



EAGLE WALK STAGE 14

Innsbruck – Solsteinhaus Lodge

Today starts swiftly with a train ride on the **Karwendelbahn/Mittenwaldbahn Train from Innsbruck to Hochzirl**. From there, follow signage to Solsteinhaus Lodge. While presenting nothing in the way of technical challenges, the grade is steep in places. It is a beautiful walk along gravel roads, little paths and dirt roads through forests and across gentle pastures. Idyllic **Solnalm Alpine Pasture** reveals the lodge that is your destination. **Solsteinhaus Lodge** is located at 1,805 metres above sea level and boasts modern creature comforts. You can look forward to delicious and hearty local specialties and a hot shower. For those who still haven't had enough: There is even a climbing wall at the hut!

Starting Point	Innsbruck
Destination	Solsteinhaus Lodge
Distance	7 Kilometers
Elevation ↑	940 m
Elevation ↓	70 m
Hiking Time	3 Hours
Difficulty	Intermediate (red)



Eagle Alpine History

Karwendelbahn Train – the Climbing Expert. Perpendicular Martinswand Rock Face west of Innsbruck is extremely popular with rock climbers. But humans are not the only ones to climb higher this monolith– so does the **Karwendelbahn/Mittenwaldbahn Train**. The train climbs nearly **12 kilometres** and gains **600 metres in altitude** between Innsbruck and Hochzirl and passes **eight tunnels**. The shortest is 26 metres, the longest – the Martinswand Tunnel – is nearly two kilometres. The train continues its ride to Seefeld, Mittenwald and Garmisch. It was built **according to plans by Josef Riehl** and officially opened in October 1912. As one of the first trains operated with high-strung single-phase alternating current, it had a great influence on the development of electric rail operations in Central Europe.



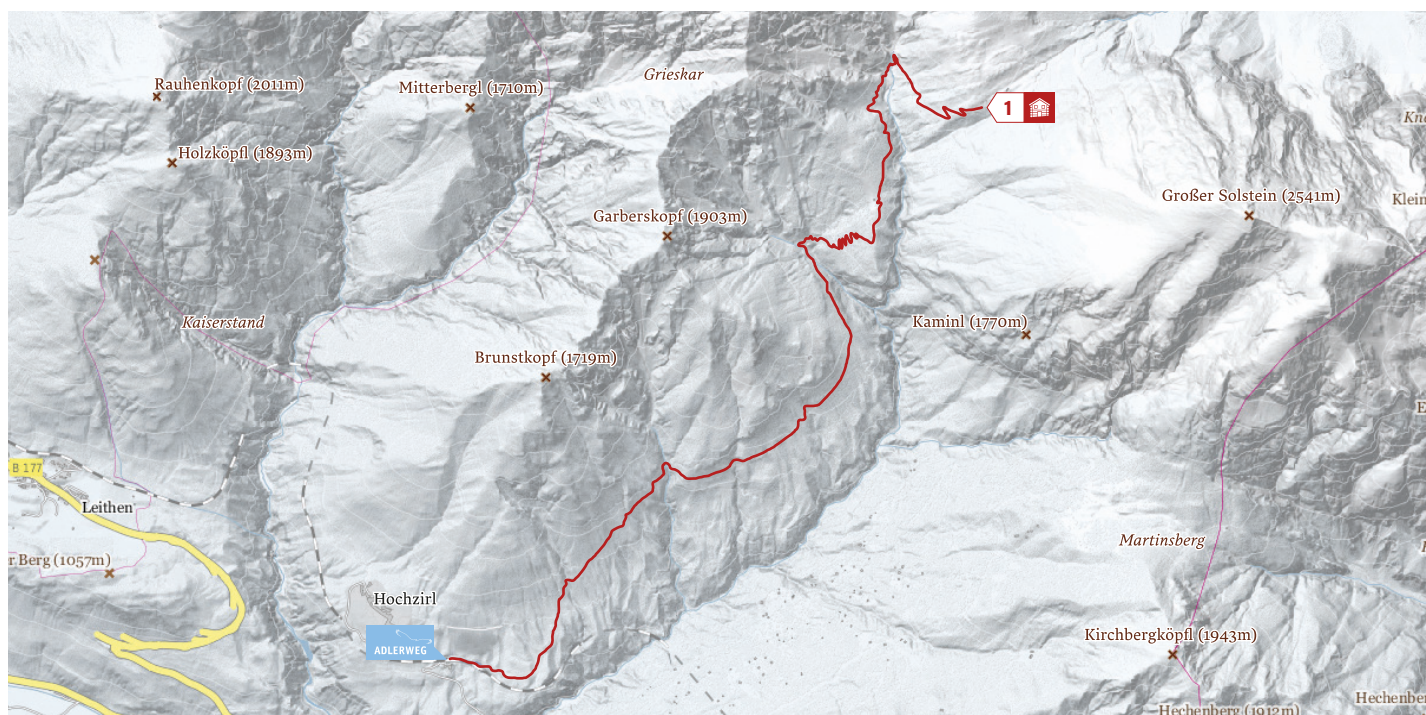
EAGLEKICK

Why is the smaller mountain called "Big Solstein" (Großer Solstein) and its 100-metre higher brother "Little Solstein" (Kleiner Solstein)? Because the smaller mountain was always more important as it was used to raise cattle on its meadows. **The Small Solstein Mountain (elev. 2,637m) is the highest mountain in the Nordkette Mountains.**



EAGLEVIEW

Marvel at the array of **geological diversity** that stretches off in every direction: There's rugged rock formations, glacially carved valleys, cirques and moraines **created in eons past**. The **Scharnitz Interpretive Trail** is a great opportunity to appreciate nature at its finest and to get factual information about the region, its wildlife and geology.



Trailside Eateries & Accommodations

1 Solsteinhaus Lodge

Trail Description

Ride on Mittenwald Train from Innsbruck to Hochzirl or walk from Innsbruck Main Railroad Station westwards to Salurnerstraße Road until you reach the Triumphal Arch. Then turn right into Maria-Theresien-Straße Street that leads straight to the Old Town. Pass the Golden Roof on your right, entering Domgasse Street. As you approach the Cathedral of St. James, follow the **Route of St. James** leading from Innsbruck via Kranebitten and Völs to Kematen. Take the hiking path across Innbrücke Bridge **heading towards Zirl** and continue through **Ehnbachklamm Gorge** in the direction of “Pleiner” until you reach the **Hochzirl Railroad Station**. From here, follow signage to “Solsteinhaus”.

North of the rail tracks, a wellmaintained singletrack trail soon starts to run through deep woods. Shortly after, the singletrack trail leads into a fairly steep dirt road that goes straight upwards. Soon, the path from Hochzirl Hospital joins in from the left. Continue upward and in north-eastern rough the woods. After crossing the little stream that flows down from Brunnenschrofen, the terrain is almost level or only gently inclining for a while. Then, the route is almost similar to a roadway and becomes steeper again. At an elevation of some 1,350 metres above sea level, the route merges with a broad forest road that takes you further up, passing a little gorge. After the stream, the singletrack trail leads through thinning forest and across dwarf pines until you can see the wide open Alpine meadows of idyllic Solnalm Alpine Pasture. From there, you can enjoy the first glimpse of Solsteinhaus Lodge. Pass **Solnalm** northern direction into the valley towards Thereafter, the path crosses the off shoots of Höllkar Cirque and the stream. Finally, you walk up the hill on a gentle path through dwarf pines and arrive at **Solsteinhaus Lodge** on Erlsattel Saddle, 1805 metres above sea level.

MORE DETAILS:

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