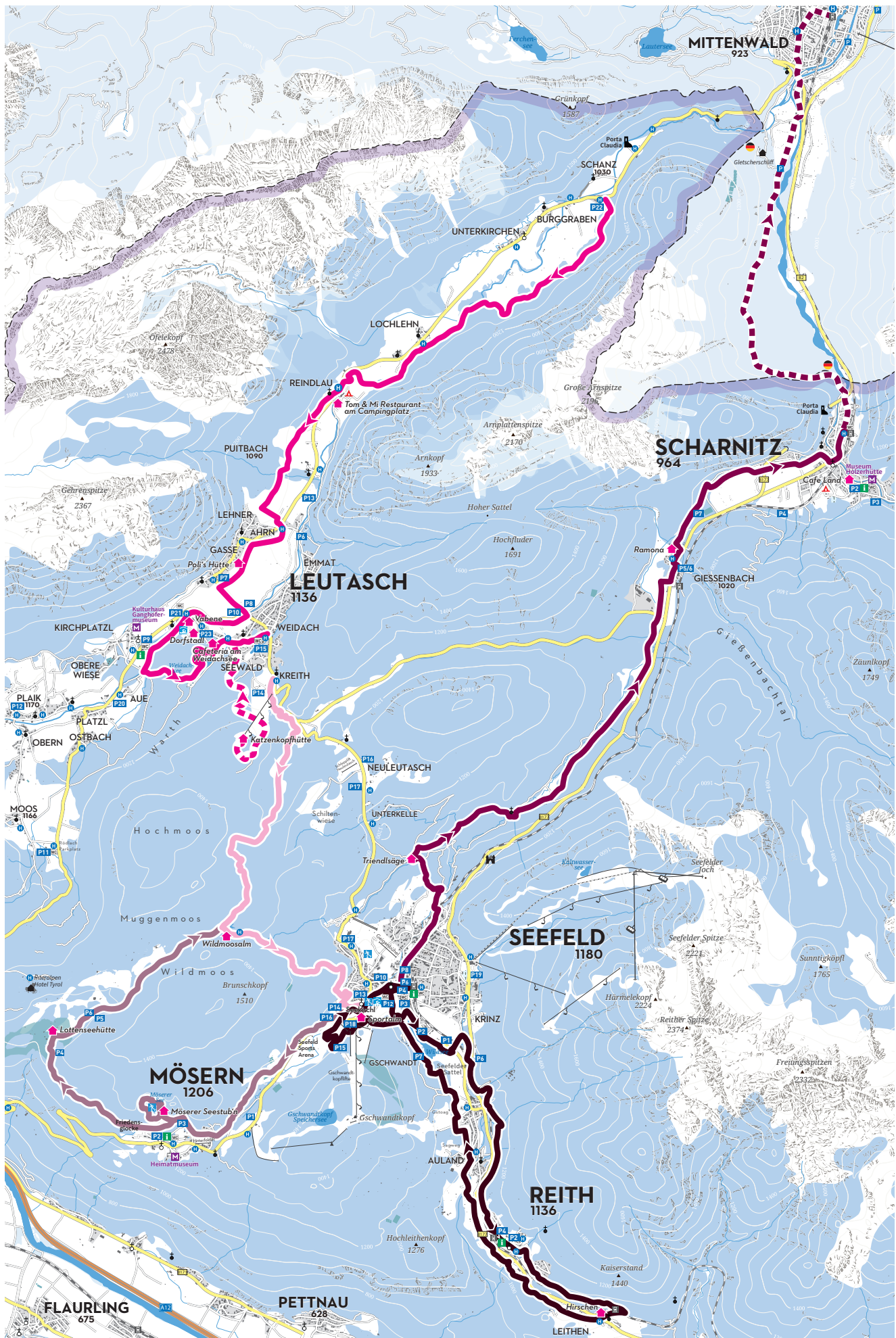




**MULTI-DAY WINTER HIKING ON
THE SEEFELD HIGH PLATEAU**
AN UNFORGETTABLE EXPERIENCE
OVER FIVE STAGES

www.seefeld.com/en/winter-multi-day-hike










MULTI-DAY WINTER HIKING ON THE SEEFELD HIGH PLATEAU

AN UNFORGETTABLE EXPERIENCE OVER FIVE STAGES

A snow-covered landscape with lots of highlights along the way – that is the Region Seefeld's multi-day winter hike. No snowshoes required. The star-shaped stages of this high plateau multi-day hike begin and end in Seefeld and take in the delightful scenery of the region's 5 resorts.

STAGE HIGHLIGHTS:

-  **Stage 1: 16,7 km | 266 m height variation**
From Seefeld via Reith to Leithen
Admire the beautiful countryside around Seefeld, including such highlights as the lake, the Wildsee, the Bee Trail and the Seefeld Sports Arena.
-  **Stage 2: 12.37 km | 59 m height variation**
From Seefeld to Scharnitz
A leisurely walk to the so-called "Gateway to the Karwendel" with refreshment stops and an ever-changing landscape along the way.
-  **Optional extension: 6.72 km | 0 m height variation**
-  **Stage 3: 14.23 km | 144 height variation**
From Burggraben through the Leutasch valley to Weidach
Discover the breath-taking beauty of the Leutasch valley on a variety of trails taking you past picturesque meadows and woodland.
-  **Optional extension: 2,6 km | 245 m height variation**
-  **Stage 4: 7.85 km | 230 m height variation**
From Weidach through Fludertal and via Wildmoos to Seefeld
Enjoy this pleasant, picture-postcard route through the idyllic Fluder valley and the Wildmoos conservation area.
-  **Stage 5: 14.5 km | 247 m height variation**
From Seefeld to Mösern and via Wildmoos back to Seefeld
Uncover the highlights in Mösern, including the Möserer lake and the Peace Bell, then carry on to the sunny Wildmoos plateau.

