

WINTER ACTIVE IN THE SNOW



stubai

Winter Hiking
Snowshoeing
Tobogganing
Cross-Country Skiing
Ice Climbing
Ski Touring
Paragliding
Family in the Snow



WINTER IN THE STUBAI

Alpine passion













When visiting the Stubai Valley in winter, guests will experience their own winter fairy tale. The snow-covered forests and mountains of the Stubai make it a place of astounding natural beauty and the perfect backdrop for exciting winter sports. As this 'WINTER ACTIVE' guide shows, skiing is far from the only activity by which one can indulge their love and passion for snow. Away from the slopes, the splendour of winter in all of its many facets is revealed: sometimes contemplative and reserved, sometimes wildly romantic and charming, sometimes fresh and completely untouched, or even demanding and captivating. But above all, it always remains: real Stubai!

An authentic natural experience awaits you, with sporting pleasures to motivate you, culinary adventures to inspire you, and a wide range of events to entertain you – multi-faceted and thrilling, just like the Stubai Valley itself.

The four Stubai cable car facilities not only provide access to four skiing areas, each with very different characteristics, they also let non-skiers immerse themselves in the enchanting world of snow and ice – with winter hiking and cross-country skiing trails as well as with toboggan runs. The Stubai Glacier pampers you with its culinary delights, the Schlick 2000 Skiing Centre is home to rustic lodges, and the Elferbahnen resort in Neustift is just as popular as the Serlesbahnen area in Mieders with its fantastic tobogganing by both day and night.

LEGENDE

Pictograms/Icons

-  Winter Hiking
-  Snowshoeing
-  Cross-country Skiing
-  Ice Climbing
-  Ice Skating
-  Paragliding
-  Ski Tour
-  Tobogganing
-  Night Tobogganing
-  Toboggan run / Trail illuminated
-  Headlamp recommended
-  Cable Cars / Gondola
-  Suitable for children / ideal for families
-  Rest Points – Lodges, Inns, Restaurants, etc.
-  Sight
-  No dogs allowed

Difficulty

● Low ● Medium ● High

Quality Seals



Tyrolean toboggan run quality seal



Tyrolean cross-country ski trail quality seal

WINTER IN THE STUBAI

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GENERAL INFORMATION

With the Stubai Guest Card, all alpine and cross-country skiers, winter and snowshoe hikers, as well as tobogganists can use the buses servicing the Stubai Valley free of charge between 1 October and 1 May.

Current opening hours of the lodges and alpine facilities are available at all offices of the Stubai Tirol Tourism Board.

Further information on the winter offer or on pre-planned tours can be obtained from the experts of the Stubai Alpine Schools (page 7).

Always wear appropriate winter clothing and sturdy footwear.

Please consider weather conditions. Depending on current conditions (fresh snow, icing, etc.), hiking trails can become considerably more demanding or impassable. Depending on the respective avalanche situation, trails and routes may be closed. Avalanche closures must be observed unconditionally.

Disclaimer

All activities are conducted at your own risk. The Tourism Board Stubai Tirol accepts no liability for accidents, damage, or other contingencies that may occur during your holiday. The winter hiking trails, toboggan runs, snowshoeing routes, and cross-country skiing trails marked on the map partly lead through alpine or high alpine terrain. Appropriate equipment, knowledge of weather and snow conditions, as well as physical fitness are indispensable prerequisites. The Tourist Board accepts no liability for the condition and accessibility of the toboggan runs, winter or snowshoeing trails, and cross-country skiing trails listed on the winter map. Closures imposed by the local avalanche commissions must be strictly observed!

FIRST AID

Emergency Contact

140: Mountain Rescue – Alpine Emergency Hotline

112: European Emergency Hotline (accessible from any mobile phone & available network)

No Reception?

Emergency calls require network reception. Move to a better serviced location and repeatedly dial 112. Euro Emergency Hotline: Access to any available network if, after switching on the phone, 112 is entered instead of the PIN code; alternatively via the SOS emergency call function.

Accident Reporting

- Who reports the accident? / Callback number?
- Where exactly is the accident scene?
- What happened?
- How many people are injured?

Emergency Call App SOS-EU-Alp

Smartphone users can use the SOS-EU-Alp Emergency Call App. It assists in making an emergency call and at the same time transmits your location information.

ALPINE INFORMATION

Stubai-Alpin – Bergführerbüro

Bergführerbüro Stubai-Alpin, Dorf 5, 6167 Neustift im Stubaital
+ 43 (0) 5226 3461
www.stubai-alpin.com

Bergsteigerschule Stubai

Tourismusgebäude am Kirchplatz, Bahnstraße 17, 6166 Fulpmes
+ 43 (0) 664 333 2222
www.bergsteigen-stubaital.at

STUBAI GLACIER

Diversity in the Kingdom of Snow

The peaks surrounding Austria's largest glacier skiing resort are majestic, and the range of offers is particularly attractive to non-skiers as well. Whether a memorable day-trip or holidays with the whole family – thanks to the incredible scenery of the Stubai Glacier, the kingdom of the snow is sure to meet everyone's needs. You will simply be thrilled!

HIGHLIGHTS

TOP OF TYROL Summit Platform

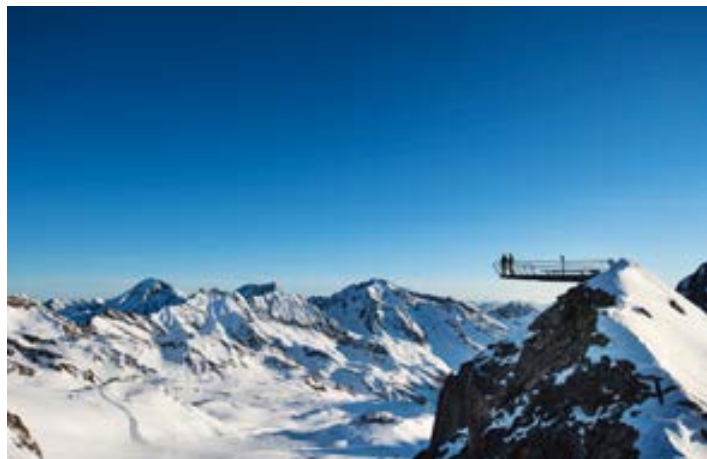
At 3,210 metres, the summit platform offers a breath-taking panoramic view of over 109 three-thousand-metre peaks. Accessible depending on snow conditions.

Schaufeljoch Chapel

A few minutes away from the Schaufeljoch Summit Station, the Schaufeljoch Chapel invites you to take a break amidst the glacial world of the Stubai Glacier.

Mammut Photo Point

As a photo point, the impressive six-metre high wooden structure promises striking pictures. The Mammut, with its 12-metre trunk, is situated at the Gamsgarten Summit Station.



Ice Climbing Tower

The 20-metre ice climbing tower at the Gamsgarten Summit Station is ideal for beginners' climbing courses and offers excellent training opportunities for all fitness levels. Open from December to March. Beginners' courses can be booked directly with the Stubai-Alpin Mountain Guide Office (contact details on page 7). Trial climbing every Friday from 1 pm.

Winter Hiking

Groomed winter hiking trails from the Gamsgarten Summit Station to the Eisgrat Summit Station (300 m in altitude, 45 min. walking time) as well as from the Gamsgarten Summit Station to Bödelehütte (only a few metres in altitude, approx. 2-hour walk outward and return).

Cross-country Skiing

2 km-cross-country skiing trail at Gamsgarten.

Gaststube Schaufelspitz

Upscale, traditional Austrian cuisine. The ingredients of the dishes are largely from the region and interpreted in a modern way. Fine wines, cosy parlour and sun terrace.



SCHLICK 2000

Atmosphere with a View of the Kalkkögel Summits

The Schlick 2000 is an insider tip for active people and connoisseurs alike. Known for its conviviality, winter sports enthusiasts looking for experiences beyond skiing will find cosy lodges and all kinds of Stubai delicacies on and off their plates. The Kalkkögel Summits, the Dolomites of Northern Tyrol, which lend the area its incomparable charm, are simply striking.

HIGHLIGHTS

Paragliding and Hang-gliding

Ideal flight terrain with a beautiful take-off site right at the Summit Station near the Kreuzjoch Panorama Restaurant. Start site at 2,136 m with perfect thermal conditions.



Night Tobogganing

From the end of December until mid March, the toboggan run takes guests from the Froneben Intermediate Station via the 3 km-long, illuminated toboggan run down the valley every Wednesday, allowing guests to quickly descend again. Ascent between 7:30 to 9 pm. (with Ski-Night-Show taking place at the same time until 10 pm)

Winter Hiking

Winter hiking trails take guests from the Valley and the Intermediate Station towards the Galtalm (approx. 1 ½ hour walk) and to Schlickeralm (approx. 2 hours). Idyllic routes through wintry nature.

Cross-country Skiing

Cross-country skiers can make their rounds in classic or skating style on the 3 ½ km long high-altitude circuit. Access right at the Schlickeralm.

Snowshoeing

Separate snowshoe trail from the Intermediate Station to the Schlickeralm. Guided hikes available upon advance booking via +43 (0) 5225 64764.



ELFERBAHNEN NEUSTIFT

A real Treat for both Nature-Lovers
and Sports Enthusiasts

Neustift's local mountain is named after its most prominent peak and is surrounded by a truly unique panorama. The Elfer has always been a natural sundial for the locals, as the sun appears behind the Elfer towers at 11 am sharp. On the mountain, you will discover a balance between man and nature – an unmatched joy allowing you to forget time for a few hours.

HIGHLIGHTS

Tobogganing Experience

2 toboggan runs, each 8 km long, provide pure tobogganing pleasure in idyllic winter surroundings. An almost never-ending ride promises an experience that can be relived over and over again.

Night Tobogganing

Tobogganing excitement at night? On Wednesdays and Fridays (and also on Mondays during the holiday periods) from 7:30 to 9:00 pm we offer night tobogganing on the illuminated track (Sportrodelbahn Elfer – Neustift Dorf) down to the valley station. The illuminated toboggan run is always in top condition and passes by cosy rest stops.



Winter Hiking Enjoyment combined with Culinary Excellence

Hiking trails and snowshoe hikes through the Pinnistal Valley guarantee an unforgettable experience amidst a breath-taking mountain scenery. Enjoy traditional delicacies in one of the 5 lodges and mountain pastures. Standing at the top of the Elfer, numerous hours of sunshine offer relaxation and complete peace and quiet.

Largest Walk-on Sundial in the Alpine Region

On the impressive platform you can learn more about time and enjoy the Stubaital mountain panorama.

Experience Flight

Feel like soaring above it all? After a short ascent by cable car, outstanding thermal and flight conditions are offered to all aviation enthusiasts, surrounded by incredible mountain scenery. When other flying areas are no longer available due to strong winds, the motto here is usually: "Good luck, off you go!"



SERLESBAHNEN MIEDERS

Discover winter fun & mountain experience

At the foot of the Serles Mountain, a mighty pyramid of rock, outdoor-lovers and families alike will find what a winter holiday is all about. Whether winter or snowshoeing, sunbathing on the terraces of the lodges, or a fun toboggan ride – the Serlesbahnen offer unforgettable mountain experiences in a unique atmosphere.

HIGHLIGHTS

Tobogganing

The 6 km-long toboggan run, which has been distinguished with the Toboggan Quality Seal, idyllically leads through the wintry mountain landscape from the mountain station to the valley station of the Serlesbahnen. When having fun on the toboggan, beautiful views of the valley and the surrounding mountain ranges constantly appear as you make your way through the forest.



Winter Hiking

The groomed winter hiking trails lead to the Maria Waldrast Monastery, Gleins, or the Ochsenhütte. The highlight is the 14.4 km long winter hiking trail around Jöchl, which offers fantastic views of the Karwendel Mountains, the Stubai Alps, and the Zillertal Alps.

Snowshoeing

Every Wednesday, presumably from 28.12.2022 to mid-March (depending on snow conditions), there is an opportunity to join the guided snowshoe hike. Duration approximately 4 hours, cost: € 15 (with a valid ski pass), € 20 (including ascent and descent in the cable car), excluding rental equipment. Meeting point: 10:00 am at the valley station ticket office. Registration is required! Registration possible until 4:00 pm on the previous day.

