

CASUAL, AMBITIOUS AND PROFESSIONALS RUN HERE.

Stubai on the move

The different options to discover the Stubai valley meet all demands – those of the little ones as well as the big ones, those of casual runners and those of ambitious runners. In the following sections you will find running routes sorted by their location in the rear, center, and front of the Stubai valley.

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stubai







Brennerspitze
2877

Seblaskreuz
2352

Brandstattalm
1810

Milderaunalm
1671

Kröb-Bach

L232



L232 Gasteig

Schaller

Volderau

Mischbachwasserfall

Autenalm
1665

Klamperbergalm
1795

Zwölferspitze
2562

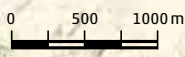
Elferspitze
2505

Schaufelspitze
2833

Pinnisferner

Karalm
1737

Pinnisalm
1557





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All sorts of runners will find suitable routes in the Stubai valley.



The valley

Running routes for all

For casual runners, the whole family and for runners with more endurance as well as for the ones with ambition.

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also doable in 5 stages:
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Running in the Stubai valley



Running in the Stubai valley

It doesn't take much to discover the Stubai over and over again anew: a pair of running shoes and sports clothing – and you are ready to run to the most beautiful places of the valley, without any CO2 emission and in your own pace. Either flat on the valley floor, with some uphill over green meadows or looking for challenges on alpine tracks, the Stubai always provides a suitable route for you.

Ideal for beginners and families

In the Stubai you can easily combine short running units to scenic nature sites, adventure parks or recreational areas with your other holiday activities. That not only allows parents to do their daily sport but also let the little ones have their adventures, either coming along in a jogging stroller or on their bicycle. Besides, there are always busses to get back.

From enjoyable to challenging

All together there are 16 routes from easy to difficult that are leading runners on paved and gravel roads through woods and over meadows to stunning natural and cultural sites as well as to huts with great views and to mountain lakes and waterfalls. The routes run mainly on the valley floor and are all marked with signs. There is also a route that goes through the whole region, along the valley floor and over sunny hills.





Runners with ambitions will find many new goals and challenges in the Stubai. Running events and their race tracks offer options to match with others and to push the limits.



Above: Trail running routes in the Stubai provide even more variety and action, but they also demand concentration and coordination.

To the left: On the Stubai Run you can go through the whole valley, on more than 20 kilometers mainly flat in up to 5 stages.

Apart from paved and gravel roads

It is not only because of its alpine territory that the Stubai is predestinated for trail running. Runners who are looking for challenges over rough and smooth, will find a wide range of trails in the Stubai on which good shape and technique is required. Non the less, beginners to trail running can also have a taste of it on varied terrain, over steps, stones and roots.

Participate and imitate

Regularly, there are competitions like European or World championships in the Stubai, which bring the best athletes of the sport into the valley. Those competition approved routes are not only for professional runners, amateur runners with ambitions can also take part, train for a race here or just follow the footsteps of the top athletes.

At the Schlickeralmlauf run, for example, which is one of the most known mountain runs of the world, everyone can participate and compete in front of the dominant Kalkkögel mountain range. You can choose between a short run with 7.2 km starting at the middle station or a long run over 11.5 km and 1,117 meters of vertical height from the village center to the peak of the Kreuzjoch (2,109 m).

Furthermore, challenges on championship level can be found at the Stubai Ultra Trail run, which leads from the capital city of Innsbruck to the Stubai glacier, as well as with the Stubai Vertical run, a competition route of the World Mountain and Trail Running Championships.



When running in the Stubai, it is always worth to risk a view onto to stunning cultural and natural landscape and have a short break occasionally.





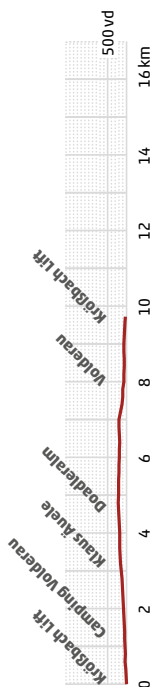


5 Stubai Run Part Five

Be inspired by different goals following each other.

Save the best for last, as the fifth part of the Stubai Run is the most beautiful in terms of scenery. While running through the nature active park at Klaus Äuele, where water and rocks shape the landscape, you can experience untouched areas, especially during offpeak hours. From the parking lot at the ski lift in Krößbach the route leads along the cycling path 19 on paved road to the Doadler Alm hut, the end of the Stubai Run. There you can run back via gravel road to Volderau and from there on the known path back to the starting point.

5 Stubai Run Part Five



length: 9720 m	sea level start/finish: 1101 m
on paved: 4719 m	highest point: 1211 m
on gravel: 5001 m	lowest point: 1101 m
on trail: 0 m	vd uphill/down: 118/118



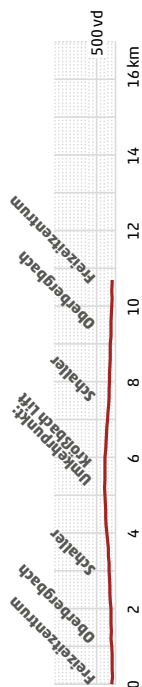
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4 Stubai Run Part Four

Test your endurance in one or more units. In this fourth part of the Stubai Run, the end of the valley and the dominant glacier come closer. There are no major challenges on this beautiful and mainly flat section. Starting at the recreation center in Neustift, following the river on the paved cycling path to Milders and then moving on to the Ski Alm at Kröbisch, experienced runners will soon get into a running-rhythm. Shortly before the end of this section, you can decide if you want to turn around or go further on to the next part of the Stubai Run.

4 Stubai Run Part Four



length: 10678 m	sea level start/finish: 992 m
on paved: 9646 m	highest point: 1101 m
on gravel: 1032 m	lowest point: 989 m
on trail: 0 m	vd uphill/down: 112/112



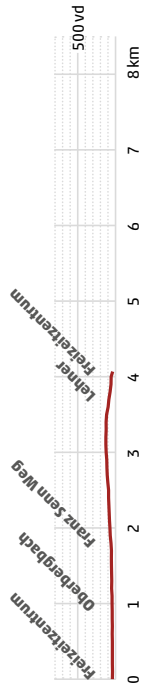
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14 Franz-Senn-Lauf

Following the tracks of a priest, mountaineer, and tourism pioneer. The name Franz Senn is tightly connected with the history of the Stubai valley. As a co-founder of the German Alpine Club, many first ascents of high peaks go on his account. He also was a thriving part of the tourism in the Tyrolean valleys. This medium-long cross-country run leads in honor of the priest on the prettiest paths through woods and alongside the river to Milders and back to Neustift. If you are looking for a training full of variety, you will find it on this route.

