

Seefeld

TIROLS HOCHPLATEAU

Scharnitz

EN

Proud
Partner



FROM SCHARNITZ INTO THE KARWENDEL NATURE PARK

Tyrol's largest protected area and
Austria's largest nature park

www.seefeld.com/en/karwendel-nature-park



The Karwendel Nature Park encompasses almost the entire Karwendel mountain range and was extended in January 2022 to include the Arnspitz conservation area, part of the Leutasch municipality. Covering 739 km², the park is the largest protected area in Tyrol and the largest nature park in Austria. It has an above-average proportion of natural habitats, such as ancient forests and wild streams, and is home to a great variety of important species in Europe, such as the golden eagle, the white-backed woodpecker and lady's slipper.

Scharnitz is the perfect starting point for hikers, climbers, cyclists and nature lovers. With the Arnspitz group and the four valleys – Karwendeltal, Hinterautal, Gleirschtal, Giessenbachtal – there are many highlights to discover, some of which are described here.

HINTERAUTAL

The source of the Isar in Hinterautal

www.seefeld.com/en/the-source-of-the-river-isar

Bavaria's fourth largest river, the Isar, is actually Tyrolean and has its source in the heart of the Karwendel at 1,162 m in the valley, Hinterautal, by Scharnitz.

Locals often refer to the source as 'By the Rivers' and the crystal clear waters there – a bracing 4-6 degrees – flow all year round. It can take up to 15 years for the rain and snow at altitude to reach the source and on its way through the mountains and layers of rock, the water absorbs numerous trace minerals and mineral supplements. The various streams merge into one after a few metres and soon the Isar is flowing as a proud river out of the picturesque Hinterautal and away from Scharnitz on its journey into Bavaria.

Canoeing on the Upper Isar

The Upper Isar is popular with canoeists and paddle-boat fans because of the excellent quality of the water and also for the fabulous surroundings on either side of the river banks. Difficulty level: 2-3

Bike & Hike Hallerangerhaus

Difficulty: medium

🕒 2 hrs 🚲 + 4 hrs 🥾 | ↑ 832 hm | ↔ 38 km

www.seefeld.com/en/bike-hike-halleranger-haus-halleranger-alm



Cycle to the Kastenalm then secure your bike and hike to the Hallerangerhaus.

Extension Speckkarspitze (summit) – Difficulty: difficult

🕒 5 hrs 🥾 | ↑ 962 hm | ↔ 6 km

For the Speckkarspitze, head right from the hut and follow the path to the Lafatscher Joch, from where the climb to the summit begins. I+ climbing section. The descent is over loose gravel and the way is partly secured with wire rope. Absolute sure-footedness and a head for heights required.

Bike & Hike Hallerangeralm

Difficulty: medium

🕒 2 hrs 🚲 + 4 hrs 🥾 | ⬆ 832 hm | ↔ 38 km

www.seefeld.com/en/bike-hike-halleranger-haus-halleranger-alm

Lovely bike & hike ride past several alms. You can cycle as far as the Kastenalm and then hike to the Hallerangeralm. Return via the same path.



Extension Sunntigerspitze (summit)

Difficulty: medium

🕒 3 hrs 🥾 | ⬆ 564 hm | ↔ 4 km

This is a fantastic tour for sure-footed hikers with plenty of energy. A little path just below the alm on the left leads to the Sunntigerspitze.

Hike to the source of the Isar and the Kastenalm

Difficulty: easy

🕒 6 hrs 🥾 | ⬆ 323 hm | ↔ 28.2 km

www.seefeld.com/en/hike-to-the-source-of-the-river-isar-kasten-alm

Gentle but lengthy hike, on a wide forest track, alongside the crystal-clear water of the Isar to the source at the springs. The route is also suitable as a bike tour. The Kastenalm, framed by the mighty mountains of the Karwendel, is just a little further.



Hike to the Pleisenhütte

Difficulty: medium

🕒 5 hrs 🥾 | ⬆ 780 hm | ↔ 15.9 km

www.seefeld.com/en/hike-to-the-pleisen-huette

After around 2 km, a forest trail leads left from Hinterautal and winds its way uphill to the Pleisenhütte with its fabulous south-facing terrace.