Viewing Platforms

From the Koppeneck, Serlesblick, and Karwendelblick platforms that can be reached during a winter hike, unique panoramic views are on display, allowing you to take in the splendour of winter in the Stubai.





TOBOGGANING

Where Tobogganing Meets Nature

Pure pleasure awaits you in Tyrol's largest tobogganing area. The exhilaration of speed, the joy of being out and about, and the atmosphere that arises during a convivial break in a lodge are all things that make a tobogganing day truly unforgettable. A very special feeling arises in the Stubai: pure joy of life!

Tobogganists can experience the enchantment of the snow-covered world of the mountains on ten toboggan runs, nine of which have been awarded the Tyrolean Natural Toboggan Run Seal of Quality, on a total length of over 41 kilometres. One of the longest stretches in Tyrol can be found in the Stubai as well: the toboggan run from the Elfer leads over eight kilometres directly to the centre of Neustift and frequently delights young and older guests alike.

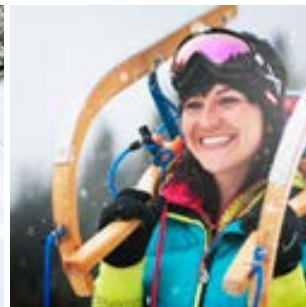
CLASSIFICATION ACCORDING TO DIFFICULTY:

Low-difficulty Toboggan Run ●

A toboggan run classified as easy is also suitable for beginners and children. It has a maximum gradient of 14 % and an average gradient of up to 10 %.

Medium-difficulty Natural Toboggan Run ●

A medium-difficulty natural toboggan run has a maximum gradient of 18% and an average gradient of up to 12 %.



TECHNIQUE & TIPS

Tobogganing Like a Pro



Seating position

Depending on your skill level, you can either sit upright (suitable for beginners) or lay on your back (for experienced tobogganists).



Steering

With one hand you hold on to the rear of the sled, while the other hand controls the steering rope. In a curve, one brakes with the inner foot on one side and leans the upper body into the inside of the curve, thus steering the toboggan into the desired direction.



Braking

To slow down the toboggan, press both boot soles (near the runners) firmly into the ground. Lifting the sled's front, increases the braking effect.



SAFETY

On the Toboggan Run



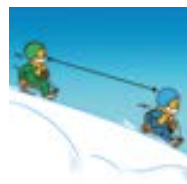
Suitable gear

The right equipment includes snow-proof winter clothing, sturdy boots with a good profile (no ski boots!), gloves, helmet, and ski goggles. Use a headlamp and reflective clothing in the dark. No plastic bobsleds or snow sliders for safety reasons.



Watch out for others

Watch out for other tobogganists and avoid putting risk or harm others. Pay attention to your responsiveness and make sure you are not impaired by alcohol or medication.



Control your speed

Control your speed and keep your distance. Adapt speed and riding style to your ability, the toboggan run, snow, ice, and weather conditions, as well as to the number of people around you. Tobogganing on ski slopes is dangerous and prohibited: The risk of colliding with skiers is too high. Tobogganing tracks that freeze over during the night adversely affect the quality of the slopes.



Ascent at the edge of the run

Walk at the edge of the track and watch out for approaching tobogganists. Ascend on the right, one behind the other. Special care must be taken in curves. Wait for your group members in clearly visible places. Make sure that your group is complete. Never stop in narrow places and blind spots. Only cross the toboggan run at points with sufficient visibility.



The right speed

Adapt your ride to your own skills and to the trail conditions, so that you can keep the toboggan under control at all times. Attention – braking distances increase on ice.



Behaviour on the toboggan run

Before you start, look over your shoulder to make sure that the toboggan run is clear from above. Sled with foresight and overtake with sufficient distance. Leisurely tobogganists should ride on the edge of the track. Over-takers should announce themselves by calling out.



Watch out for signs and info boards

Please pay attention to advance notices and information – e.g. 'Ride Slow' before piste crossings – for your own safety.



Keep the run clear

In the event of a fall, do not let go of the toboggan and leave the run as quickly as possible, as following tobogganists pose a risk.



Beware of dogs

As dogs are difficult to leash during ascent and descent, there is a high risk of collisions with descending tobogganists on the mostly narrow toboggan runs.



Providing first aid

In the event of accidents involving others, you should check that everything is OK, provide first aid, and if necessary, call 112 for help.

NEUSTIFT

ELFER – NEUSTIFT DORF SPORTS TOBOGGAN RUN 1

Ascent: Elferbahnen cable cars

Length: 8 km

Difference in Altitude: 800 m

Opening Hours (Elferbahnen): daily (9 am – 4 pm); night tobogganing on Mon. (only in the holiday periods), Wed. and Friday (7:30 – 9 pm)

Rentals: Elferbahnen Valley Station

Start / Finish: Elferbahnen Summit Station / Elferbahnen Valley Station

Parking: Elferbahnen Valley Station

Rest Points: Agrar Panorama Restaurant (1,812 m), Alm zum Weber Lois (1,110 m)

From the Summit Station of the Elferbahnen directly to the Valley Station. Freshly groomed and snowed every day.



ELFER – PINNISTAL CLASSIC TOBOGGAN RUN 2

Ascent: on foot via the Issenangeralm (1 hour) to the mountain station of the Elferbahnen (2.5 hours)

Length: 8 km

Difference in Altitude: 800 m

Opening Hours (Elferbahnen): daily (9 am – 4 pm)

Rentals: Elferbahnen Valley Station

Start / Finish: Elferbahnen Summit Station / Neder (Neustift)

Parking: Elferbahnen Valley Station

Rest Points: Agrar Panorama Restaurant (1,812 m), Issenangeralm (1,380 m)

From the Elferbahnen Summit Station behind the sundial through the Pinnistal Valley to the Neder district. From there it is a 20-minute walk along the winter hiking trail back to the valley station.



PINNISALM – ISSENANGERALM TOBOGGAN RUN 3

Ascent: approx. 1 hour (from Issenangeralm)

Length: 2.8 km

Difference in Altitude: 180 m

Opening Hours (Elferbahnen): 9 am – 4 pm (daily);
the Pinnisalm is open daily from 11 am to 5 pm

Rentals: Elferbahnen Valley Station

Parking: Elferbahnen Valley Station

Rest Points: Pinnisalm (1,557 m), Issenangeralm (1,380 m)

First, we take the classic toboggan run Elfer – Pinnistal to the crossing at Issenangeralm. From there you can leisurely walk in one hour through the impressive Pinnis Valley to the Pinnisalm. Every day at 12 noon, if required, there is a transport service with a big sledge from the Issenangeralm directly to the Pinnisalm (registration: +43 (0) 676 6082 864).



BRANDSTATTALM TOBOGGAN RUN 4

Ascent: from Josef car park approx. 1 ½ hours

Length: 3.5 km

Difference in Altitude: 420 m

Opening Hours: depending on snow conditions from December to April, closed on Tuesday & Wednesday (except public holidays), night tobogganing (on request).

Rentals: Brandstattalm

Parking: Josef (Oberbergthal)

Rest Points: Brandstattalm (1,810 m), closed on Tuesday and Wednesday (except public holidays)

The toboggan run leads back from the Brandstattalm, directly to the Josef car park.



MILDERAUNALM TOBOGGAN RUN 5 6

Ascent: 1 ½ hours (from Oberegg) / 2 hours, from the Wasserkraftwerk Milders (hydro-power station)

Length: 4.1 km (Oberegg) / 5.7 km (Bichlhof)

Difference in Altitude: 470 m (Oberegg) / 570 m (Bichlhof)

Opening Hours: daily, night tobogganing on Tue., Fri. and Sat.

Rentals: Milderaunalm

Parking: Oberegg (above Krössbach, for a fee), Wasserkraftwerk Milders (Oberbergthal)

Rest Points: Milderaunalm (1,671 m)

- 5** From the Milderaunalm to Oberegg.
- 6** From the Milderaunalm to the Bichlhof



FULPMES

SCHLICK 2000 NIGHT TOBOGGAN RUN 7

Ascent: With the Schlick 2000 cable cars to the Froneben Intermediate Station

Length: 2.4 km

Difference in Altitude: 370 m

Opening Hours: every Wednesday from the end of December until the middle of March, ascent from 7:30 to 9 pm, on nights with Ski Night Show until 10 pm

Rentals: Schlick 2000 Valley Station

Parking: Schlick 2000 Valley Station

Rest Points: Bruggeralm (1,350 m), Bar Schlussliacht (1,005 m)

From the Froneben Intermediate Station via the valley descent to the Valley Station. Night tobogganing only, no dedicated toboggan run for daytime tobogganers



MIEDERS

MIEDERS TOBOGGAN RUN 8

Ascent: With the cable cars to the Koppeneck Summit Station.

Length: 6 km

Difference in Altitude: 640 m

Opening Hours: daily from 9 am to 4 am, night tobogganing: current information on www.serlesbahnen.at

Rentals: Serlesbahnen Valley Station, Mieders

Parking: Serlesbahnen Valley Station

Rest Points: Koppeneck Panorama Restaurant (1,605 m), Ochsenhütte (1,582 m), about 15 minutes from the mountain station

From the Koppeneck Panorama Restaurant or the Ochsenhütte to the Valley Station.



TELFES

TELFES TOBOGGAN RUN 9

Ascent: approx. 45 min. from the Kapfers car park in Telfes.

Length: 2 km

Difference in Altitude: 220 m

Opening Hours: daily (11 am – 5 pm), preparation information: Municipality of Telfes (Tel: +43 (0) 5225 62290)

Rentals: see page 88

Parking: Kapfers

Rest Points: –

From Gewöhre to Kapfers (district of Telfes) to the sports ground.



SCHÖNBERG

GLEINS TOBOGGAN RUN 10

Ascent: 1 hour on the road from the centre of Schönberg to the Alpengasthaus Gleinserhof. 1 hour walk from the Serlesbahnen Summit Station.

Length: 2.6 km

Difference in Altitude: 380 m

Opening Hours: daily, night tobogganing daily except Mondays (run daily illuminated until 0:30 am)

Rentals: Alpengasthaus Gleinserhof

Parking: Schönberg (at the end of the toboggan run)

Rest Points: Alpengasthaus Gleinserhof (1,420 m), hot meals all the time, closed on Mondays (except public holidays)

From Gleins to the centre of Schönberg. The access is approx. 5 min. away from the Gleinserhof (1,420 m).



STUBAI NIGHT TOBOGGANING

Tobogganing at night is a particularly atmospheric experience. Under the starry sky in the clear winter air, a toboggan run with a stop for refreshments becomes a delightful event. A total of seven routes are open to tobogganists in the Stubai, even at night. Four routes are illuminated and three of them are easily accessible by cable car. For the unlighted night toboggan runs it is recommended to wear a headlamp. This way, your tobogganing will not just be a great fun, but also a safe experience.

