

**Legend**

- blue Hiking trail EASY
- red Hiking trail INTERMEDIATE
- green other marked hiking trails
- serviced mountain lodges
- non-serviced mountain lodges
- Cablecars

This map does not replace any hiking map!



**experience the mountains**  
Cableways information for Saalbach Hinterglemm Leogang

A very warm welcome to the unforgettable mountain world of Saalbach Hinterglemm Leogang. In summer, five cableways transport you comfortably and safely up into the mountains, with their fine views, **Kohlmals | Schattberg | Reiterkogel | Zwölferkogel | Asitz** from where you can enjoy the impressive panorama of the Alps. Numerous amenities for the whole family, as well as bikers and hikers, and famous attractions let you experience dream days, full of fun and variety.

When you stop in our cosy mountain lodges, the owners spoil you with culinary delicacies from our region. Simply let your soul be soothed, and enjoy the peace and the fantastic landscape of the grassy slopes of the Pinzgauer Grasberge mountains.

Please take the prices and operating times from the current cableways information leaflet.



### hiking information

**Hiking map**  
The 1:25,000 hiking map plus a leaflet (tips on routes and walks) is available at the ticket offices and information offices of the cableways in Saalbach Hinterglemm Leogang. Before you set out, study the route of your hike on the map. Tell your accommodation provider about your tour, and when you expect to return. Ask for tips from local people.

**Weather information / TV Weather display / Information channel**  
Follow the weather situation and take note of the current weather forecasts (media and local people). If a storm is forecast, choose your tour so that a refuge is on your route in the early afternoon or so that you have already returned to the valley. Live information about the weather conditions in the Saalbach Hinterglemm Leogang hiking area is given every day on your hotelier's TV.

**Environment**  
Please take all your litter back with you into the valley, and dispose of it at the places provided. Many alpine flowers are on the protected list.

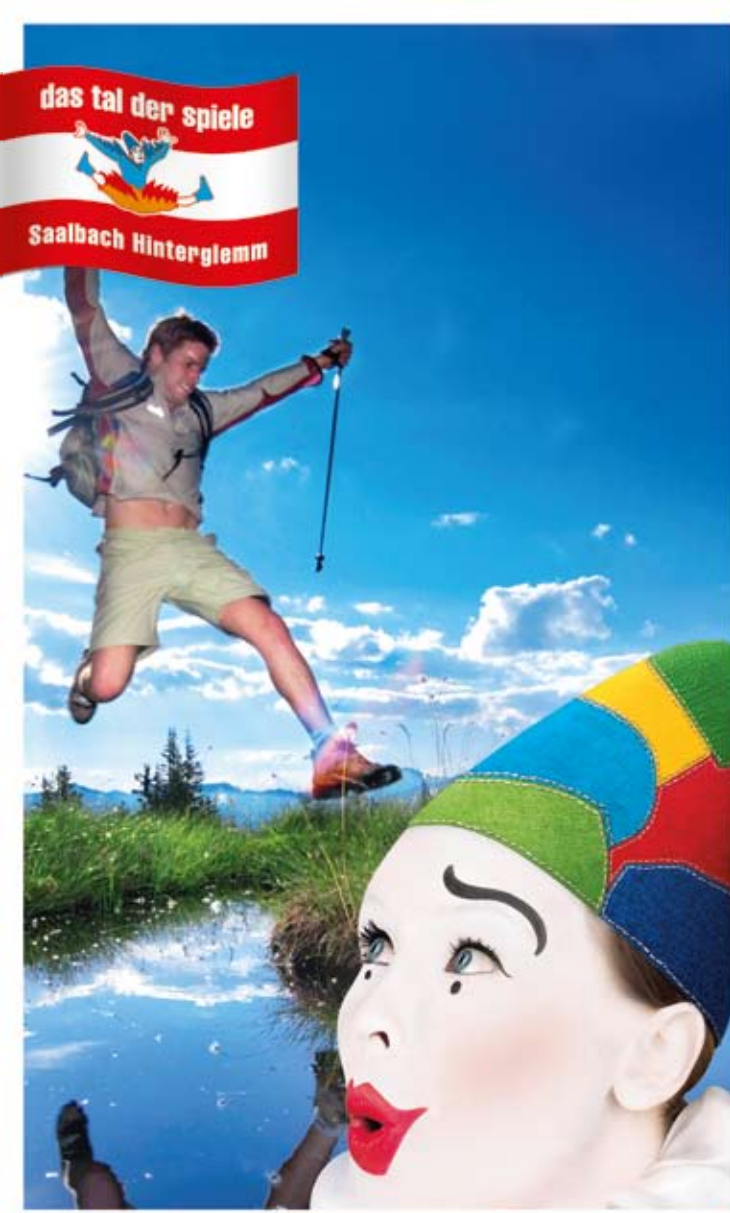
**Storms in the mountains**  
Immediately leave peaks, ridges, mountain crests and exposed areas. Avoid watercourses, streams, lakes and lone trees. Put metal objects (e.g. walking poles) down some distance from you. It is best to squat down on open ground until the storm is over.

