reach the top, you will forget about the strenuous hike as there is just too much to see and enjoy. Lean back and relax in the sun, or treat yourself to a refreshment. If you are ready for another tour after your break there are multiple climbing routes on the south face that cater to various difficulty levels. As the day winds down, the alpenglow steals the show. The sight of the Hochtor mountain range is incredible, especially at sunset - a stunning spectacle (almost a bit too beautiful, but hey...).

Experienced mountaineers might take a detour to the Buchsteinhaus.

Getting there:

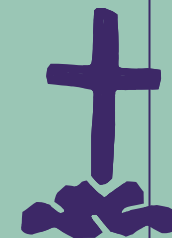
- From Gstatterboden first on Rauchbodenweg, then on trail 641 in approx. 2.5 h
- From St. Gallen/Eisenzieher (only for experienced hikers) on path 641 in 5 h

Transition/summit:

- Großer Buchstein (2,224 m):
 - Regular route (for experienced hikers only) in 2 h
 - via Wengerweg climbing tour II in 2 h
 - via south face via ferrata (A+B) in 2 h

50 mattresses in dorms

t: +43 6132 26 99 12 31
www.buchsteinhaus.naturfreunde.at
 Mid-May to end of October



Grabneralm 1,395 m

BALCONY TO THE GESÄUSE



Some take their mountain bike; others park their car at the Buchauer Sattel and hike the alpine educational trail up to Grabneralm with its incredible panoramic vista. As you reach the cabin, allow your gaze to travel from one mountain range to the next, experiencing the awe-inspiring beauty, just like the saying goes: see and be amazed. Life is good with a view like this, a fact that the owners are well aware of. They work hard to ensure that their guests - the young and the older - feel at home: There is a sunny terrace, a large room for private parties, and brand-new mattresses in rustic rooms to snuggle up.

Getting there:

- From Buchauer Sattel on path 636 in 1.5 h
- From Weng Kletzenberg, Haranger via Bretterlechnerboden via path 628 in 1.5 h

Transition/summit:

- Admonterhaus on trail 636 in 1 h
- Grabnerstein (1,847 m): on trail 636 in 1 h - Styria's most beautiful flower mountain (in bloom approx. mid-May to mid-July)

2 multi-bed rooms, 48 mattresses in dorms

t: +43 664 86 15 474

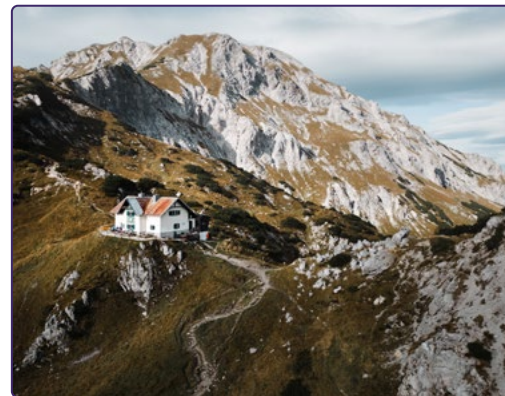
www.grabneralm.at

Mid-May to end of October

Closed Monday and Tuesday

Admonterhaus 1,723 m

HIGHEST HUT



His Majesty Emperor Franz-Josef inaugurated the Admonterhaus on his 65th birthday. Pretty impressive considering there was no road leading to the hut - and there still is none! The rocks used for building were sourced from a nearby quarry and transported to the current location of the Alpine Association refuge in the Gesäuse mountains with horse-drawn carts. To this day - just like the Hesshütte - it is supplied only by helicopter or on foot. The easiest ascent to the hut is from Buchauer Sattel. After a two-and-a-half-hour hike you will reach the highest hut in the entire Gesäuse. Enjoy a hearty meal that will provide you with the energy needed to continue your trek up to the peaks of Hexenturm or Natterriegel!

Getting there:

- From Buchauer Sattel on trail 636 via Grabneralm in 2.5 h
- From Hall on path 633 via Johannesbründl in 3 h
- From Oberlaussa, Vorderzwiesel parking on path 633 via Seeboden in 3.5 h

Transition/summit:

- Admonter Warte (1,804 m) in 10 min
- Grabnerstein (1,847 m): via Jungfernteig (via ferrata A) in 1 h
- Mittagskogel (2,041 m): via path 634 in 1 h
- Natterriegel (2,065 m) via path 634 in 1 h
- Hexenturm (Bärenkarmauer, 2,172 m): via Rosskar via path 634 in 2.5 h, via Hexensteig (Klettersteig A+B) in 2.5 h

32 mattresses in dorms

t: +43 3613 35 52

www.alpenverein.at/admonterhaus

Mid-May to end of October

Rohrauerhaus 1,308 m

GOOD NEIGHBOURS

Easy cheating: this sanctuary is located in Upper Austria, yet seamlessly blends into the Gesäuse vibe. You hike up here from Ardning Alm or from Hall. The Rohrauerhaus is both: a fantastic place to spend the night and a fantastic place to fill your belly. Cheers to Upper Austria!

Getting there:

- From Spital/Pyhrn via path 10 through Dr. Vogelgesang Gorge to Bosruckhütte, continue on trail 601 to Rohrauerhaus in 2 h
- From Hall/Mühlau via trail 601 in 2 h

Transition/summit:

- Transition via Arling Sattel to Ardning Alm in 2 h
- Wildfrauen via ferrata: Rohrauerhaus-Arling Sattel
- Wildfrauenhöhle (from here via ferrata A-B) - Frauenmauer - Bosruck - transition to Mount Kitzstein Descent via Rossfeldboden - Ardning Alm in 6 h
- Großer Pyhrgas (2,244 m): on path 615 (Hofers-teig) in 2.5 h; descent on path 614 to Hofalm or through Holzerkar on path 616 to Gowilalm

19 room beds, 19 mattresses in dorms

t: +43 7563 660

www.rohrauerhaus.at

Beginning of May to the end of October



Ardning Alm Hütte 1,037 m

MUSIC TO YOUR EARS



Karl's Ofenbratl – the ultimate roast experience! It's best to pre-order...



This alpine pasture is a cozy retreat - and that's a good thing as the tranquil village of Ardning is (and always will be) known for its peaceful ambiance. Ardning Alm is perfect to chill, and it is easy to access. So you can plan your next hike here - maybe crossing the "border" to Upper Austria on one of the numerous routes. Take a seat, treat yourself, and enjoy the live music (which is often being played by the Ardning Alm team).

Getting there:

- From Ardning village square along the forest road (path 613) in 1.5 h
- Alternative: via path 45 from Brandlhof Alm and Rossfeldboden in 2.5 h

Transition/summit:

- Rohrauerhaus via Arling Sattel in 2 h
- Karleck round via Bacheralm to Rohrauerhaus and back via Arling Sattel in 3 h
- Wildfrauen via ferrata: (A-B) from Wildfrauenhöhle Ardning Alm - Wildfrauen via ferrata (A-B) - Frauenmauer - Bosruck - Kitzstein
- Rossfeldboden - Ardning Alm in 6 h

No overnight accommodation.

t: +43 3612 30 709

www.ardningalm.at

Open year-round

Closed Monday and Tuesday

Rottenmanner Hütte 1,651 m



**GESÄUSE
TIP**

**140 is the number for
alpine emergencies.
Better safe than sorry!**

Aiming High for Enlightenment

Travelers heading to Rottenmanner hut will encounter wooden art sculptures, stunning vistas, and a delicious spread of hearty foods upon arrival for the hungry hiker.

A stone's throw from the eponymous town, the refuge is located on the way up to the local mountain - Mount Steinerne Mandl - and readily accessible at an altitude of 1,651 meters. The most direct route starts at the Rottenmanner hut parking lot which is along the way to the world religions pilgrimage route. After approx. two kilometers and 480 meters in altitude, memorials in honor of five major world religions and some smaller religious communities will greet you. The sculptures made of wood, stone or glass reveal a lot about their characteristics, while benches invite you to take in the beautiful surroundings. Whether you decide on a detour to Glo-

bucken Lake or not, you will eventually get to your destination, Rottenmanner hut.

Getting there:

- From the parking lot near restaurant Stadtwald via path 944 in 1 h

Transition/summit:

- Family friendly: Hirschriedl - Seegupf on path 944 a, b - Globuckensee in 2 h
- Local mountain Stein am Mandl on trail 943b - Mitterriegl
- Globuckensee in 2 h
- Circular route 944/944a Seescharte - Seegupf - Diwaldsgupf - Moserspitz - Hochhaide - Singsdorferalm - Hirschriedl in 5 h
- To Edelrautehütte via trail 944 Stein am Mandl - Hochhaide - Dreistecken Jägerscharte (secured) - Großer Bösenstein in 8 h

22 room beds, 30 mattresses in dorms

t: +43 664 14 62 923
www.rottenmannerhuetten.at
Mid-May to mid-October

NaturfreundeHütte Palfau 1,020 m

ONE HUT, TWO NAMES, AND A FABULOUS VIEW



You may call it Bergbauern-Lackneralm (if you can pronounce it) or you can call it NaturfreundeHütte. It is a favourite with hikers and bikers alike. They come up here to 1,020 meters on weekends to enjoy the view across the Palfau village (and delicious dishes). This hut can accommodate up to 16 people on mattresses in a dorm and is also a great basecamp for all those who want to conquer the Gamsstein peak (1,774 m).

Getting there:

- From Palfau, Bergbauer farmstead; on path 283 in 1 h

Transition/summit:

- Gamsstein (1,774 m): on path 283 in 1.5 h
- Circular route from Palfau on trail 283 to the NaturfreundeHütte and over the Gamsstein, return on trail 284 via Moaralm to Palfau in 6 h

16 dorm beds

t: +43 664 11 53 809
www.lackneralmhuetten.naturfreunde.at
May to mid-October
open only on weekends

Welcome to a backpack full of dreams.

LONG-DISTANCE HIKING & PILGRIMAGE



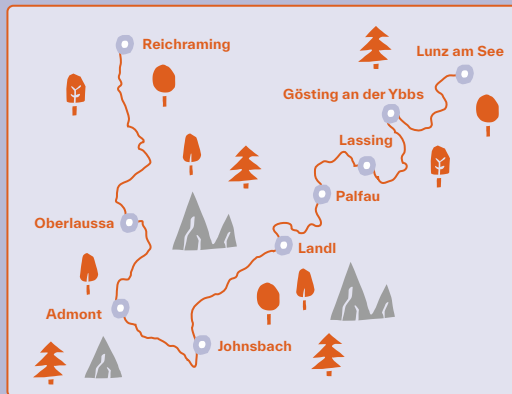
When life slows to a walking pace
and each day reveals a new, stunning scenery.



Luchs Trail p. 146

Long-Distance Hiking & Pilgrimage Trails p. 148

Luchs Trail



The Habitat of the Lynx

The eleven stages of the Luchs Trail (Lynx Trail) connect three large internationally renowned protected areas in Austria. This long-distance hike not only leads through three federal states, but also across the largest coherent forest area of the country - through the habitat of the lynx. After the shy forest cat had almost been wiped out in Europe, it was able to regain a foothold - or rather pawhold - in this area.

A Declaration of Love...

... to pristine forests, to biodiversity and to the wilderness - and also to strong legs. Because there's a total of over 12,000 meters of altitude and 210 kilometers to cover. Depending on the stage, you will tackle up to 1,300 meters of altitude, and more than 20 km.

However:

The lynx is a master of hiding. Nobody hears the cat, nobody sees it. Or maybe you do? Keep your ears and eyes wide open and who knows... Maybe you belong to a fortunate few who will catch a glimpse of a lynx in its natural habitat. One thing is for sure: This hike offers a unique opportunity to get nearer to it than anywhere else in Austria, and the anticipation is an adventure in itself.

[From Kalkalpen National Park through Gesäuse National Park to Dürrenstein-Lassingtal Wilderness Area in](#)

[11 stages](#)
[210 km](#)
[80 h walking time](#)

www.luchstrail.at

Customize your all-inclusive long-distance hiking package with options for accommodation, shuttle service, luggage transportation, tour documents, and more.

Book online:
www.bookyourtrail.com



There's a special issue where you can learn everything about the Luchs Trail.

Follow us on Instagram:
[@luchstrail](https://www.instagram.com/luchstrail)



From Glaciers to Grapes

ACROSS STYRIA



This long-distance hike takes you from the icy Dachstein glacier to sunny southern Styria - and there's so much to see along the way, especially in the Gesäuse: four stages of the trail lead through here, from Lassing to Radmer. You hike along the Salza and the Enns, you hike up to the iconic Heschhütte, past the pastures of the Sulzkaralm to the picture-perfect Mödlingerhütte, and further on through places steeped in alpine history, such as the mountaineering village of Johnsbach. So while admiring the rock faces and picturesque scenery, don't forget to treat yourself to a few culinary delights. That may well be a glass of cider, for example, made from the northernmost apples in Styria, which are refined in the Styrian Eisenwurzen Nature Park.



From Dachstein Glacier to Bad Radkersburg
in 35 stages, 524 km

Hemma Pilgrimage

FROM ABBEY TO CATHEDRAL



Many make a pilgrimage to the Gesäuse to become one with nature. And then there is one long-distance hike that leads out of the Gesäuse: Starting from Admont Abbey, you hike along the Hemma pilgrimage route to the Carinthian village of Gurk, where St. Hemma is buried in the cathedral crypt. Admont owes the foundation of its Benedictine monastery to this woman. On this track you will come across so many gems. You will, for example, pass the highest chapel in Styria on the Glattjoch when crossing the Niedere Tauern mountain range. Then - back in the valley - in Oberwölz you will hike through Styria's smallest town with its historic and well-preserved city wall that holds stories dating back over 1,000 years.



From Admont to Gurk
in 7 stages
187 km

Benedikt Route

WILD NATURE, CALM MIND



Some view a pilgrimage as a religious experience, while for others it is a journey towards inner peace and self-reflection. And we know that in the untamed beauty of nature, the mind finds peace. The Styrian Benedikt Path leads from the Gothic pilgrimage church in the Upper Austrian town of Spital am Pyhrn to Maria Buch. Nature and culture take turns on this tour. The first stage runs through the Dr. Vogelgesang Gorge and continues to Rohrauerhaus. From there you will hike on picturesque forest paths to Pyhrgasgatterl, then downhill to the alpine pastures of Gstattmaier. You will finish with the Salt Educational Trail, through the floodplain landscape of the river Essling to Admont.



From Spital/Pyhrn to Maria Buch
in 5 stages
127 km



The pilgrim's pass for the Hemma Pilgrimage and the Benedikt Route can be obtained at the Admont information office.

AHA!

And many more long-distance hiking trails lead through the Gesäuse:

- Northern Alpine Trail 01
- North-South Long-Distance Hiking Trail 05
- Eisenwurzen Trail 08
- Via Alpina (purple trail)



Welcome to our alpine university.

CLIMBING

Chart your path. Muscle your way up in this unique mix of strength and imagination. Where the journey is the destination. As it always is.



Via Ferrata & Secured Routes p. 154

High Ropes Course p. 157

Find more detailed information on the various climbing areas in the Gesäuse sport climbing guide.

All mountain guides are listed on page 112.

Welcome to the Auditorium

When the weather cannot make up its mind or there is not enough time to beam yourself up to the higher tours, Johnsbach - the auditorium of the University of Mountaineering - is an easily accessible climbing paradise.

On the way from Weidendom Adventure Center to Johnsbach, there are not one, not two, but three sport climbing areas. They are called Old Climbing Garden, Gsengplatte and Gsengstein as well as Tunnel. There you can find routes in the difficulty levels 4 to 10 with illustrious names such as Big Mouth, Way Through the Keyhole or Supernova. Make sure to enjoy your rock life with a smile on your face and a firm grip on the rock.

Buchstein South Face 08

THE BARE ROCK

Großer Buchstein (2,224 m) is the prominent massif that stands out on the roughly 10 km summit ridge of the Buchstein mountain range. The south face band holds an impressive wall climb with breathtaking panoramic views. Stretching 420 m diagonally and equipped with steel ropes from start to finish, it makes a great introduction to the sport.

Starting point: Buchsteinhaus
Difficulty: A/B, ascent altitude: 250 m
Total altitude: 1,690 m
Climbing time/total time: 2:00 h/9:00 h
Ascent time: 3:30 h
Descent time: 3:30 h

Teufelsteig 09

STRONG NERVES

One of the most difficult, but also most rewarding via ferratas in the Gesäuse. However, even less experienced via ferrata climbers will find it intriguing because of the well-planned route and low altitude. There is a steel cable (about 325 m long) securing the ascent as well as steep chimney sections. From the exit it takes just another ten minutes to get to the summit of the Tieflimauer (1,820 m).

Starting point: Ennstalerhütte
Difficulty: B/C, ascent altitude: 260 m
Total altitude: 1,690 m
Climbing time/total time: 1:30 h/8:00 h
Ascent time: 3:30 h, descent time: 3:00 h

Wildfrauensteig 02

THE GATEWAY

Mount Bosruck (1,992 m) with its stunning scenery is the prominent landmark at the western end of the Haller Mauern range and serves as the gateway to the Ennstal Alps. Why not discover it firsthand by embarking on a journey along the Wildfrauensteig route. The well-marked hiking terrain offers some airy ridge climbs. And it finishes great with the way to Mount Kitzstein.

Starting point: Ardning Alm and Rohrauerhaus
Difficulty: A/B, ascent: 350 m
Total altitude: 1,100 m
Climbing time/total time: 1:30 h/6:00 h
Ascent time: 2:00 h, descent time: 2:30 h

Burgfels Via Ferrata 01

SHORT BUT MIGHTY

Explorers of the castle rock venture deep into the realm of fairy tales and legends. A short path connects the parking lot to the rock. The via ferrata is designed to follow the natural features of the terrain, without relying on artificial elements. When you have conquered the overhang just before the end you will find yourself at the gates of Strechau Castle.