ELFER – NEUSTIFT DORF SPORTS TOBOGGAN RUN 1

Ascent: comfortable with the Elferbahnen Valley Station
Opening Hours: Mondays (only in the holiday periods), Wednesdays, Fridays; ascent 7:30 – 9 pm
Rentals: Elferbahnen Valley Station
Rest Points: Elfer-Agrar Panorama Restaurant (1,790 m), Alm zum Weber Lois (1,107 m)



BRANDSTATTALM TOBOGGAN RUN 4

Ascent: 1 ½ hours
Opening Hours: Thursday through Monday
Rentals: at the Alm
Rest Points: Brandstattalm (1,810 m), closed on Tuesday and Wednesday (except public holidays), Night tobogganing (on request)



MILDERAUNALM – OBEREGG TOBOGGAN RUN 5

Ascent: 1 ½ hours
Opening Hours: Tuesdays, Fridays, Saturdays
Rentals: at the Alm
Rest Points: Milderaunalm (1,671 m)



MILDERAUNALM – BICHLHOF TOBOGGAN RUN 6

Ascent: 2 hours
Opening Hours: Tuesdays, Fridays, Saturdays
Rentals: at the Alm
Rest Points: Milderaunalm (1,671 m)



SCHLICK 2000 TOBOGGAN RUN 7

Ascent: comfortable with the Kreuzjochbahn cable car from the valley station to the middle station Froneben
Opening Hours: every Wednesday from the end of December until the middle of March, ascent 7:30 – 9 pm, on nights with Ski Night Show 7:30 – 10 pm
Rentals: Schlick 2000 Valley Station
Rest Points: Bruggeralm (1,350 m), Bar Schlussliacht (1.005 m)



MIEDERS TOBOGGAN RUN 8

Ascent: comfortable, Serlesbahnen (Valley Station)
Opening Hours: current information on www.serlesbahnen.at
Rentals: Serlesbahnen Mieders Valley Station
Rest Points: Koppeneck Panorama Restaurant (1,605 m), Ochsenhütte (1,582 m)



GLEINS TOBOGGAN RUN 10

Ascent: 1 ½ hours
Opening Hours: Toboggan run illuminated every day until 00:30 pm
Rentals: Alpengasthaus Gleinserhof
Rest Points: Alpengasthaus Gleinserhof (1,420 m), hot meals all the time, closed on Mondays (except public holidays)



THE 10 STUBAI TOBOGGAN RUNS

Run					Rentals
Neustift					
1 Elfer – Neustift Dorf	Mon*/Wed/Fri			2 h	Valley Station Elferbahnen
2 Elfer – Pinnis Valley	–	–		2½ h	Valley Station Elferbahnen
3 Pinnisalm – Issenangeralm	–	–	–	2½ h	Valley Station Elferbahnen
4 Brandstattalm	on request		–	1½ h	at the Alm
5 Milderaunalm (Oberegg)	Tue/Fri/Sat		–	1½ h	at the Alm
6 Milderaunalm (Bichlhof)	Tue/Fri/Sa		–	2 h	at the Alm
Fulpmes					
7 Schlick 2000 Night Tobogganing	Wed				Valley Station Schlick 2000
Mieders					
8 Serlesbahnen	**				Valley Station Serlesbahnen
Telfes					
9 Telfes	–	–	–	45 min.	–
Schönberg					
10 Gleins	Mon – Son***		–	1 h	Alpengasthaus Gleinserhof

* only during holiday periods
** current information on www.serlesbahnen.at
*** Inn closed on Mondays, (except public holidays)

- Night Tobogganing
- Run Illuminated
- Gondola
- Walking Time
- Headlamp recommended

- Level of Difficulty**
- low
 - medium





WINTER HIKING

Feeling Fresh Snow – Step by Step

The snow draped beautifully across the trees and crunching under your feet, the crisp winter air in your lungs... There is hardly a more idyllic way to experience the Stubai Valley than by hiking in winter.

Amidst such natural splendour, the hectic pace of everyday life will simply fade away, while a stop in one of the warm and inviting parlours of a cosy alpine lodge will provide new strength.

On 80 kilometres of cleared and well-marked trails, active holiday-makers can let their thoughts run free and discover the enchanting winter wonderland of Stubai for themselves.

Notice:

The dotted winter hiking trails (no. 7, 14, 21, 22, 23, 25) in the winter hiking map cannot be cleared or gritted due to their location. Therefore, after snowfall or in thawing weather, possible difficulties are to be expected. More information in the offices of the Stubai Tirol Tourism Board in Neustift and Fulpmes.



WINTER HIKING HIGHLIGHTS

Five winter hiking trails have been summarized under the winter hiking highlights to make your choice easier. They extend through the entire valley and impress with grandiose natural landscapes, great views as well as peace and seclusion.

PINNIS VALLEY 1

Beautiful, natural winter hiking trail in the wild and romantic Pinnis valley. – details see page 33

UNTERBERG CIRCUCLAR TRAIL FALBESON 5

Easily accessible winter hike down in the valley in the Klaus Äuele Nature Park. – details see page 35

GAMSGARTEN MOUNTAIN STATION – BÖDELEHÜTTE 11

Snowy winter hike at over 2,600 m with spectacular views of the Stubai mountains. – details see page 37

GALTALM 15b

On the sunny side of the Schlick you can enjoy the fantastic valley view on the way to the Alm. – details see page 40

MARIA WALDRAST 19

Contemplative hike in the midst of magnificent natural scenery to the historic Maria Waldrast monastery inn. – details see page 42



NEUSTIFT

PINNISTAL 1

Walking Time: 1 ¼ h (Issenangeralm),
2 ¼ h (Pinnisalm) (descent with toboggan possible)
Length: 3.4 km / 6.1 km (to the alpine pastures)
Difference in Altitude: 400 / 592 m
Start / Finish: Neder, Zegger car park
Parking: Zegger (Neder)
Rest Points: Issenangeralm (1,380 m),
Pinnisalm (1,557 m)

The trail first leads from the Zegger car park in Neder via the road to the end of the toboggan run, and from there along the toboggan run to the two alpine pastures. The Issenangeralm can be reached via the relatively steep toboggan run after 1 ¼ hours. From there the most beautiful part of the trail goes moderately uphill in another hour to the Pinnisalm.



NEUSTIFT – SCHALLER 2

Walking Time: approx. 1 ½ – 2 hours
Length: 6 km (total)
Difference in Altitude: 45 m
Start / Finish: car park at Freizeitzentrum Neustift
Parking: Freizeitzentrum Neustift
Rest Points: Loipenhütte 'Alte Mühle' (1,002 m)

From the car park at the Freizeitzentrum, follow the Uferweg trail along the valley to Milders. There, you cross the bridge and follow the hiking trail, which leads into the groomed winter hiking trail. This leads to Schaller, where you can cross the road and walk along the forest, back towards Neustift Dorf. At the Bioheizkraftwerk Neustift (power-station) cross the main road again and hike along the winter hiking trail across meadows back to the Freizeitzentrum.



NEUSTIFT – GRÖBENHOF 3

Walking Time: approx. 3 hours

Length: 9.5 km (total)

Difference in Altitude: 59 m

Start / Finish: Elferbahnen car park

Parking: Elferbahnen (Neustift)

Rest Points: Seestüberl (Lake Kampl, 966 m), Gröbenhof (986 m), closed on Tuesdays and Wednesdays

Starting at the Elferbahnen car park, this route takes hikers via snow-covered meadows to Neder, where they cross the main road via an underpass. Follow the trail along the stream to Lake Kampl. Cross the bridge and follow the road for about 45 minutes, until you reach the Gröbenhof in Fulpmes. From there, take the same route back to Neustift.



SCHALLER – KRÖSSBACH 4

Walking Time: 45 min.

Length: 2.3 km

Difference in Altitude: 71 m

Start / Finish: Schaller / ski lift Krössbach

Rest Points: Skialm Krössbach (1,100 m)

This hike combines winter hike no. 2 with winter hike no. 5. To do this, cross the main road in Schaller and follow the road on the left side of the stream. After about 30 minutes you will reach the Hotel Edelweiß. From there, the winter hiking trail continues to the ski lift in Krössbach.



UNTERBERG CIRCULAR TRAIL FALBESON 5

Walking Time: approx. 3 hours

Length: 9.6 km (total)

Difference in Altitude: 120 m

Start / Finish: Krössbach cable car

Parking: Krössbach cable car or Volderau

Rest Points: Krössbach Skialm (1,100 m), Gasthaus Volderauhof (1,129 m), Marend Stüberl (1,197 m), Doadler Alm (1,250 m)

Cross the bridge directly at the car park and walk along the opposite side of the stream to Volderau in approx. 30 minutes. Alternatively, the tour can be started from this location. From Volderau, the winter hiking trail leads slightly uphill for about 45 minutes to Klaus Äuele near Falbeson. Cross the main road there (underpass) and continue walking to the Marend Stüberl, which invites you to take a break. After another 15 minutes, you reach the Doadler Alm, from where you can hike back to the starting point.



BRANDSTATTALM (OBERBERGTAL) 6

Walking Time: 1 ½ hours to the Alm
(descent with rental sled possible)

Length: 3.5 km to the Alm

Difference in Altitude: 420 m

Start / Finish: Josef car park

Parking: Josef car park (Oberbergtal)

Rest Points: Brandstattalm (1,810 m), closed on Tuesdays and Wednesdays (except public holidays)

From the Josef car park, the trail steadily ascends through snow-covered forests along the toboggan run to the Brandstattalm (3.5 km), where a cosy alpine atmosphere and culinary delights await you.



BRANDSTATTALM (MILDERS) 7

Walking Time: 2 ½ hours to the Alm (descent with rental sled possible)

Length: 6.8 km to the Alm

Difference in Altitude: 710 m

Start / Finish: car park at Wasserkraftwerk Milders (Milders hydro-power station)

Rest Points: Brandstattalm (1,810 m), closed on Tuesdays and Wednesdays (except public holidays)

This variant starts at the car park at the Wasserkraftwerk (hydro-power station) above Milders in the direction of Oberbergthal. Follow the road in the direction of Bichlhof. From there, a forest path leads to the Brandstattalm. You can return on foot taking the same path or use a rental sled for an exhilarating descent.



MILDERAUNALM (OBEREKG) 8

Walking Time: approx. 1 ½ hours (descent with rental sled possible)

Length: 4.1 km to the Alm

Difference in Altitude: 470 m

Start / Finish: Oberegg car park

Parking: Oberegg (above Krössbach, for a fee)

Rest Points: Milderaunalm (1,671 m)

From the car park in Oberegg, above Krössbach, the trail leads via the toboggan run in 1 ½ hours up to the Milderaunalm. There, you can strengthen yourself with numerous local specialties before returning to the valley with a rental sled.



MILDERAUNALM (MILDERS) 9

Walking Time: approx. 2 hours (descent with rental sled possible)

Length: 5.7 km

Difference in Altitude: 570 m

Start / Finish: car park at Wasserkraftwerk Milders (Milders hydro-power station)

Parking: Wasserkraftwerk Milders (Oberbergthal)

Rest Points: Milderaunalm (1,671 m)

Variant 2 starts at the car park near the Wasserkraftwerk (hydro-power station) above Milders in the direction of Oberbergthal. From there, follow the signposted trail, direction Milderaunalm.



GAMSGARTEN MOUNTAIN STATION – EISGRAT MOUNTAIN STATION 10

Walking Time: approx. 45 min.

Length: 1.6 km

Difference in Altitude: 265 m

Start / Finish: Gamsgarten Mountain Station / Eisgrat Mountain Station

Parking: Stubai Glacier Valley Station

Rest Points: Gamsgarten Mountain Station (2,620 m), Eisgrat Mountain Station (2,900 m)

From the Gamsgarten mountain station, a prepared winter hiking trail leads in serpentine to the Eisgrat mountain station. It takes about 45 minutes to cover the 265 metres in altitude.



GAMSGARTEN MOUNTAIN STATION – BÖDELEHÜTTE 11

Walking Time: approx. 2 hours

Length: 3.9 km (outward and return)

Difference in Altitude: 50 m

Start / Finish: Gamsgarten Mountain Station

Parking: Stubai Glacier Valley Station

Rest Points: Gamsgarten Mountain Station (2,620 m), Bödelelhütte (2,600 m)

From the Gamsgarten mountain station, follow the flat, prepared winter hiking trail to the Bödelelhütte. Return along the same path. It takes about 2 hours to get there and back.



FULPMES

FULPMES – MEDRAZ 12

Walking Time: approx. 2 hours

Length: 6.3 km (total)

Difference in Altitude: 97 m

Start / Finish: Schlick 2000 Valley Station

Parking: Schlick 2000 Valley Station

Rest Points: Gröbenhof (986 m), closed on Tuesdays and Wednesdays

Start at the Schlick 2000 Valley Station and walk below the lift in the direction of the Gröbenhof, which you reach after 30 minutes. Follow the Wiesenweg trail to the first fork in the road (approx. 30 min. from Gröbenhof) and turn left towards Medraz/Fulpmes. After another half hour you reach Medraz. Walk for a few metres on the sidewalk to the Franz-Senn-Weg (Fulpmes) junction. Turn left and follow the signs to Fulpmes, from where you will return to the starting point.



