



VirgentalerHütten



Virgental Valley –
Hiking Valley

Hut book



VIRGENTALER WANDER-THALER



Impressive panoramas, freshening mountain-lakes, quaint huts, local delicacies and many more impressions to get in the walking paradise Virgental-valley and in the nature of the Nationalpark Hohe Tauern with its numerous peaks more than 3.000 m in altitude. Take the new „Virgentaler Wander-thaler“ in bronze, silver or gold home with you. As an incentive for your next walking-holiday in the Virgental-valley. Because once you've been there you will want to come again.

How to get your free Virgentaler Wander-thaler:

The following stamps are required for the bronze Wander-thaler:

Virger Bauernladen (from a purchase of € 10,-), Stabanthütte, Wodenalm, Zunigalm, Würfelehütte, Lasnitzenhütte, Islitzeralm und Niljochhütte.

The following stamps are required for the silver Wander-thaler:

All stamps required for the Bronze Wander-thaler **plus** Essener- und Rostockerhütte, Johannishütte, Neue Sajatthütte, Bonn-Matreier Hütte, Badenerhütte, Zupalseehütte, Defreggerhaus, Neue Reichenbergerhütte, Lasörlinghütte, Clarahütte, Eisseehütte.

The following stamps are required for the gold Wander-thaler:

All stamps required for the Bronze and Silver Wander-Thaler **plus** a nationalpark-ranger tour or a visit to the Prägraten a.Gr. climbing park.

Where to get your Wander-thaler?

If all the required stamps are available in the Virgentaler hut book, report to the tourist-offices Matrei, Virgen or Prägraten a. Gr.

All stamps for the Virgentaler-Wander-thaler can be acquired within the duration of several hiking holidays!

VIRGENTAL VALLEY



Freedom, Peace, Happiness, Silence - from hut to hut through the Hohe Tauern National Park

Over 30 years ago, the valley's mountain pasture and hut owners joined forces to form the 'Virgentaler Hütten' association. Thanks to this association, it was possible to extend the Lasörling and Venedigerhöhenweg trails to make it possible to hike from hut to hut. The aim of the association is to draw guests' attention to our beautiful hiking valley by working together and uniting the hut owners. The hut keepers wish you many relaxing hiking days in the 2025 season.

Chairwoman Sara Rainer

HUTS

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The Virgen Valley circled

by **Walter Mair**

Two great mountain groups frame the well-known Virgental with populated areas sheltered in summer green. The Virgental is bordered to the south by the Lasörlingkamm and to the north by the vanguard of the Venediger group. The forests rise steeply to the alpine pastures and refuges, which connect the adventurous high-altitude trails like a string of pearls. We are already on the way in the raised floors of the mountains, from where we look into the valley floor as if with eagle eyes. In the area of the Hohe Tauern National Park, the present hiking stages lead into natural and unique mountain areas.

Let's start at the Nikolauskirche in the Matri district of Ganz and on the Zuni-galm in the upper edge of the forest. The next destination on the Bärensteig is the Arnitzalm (not serviced) and, in a further stage, the Wetterkreuzhütte (not serviced). The Wetterkreuztaxi supports the high-altitude hikers there. The Zupalseehütte is easy to reach on a family-friendly route and the Lasörlinghütte is a worthwhile destination for the day with more distance. The further course to the Bergerseehütte should be snow-free, while on the Muhs-Panoramaweg to the Lasnitzenalm the white-clad alpine panorama shows itself from the most beautiful side. The Lasörling-Höhenweg to the Reichenberger Hütte on the Bödensee reminds you of stamina and surefootedness, before the Venediger-Höhenweg takes the lead with the descent to the Pebell and Isplitzeralm to the nature power path and the Umbal Falls water viewing path.

The promising Türmljoch connects to the Johannishütte in the Dorfer Valley, where we climb to the Defreggerhaus on historic routes and in close contact with the ice-shining Großvenediger. Via the Zopetscharte we reach the Eissee-hütte in the Timmeltal, where the Prägrater Höhenweg also includes the Sa-jathütte in the range of important bases on the Venediger Höhenweg. With an impressive view of both the valley and the Lasörlingkamm opposite, we arrive at the Bonn-Matreier-Hütte. There the route swings northwards to the Badener Hütte in the Frosnitz Valley and over the Löbbentörl into the picture-book landscape of the Gschlösser Almen.

One floor below and closer to the Virger valley, the Stabanthütte and Nilljoch-hütte all the way to the Gottschaunalm invite you to take a leisurely hike. The Wodenalm completes the recommended mountain and hiking experience with lasting impressions in the Hohe Tauern National Park.



Foto: TVB Osttirol/Maier



Huts along the Venediger hiking trail



ESSENER u. ROSTOCKER HÜTTE 2.208 m

DAV hut (alpine association – Sektion Essen)
 Tenant „Wiggerl“ Thomas LUDWIG
 Maurental 1, 9974 Prägraten
 Phone +43 4877 5101 (March – September)
 zugast@essener-rostocker-huette.de
<https://dav-essen.de/huetten/>

Stamp

A beautiful view to the glacier



The Essener and Rostocker Hütte is a beautiful and important starting point along the Venedigerhöhenweg and along the Route Hoch Tirol. The place offers a breathtaking panorama to the three thousand meter high mountain peaks. Take part in an alpine course in the area of the Dreiherrn-, Simony- and Malhamssummits to get more experience in mountaineering and climbing. The hut is also open for ski touring.