REFRESHMENTS AVAILABLE

Gasthof Hirschen
Closed: Monday & Tuesday

Sportalm
Open daily

Gasthof Triendlsäge
Closed: Tuesday & Wednesday

Gasthof Ramona
Open daily

Cafe Länd
Closed: Monday

Tom & Mi Restaurant am Campingplatz
Closed: Wednesday

Leutascher Dorfstadl
Closed: Monday

Restaurant Vabene
Closed: Monday

Cafeteria am Weidachsee
Closed: Monday – Thursday, except public holidays

Katzenkopfhütte
Open daily

Poli's Hütte
Open daily

Möserer Seestub'n
Closed: Monday & Tuesday

Lottenseehütte
Closed: Wednesday

Wildmoosalm
Closed: Monday



Please note: days of opening are subject to change. For up-to-date information and further refreshment possibilities, please see:
www.seefeld.com/en/eat-drink



SAFETY ADVICE

Safety is important to ensure you enjoy this multi-day hiking experience to the fullest. We recommend setting off before 10 am each day to allow for the maximum amount of daylight on the trails. Dusk falls around 4 pm so you should aim to reach your accommodation by 5 pm at the latest.

IN AN EMERGENCY

Alpine emergency no.: 140

International emergency no.: 112

Mountain Rescue emergency app:

www.tyrol.com/good-to-know/mobile-apps/emergency-app



Please note: be aware of any trail closures. Closures to a particular section are indicated locally on warning signs. It is forbidden to walk on closed trails and you should follow the alternative route(s) as indicated.

BE WELL-PREPARED TO START YOUR MULTI-DAY HIKING EXPERIENCE

Points to consider before the start of each stage:

- what are the current weather conditions and the forecast for the day?
- is your ability sufficient for the difficulty and length of the stage?
- what is the level of ability of the rest of the group?
- do you have all the appropriate equipment as per the check-list?
- is there at least one person with emergency equipment?
- are you starting early enough to complete the stage in daylight?
- what are the refreshment possibilities along the way?

Points to consider during each stage:

- pace yourself according to your own ability
- the weakest member of the group defines the pace
- plan sufficient food and drink breaks
- check the route and your progress regularly
- adapt the hike as necessary to suit conditions (weather, timings)

Here you can find the current opening status of all winterwalking trails:

www.seefeld.com/en/winter-sports-reports



SIGNPOSTS

The following snowflake signs indicate the winterwalking trails:



The signs show the cleared, prepared and controlled winter walking paths. The path direction is marked on the summer hiking signs.

Seefeld Zentrum

über Seefeld Sports Arena

Mösern

über Seefeld Sports Arena

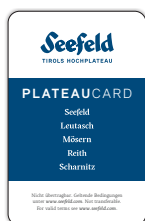
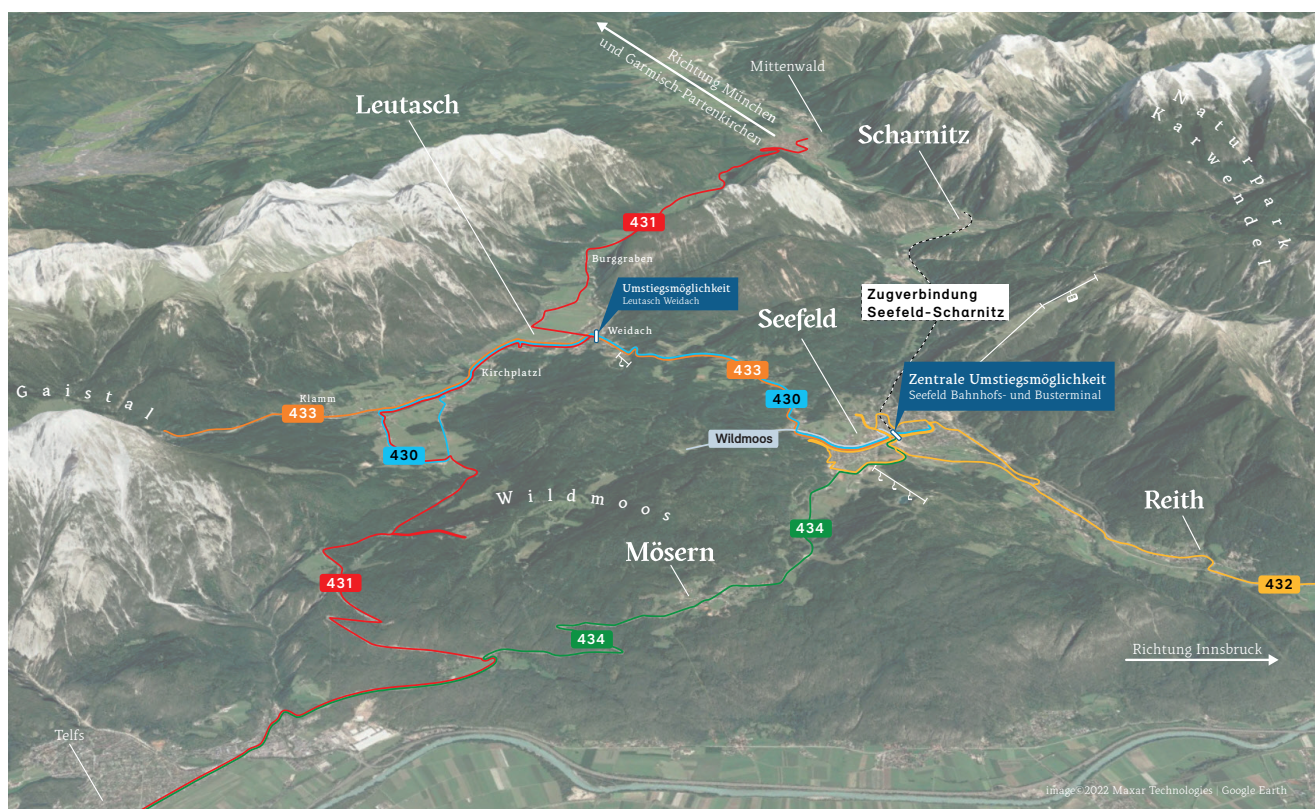
seefeld.com



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BUS CONNECTIONS WITHIN THE SEEFELD REGION



REALLY EASILY OUT AND ABOUT.