FULPMES – MEDRAZER STILLE 13

Walking Time: approx. 1 hour

Length: 3.2 km (total)

Difference in Altitude: 77 m

Start / Finish: Adventure Park Fulpmes

Parking: Adventure Park Fulpmes

Rest Points: –

This winter hiking trail starts at the Adventure Park in Fulpmes. Follow the signs to Medraz / Medrazer Stille. A cleared forest road takes you to the Medrazer Stille in about 30 minutes. From there, take the same way back to the starting point.



FULPMES – TELFES 14

Walking Time: approx. 2 hours

Length: 5 km (total)

Difference in Altitude: 135 m

Start / Finish: Schlick 2000 Valley Station

Parking: Schlick 2000 Valley Station

Rest Points: Schlussliacht (Schlick 2000 Valley Station)

This tour starts at the Schlick 2000 Valley Station. Follow the road, which is directly next to the large car park of the Schlick 2000, in the direction of Plöven/Telfes for about 10 min. until you reach the Schlicker Bach creek. Turn left before the bridge and follow the road for approx. 150 m to the next bridge. Cross it and follow the road in the direction of Plöven/Telfes. After a few metres, you will reach another fork in the road. Turn left there and follow the road in the direction of Gagers/Kapfers. You will reach the hamlet of Gagers after about 30 minutes, and Kapfers after another 20 minutes. In Kapfers, turn right and follow the main road to the rail crossing. Above the rail crossing the trail leads back to the starting point at the Valley Station.



SCHLICKERALM 15a

Walking Time: approx. 2 hours

Length: 5.2 km (total)

Difference in Altitude: 286 m

Start / Finish: Froneben Intermediate Station

Parking: Valley Station Schlick 2000

Rest Points: Schlickeralm (1,643 m), Fronebenalm (1,306 m), Bruggeralm (1,350 m)

The winter hiking trail Schlickeralm is located in the Schlick 2000 ski area. It starts at the middle station Froneben and takes approximately 1 hour to walk through the Schlicker Talboden to the Schlickeralm. After a cozy stopover, you follow the same path back to the middle station Froneben. Then, you can relax by taking the cable car back down to the valley.



GALTALM 15b

Walking Time: approx. 2 hours

Length: 4 km (total)

Difference in Altitude: 271 m

Start / Finish: Froneben Intermediate Station

Parking: Valley Station Schlick 2000

Rest Points: Schlickeralm (1,643 m), Fronebenalm (1,306 m), Bruggeralm (1,350 m)

The winter hiking trail Galtalm is located in the Schlick 2000 ski area. This sunny trail starts at the middle station Froneben, passes by the Bruggeralm, and ends at the Galtalm. It takes about 1 hour to reach the Galtalm. A special highlight of this trail is that it passes under the ski slope through a tunnel. After a relaxing break at the Galtalm, you follow the same path back, either to the Bruggeralm or to the middle station Froneben. From there, you can watch the skiers making their tracks in the snow on your way back, and then enjoy a leisurely cable car ride down from the middle station Froneben. This winter hiking trail is also suitable for ski tourers.



FRONEBENALM 16

Walking Time: 1 hour

Length: 2.7 km

Difference in Altitude: 306 m

Start: Schlick 2000 Valley Station

Finish: Fronebenalm

Parking: Schlick 2000 Valley Station

Rest Points: Fronebenalm (1,307 m)

From the Schlick 2000 car park, turn left past the Valley Station and continue on a well-marked trail slightly uphill through beautiful winter forests for about 900 m until you reach a fork in the road. Turn right to the Fronebenalm, then simply follow the trail. Return along the same trail or continue for about 10 minutes to the Froneben Intermediate Station and take the cable car back to the starting point.



MIEDERS

WALDRASTER JÖCHL CIRCULAR TRAIL 17

Walking Time: 4 hours

Length: 14.4 km (outward and return)

Differenz in Altitude: 390 m

Start / Finish: Serlesbahnen Summit Station

Parking: Serlesbahnen Valley Station

Rest Points: Panoramarestaurant Koppenneck (1.605 m), Klostergasthof Maria Waldrast (1.638 m), Ochsenhütte (1.582 m)

An idyllic, 14.4 km long circular hike takes you around the Waldraster Jöchl and back to the Summit Station in about 4 hours.



GLEINSERHÖFE 18

Walking Time: 1 ½ hours

Legnth: 5.6 km

Difference in Altitude: 72 m

Start / Finish: Serlesbahnen Summit Station / Alpengasthaus Gleinserhof

Parking: Serlesbahnen Valley Station

Rest Points: Panoramarestaurant Koppenneck (1.605 m), Ochsenhütte (1.582 m), Alpengasthaus Gleinserhof (1.412 m), closed on Monday (except public holidays)

From the Summit Station, the trail takes you in approx. 1 ½ hour to the popular Gleinserhöfe (small farms), which invite you to unwind and enjoy the magnificent view of the Serles and the Kalkkögel Summits. Return on the same trail or by toboggan via the toboggan run down to the valley to Schönberg.



MARIA WALDRAST 19

Walking Time: 1 hour

Legnth: 2.6 km

Difference in Altitude: 150 m

Start / Finish: Serlesbahnen Summit Station / Klostergasthof Maria Waldrast

Parking: Serlesbahnen Valley Station

Rest Points: Panoramarestaurant Koppenneck (1.605 m), Klostergasthof Maria Waldrast (1.638 m)

The Maria Waldrast Monastery (Kloster Maria Waldrast) can be reached from the Summit Station in an hour's walk. The Monastery Inn invites you to stop for a bite to eat.



OCHSENHÜTTE 20

Walking Time: 30 min.

Legnth: 1 km

Difference in Altitude: 37 m

Start / Finish: Serlesbahnen Summit Station / Ochsenhütte

Parking: Serlesbahnen Valley Station

Rest Points: Panoramarestaurant Koppenneck (1.605 m), Ochsenhütte (1.582 m)

The Miederer Berg also offers something for leisurely hikers. In only 20 min. you can get from the Summit Station to the Ochsenhütte.



TELFES

TELFER WIESEN – KIRCHBRÜCKE 21

Walking Time: approx. 3 hours

Length: 9 km (total)

Difference in Altitude: 267 m

Start / Finish: Kapfers car park

Parking: Kapfers (chargeable)

Rest Points: For refreshment or relaxation, a visit to the StuBay (1,000 m) is recommended afterwards.

Starting from the car park in the hamlet of Kapfers in Telfes, a wide and level forest path takes you in the direction of Telfer Wiesen. This beautiful path leads past many larches, and after only 15 minutes, you reach the 'Telfer Wiesen' natural site. With its large reclining platform, the area invites you to linger. After another half hour, you reach a junction and follow it to the right in the direction of the Kirchbrücke. The path leads slightly downhill past the Gallhof and the Wiesenhof. After the Wiesenhof, turn right, cross the Ruetzbach and follow the path towards the Kirchbrücke. After a total walking time of about 2 ½ hours you reach the Kirchbrücke. Now it's about a 30-minute uphill return to the starting point.



TELFER WIESEN – STOCKERHOF 22

Walking Time: approx. 2 hours

Length: 6 km (total)

Difference in Altitude: 160 m

Start / Finish: Kapfers car park

Parking: Kapfers (chargeable)

Rest Points: Stockerhof (1,196 m), open from November until end of March (closed on Mon & Tue, except during Christmas time)

Starting from the car park in the hamlet of Kapfers in Telfes, a broad and level forest trails leads in the direction of Telfer Wiesen. Along the trail you will pass numerous larches, and after an hour you will reach the Stockerhof. Return the same way.



SCHÖNBERG

SCHÖNBERG AUSSICHTSWARTE 23

Walking Time: 20 min.

Length: 0.9 km

Difference in Altitude: 9 m

Start / Finish: Gasthof Domanig

Parking: Gasthof Domanig

Rest Points: Sparmarkt Gietl, Hotel Stubai, Hotel Handl

This easy and short circular trail begins at the car park behind the Gasthof Domanig. Follow the signs and you will soon reach the look-out point, then the Lourdes Chapel and back to the starting point.



SCHÖNBERG – GLEINS 24

Walking Time: 1 ½ hours

Length: 3.1 km

Difference in Altitude: 377 m

Start / Finish: carpark Schönberg (near football field)/Alpengasthaus Gleinserhof

Parking: carpark Schönberg

Rest Points: Alpengasthaus Gleinserhof (1.412 m), closed on Monday (except public holidays)

The winter hike leads via the toboggan run (approx. 50 metres above the car park) up to Gleins. From there it goes straight on along the road to the Alpengasthaus Gleinserhof.



WINTER HIKING TRAIL TO GLEINS 25

Walking Time: 2 ½ hours

Length: 4 km

Difference in Altitude: 377 m

Start / Finish: carpark Schönberg (near football field)/Alpengasthaus Gleinserhof

Parking: carpark Schönberg

Rest Points: Alpengasthaus Gleinserhof (1.412 m), closed on Monday (except public holidays)

From the car park, do not hike to the toboggan run, but in the direction of the football pitch and then continue to Mieders (sign-posted). After approx. 2 km, turn left in the direction of Zirkenhof. Then hike along Forsweg until you reach the Gleinserhof turn-off.





SNOWSHOEING

Discover the Sound of Snow

When peacefully snowshoeing through the Stubai winter landscape, you can experience nature with all your senses. The exercise in fresh air, the gentle immersion in glittering deep snow, and the knowledge that in winter you can reach places you would never reach without snowshoes, make this nature activity so special.

Local guides know the most beautiful areas for snowshoeing and provide insight into Stubai's unique natural environment. Discover an authentic holiday experience that you wouldn't want to miss.

NATURE-FRIENDLY ENJOYMENT

In winter, the animals of the wild are in energy-saving mode. That's why disturbances are especially difficult for them to cope with. In order to guarantee their peace and quiet, here are a few simple tips that will not impair the quality of your hike:

- Please keep dogs on a leash
- Observe official tour routes to protect forest dwellers (red deer and wood grouse).
- Do not enter feeding areas of wild animals (observe signs).
- Pass forest lines directly; it is the area the sensitive black grouse inhabit
- Conserve the forest: Please avoid young forests and afforested areas



SNOWSHOEING ROUTES

FRONEBEN – SCHLICKERALM 1

Walking Time: approx. 3 hours (outward & return)

Length: 5.7 km (circular trail)

Difference in Altitude: 288 m

Start / Finish: Middle Station Froneben / Schlick 2000 (1,362 m)

Parking: Schlick 2000 Valley Station

Rest Points: Schlickeralm (1,643 m), Bruggeralm (1,362 m)

From the car park at the Schlick 2000 Valley Station in Fulpmes, the cable cars take you comfortably to the Froneben Intermediate Station. From there, the route takes you uphill along the track for the first few minutes. After the Summit Station of the tow lift, the snowshoe hiking trail branches off to the right in the direction of Schlickerbach and then continues along the right-hand side of the track through the forest, ascending slightly towards the Schlickeralm. After about 1 km, due to the steepness of the slope, you change to the road for about 100 m, which you then leave to the right at the first opportunity. Continue along the road slightly to the right, continuing on a slightly steeper ascent for a short while until you reach the crossroads north of the Panorama Lake. From here, the trail becomes much flatter on the right side (please refrain from feeding game) until you reach the Schlickeralm. From the Schlickeralm you cross the ski slope (watch out for others) and start below the garage building always on the right side of the slope. After 200 m, follow the cross-country skiing trail to the right and hike across the Abendweide pasture to the Panorama Lake. From there, past the large wooden disc on the Scheibenweg trail, always keep to the right of the ski slope and descend to the Froneben Middle Station.



NEUSTIFT – FORCHACH – INNERES MAHD 2

Walking Time: approx. 2 ½ hours

Length: 4 km (circular trail)

Difference in Altitude: 263 m

Start / Finish: General car park (approx. 300 m above Forchach)

Parking: General car park (approx. 300 m above Forchach)

Rest Points: Jausenstation Hofer– Unterkartnall (1,300 m), closed on Wednesdays, Jausenstation Oberkartnall (1,285 m), closed on Thursdays

The starting point is about 400 meters after the tunnel, directly after the fork on the right side. Following the forest trail, the hike leads from here through idyllic winter forests to Innere Mahd. Some wonderful options for a rest break are the Jausenstation Hofer– Unterkartnall and the Jausenstation Oberkartnall. They can be reached by following the asphalt road for about 500 metres.