**Refuges**  
If the weather changes suddenly (and it can do very quickly in the mountains) or if mist closes in, turn round, or take shelter in a mountain lodge. Never leave the marked hiking trails, and avoid short cuts. In early summer, do not cross snowfields (danger of slipping).

**Hiking equipment**  
Sturdy hiking boots with profiled soles (no gym shoes), robust rucksack, waterproof if possible, first aid kit, foil blanket, rain protection, headgear, warm clothing, windproof overgarment, hiking map, adjustable walking poles, sun block, sun glasses, emergency rations, drinks, mobile telephone.

**TIP: Guided hikes free of charge**  
(further information from the Tourist Offices).





- nature's attractions
- Water attractions
- sport attractions
- festive attractions
- cultural attractions
- children's attractions

## hiking guides

29 selected hikes in the Glemmtal



### Info

**Tourismusverband Saalbach Hinterglemm**  
 A-5753 Saalbach  
 Tel: +43(0)6541/6800-68  
 Fax: +43(0)6541/6800-69  
 contact@saalbach.com  
 www.saalbach.com



## hiking programme for saalbach hinterglemm

On weekdays from the beginning of June to the end of October we provide guided hikes free of charge (the ascents on the cableways are not included). The options range from family hikes to scaling peaks, at all levels of difficulty. Our state registered guides give professional advice on proper conduct in the mountains, and provide specialist information about the flora and our magnificent mountain world. The current weekly programme gives rendezvous and walking times, and is available in the information offices in Saalbach and Hinterglemm, as well as on the home page [www.saalbach.com](http://www.saalbach.com) and the information channel.



## Hikes for the whole family

### 1 Sonnseitpromenade

Starting point: Saalbach Ronachgut

Description: This very well signposted hiking trail goes past farms as far as Jausem. From there it goes along the Saalach river back to Saalbach

Walking time: 2 hours

### 2 Spielberg Runde

Starting point: Oberdorf Saalbach, Hinterhagweg

Description: Immediately next to the whitewater river structure (information board), go along the Pascherweg towards Spielberghaus. Right beside the small Spielbergkapelle chapel, a moderately steep track leads up to the Wirtsalm and through meadows and forest to the Maisalm. After a comfortable 20 minutes walking one is back at the starting point in Saalbach

Walking time: 3 hours

### 3 Kohlmais Rundtour

Starting point: Mountain station of the Kohlmaisgipfelbahn cableway

Description: Past the Kohlmais panoramic cableway, the shady forest path leads to the Schönleitenhütte mountain lodge. The byroad heading down the valley meets the Hochwartweg after a few twists and turns. On this track, passing the Thurneralm one arrives at the Kohlmais middle station. Besides the descent by cableway, there are several other ways down