14 Franz-Senn-Lauf



length: 4066 m	sea level start/finish: 979 m
on paved: 1544 m	highest point: 1096 m
on gravel: 636 m	lowest point: 978 m
on trail: 1886 m	vd uphill/down: 107/107



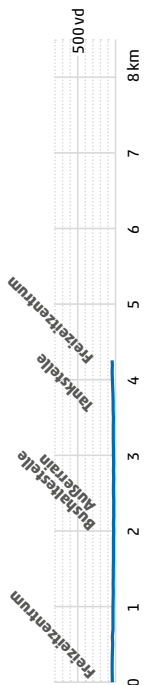
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15 Moosrunde

For a quick session throughout the day or a small loop with the kids. It is not always easy to bring the individual wishes down to one point while on a family-vacation. So why not just take your running shoes and do something for yourself. This nice and flat route through Neustift is ideal for a quick session between other activities, or to wind down from a busy day. You can even bring your kids with you on this run, either running themselves or in a jogging stroller. Bigger kids can also easily accompany their parents on their bicycles on this route over paved roads.

15 Moosrunde



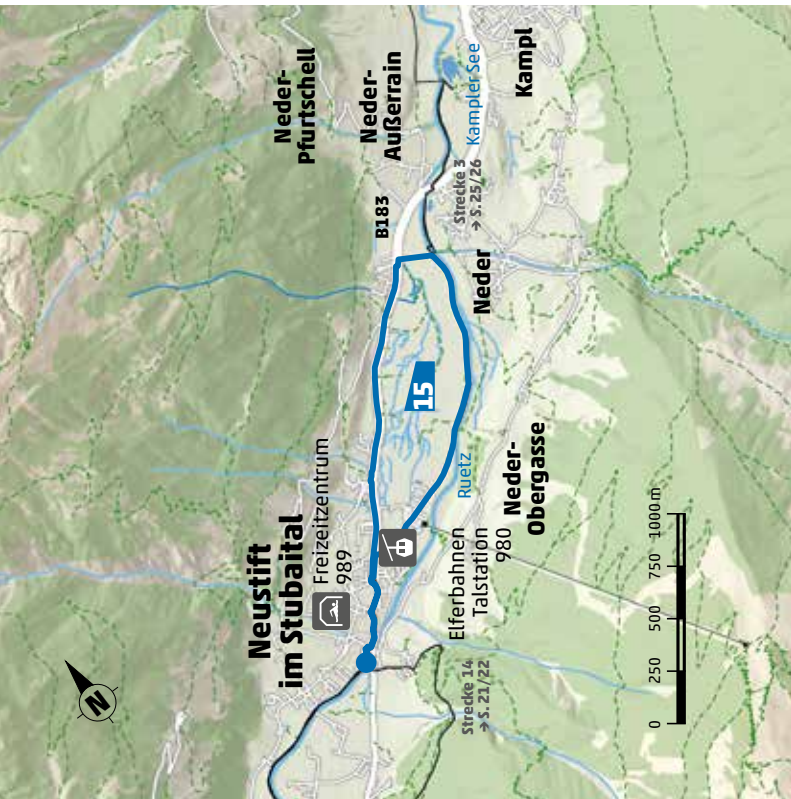
length: 4247 m	sea level start/finish: 979 m
on paved: 4085 m	highest point: 993 m
on gravel: 162 m	lowest point: 969 m
on trail: 0 m	vd uphill/down: 12/12

4.2 km

easy

stubai run

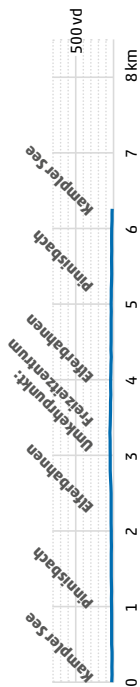
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3 Stubai Run Part Three

A suitable section for every taste. This almost flat part of the Stubai Run can easily be done with kids or with a jogging stroller. For well-trained runners, it is also interesting to use it as a high-frequency speed-unit between part two and part four. There are rarely any vertical meters to overcome running inbound along the Ruetz river from the Kampl See (lake) in the middle of the Stubai valley to the recreation center in Neustift. After 6.34 km on paved and gravel roads, you can turn around or call it a quit. Of course, you can directly move on to part four if you like.

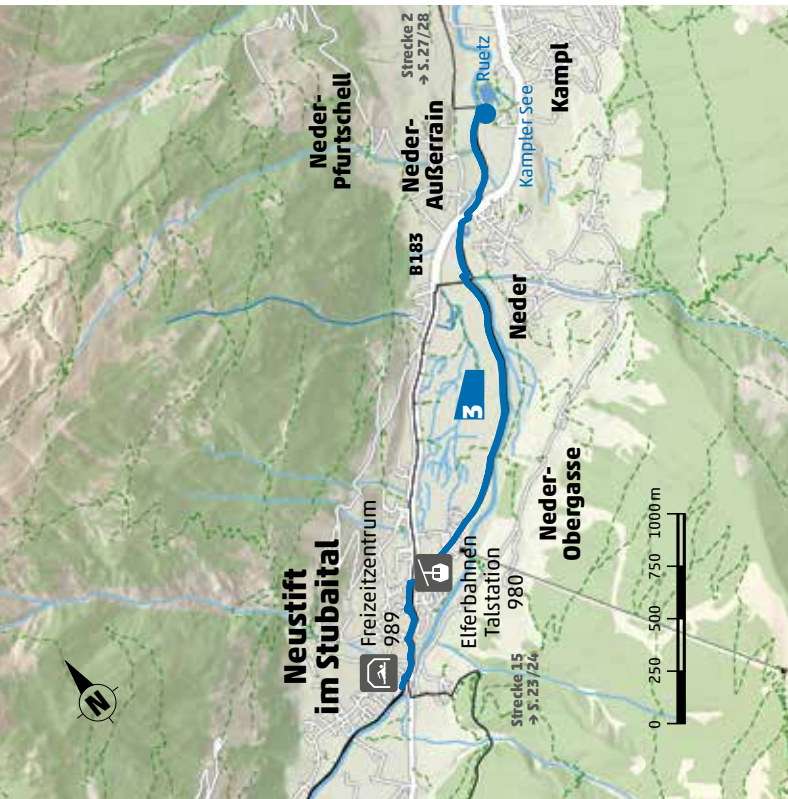
3 Stubai Run Part Three



length: 6257 m	sea level start/finish: 962 m
on paved: 4461 m	highest point: 992 m
on gravel: 1796 m	lowest point: 962 m
on trail: 0 m	vd uphill/down: 30/30



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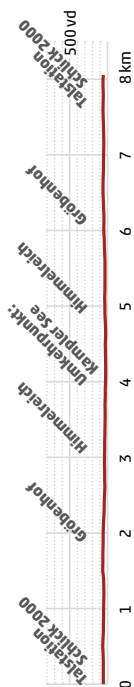


2 Stubai Run Part Two

In five stages through the whole valley.