Starting point: Strechau, parking lot
Difficulty: C
Climbing height/total height: 70 m/ 70 m
Climbing time/total time: 0:25 h/0:50 h
Ascent time: 0:05 h, descent time: 0:20 h

Geosteig Silberreith 06

ROCKY SIGHTS

Located right in the middle of the Gesäuse National Park, this is one of the most beautiful via ferratas in the Eastern Alps! The climb takes you across the steep ridge of Mount Silberreith and a prominent limestone edge towards the Ödstein summit - offering a constant view of the wild formations of the Zwischenmäuer rocks.

Starting point: Donnerwirt, Johnsbach
Difficulty: C
Climbing height/total altitude: 330 m/400 m
Climbing time/total time: 2:15 h/3:15 h
Ascent time: 0:15 h, descent time: 0:45 h

Hexensteig 04

TWO IN ONE TOWER

Between Natterriegel and Kesselkargrat rises a massive double summit: the Hexenturm (2,172 m), the "tower of the witches". Climbing it requires surefootedness and the proper equipment. Trail 634 leads to Natterriegel where the climb begins. This partly secured climbing construction runs straight along the ridge through the Rosksarscharte to the summit of the Hexenturm.

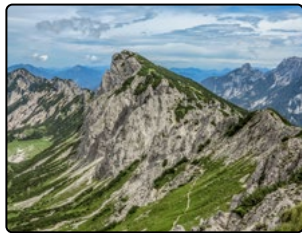
Starting point: Admonterhaus
Difficulty: B/C, ascent altitude: 1,100 m
Total altitude: 1,550 m
Climbing time/total time: 1:00 h/4:00 h
Ascent time: 1:30 h, descent time: 1:30 h



Climbing Geosteig, an easy via ferrata in Johnsbach.

Jungfernsteig ▽03

FLOWERS ALL OVER

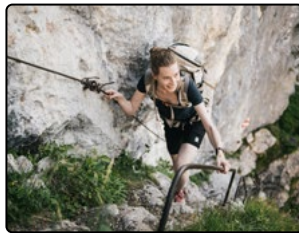


People are captivated by the beautiful sea of blossoms at the peak of Mount Grabnerstein (1,874 m)! The long summit ridge is the most easterly part of the Haller Mauern mountain range and stands out as a true gem among the via ferratas. The crossing features exposed ridge paths and breathtaking views, while still being beginner-friendly.

Starting point: Grabneralm and Admonterhaus
Difficulty: A/B, ascent: 100 m
Total altitude: 1,050 m
Climbing time/total time: 0:30 h/5:00 h
Ascent time: 2:30 h, descent time: 2:00 h

Wasserfallweg ▽07

WATERFALLS AND LADDERS



This stunning scenic route is widely regarded as the most beautiful of all hut ascents - and deservedly so. Between the mighty rock faces of the Zinödl in the east and the east face of the Planspitze to the west, the trail winds its way steadily upwards. The rustic National Park forest with its spectacular waterfalls and ladders hanging in fantastic rock formations, make the tour a real treat.

Starting point: Kummerbrücke and Hesshütte
Difficulty: A/B
Climbing height/total altitude: 200 m/1,150 m
Climbing time/total time: 1:00 h/4:35 h
Ascent time: 1:30 h, descent time: 2:00 h

Freelife Flying Fox Alpin ▽11

HIGH ROPES COURSE



How about flying through the mountains of the Salza valley like an eagle? Well, you can! After a short ascent the guided tour takes you to a stunning mountain backdrop. The rope pulley flights provide their own adventurous thrill, but the ultimate thrill comes right at the end: the 75 m long flying fox.

Advance booking required
Sure-footedness and a head for heights
Minimum age: 14 yrs, duration: approx. 4 h

Freelife Outdoorsport
 Sportagentur Strobl GmbH
 t: +43 3613 43 444
 www.freelife.at

Freelife High Ropes Course ▽10

READY FOR TAKE-OFF



Near the restaurant Eschau in Palfau you have the chance to experience the world from a different perspective. Your fear of heights will vanish as soon as you start the adventure at the first of many stages. There is a wide range of obstacles and bridges for all the fitness and skill levels. Safety training, equipment and guides on site.

Advance booking required
Minimum age: 10 yrs
Duration: min. 3 h

Freelife Outdoorsport
 Sportagentur Strobl GmbH
 t: +43 3613 43 444
 www.freelife.at



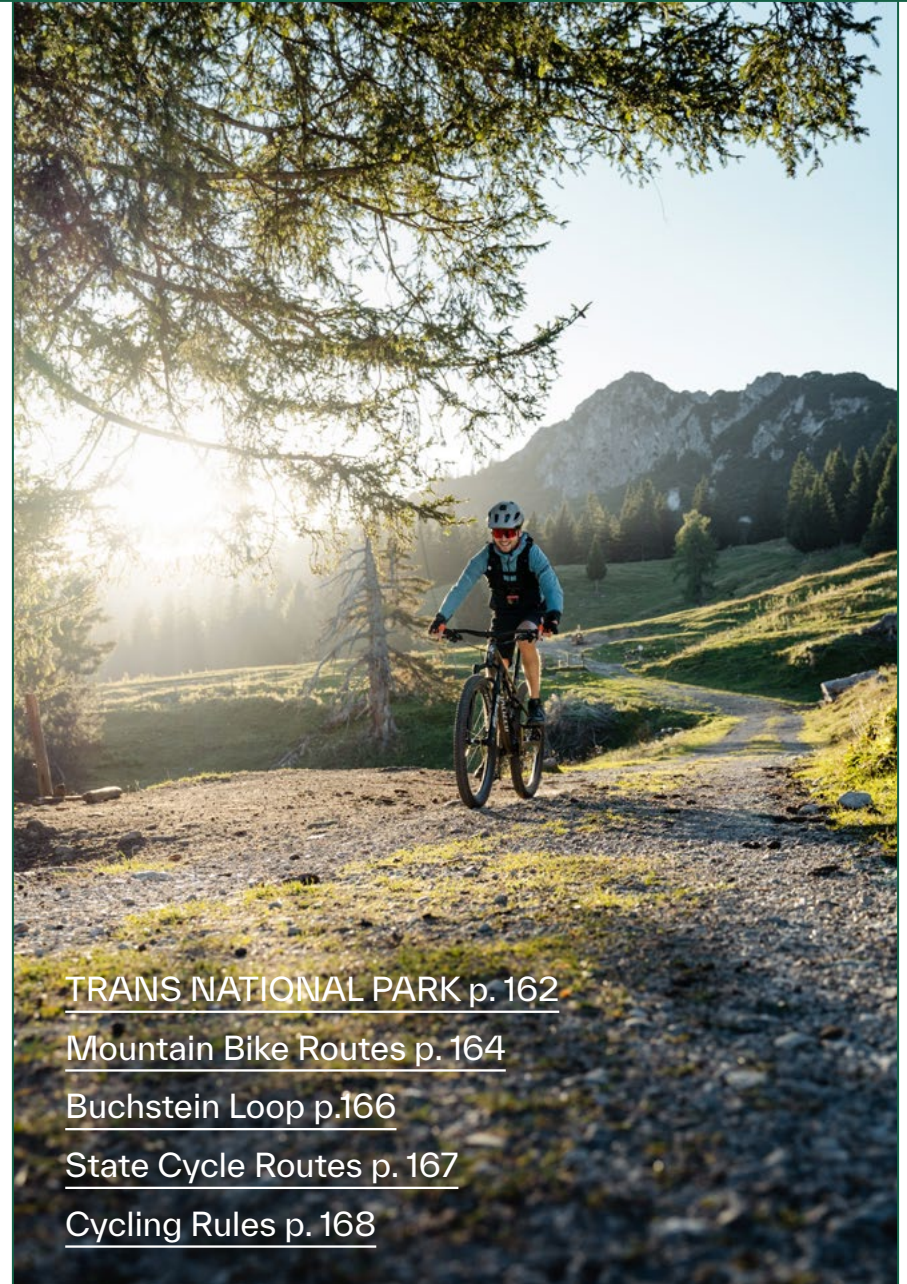
Climbing at the University of Mountaineering. Great for fingers, toes, and the mind.

Welcome to the ride.

MOUNTAIN BIKING & CYCLING



Cycling has this meditative element where your thoughts begin to recede while your mind and your heart are captured by nature and movement.



[TRANS NATIONAL PARK p. 162](#)

[Mountain Bike Routes p. 164](#)

[Buchstein Loop p.166](#)

[State Cycle Routes p. 167](#)

[Cycling Rules p. 168](#)



TRANS NATIONAL PARK



Did you know there are only six national parks in Austria? And the TRANS NATIONAL PARK route connects two of them. When you spend six days on the saddle in this amazing, serene scenery, it is very likely you will forget about the rest of the world. What you should not forget, however: cycling helmet, all the equipment, and your Gesäuse drinking bottle. This sensational, six-stage track winds its way from the Kalkalpen National Park all the way into the Gesäuse National Park - with ups and downs, views and vistas, through the greenest green, accompanied by the bluest rivers and lakes. Blue is also the color of the signposts of the route, which holds more than 1,000 meters of climbing each day.

Lighten up

With cycling it's all about the grams. The lighter the better. On the TRANS NATIONAL PARK route, you can refuel on

culinary delights along the way. And you also don't have to bring a tent as you can overnight in accommodations. Plus: you can book a luggage transport. Visit the booking center online on www.bookyourtrail.com, where a supportive team will help you plan the tour.

Natural treasure by bike

Golden eagles and 500-year-old trees, lynxes and longhorn beetles. There is a lot to see and explore along the 240-kilometer bike route. Free yourself of the luggage and embark on this unique multi-day adventure through the diverse landscapes of two national parks.

6 stages

240 kilometers

7,000 meters of climbing

www.transnationalpark.at

Find detailed information on the new map dedicated to the TRANS NATIONAL PARK route.

Johnsbach Almen Loop 05

FOUR IN ONE

Mountain biking can be a feast. Especially when you set out on this classic loop that covers four huts. The culinary kick-off is the Köblwirt before riding to Ebner intersection, the actual starting point. Follow the rugged and picturesque Teufelsklamm Gorge to reach the Kölblalm alpine pasture and continue to the highest point of the track, Huberalm, which stands at an elevation of 1,397 m. Then descend via the two alpine pastures, Ebneralm and Zeiringeralm. All four mountain pastures are open in summer.

Duration: 2.5 h, ascent: 582 m

Route: 14 km

Ardning Alm Hütte 02

QUICK OUTING

This short tour will put a big smile on your face. Start your quick adventure on Ardning village square, maybe even with the church bells ringing. From here, to be honest, the only way is up - but it's not too far and absolutely worthwhile. Ardning Alm is known for its stunning views and delicious pork roast. Enjoy the ride back down to the valley.

Duration: 1 h, ascent: 342 m

Route: 9 km

Grabneralm 04

DELICIOUS TREATS

A match made in heaven: Grammelknödel (greave dumpling) meets alpine panorama! Set off on the Buchauer Sattel, perhaps the most beautiful balcony of the Gesäuse - and enjoy the ride with 526 meters of climbing up to one of the most beautiful terraces on the Grabneralm... Treat yourself to great dishes and soak in the breathtaking view of Mount Grabnerstein.

Duration: 1.5 h, ascent: 526 m

Route: 12 km

Klinkehütte 03

BIKE & HIKE

There are two options to start this tour: You can set out in Admont or at the Kaiserau hiking & biking area - depending on whether you want to bike through this picturesque scenery on a longer or shorter route. Begin with a spin in Kaiserau where you can warm up on the pump track. Then hit the forest road which will take you straight to Klinkehütte with its great vistas of the Kalbling.

Duration: 2 h, ascent: 846 m

Route: 16 km

Mödlingerhütte 01

PICTURE THIS

There is hardly any better way to experience the mystical charm of the rocky Reichenstein range than on a bike ride up to the Mödlingerhütte. The route starts and ends in Gaishorn - in between you have some tough 800 meters of climbing. But you know that you can refuel on this picturesque hut in this picturesque scenery.

Duration: 2 h, ascent: 800 m

Distance: 8 km

NaturfreundeHütte Palfau 07

A LITTLE VARIETY

The Bergbauern-Lackneralm (aka NaturfreundeHütte Palfau) is just the perfect destination for a mountain tour. Situated on 1,020, it will take you 2.5 hours from Palfau up westwards via trail number 51 to Gamssteinhals, then further along the Buchstein Tour. For all bike & hikers: you can climb the Gamsstein in about 2 hours.

Duration: 2.5 h, ascent: 590 m

Distance: 15 km

Hochscheibenalm 06

THE CLASSIC



Stop before you start: This tour kicks off at the National Park Pavilion in Gstatterboden, where you can enjoy refreshments on the sunny terrace or visit the geology exhibition. Whenever you're ready set out on this iconic mountain bike route that will lead you uphill, uphill - and uphill. Yes, there are some steep passages.

The good thing: You just have to pause from time to time - not only to catch a breath, but to soak in the view. Mind that the Hochscheibenalm does not serve food. So if you're hungry pedal a bit further to Kroisnalm for a delicious dish.

Duration: 3 h, ascent: 716 m

Route: 24 km

Buchstein Loop



Orbiting Mount Buchstein

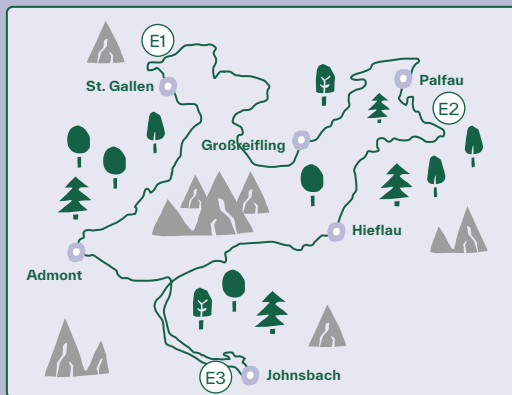
This three-day loop, the Buchsteinrunde, is made for mountain bikers with strong legs and powerful lungs. It actually is one of the Gesäuse flagships and can be booked in advance including catering, lodging and even luggage transportation.

If you are familiar with the Gesäuse Hut Loop (page 141), you also know the Buchstein Bike Loop - it is the biking equivalent circling around the Großer Buchstein in three days. It leads from St. Gallen to Johnsbach and back again via Buchau. It is a strenuous tour over 158 kilometers and 4,700 meters of climbing, but the rewards are plentiful. Enjoy stunning views of clear water and majestic mountain peaks during the day, followed by vibrant orange sunsets at dusk.

Put together your flexible long-distance package including accommodation, shuttle service, luggage transportation, tour documents etc.

Book online:
www.bookyourtrail.com

**3 stages and
3 detours
158 km
4,700 m**



There is a brochure about the Buchstein Loop (Buchsteinrunde) - which you can pick up at the information offices.

Rastlandweg R15

HEADING SOUTH

The R15 connects the Gesäuse with Erzberg Leoben, the Ennsradweg R7 with the Muradweg R2, and the valley of Paltental with the Liesingtal. Starting in Selzthal it takes you through lush green sceneries all the way (75 kilometers) to St. Michael. You will ride on small roads, along water, over hills (including the Schober Pass), and through forests.

**Distance: 75 km, duration: 5:15 h
Ascent: 328 m**

Salzatalradweg R16

FOLLOW THE FLOW

For the optimal cycling experience, pick routes with minimal traffic. That's why the sparsely populated north side of Mount Hochschwab is the perfect destination for a bike tour. The route from Mariazell leads you down to Mooslandl and through the Wildalpen region, where you will continue on the R16 cycling path (which is not sign-posted), also known as the Salza route. You will remember the Salza river from this tour not only for its stunning aquamarine color.

**Distance: 68 km, duration: 4:30 h
Ascent: 753 m**

Ennsradweg R7

ALONG THE RIVER

The R7 stands for one of the most scenic cycling trails in Austria. It is a challenging, intriguing route that takes you from Salzburg to Styria and finishes in Upper Austria. Three states, six stages, 263 kilometers, quite a few climbs, and numerous adventures.

On the Styrian stages you start at Trautenfels Castle to follow the Enns downstream via Liezen. Once you've passed the Benedictine monastery in Admont, get ready for some action: As you reach the Gesäuse entrance, the Enns transforms from mild to wild. Untamed for the first time, it turns into a roaring, turbulent river. Caution: As you continue along the Enns, there will be some traffic on the road. And we recommend avoiding cycling on the road between Weidendom and Gstatterboden. Instead use the Rauchbodenweg and - if you have the right, solid tires - the Ennsbodenweg at Forstgarten campsite. There is another alternative: the steep section of the Buchauer Sattel on the road B117.

**6 stages Distance: 263 km
Stage 3: Irdning - Admont
Distance: 40.2 km, duration: 2:30 h
Ascent: 150 m
Stage 4: Admont - Weyer/Kastenreith
Distance: 68 km, Duration: 6 h
Ascent: 726 m**

Cycling Rules

Be considerate, show respect and have a good time on your bike.

RESTRICTED TIMES

Biking in the National Park area is allowed between April 15th and October 31th, from two hours after sunrise to one hour before sunset. (Big thanks on behalf of the wildlife!)

NO...

... means no here: Please stick to the official and marked roads and trails! There is a good reason for restrictions and trail closures - and they also apply to mountain bikers.

UGH

That doesn't smell or look good. Nature can do without our garbage. Please take it with you.

You might be tempted to burst out with "wows", but let's keep noise to a minimum and be considerate of animals.

QUIET PLEASE

NEVER ALONE

Be considerate of all the other outdoor enthusiasts. Approach hikers or horseback riders slowly and ring your bell if necessary.

STAY CALM

It's best to move at a slow pace when you come across grazing cattle to prevent them from panicking.

Make sure to shut all pasture gates after passing through. Thank you for taking the time!

CLOSED

LOVE & PEACE

Remember, you are nature's guest - so please be friendly and show respect towards landowners, rangers, and hunters. They allow you to enjoy their property, and a positive collaboration is key to ensuring a great biking experience in the future.



IMPORTANT

140: Save this number for alpine emergencies. Better safe than sorry!