Four bus routes and/or a rail link serve the resorts in the region, and as far as Telfs, on **365 days a year**. During the summer and winter seasons there are additional services to Wildmoos and the valley, the Gaistal, as well as ski buses in winter. Your guest-card acts as your public transport ticket for the duration of your stay.

www.seefeld.com/en/mobility-on-site



Region Seefeld Wegfinder

All bus connections and information in real time on-line at www.vvt.at or via the wegfinder app.



www.seefeld.com/en/wegfinder-app



FANCY MORE?

Experience the 1st long-distance winter hiking trail in Tyrol: discover the wintry Leutasch Valley in depth on this 4-day long-distance winter hike with luggage transport. New accommodation awaits you every day and, as a special highlight, an overnight stay at the Wettersteinhütte.



www.seefeld.com/en/1-tyrols-winter-long-distance-hike-4-stages



SPORT SHOPS

You can buy any equipment you may still need in Seefeld. Shoe spikes and walking poles are recommended for all stages and on all paths.

SEEFELD SPORTS SHOPS:

Fun Sport Frank

Klosterstraße 608
6100 Seefeld
+43 664 5162863
www.seefeld-skiverleih.com

Modern Ski & Hike

Münchnerstraße 142
6100 Seefeld
+43 5212 3606
www.modern-ski.at

Peterschuhe

Klosterarkaden 608
6100 Seefeld
+43 5212 2037

Rückenwind

Möserer Straße 120
6100 Seefeld
+43 664 2422512
www.rueckenwind.at

Schimeier

Am Gschwandtkopf 702
6100 Seefeld
+43 5212 4152
www.holy-bike.at

Schuhwerk by Alexander

Innsbrucker Strasse 19
6100 Seefeld
+43 5212 20173

Ski Rent

Andreas Hofer Straße 292
6100 Seefeld
+43 5212 2107
www.skirent.at

Sport & Mode Albrecht

Innsbrucker Straße 24
6100 Seefeld
+43 5212 2421
www.sportalbrecht.com

Sporthaus Kirchmair

Münchnerstraße 42
6100 Seefeld
+43 5212 2268
www.kirchmair-seefeld.at



Information and opening hours about the shops can be found at:

www.seefeld.com/en/winter-hiking-shops



OPENING TIMES SEEFELD INFORMATION OFFICE

Bahnhofplatz 115, 6100 Seefeld | T. +43 50880

Opening times for the information office in Seefeld are available here:

www.seefeld.com/en/contact



LIVELY PEDESTRIAN ZONE

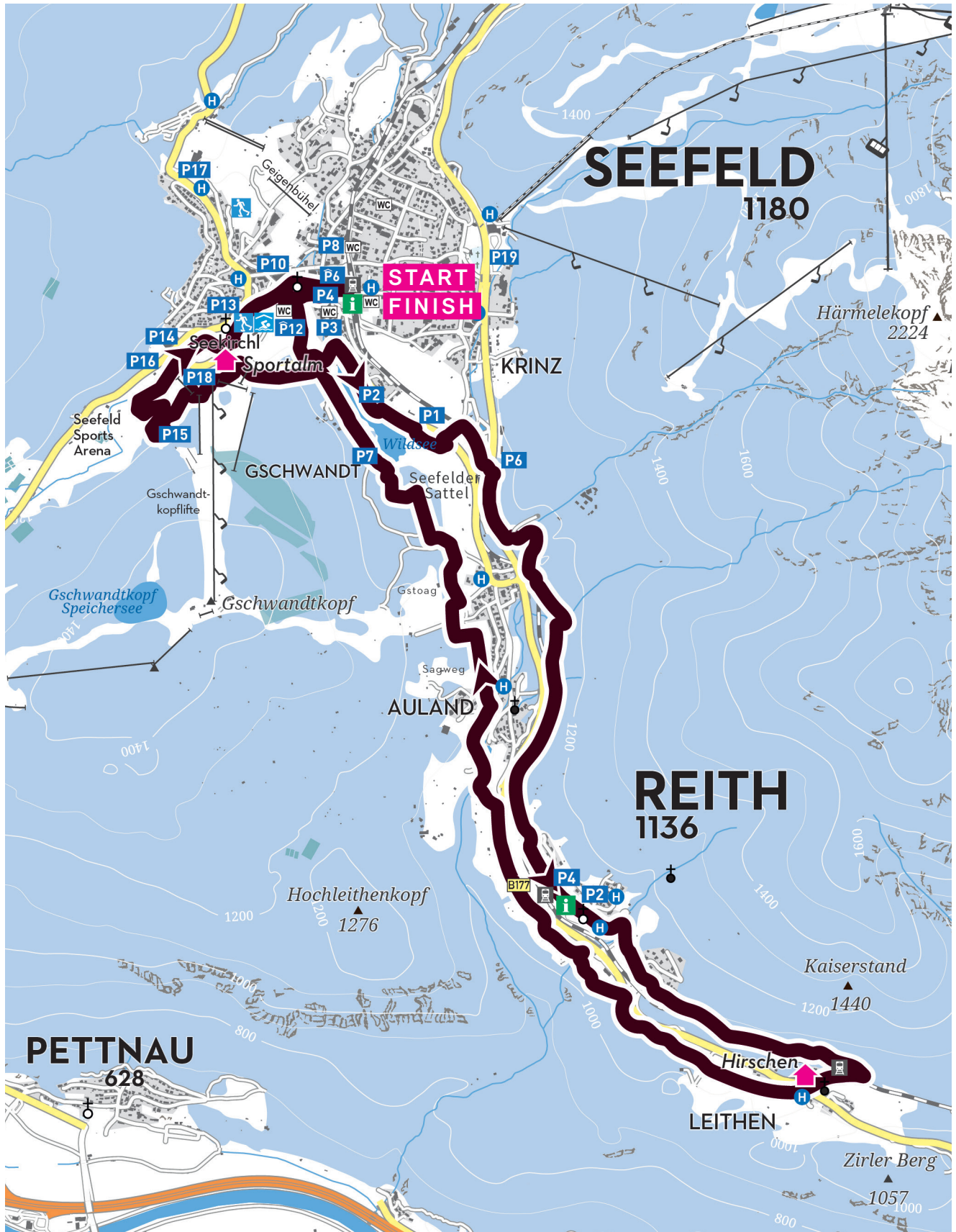
Family-run shops, cosy cafés & restaurants, casino and a variety of events.