The second section of the Stubai Run – the ongoing route in the valley – mainly runs on paved roads and is not as challenging as the first part. Therefore, it is recommended for beginners as well as for sportive families. On the sunny side of Fulpmes, starting at the Schlick 2000 gondola station you run easily with little altitude-difference across lush green meadows and slightly downhill to the idyllic Kampl See (lake). After a short refreshment in the swimming lake, you either go back on the same route or move on to the third part of the Stubai Run.

2 Stubai Run Part Two



length: 8038 m	sea level start/finish: 993 m
on paved: 5732 m	highest point: 1008 m
on gravel: 2306 m	lowest point: 962 m
on trail: 0 m	vd uphill/down: 67/67



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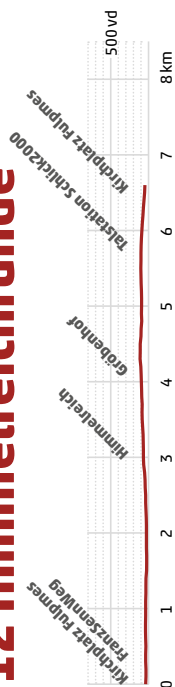


12 Himmelreichrunde

A relaxing run on the sunny side of the Stubai valley.

The start of this running-loop through the village and beyond it, is in the center of Fulpmes. As the priest and mountaineer Franz Senn is patron to many places in the Stubai valley, it is no wonder he also gave his name to this path to Medraz. No surprise that it leads into an area called Himmelreich (Kingdom of Heaven), where wide meadows with traditional hay-huts shape the landscape and one finds itself on a natural oasis that has no look-alikes. The way back is a few vertical meters higher and therefore cares for double the enjoyment.

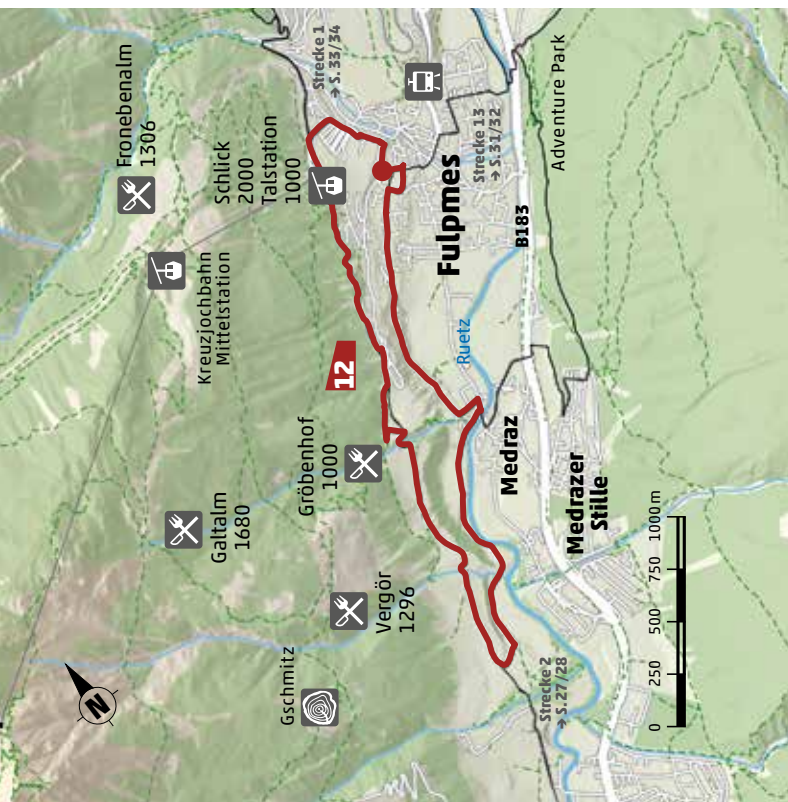
12 Himmelreichrunde



length: 6596 m	sea level start/finish: 938 m
on paved: 5125 m	highest point: 1025 m
on gravel: 1471 m	lowest point: 921 m
on trail: 0 m	vd uphill/down: 97/97



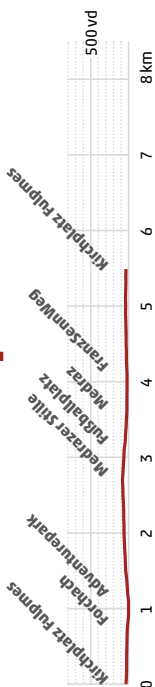
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13 Adventurepark-Runde

Getting warm and boosting circulation or clearing your mind. Running is the perfect sport to get the system going early in the morning. On this pleasant run from the center of Fulpmes via the Forchach district to the Adventure Park (high rope course) on the other side of the valley, your day comes into full swing and starts with a mindful time for yourself. The 5.5 kilometers mainly run on paved roads and have no noticeable meters of vertical height. Everyone can manage it without greater effort so there is enough time and power for following activities with the whole family.