Welcome to endless fun.

MORE SPORTS



Different perspectives on the Gesäuse:
on horseback, sneaking through the forest,
or swinging a golf club.

[Archery p. 172](#)

[Kaiserau p. 173](#)

[Golf p. 174](#)

[Horseback Riding p. 175](#)





Red Cloud Archery

OPPENBERG

At an elevation of 1,000 m between Gul-lingbach and Gaißofen, there is a 3D course that is unparalleled in its scenic beauty. Archers will encounter 35 life-size targets dispersed throughout a challenging natural course that demands good endurance and concentration. In case it gets late: The newly designed camp offers overnight accommodation for up to 15 people.

t: +43 664 47 44 118
www.bsv-redcloud.at
redcloud@aon.at

Ströchauer Schützenluis

LASSING

On the Ströchauer Schützenluis 3D course you practice your concentration skills and breathing technique. Whether you seek a peaceful nature retreat alone or an exciting adventure with family or friends, this is the perfect setting for both. The 44 stages are divided into two archery courses, where participants can explore the natural surroundings while aiming at rubber animal targets on forest and meadow trails. And because this takes up energy, we recommend a detour to Perschenhube for a yummy snack.

t: +43 664 90 39 891
www.praxis-natur.at
verein@praxis-natur.at

Archery Salztal Valley

PALFAU

Explore the vast 3D archery range either solo or with a group, and enjoy a break at Druiden Place while using a recurve, compound, or longbow. The latter is preferred by experienced archers, as they have the flexibility to use the course with their own equipment at any time of the day. Beginners can get acquainted with bow and arrow at the shooting range.

t: +43 664 59 23 966
www.bogensport-salztal.at
office@bogensport-salztal.at

BS-Paltental Killer Bees

ROTTENMANN

Whether you are learning, practicing, or training, the BS-Paltental Killer Bees have everything you need to experience the fun of archery. Before going on a hunt, both guests and members can practice shooting at 6 field targets in Singtsdorf. You will find 30 lifelike 3D targets in Bärndorf – as well as a stunning landscape and two snack stands.

t: +43 664 11 69 672
www.bogensport-killerbienen.com

Kaiserau in the Summer



The Kaiserau is a favorite spot among locals and tourists, especially when the high plateau is bathed in sunlight while the valley is blanketed in fog. In general, the Kaiserau is a fantastic starting point for a mountain tour, or two, or three. Although those who prefer to go at a more leisurely pace will be delighted, as there are strolling paths for the entire family. For refreshments head to the Sportalm, where kids can have the best time on the adventure playground or the pump track while adults take in the amazing alpine view.

t: +43 720 10 95 34
www.kaiserau.at, info@kaiserau.at

3D course Kaiserjäger

ADMONT

Find this easily accessible terrain with 30 different 3D stages on a plateau at Kaiserau – they will spark your sense of adventure... Challenge yourself and put your skills to the test by aiming at a groundhog from 5 meters away or a grizzly bear from 60 meters away. The animals are from around the globe – and here comes the best part: they are immortal. Plus: The trails around the area are flat and therefore also suitable for families with children.

www.bsennstal.at
scennstal@gmail.com

Flying Balls



Pitching facility,
3-hole short course,
putting green -
all you need.

Natura 2000

Ennstal Golf & Country Club stands out for its natural surroundings, being the only golf course in the whole of Europe located within a Natura 2000 protected zone. Preserving nature is crucial here, with many habitats along the way where you might spot golf balls and wildlife like grass frogs and corncrakes.

“The great thing about this game is that you can turn bad days into beautiful ones”, Bill Clinton once raved about golf, and many a golfer would agree with him. The more so as golf is not just something for the rich and ambitious, but for all those who like to spend time in fresh air.

Golf, Of Course

In springtime and summer, there are irises, daffodils and orchids lining the golf course – seriously: landscape architects

could not have done better. And although the site is located in a jaw-dropping alpine scenery, the golfers get to play on flat terrain. The sight of the massive Weißenbach Walls appears to be so awe-inspiring that many players excel in their performance. Additionally, the course is well-designed with reasonable distances between fairways. So, relax, swing, and savor the game!

Golf- & Landclub Ennstal 
Am Golfplatz 1, 8940 Liezen
t: +43 3612 24 821
www.glcennstal.at, glcennstal@golf.at

On Horseback



Exploring the meadows and forests in the Gesäuse on horseback, hearing the rustle of leaves under the hooves, a gentle breeze on your face – a dream come true for horse lovers!

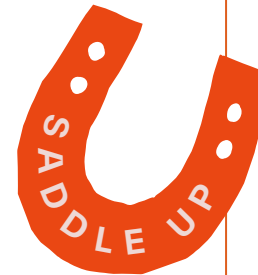
In case you don't have a horse of your own, you can “rent” one at the following locations:

Haflingerhof Gams 
Gams bei Hieflau 78, 8922 Landl
t: +43 650 84 02 114
www.haflingerhof-gams.net
haflingerhof.gams@gmail.com

Josefihof
Döllacher Straße 55, 8940 Liezen
t: +43 664 18 36 657
www.josefihof.at
renate.mandl@josefihof.at

Laussabauer 
Bichl 7, 8932 St. Gallen
t: +43 664 11 69 830
www.laussabauer.at
info@laussabauer.at

Riding Ranch Rodeo
Singsdorf 8a, 8786 Rottenmann
t: +43 676 84 65 80 24
www.rodeoranch.at
info@rodeoranch.at



Indoors
Indoors
Indoors
Indoors
Indoors

Come in! Welcome
to the cozy tavern,
the monastery,
the museums.



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Welcome to the sights of the past.

CULTURE & MUSEUMS



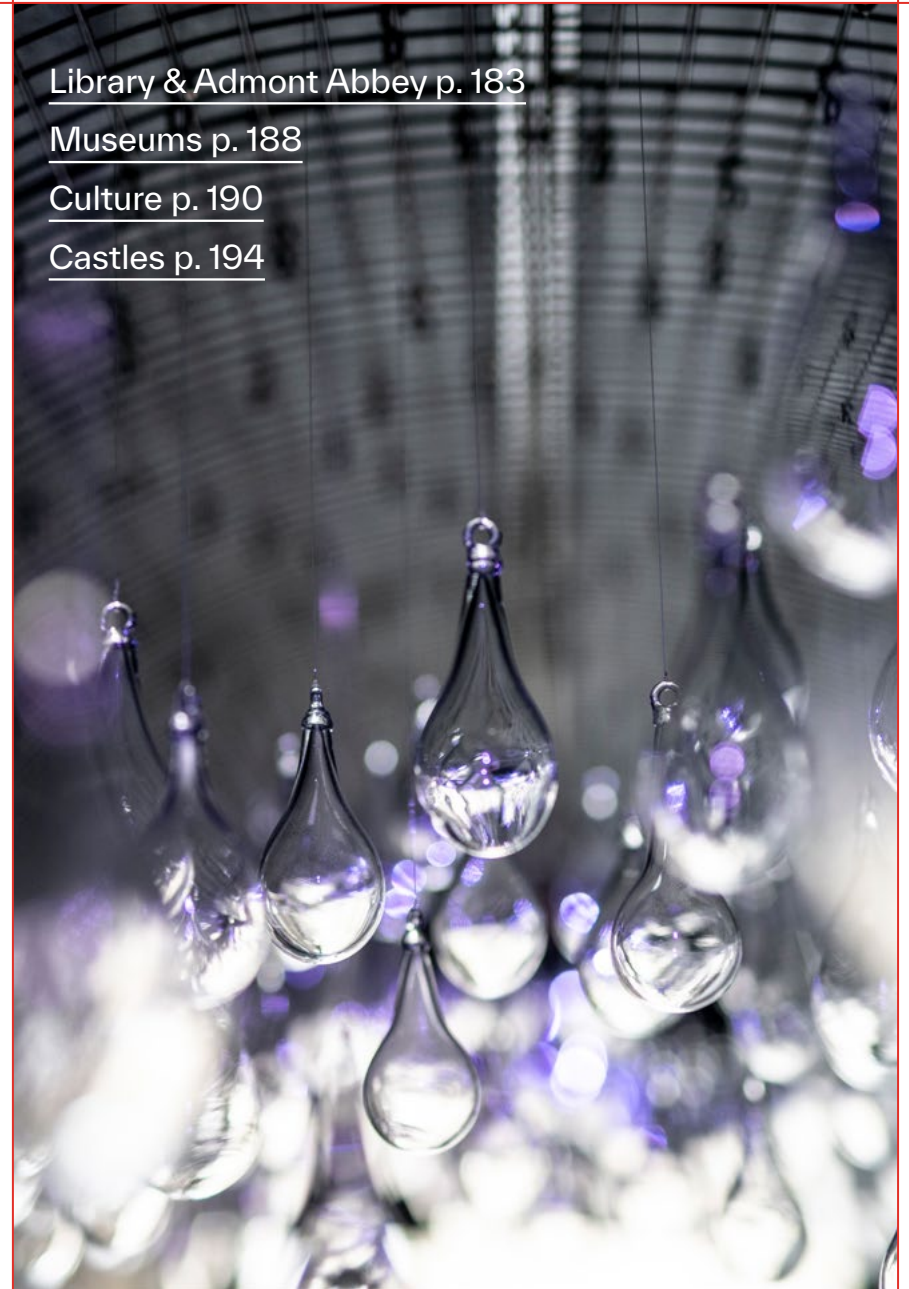
Gesäuse museums tell good stories.
Of brave monks and hard-working lumberjacks, of
Mississippi alligators and the Viennese water supply.

Library & Admont Abbey p. 183

Museums p. 188

Culture p. 190

Castles p. 194





Baroque Library

A Place to Meet

Ora et labora et lege. Twenty-six monks live, pray, work and read in the Benedictine monastery of Admont. The average age is 45, which is low for monastery residents. They share their home – the abbey with its two striking church towers – with thousands of visitors from all over the world, as well as several hundred students at the affiliated junior and senior high school.

A Place to Read

Whitewashed books in golden frames: There are 70,000 of its kind in the world's largest monastic library covering subjects such as human knowledge, history and art. There are people who claim that the library in Admont is the eighth wonder of the world. Well, it certainly is the shining example of high culture in the Gesäuse.

A Place to Build Bridges

Admont's blend of modern architecture and a history spanning over 950 years, showcases the village's resilience. The village and abbey have been rebuilt multiple times after devastating fires. As a prominent figure in Austria's thriving museum world, the museum presents ancient history in a modern framework. And to illustrate the scale: The museum area could accommodate 36 single-family homes. So, you might have guessed it, there is a lot to explore. Key is also the constant exchange between tradition and innovation. Subject areas range from art and natural history to Gothic and contemporary art.



Art History Museum



Although located under one roof, the Art History Museum and the Museum of Contemporary Art showcase works of striking contrast. Those interested in art history will revel in the Romantic and Rococo artifacts as well as sculptures, like a 15th-century Gothic Madonna and Child. Plus there are also the parament chamber and the former embroidery school, stained glass pieces, and impressive panel paintings.

AHA

Discover Culture:

Take a virtual tour of Admont Abbey. Step into the library in 360 degrees/3D, explore hidden corridors, listen to audio and video guides, and browse through books.



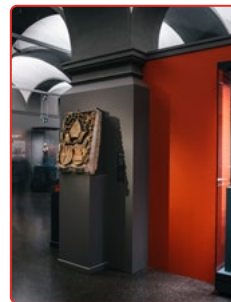
Natural History Museum



After a fire destroyed the Abbey in 1865, the Natural History Museum was rebuilt by 20-year-old Admont Benedictine Father Gabriel Strobl. He went on to dedicate 44 years of life establishing one of the most notable natural history collections in Europe. The collection of dipterans (flies), for example, features more than 50,000 objects and ranks among the significant collections in Europe. However, you will also find a Mississippi alligator, lynxes, deer, and Father Constantin Keller's wax fruits that are very delicious to look at.

Don't miss the chance to explore the exhibition room of the Gesäuse National Park - after all, the history of the Gesäuse and the abbey are deeply intertwined. Those with a love for retro aesthetics might find it intriguing that sections of the Natural History Museum have been preserved in their original state.

Gothic Museum

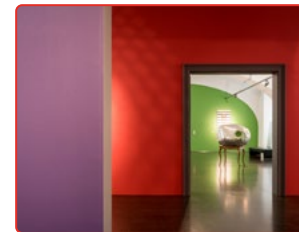


Medieval sculptures, panel paintings, stained glass – the impressive collection by Kuno Mayer has been meticulously assembled and relocated to Admont. Now the title reads “So close to heaven, the art of the Middle Ages”.

Souvenirs, specialties & wines from the monastic winery Dveri Pax are available in the museum store.



Museum of Contemporary Art



If you are passionate about modern art, you should not miss the Museum of Contemporary Art as it showcases intriguing pieces and constantly introduces fresh, captivating exhibitions that redefine the art landscape. The monastery has been collecting contemporary works by Austrian as well as international artists who are based in Austria, since 1997. One of the several reasons why the Abbey Museum was awarded the Austrian Museum Prize was the innovative Beyond Seeing exhibition, which enables the visually impaired to engage with objects through touch or sound, creating a unique experience.



t: +43 3613 23 12 604
www.stiftadmont.at



4 MUSEUMS

UNDER ONE ROOF

*Established
in 1074 on
the property
of donator
Hemma of
Gurk.*

**LARGEST
MONASTERY
LIBRARY IN
THE WORLD.**

It could hold the church
tower lengthwise.



200,000

VOLUMES

70,000 of which are showcased.

A floor made of 7,000 marble tiles.

It is three-dimensional and depending on the perspective creates geometric pattern and optical illusions.

*Enjoy a glass of Dveri Pax
monastery wine* in the old Stiftskeller
tavern!

Available in the
store: wine &
more.



**OLDEST EXISTING
MONASTERY IN STYRIA**

Sshhh!

The oldest
text in
German
language was
found in Admont.



1,200-year-old fragments of the
dictionary Admont Abrogans.

ARE HIDDEN
BEHIND THE
BOOK SPINES
4
SECRET
DOORS

MUSEUMS AT A GLANCE



Forstmuseum Silvanum

In 1979, the Silvanum, a former granary, was converted into the Austrian Forestry Museum. It towers high above Großreifling and offers a comprehensive insight into the theme of wood and its processing.



t: +43 3633 22 01 40
www.forstmuseum.at



HochQuellenWasser

Drinking water has been flowing from the Hochschwab massif to Vienna since 1910. The 2nd Vienna High Spring Pipeline was a technical masterpiece which you can see at this museum in Wildalpen.



t: +43 3636 45 13 18 71
www.wien.gv.at/wienwasser/
bildung/wildalpen



GeoRama

In Gams, 14 species of fossilized shells and snails have been discovered. The GeoRama museum showcases artifacts from different rock layers and provides a visual journey through 250 million years of geological history.



t: +43 3633 22 01 50
www.geodorf.com

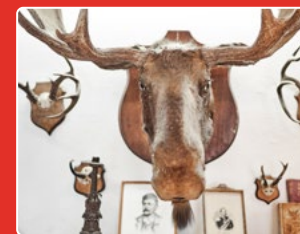


Köhlerzentrum Hieflau

Have you heard of charcoal burning? Well, let's reveal this much: Charcoal burning is one of the oldest craft techniques, and it involves - you might have guessed it - the production of charcoal.



t: +43 3633 22 01 40
www.landl.at



Africa Museum Weißenbach

During the 19th century, Hermann von Wissmann, a native of Frankfurt, embarked on several expeditions to Africa. This museum tells the story of his special relationship with the cradle of humankind.



t: +43 676 35 90 870
www.afrikamuseum.org



Doll Museum Rottenmann

This museum shows the best of craftsmanship in the period between 1900 and 1970. There are also craft books and doll models to see.



t: +43 676 54 15 533
www.rottenmann.at

Knowledge is endless.
Ignorance too. This is why
you cannot overstate the
importance of museums.

CULTURE × SUMMER = GREAT FUN



Old Movie Theater Liezen

They used to screen old Hollywood movies here. Yet today, it is a stage for international artists and regional newcomers. The top-class program ranges from pop to rock, jazz, world music, satirical revues, readings and all kinds of workshops.

t: +43 681 84 55 57 77
www.alteskino-liezen.at

Summer Stage Liezen

For one month, the whole town of Liezen transforms into a vibrant open-air festival venue. Both, local artists and international acts will take the stage, covering a mix of Caribbean vibes as well as sounds from Styria.

t: +43 3612 22 881
www.sommerbuehne-liezen.at

Admont Monastery Market

In August, the rose garden of Admont Abbey becomes the setting for monastery market days, where vendors from near and far gather to offer products for both body and soul. There are also musical performances, a fun, creative children's program, and an evening mass at the abbey church for those interested.

t: +43 3613 23 120
www.stiftadmont.at

Culture in the Center

There used to be a traditional restaurant in the heart of Rottenmann. Well, actually it is still there, but it has been transformed into a venue for exclusive cultural events. The rooms are still filled with the good spirits of the past. The location is also known for its iconic Frenchmen's table, where Napoleon's troops once dined. Today you can watch satiric shows, concerts, workshops, readings, and much more.

t: +43 664 21 30 744
www.gasthof-hofer.at

Outdoor Cinema

The outdoor cinema opens its gates on Thursday nights in July and August, offering visitors the chance to enjoy a movie under the stars at the foot of the Hochtor mountain range. And this is a perfect match, as the Weidendom Cinema specializes in nature and mountain films.

t: +43 3613 211 60 20
www.nationalpark-gesaeuse.at

Don't forget to wrap up nice and warm for the outdoor screening, even during the summer. We're in an alpine region and it can get cold at night.

