

East Tyrol: mountain paradise on the south-facing side of the Alps

A hiking wonderland without equal positioned between the mighty rock faces of the Hohe Tauern and the picturesque peaks of the Lienz Dolomites. Wonderful huts, cultivated alps, the Hohe Tauern national park with its rangers and welcoming hosts all await those with a passion for getting back to nature, along with a whole host of leisure activities.

High up on the mountains, the last white snow fields promise adventure between the Großglockner and Großvenediger. The highest mountains in this Alpine republic and a total of 266 peaks of 3,000m or more form the „roof of Austria“ here in East Tyrol. The network of routes is well maintained, the mountain railways transport guests in comfort up to the panoramic views and starting points for extended hikes. Mountain villages such as Kals on the Großglockner or Prágraten on the Großvenediger have retained the charm of the alpine pioneer age. Mountaineers will find everything they need here.

The centre of the region is the Dolomite town of Lienz, with its pretty old town, cafés in the main square close to the Liebburg and fashionable boutiques for those seeking a stroll and some shopping. Guided mountain bike tours are also available as well as the new via ferrata, the „gateway drug“ to mountain adventure. The longest via ferrata in the Alps - the Panorama Via Ferrata - travels along the edges of the Dolomites.

The Carnic high-alpine trail, circling the Villgratental with its alps and unspoilt nature and the Pustertaler Höhenstraße with its excursion destinations such as the zoo or summer toboggan run round off the activities on offer in East Tyrol especially for families. The family destination of Hochpustertal has developed dedicated programmes of activity for children, and features the longest mountain slide in Austria and panning for gold in the river in the Wichtelpark.

Where South Tyrolean farmers have been driving their cattle across the Staller saddle for centuries and huts made of rock are located, there too are the alpine hunting lodges, the oldest cultivated alps in Austria. In early summer, the Defereggental is almost irresistible with its alpine rose blossoms. The red spots stand in contrast to the hikers as far as the eye can see. In this most romantic region, the national park rangers offer guided tours with wildlife watching.

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EXPLANATIONS	
	federal highway
	main street
	other road
	road
	country road, cart path
	footpath
	water
	railway
	cable car partly with summer operation
	chairlift partly with summer operation
	T-bar lift only with winter operation
	Nationalpark border
	center zone Nationalpark
	building development
	wood
	Christian wayside shrine, relic
	image tree, look-out
	church, chapel
	sawmill, mill
	transformer, transformer station
	memorial, castle
	ruin, cave
	information, parking place
	outdoor swimming pool, lake, camping
	pharmacy, doctor
	hut taxi
	bus stop (selection)
	Trail-extracts, no guarantee for completeness and accuracy; partially steep tracks or via ferrata, suitable in this case only for experienced hikers and climbers
	huts and pastures
	pay attention to the indications of hunters and landowners
	arbeitsgemeinschaft kartographie



Huts & alps

- Adlerlounge 2.621 m (Map F4)
- Adolf-Nossberger-Hütte 2.488 m (Map H4 / HF p. 55)
- Alpe Stalle 1.714 m (Map C5 / HF Page 41)
- Alpengasthof Patsch 1.675 m (Map B5 / HF P. 40)
- Anna Schutzhäus 1.992 m (Map J7)
- Arnitzalm 1.848 m (Map E4)
- Ausserveghütte 1.950 m (Map B5)
- Äußere Steiner Alm 1.914m (Map E3)
- Berghaus Außerschloß 1.700 m (Map E1 / HF P. 11)
- Badener Hütte 2.608 m (Map D2 / HF Page 13)
- Barmer Hütte 2.610 m (Map A5 / HF Page 44)
- Bergeralm Vils 1.637 m (Map F3 / HF Page 28)
- Bergeralm Virgen 1.845 m (Map D3)
- Berger See Hütte 2.182 m (Map D3)
- Blauspitz Panoramarestaurant 2.305 m (Map F3)
- Blindsalm 1.896 m (Map B5 / HF Page 45)
- Bios Hütte 1.800 m (Map E5 / HF Page 43)
- Boden Alm 1.960 m (Map D3)
- Bonn-Matreier Hütte 2.745 m (Map D3 / HF Page 15)
- Bruggeralm 1.816 m (Map C5 / HF Page 42)
- Brunalmstüber 2.054 m (Map C5)
- Clarahütte 2.033 m (Map B3)
- Conny-Alm Panoramastüber 2.070 m (Map F8)
- Defreggerhaus 2.964 m (Map C2)
- Dolomiten Hütte 1.620 m (Map H7)
- Eissee Hütte 2.521 m (Map D3)
- Elberfelder Hütte 2.346 m (Map H4)
- Erzherzog-Johann-Hütte 3.454 m (Map G2 / HF P. 26)
- Essener-Rostocker Hütte 2.208 m (Map C3 / HF P. 18)
- Faschingalm 1.680 m (Map I6)
- Filmor-Standschützenhütte 2.360 m (Map E9)
- Gadein Panorama-Restaurant 2.100 m (Map D8)
- Gasthof Moalml 1.793 m (Map G3)
- Glanzzalm 1.974 m (Map E4)
- Glocknerblick 1.950 m (Map F3)
- Glorerhütte 2.642 m (Map H3 / HF Page 31)
- Golbernblick Hütte 1.824 m (Map F7)
- Bergrestaurant Goldried 2.150 m (Map F4)