Extension Pleisenspitze (summit) – Difficulty: difficult

🕒 4 ½ hrs 🥾 | ⬆ 820 hm | ↔ 4.2 km

A narrow, at times steep, path takes you past pine trees and across mountain meadows to the Pleisenspitze. Sure-footedness required. Return via the same path

ARNSPITZEN

Summit hike to the Große Arnspitze

Difficulty: difficult

🕒 7 ½ hrs 🦿 | ↑ 1,214 hm | ↔ 9 km

www.seefeld.com/en/hike-to-the-grosse-arnspitze-summit-2196-m



This challenging hike is for sure-footed climbers with alpine experience. It leads initially through the woods from Scharnitz before crossing rugged terrain to the (false) summit. There is a I+ climbing section to reach the main summit. Here you need to be absolutely sure-footed and have a head for heights.

GIESSENBACHTAL

Circular hike to the Oberbrunnalm via Zäunlkopf

Difficulty: medium

🕒 6 hrs 🦿 | ↑ 794 hm | ↔ 15.2 km

www.seefeld.com/en/circular-hike-over-zaeunlkopf-oberbrunnalm-alpine-hut



This lovely circular walk via the Zäunlkopf is less well-known than some other routes. From the Scharnitz Nature Park and Information Centre, the paths and trails take you to the top of the old mountain lift station, the Mühlberg. From there, carry on over some stony sections to the Mittagskopf and Zäunlkopf. It is worth making the short detour to the viewpoint for the panoramic vista before continuing along a narrow path down to the Oberbrunnalm. Return on the wide forest trail through the Giessenbach valley.

Hike to the Eppzirler Alm

Difficulty: medium

🕒 4 hrs 🦿 | ↑ 481 hm | ↔ 12.4 km

www.seefeld.com/en/hike-to-the-eppzirler-alm-alpine-hut



From Giessenbach follow the forest trail alongside the pretty mountain stream and through a short section of forest until you cross the wide alpine meadow and arrive at the Eppzirler Alm. With all the seasonal colours, this walk is just as lovely in autumn as in summer.

KARWENDELTAL

Hike by the Karwendel gorge and along the Karwendelsteg

Difficulty: medium

⌚ 3 hrs 🚶 | ↑ 266 hm | ↔ 7.4 km

www.seefeld.com/en/circular-hiking-trail-karwendelschluchtkarwendelsteg



This relatively easy and rewarding circular tour offers several highlights along narrow paths and forest tracks. It is a pleasant shady walk in summer and is a particularly colourful walk in autumn.

Bike tour to the Karwendelhaus

Difficulty: medium

⌚ 4 hrs 🚲 | ↑ 850 hm | ↔ 37 km

www.seefeld.com/en/biketour-karwendeltal-karwendelhaus



A lengthy hike through the Karwendel valley on a wide, not-too-steep forest path. The path becomes steeper and more windy over the last 4 kilometres or so to the Karwendelhaus.

Extension Birkkarspitze (summit) – Difficulty: difficult

⌚ 5 hrs 🚶 | ↑ 950 hm | ↔ 4 km

From the Karwendelhaus, a demanding trail leads over gravelly terrain to the Birkkarspitze. Sure-footedness and a head for heights required! Return the same way.





GLEIRSCHTAL

Hike through the Gleirsch gorge and Hochwald

Difficulty: medium

⌚ 4 hrs 🚶 | ↑ 381 hm | ↔ 13,1 km

www.seefeld.com/en/circular-hiking-trail-gleirschklamm

A pretty, circular tour through the beautiful and unspoilt Gleirsch gorge. The walk to and from the gorge is along wide forest trails, while the path through the gorge itself is narrow (sure-footedness required – not recommended in the rain). The Scharnitzer Alm is the perfect spot for some light refreshment.



Bike tour to the Möslalm

Difficulty: medium

⌚ 2 ½ hrs 🚲 | ↑ 392 hm | ↔ 22.6 km

www.seefeld.com/en/biketour-gleirschtal-moeslalm

The path along the so-called “Krapfen” stretch of the Gleirsch valley is steep, but the trail then becomes more gentle towards the Möslalm.