13 Adventurepark-Runde

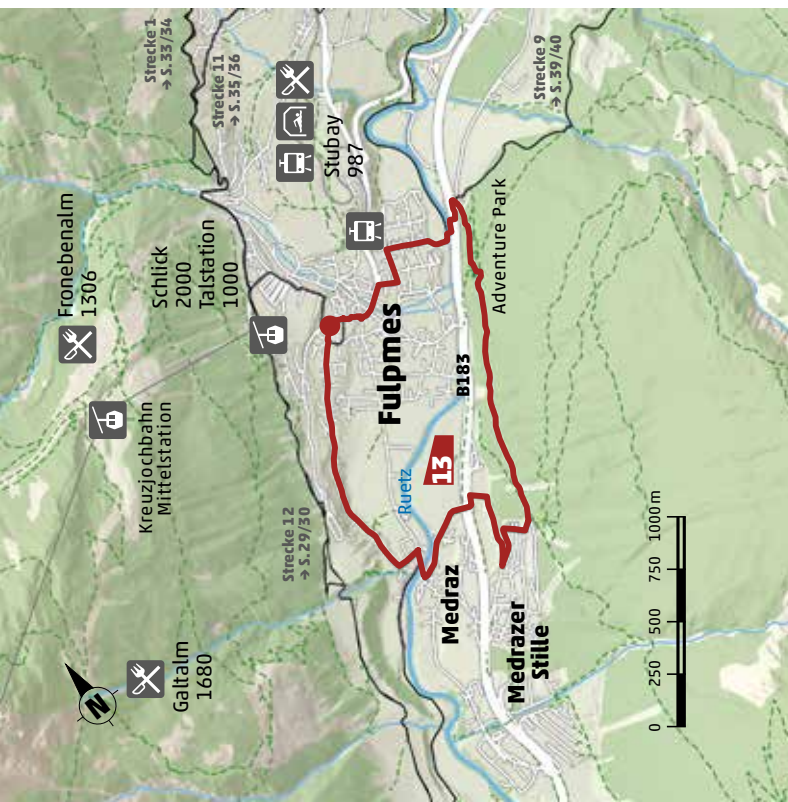


length: 5498 m
on paved: 3295 m
on gravel: 2203 m
on trail: 0 m

sea level start/finish: 938 m
highest point: 985 m
lowest point: 899 m
vd uphill/down: 97/97



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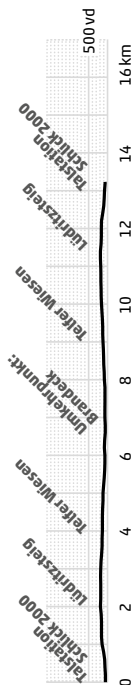


1 Stubai Run Part One

Discovering the Stubai from day to day anew.

A connected running route leads through the whole Stubai valley, allows ambitious runners to follow the path of professional athletes and presents new goals to beginners. Already in the first section of the Stubai Run from the train station Brandeck in Telfes to the bottom station of the Schlick 2000 gondola in Fulpmes, the route hits the ground running. If you only want to tackle this challenging section, better start from the gondola station outbound via Plöven and the Lüdrizsteig trail. Taking the same way back, you will have double the training effect.

1 Stubai Run Part One

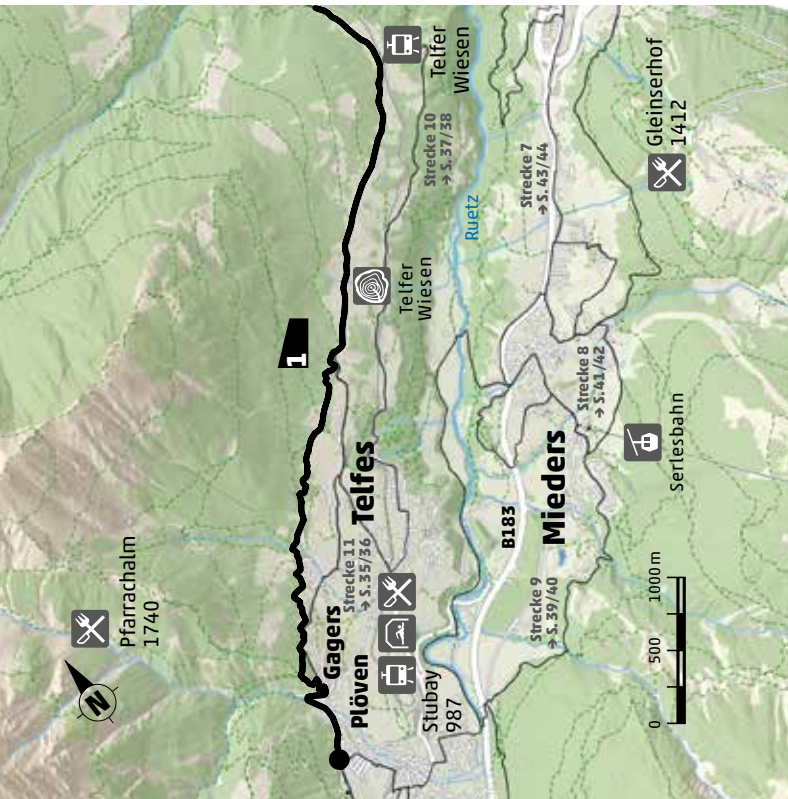


length: 13202 m	sea level start/finish: 993 m
on paved: 1616 m	highest point: 1139 m
on gravel: 6968 m	lowest point: 995 m
on trail: 4618 m	vd uphill/down: 321/321

**13.2 km**

**stuba RUN**

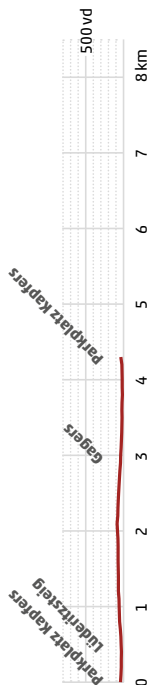
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11 Lüderitzsteigrunde

Have a peek and then a lot of fun over and over again. Even for highly motivated runners, it is not always about distance and height. Sometimes, the beauty of the route is more than enough. While beginners take it easy, well-trained runners can start a little bit faster. But be careful to not miss the 180 degree turn into the Lüdrizsteig uphill track at Stockerhof inn. It is that uphill track what makes this run so interesting. Before the soccer field, you have to run a short section on the road. Then the uphill track goes along on the left side until you are above the Plöven district.

11 Lüderitzsteigrunde



length: 4318 m	sea level start/finish: 1084 m
on paved: 1192 m	highest point: 1139 m
on gravel: 987 m	lowest point: 1063 m
on trail: 2139 m	vd uphill/down: 79/79