WALDRASTER JÖCHL 3

Walking Time: approx. 2 hours

Length: 4 km (outward & return)

Difference in Altitude: 300 m

Start / Finish: Serlesbahnen-Koppeneck Summit Station

Parking: Serlesbahnen Valley Station

Rest Points: Koppeneck Panorama Restaurant (1,600 m)

Due to the high starting point, this hike is accessible from early winter until spring. From the Summit Station you pass the Koppeneck Panorama Restaurant, hiking parallel to the winter hiking trail towards the east. After a few metres, you cross the hiking trail and proceed gently uphill, almost straight ahead in a southerly direction to Waldraster where you are awaited by a summit cross at 1,878 m.



ALPENGASTHAUS GLEINSERHOF – EULENWIESEN 4

Walking Time: approx. 3 hours

Length: 7.5 km (circular trail)

Difference in Altitude: 297 m

Start / Finish: Alpengasthaus Gleinserhof

Parking: Alpengasthaus Gleinserhof

Rest Points: Alpengasthaus Gleinserhof (1,412 m), closed on Monday (except public holidays)

From the Gleinserhof you pass the last buildings of Gleins heading southeast on a forest road. After approx. 15 minutes, turn left in the direction of Eulenwiesen, through the forest slightly uphill. After two bends, hike straight ahead for about an hour before you reach the light larch forest of the Eulenwiesen after two more bends. Over the extensive hilltop of the Eulenwiesen, one finally arrives, slightly descending, at two small huts. From here, hike down to the right to the Gleinser Mähder in a large shallow dip, past a small private hut with bench and tables and over the long-stretched valley floor. At the end of the Mähder area, the route leads back to the Eulenwiesen

rail, on to the forest path. On this slightly descending trail, the tour again leads to the Eulenwiesen junction and finally back to the starting point.



SNOWSHOE TOUR PROVIDERS

If you are interested in a guided snowshoe tour, please contact one of the local alpine schools, ski schools or mountain guides.



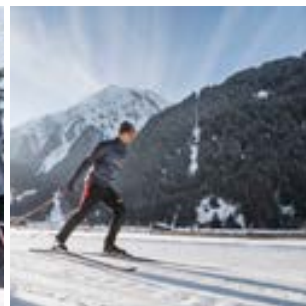


CROSS-COUNTRY SKIING

Consciously Experiencing Nature

Perfectly groomed and tracked, the the cross-country skiing network in the Stubai, which has been awarded the Tyrolean Cross-Country Skiing Seal of Quality, guarantees snow in abundance. Cross-country skiers will find what their heart desires here, and so much more.

More than 40 km at all altitude levels to enjoy your favourite sport, including an illuminated cross-country trail for the night cross-country skiing experience, a breath-taking scenery, and the opportunity to consciously discover the varied winter landscape. Body, mind, and soul will rejoice exercising in the fresh mountain air and quickly find themselves in harmony in the cross-country skiing rhythm. That's why skaters & classic cross-country skiers, beginners or professionals, feel so alive and at home in the Stubai Valley.



NEUSTIFT AND FULPMES

NEUSTIFT VALLEY TRAIL – DOADLER ALM 1

Style: Skating & Classic

Length: 13.7 km

Difference in Altitude: 262 m

Start: School campus (Kampl)

Finish: Doadler Alm

Parking: Lake Kampl, Zegger (Neder) car park, Freizeitzentrum (Neustift Dorf), Skialm (Krössbach), Klaus Äuele (Falbeson), Doadler Alm (Falbeson)

Rest Points: Sportalm, Ski Alm, Marend Stüberl, Doadler Alm

At the school campus in Kampl, the cross-country trail merges with the Neustift network of cross-country trails and leads to Neder, then through the underpass to the Forster Hotel, from where you follow the trail to the Elferbahnen Valley Station in Neustift. After a slight ascent, the route then leads via Lehner (difference in altitude approx. 30 m), descending to the Freizeitzentrum. From the Freizeitzentrum in Neustift, the valley trail steadily ascends through the villages of Milders, Krössbach, Gasteig, and Volderau until you reach the end of the trail at Falbeson. Falbeson's Au offers an extensive network of trails with several loops and cross-country bridges. The return is either on the same trail or conveniently by bus with several stops along the route.



FULPMES VALLEY TRAIL 1

Style: Skating & Classic

Length: 3.7 km

Difference in Altitude: 68 m

Start / Finish: Hotel Tirolerhof (Fulpmes) / School Campus Neustift (Kampl)

Parking: Fulpmes (Garage)

Rest Points: Rastbichlhof Hotel

The valley trail can be accessed on the outskirts of Fulpmes at the Tirolerhof Hotel. The cross-country skiing trail leads through the valley on the right side of the brook to Medraz. Cross the bridge on foot, turn right in front of the parish church and re-attach your skis at the end of the street. After a slight ascent you cross the brook over a bridge near the industrial area. The trail then ascends further and slopes slightly down to the Rastbichlhof Hotel and on to the school campus in Kampl. From there, you will be able to access the cross-country skiing trail network of Neustift.



MEDRAZER CIRCULAR TRAIL 2

Style: Skating & Classic

Length: 0.9 km

Difference in Altitude: 10 m

Parking: Fulpmes (underground car park)

Start / Finish: Hotel Tirolerhof (Fulpmes)

The Medrazer circular trail is a 0.9 km-long, easy track on the outskirts of Fulpmes. It is also the starting point of the Fulpmes Valley Trail – it is possible to continue in the direction of Neustift.



MILDERS NIGHT TRAIL 4

Style: Skating & Classic

Length: 1.2 km

Difference in Altitude: 23 m

Start / Finish: Milders cross-country skiing trail access, cross-country skiing trail access at the Heizkraftwerk (power station)

Parking: directly next to the main road, opposite the Heizkraftwerk

Rest Points: –

The Milders night trail is a 1.2 km-long, moderately difficult trail that can be accessed both during the day and at night (illuminated daily). The night trail is illuminated daily from 5 to 10 pm.



SEERUNDE (KLAUS ÄUELE) 6

Style: Skating & Classic

Length: 0.9 km

Difference in Altitude: 10 m

Start / Finish: Klaus Äuele car park

Parking: Klaus Äuele (Falbeson)

Rest Points: Marend Stüberl

The lake tour is a circular trail in the Klaus Äuele recreation area. The easy, almost level cross-country skiing circuit is perfect for cross-country beginners who wish to try out this sport. If this isn't enough, you can follow the valley trail to Volderau or explore the numerous variants to the Doadler Alm.



FALBESON TRAIL (LOW AND MEDIUM DIFFICULTY) 5 7

Style: Skating & Classic

Length: 2.2 km (easy) / 3.3 km (medium difficulty)

Difference in Altitude: 23 m (easy) / 39 m (medium difficulty)

Start / Finish: Doadler Alm

Parking: Klaus Äuele (Falbeson)

Rest Points: Doadler Alm

The district of Falbeson is the Stubai Valley's cross-country skiing paradise. Securely situated amidst the snow, you will find a multitude of routes across all levels of difficulty here. The two Falbeson routes (easy and difficult) start at the Doadler Alm and lead out of the valley to Klaus Äuele. From there you can loop back to the starting point.



ELITE TRAIL (KLAUS ÄUELE) 8

Style: Skating & Classic

Length: 3.3 km

Difference in Altitude: 50 m

Start / Finish: Doadler Alm

Parking: Doadler Alm (Falbeson)

Rest Points: Doadler Alm

The Elite trail is the only track in the Stubai cross-country skiing region that is classified as difficult. It requires lots of stamina and a sound cross-country technique. Constant uphill stretches are rewarded with several fast downhill runs. Surrounded by the beautiful Stubai Mountains, the Elite trail is a must for experienced cross-country skiers.



MOOS TOUR 9

Style: Skating & Classic

Length: 2.8 km

Difference in Altitude: 8 m

Start / Finish: Alpenhotel Tirolerhof (Neustift)

Parking: public car park Tourist office Neustift

The Moosrunde is a 2.8 km long, easy cross-country ski trail in the centre of Neustift. It starts at the Tirolerhof in Neustift and leads over the 'Moos' to Neder and from there back again.



HIGH ALPINE TRAIL AT THE STUBAI GLACIER 10

Style: Skating

Length: 2 km

Difference in Altitude: 63 m

Start / Finish: Summit Station Gamsgarten

Parking: Stubai Glacier Valley Station

Rest Points: Gamsgarten Marktrestaurant, Service Restaurant Zur Goldenen Gams, Schneekristall pavilion

The skating trail on the Stubai Glacier is easily accessible from the Gamsgarten Summit Station (2,620 m). From there, the cross-country skiing track runs past the Kinderland in a large reversal loop back to the starting point, offering a magnificent panorama of the highest Stubai Mountains. After a lot of fresh snow and/or a storm, please consult the information office at the Stubai Glacier for trail conditions.



SCHLICKERALM HIGH ALPINE TRAIL 11

Style: Skating & Classic

Length: 3.3 km

Difference in Altitude: 75 m

Start / inish: Schlickeralm

Parking: Schlick 2000 Valley Station

Rest Points: Schlickeralm

Take the gondola to the Kreuzjochbahn Intermediate Station. From there, you can either take a taxi (Tel: +43 (0) 660 4493 123, to be ordered the day before) or alternatively hike the distance up to the Schlickeralm. The circular route at 1,600 m above sea level leads along the Schlickerboden through magnificent larch and spruce forests and is considered to offer particular secure snow conditions.



FAMILY IN THE SNOW

Snow Angels and Ice Giants

The Stubai Valley holds the key to perfect winter happiness: experiencing winter like a child, seeing it through innocent eyes. Getting involved with the little pleasures and the big ones – all with the curiosity and joy of a child. How freeing it is to let yourself fall into the fresh deep snow, to stretch your wings like a snow angel, to build a snowman in untouched nature, and to enjoy a snowball fight from the bottom of your heart. That's how quickly you will become a child yourself again.

This is particularly easy in the Stubai, as it is known for its family-friendliness. In the BIG Family Stubai Premium Homes, the BIG Family Stubai partner facilities, and the BIG Family Stubai Restaurants, even the smallest guests' wishes are fulfilled. And the Stubai winter is the most fascinating adventure playground you can imagine for a break with your entire family.

ACTIVITIES FOR FAMILIES



HIGHLIGHTS FOR FAMILIES

- BIG Family ice rally in the Stubai Glacier ice grotto
- TOP OF TYROL viewing platform at the Stubai Glacier
- Mammut Photo Point at the Gamsgarten Summit Station on the Stubai Glacier
- Snow sculpture for climbing, unwinding, and sliding at the Gamsgarten Summit Station at the Stubai Glacier (depending on snow conditions from January to March)
- Largest walk-on sundial of the Alps at the Elferbahnen Neustift Summit Station
- Tyre slide in the children's area of the Serlesbahnen Mieders
- Tandem paragliding flight for children at Elferbahnen Neustift

EVENTS ESPECIALLY FOR FAMILIES

Snowcat Riding

Always on Tuesday from ab 26.12.2023, at 2 pm, meeting point at the BIG Family flag at the ice climbing tower at the Gamsgarten on the Stubai Glacier.

Cost: € 4.50 per child. Registration until Monday afternoon at the kiosk Gamsgarten next to the Intersport Shop (mountain station Gamsgarten).



NATUR AKTIV PARK KLAUS ÄUELE

Brilliant Nature Fun

In the Nature Active Park Klaus Äuele, winter sports enthusiasts will find idyllic winter charm, like something out of a picture book. The flat alluvial land – formed by the Ruetz River, the lifeline of the Stubai Valley – is a wonderful place to be active. On a winter hike you can roam the snow-covered forest and discover the tracks of many a forest dweller along the way: observe just how quickly a squirrel can disappear into the treetop. Let your eyes wander over the deep green spruce trees draped in their lush wintry dress and gaze up to the stunning peaks of the Stubai. Enjoy the pleasure of making your rounds on the cross-country skiing trails, either leisurely or actively, depending on your mood. On the other hand, how nice it is to sit quietly on a stone on the shore and let the surroundings work their magic on you. The power and beauty of the water is on full display here in an impressive flowing and frozen form and makes the Nature Active Park Klaus Äuele a real gem amidst the Stubai Mountains.