Extension Pfeishütte – Difficulty: difficult

⌚ 4 hrs 🚲 | ↑ 760 hm ↔ 16.4 km

After the Möslalm, the track becomes bumpier and the final ascent before the Pfeishütte is only for bike pros – otherwise you can secure your bike and walk the last part (approx. 1 hr) to the hut.

Bike & Hike Kristenalm

Difficulty: medium

🕒 2 hrs 🚲 + 2 h 🥾 | ↑ 420 hm | ↔ 25 km

www.seefeld.com/en/bike-hike-kristenalm

Leave from the Nature Park & Information Centre and follow the road then the forest track into the Gleirsch valley. After a few kilometres, leave your bike at the fork for the Kristental and continue on foot to the Kristenalm (no bikes allowed on this section).



Extension Solsteinhaus – Difficulty: medium

🕒 4 hrs 🥾 | ↑ 620 hm | ↔ 7 km

It takes around 2 hours to hike from there along a narrow path to the Solsteinhaus. Return the same way.

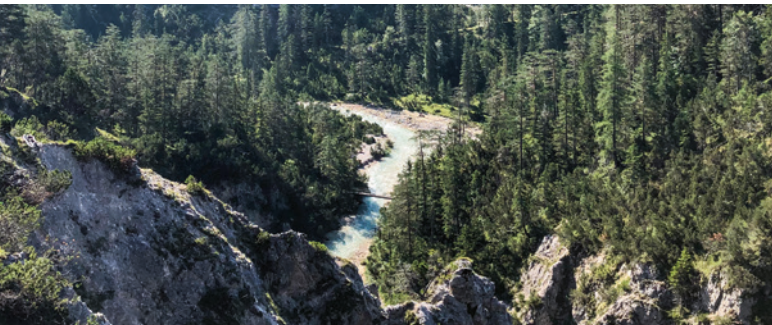
Bike & Hike to the summit of the Hoher Gleirsch

Difficulty: difficult

🕒 3 hrs 🚲 + 6 hrs 🥾 | ↑ 1,772 hm | ↔ 31 km

www.seefeld.com/en/bike-hike-hoher-gleirsch-summit-2492-m

Demanding, less-frequented, summit tour affording fabulous views. Sure-footedness, a head for heights, a high level of fitness and good orientation skills are essential. It is best to do the first part by bike to save time. Turn left just before the Möslalm and follow the forest track to the sign for the Hoher Gleirsch. Secure your bike and continue on foot through the woods and mountain pines and over stony terrain to the summit. Return the same way.



Photos: Region Seefeld, Bizcomburnz, Simon Beizae, Sebastian Marko, Miriam Mayer, Heinz Zak. All information without guarantee. Subject to change, typesetting & printing errors. VNMar24



MULTI-DAY HIKES

The 'Classic Karwendel March'