- Gottschaunalml 1.946 m (Map D3)
- Hochschoberrhütte 2.322 m (Map G5 / HF Page 55)
- Hochstadel Schutzhäus 1.780 m (Map J8 / HF Page 56)
- Hochsteinhütte 2.033 m (Map H7)
- Hochweißstein Haus 1.868 m (Map H8)
- Huber Kaser Bauernalm 2.000 m (Map F6)
- Innere Steiner Alm (Map E3)
- Venedigerhaus 1.700 m (Map D1 / HF Page 29)
- Jagatesstüb'n (Map F4)
- Jagastube 1.735 m (Map C5)
- Jausenstation Trojer Alm 1.810 m (Map C4 / HF P. 39)
- Jagdhäusalmen 2.009 m (Map A4 / HF Page 33)
- Johannis Hütte 2.121 m (Map C3 / HF Page 17)
- Kaiser Hütte Hochstadel 1.800 m (Map J8 / HF P. 56)
- Kaiser Tauernhaus 1.755 m (Map F2 / HF Page 27)
- Kals-Matreier Törnhaus 2.207 m (Map F4 / HF P. 22)
- Karlsbader Hütte 2.260 m (Map I8 / HF Page 51)
- Kauner Alm 1.760 m (Map F4 / HF Page 15)
- Lasnitzen Hütte 1.900 m (Map C4 / HF Page 20)
- Lasöring Hütte 2.350 m (Map C4)
- Leckfeldalm Hütte 1.900 m (Map D8)
- Leppetal Alm 1.930 m (Map D5)
- Lienzer Hütte 1.977 m (Map H5 / HF Page 52)
- Lienzeralm 1.920 m (Map G3 / HF Page 23)
- Lucknerhütte 2.241 m (Map G3 / HF Page 24)
- Matreier Tauernhaus 1.512 m (Map E2 / HF Page 29)
- Mecki's Panorama 1.850 m (Map I6 / HF Page 57)
- Merschenalm 2.248 m (Map D4)
- Mitteldorfer Alm 1.850 m (Map E3)
- Mooseralm Panoramastüber 2.350 m (Map D5)
- Naturfreundehütte 1.850 m (Map I6 / HF Page 57)
- Neue Prager Hütte 2.796 m (Map D1 / HF Page 19)
- N. Reichenberger Hütte 2.586 m (Map B4 / HF P. 12)
- Neue Sajathütte 2.600 m (Map C3 / HF Page 30)
- Niljoch Hütte 1.990 m (Map D3)
- Oberhaus 1.770 m (Map B4 / HF Page 44)
- Oberseehütte Alpengasthof 2.020 m (Map A5)

- Obstanserseer Hütte 2.304 m (Map E9 / HF Page 66)
- Pebellalm 1.520 m (Map C3)
- Porzehütte 1.942 m (Map F9)
- Ragötze Hütte 2.115 m (Map C5)
- Reiterstube 1.500 m (Map D7 / HF Page 62)
- Roaner Alm 1.903 m (Map I6)
- Salmhütte 2.638 m (Map G3)
- Schmiedleralm 2.100 m (Map D3)
- Schutzhäus Kerschbaumer 1.902 m (Map H8 / HF P. 50)
- Seespitzhütte 2.327 m (Map C4)
- Sillaner Hütte 2.447 m (Map D9)
- Speikbodenhütte 2.050 m (Map D5)
- St. Pöltnertal 2.481 m (Map E1 / HF Page 10)
- Stalleralm 1.955 m (Map B5)
- Stabanthütte 1.777 m (Map C3 / HF Page 16)
- Steinermindl Panorama 2.216 m (Map H6)
- Jst. Steineckenalm 1.149 m (Map I8)
- Sternalm 1.505 m (Map H7)
- Stoan Alm 1.450 m (Map C3)
- Strumeralm 1.451 m (Map E3 / HF Page 32)
- Stüdlalm 2.802 m (Map G3 / HF Page 25)
- Stühleralm 2.300 m (Map D4)
- Studetendeutsche Hütte 2.660 m (Map F3)
- Thurmtaler Rast 2.000 m (Map D7 / HF Page 65)
- Untere Valentin Alm 1.220 m (Map J7)
- Unterstaller Alm 1.673 m (Map C6 / HF Page 64)
- Venedigerwarte 1.014 m (Map H6)
- Volkeizner 1.886 m (Map D6 / HF Page 63)
- Waldbauer Kasa 2.002 m (Map F6)
- Wangenitzsee Hütte 2.508 m (Map I5 / HF Page 53)
- Wetterkreuzhütte 2.106 m (Map D4 / HF Page 21)
- Wilderer Stüberl 1.714 m (Map C5)
- Winkler Hütte 1.905 m (Map I6)
- Wodenalm 1.825 m (Map E3 / HF Page 14)
- Wolayersee Hütte 1.960 m (Map I8)
- Zunig Alm 1.846 m (Map E4)
- Zupalseehütte 2.350 m (Map D4 / HF Page 21)

East Tyrol Card The card for summer

If you want to have all the diversity of East Tyrol "in your pocket", then the East Tyrol Card (valid from the start of June to the end of September) is ideal. The East Tyrol Card combines excursion destinations in one handy credit-card sized pass: It is valid on all East Tyrolean mountain railways, in museums such Schloss Bruck, Aguntum near Dölsach – the only Roman city in all of Tyrol – and at family-friendly leisure facilities between Hohe Tauern and the Lienz Dolomites. For seven days you can use mountain railways, swimming pools and „Nature & Culture Offers“ once a day on no extra charge. That leaves holiday-makers in East Tyrol spoilt for choice: take the mountain railway to the high-altitude hikes, head for the next peak or take a snooze at the lido! Experience East Tyrol's cultural history up close, or get up close to nature in the Galtenklamm and Assling Wildlife Park? Highlight: the guided tours with national park rangers - a special experience for families, nature lovers - and for groups.

7 Days - over 100 possibilities



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