ACTIVITIES



HIGHLIGHTS

- Natural ice rink
- Rest Points Klaus Äuele Marend Stüberl with skate rentals



ICE SKATING IN THE STUBAI

Graceful Winter Adventure

Ice skating can be the highlight of a winter day and is simply part of the season. When gracefully gliding over the ice, you feel alive and free. Ice curling is not only fun, but also challenging. Three ice rinks are available for the perfect experience on ice in the Stubai. Here you can perfect your pirouettes and put your curling skills to the test.

EISLAUFPLATZ NEUSTIFT

Contact: Eislaufplatz Neustift,

Location: Next to the Neustift Musikpavillon
Public skating only (no ice hockey)

Opening Hours: Mondays to Sundays 1 – 7 pm

Curling upon reservation

700 m² artificial ice surface in the heart of Neustift with PA system, floodlight, and skates rental. Ice hockey and the ice disco round off a broad variety of activities.



FULPMES EISARENA

Contact: Fulpmes Eisarena, +43 (0) 660 420 2560,
info@eisarenafulpmes.at, www.eisarenafulpmes.at

Location: In the village centre near the Musikpavillon

Opening Hours: Tuesdays to Sundays, 2 – 6 pm,

The roofed artificial ice arena in Fulpmes offers 900 m² of ice surface. Skates can be rented here directly. Small snacks and drinks (mulled wine, sodas, hot chocolate, etc.) will be available. Particularly popular is the guest curling in the mornings and evenings from 6:15 pm (with advance booking!), as well as the ice disco every Saturday from 7 pm! The curling area offers space for up to 48 persons. There are plenty of parking spaces available for guests in the underground car park.

NATUREISLAUFPLATZ KLAUS ÄUELE

Contact: Klaus Äuele Marend Stüberl, +43 (0) 676 5207243

Location: Natur Aktiv Park Klaus Äuele

Opening Hours: 10 am – 5 pm daily

Idyllically situated natural ice rink (approx. 500 m²) in Falbeson. Wonderful view of the winter landscape. Ideal for families with different interests, as it is close to the hiking and cross-country skiing trails. Skate rental at the Marend Stüberl.

Curling: Monday, Wednesday and Friday from 5 pm, registration possible (the day before until 8 pm) by phone (+43 (0) 676 520 7243). Minimum participants: 10 persons



SKI TOURING EXPERIENCE IN THE STUBAI

Invigorating, Enriching, and Inspiring

With skins under your touring skis, you can enjoy a wide range of routes across every level of difficulty, through dense spruce forests and across wide alpine meadows to the most famous peaks of the Stubai Valley. Impressive views are on offer when touring the 3,507 m high Zuckerhütl, one of the Stubai's Seven Summits and at the same time the highest peak of the Stubai Alps. The Franz-Senn-Hütte (2,247 m) is considered one of the best ski tour bases in the Eastern Alps and is the starting point for numerous summit tours in the Stubai.

The piste tours of the Stubai Glacier, the Serlesbahnen Mieders, as well as the Elferbahnen are among the most beautiful ones in Tyrol. Not only during the day is the range of ski tours in the Stubai fascinating, in the evening as well, the lovers of this sport get their money's worth.

IMPORTANT! Please note the designated piste tour evenings at the times set by the cable cars.



Whether you're a beginner or a more experienced touring athlete, the Stubai has the perfect route for every skill level. The mountain guides (contact details on page 7) also offer a wide range of courses for beginners, guided day-tours, circular tours lasting several days, as well as avalanche safety trainings.

The alpine schools and mountain guide offices also have the perfect experts to obtain information on individual ski tours in the Stubai.

PISTE TOUR HIGHLIGHTS

The Stubaital offers numerous ski tour ascents in secured terrain.

- Elferbahnen Valley Station to the Elfer Agrar Panorama Restaurant or to the Elferhütte
- Milderaunalm from the Oberegg car park via the toboggan run
- Brandstattalm from the Josef car park or via Bichlhof along the toboggan run
- Serlesbahnen Valley Station via the valley run or the Wasser Valley to the Koppenneck Panorama Restaurant or to the Ochsenhütte





ICE CLIMBING IN THE STUBAI

Fascinatingly Beautiful

The Stubaital is rich in waterfalls. In winter, they transform into captivating ice formations and objects of desire for numerous ice climbers from all over the world. Climbing frozen waterfalls is a special experience. Due to the high climbing and safety requirements as well as the required experience (e.g. assessment of ice stability and avalanche risks) it is often referred to as the supreme discipline of alpinism. The area of the Grawa-Alm not only offers the impressive and beginner-friendly Grawa waterfall, but also numerous more difficult routes. In the Pinnis Valley, ice climbers will find some of the most famous ice falls in Austria. Those who want to make their first stress-free ice climbing attempts will find perfect conditions at the 20-metre-high ice climbing tower on the Stubai Glacier. There, the Stubai mountain guides regularly offer ice climbing courses. They are also the right contacts for more ambitious ice climbing goals. Contact details can be found on page 7.

Detailed information about the ice climbing tours are available in the Eiskletterführer Tirol (published by Alpinverlag).



PARAGLIDING & HANG-GLIDING

The Valley of the High-Flyers

In the paraglider scene, the Stubai has always been known for the best flight conditions. The extraordinary thermals, the impressive landscape, and the first-class take-off and landing sites make it a true flying paradise for paragliders and hang-gliders alike.

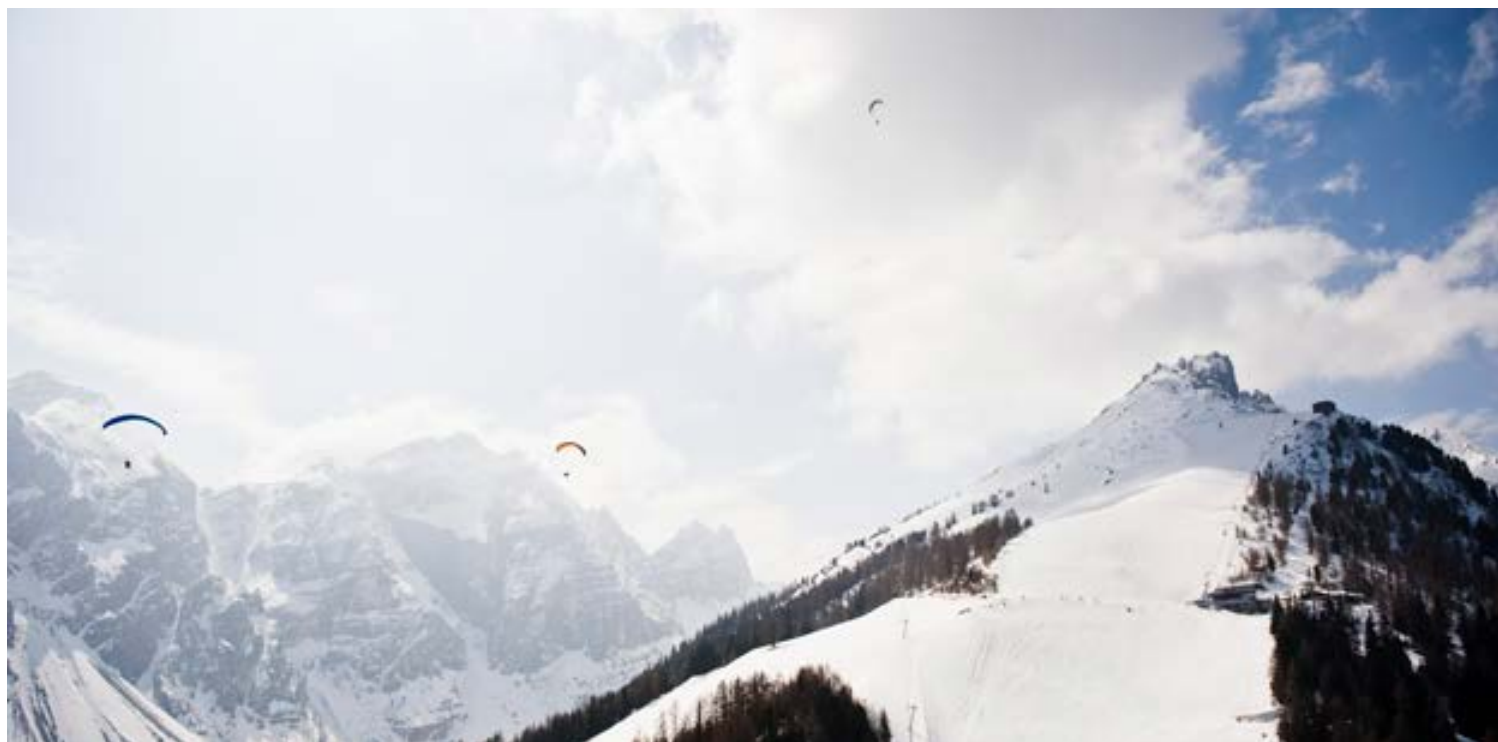
In the Schlick 2000 area, at 2,130 meters above sea level, there is a popular starting place at the Kreuzjoch, from where the Stubai Cup participants take off as well. In winter, the Kreuzjoch launch site offers ideal thermal conditions. And above Fulpmes, it is possible to overcome 1,230 m of difference in altitude flying.

The Elfer is very popular both as a training area and among sporty pilots. With the Elferbahnen, gliders can quickly and comfortably reach the mountain tops. Take-off and landing sites are located directly next to the cable car facilities.

Several flight schools are available at the foot of the Stubai Mountains that offer courses for beginners and advanced pilots. A tandem flight is recommended in any case, because the massive, imposing summits and fascinating mountain formations of the Stubai look even more spectacular from above.

NEUSTIFT

Air4You	+43 (0) 664 342 0343 info@air4you.at
Fly Stubai	+43 (0) 664 444 2694 peerlorenz@aon.at
Fly Together – Michael Müller	+43 (0) 664 160 2309 flytogether@aon.at
Human Eagle	+43 (0) 664 409 9663 office@humaneagle.com
Papillon Apc Stubai	+43 (0) 5226 3344 flugschule@apc-stubai.at
Paraflly Flugschule	+43 (0) 5226 3344 info@paraflly.at
Tandem Stubai	+43 (0) 681 8186 3905 hallo@tandem-stubai.at



STUBAI ALPINE HUTS AND LODGES

Stop off, Rest & Enjoy

ALM ZUM WEBER LOIS (1,100 m)

Contact: Alexandra Neunhäuserer | +43 (0) 650 6167004
www.facebook.com/zumweberlois | zumweberlois@gmail.com

Opening Hours: From 06.12.2023 open from Thursday to Sunday. From 20.12.2023 continuously open depending on snow conditions and the state of the toboggan run. From mid-January to the end of January, closed on Tuesdays, otherwise open daily.

Location: The snack station is located right next to the toboggan run, which leads from the Elferbahnen Summit Station to the valley. The Hut can be reached on foot from the valley in 25 minutes

Atmosphere: Rustic and cosy alpine hut

Culinary Delights: From 11 a.m. warm cuisine with traditional dishes, homemade cakes and fine spirits such as Zirbenschnaps and Enzianschnaps

Highlight: The terrace offers a fantastic view of the Stubaital! The snow bar is open during night tobogganing



ALPENGASTHAUS GLEINSERHOF (1,420 m)

Contact: Hammer Family
+43 (0) 5225 62100 | info@gleinserhof.at | www.gleinserhof.at

Opening Hours: Hot meals all the time, closed on Mondays (except public holidays)

Location: Gleins (above Schönberg)

Atmosphere: Very sunny location with view to the Stubai Glacier, sun terrace

Culinary Delights: Tyrolean specialities with products from our own farm, e.g. beef goulash, dumplings, curd cake, Tyrolean Gröstl, farmer's bread and much more.