Walking time: 3 hours

### 4 Kleberkopf

Starting point: Mountain station of the Kohlmaisgipfelbahn cableway

Description: After walking down to the saddle, following the Saalachtaler Höhenweg altitude trail westwards, one arrives at the Spielbertörl. On the way there, a mountain hut is open for a break. Along the slopes of the Spielberghorn, the track leads to the summit. Descent on the forest track to the Spielberghaus, and on to Saalbach

Walking time: 4 hours

Tip: The Kleberkopf is known for its colourful alpine flowers

### 5 Gerstreit Rundweg

Starting point: Hinterglemm, Schwarzachherweg

Description: Starting at the Hotel Hasenauer, this small circuit leads past the Speicherbecken Gerstreit reservoir into the Schwarzachhergraben valley, and back to Hinterglemm

Walking time: 2 hours

### 6 Höhenweg 4

Starting point: Hinterglemm, Hasenbachweg

Description: This well signposted trail includes forest and meadow sections, and ends in the parish of Kolling. Back by hiking shuttle bus or in one hour on foot to Hinterglemm. The mountain lodges on the way, like Pfefferalm, Rosswaldhütte and Sonnhof, are open for a brief stop

Walking time: 3 hours

### 7 Zwölferkogel Rundweg

Starting point: Zwölferkogelbahn middle station

Description: On part of Route 8 one reaches the beautifully laid-out reservoir. From there down the valley on forest roads to the Elmaualm, and on via Schwarzachhergraben valley to Hinterglemm

Walking time: 3 hours

### 8 Reiterkogel

Starting point: Reiterkogelbahn middle station

Description: After a good hour's climbing, via Route 5 one reaches the summit of the Reiterkogel with its new cross. Passing the so-called Wetterkreuz "weather cross" (Marterl), one hikes to the Reiteralm and on to the middle station

Walking time: 3 hours

Tip: On the summit, very beautiful panoramic view of the surrounding mountains

### 9 Talschluß Höhenweg

Starting point: Lengau, bus station

Description: The well laid out circular trail gives an insight into the head of the valley, with all its fascinating mountain hiking destinations

Route: Mitterlengau - Forsthofalm - (Saalalm) - Lindlingalm

Walking time: 3 1/2 hours

## Mountain hiking on our highest peaks!

### 10 Asitzkopf

Starting point: Kohlmaisgipfelbahn, mountain station

Description: Hiking along the Saalachtaler Höhenweg altitude trail, one reaches the Wildenkarkogel, and on via Schönleiten to the summit of the Asitzkopf. After the descent to the Schönleitenhütte mountain lodge, one can take the forest track via Thurneralm to the middle station of the Kohlmaisgipfelbahn. From here, besides the descent by cableway, there are several other options

Walking time: 4 1/2 hours

### 11 Spielberghorn

Starting point: Kohlmaisgipfelbahn, mountain station

Description: Following the Saalachtaler Höhenweg altitude trail to the Spielbertörl, and via the tiring, steep climb to the summit. A rewarding descent is the alternative route via Mitterhöndl, then on down to the alpine pastures and via Route 33b up to the Spielbertörl. One descends via Wirtsalm and Maisalm back to Saalbach

Walking time: 6 hours

Tip: Marmosets can frequently be observed on the slopes of the Spielberghorn

### 12 Stemmerkogel

Starting point: Schattberg x-press, mountain station

Description: The best way to reach this much visited mountain peak is via the Marxtenscharte wind gap, afterwards descending via Hackelbergeralm and Bergstadt to Hinterglemm

Walking time: 4 1/2 hours

### 13 3-Gipfel-Tour mit Hochkogel

Starting point: Schattberg x-press mountain station

Description: One reaches this attractive summit via the Pinzgauer Spaziergang walk. The steep ascent to the Hochkogel, starting from the Seetörl, requires physical fitness. From there, crossing the ridge on the Hochsaalbachkogel one needs to be sure-footed and not suffer from vertigo. The simple descent via Medalkogel, Hackelbergeralm and Bergstadt to Hinterglemm rounds off this tour