Difficulty: difficult

↑ 2,281 hm | ↔ 52 km

www.seefeld.com/en/karwendelmarsch-52-km

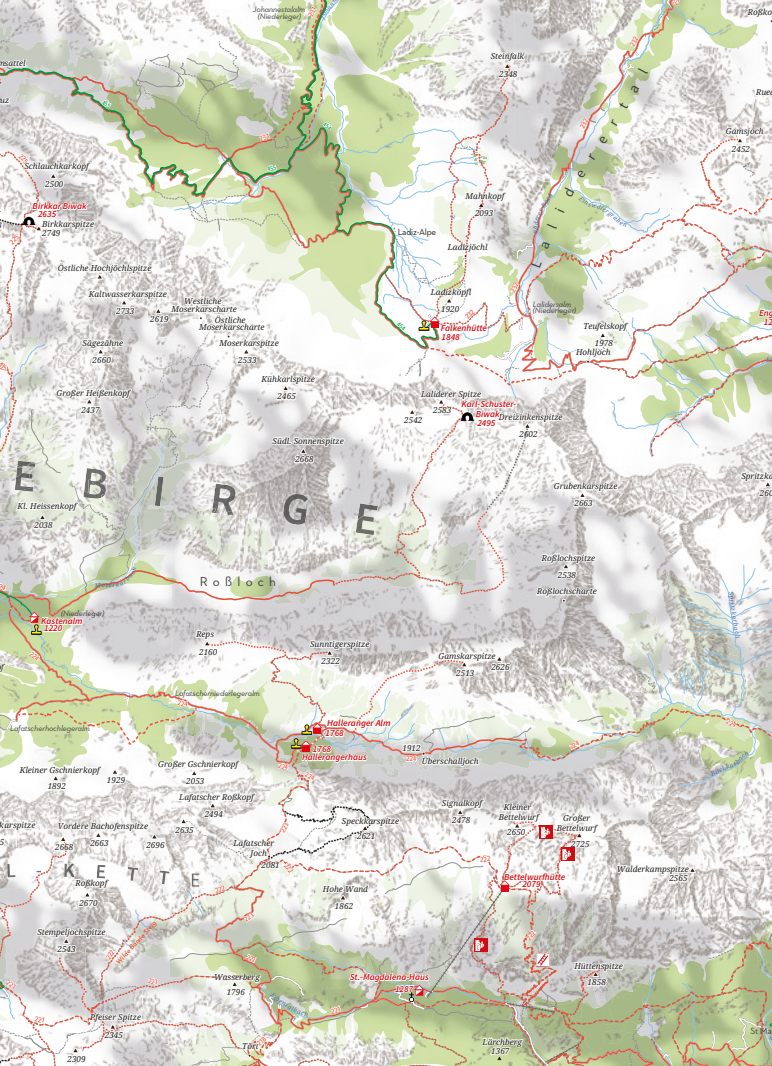
For enthusiastic hikers and sporty types. This hut-to-hut tour can be split into various stages to suit individual preferences. One option is:





- 1: Scharnitz – Karwendeltal – Karwendelhaus (karwendelhaus.com)
 - 2: Karwendelhaus – Kleiner Ahornboden – Falkenhütte (falkenhutte.at)
 - 3: Falkenhütte – Eng (www.engalm.at)
 - 4: Eng – Binsalm (www.binsalm.at) – Gramai Hochleger – Gramaialm (gramaialm.at) – Pertisau
- Variation: Eng – Binsalm – Lamsenjochhütte (lamsenjochhuette.at) – Stallental – Stans/Schwaz

⌚ Time there and back 🚲 By bike 🚶 On foot ↑ Height metres (hm) uphill ↔ Distance



The Karwendel High Alpine Trail

Difficulty: difficult

⌚ 6 Etappen | ↑ 4,470 hm | ↔ 70 km

www.seefeld.com/en/karwendel-hoehenweg-trail



The Karwendel High Alpine Trail consists of 6 demanding daily hikes during which time you will discover the Karwendel mountains from the valleys to the peaks. The trail goes from Scharnitz to Reith, or vice versa, and you stay in five rustic huts along the way (Hallerangerhaus, Bettelwurfhütte, Pfeishütte, Solsteinhaus, Nördlinger Hütte). An information folder is available in the Scharnitz Nature Park and Information Centre.

⌚ Time ↑ Height metres (hm) uphill ↔ Distance

TAXI RIDES INTO THE VALLEYS AND BOAT TRANSPORT INTO HINTERAUTAL

From 1st June to 15th October every year

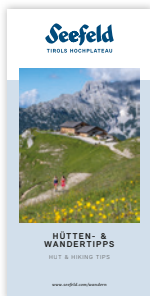
Taxi and Minibus Mair – Scharnitz

T. +43 5213 5363

Taxi Ramona – Giessenbach

T. +43 5213 5541

*Please contact the companies directly for information
about rates and availability.*



*Booklet with additional suggestions for huts and hikes in the region. Available in the information offices or online under:
www.seefeld.com/en/huts-and-alpine-pastures*

*Interested in the Karwendel
High Alpine Trail?
An informative brochure is
available in the Scharnitz
Nature Park and
Information Centre.*



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