BRRR



Johnsbach Music Week

For a week in summer, Johnsbach turns into a venue that blends locals with guests, singing with yodeling, stillness with movement. You can hear melodious tunes, vocal as well as instrumental, all around the Kölblwirt restaurant. And, of course, you can also indulge in culinary delights, gear up for mountain adventures, and delve into Austria's rich music heritage.

t: +43 664 24 11 307
www.tradmotion.at

Burning Brass Festival

Every few years, the small, idyllic town of St. Gallen sets the stage for this brass music festival. Enthusiasts from Austria, Germany, Switzerland and Slovenia flock to the venue to explore new musical realms together. Expect to experience both laughter and melancholy, always in tune, always in rhythm.

t: +43 677 6110 27 60
www.burning-brass.com

Festival St. Gallen

The magic happens when everything falls into place: music echoing through Gallenstein Castle, a rich lineup of 16 concerts every year, and an audience with a deep appreciation for culture that likes to reminisce and get involved in discussions after the events.

t: +43 664 21 12 105
www.festivalstgallen.at

DO NOT MISS

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Strechau Castle



GESÄUSE
TIP

The name Strechau is derived from Slavic and means protection and roof.

The Fabulous Fortress

If Strechau Castle was a knight, it would take its place at the round table right next to the king. The second largest fortified castle in Styria - almost claiming the top spot - is a stunning sight to behold.

The elongated castle - which was remodeled in Renaissance style - features red and white painted window shutters, defense walls, and towers and is perched on a narrow, steep cliff overlooking the Enns Valley. Visitors can explore the interior adorned with impressive frescoes and Italian-style archways as well as the Baroque chapel, the grand wine cellar, and the Italian-style arcaded courtyard.

Time Travel with Sheet Metal and Iron

Stretching about 100 meters above the village of Lassing, Strechau Castle is a

striking sight that impresses spectators even from afar. Surrounded by a lush forest of oaks, beeches, and maple trees that showcase the beauty of each season, the castle has been towering majestically since the middle of the 11th century. Be it a source of power, a place for culture, or a thrilling spot for sight-seeing, at Strechau Castle it feels like time has been reversed.



Burgfried 14, 8903 Lassing
t: +43 650 23 48 461
www.burg-strechau.at

Gallenstein Castle Ruins



A Unique Setting

The northernmost area of the Gesäuse offers a sight to behold and a view to relish. Since the 13th century the fortress has occupied the steep rock in St. Gallen. It was a refuge for the Benedictine monks of Admont whenever the monastery could not offer military protection. Abandoned for what felt like an eternity, the Gallenstein castle ruins have now become a favourite tourist destination. Especially in summertime, when musicians and artists from all corners of the world gather to showcase their talents at this truly unique outdoor venue.

Celebration Mood

In the midst of Nature and Geopark Eisenwurzen, the St. Gallen Festival brings together music and culture enthusiasts for a two-week experience in August, delivering incredibly atmospheric sounds to the world and an unforget-

table experience for the senses. The program, featuring piano recitals, world music, and readings, is curated based on the artists' suggestions and never fails to bring new surprises each year.

You May Return

Numerous people are drawn back to the Gesäuse mountains, captivated by the ever-changing scenery. The fortress - open for visitors from spring to fall - is just a few minutes' walk from the parking.



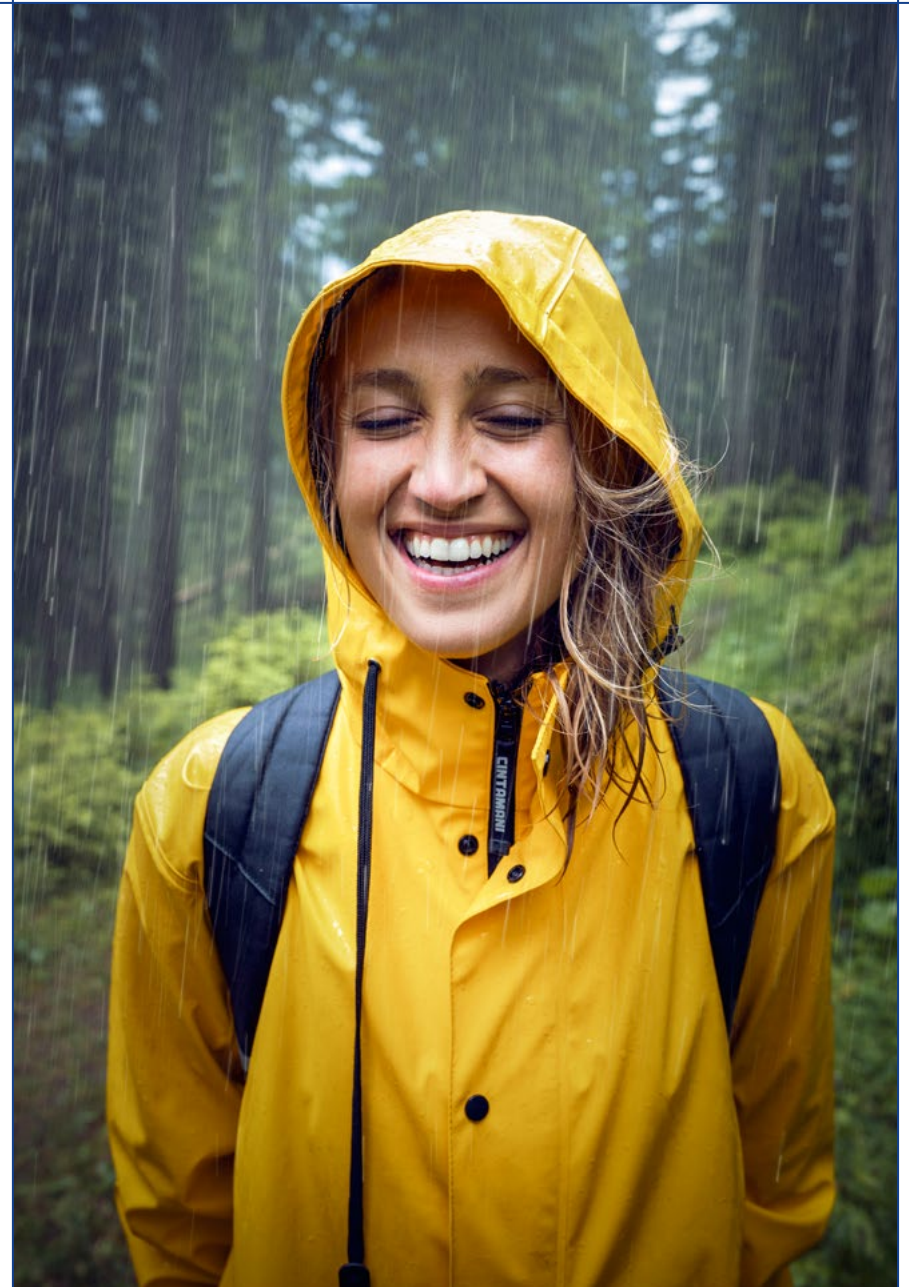
No. 86, 8933 St. Gallen
t: +43 3633 209 0
www.stgallen.at

Welcome to the cozy side.

RAINY WEATHER



Wrong weather - well, no problem with the right
equipment. If not, we have some exciting
indoor activities lined up for you.



TIPS FOR RAINY DAYS



No need to brave the rain in the Gesäuse. You will find plenty of fun indoor activities.



OHO!

ELI Shopping Mall Liezen & ELIFUN

Kinderland

Salzburger Straße 1, 8940 Liezen
t: +43 3612 22 800
www.elishopping.at/kinderland

STARMOVIE Liezen

Niederfeldstraße 9, 8940 Liezen
t: +43 3612 23 823
www.starmovie.at/star-movie-liezen

City Rock

Climbing Center Liezen

Sportzentrum 3, 8940 Liezen
t: +43 3612 24 220
www.city-rock.at

Galerie FOKUS

Hauptstraße 32, 8911 Admont
www.nationalpark-gesaeuse.at

Forest Sauna and Small Indoor Pool

Winterhöhe 242, 8924 Wildalpen
[Booking online on
www.gesaeuse.at](http://www.gesaeuse.at)

Vitalbad Eisenerz

Hans-von-der-Sann-Straße 24
8790 Eisenerz
t: +43 3848 25 10
www.eisenerz.at

Ybbstaler Solebad

Oberkogelsbach 21
3345 Göstling/Ybbs
t: +43 7484 25 35 30
www.ybbstaler-solebad.at

Grimming Spa

Neuhofen 183, 8983 Bad Mitterndorf
t: +43 3623 21 010
www.grimming-therme.com

Panorama Indoor Pool Spital/Pyhrn

Linzer Straße 40
4582 Spital am Pyhrn
t: +43 7563 371
www.panoramahallenbad.at

Public Library Liezen

Öffentliche Bücherei
Dr.-Karl-Renner-Ring 40
t: +43 3612 22 881 137
www.liezen.bvoe.at

AHA!

Cafés and Bakeries



Admont

Café und Konditorei Stockhammer 
Hauptstraße 346, 8911 Admont
Stock up on Gesäuse croissants!

Café Hotel die Traube
Hauptstraße 3, 8911 Admont

Café Wagner
Hauptstraße 11, 8911 Admont

Schlosscafé Röthelstein
Schlossstraße 32, 8911 Admont

Gaishorn

Bäckerei und Konditorei Sturm
No. 7, 8783 Gaishorn am See

Lassing

Lieblingsplatzl
Lassing 3, 8903 Lassing

Liezen

Bellaggio Liezen at ELI mall
Salzburger Straße 1, 8940 Liezen

Cafélounge White
Gesäusestraße 12, 8940 Liezen

Café Taunt
Hauptstraße 26, 8940 Liezen

Café Jederzeit
Am Dorfplatz 400, 8940 Weißenbach

Café Vasold
Ausseer Straße 6, 8940 Liezen

Klatsch & Tratsch
Gesäusestraße 21, 8940 Liezen

sowiedu Bistro
Bahnhofweg 6, 8940 Liezen

Mama Joe's
Fronleichnamsweg 6, 8940 Liezen

Rottenmann

Eiscafé Bueno
Hauptstraße 46, 8786 Rottenmann

Stadtkonditorei Michaela
Hauptstraße 22a, 8786 Rottenmann

St. Gallen


Bakery, Café & Snack Schönegger
Weißenbach an der Enns 45
8932 St. Gallen


Café Purkowitzer
Markt 29, 8933 St. Gallen

Farm Stores

Admont

Genusshaltestelle
Behind the former Ennsbrücke Tavern,
8911 Admont

Grabnerhof Farm Shop 
Hall 225, 8911 Admont

Schermerhof 
Hall 542, 8911 Admont

Landl

Leni's Farm Store & Farm Inn
Wandau 25, 8920 Landl

Liezen

Genusskammerl 
Döllacher Straße 43, 8940 Liezen

Rottenmann


Lechnerhof Shop 
Villmannsdorf 38a, 8786 Rottenmann

St. Gallen

Genussmosthof Veitlbauer 
Bichl 3, 8932 St. Gallen

Cabs

Herrak Cab and Minibuses
Schmiedgasse 65, 8911 Admont
t: +43 664 34 44 235

Wagner Bus Travel and Cab 
Obere Bachgasse 77, 8911 Admont
t: +43 3613 24 06

Mountain Taxi Zeiringer Rudolf
Johnsbach 57, 8912 Admont
t: +43 3611 215

Thalhuber Cab 
Gams 108, 8922 Landl
t: +43 3637 212, t: +43 676 58 70 031

Puster Cab
Gesäuse Straße 18, 8940 Liezen
t: +43 664 33 31 711

Gert Lemmerer Cab
Klamm 12, 8786 Rottenmann
t: +43 3614 36 05

Weissensteiner Anton Cab
Unterer Markt 225, 8933 St. Gallen
t: +43 3632 77 10

Missethon Reinhold Cab
No. 93, 8924 Wildalpen
t: +43 664 45 20 690
t: +43 650 31 01 020

MMH

GETTING THERE & GETTING AROUND.

TIP

Find timetable
information here:



By Car

From the east via A2 (Südbahn),
the S6 Semmering Expressway and A9
(Pyhrnautobahn)

From the south & north via A9 (Pyhrn-
autobahn)

From the west via A10 (Tauernautobahn)
then via B320 Ennstal State Road
and the B146 State Road connection to
the east

By Train & Bus

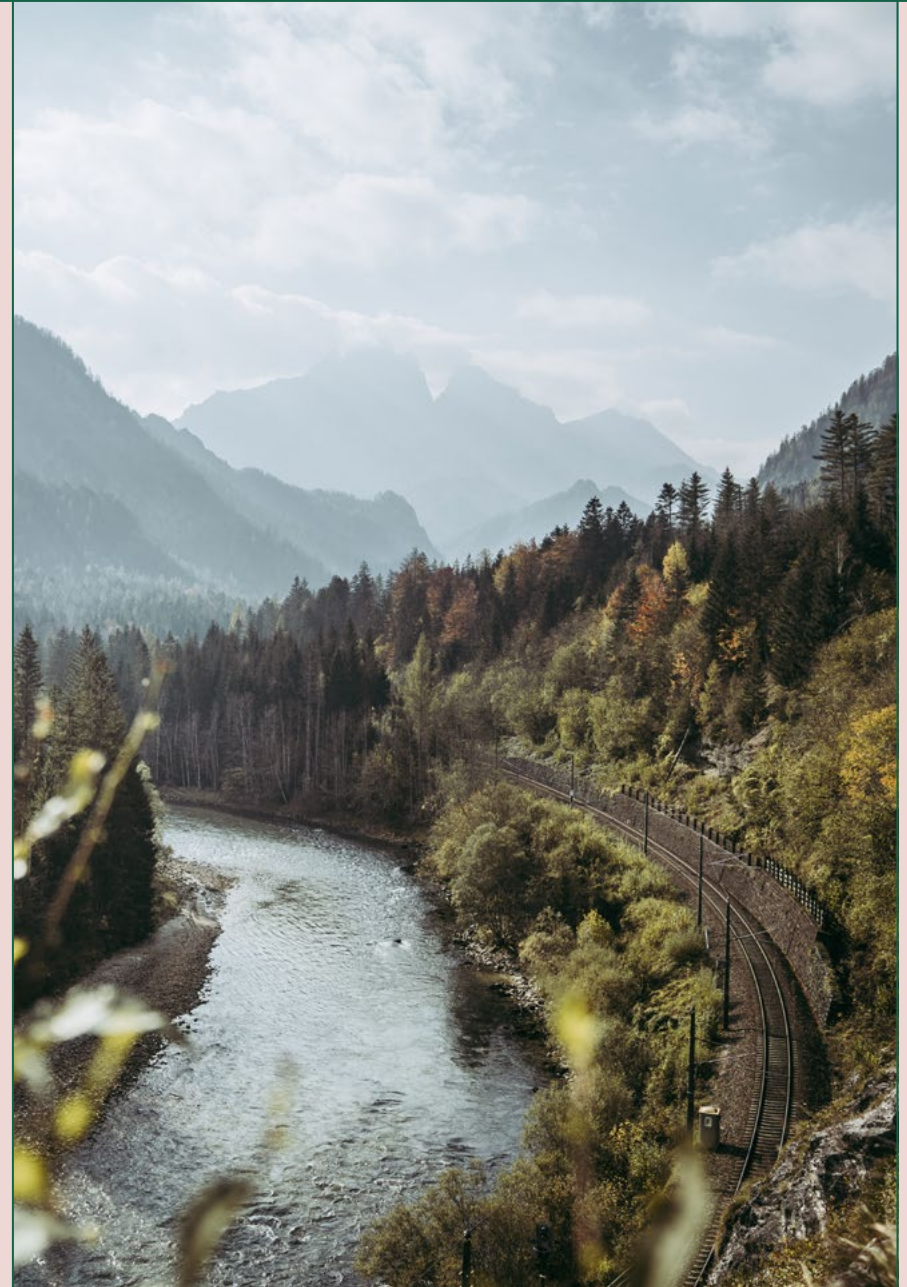
The train is the most environmental-
ly friendly way to get to the Gesäuse.
On weekends and public holidays, the
Westbahn trains run twice a day from
Vienna straight to the Gesäuse and back.
Every Friday there is a train from Vienna
through the Gesäuse on to Liezen. The
same train will take you back to Vienna
on Sunday evening.

From Vienna, Graz and Salzburg there
are regular ÖBB connections to Liezen.
From there, buses and shared cabs take
you to all corners of the Gesäuse.

www.oebb.at/de/fahrplan

By Plane

International airports:
Graz, Linz, Vienna and Salzburg



Getting around the Gesäuse with public transportation is easy. Buses operate regularly throughout the area.

TIP

Included in the
Climate Ticket



Bus

- Line 910 between Liezen and Admont, over the Buchauer Sattel to St. Gallen and Altenmarkt
- Line 911 between Liezen and Windischgarsten
- Line 912 between Admont and Hieflau through the Gesäuse and on to Landl and Altenmarkt
- Line 920 between Hieflau and Eisenerz as well as Radmer (*on-call bus)
- Line 922 - year-round on-call bus line between Hieflau train station, the stop "Gemeindeamt" Landland on to Hinterwildalpen
- Line 923 - on-call bus service between Großreifling and Göstling from May 1st to October 26th
- Line 930 between Liezen and Trieben via Selzthal and Rottenmann
- Line 931 between Liezen and Rottenmann via Lassing and Selzthal

For the on-call buses 922 and 923, reservations can be made for groups of 7 or more people 1 to 2 hours before departure, or by 6:30 pm the day before. The Climate Ticket is valid for both on-call bus lines.

www.busbahn bim.at

Convenient: The [BusBahnBim app](http://BusBahnBim) provides a comprehensive overview of all bus, train and tram connections in Styria. Simply enter your location, address or stop/station, and you will get a list with departure times. The app is free and available in all Google, Apple and Huawei app stores.

Gesäuse Shared Cab

Call +43 3613 21 000 99 and you will be taken to any destination in the Gesäuse, without any timetable or designated stops.

Service area: Admont, Ardning, Landl and St. Gallen

Operating hours

- May, June, September and October from Friday to Sunday and on public holidays, from 8 am to 8 pm.
- July and August daily from 8 am to 8 pm.