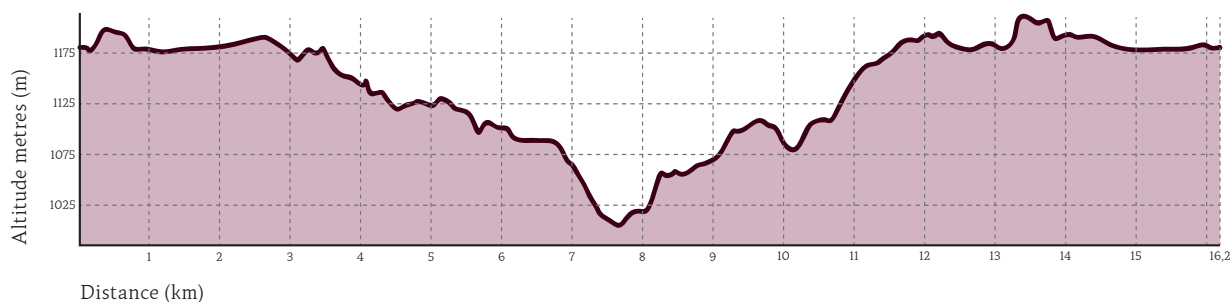
STAGE 1

FROM SEEFELD VIA REITH TO LEITHEN

Total length: 16.7 km | Total walking time: ca. 4 hrs 40 mins | Ascent in metres: 266 m
Descent in metres 266 m | Start: Seefeld train station | Finish: Seefeld train station or booked accommodation



HEIGHT PROFILE



DIRECTIONS

Wildsee, Bee Trail, Seefeld Sports Arena and Seekirchl. The first stage of the Seefeld High Plateau Winter Multi-day Hike takes you to the pretty mountain village of Reith and back with many natural highlights to see along the way.

The first stage starts right in the heart of Seefeld. The starting point is the Seefeld **train station** from where you head into the **village centre**. From Seefeld railway station, walk along Bahnhofstraße towards the village square, where the **Gothic St. Oswald Parish Church** is located. Once you reach the village square, turn left towards Innsbruckerstraße and follow it down to the idyllic **Wildsee lake**. Follow Innsbrucker Str. and the scenic lake promenade which is especially charming in winter.

Go past the **Strandperle** heading towards **Reith**. Cross the road and go over the level crossing, follow the road for a few hundred metres and turn right at the next junction. The path leads past a small lake, the 'Loba', and continues to the main road. After crossing the main road, turn right onto the **Bienenlehrpfad** (bee trail), where you can learn fascinating facts about bees. After the educational trail, continue into the **centre of Reith** and head towards **Kalktalweg** and onto **Leithener Waldweg** until you reach **Gasthof Hirschen**. Across the road, the **Leithener Wiesenweg** leads back into open terrain.

Follow **path no. 14** for about 3 km to the **Auland area of Reith**. At the intersection by the bus stop, turn left and take the **Gstoagweg** and then the **Liftweg** back towards Seefeld. Following **path no. 4**, pass the **wild-life enclosure** and the picturesque **Cäciliakapelle**, and you're almost back in **Seefeld**. Follow the path to the **Waldbad Sonja** and turn left towards **Sportalm** after the house named **Seerose**.

As the name **Sportalm** suggests, it's time for some sports. Pass through the **Seefeld Sports Arena**, home to sports like ski jumping, cross-country skiing, and biathlon. The arena has hosted the Winter Olympics, World Championships and many other top-tier sports events and it's here that the Nordic Combined athletes compete in the annual legendary Seefeld Triple. For a panoramic view, climb the **WSC Tower**. Now head back

towards the **centre**. Turn right below the WSC Tower and follow the road for 50 metres. After the pedestrian tunnel, turn left onto the bridge and then right. As a "finale" for the first stage, you'll see **Seefeld's iconic landmark, the Seekirchl**. After a photo stop in front of the popular postcard motif, the route runs up to the **Parish Hill**, from where you can enjoy the view over Seefeld and the Wildsee lake. From the Parish hill, the route then leads back down to the church and from there back to the starting point.

REFRESHMENT STOPS ALONG THE WAY

- Gasthof Hirschen
- Sportalm Seefeld

SCENIC HIGHLIGHTS AND VIEWPOINTS

- Pfarrhügel
- Wildsee
- Bienenlehrpfad
- WM-Turm
- Seekirchl

Option for shortening the tour with public transport:

By bus (line 432) or train from Reith or Leithen back to Seefeld.