Highlights: Family-friendly illuminated natural toboggan run (with quality seal); starting point for snowshoe hikes (Natur-schauplatz Eulenwiesen)



ALPENGASTHAUS STOCKERHOF (1,166 m)

Contact: Stefan Hübsch
+43 (0) 664 532 8806 | stefan.huebsch@chello.at

Opening Hours: Closed on Mondays and Tuesdays

Location: Kreith

Atmosphere: two cosy parlours, a beautiful saloon, wonderful sun terrace

Culinary Delights: Tyrolean specialities (spinach, bread and cheese dumplings, roast pork)

Highlight: Wonderful winter hike from Telfes to Stockerhof



SERVICE RESTAURANT ZUR GOLDENEN GAMS (2,626 m)

Contact: Zur Goldenen Gams | +43 (0) 5226 8141 464
reservierung.gamsgarten@stubaier-gletscher.com
www.stubaier-gletscher.com

Opening Hours: open all day, linked to operation of the cable cars

Location: directly at the Gamsgarten Summit Station in the immediate vicinity of the cross-country skiing trail, the ice climbing tower and the winter hiking trail to the Eisgrat

Atmosphere: Excellent service, Tyrolean and international cuisine, comfortable and spacious sun terrace, play corner for children.

Culinary Delights: Tyrolean cuisine and oven-fresh pizzas

Highlight: especially child-friendly



BRANDSTATTALM (1,810 m)

Contact: Tanja Falbesoner | +43 (0) 650 811 2304

Info@brandstatt-alm.at | www.brandstatt-alm.at

Opening Hours: depending on snow conditions from December to April, closed on Tuesdays and Wednesdays (except public holidays), night tobogganing (on request)

Location: Oberberg Valley

Atmosphere: Traditional Tyrolean alpine lodge in a very sunny location with a wonderful view of the Stubai Valley

Culinary Delights: Traditional dishes with fresh ingredients from the region and great attention to detail. Changing, seasonal daily specials.

Highlights: Wonderful natural toboggan run. For ski tourers, the Seblasspitz attracts with its fantastic skiing terrain.



BRUGGERALM (1,351 m)

Contact: Bruggeralm

+43 (0) 5225 64644 | gerold.bacher@hotmail.com

Opening Hours: open all day, linked to operation of the cable cars

Location: right at the Schlick 2000 Intermediate Station

Atmosphere: The mountain restaurant impresses with its rustically

and comfortably furnished parlours.

Culinary Delights: The Stubai Genuss establishment is known for its good cuisine with regional products, such as grey cheese, bacon and buttermilk. The menu includes Tyrolean dishes as well as cuisine specialities.

Highlight: Daily après-ski at the umbrella bar outside the Alm.



DOADLER ALM (1,250 m)

Contact: Siegmeth Family

+43 (0) 5226 2033 | siegmeth.r@gmail.com

Opening Hours: open all day, hot meals all day, closed on Wednesdays

Location: Falbeson

Atmosphere: The original inn is idyllically situated on the way to the Stubai Glacier. Two cosy furnished parlours with oven.

Culinary Delights: Stubai Genuss establishment with a large menu. Tasty regional products, such as grey cheese, bacon, smoked sausages, venison, (seasonal), Thursdays: "Blattln", Saturdays: "Stubai Strietzl" (sweet or spicy)

Highlight: Starting point for cross-country skiing as well as to groomed winter hiking trails.



DRESDNER HÜTTE (2,300 m)

Contact: Familie Hofer | +43 (0) 5226 8112

info@dresdnerhuette.at | www.dresdnerhuette.at

Opening Hours: Summer: end of June to end of September, Winter: End of October to end of April

Location: at the middle station of the Stubai Glacier Lift

Atmosphere: Rustic hut in the middle of the skiing area Stubai Glacier

Culinary Delights: Tyrolean specialties at 2300 m

Highlights: Overnight stay in the middle of the ski area



FRONEBENALM (1,306 m)

Contact: Lukas Rasinger | +43 (0) 650 6368 720

lukas.rasinger@gmail.com | www.froneben-alm.at

Opening Hours: open all day, linked to operation of the cable cars

Location: directly below the Schlick 2000 Intermediate Station

Atmosphere: Wonderful sun terrace, cosy parlours right next to the toboggan run, which depending on snow conditions is illuminated on Wednesday nights.

Culinary Delights: Known for its good cuisine with products from its own farm.

Highlights: On request 'Rib Night' for groups. Great destination for the whole family.



GALTALM (1,634 m)

Contact: Hotel Stubaierhof

+43 (0) 5225 62266 | info@galtalm.at | www.galtalm.at

Opening Hours: open all day

Location: Fulpmes, accessible via the Schlick 2000

Atmosphere: Wonderful sun terrace with great panoramic view, cosy parlours.

Culinary Delights: Best quality products from our own alpine pasture and region, such as various dumplings, bacon, Kaiserschmarrn, grey cheese, yoghurt, cake, milk, buttermilk, elderberry juice.

Highlight: Alpine gourmet enjoyment with fine Austrian brandies from the hotel's own Schnapsothek.



GASTHOF GRÖBENHOF (1,000 m)

Contact: Schüller Family

+43 (0) 5225 62442 | gasthof@groebenhof.at | www.groebenhof.at

Opening Hours: open all year, closed on Tuesdays and Wednesdays

Location: Fulpmes

Atmosphere: Family-run gourmet inn amidst the unique mountain scenery at the edge of the forest above Fulpmes.

Culinary Delights: Stubai's culinary delights with many regional products, such as goat cheese, beef goulash, fruit loaf, many products from the own farm. Tyrolean and international specialties.

Highlights: The host himself prepares meals, cosy parlours with tiled stove, large sun terrace.



GASTHOF SPORTALM (1,094 m)

Contact: The Steirer family | +43 (0) 5226 2527

info@gasthof-sportalm.at | www.gasthof-sportalm.at

Opening Hours: open from 3 pm, hot meals from 5 pm to 8 pm, closed on Tuesdays

Location: Krößbach

Atmosphere: Inn held in modern country house style

Culinary Delights: home-style cooking, homemade cakes, ice-cream sundaes

Highlight: beautiful sun terrace and large playground – directly at the bus stop Krößbach Ort



GASTSTUBE SCHAUFELSPITZ (2,900 m)

Contact: Gaststube Schaufelspitz | +43 (0) 5226 8141 308

reservierung.eisgrat@stubaier-gletscher.com

www.stubaier-gletscher.com

Opening Hours: October to early May from 11 am to 4 pm

Location: directly in the Eisgrat Summit Station

Atmosphere: The Schaufelspitz is the heart of the alpine gastronomy at the Stubai Glacier with its beautiful pine parlour, warming fireplace and fantastic sun terrace.

Culinary Delights: Chef de Cuisine, David Kostner, serves upscale Austrian cuisine, with fresh regional products, and dishes with international influences in an elegant ambience.

Highlights: Wine connoisseurs appreciate the extensive wine list with an Austrian touch. The winter hiking ticket is refunded from a consumption of EUR 73.- per person.



GEIERALM (1,129 m)

Contact: Florian Fischer

+43 (0) 676 582 7455 | servus@geieralm.at | www.geieralm.at

Opening Hours: open all year, closed on Wednesdays and Thursdays

Location: In Volderau, directly at the main road

Atmosphere: Rustic parlors in Tyrolean style

Culinary Delights: Tyrolean specialties as well as international cuisine

Highlight: The changing daily specials bring additional variety



GRAWA ALM (1,530 m)

Contact: Johanna Krösbacher

+43 (0) 676 4121 009 | feldhof@stubaital.at | www.grawa-alm.com

Opening Hours: open all year round, hot meals all day, possible day off in the off-season.

Location: on the main road, before reaching the Stubai Glacier

Atmosphere: With lots of heart managed by the 4th generation of the Krösbacher family. The Grawa Alm is characterised by family charm and rustic cosiness.

Culinary Delights: Stubai farm with valuable food from its own agriculture and alpine farming; excellent Kaiserschmarrn, superb Gröstl

Highlight: View of the grandiose Grawa waterfall, frozen in winter



ISSENANGER ALM (1,380 m)

Contact: Ribis Family | +43 (0) 664 9657 023

info@issenangeralm.at | www.issenangeralm.at

Opening Hours: open all year

Location: Pinnis Valley

Atmosphere: Rustic and cosy – convivial lodge nights

Culinary Delights: Tyrolean home-style dishes, hearty snacks

Highlight: The Alm invites you to take a break when day and night tobogganing.



JAUSENSTATION HOFER – UNTERKARTNALL (1,300 m)

Contact: Stefanie Hofer | +43 (0) 5226 3429

artnall1.hofer@aon.at | www.stubai-neustift.com/kartnall-hofer/

Opening Hours: open all year, closed on Wednesday

Location: sunny side, above Neustift

Atmosphere: Beautiful alpine farm in a sunny hillside location above the valley floor, traditional parlours in historic setting

Culinary Delights: Tyrolean cuisine with focus on regional, seasonal and farm products, from baked dumplings, Kaiserschmarren to Stubai pot dumplings as well as homemade cakes and strudels. The homemade syrups are also very popular.

Highlights: Hereditary farm since the 17th century, terrace with a far-reaching view over the whole valley and its mountains. Rustic farmhouse parlour. Freshly cooked!



JAUSENSTATION OBERKARTNALL (1,275 m)

Contact: Trudi Pfurtscheller Family

+43 (0) 5226 3488 | kartnall@a1.net

www.jausenstationoberkartnall.jimdo.com

Opening Hours: open all day, closed on Thursdays

Location: above Neustift

Atmosphere: sunny side of the valley above Neustift; wonderful sun terrace, cosy farmhouse parlour

Culinary Delights: A diverse range of Tyrolean cuisine, from delicious soups to flavorful main dishes and traditional desserts.

Highlight: Sunny terrace



KLOSTERGASTHOF MARIA WALDRAST (1,638 m)

Contact: +43 (0) 5273 6219 | info@mariawaldrast.at

www.mariawaldrast.at

Opening Hours: open all year round, closed on Mondays

Location: Can be reached from the Summit Station of the Serlesbahnen via the Winter Hiking Trail. The pilgrimage site of Maria Waldrast with the Monastery Inn lies at the foot of the Serles (2,718 m) and right next to the illuminated toboggan run.

Atmosphere: The rustic parlours of the monastery inn radiate genuine Tyrolean cosiness. Sun-lovers will get their money's worth on the generous sun terrace.

Culinary Delights: In the monastery kitchen, fresh regional quality products are used to create delicious treats.

Highlight: Maria Waldrast is named after the Holy Mother of God. The water that emerges from the spring is said to have a healing effect.



LOIPENHÜTTE 'ALTE MÜHLE' (994 m)

Contact: Autenalm

+43 (0) 664 2602 681 | info@autenalm.at | www.autenalm.at

Opening Hours: open in winter

Location: The lodge is located directly at the Neustift valley crosscountry skiing trail.

Atmosphere: Ideal for a short break, a cosy finale after a strenuous cross-country skiing round or to enjoy the spring sun.

Culinary Delights: all kinds of delicacies and excellent wine

Highlight: Open daily from 10 am – open end!



MAREND STÜBERL KLAUS ÄUELE (1,194 m)

Contact: Harry Nabben | +43 (0) 664 520 7243

Opening Hours: open all day

Location: Situated directly in the Natur Aktiv Park Klaus Äuele

Atmosphere: sociable, cosy and enjoyable

Culinary Delights: Local snacks, a variety of daily specialities, home-made cakes and strudels

Highlights: skate rental for the nearby natural ice rink. Due to its location directly on the winter hiking trail, on the cross-country ski trail and on the Kids Park Klaus Äuele, it is ideal for young and old! Curling: Mon, Wed, Fri from 5 pm – registration via phone required the day before, min.: 10 participants



EISGRAT MARKRESTAURANT (2,900 m)

Contact: Eisgrat Markrestaurant

+43 (0) 5226 8141 308 | reservierung.eisgrat@stubaier-gletscher.com
www.stubaier-gletscher.com

Opening Hours: open all day, linked to operation of the cable cars, hot meals from 10:30 am to 3 pm

Location: directly in the Eisgrat Summit Station

Atmosphere: Modern self-service restaurant with a view of the Stubai Glacier. Spacious panoramic terrace with deckchairs.