Walking time: 6 hours

### 14 Bärensteigkogel

Starting point: Barrier across the Huberalm byroad, Schwarzachhergraben valley

Description: One reaches this isolated peak via Huber Grund- and Hochalm grazing area and plateau, the Medalscharte wind gap and so on to the summit. The descent via the Sommertor "summer gate" over Bergerhofalm and Vogelhofalm leads back to the starting point. Because of its isolated position, this peak is seldom visited

Walking time: 6 1/2 hours

### 15 Manitzkogel

Starting point: Zwölferkogelbahn, mountain station

Description: After the panoramic hike across Hohe Penhab and Schönhofenwand, several winding paths lead from the Stoffennieder steeply up to the summit

Descent: Via the panoramic trail and Höhenweg altitude trail 6 to the Elmaualm, and on to the middle station of the Zwölferkogelbahn

Walking time: 5 hours

Tip: Alternative descent via Unterzehntner Hochalm into the Vogelalpraben valley and on to Lengau, with walking time of 6 hours

### 16 Sonnspitze

Starting point: Lengau, bus station

Description: Past the Jugendgästehaus Mitterlengau youth hostel along Route 3 to the no longer cultivated Eibing Grundalm grazing area and on via the Henlabjoch ridge to the Sonnenspitze

Descent: Along the challenging ridge path to the Spieleckkogel (1,998 m), and via Route 3 back to Lengau

Walking time: 5 1/2 hours

Tip: The descent is also possible via Reichkendlkopf to the Reiterkogelbahn cableway

### 17 Staffkogel

Starting point: Lengau, bus station

Description: One follows Route 3 up the valley, past the no longer cultivated Eibing Grundalm grazing area and via mountain pasture up to the Henlabjoch ridge. Then on the north side of the Staffkogel to the Oberreiterjoch, and on to the summit

Descent: Via Route 2 to Lengau

Walking time: 5 1/2 hours

### 18 Saalkogel

Starting point: Lindlingalm, Talschluss head of the valley

Description: Starting from Ossmann Grund- und Hochalm grazing and pasture area, this traverse of the Saalkogel leads via the Oberreiterjoch ridge to the summit. The descent is down onto the Saaljoch and onwards to the Saalalm, back to the starting point

Walking time: 4 1/2 hours

Tip: On this mountain hike, a detour to the summit of the Rauber is certainly rewarding

### 19 Schusterkogel

Starting point: Lindlingalm, Talschluss head of the valley

Description: Past the Teufelswasser tarn, a challenging climb leads left up to the Schusterscharte wind gap, and on via gentle alpine pasture to the summit

Descent: Via the Oberzehntner Hochalm plateau through the Vogelalpraben valley to Lengau

Walking time: 5 1/2 hours

Tip: Chamois can frequently be observed on the northern slopes of the Schusterkogel

### 20 Geisstein

Starting point: Zwölferkogelbahn cableway (red)

Description: This trail leads along the panoramic ridge via several mountain peaks like Hohe Penhab, Schönhofenwand, Mittagskogel and Lettenkogel to the Geisstein

Descent: Via the challenging hiking trail to the Schusterscharte wind gap, and on via Route 2 to the Lindlingalm

Walking time: 7 hours

Please note: The climb up the Geisstein should only be undertaken by sure-footed mountain hikers.