4.3 km



stubaier
run



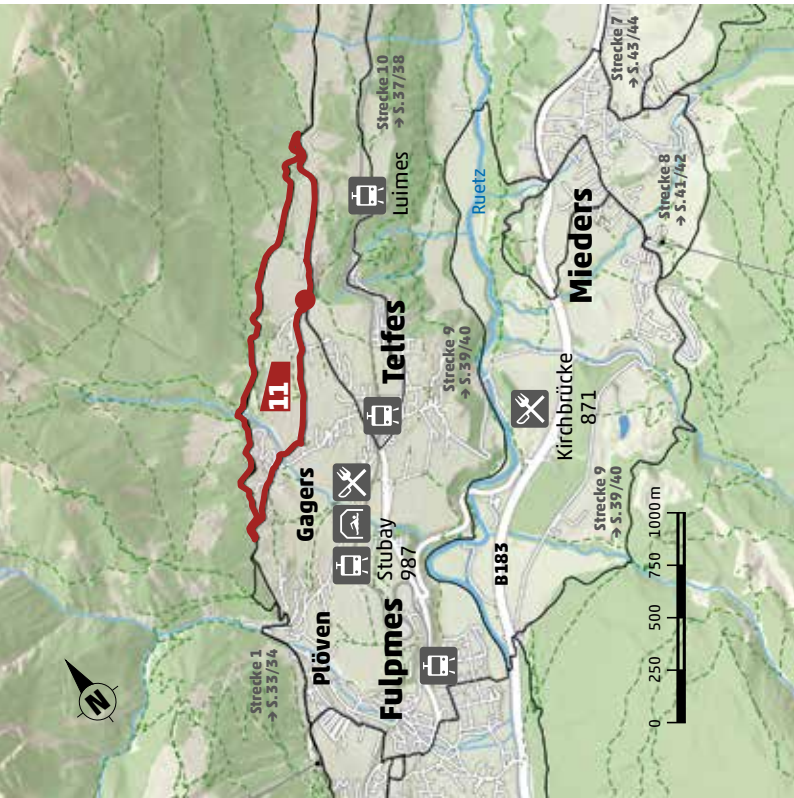
interim

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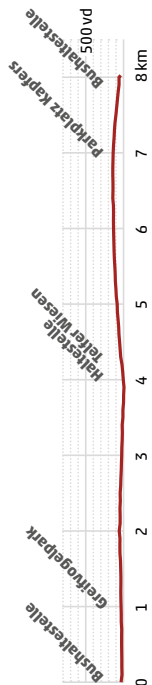


10 Telfer Wiesen Run

Into the middle of a colorful and traditional landscape. Almost the whole year through, the scenic nature site Telfer Wiesen is popular as an outdoor recreation area with locals and tourists alike. The prolific grounds there shine in a bright green very long into the season. That is why a run through those larch fields is always a welcoming source for gaining energy – from spring until far into fall. Accompanied by the warm sunrays, the route goes mainly over gravel roads and field tracks. Only the loop back has some challenges because you have to overcome all of the uphill meters there.



10 Telfer Wiesen Run



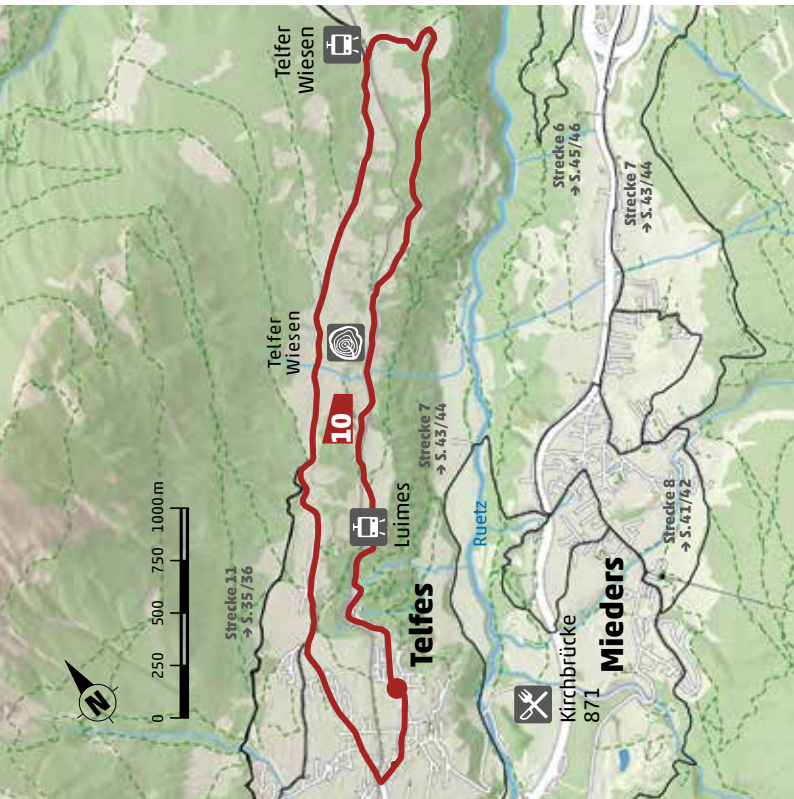
length: 8024 m	sea level start/finish: 992 m
on paved: 2510 m	highest point: 1084 m
on gravel: 4387 m	lowest point: 957 m
on trail: 1127 m	vd uphill/down: 146/146

**8 km**





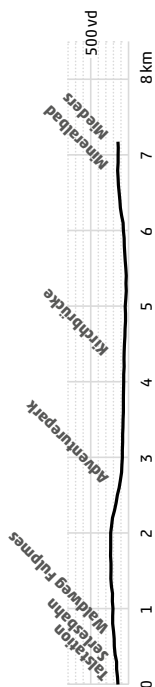
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9 Kirchbrückenrunde

Driven by a stunning landscape along the valley floors. Where nature sets the pace, runners should take the time to enjoy the beauty of it. Therefore, you better ration your power wisely on this medium run to have some strength left, when arriving at the prettiest places of the route. Already at the beginning, there is a slight uphill towards Koppeneck. The following, very nice trail to the Adventure Park is also worth every effort. After the underground crossing, the bridge over the river and a section along a meadow, the Stollensteig uphill track waits with another partly steep challenge.