Culinary Delights: For pasta lovers. Colorful salad bar with selected seasonal salads, large selection of savory and sweet dishes.

Highlight: Highest pasta manufactory in the world with show kitchen



MILDERAUNALM (1,675 m)

Contact: Christian Volderauer and Herbert Platzter

+43 (0) 699 1003 6813 | info@milderaunalm.tirol
www.milderaunalm.tirol

Opening Hours: open all day

Location: The Alm lies north of the district of Krössbach, 1,675 m above sea level.

Atmosphere: The rustic parlours invite you to enjoy cosy get-togethers.

Culinary Delights: Typical regional delicacies: Stubai grey cheese soup, oven-fresh ribs, Milderaun snacks, fresh cakes as well as daily changing dishes and much more.

Highlights: Wonderful panoramic location with fantastic views of the Stubai. Tuesdays, Fridays and Saturdays night tobogganing until 4 am. By the way, the Milderaunalm is an insider tip for ski tourers as well, as there is a separate ski touring trail here.



OCHSENHÜTTE MIEDERS (1,582 m)

Contact: Anja Grosch

+43 (0) 664 4935 734 | kurt-anja.goetzneralm@gmx.at

Opening Hours: open all day, linked to the cable cars

Location: The rustic Ochsenhütte lodge is located directly next to the Ochsenlift and the winter hiking trail. Only 15 min. away from the Serlesbahnen Summit Station.

Atmosphere: Newly built cosy mountain lodge with beautiful seating and deckchairs outside. View of Innsbruck and its surroundings.

Culinary Delights: Tyrolean cuisine with products, such as bacon, game, grey cheese, buttermilk and much more from local production (Stubai Genuss establishment). Excellent dumplings and cakes.

Highlights: Social lodge and tobogganing nights (Tuesdays and Fridays).



PANORAMARESTAURANT ELFER-AGRAR (1,790 m)

Contact: Elisabeth Schöpf

+43 (0) 5226 3444 | info@panoramarestaurantelfer.at
www.panoramarestaurant-elfer.at

Opening Hours: open all day, linked to operation of the cable cars

Location: directly at the Summit Station of the Elferbahnen cable cars

Atmosphere: cosy parlour, beautiful panorama terrace

Culinary Delights: This Stubai Genuss establishment delights with regional products such as dumplings, Kaiserschmarrn, apple strudel and fiery schnapps.

Highlights: Located directly at the toboggan runs. Mon (only during the holiday periods), Wed and Fri also open for night tobogganing. Wonderful view into the valley and the surrounding mountains as well as for watching the paragliders.



PANORAMARESTAURANT KOPPENECK (1,650 m)

Contact: Werner Schöpf

+43 (0) 676 4762 571 | info@koppeneck.at | www.koppeneck.at

Opening Hours: open all day, linked to operation of the cable cars

Location: directly at the Serlesbahnen Mieders Summit Station

Atmosphere: Cosy rooms with a view of the Serles and the Kalkkögel Summits

Culinary Delights: The use of regional and in-house products is characteristic of the Koppeneck's healthy and hearty dishes.

Highlights: Ideal for festivities of all kinds. Open Tuesdays and Fridays for the night toboggan events.



KREUZJOCH PANORAMA RESTAURANT (2,136 m)

Contact: Kreuzjoch Panorama Restaurant

+43 (0) 5225 6232 1500 | panorama@schlick2000.at
www.schlick2000.at

Opening Hours: open all day, linked to operation of the cable cars

Location: right at the Kreuzjoch Summit Station

Atmosphere: Cultivated hospitality in several indoor and outdoor areas at the same time

Culinary Delights: This Stubai Genuss establishment is characterised by its local delicacies, such as dumplings, chicken or mountain snacks. Famous for home-made and home-style products, such as cakes and strudel, bread, jams, elderberry syrup and stone pine schnapps.

Highlights: View of the Kalkkögel, the Dolomites of North Tyrol, and the launch site of the paragliders and hang-gliders. Cosy deckchairs for sunbathing.



PINNISALM (1,600 m)

Contact: Familie Christian Siller | +43 (0) 676 6082 864

Opening Hours: open every day (depending on snow conditions)

Location: Pinnis Valley

Atmosphere: This beautifully situated Alm at the end of Pinnis Valley is very well suited as destination of an approx. 1-hour hike with slight gradients. It can be reached on foot during the day from the centre of the Elfer toboggan run.

Culinary Delights: Traditional dishes in a rustic setting

Highlight: Free shuttle service with attached toboggans from the Issenangeralm to the Pinnisalm (descent daily at approx. 12 hrs)



RASTBICHLHOF (966 m)

Contact: Steuxner Family

+43 (0) 5226 2373 | info@rastbichlhof.at | www.rastbichlhof.at

Opening Hours: open all day

Location: Beautifully untouched location at the entrance to Neustift. Lake Kampl is only a few minutes away on foot.

Atmosphere: Fantastic sun terrace with incomparable panoramic views

Culinary Delights: fine desserts, pastries and tempting cake variations literally sweeten the afternoon at the Rastbichlhof.

Highlight: The hosts love their homeland, its traditions and live authentic cordiality.



SCHLICKERALM (1,616 m)

Contact: +43 (0) 660 6985 331 | info@schlickeralm-stubai.at

www.schlickeralm-stubai.at

Opening Hours: open all day, linked to operation of the cable cars

Location: Situated amidst the Schlick 2000 Hiking and Skiing Centre. From the Kreuzjoch Intermediate Station approx. 1 hour, taxi on request.

Atmosphere: Traditional alpine inn in the winter sports area

Culinary Delights: products from our own alpine dairy such as alpine milk, grey cheese, yoghurt. Own Schlickeralmbräu and typical Tyrolean tavern cuisine

Highlights: In winter live appearances of well-known local bands. Included rental of toboggans and cross-country equipment.



SCHNEEKRISTALL PAVILLON (2,620 m)

Contact: Schneekristall Pavilion at the Gamsgarten

reservierung.gamsgarten@stubaier-gletscher.com

www.stubaier-gletscher.com

Opening Hours: open all day, linked to operation of the cable cars

Location: right at the Gamsgarten Summit Station in the immediate vicinity of the cross-country skiing trail, the ice climbing tower and the winter hiking trail to the Eisgrat

Atmosphere: The après-ski hotspot in the resort against breathtaking glacial backdrop

Culinary Delights: refreshing cocktails, a variety of champagne drinks and delicious snacks

Highlight: Roof that opens on sunny afternoons



SEESTÜBERL (964 m)

Contact: Staud Family

+43 (0) 664 8465 132 | www.seestuberl-kampl-see.webnode.at

Opening Hours: open all year round, closed on Mondays

Location: Situated right at Lake Kampl, which is ideal for a winter walk or a torchlight hike

Atmosphere: A very idyllically situated family business with a cosy parlour and sun terrace

Culinary Delights: Specialities on the excellent menu are the lamb dishes; changing dishes of the day and tasty home-made cakes and tarts.

Highlights: Spacious children's playground and valley cross-country skiing trail in immediate vicinity



SENNJOCH HÜTTE (2,240 m)

Contact: Wolfgang Pölzlbauer / Schlick 2000 | +43 (0) 676 7777 455
sennjochhuetten@schlick2000.at | www.schlick2000.at

Opening Hours: open all day, linked to operation of the cable cars

Location: right at the mountain station of the Sennjochbahn

Atmosphere: highest located hut in the Schlick 2000 ski area, large sun terrace with an après-ski bar

Culinary Delights: traditional delicacies and daily specials

Highlight: The sun terrace offers an incredible view of the Kalkkögel.



SKI ALM (1,100 m)

Contact: Jan und Sabina Kacha | +43 (0) 660 2854116
skialminfo@gmail.com | www.skialm-kroessbach.com

Opening Hours: Open all year round, Wednesday day off

Location: in Kröbzbach at the Stubaitalstraße

Atmosphere: Rustic hut at the drag lift

Culinary Delights: Down-to-earth Tyrolean cuisine such as Tyrolean Gröstl, Kasspatzln, various dumplings and much more. Süecial tip is the Ski Alm Burger!

Highlight: Every Thursday juicy Ripperln from the oven!



TSCHANGELAIR ALM (1,410 m)

Contact: Zittera Family
+43 (0) 5226 3767 | info@hoferwirt.at | www.hoferwirt.at

Opening Hours: open all day

Location: The Alm is located in the direction of the Stubai Glacier.

Atmosphere: rustic, original and cosy; one of the oldest inns in the Stubai

Culinary Delights: The menu features genuine Stubai delicacies.

Highlight: Fresh trout from own farm and local game.



VOLDERAUHOF (1,129 m)

Contact: Gernot Volderauer | +43 (0) 5226 2617
volderauhof@gmx.at | www.gasthaus-volderauhof.at

Opening Hours: Open all year round, Monday day off

Location: directly at the Stubaitalstraße with a view of the glacier

Atmosphere: Quaint and old traditional inn

Culinary Delights: Tyrolean cuisine

Highlight: Delicious Kaiserschmarrn



WALDCAFÉ FALBESON (1,260 m)

Contact: Peter Zyka | +43 (0) 5226 3144
info@hotel-waldcafe.at | www.hotel-waldcafe.at

Opening Hours: open all day

Location: Falbeson

Atmosphere: Beautiful sun terrace, lovingly designed restaurant space

Culinary Delights: Modern regional cuisine

Highlight: The Natur Aktiv Park Klaus Äuele with beautiful winter hiking trails, cross-country ski trails and a natural ice skating rink. Fresh fish and barbecue evenings in winter too.



ZIRMACHALM (1,935 m)

Contact: Josef Pranger
+43 (0) 664 1634190 | zirmachalm@gmx.at

Opening Hours: open all day, linked to operation of the cable cars

Location: Right on slope number 1, slightly above the Zirmachbahn valley station.

Atmosphere: Charming hut with a sun terrace right next to the slope

Culinary Delights: Hut classics like Kaiserschmarrn, Kasspatzln, dumplings, etc. await, as well as refined pasta and meat dishes.

Highlight: free W-LAN



RENTAL STATIONS

Toboggans, Cross-country Skis & Co.

NEUSTIFT

Brandstattalm	+43 (0) 664 3715 044	
Carve.in	+43 (0) 664 1412 293	    
Eislaufplatz Neustift		
Intersport Martin	+43 (0) 664 7964 593	  
Intersport Schönherr	+43 (0) 5226 3690	   
Intersport Stubai Gletscher	+43 (0) 5226 8141 158	  
Kindl's Skiverleih	+43 (0) 676 5097 540	 
Marend Stüberl	+43 (0) 676 5207 243	
Milderaunalm	+43 (0) 699 1003 6813	
Rent a Ski Neustift Olympia	+43 (0) 676 3305 112	   
Sport Danler	+43 (0) 5226 2203	   
Sportfarm Milders	+43 (0) 5226 30407	   
Sport Hofer – Sport 2000	+43 (0) 5226 2428	   
Sport Stubai Nader	+43 (0) 5226 31288	  
Sport Stubai Neustift	+43 (0) 5226 30288	    
Talstation Elferbahnen	+43 (0) 5226 2270	

 Cross-country Skiing

 Ice Skating



















 Skiing

 Ski Touring




 Snowshoeing

 Tobogganing





FULPMES

Eisarena Fulpmes	+43 (0) 650 2634 708	
HP-SPORTS	+43 (0) 664 4765 650	    
Intersport Pittl Rent	+43 (0) 5225 64115	   
Skischule Fulpmes	+43 (0) 664 4611 834	  
Sportfarm Fulpmes	+43 (0) 5225 64560	  
Talstation Schlick 2000	+43 (0) 5225 62270	 


TSELFES

Sport Resch	+43 (0) 699 1213 3803	  
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MIEDERS

Magic Motion – Skiverleih	+43 (0) 664 5367 141	  
Talstation Serlesbahnen	+43 (0) 5225 62776	

SCHÖNBERG

Alpengasthaus Gleinserhof	+43 (0) 5225 62100	
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