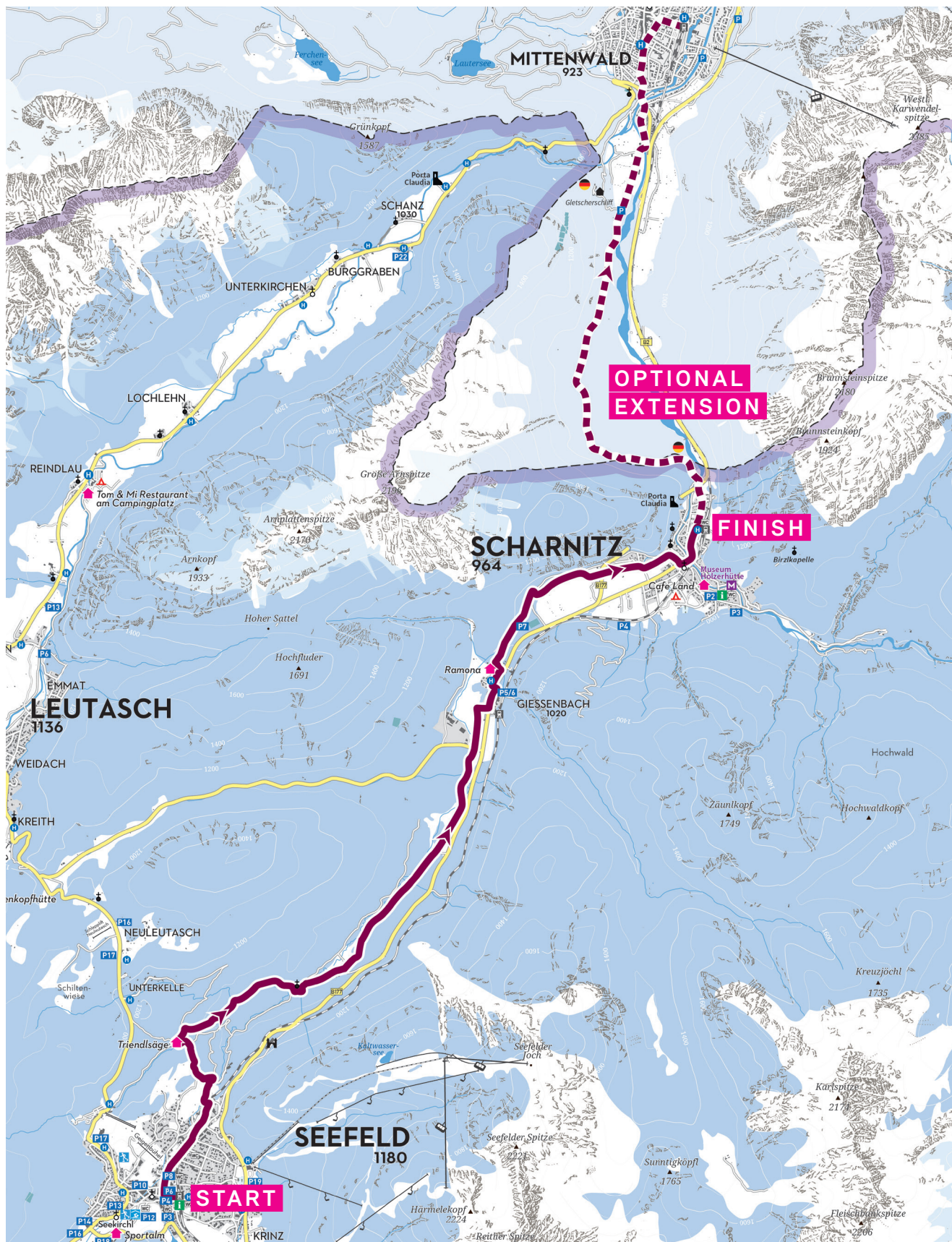
STAGE 2

FROM SEEFELD TO SCHARNITZ

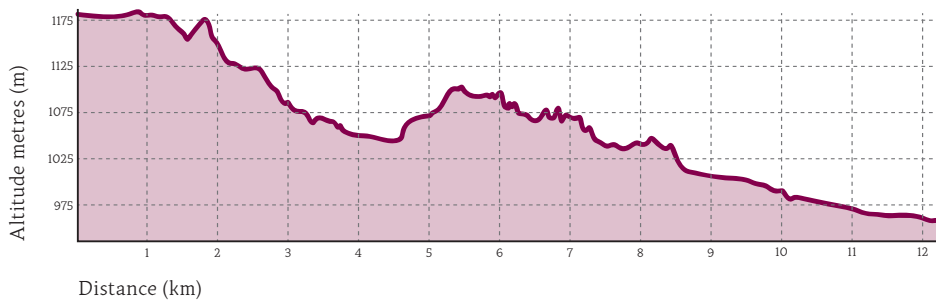
Total length: 12.37 km (+ 6.72 km) | Total walking time: ca. 3 hrs 30 mins (+ 1 hr 45 mins)

Ascent in metres: 59 m | Descent in metres: 278 m | Start: Seefeld train station

Finish: Scharnitz train station & by rail back to Seefeld



HEIGHT PROFILE



DIRECTIONS

Seefeld to Scharnitz, or in other words, from the heart of the region to the "Gateway to the Karwendel". This stage passes through varied landscapes with some refreshment stops en route.

Stage 2 leads winter hikers to **Scharnitz**. The path to the "Gateway to the Karwendel" once again starts in **Seefeld's pedestrian zone** but heads in a different direction. From **Seefeld train station**, go right past the village square into **Münchner Straße** and walk along to the **Seefelderhof** (turning onto **Wasserfallweg**). After a few minutes, **Wasserfallweg** merges into **Heilbadstraße**, where you turn left and come to a gravel path. From there, follow the signs **toward Triendlsäge**. This charmingly located guesthouse, nestled between forest and stream, is hard to miss.

From **Triendlsäge**, continue right towards **Bodenalm** (closed in winter). From the **Bodenalm**, the trail continues – parallel to the cross-country ski trail – to the village of **Gießenbach**. Once there, you reach the second refreshment stop, the **Gasthof Ramona**.

After passing **Gasthof Ramona**, follow **trail no. 19**, turning right onto **Sportplatzweg**. The final stretch brings you to the residential area on **Hirlanda-Ellmann-Weg** and then you walk along **Innsbrucker Straße** through the small municipality of **Scharnitz** towards the **train station**. There are regular trains back to Seefeld. For something to eat along the way, **Café Länd** is within easy walking distance.

REFRESHMENT STOPS ALONG THE WAY

- Gasthof Triendlsäge
- Gasthof Ramona
- Café Länd

OPTIONAL EXTENSION

Continue over **Riedboden** to **Mittenwald** – additional walking time of approx. 1 hour 45 minutes (approx. 6.72 km to Mittenwald). Return to Seefeld by train (the Scharnitz-Seefeld section is free of charge with the **PlateauCard**).