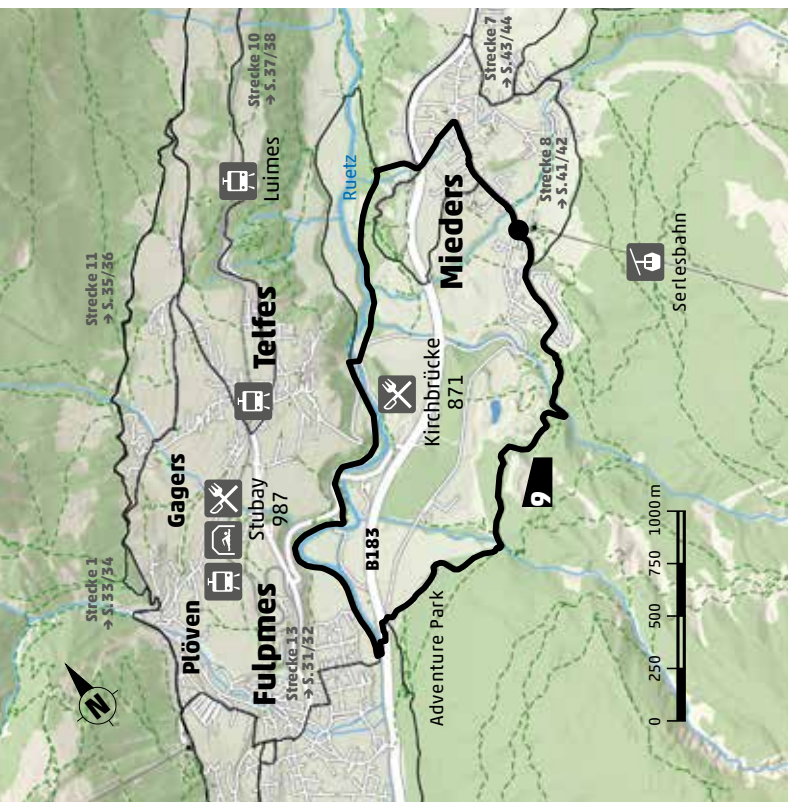
9 Kirchbrückenrunde



length: 7172 m	sea level start/finish: 950 m
on paved: 1888 m	highest point: 1035 m
on gravel: 2148 m	lowest point: 906 m
on trail: 3136 m	vd uphill/down: 172/172

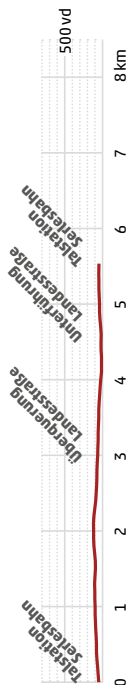


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8 Mieders ums Dorf Runde

With the power of nature over lush meadows and into the woods. The Serlesbahn gondola in Mieders marks the starting as well as the ending point of this route, which leads in a pleasant up and down through green fields and around the village. Paved and gravel roads as well as forest tracks interchange and set the pace. Depending on your preferences and your speed you decide for yourself if it is going to be a joyful slow run or a sporty unit following speed and time goals. On 5.54 kilometers and 173 meters of vertical height you can also boost your pulse and heart rate if you like.



length: 5529 m	sea level start/finish: 950 m
on paved: 3136 m	highest point: 1035 m
on gravel: 0 m	lowest point: 906 m
on trail: 2393 m	vd uphill/down: 176/176



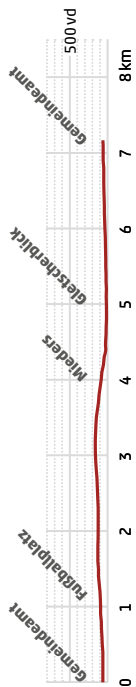
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Staying in shape while enjoying the vacation.

Your daily morning run can be perfectly integrated into your holiday plans, while staying in the Stubai valley. No matter if you prefer to run in the morning before going out for sightseeing or in the evening to wind down from an active day, this medium run fits into every training and leisure time plan. Starting at the church in Schönberg, you first run on paved roads and then through the forest in the direction of Mieders. Once you have arrived there, it is worth to stop and take a look at the mighty glacier, which resides at the end of the valley.

7 Schönbergrunde



length: 7185 m	sea level start/finish: 1012 m
on paved: 4819 m	highest point: 1117 m
on gravel: 2366 m	lowest point: 956 m
on trail: 0 m	vd uphill/down: 163/163



7.2 km

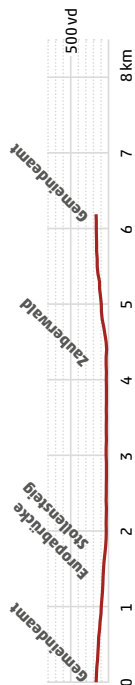
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6 Stollensteigtour

A sporty challenge for technically well-versed runners. Whoever takes in hand to go on this tour, already has some experience in trail running and a good endurance. Only at the beginning and at the end, this route leads over paved roads. Otherwise, it is just shady forest trails and gravel roads. The “Stollensteig” was originally built as a maintenance path for a power station of the Stubai valley train. Today, the trail leads hikers and runners inbound through a quiet landscape. Challenging in terms of shape as well as technique, this route awakens the desire for more within ambitious runners.

6 Stollensteigtour



length: 6193 m	sea level start/finish: 1012 m
on paved: 2343 m	highest point: 1012 m
on gravel: 148 m	lowest point: 873 m
on trail: 3702 m	vd uphill/down: 141/141



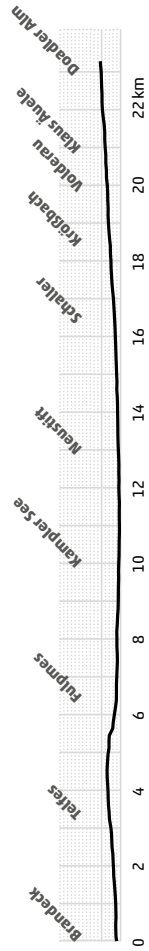
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Stubai Run X-Large

Conquer a unique challenge with ambition. This run from the beginning of the valley to the Doadler Alm hut, where the ascent to the Stubai glacier starts, is definitely nothing for tired legs. Even though the 430 meters of vertical height might not scare off good runners, the 23.3 kilometers along the valley floor demand all the power and endurance. Many ups and down make the route challenging and anything else but easy. However, for everyone who follows a big sportive goal, the half-marathon is worth every effort. All others can also do the Stubai Run in up to 5 stages.

16 Stubai Run X-Large



length: 23325 m	sea level start/finish: 1000 m
on paved: 12515 m	highest point: 1211 m
on gravel: 8680 m	lowest point: 962 m
on trail: 2130 m	vd uphill/down: 430/221

**23.3 km**

**difficult**





Over rough and smooth

**On rough
surface and
over obstacles,
running gets a
completely new
dimension.**

It no longer only serves fitness and endurance; it also supports coordination and concentration. While running on trails more muscle-groups are required than simply running on paved and gravel roads. Furthermore, changing terrain and a variety of landscapes rise the adventure and experience factor.

Thanks to its mountain ranges, the many alpine meadows, huts, and scenic nature sites, the Stubai is an eldorado for trail runners of all levels. Diverse routes lead over forest and grassland path, over rock tracks and uphill trails to places, that have the most stunning views of the valley.