Tip: Golden eagles can frequently be observed throughout the head of the valley

### 21 Geisstein

Starting point: Lengau bus station

Description: Follow the asphalted road to the Steffalm alpine pasture, and then turn off left into the Vogelalpraben valley. Walk along Route 1 to the Murnauer Hochalm plateau, then on the Leitenscharte wind gap and via the relatively steep climb to the summit

Descent: The challenging hiking trail leads down to the Schusterscharte wind gap, and then on via Route 2 to the Lindlingalm

Walking time: 7 hours

Please note: The ascent should only be undertaken by sure-footed mountain hikers

### 22 Tristkogel

Starting point: Lindlingalm, Talschluss head of the valley

Description: On a well marked and omissible route, via the Ossmannalm alpine pasture one reaches the Saaljoch ridge. The direct ascent to the summit should only be undertaken by sure-footed mountain hikers who do not suffer from vertigo

Descent: After crossing the ridge one climbs to the Tor, and then on via Pfandebenalm down to the Lindlingalm

Walking time: 5 1/2 hours

Tip: On this classic route, a short detour to the Hochtorsee lake is recommended

### 23 Gamshag

Starting point: Lindlingalm, Talschluss head of the valley

Description: Immediately after the Teufelswasser tarn, a challenging climb leads left to the Schusterscharte wind gap. Walking partly on the ridge and partly on the slopes, one reaches the Hochtör. Here the trail winds up to the Teufelsprung ("Devil's leap") and via the panoramic ridge to the Gamshag

Descent: The well marked trail via the Saaljoch ridge back to the starting point is recommended

Walking time: 6 1/2 hours

## Themed trails

- 30 Montelino
- 31 Kodok
- 32 Medicinal herbs- and alpine flowers trail
- 33 Hiking nature trail

## Inspiring panoramic hikes

### 24 Pinzgauer Spaziergang

Starting point: Schattberg x-press, mountain station

Description: Over the whole hike, this classic offers fascinating views of the snow- and glacier-covered Hohen Tauern to the south and the limestone mountains to the north

Route: Marxtenscharte wind gap – Seetörl gap – Klingertörl – Klammcharte – Rohrentörl – Schmittenhöhe peak

Walking time: 6 hours

Tip: Crossing the Maurerkogel is recommended for really fit hikers

### 25 Saalachtaler Höhenweg

Starting point: Kohlmaisgipfelbahn, mountain station

Description: This unique panoramic trail with its unimproved sphagnum moss and forest sections is very varied as it leads up to the summit of the Saussteige

Route: Wildenkarkogel – Schönleiten – Geierkogel Unterstandshütte mountain hut – Lochalmköpfl – Saussteige

Descent: to Viehhofen

Walking time: 6 hours

Tip: From the Lochalmköpfl there is the option of hiking via the Durchenkopf to Saalfelden/Biberg

### 26 Panoramaweg

Starting point: Zwölferkogelbahn, mountain station

End: Schattberg x-press, mountain station

Description: This trail along the slopes of the peaks of the Schwarzachhergraben valley frequently offers wonderful views towards Hinterglemm and the Hohen Tauern

Route: Seekar – Stoffennieder – Sommertor – Seetörl gap – Marxtenscharte – Schattberg Ostgipfel east summit

Walking time: 7 hours

Please note: Only suitable for really fit hikers

### 27 Schattberg Höhenrundweg

Starting point: Schattberg x-press, mountain station

Description: Besides a magnificent view of the surrounding mountains and the whole Glemmtal valley, one also climbs a beautiful mountain peak

Route: Schattberg altitude circuit on the north side – Marxtenscharte wind gap – Samersattel saddle – Saalbachkogel - Seetörl gap – return via Pinzgauer Spaziergang walk to the Schattberg Ost

Walking time: 4 1/2 hours

### 28 Kammwanderung Hochalm

Starting point: Reiterkogelbahn cableway

Description: After a very easy climb up the Reichkendlkopf, this panoramic altitude hike leads along the ridge to the Spieleckkogel

Descent: Via Route 3 to Lengau

Walking time: 5 1/2 hours

Tip: Good mountain hikers can extend this tour in the direction of the Henlabjoch ridge

### 29 Floraweg

Description: This small panoramic hike leads from the Schattberg to the Limbergalm, and via the byroad back again to the summit

Descent: Possible towards Jausem

Walking time: Approx. 2 hours; from the Limbergalm