SCENIC HIGHLIGHTS AND VIEWPOINTS

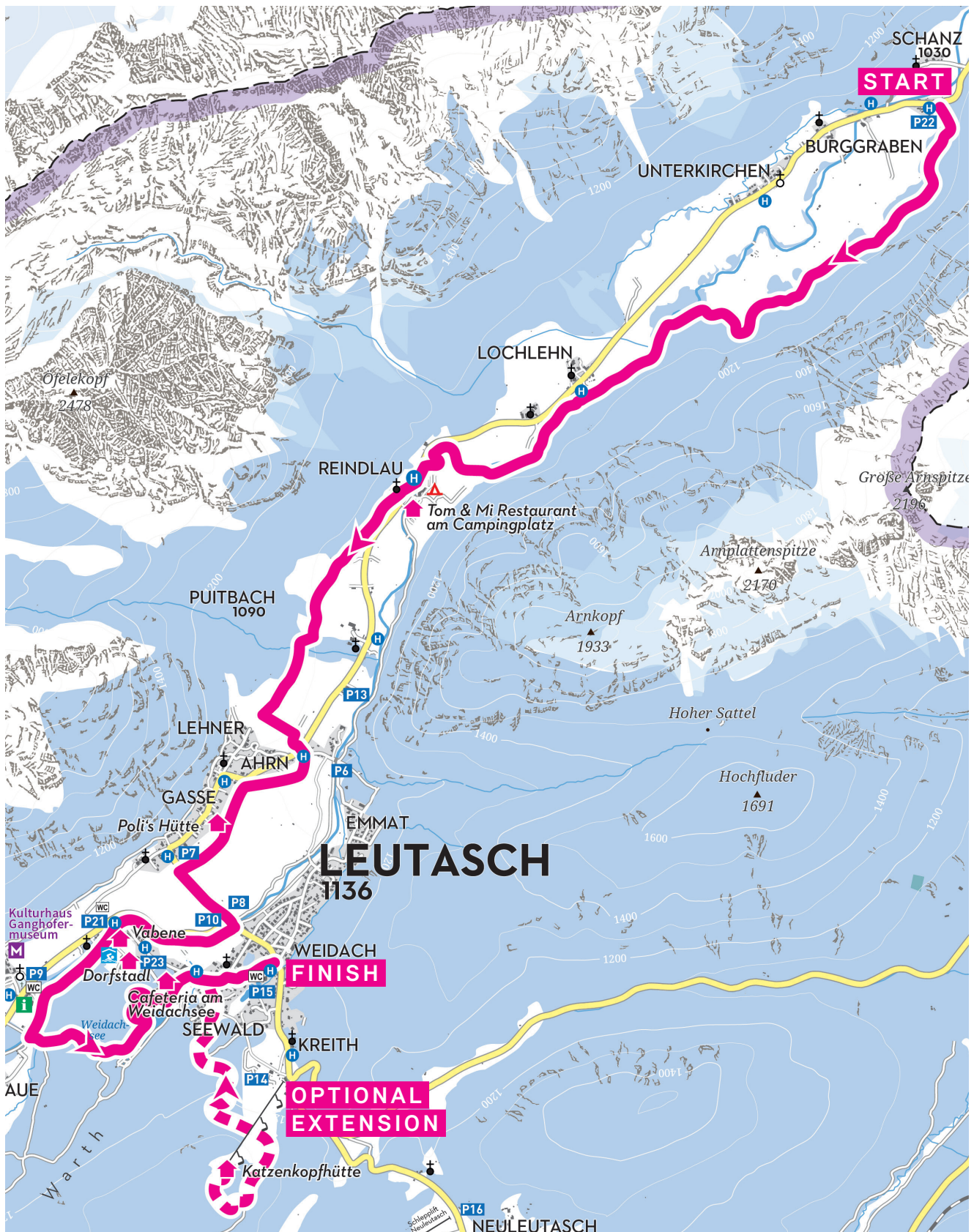
- Riedboden between Scharnitz and Mittenwald (if you extend the tour)

Option for shortening the tour with public transport:
By train from **Gießenbach** back to **Seefeld**.

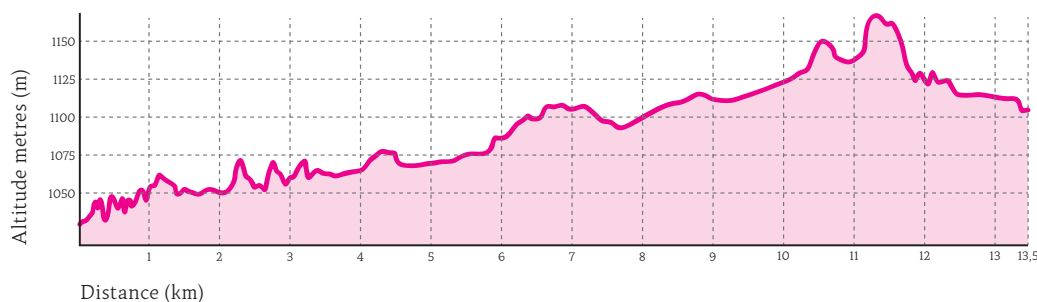
STAGE 3

FROM BURGGRABEN THROUGH THE LEUTASCH VALLEY TO WEIDACH

Total length: 14.23 km (+ 2.6 km) | Total walking time: ca. 3 hrs 15 mins (+ 1 hr 15 mins) | Ascent in metres: 144 m | Descent in metres: 57 m | Start: bus stop "Burggraben" in Leutasch (430 & 431 service) | Finish: bus stop "Weidach Zentrum" in Leutasch & by bus back to Seefeld (430 or 433 service)



HEIGHT PROFILE



DIRECTIONS

Leutasch is simply stunning. If it's your first visit, then Stage 3 lets you experience it in all its glory.

On this section, you'll explore the extensive and extremely scenic hiking paradise called **Leutasch**. Take the bus from Seefeld to Unterleutasch and get off at the bus stop 'Burggraben GH Mühle' to begin a gentle walk through the valley. Follow the long Achweg behind the **Gasthaus Mühle**. This path runs alongside fields and forests, mostly by the water, and is a wonderful opportunity to connect with nature.