Salzaline Boat Cab

The boat cab connects the villages of Landl and Wildalpen along the Salza. For a small fee, a minibus will take you back to the boarding point. Estimated departure times can be found at the bus stops. Tickets are available at partner businesses, ticket machines and at the Wasserlochklamm visitor center.

Operating hours

- From the beginning of May to the end of September: every Saturday, Sunday, and on Austrian public holidays.
- During Styrian summer holidays also on Fridays.

Find current timetables and stops here: www.salzaline.at/bootstaxi

www.gesaeuse.at/mobil

INFORMATION OFFICES TOURISM ASSOCIATION



Admont

Hauptstraße 35
8911 Admont
t: +43 3613 21 160 10
info@gesaeuse.at

Liezen

Hauptplatz 3
8940 Liezen
t: +43 3613 21 160 31
info@liezen@gesaeuse.at

Salza

Wildalpen 91
8924 Wildalpen
t: +43 664 51 00 589
infosalza@gesaeuse.at

GRIASS DI

Current opening hours:
www.gesaeuse.at

Gesäuse to go?

Well, of course - at least in parts... You can find some awesome merchandise at the Admont information office and online store that will show off your true fan status and allow you to enjoy some special Gesäuse moments at home.

Maybe, they will also help to keep those itchy feet at bay until your next Gesäuse trip.

www.gesaeuse.at/shop



Covered in true Gesäuse fashion from head to toe.



The mountain shirt. The stylish classic among all Gesäuse goodies.



Environmental friendly Nalgene bottles in Gesäuse style.

GESÄUSE PARTNERS

One Gesäuse - Many Partners

The network of Gesäuse Partners is sustained by people who value their identity as much as the preservation of nature. How can you tell? Each and every one of the 100 member businesses places a strong focus on local production and sustainability. They constantly refresh their expertise through mutual exchanges, excursions, and workshops, keeping them informed about what serves the best interests of nature.

The criteria emphasize prioritizing organic products or commodities from the local region. The network was established in 2006 and underwent a significant merger with Nature Park partners in 2017. Eventually in 2023, the Wilderness Area joined. Now one unified Gesäuse Partners network spans the entire region. Partners include direct farm marketers, restaurants, alpine huts, outdoor providers, and many more. They share a strong pride in their roots and a genuine appreciation for all the special activities in the Gesäuse.



www.partner.gesaeuse.at

Competitors became friends.

WE > ME



*Christoph Pirafelner,
Gesäuse chef enjoying
his retirement*

Summer & Fall at a Glance

May	June	July	August	September	October
<p>May 1st: Bank Holiday May: Ascension Day</p>	<p>May or June: Pentecost, Feast of Corpus Christi</p>	<p>SUMMER HOLIDAYS</p> <p>WATER SPORTS, FISHING AND HIKING</p> <p>MUSEUMS</p> <p>SUMMER STAGE</p> <p>HOLIDAY PROGRAM GESÄUSE NATIONAL PARK</p> <p>HUT SEASON</p>	<p>SUMMER HOLIDAYS</p> <p>FESTIVAL ST. GALLEN</p> <p>HOLIDAY PROGRAM GESÄUSE NATIONAL PARK</p> <p>ALPINE PASTURE SEASON</p> <p>August 15th: Assumption of Virgin Mary</p>	<p>FALL HOLIDAYS</p>	<p>October 26th: National Bank Holiday</p>

Winter
Winter
Winter

Winter Season
in the Gesäuse
will turn your
head.

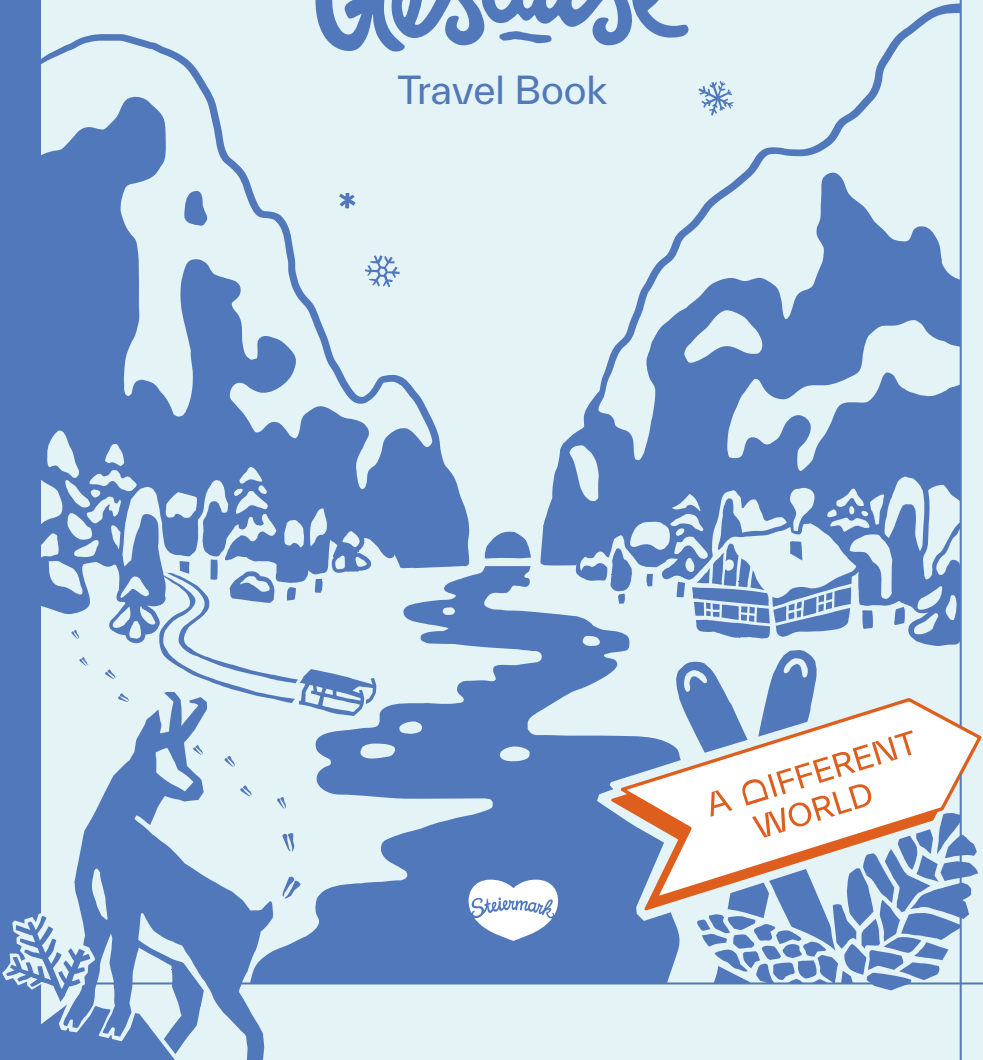


Winter / Spring

Free Copy for all Gesäuse fans!

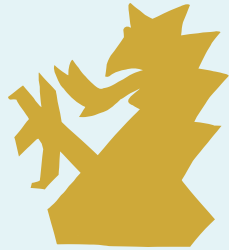
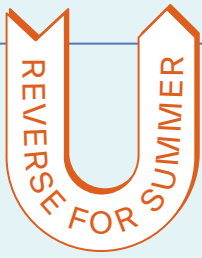
Gesäuse

Travel Book



A DIFFERENT
WORLD

Steiermark



GREEN PANTHER WINNER 2023

Our travel book has been
awarded Gold at the prestigious
Styrian Design Award.
Woo-hoo!

Instagram: [@gesaeuse](#)

Pinterest: [@gesaeuse](#)

Facebook: www.facebook.com/gesaeuse

Share your pictures with us and the world:

[#gesaeuse](#) [#gesäuse](#) [#einanderewelt](#)

Hello there.
It's me,
the Gesäuse.

I am a National Park,
a Nature Park, a
UNESCO Global
Geopark and World
Heritage Site.

I am the ultimate des-
tination for ski touring
and exploring snow-
covered landscapes.
I am the fresh dump-
ling filled with jam.

I am the groundhog in
hibernation. I am a lot
of things – and there
are many things I'm
not. What it all boils
down to:

I am a different world.

And you are
most welcome!





Active

Welcome to the region where every village has its own ski lift.

SKIING, from p. 22

Let us introduce our local ski lifts and the Kaiserau family ski resort.

Welcome to the freshest tracks.

CROSS-COUNTRY SKIING, from p. 30

All you need to know about our cross-country trails, rental & service points.

Welcome to delightful ups and downs.

SKI TOURING, from p. 42

Find numerous ski touring spots throughout the region, backcountry touring tips and all you need to know about safety.

Welcome to the sound of crunching snow.

WINTER HIKING, from p. 58

With and without snowshoes. On packed or powder snow. Great tips for hikers setting out into the wild winter wonderland.

Welcome to crisp air & rosy cheeks.

WINTER BLISS, from p. 72

And there are so many more winter activities - from ice skating rinks and toboggan runs to horse-drawn sleigh rides.

Cozy

Welcome to masks, myths and more.

FOLKLORE & TRADITION, from p. 80

There are fascinating customs and traditions in the Gesäuse to witness, especially during winter time.

Welcome to the festive mood.

ADVENT SEASON, from p. 82

The Gesäuse is home to many events and beautiful Christmas markets with delicious food, traditional craft stalls and festive treats.

WINTER & SPRING OVERVIEW, from p. 88





SHINE BRIGHT AT NIGHT.

At night
when the stars
come out to shine.

THIS IS OUR WAY:
GLIDING UPHILL.

Skinning up.
Making turns.





OLD TRADITIONS IN THE COLD SEASON.

Ancient rituals
of the magic season.

WALKING IN A WINTER WONDERLAND.

When Mother Nature takes a rest it's time to set out.



New Heights

Standing tall at 45 meters, a majestic silver fir tree towers over the surrounding forest. It was named after the former director of Styrian State Forestry, Franz Himmelstoß.



Find out which paw print belongs to which animal:

- 01
- 02
- 03
- 04
- 05
- 06



"In the Austrian Alps, the rocky gorge of the Gesäuse is unrivaled in its grandeur and its diversity."

Thank you,
Peter Rosegger (1843-1918)

6,000

STARS

The Gesäuse is one of the darkest places in Europe. On clear nights, you can see up to 6,000 stars with the naked eye. Oh and: in the Sternderl Suite at the Kölbl guesthouse in Johnsbach you can stargaze all night long...

Snow Hare

Alpine Ptarmigan

GESÄUSE

Where the longest ski slope spans 1,500 meters.

FOX

Squirrel

Lynx

Ranger Camp in the

Gesäuse National Park

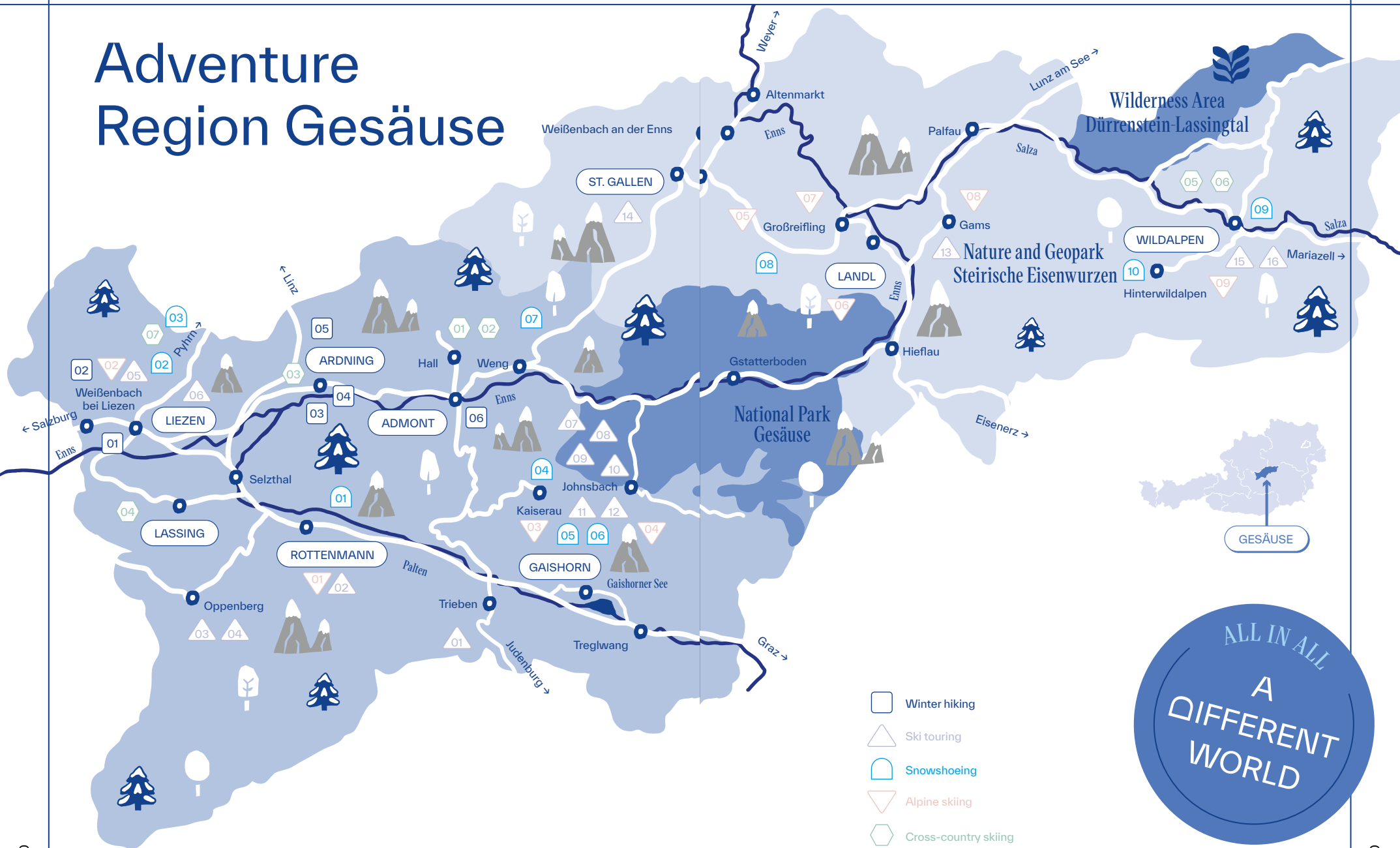
Spend day and night outdoors in wintertime. Without smartphone, watch, or electricity – yet, with a National Park ranger and an expedition sleeping bag. You are sensitive to cold? Check out our summer edition.





Active
Active
Active
Active
Active

The only way is up!
Where the sun
is shining.

Adventure Region Gesäuse



ALL IN ALL
A
DIFFERENT
WORLD

-  Winter hiking
-  Ski touring
-  Snowshoeing
-  Alpine skiing
-  Cross-country skiing

Welcome to the region where every village has its own ski lift.

SKIING



And therefore, every child knows how to ski.
That's what you are born into in the Gesäuse.
And when fresh snow dumps there ain't no stopping...

[Ski Lifts p. 24](#)

[Kaiserau p. 28](#)

[Gesäuse Ski School p. 29](#)



INTRODUCING OUR LOCAL LIFTS.

Stadtwaldlift Rottenmann ⁰¹

1 T-bar lift, slope length: 600 m
Municipal Services Rottenmann
t: +43 3614 24 81 50
stadtwaldlift@rottenmann.at
www.rottenmann.at

Buchsteinlift St. Gallen ⁰³

1 T-bar lift
Slope length: 1,000 m
Food & drink available:
Buchsteinstüberl
Municipal office St. Gallen
t: +43 3632 209 0

Skilift Siebensee Wildalpen ⁰⁸

1 T-bar lift
1 baby lift
Slope length: 1,500 m
Konrad Manseer
t: +43 664 41 65 401

Bacherleitn-Lift Weißenbach bei Liezen ⁰²

1 T-bar lift
Slope length: 1,100 m
Floodlight system
Sports community
Weißenbach bei Liezen
t: +43 650 79 81 398

Bärenseitenlift Johnsbach ⁰⁴

1 T-bar lift
Slope length: 1,500 m
Ludwig Wolf
t: +43 676 66 11 339

Kirchenlandl ⁰⁶

1 T-bar lift, Slope length: 150 m
Dieter Pfeifer
t: +43 676 57 20 651

Kaiserlindenlift Gams ⁰⁸

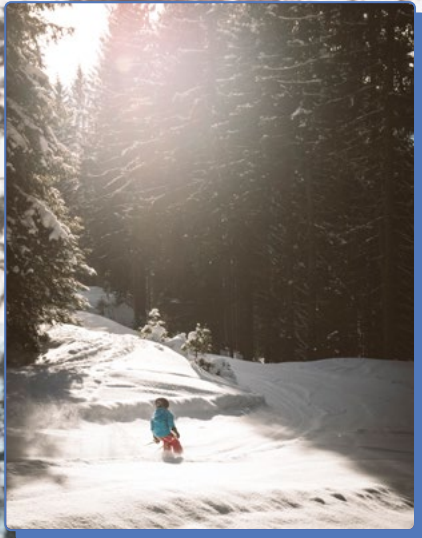
1 T-bar lift
Slope length: 750 m
Helmut Thalhuber
t: +43 676 58 70 031

Hammerbodenlift Großreifling ⁰⁷

1 T-bar lift
Slope length: 360 m
Floodlight system
Martin Leberl
t: +43 664 52 75 860
gde@landl.gv.at
www.landl.at

TIP

Alpine skiing equipment
rental & service p. 33



Kaiserau – Making It Big in Winter

Kaiserau has all your winter activities covered. From alpine and cross-country skiing to leisurely strolls - the high plateau offers the perfect escape from the valley fog and a chance to bask in the sun.

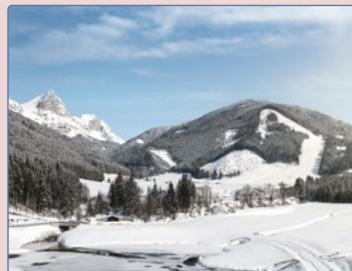
There is a 5 km long high-altitude cross-country trail as well as the longest ski slope in the Gesäuse, the opportunity to try out ski touring, and Sportalm, a mountain inn where you can warm up and feast on the local cuisine. If you want to improve your skills on the board or the skis, knock on the door of the Gesäuse Ski School. Plus: you can, of course, rent out equipment, whether for the slopes or the trails.