Wildewasser Trail

Water cleaves its way through the whole valley. It is more than just a refreshing matter to follow its path. Along the wild water, one can run on a wide trail, which suits beginners or let friends run next

to each other, all the way to the Grawa Alm hut, where the falling masses of water produce a spectacular show as well as a healthy spray.

length: 9.2 km **lowest point:** 1200 m
sea level start: 1200 m **vd uphill:** 444 m
sea level finish: 1539 m **vd downhill:** 97 m
highest point: 1539 m **difficulty:** easy



Gloatsteig Trail

Start with the roaring Schlickerbach stream as a companion, then descend the many steps of the Höllenleiter (staircase to hell) and enjoy the panoramic views of this up and down. There is not

one aspect missing on this trail, not even the challenging uphill to the Halsl. Even the descent over the Hirtensteig track to Plöven can score with sound-standing mountain runners.

length: 16.3 km **lowest point:** 985 m
sea level start: 993 m **vd uphill:** 1200 m
sea level finish: 993 m **vd downhill:** 1200 m
highest point: 2001 m **difficulty:** high



Waldraster Jöchl Trail

On the bottom of the Serles – the distinctive rock pyramid – a wonderful forest route leads over the Miederer Berg mountain to the Waldraster Jöchl saddle.

A summit cross marks the highest point on this, especially on hot days very popular run. After refreshing water from the monastery-fountain and a stop at the Sonnenstein mountain restaurant, the loop closes at the bottom station of the gondola.

length: 14.5 km **lowest point:** 950 m
sea level start: 950 m **vd uphill:** 986 m
sea level finish: 950 m **vd downhill:** 986 m
highest point: 1874 m **difficulty:** intermediate



Milderer Almen Trail

Versatility and diversity portray this route from the recreation center in Neustift over four alpine meadows and two scenic nature sites as well as a part of the World Mountain and Trail

Running Championships track. Partly technically challenging sections over roots and rocks follow paved, gravel and forest roads. Stages with great views reward for the efforts made uphill.

length: 20.7 km **lowest point:** 979 m
sea level start: 979 m **vd uphill:** 1563 m
sea level finish: 979 m **vd downhill:** 1563 m
highest point: 2261 m **difficulty:** high

Stubai Vertical



Follow the footsteps of champions.

Even for professional trail runners this sheer mountain run is demanding. As a route of the World Mountain and Trail Running Championship 2023, this track has to keep up with the competitiveness of vertical uphill races, and therefore has to be pretty challenging. Amateurs better be well prepared when trying to follow the footsteps of the world's best and testing power as well as endurance.

A promising reward for an energy-sapping uphill. The race starts at the village square and goes over the Autenalm hut to the Elfer hut, but the steep winding track through the woods is not yet the hardest part. Even the trail from the Autenalm hut to the top station of the gondola can be mastered with a good technique and good shape. It is the final hike over the ski slope to the Elfer hut that calls for everything and is merciless.

length: 7.2 km

sea level start: 985 m

sea level finish: 2004 m

highest point: 2004 m

lowest point: 985 m

vd uphill: 1024 m

vd downhill: 5 m

difficulty: intermediate



Stubai Ultra Trail

Highly demanding, extreme, and challenging to the maximum – the naming of this trail run with “ultra” predicts the toughness that is to be expected. Every year, when the slogan “CITY-2GLACIER” calls professionals and amateurs to get on their way from the Olympic city of Innsbruck to the eternal ice of the Stubai glacier, the sportsmen and sportswomen have to give everything on paved and gravel roads, on forest trails, rocks, snow and ice.

Eisgrötte
Stubai
Gletscher

Start K9
Talstation
Gamsgarten-
bahn

Grawa
Wasserfall

Start K20
Klaus Äuele
Marend
Stüberl

Falbesoner
Nockalm
1663

Krößbach

Volderau

Starken-
burger
Hütte
2237

Senn-
jochhütte
2225

Start K32
Neustift FZZ

Schlicker
Alm
1643

Panorama-
see

Ruetz

Telfes im
Stubai

Unterberg

Schönberg

Mutters

Start K68
Innsbruck

K68
length: 66 km
sea level start: 574 m
sea level finish: 2960 m
highest point: 2960 m
lowest point: 574 m
vd uphill: 4700 m
vd downhill: 2355 m
difficulty: high

K9:
length: 7.5 km
sea level start: 1746 m
sea level finish: 2960 m
highest point: 2960 m
lowest point: 1746 m
vd uphill: 1210 m
vd downhill: 35 m
difficulty: high

K20:
length: 18 km
sea level start: 1200 m
sea level finish: 2960 m
highest point: 2960 m
lowest point: 1200 m
vd uphill: 1796 m
vd downhill: 75 m
difficulty: high

K32:
length: 31 km
sea level start: 988 m
sea level finish: 2960 m
highest point: 2960 m
lowest point: 988 m
vd uphill: 2630 m
vd downhill: 720 m
difficulty: high

Every well-trained runner can experience the unique adventure of the Stubai Ultra Trail. Different starting points make it possible to tackle the 66 km of distance and 4,700 m of vertical height and compare the performance to that of others. The finish at the Eisgrat mountain station is always the same, no matter if you are starting at the bottom station at Mutterberg (K9) and “only” run uphill over the winding track through rocks and ice or if you are running from Klaus Äuele (K20) or the center of Neustift along the “WildeWasserWeg” path or master the whole track, starting in the city of Innsbruck.





Appendix

Sports shops

in Neustift:

- Intersport Martin
Franz-Senn-Straße 88
6167 Neustift
+43 664 7964593
brollerhof@aon.at
- Sport Stubai
Stubaitalstraße 62
6167 Neustift
+43 5226 30288
www.sport-stubai.com
- Schönherr Sport & Mode
Stubaitalstraße 79
6167 Neustift
+43 5226 369043
www.schoenherr.cc
- Sport Hofer
Dorf 13, 6167 Neustift
+43 5226 2428
www.hofer-sport-2000.at

in Fulpmes:

- HP-Sports
bottom station
Schlick 2000
6166 Fulpmes
+43 664 4765650
www.hp-sports.at

- Intersport Pittl
Kirchstraße 1
6166 Fulpmes
+43 5225 62428
www.intersport-pittl.at
- Sport Denifl
Industriezone C10
6166 Fulpmes
+43 5225 62281
www.sportshop-denifl.com

in Telfes:

- Sport Resch
Lange Gasse 2, 6165 Telfes
+43 5225 62306
resch@sport2000.at

Recreation centers

- Recreation center Neustift
Stubaitalstraße 110
6167 Neustift
+43 5226 2722
info@fzz-neustift.at
- Recreation center StuBay
Pools, sauna
Landesstraße 1
6165 Telfes
+43 5225 62666
info@stubay.at