You reach civilization again in the Leutasch area of **Reindlau**. Cross the road near the campsite and follow the adjacent path until you reach the end of the village. Follow the hiking trail that branches off from the paved road until just before the **Lehner area**. From there, cross to the other side of the valley. Cross the fields and road to reach **Ahrn** and then follow the path parallel to the cross-country skiing tracks, watching the skiers along the way.

Poli's Hütte, a popular spot for winter sports enthusiasts, is along this route. From **Leutascher Straße**, continue left along the sidewalk to **Weidach**. Here, you can enjoy a refreshment stop at the **Leutascher Dorfstadl** and visit a few small shops. After entering the town, take a right after the bridge (Sport Norz). Follow Achweg, go straight past the **Kirchplatzl bridge**, and about 200 metres later, turn left at the intersection.

From there, follow the signs towards **Weidachsee**. The lake, where winter **ice fishing** is possible at weekends, is one of the highlights of the **third stage**. Then, head left back into Weidach. At the intersection near the **Hotel Quellenhof**, keep right and follow the road to the **Hotel Leutascherhof**. Turn right and follow the road to the "**Weidach Zentrum**" bus stop, from where you can take a bus back to Seefeld.

REFRESHMENT STOPS ALONG THE WAY

- Tom & Mi Restaurant am Campingplatz
- Poli's Hütte
- Restaurant Leutascher Dorfstadl
- Restaurant Vabene
- Cafeteria am Weidachsee

OPTIONAL EXTENSION

To see some of the route from above, take the chairlift up to **Katzenkopf** after the tour. The stunning view into the valley, the **Gaistal**, and even as far as the **Zugspitze**, is a great reward after your long walk. For those looking for some extra refreshments, the **Katzenkopfhütte** has a variety of tasty treats if you still have enough energy, you can cover the **250 m height difference** on the approx. **2.6 km** winter walking path you can return on foot, by chairlift, or with a toboggan (the mountain station has a toboggan rental)
Information on lift operation:
www.seefeld.com/en/katzenkopf-leutasch

REFRESHMENT STOP ON KATZENKOPF

- Katzenkopfhütte

SCENIC HIGHLIGHTS AND VIEWPOINTS

- expansive Leutasch Valley along the river, the Leutascher Ache
- Weidachsee, a lake with ice fishing at weekends
- cultural centre Ganghofmuseum (opened from Tuesday to Friday, small detour required)

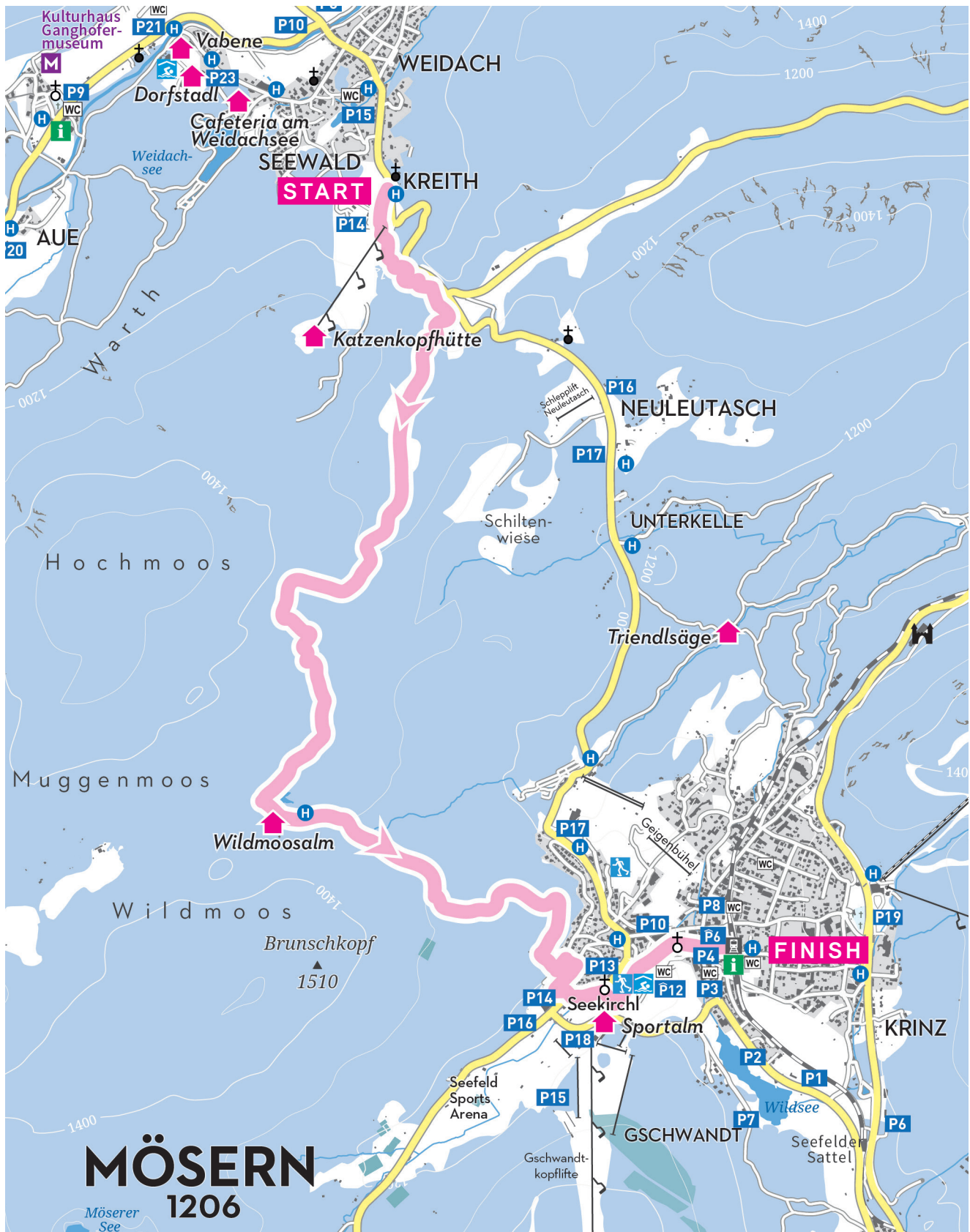
Options for shortening the tour with public transport:

By bus from various bus stops between Unterleutasch and Weidach.