Grab a bite

Sportalm Kaiserau
t: +43 3613 43 433
sportalm@kaiserau.at
facebook.com/
sportalmkaiserau

Winter
wonderland
at its finest.



Lifts ⁰³

Brunntal lift (T-bar lift)
Slope length:
Family run 1,100 m / easy
Brunntal downhill run 850 m /
medium (homologated FIS course)

Schlosslift (T-bar lift)
Slope length: 350 m

Sportalm lift (platter lift)
Slope length: 125 m

2 magic carpets
Snowmaking facility

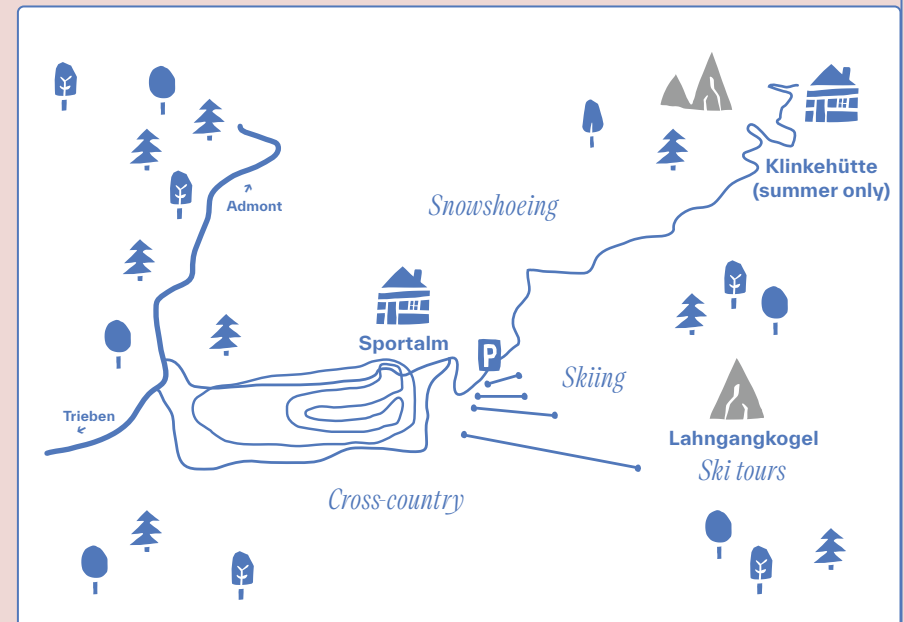
Skiing Lessons

Gesäuse Ski School
t: +43 664 93 09 30 83
skischule@berg-sport.at
www.berg-sport.at

**GESÄUSE
TIP**

AHA!

**Kaiserau is a Schneebären
Card partner!**



Welcome to the freshest tracks.

CROSS-COUNTRY SKIING



Put on your cross-country skis,
soak in the scenery - and you're right on track!
The body warms up, the mind gets clear.



[Cross-Country Skiing Center Hall p. 32](#)

[Rental & Service p. 33](#)

[Overview of Cross-Country Ski Trails p. 34](#)

[High Altitude Trail Kaiserau p. 35](#)

[Cross-Country Trail Liezen-Pyhrn p. 36](#)

Cross-Country Center Hall



**GESÄUSE
TIP**

Committed to quality:
These trails have earned
the Styrian cross-
country quality seal.

Hall near Admont is renowned for its cross-country skiing and even has a certified cross-country skiing center right in its heart.

Glide at the foot of Haller Mauern mountain range through a picturesque snowy landscape with the Gesäuse mountains as a constant backdrop. There are trails at various levels of difficulty and whether you prefer classic cross-country or a faster pace with skating - get ready for a challenging all-body workout. The track starts at the stadium area at Mühlau, and you can

choose between a 2 km, 5 km, or 8 km loop, depending on your fitness level. The 5 km village loop is also connected to the cross-country hub.

Head out on your cross-country skis and enjoy the solitude of the Gesäuse - to train your body and clear your mind.

Admont Municipal Office
t: +43 3613 27 200 0
gemeinde@admont.at
www.admont.at

Cross-Country Trails Hall

SOMETHING FOR EVERYONE

Mühlau short trail: 2 km

Zirnitz trail: 5 km

Mühlau long trail: 8 km

Difficulty level: easy - difficult

Classic & Skating

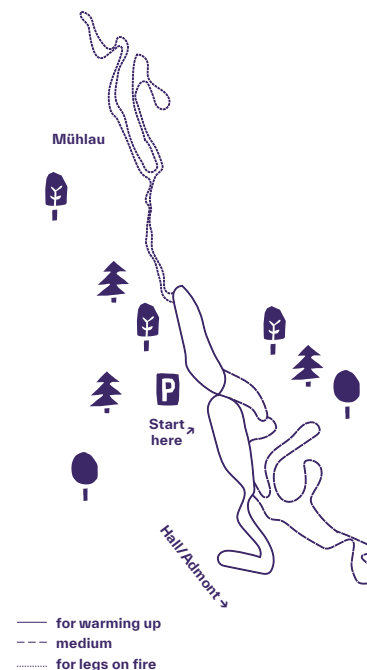
Parking & Access:

Cross-Country Center Hall/Admont

Trail Fee

WC

Connection to Hall village trail



Rental & Service

BERGSPORT VASOLD
Bahnhofstraße 17
8940 Liezen
t: +43 3612 22 40172
office@sport-vasold.at
www.sport-vasold.at

- Alpine ski equipment
- Ski touring equipment
- Cross-country skiing equipment
- Snowshoes
- AVD equipment
- Crampons, ice axe
- Climbing harness, helmet

PÖRL SPORT ADMONT
Hall 264
8911 Admont
t: +43 3613 21 521
info@poerl-sport-shop.at
www.poerl-sport-shop.at

- Alpine ski equipment
- Ski touring equipment
- Cross-country skiing equipment
- Snowshoes
- AVD equipment

GIGASPORT LIEZEN
Salzburger Straße 1
8940 Liezen
t: +43 3612 22 103
liezen@gigasport.at
www.gigasport.at

- Ski touring equipment
- Snowshoes
- AVD equipment

Hall Village Trail 02

FOR WARMING UP

Length: 5 km
Classic & Skating
Difficulty: easy
Parking & Access:
 Hall/Admont sports ground
 Trail Fee

Admont Municipal Office
 t: +43 3613 27 200 0
 gemeinde@admont.at
 www.admont.at

Lassing Cross-Country Ski Trail 04

CASUAL CLASSIC

Length: 9 km
Classic
Difficulty: easy
Parking & Access: Seniorenhoamat,
 Gasthof Kasi, Café Lieblingsplatzl

Lassing Municipal Office
 t: +43 3612 30 296
 office@lassing.at, www.lassing.at

Ardning Moor Trail 03

ALONG THE ENNS RIVER

Length: 13 km
Classic & Skating
Difficulty: easy - medium
Parking & Access: parking lot
 Ardning Moor nature trail

Ardning Municipal Office
 t: +43 3612 75 55
 gde@ardning.at
 www.ardning.at

Trail Hinterwildalpen 06

ROUND AFFAIR

Length: 1 km
Classic & Skating
Difficulty: easy
Parking & Access: Gasthof Krug,
 Hinterwildalpen

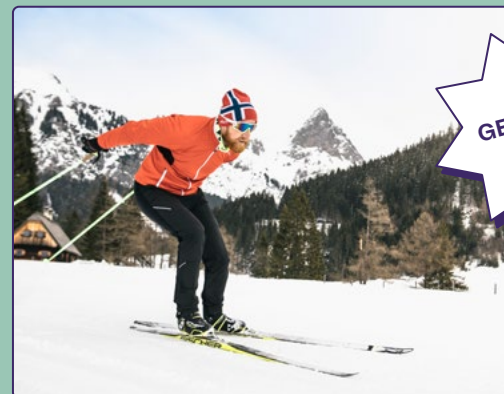
Hopfgarten Cross-Country Ski Trail Wildalpen 05

ACROSS WHITE MEADOWS

Length: 2,5 km
Classic
Difficulty: easy
Parking & Access: Musl Wiese, cross-
 roads Werner or Pfatschbacher Cross
Attention: road crossing

Konrad Manseer, t: +43 664 41 65 401
 info@camping-wildalpen.at
 www.wildalpen.at

High Altitude Trail Kaiserau 11



**GESÄUSE
TIP**

After a few cross-
country laps to warm
up, put on the ski
boots next door and
have the best time
on the slopes.

While the valley remains covered in lingering fog, in the heights of Kaiserau the sun often breaks through. This makes cross-country skiing on the high plateau even more special and beautiful. You can glide around the castle with five kilometers of trails, both for classic and skating styles. It's pure bliss and there is hardly anything that might go wrong – you can even forget your cross-country gear at home as you can rent out equipment in Kaiserau.

Length: 5 km
Classic & Skating
Difficulty: easy - medium
Parking & Access: Kaiserau parking,
 Admont (subject to charge, except
 season ticket)
 Trail Fee

Kaiserau Tourism
 t: +43 720 10 95 34
 office@kaiserau.at
 www.kaiserau.at

Trail Liezen-Pyhrn 07



GESÄUSE
TIP

A webcam displays
trail conditions 24/7:
www.gesaeuse.at

Located on the outskirts of the district capital Liezen, cross-country skiers find the perfect spot in the reliably snow-covered Pyhrn region.

The trails at the base of Pyhrn Pass span over 16 kilometers and are the best way to free your mind and find your rhythm. No matter if you prefer classic or skating, you find cross-country trails for any skill level – there are kids loops as well as relaxed or race options. Leave all of your everyday worries behind and enjoy the crisp winter day.

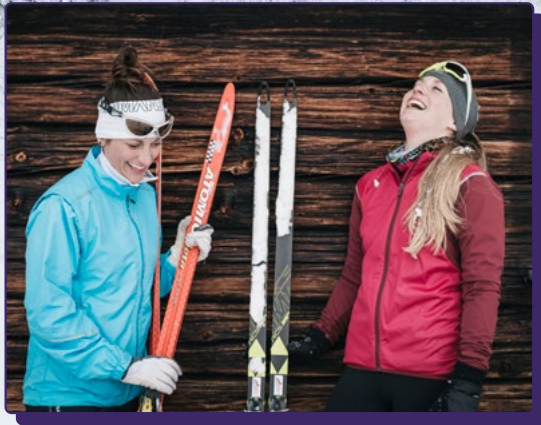
The trail entrance is located at Essl Farm, where you also find a ticket machine and sanitary facilities.

Liezen Municipal Office
t: +43 3612 22 881 0
stadtamt@liezen.gv.at
www.liezen.at

I wouldn't want it to become Disneyland. But I think sure more people should know about the Gesäuse.



*says Legendary Skyrunner
Stangl Chri*

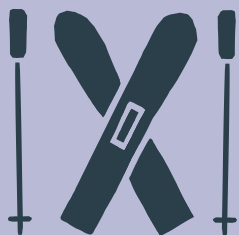


Quiet



Welcome to delightful ups and downs.

SKI TOURS



In the Gesäuse, your own strength is the only way to reach new heights, even in wintertime. Earn your turns – oh, and your schnapps, too.

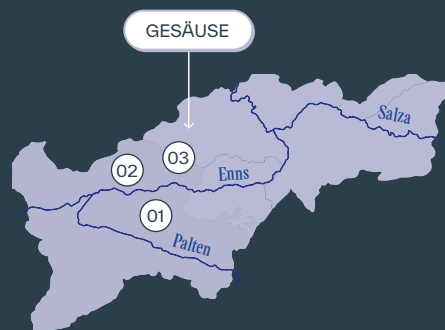
[Ski-Touring Spots p. 44](#)

[Ski-Touring Tips p. 48](#)

[Safe Tour Planning p. 56](#)



INTRODUCING THE BEST SPOTS.



Salzatal Valley 03

Have you thought about exploring Salzatal and Wildalpen for your ski touring adventures? The north side of Hochschwab massif and the surrounding mountains are known for their reliable snow and their stunning views, making them a pretty well-kept winter sports secret: solitude in the midst of the stunning white setting of the Gesäuse.

It's the beauty of this calm, quiet place. It's the beauty of our rhythm and pace.

National Park 02

The alpine village of Johnsbach in the Gesäuse is known as one of the best ski touring spots with excellent snow conditions and a prime location. The standout features are the National Park ski tours that come with guiding trail markings throughout. This also guarantees a peacefully rest for wildlife during the wintertime - and an extra benefit: you won't get lost. Also exceptional is the quality of the runs and the jaw-dropping scenery.

Keep in mind: try to pick a weekday visit and avoid peak holiday times - the National Park is popular...

Rottenmanner Tauern Range 01

This hidden gem may not be familiar to traditional Gesäuse ski tourers, yet it holds a special place in the hearts of insiders. Oppenberg and Rottenmanner Tauern offer unrivaled powder and fantastic ski touring conditions. When you reach the peak, you'll find a variety of easy to moderate touring options with varying steepness of the terrain. But mind: this place is highly addictive.

TIP

These might be the highlights - yet there are many more places to explore, to hike and ride, love and enjoy.



Because it doesn't get much better than this.

Hochhaide

THE (CHALLENGING) JACKPOT

1,600 meters of skinning up, steep couloirs, and north-facing slopes – you need good skills and strong legs for this one – and a lot of experience and safety expertise. Whether in the deepest winter months or in spring, Hochhaide offers fantastic ski touring with jaw-dropping views – yet, it is quite a challenge...

Difficulty: difficult
Duration: 6 hours
Ascent: 1,600 m
Highest point: 2,363 m
Orientation: N
Start: Ski lift, Rottenmann

Schüttkogel

WHITE DREAM

Starting at the parking lot, you cross the sensationally beautiful plateau of Horningalm, before crossing the wide slope in an S-bend towards Horninger Sattel anticline and along the northern ridge to the peak. Prepare yourself for a joyous ride back down. What an amazing treat when it is freshly powdered.

Difficulty: medium, summit slope difficult
Duration: 3.5 hours
Ascent: 980 m
Highest point: 2,049 m
Orientation: N and W depending on choice of descent
Start: Gullinggraben, Oppenberg

Angerkogel from Pyhrn Pass

WHAT A VIEW

This ski tour offers stunning vistas, is pretty safe and well-suited for beginners. Due to the fairly high altitude, it's quite likely you will hike and ski through powdery snow until late spring. The route leads through sparse forest, past larches and Swiss stone pines, to the Aipl hut and crosses a plateau (be careful when foggy) to Torkoppe. From here you hike up the saddle and get in a few more meters of climbing to the top.

Difficulty: medium, duration: 5.5 hours
Ascent: 1,200 m
Highest point: 2,114 m
Orientation: E to S
Start: Parking lot of the former road maintenance unit at Pyhrn Pass

Rabensteinkogel from Pyhrn Pass

EASY JOY

It's a rather simple, half-day ski tour, perfect for a quick outing in the morning or the afternoon. Fairly safe route, with a challenging, yet truly rewarding summit ascent. On the south side of the Pyhrn Pass you hike across idyllic alpine pastures. After a moderate ascent, you set off towards Angerkogel before reaching the top of the Rabensteinkogel with its amazing view.

Difficulty: medium, duration: 3.5 hours
Ascent: 600 m , **Orientation:** N, E, S
Highest point: 1,478 m
Start: Parking lot of the former road maintenance unit at Pyhrn Pass

Gsuchmauer

TWO IN ONE

In the Johnsbach valley, this great ski tour lets you conquer a double peak. It takes you along forest roads, through a forest, then up the steep Gsuchkar to the summit ridge. Stadelfeldschneid mountain is to the left, Gsuchmauer mountain to the right. The view from the saddle is breathtaking – and it pays off to come during the week as rumor about beauty spreads quickly...

Difficulty: difficult
Duration: 4.5 hours
Ascent: 1,260 m
Highest point: 2,116 m
Orientation: SW to E
Start: Ebner parking lot, Johnsbach

Großer Bösenstein

WHAT A CLASSIC



It's a popular tour and thus you can expect tracks to follow. From the start (at the Edelrautehütte) to the peak (with 2,448 meters one of the highest in the region) you have to climb only 800 meters. This is a classic especially in springtime and it takes you across wide pastures, through beautiful pine forests straight to the Große Scheiblsee, one of the most stunning alpine lakes. With the towering Gesäuse mountains as a backdrop, you are climbing steep passages and crossings until you reach the Elendkar cirque. It remains steep on the final part up to the peak of the Bösenstein. We recommend crampons and you need to know how to make sharp switchbacks. And then: enjoy the ride...

Difficulty: medium
Duration: 4 hours
Ascent: 775 m
Highest point: 2,448 m
Orientation: SW and E
Start: Edelrautehütte, Hohentauern



AHA!

Avalanche warning service Styria:
www.lawine-steiermark.at

Snowsafes App - Download in the Playstore

Mountain weather Styria:
www.zamg.ac.at

Hochschwung △ 04



**GESÄUSE
TIP**

This tour starts at 1,100 meters, which makes it a great springtime option.

Popular and Beautiful

Hochschwung is a fantastic tour that begins in the secluded Oppenberg valley nestling within the Rottenmanner Tauern range. Expect to come across plenty of like-minded individuals who are keen on climbing the expansive summit during weekends. This makes the Hochschwung stand out in the Rottenmanner Tauern. However, you have plenty of fresh track terrain on this wide western face – even days after the last snowfall.

