

## Hiking in Summer – the Austrian Way

Mountains, lakes, pastures, and meadows full of alpine flowers: Austria spoils its summer guests to the brim with its natural beauty. Add all the cosy huts serving long-term favourites such as the Kaiserschmarren and Gröstl, and it's easy to see why holidays in the Austrian mountains are just as popular in summer than during the wintertime.

Enjoy the hot days the Austrian way and explore the magnificent surroundings on a leisurely or challenging multi-day hike. [Kitzbühel](#), [St. Anton am Arlberg](#), [Zillertal](#), [Zell am See – Kaprun](#), [St. Johann in Tirol](#) and [Innsbruck](#) have a lot to offer this summer – let us show you some of the highlights!

### **Kitzbühel: Hike the world-famous Streif and climb 9 summits in one day**

Kitzbühel has 1,000 km of hiking trails as well as 38 cable cars to whisk you up to your starting point. Hike the world-famous Streif and Hahnenkamm or conquer a summit at sunrise, then stretch your legs in one of over 120 huts.

#### [Hike the Streif](#)

Kitzbühel's Streif is one of the most difficult downhill racing courses in the world – and this hike allows you to experience all the key sections first-hand, including the famous “Mausefalle” with an 85% gradient!

*3.8 km / 2,5 hours, level: medium to difficult*

#### [Kitzbüheler Horn Summit Mountain Trail](#)

This circular trail up the Kitzbüheler Horn Summit boasting countless stunning mountain panoramas starts and finishes at Harschbichl mountain station. Highlights include an Alpine flower garden and Lake Hornköpfsee.

*6.2 km / 3.5 hours, level: medium*

#### [Gamsroas – The 9-summit experience](#)

A circuit hike for experienced hikers only! Starting in Aurach, a small village just south of Kitzbühel, it covers a whopping 9 mountain peaks all in one day.

*17.7 km / 11 hours, level: difficult*

#### [Sinterbacher Waterfall](#)

Another circular route, this time to the impressive falls near Kitzbühel, where water drops from more than 85 m into the bowls. The Wildalm hut makes a great lunch stop.

*9.3 km / 4 hours, level: medium*

### **Innsbruck: Explore lakes and stone pine forests minutes from the city**

Take a break from sightseeing and explore Innsbruck's surroundings on foot – the cable cars will whisk you up the mountains right from the city centre.

#### [Zirbenweg Trail](#)

A stunning trail at 2,000 m right above Innsbruck, leading through one of Europe's largest stone pine forests.

*7.4 km / 2.5 – 3 hours, level: easy*

### [Goetheweg Trail](#)

This trail leads from the Hafelekar mountain lift station near Innsbruck to the Pfeishütte hut (1,900 m) in the southern Karwendel range – and back. Expect stunning views over both the city and the mountains and a great lunch spot.

*10 km / 4.5 -5 hours, level: medium*

### [Tree Lake Circuit Kühtai](#)

Showcasing some of the best panoramas in Kühtail valley, this route passes three lakes, the Hirschebensee, Mittlerer Plenderlesee and the Finstertal reservoir. Stretch your legs at the 3 Seen Hütte (3 Lakes Hut),

*7 km / 3 hours, level: medium*

### [Klammstein Gorge Walk](#)

This hike leads along the stream and gorge for most of the time. Expect small bridges and wooden steps and cross the water on a 30-metre-long steel cable suspension bridge.

*4.9 km / 2 hours, level: medium*

## **St. Anton am Arlberg: Long-distance hikes and flower walks**

Hike among Alpine roses or start Tirol's most famous long-distance walk right on the spot. St. Anton am Arlberg offers 300 km of hiking trails for all ages and abilities.

### [Arlberg Trail](#)

3 stages, 5 villages, 3 days: A spectacular circular hiking trail connecting the five Arlberg resorts Lech, Zürs, Stuben, St. Christoph and St. Anton. Almost a fifth of the 50 km is travelled by cable car.

*50 km / 18 hours, level: medium*

### [Flower Hikes & Walks](#)

The Arlberg region is known for its variety of flowers. Discover the natural treasures on flower and herb hikes, including the Alpine Rose Trail. The guided hikes are part of the summer card programme.