STAGE 4

FROM WEIDACH THROUGH FLUDERTAL AND OVER WILDMOOS TO SEEFELD

Total length: 7.85 km | Total walking time: ca. 2 hrs 30 mins | Ascent in metres: 230 m
Descent in metres: 177 m | Start: bus stop "Weidach Kreithkapelle" in Leutasch (430 or 433 service)
Finish: Seefeld train station or booked accommodation



HEIGHT PROFILE



DIRECTIONS

Leutasch through the Fludertal and the Wildmoos conservation area to Seefeld. A shorter but equally beautiful route on day 4 leaves gives you the opportunity to enjoy some free time in Seefeld.

Stage 4 takes us back to **Leutasch**, this time through the picturesque **Fludertal** and the **Wildmoos conservation area**. Take the bus from Seefeld train station to Leutasch – the tour starts at the “**Weidach Kreithkapelle**” bus stop. From here, follow the narrow road to the base station of the **Katzenkopf ski area**.

At the foot of **Katzenkopf**, turn left following the signs **towards Seefeld**. After a few minutes, the trail is marked through **Fludertal** on the right – one of the most beautiful areas for winter hiking. For about an hour, the path leads through forests, clearings, and open spaces **towards Wildmoos**. At the **Wildmoos-Katzenkopf intersection**, follow the signs left **towards Wildmoosalm**. This is a great spot for a refreshment break and is an ideal photo opportunity too.

Continue on the path, past the bus stop, and after about 200 metres, turn right and follow the signs **towards Seefeld**. The trail brings you to the residential area at **Kirchwald**. Continue to follow the signs until you reach the **Leutascher Straße** near the **tennis hall** (WM-Halle). From here, turn left, passing the small church, the **Seekirchl**, and return to the **village centre**. After this relatively short stage, you can spend the rest of the day in Seefeld enjoying various activities, such as wellness, shopping, dining, or attending various events.

REFRESHMENT STOP ALONG THE WAY

– Wildmoosalm

SCENIC HIGHLIGHTS AND VIEWPOINTS

- idyllic Fludertal
- sunny Wildmoos plateau with views of the Rosshütte and the und Hohe Munde

Option for shortening the tour with public transport:

From Wildmoosalm, take the bus back to Seefeld.

STAGE 5

FROM SEEFELD TO MÖSERN AND BACK TO SEEFELD VIA WILDMOOS

Total length: 14.5 km | Total walking time: ca. 4 hrs 15 mins | Ascent in metres: 247 m
Descent in metres: 247 m | Start: Seefeld train station | Finish: Seefeld train station or booked accommodation



HEIGHT PROFILE



DIRECTIONS

Möserer See, the Peace Bell of the Alps, and the small church, the Seekirchl - this section is packed with must-sees. A more than worthy conclusion to the Seefeld High Plateau Winter Multi-day Hike.

The fifth and final section of the winter multi-day hiking programme is full of regional highlights that you simply must see.

First, you'll walk from Seefeld to **Mösern**. Starting from the **train station** and **village square**, walk through **Klosterstraße** and past the **Hotel Hocheder** to the **end of the pedestrian zone**. Passing by the small church, the **Seekirchl**, continue on the wooden walkway to the **WM Halle** and then follow **path no. 2** to **Mösern**. On arriving, follow **Albrecht-Dürer-Weg** to the **Möserer Seeweg** intersection, which leads to the lake, **Möserer See** – a major highlight of the region and a real visual treat, especially in winter.

From there – you have the option to walk around the lake – follow the signs towards Mösern – **Peace Bell**. In just a few hundred metres, you'll reach one of the region's major landmarks. The Peace Bell weighs over 10 tons and is the largest free-standing bell in the Alps. It rings daily at 5.00 pm.

After visiting the bell, rejoin **trail no. 2** to the **Lottenseehütte**. A stop in this rustic hut to enjoy local delicacies comes highly recommended. The path branches off to the right before the Lottenseehütte and follows hiking trail no. 2 towards Ferienheim Wildmoos (currently closed) from where the route continues to the **Wildmoosalm** from Stage 4. Stay on **trail no. 2** and go through the **Kirchwald** settlement to return to the starting point past the **Seekirchl** and the **pedestrian zone**.

REFRESHMENT STOPS ALONG THE WAY

- Möserer Seestub'n
- Lottenseehütte
- Wildmoosalm

SCENIC HIGHLIGHTS AND VIEWPOINTS

- Möserer See
- Peace Bell of the Alpine Region
- panoramic views into the Inn valley along the route
- sunny Wildmoos plateau with views of the Rosshütte and the Hohe Munde

Options for shortening the tour with public transport:

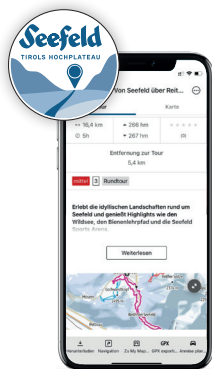
- By bus to Mösern (bus stop "Mösern Kirche").
- By bus from Wildmoosalm back to Seefeld.



A full-page photograph of a couple hiking away from the camera on a wide, gravelly mountain path. The woman is on the left, wearing a light blue shirt, dark shorts, and a brown backpack. The man is on the right, wearing a plaid shirt and khaki shorts. They are holding hands. The path leads into a vast mountain landscape with dense evergreen forests and steep, rocky slopes under a clear blue sky with a few wispy clouds. A large evergreen branch hangs down from the top right corner.

1,200 METRES ABOVE THE EVERYDAY

On Tyrol's largest high plateau, enjoyable hiking is an experience at any time of year.



LONG-DISTANCE HIKING APP

This digital guide gives you all the information about the Seefeld high plateau winter long-distance hike at a glance!



www.seefeld.com/en/winter-multi-day-hike-app

Seefeld
TIROLS HOCHPLATEAU

Seefeld | Leutasch | Mösern | Reith | Scharnitz