It's a relaxed start from the parking space (restroom available). Follow the forest road for a while, then turn left across the meadow to Almwirt hut and walk past it. Now comes a short section on a ski slope to the Möderinggraben bottleneck, before crossing the bridge over a stream. Continue along Sommerweg path until a slope leads to the forest road on the right. Follow the track above the trench on the northern slo-

pe east to Wasserhäusl. Shortly before the road crosses the trench, a path branches off to the right which takes you to a ridge between two streams. Follow the ridge or turn left into a small vale in the woods – and you will find yourself just beneath the large open western slope. Now, take in the amazing view before gliding to the final ridge. One more left turn past the pre-summit and you're a stone's throw from the peak. Congrats!

Difficulty: medium
Duration: 4 hours
Ascent: 1,180 m
Highest point: 2,196 m
Orientation: W and NW-facing variant possible
Start: Gullinggraben, Oppenberg/End of public road

Buchberg via Goss △ 15

A NEW PERSPECTIVE

Discover our hidden winter gem: Following a steep climb and a quick rest at Gossstein, you glide by a quaint chapel to reach the elevated plateau. Once at the top you will be amazed by the spectacular scenery of the Gesäuse and the Eisenerz Alps – including a very special side of the Lugauer, our very own "Matterhorn"...

Difficulty: medium
Duration: 3.5 hours
Ascent: 730 m
Highest point: 1,562 m
Orientation: S to E
Start: Lurg parking lot, Hinterwildalpen

Festkogel △ 08

READY FOR A CHALLENGE?

One of the most beautiful and most challenging ski tours in the Gesäuse that is on the bucket list of all ambitious ski mountaineers. The climbing up the Festkogel features steep ascents and incredible views across the rocky giants of the Hohtor range. There might be a rush of adrenaline on the way up. And there sure will be a lot of whoopwhoops on the descent. The tour starts behind Kölblwirt in Johnsbach.

Difficulty: difficult
Duration: 3.5 hours
Ascent: 1,400 m
Highest point: 2,269 m
Orientation: SE to E, in the snow hole S
Start: Gasthof Zum Kölbl, Johnsbach

Hochtürnach △ 16

A MUST



Saving the best for last: A long, yet not too difficult ski tour that takes you via the Bärnbach valley and wide meadows to a fantastic, serene peak offering breathtaking views. Soak in the sight of the massive north face of the Hochschwab before packing in your skins and enjoying the powder ride back down.

Difficulty: difficult
Duration: 5 hours
Ascent: 1,300 m
Highest point: 1,768 m
Orientation: N to E
Start: Bärenal Salzabücke bridge on road B 24, Wildalpen



Mount Leobner

JOHNSBACH-(N)EVERGREEN



Ever felt lonely? Well, you won't on the Leobner. But there are many, many options to ascend and descend and extend the tour. The classic route leads via Grössingeralm to the (in)famous Sautrog (a steep gully) and via Leobnertörl on to the summit. Just perfect – at the start as well as the end of the season, or sometime in-between.

AHA

You find a check point for your beacon at the parking lot as well as winter sign-posts.

Difficulty: easy
Duration: 3.5 hours
Ascent: 1,060 m
Highest point: 2,036 m
Orientation: Summit slope N to E, Saugasse N to NW
Start: Zeiringeralm parking lot, Johnsbach

Gscheideggkogel

FINE VISTAS

Up for a relaxed ski tour? Gscheideggkogel could be the perfect choice! Start at Ebnerklamm Gorge and gradually make your way up to the alpine meadows. It gets a little bit steeper at the summit junction, yet you will be rewarded with fascinating views – and a super promising descent, of course!

Difficulty: easy
Duration: 3 hours
Ascent: 790 m
Highest point: 1,788 m
Start: Gschaidegger parking lot or Ebner parking lot, Johnsbach
Orientation: N to NW

Mount Lugauer

THE STYRIAN MATTERHORN

One for the bucket list of all skilled ski mountaineers. You start through the Ebnerklamm Gorge, then head towards Pfarralm. The Hüpfingerhals is followed by a short descent to Wirtsalm, then over Haselkar cirque and up the wide western flank to the impressive summit cross. Prepare yourself for an incredible descent of 600 meters to the Haselkar.

Difficulty: difficult
Duration: 7 hours, Ascent: 1,850 m
Highest point: 2,217 m
Orientation: S to W
Start: Ebner parking lot, Johnsbach

Buchberg from Gams

PEAKS AND PANORAMA

You can have it all: an easy hike and fabulous vistas. At least on this tour that starts at Gamsforst. Follow the forest tracks all the way to the Goss, before hiking up the picturesque trail across wide pastures to the Buchberg. It's a fairly easy ascent that rewards you with a stunning panorama as far as the Hochschwab massif.

Difficulty: medium
Duration: 4 hours
Ascent: 750 m
Highest point: 1,562 m
Orientation: S to E
Start: the final farm at Gamsforst, Gams/Landl

Großes Maiereck

ONE FOR CORN SKIING

This intermediate level ski tour takes you to Großes Maiereck, the local mountain of St. Gallen. In winter, it can get surprisingly lonely on this beautiful peak on the north-eastern edge of the Hallermauern range. Well, you sure won't complain to lay your fresh tracks (in safe conditions or on corn snow) down via Kälberleiten.

Difficulty: medium
Duration: 3.5 hours
Ascent: 1,170 m
Highest point: 1,741 m
Orientation: S to E
Start: Pölzau at Buchauer Sattel, St. Gallen

Mount Blaseneck

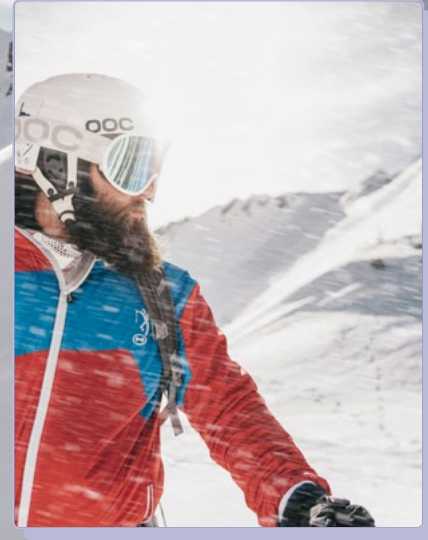
A BREEZE



Those looking for powder will love Mt. Blaseneck. The ascent via forest paths to Plodenalm is moderately steep. Yet, the name says it all: blasen means blow – so expect to be accompanied by a stronger breeze on this popular Leobner alternative. During the week there is a good chance you might be all by yourself up there.

Difficulty: easy
Duration: 3 hours
Ascent: 880 m
Highest point: 1,969 m
Orientation: NE to SE, further down more N
Start: Gschaidegger parking lot, Johnsbach





Earn your turn. Let's be honest: it feels so much better with all the sweat sweated ...

SAFE PLANNING

BE PREPARED

SELF-RELIANCE IS ESSENTIAL

EXPECT THE UNEXPECTED



In the backcountry you are responsible for your own safety. The ÖAV (Austrian Alpine Association) provides guidelines to help you stay safe. Find a summary below.

ASK QUESTIONS

You'll learn more on this from state-certified mountain and ski guides (page 112). They offer courses and guide you safely up the mountain - and down again.

01

Fit for the Mountain

Ski touring is an endurance sport. Health and self-awareness are essential. Also remember: No stress! Find a pace that everyone can keep up with, and make sure to save energy for the descent.

02

Planning Is Everything

Maps, online information, experts - check it all out! Distance, altitude difference, difficulty and the weather forecast. Caution: Wind and poor visibility increase the risk.

03

Avalanches in View

Study the current avalanche report before the tour and keep danger levels in mind. Watch out for critical spots and main sources of danger.

04

Comprehensive Set of Equipment

Winter gear, lightly packed. The standard: avalanche beacon, shovel, probe, first aid kit, bivouac sack, cell phone. A backpack with airbag system increases the chances of survival.

05

Stay Hydrated

Make sure to drink, eat, and rest to stay fit and focused. Hot beverages and light snacks are great on a ski tour.

06

Assess Avalanche Risk

Strategic risk assessment is crucial. Pay attention to signs for possible dangers, and/or use the ÖAV "Stop or Go" guidelines.

07

Keep your Distance

To reduce the load on the snow cover when ascending steep slopes, keep a distance of approx. 10 m, and at least 30 m during descent. Ski individually on steep slopes.

08

Avoid Falls

Proper skiing technique and adapted speed minimize your risk. A helmet protects you from head injuries.

09

Small Groups

Small groups facilitate rapid assistance and reduce the risk of avalanches. Ideally, stay with the group. If you are, however, traveling alone, fill someone in on your destination, route and planned return.

10

Respect Nature

Respect protected areas, don't shout, and take your garbage with you. Remember that apple trees do not grow in alpine terrain - nor do banana trees. Whenever possible, try organizing carpools.



Welcome to the sound of crunching snow.

HIKING IN WINTER



Hiking through a snow-covered forest
with sugar-coated trees fills you
with a comforting warmth.



[Snowshoe Tours p. 60](#)

[Winter Hiking and Walking Trails p. 66](#)

SNOWSHOE HIKING



Suitable for
[ski touring](#)

Johnsbach Alpine Pasture Circuit 05

GETTING YOUR FEET WHITE

Beginning at Teufelsklamm, the devil's gorge, this snowshoe tour offers amazing photo opportunities and breathtaking views of Johnsbach valley. Pack snacks and beverages, as the alpine cabins are closed in winter. Yet, back in the valley, in one of the first certified mountaineering villages, there are three rustic inns to fuel up.

Difficulty: easy

Duration: 4 hours

Ascent: 500 m

Start: Ebner parking lot or Gschaidegger, Johnsbach

Übereck Johnsbach Tour 06

HIKE & UNWIND

Embark on a snowshoe hike that takes you to Gschaidegger farmstead, traversing mountain pastures, crossing bridges, and meandering through a tranquil winter forest. Follow the trail markers for direction, and once you've finished hiking, why not make your way to a tavern to reflect on the day's adventures.

Difficulty: medium

Duration: 3 hours

Ascent: 368 m

Start: Ebner parking lot, Johnsbach

Grabneralm Tour 07

FOR SKIS AND SHOES



No matter if you hike up with snowshoes or skin up with skis, the journey to the Grabneralm lodge is definitely worth it. After starting at Buchau you will pass through tranquil forests until the landscape unfolds to reveal a breathtaking view. And do you know what they call the destination of your hike today? The balcony to the Gesäuse...

If the weather is nice and the safety conditions good, Grabneralm is open on winter weekends. Make sure to check before you hike!

Difficulty: easy

Duration: 3 hours

Ascent: 570 m

Start: Buchau parking lot, Admont

Hinterwildalpen Panoramic Tour 10

HIKE UP, SLED DOWN

Head out on a sunny snowshoe trek to Lurg and discover the captivating vistas of Hinterwildalpen and the enchanting snow-capped mountains that encircle you along forest paths. Despite its southern exposure expect a decent amount of snow, especially at the far end of Wildalpen. Tip: Bring a sled!

Difficulty: easy

Duration: 2 hours

Ascent: 220 m

Start: Lurg, Hinterwildalpen

Hinteregger Alm via Lexgraben 03

RIGHT ON THE BORDER

Close to Kalkofen, right on the state border with Upper Austria, you find a relaxed and beautiful winter hike. You follow the toboggan run uphill until the terrain gradually becomes more moderate, revealing a stunning panoramic view over the expansive snowy alpine landscape of the Hinteregger pasture. Majestic!

Difficulty: easy

Duration: 3 hours, ascent: 370 m

Start: Pyhrn Bundesstraße, right at the state border



Lahngang Tour 04

PICTURE BOOK PERFECT

Whether with snowshoes or on skis, Lahngang is a true winter classic in the Gesäuse – with numerous ascent options. The route with its fairytale vistas is popular with guests and locals alike, with beginners and pros from fall to spring.



Difficulty: medium
Duration: 3 hours
Ascent: 650 m
Start: Kaiserau parking lot or Klinkehütte, Admont

Siebensee Tour 09

WHATEVER SUITS YOU

In Wildalpen you find a fantastic hiking loop that can be easily adjusted to suit your fitness level, schedule, or preferences. Prepare yourself for jaw-dropping vistas of the rugged and steep rock faces of Griesstein and Schaufelwand populated with thick forests and wildlife.

Difficulty: easy
Duration: 2.5 hours
Ascent: 300 m
Start: Winterhöhe parking lot, Wildalpen

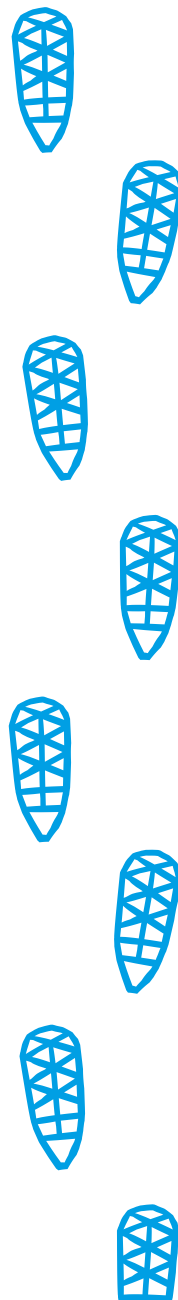
Hinteregger Alm via Eck 02

VISTA-RICH

The tour starts at Gampersberger on Höhenstraße, where you can park your car. Get ready to lace up your shoes and brace yourself for a challenging start, as the path leads you up a steep ascent through a ravine. But don't worry, soon you can rest on the Dachsteinblick bench and soak in the breathtaking panorama of Mount Dachstein.

After that, the route to the alpine pasture of the Hinteregger Alm is “a walk in the park” – there are no challenging uphill sections, making it an easy stroll. There are two options for your return: take the same way back and enjoy the magnificent view from the opposite direction; or follow the road and find new perspectives on your snowshoe adventure. Whatever you choose, one thing is guaranteed: This tour will leave you feeling fit and happy – and a cup of hot chocolate will be especially delicious afterward.

Difficulty: easy
Duration: 3 hours
Ascent: 180 m
Start: Gampersberger parking lot, Liezen



Zinödlberg Tour 08

A SUMMIT FOR ALL SEASONS

Only 1,293 meters high, yet such a strong personality... The panorama on the peak plateau spans as far as the north side of Buchstein range across the Styrian Eisenwurzen and all the way to the hilly foothills of the Alps. There are several options that take you to the top, yet there is one we would recommend: orbiting the summit along the summer signposts starting from Kassegg Castle. Well worth the hike!

Difficulty: medium
Duration: 7 hours
Ascent: 920 m
Start: Schloss Kassegg, Erbsattel, St. Gallen

Dürrenschöberl South Tour 01

PANORAMA > HUSTLE AND BUSTLE

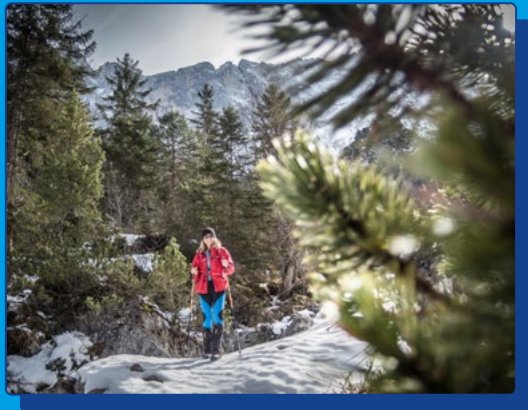
Expect a magical winter wonderland on Mount Dürrenschöberl, the local mountain of Rottenmann. Take in the breathtaking views of Gesäuse, Totes Gebirge, and Rottenmanner Tauern. And it is easily accessible, too – which makes it a super rewarding, yet also pretty busy spot in wintertime.

Difficulty: medium
Duration: 5.5 hours
Ascent: 1,062 m
Start: Rottenmann fire department



WINTER HIKING

Winter in the Gesäuse can be long. What's the best way to spend it? Make the most of every ray of sunshine! Put on your sturdy shoes and explore the beautiful, snow-covered scenery.



Eichelau – Ennsweg Tour 06

AN AFTERNOON IN THE VALLEY

Fancy a change of pace? How about taking a leisurely stroll along the untamed Enns River. Begin your relaxed winter hike at Eichelau and continue towards Weng until you reach the cycling bridge. Stroll along the riverbank on the other side to make your way back. The path may not be maintained, but it is usually well-trodden by other walkers.

Difficulty: easy
Duration: 1.25 hours
Ascent: none
Start: Volkshaus Admont or roundabout Hall

Pürgschachen Moor Tour (Circuit) 03

AROUND THE MOOR

Wrap yourself in a toasty scarf, take a deep breath of the brisk winter air and embark on this leisurely walk around one of the few upland moors left in the country. In the midst of Mother Nature, taking a moment to appreciate the simplicity of life's pleasures becomes even more rewarding.

Difficulty: easy
Duration: 1.5 hours
Ascent: none
Start: Pürgschachen Moor parking lot, Ardning

Ardning Alm Tour 05

WINTER DROP-IN

An alpine cabin that is not closed during the winter months is hard to find. But there is Ardning Alm Lodge. It's open from Thursday to Sunday, and as you make your way to the top with your sled, you may already be greeted by the mouthwatering scent of the landlord's savory roast.

Difficulty: easy
Duration: 2.5 hours
Ascent: 400 m
Start: Ardning village square

Golf Course Tour 01

SNOW-COVERED GREENS

In the Gesäuse, nature stretches as far as the eye can see – even across the golf course. Situated in a Natura 2000 area, its location is exceptional. Since you've stored your golf clubs over wintertime, why not enjoy a leisurely walk with the Weißbach Walls as a backdrop?! It's a well maintained path, starting at the indoor tennis center in Liezen, and leads past the lake to quaint trails and across snow-covered fields.

Difficulty: easy
Duration: 2.5 hours
Ascent: none
Start: Tennis and climbing center Liezen

Weißbach Walls Tour 02

A FAMILY FAVOURITE

In Weißbach near Liezen, a child-friendly path winds along a stream through the forest to a picturesque waterfall. On the way back, make sure to take a detour to the special Ursprungs bench by the brook, before heading back to the starting point via charming little footbridges along the stream.