*Various lengths, level: easy to medium*

### [Eagle Walk](#)

Tirol's most famous long-distance walk starts right in St. Anton. See alpine lakes, mighty mountain peaks and flower-filled meadows while challenging yourself to complete the trail.

*420 km / 24 days, level: options for every level*

## **St. Johann in Tirol: Trails by the water – and into the Devil's Lane**

St. Johann in Tirol welcomes hikers with 200 km of designated trails. No matter if you want to hike to a gorge, a waterfall, or a summit, you surely won't be disappointed!

### [Griesbachklamm Gorge](#)

Follow the Griesbach River through steep rocks to the gorge. The highlight – beside the gorge itself – is a 26-metre-long suspension bridge about 4 metres above the riverbed.

*10,2 km / 4 hours, level: medium*

### [Teufelsgasse \(Devil's Lane\)](#)

Explore the legendary gorge at the Leerberg mountain in Kirchdorf in Tirol on this family-friendly hike. According to legend, the devil himself created a road-style labyrinth in the rock

to lure sinners into his world.  
*7,6 km / 2,5-3 hours, level: medium*

#### [Eifersbacher Waterfall](#)

Starting in the very centre of St. Johann in Tirol, this hike leads along meadows, through woodlands and over bridges to the impressive Eifersbacher waterfall (over 25 m)  
*8,5 km / 2,5 hours, level: moderate*

#### [Horn Summit Mountain Trail](#)

A circular hike to St. Johann's most striking summit, easily recognizable by its radio tower. Expect breathtaking panoramic views over mountain ranges such as the Hohe Tauern, the Venediger Group, and the Kaiser Mountains.  
*6,2 km / 3,5 hours, level: medium*

### **Zillertal: Head on hikes to huts, waterfalls, and moors**

Zillertal boasts no less than 1,483 km of hiking trails and 30 themed tours, suitable for all ages and skill levels.

#### **New!** [Stilluptal Waterfall Trail](#)

Perfect for a hot summer day, this hiking trail leads along romantic streams and picturesque pastures to the Stulluptal Waterfall.  
*8,3 km / 2,3 hours, level: easy*

#### [Four Huts Hike](#)

A beautiful route with four traditional huts along the way. The first part is pretty steep, but the views make up for it.  
*7,3 km / 2,3 hours, level: medium to difficult*

#### [Schönachtal Valley Hike](#)

A family-friendly hike through stunning landscapes starting at a hut and leading to another one. Part of the trail (up to the Issalm) can be done with a pram.  
*7 km / 2.5 hours, level: easy*

#### [Moorland Education Path](#)

This path is fun and educative at the same time. Learn more about the high alpine habitat at the numerous interactive stations and display boards.  
*6.9 km / 2.5 hours, level: medium*

### **Zell am See – Kaprun: Hiking tours for families, foodies, and hut fans**

Hiking fans in Zell am See – Kaprun can look forward to 400 km of trails, from challenging summit hikes to herb walks. And all of them come with magnificent views as a bonus.

#### [Alexander Enzinger Path](#)

A slightly challenging but beautiful hike in Kaprun, including the Maiskogel and Kitzsteinhorn mountain. The new MK Maiskogel cable car takes you back straight to the centre of Kaprun. Alternatively, walk into the valley (an extra 2 hours).  
*15.36 km / 6 hours, level: medium*

### [Guided Schmittenhöhe Hike](#)

Hike to the summit of the Maurerkogel at 2,074 m, next to the Schmittenhöhe. The guided tour takes place every Monday throughout the summer and is free of charge.

*9,3 km / 4 hours, level: medium*

### [Maiskogel Hut Tour](#)

A scenic family-friendly hike with stops at four traditional mountain huts. Sample through Tyrolean delights and stretch your legs on the sun terraces.

*4 km / 1 hour, level: easy*

### [Herb and Food Hikes](#)

A fun walk with Freddi, Schmittenhöhe's herb expert. Each tour has a different theme, from herbs to lemonades, bread spreads and cakes.

*3 hours including workshops and tasting*

As always, we are happy to assist you in planning your research trip. Please get in touch at [pressuk@austria.info](mailto:pressuk@austria.info).

### **Austrian National Tourist Office**

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