



**MEDICALLY
PROVEN
CONSTITUTIONAL
EFFECTS**

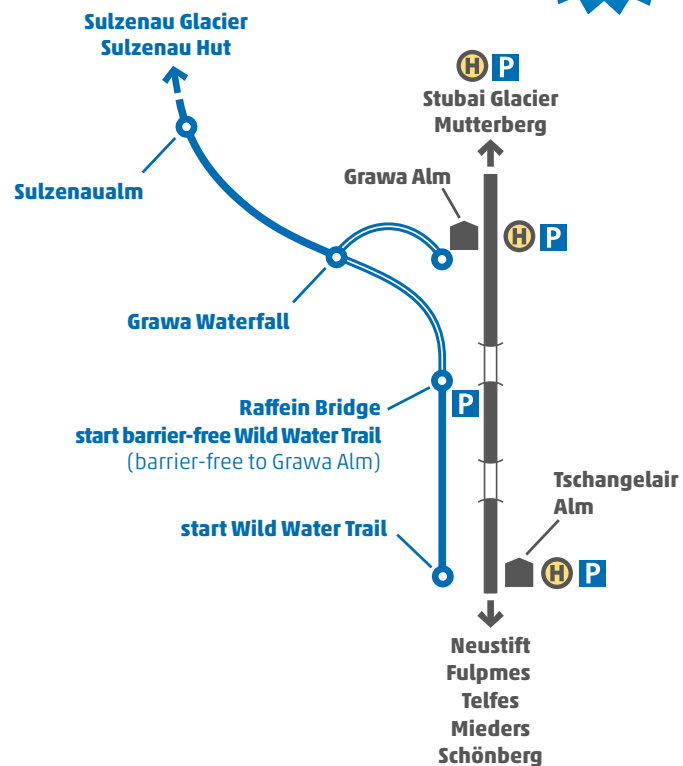
THE HEALING POWER OF NATURE

Waterfalls support your health.

It's proven that a visit to the Stubai waterfalls supports your health. Waterfalls produce a fine spray or mist along with negatively-charged air ions within the close range of their impact. These micro particles are so small that they can enter the capillaries of the lungs and subsequently clear them. They also improve the patency of the upper respiratory ducts and therefore can heal or prevent illnesses effectively, for example asthma, allergies, stress or burnout, which are all common today.

Tests conducted by the privately-run **Paracelsus University Salzburg** have shown that the unique Stubai waterfalls exemplify themselves even more positively, in regards to their medical effect. The **Grawa Waterfall**, for example, has a high concentration of nanoaerosols and a low spray size. Even just a one-hour stay at the Grawa Waterfall significantly improves the rate of clarification of the upper respiratory ducts, as well as the subjective evaluation of the respiratory quality.

The **Sulzenau Waterfall**, which cascades into the Sulzenau bowl, features an extraordinarily high spray and ionic concentration, and even provides areas where visitors can stay dry and sunlit for a longer period of time. Additionally, the aerobic activity of hiking up the waterfall aids to improve performance of the cardiopulmonary system.



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THE STUBAI WILD WATER TRAIL

Canyons. Ravines. Waterfalls.



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THE WILD WATER TRAIL

Experience the forming power of the water.

The unchanged Stubai glacier streams have been showing their power for millennia. The original beauty of the widely branched out watercourse system has been painstakingly conserved. This rare and special treasure of nature has been made accessible, via a gentle trail, to the visitors of the Stubai valley.

The river Ruetz begins at the glacier of the Stubai valley. Either as a river, as a glacier, as a mudflow or as an avalanche, the waters of the Ruetz with its different manifestations have continuously contributed to form the valley. The river Ruetz created the Stubai valley and will remain a powerful influence in the years to come.

The Wild Water Trail invites hikers to look at the glacial high valley as if it were an open book, from which one can read: the landscape-forming power of the water is a fascinating story full of dramatic incidences.



The barrier-free, accessible platform at the Grawa Waterfall



Hiking at the Stubai Wild Water Trail: exercise and well-being

EXPERIENCE THE WILD WATER UP CLOSE: 9 KILOMETERS AND 1,200 METERS VERTICAL HEIGHT

The Wild Water Trail can be hiked in three stages, leading **from the Tschangelair Alm** at the bank of the river Ruetz via the **Sulzenaualm** to the **Sulzenau Hut**. The final point of the trail is the **Sulzenau Glacier**, which also marks the river's source. It is this glacial field where the water rises to the surface for the first time, channeling its way to the valley and helping to create the natural spectacle of the Wild Water Trail.

On this well marked route, hikers are led to impressive places in the midst of wild beauty. This path leads upstream, across the timberline into high alpine terrain; again and again passing powerful waterfalls like the Grawa Waterfall and the Sulzenau Waterfall. With vistas of **impressive glacial phenomena** such as the cliffs of the Sulzenau glacier and the Zuckerhütl, one hikes through a landscape with monumental moraines and **turquoise blue mountain lakes**, little ponds, sandy watering places, sleek glacial cuts and idyllic wetlands, framed by extensive cotton grass.

Imagine: some of these natural wonders took no less than several millennia to form!

HIKING AT THE WILD WATER TRAIL

- **Barrier-free Trail** from the Raffein Bridge to the **Grawa Waterfall**, going on to Grawa Alm and back – 45 minutes
- From the Grawa Alm to the **Grawa Waterfall**, (along the left bank) passing two viewpoints **up to the Sulzenaualm** and back on the old trail coming from the Alm – 3.5 hours
- From **Mutterberg** to the middle station with the gondola, **via Peiljoch to the Sulzenau Hut** and via the Sulzenaualm back to the bottom station – 4.5 hours

FURTHER WATER STAGES

From **Mutterberg** to the middle station with the gondola, via Egesennieder to **Mutterberg Lake**, via **Ruderhofbäche** (streams) and along the **Mutterberg Cascade** back to the starting point – 3 hours

FORECAST 2015

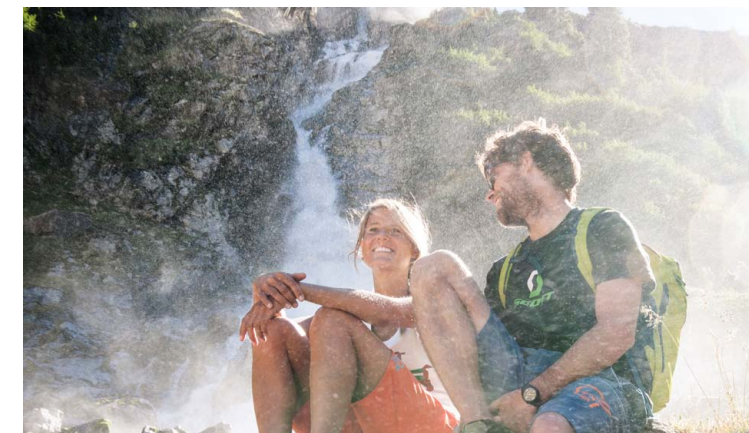
Plans exist for the summer of 2015 to expand the experience of the Wild Water Trail:

Site development of the impressive Ruetz cataracts

The section from the Tschangelair Alm to Ranalt, which is characterized by white waters, cascades and small waterfalls will be made accessible in 2014/2015 by means of two platforms and a bridge.

Secrets of the Wild Water

Alongside the trail, info posts provide hikers with details about the fascinating journey of the river from Sulzenau glacier to the valley bottom.



Take a break at the Sulzenau Waterfall, which cascades more than 2,000 meters from the Sulzenaualm down to the flat bottom of the mountain pasture.