Difficulty: easy

Duration: 1.5 hours

Ascent: 150 m

Start: Tennis court Weißbach/Liezen

High Trail Frauenberg 04

A SHORT PILGRIMAGE

Ready with winter boots on and snowshoes packed (just in case), we set off for the baroque beauty atop Frauenberger Kulm. You find the trailhead in the Ardning village square, from where you wind your way past beautiful hamlets, through a dense forest up to the church. Open your eyes, unlock your heart and take in the pilgrimage church of Our Lady of Grace. And don't miss the tranquil Zen garden nestling in the breathtaking Gesäuse mountains.

Difficulty: easy

Duration: 2.5 hours

Ascent: 250 m

Start: Ardning village square

ON soft
FEET

I have reserved a spot here for life.



*says Klaus Gassner,
carpenter and host from
Admont*

C

O

L

D



Welcome to crisp air & rosy cheeks.

WINTER BLISS



At the sight of the first snowflakes,
the Gesäuse is buzzing: it's time for sledding,
ice swimming, and skating.

Ice Skating p. 74

Tobogganing & Horse-Drawn Sleighs p. 76



With Jack Frost tapping on the window, the next round of winter fun begins.



ICE SKATING

Liezen

Artificial ice rink downtown opposite Ennstalhalle

Rental of ice skates and skating aids for children

Liezen Municipal Office
t: +43 3612 22 88 10
stadtamt@liezen.gv.at
www.liezen.at

Rottenmann

Bruckmühl 6, 8786 Rottenmann
(next to the football pitch)

Rental of ice skates and skating aids for children

Rottenmann Municipal Office
t: +43 3614 24 11 0
rathaus@rottenmann.at
www.rottenmann.at

Admont

Freizeitpark Hall
Hall Leisure Park

Drinks available - no fixed opening hours

Sabrina Wildling
t: +43 660 83 16 169
koineggsabrina92@gmail.com

St. Gallen

Multisport Facility Weißenbach/Enns

Parking: Eisenwurzenhalle

Food & Drink: IVO Restaurant - Café Lounge

**Illumination system
Sound system**

Municipality of St. Gallen
t: +43 3632 209 0
gde@st-gallen.gv.at
www.stgallen.at

Lassing

Lassing Swimming Lake

**Rental of ice skates and skating aids for children
Curling**

Seerestaurant Lassing
t: +43 664 50 93 882
office@seerestaurant-lassing.at
www.seerestaurant-lassing.at

WOBBLE MAX



The pirouette is a must-do activity on the Gesäuse winter agenda. Starting off is a breeze.



LET'S SLIDE.

Rodeln Admont (Tobogganing)

Bichlbach Toboggan Run
Length: 1,200 m
Floodlight in the evening
Drinks available - no fixed opening hours

Philipp Zinnebner
t: +43 650 38 17 338

Rodeln Liezen (Tobogganing)

Natural Toboggan Run Lexgraben at Pyhrn
Length: 4,000 m

Municipality of Liezen
t: +43 3612 22 88 10
stadtamt@liezen.gv.at



Horse-Drawn Sleigh Rides

Haflingerhof Gams
t: +43 650 84 02 114
haflingerhof.gams@gmail.com
www.haflingerhof-gams.net

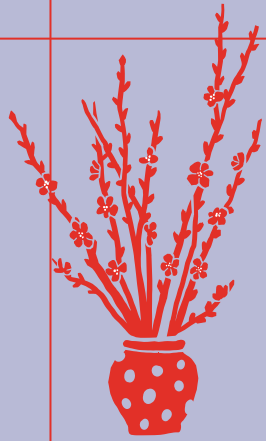
Landgasthof Buchner, Admont
t: +43 3613 2801
landgasthof.buchner@aon.at
www.landgasthof-buchner.at

People definitely don't
spend enough time on
skids.



Snug & Cozy
Snug & Cozy
Snug & Cozy
Snug & Cozy
Snug & Cozy
Snug & Cozy

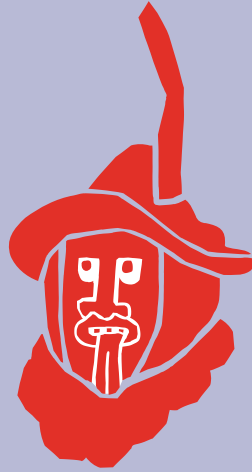
Après sport comes
mulled cider. Hot tips
for cold days.



Barbara Branches

December 4th

During the celebration of St. Barbara's commemoration and name day, it is common to cut branches from cherry and other trees and display them in a vase. Should they bloom before Christmas Eve, the family may be blessed with children and love.



Exorcism of Bears and Hammer Smith Devil Run

before December 5th, St. Gallen

In St. Gallen, every two years the Exorcism of Bears and the Hammer Smith Devil Run take place. Dressed in leather aprons and armed with bells, tongs, and wooden masks, figures with hats and cow horns take over the market square.



St. Thomas Night

December 20th,
Gams near Hieflau

In Gams near Hieflau, the festive spirit takes over on the winter solstice, the shortest day of the year. Thomasniglo and his group arrive with a burning Hiefler, illuminating the village and bringing light to the dark season.

*"Fresh and sound, fresh and sound,
live long and stay well,
don't get sick, don't complain,
until I come back again."*

Day of the Innocent Children

December 28th

On December 28th, children go knocking on doors in the neighborhood, wishing residents good health and happiness for the coming year.



Glöckler Run

January 5th, Admont,
Rottenmann and Wildalpen

Glöckler, who are mostly single men and boys, walk from door to door in the evening of the final night of Thwelthtide, wearing tall headdresses, ringing bells and white robes. By running, they repel evil spirits and arouse good energies.

Carnival

Week Before Ash Wednesday

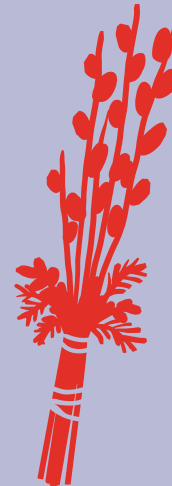
During carnival season, there are parades, festivities and activities in many places. Rumor has it that Gaishorn am See is the place to be. There the carnival guild and the royal couple spare no effort in decorating the village for the fifth season and throwing lavish parties.



Palm Sunday

Easter

One week before Easter, children traditionally receive blessings for their palm bushes at church. This day is special for them as they compete for the longest palm bush, which is believed to bring luck and blessings to their home.



Maypole Erection

Eve of May 1st

Who has the tallest maypole? Once a sign of a town's prosperity, today the ornamented spruce trees are often found in backyards of family homes. The highlight? Make sure to keep an eye on the tree overnight, or you might wake up to find it on the ground in the morning.

Welcome to the festive mood.

ADVENT TIME

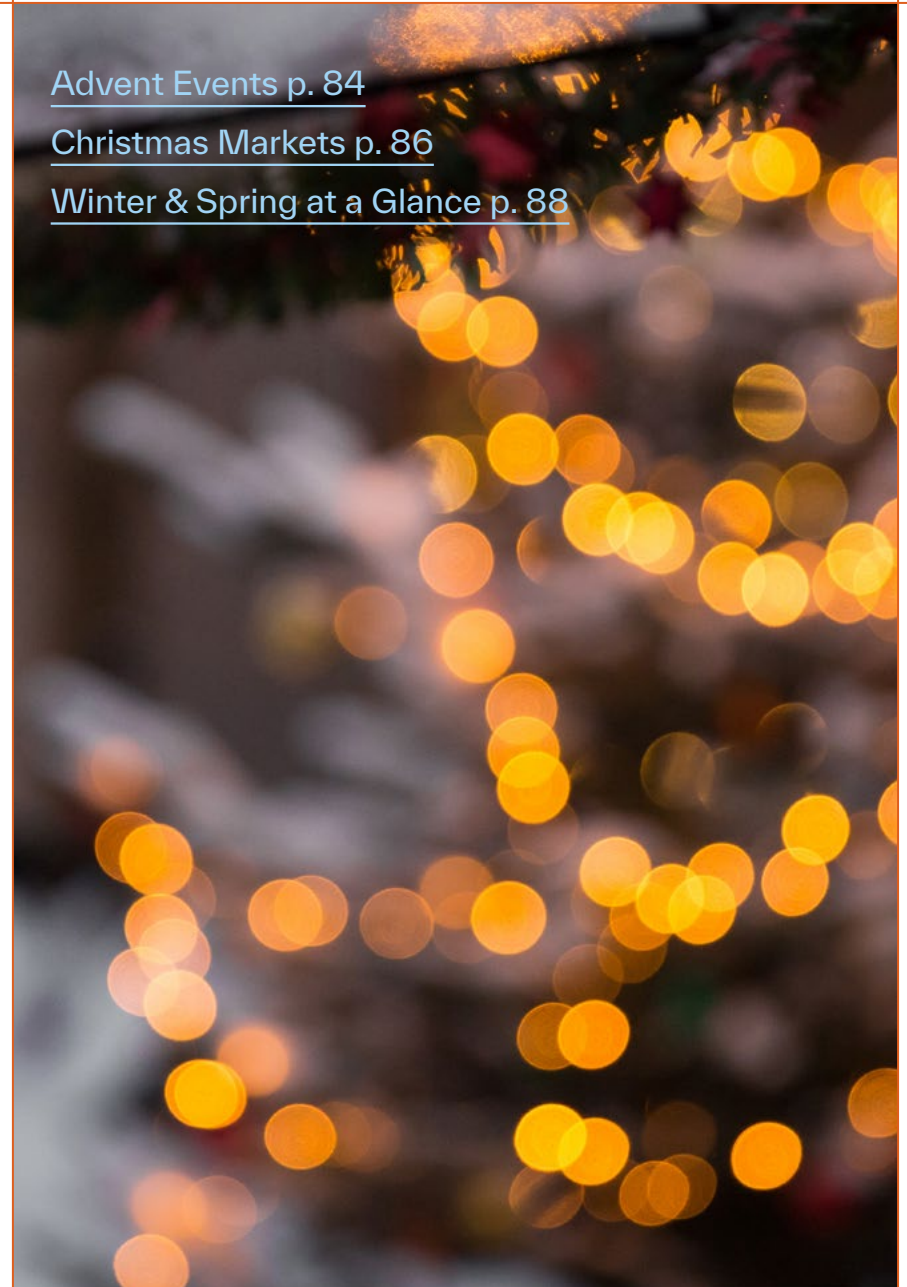


Candlelight, fir branches and a steaming cup of mulled cider: Explore the magic of the Christmas markets.

[Advent Events p. 84](#)

[Christmas Markets p. 86](#)

[Winter & Spring at a Glance p. 88](#)



Chestnuts roasting over an open fire...

**Weißbach
Christmas Market**
Weißbach/Liezen
www.liezen.at
More details on page 87



Advent in the Mountains
Wildalpen and Oppenberg

Glöckler Run
January 5th
Admont, Rottenmann and Wildalpen

**In the Footsteps of
the Christ Child**
Family walk at the National Park
December 24th in the morning
Weidendom

**Bear Exorcism
and Hammer Smith**
Devil Run
St. Gallen

**Advent on Laussabauerhof
Homestead**
Weißbach/Enns
www.laussabauer.at
More details on page 87

Bock Beer Tapping
December 26th
Zum Kölbl, Johnsbach
www.koelblwirt.at



Christmas Mass
December 24th

**Advent at Gesäuse
National Park**
Gstatterboden
www.nationalpark-gesaeuse.at

Thomasniglo
December 21th
Gams near Hieflau

**Krampus and
St. Nicholas**
December 5th



**Christmas at Strechau
Castle Lassing**
Lassing
www.burg-strechau.at



**Kassegg Castle
Christmas**
Schloss Kassegg, St. Gallen
www.hotel-kassegg.at

**Advent at
Admont Abbey**
Admont
www.advent-admont.at
More details on page 86

Advent at Admont Abbey

WHY WE CANNOT WAIT



GESÄUSE
TIP

How to lessen stress? Just stay a few days longer in the wintry-wondrous Gesäuse.

Where to meet in the pre-Christmas season

The Christmas market in Admont, set around the historic Benedictine monastery, starts in the third week of Advent, filling the air with the delicious scents of roasted chestnuts, traditional rye crepes, and mulled wine. Culinary delights take center stage with a large number of stalls offering mouthwatering treats from near and far. Some say you can "taste your way through the Gesäuse" on the Admont Christmas market.

Culinary delights & handicrafts

You will find specialties such as the Steirerkasrapfen as well as cookies and punch, or homemade sausages from the Grabnerhof. If you'd like to help Father Christmas with gifts, you're in the perfect spot: choose between woodturned,

crocheted, and knitted items, along with jewelry, Christmas decorations, and ceramics.

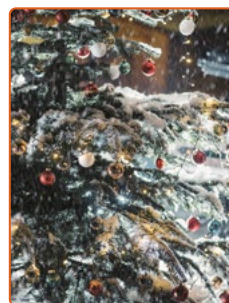
A special post office

Classic wind instruments and a diverse music lineup bring the Christmas spirit to the young and the old. At a special temporary post office, kids can mail a letter to Christkind, guaranteeing that their wishes will be delivered promptly and directly. And a few days later, you will see their eyes widen in surprise when they find a return letter in the mailbox. Miracles do happen at Christmas time.

www.advent-admont.at

Weißbach Christmas Market

CHRISTMAS IS KNOCKING AT THE DOOR COOKIES & HANDICRAFT



On the first Advent weekend, Weißbach near Liezen shines in festive splendor as the traditional Christmas market opens its gates. With the sweet scent of freshly baked cookies emanating from the bakery, as young and old artisans gather around, and Christkind listens attentively to the wishes.

Santa Claus pays his annual visit, the ponies are waiting for the young riders, and the market showcases locally crafted goods, inviting you to take a break and find a unique Christmas present.

Weißbach village square
8940 Liezen
www.liezen.at

Advent at Laussabauerhof Farmstead



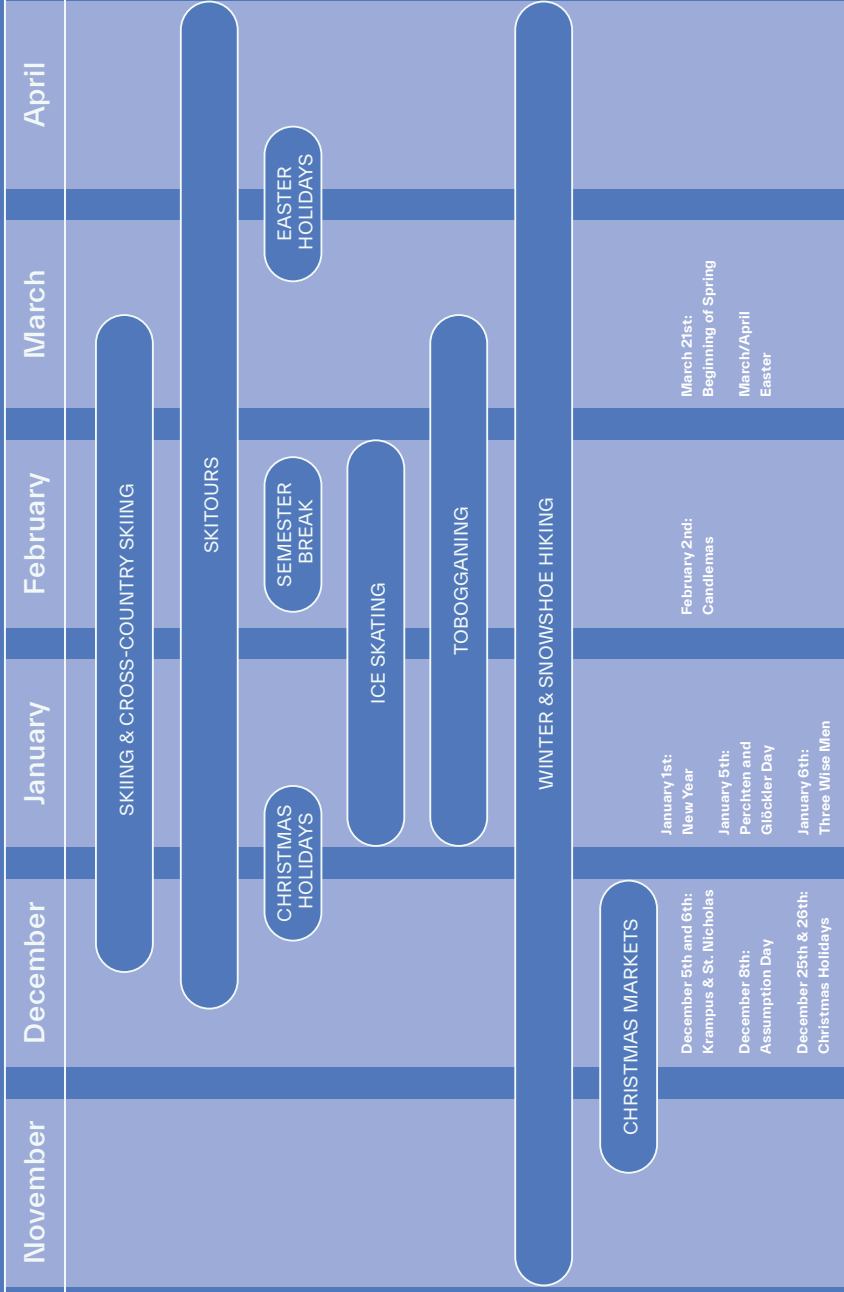
The Laussabauerhof in Weißbach near St. Gallen provides a charming setting for families to embrace the spirit of love and celebration.

In the midst of picturesque surroundings, beautifully decorated stalls invite you for a stroll on the first Advent weekend. There are also poetry readings, dance performances, and traditional Christmas carol singing. A truly festive, bustling atmosphere where joy, delight, and mindfulness converge for the holiday season. A must in the pre-Christmas season: St. Nicholas walking around with his Krampus companions.


Find more Christmas markets on:
www.gesaeuse.at

Bichl 7
8932 St. Gallen
www.laussabauer.at

Winter & Spring at a Glance



Summer Summer Summer

Summertime in  the Gesäuse will turn your head...