Outdoor pools, lakes

- "Miederer Badl" pool
Wiesel 3
6142 Mieders
- Natural lake Milders
Franz-Senn-Straße 170
6167 Neustift
- "Kamplner See" lake
Stubaitalstraße 22
6167 Neustift

Pharmacies

- St. Georg pharmacy
Dorf 30, 6167 Neustift
+43 5226 3100
- Stubaital pharmacy
Waldrasterstr. 12
6166 Fulpmes
+43 5225 62070
- Serles pharmacy
Schmelzgasse 2
6142 Mieders
+43 5225 63030

Doctors

- Dr. Turkonje
(General practitioner)
Dorf 32, 6167 Neustift
+43 5226 30053
- Dr. Gleirscher
(General practitioner)
Stubaitalstraße 104
6167 Neustift
+43 5226 2737
- Dr. Lugmayr/Dr. Ranalter
(Sports medicine)
Scheibe 39, 6167 Neustift
+43 5226 2214
- Dr. Somavilla
(General pract., orthop.)
Riehlstraße 32b
6166 Fulpmes
+43 5225 62257
- Dr. Gritsch (internal med.)
Riehlstraße 3
6166 Fulpmes
+43 5225 65286
- Dr. Leitgeb
(General practitioner)
Lange Gasse 24
6165 Telfes
+43 5225 63823-1
- Dr. Nagiller
(General practitioner)
Mieders
+43 5226 2973



**No guarantee for
completeness or
accuracy of all data.**

All liability for the quality of routes and tracks is denied. No accountability for accidents of all arts.

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Bärenbad
1250

Starkenburger Hütte
2237

Hoher Burgstall
2611

Sennjochhütte
2225

Kreuzjoch
2136

Kaserstattalm
1890

Neustift im Stubaital

Freizeitzentrum
989

14



B183

15



Elferlift
Talstation
980



Elferlift

Agrar
1812

Elferhütte
2004

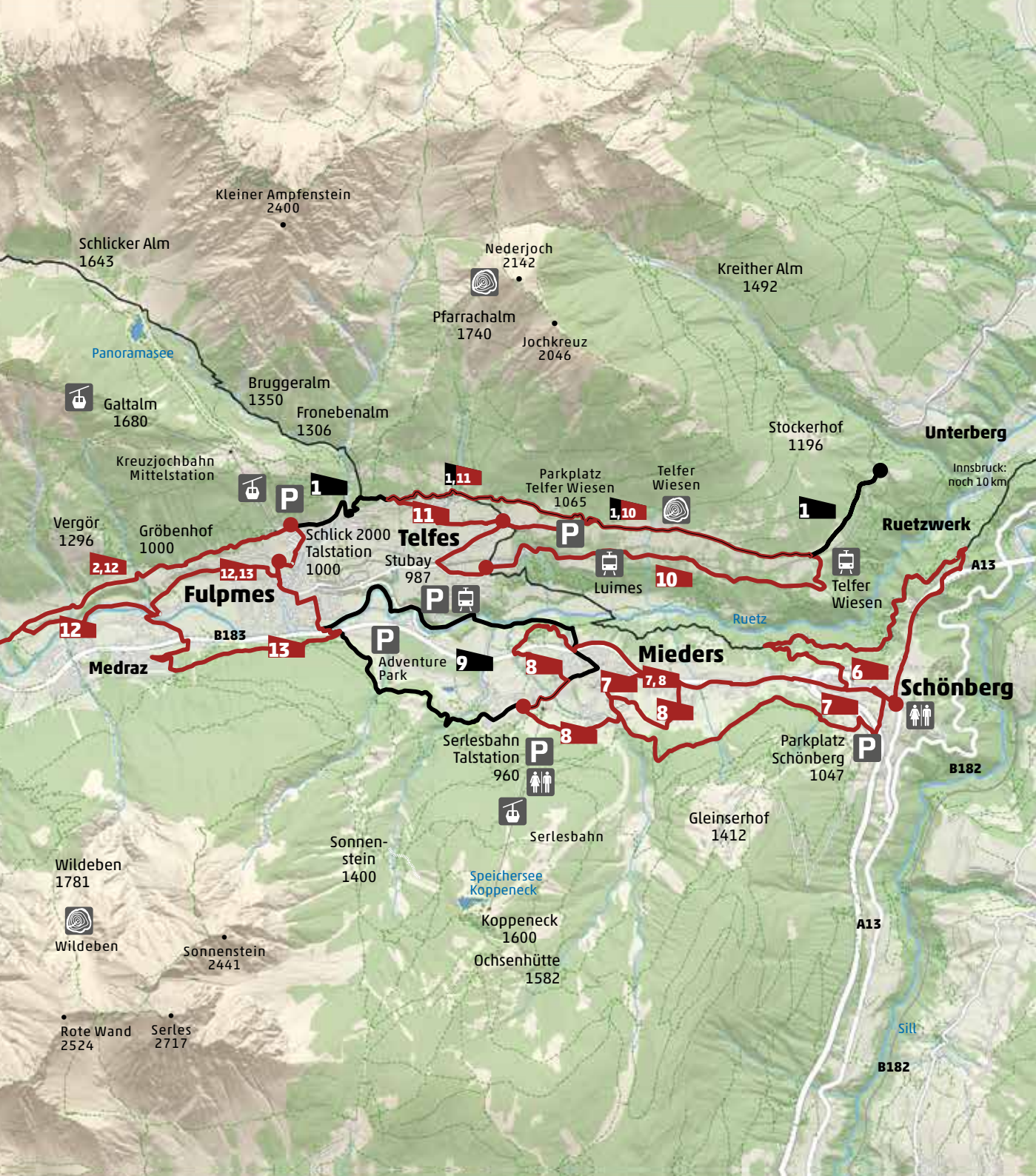
Issenangeralm
1374

Pinnisbach

Kampl
Kampl See

Ruetz

0 500 1000m














Signs and symbols

Easy to understand, the following symbols will guide you through the variety of running options in the Stubai valley.

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What the symbols mean:

- | | | | |
|---|--------------------|---|--------------------|
|  | scenic nature site |  | easy route |
|  | train station |  | intermediate route |
|  | gondola |  | difficult route |
|  | restaurant |  | trail |
|  | parking lot |  | route number |
|  | toilets | | |

Safety

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The accurate equipment for trail running:

- trail running shoes with grip sole
- comfortable, breathable clothing
- mobile phone
- on longer runs if needed: small backpack with drinks and snacks, weather protection, first aid kit

Emergency numbers in Austria:

fire brigade 122
police 133 ambulance 144
alpine emergency 140
European emergency number 112

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