Ascent: Parking area Ströden 2 ½ h, after about 20 minutes possibility for your luggage transport

Huts nearby: Johannishütte 3 ½ h, Clarahütte über Ströden 4 h, Clarahütte über Hochkar-scharte 6 h (schwarzer Weg), Warnsdorferhütte 4 ½ h, Kürsingerhütte 6h

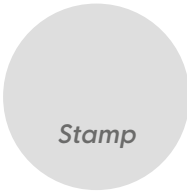
Tours: Dreiherrnspitze 5 ½ h, Simonyspitzen 3 ½ h, Malhamspitzen 4 ½ h, Quirl 4 h, Maur-erkeesköpfe 3 ½ h, Großer Geiger 4 h, Großer Happ 3 ½ h, Rostocker Eck 2 ½ h, Hinterer Gu-bachspitz 3 ½ h, Vorderer Gubachspitz 3 ½ h

Via ferrata Türmljoch: Information and registration: Venediger-Bergführer (mountain guides)



STABANTHÜTTE 1.777 m

Private hut
 Gabi and Erich Obkircher
 Phone hut +43 664 220 75 77
 stabanthuette@virgental.at
 www.virgental.at/stabanthuette



The castle in Prägraten

Situated at the Virgental SonnPagenweg on one of the most beautiful places in Prägraten with a great view to Lasörling- and Schobergroup and to Matreier Goldried. Walk along a magic larch wood to the hut, enjoy the alpine flora and pick up its wonderful smell.

Suitable for all ages, by mountain bike and in bad weather. Playground, seminar- and conference room and deckchairs complete the offer. **1. place in 2012, 2015, 2016 and 2018 by „Mei liebste Hütt'n“** and rewarded with the „Austrian walking quality seal“.

Open: from middle of June till middle of October (wednesday rest day)

Specialities: Tyrolean home cooking and delicacies cooked with love - freshly prepared by the landlady Gabi.

Overnight accommodation is available. Overnight stays are not possible from Tuesday to Thursday. **We kindly ask you to register in advance!**

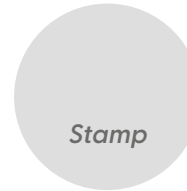
Ascent: Parking area Bichl 1 h, from Hinterbichl 1 ½ h, via Katin/Maurach 1 ½ h. Fine walkable even in bad weather. Accessible by mountain bike on a publicly approved route.

Huts nearby: Sajathütte 2 h, Eisseehtütte 4 ½ h, Nilljochhütte, Schmiedleralm



JOHANNISHÜTTE 2.121 m

DAV-Sektion Oberland (alpine association)
 Tenant: Unterwurzacher Leonhard
 Hinterbichl 19b, 9974 Prägraten a. Gr.
 Phone +43 4877 5150 (hut)
 office@johannis-huette.at
 LIVE WEBCAM: Südansicht Großvenedigermassiv:
 www.johannis-huette.at oder www.grossvenediger.at



At the bottom of the Großvenediger!

Open: For skingtours from the beginnig of March till beginning of May
 Summer: Middle of June till beginning of October

Ascent: Hinterbichl/parking area Wiesenkreuz (chargeable) along the road in about 2 h, suitable for all ages; or hiking path till Gumpachkreuz. In summer transfer with the Venediger Taxi, Phone +43 4877 5369

Huts nearby: via Türlmloch to the Essener and Rostockerhütte 3 ½ hours, via Zopatscharte to the Eisseehtütte 4 hours, via Kreuzspitze to the Sajathütte 4 hours (black path)

Ausstattung: It offers 50 „Lager“ beds, comfy restaurant with a tiled stove, shower, lavatory with warm water, drying room, shoe dryer, a big terrace, terrific view to the Großvenediger, playground, boulder-mats-rental; registration requested!

Spezialitäten aus der Küche: Tyrolean home-made dishes and sweets.

Schöne Tourenziele: Großvenediger 3.674 m, Weißspitze 3.300 m, Kreuzspitze 3.164 m, Zopetspitze 3.198m, Großer Geiger 3.360 m, Großer Happ 3.352 m, Kristallwand 3.329 m; · Via Ferrata Türlmloch · Popular mountain bike route from Hinterbichl 8.5 km · Varied bouldering area near the hut (bouldering mat rental for a fee) · Starting point for wonderful ski tours · Base of the Hoch-Tirol ski route





NEUE SAJATHÜTTE 2.600 m

Private Hut
directly on the Venediger-Höhenweg
Stefan Kratzer
Phone hut +43 664 54 54 460
kratzer@sajathuette.at
www.sajathuette.at

Stamp

A castle in the mountains

The old Sajathütte was destroyed in 2001 by an avalanche, the new hut was reopened after only one year. It offers comfy rooms and „Lager“-beds, 2 patios to enjoy the surrounding mountains and an 10 m high indoor climbing tower. Possibility of luggage-delivery and to rent the climbing-equipment.

Open: Beginning of May till end of October

Ascent: From parking area „Bodenalm“ along the Timmeltal about 2 ½ h, along Bichl Blumenweg or Stabanthütte 3 h, along Bichl Timmeltal 4 h, from Johannishütte via Kreuzspitze 4 h (difficulty: hard), Driveway with the Venediger taxi Kratzer.

Hint: Sajatscharte closed!

Huts nearby: Eisseehütte 2 ½ h, Bonn-Matreier-Hütte 4h

Tours: Rote Säule 2.822 m along the via ferrata or along the normal ascent in 1 h, Scherneskopf 3.048 m 1 ½ h, Kreuzspitze 3.164 m 2 h, Hinterer Sajatkopf 3.098 m 3 h, Tulpspitze 3.054 m, Zopetspitze 3.198 m.



DIE EISSEHÜTTE 2.521 m

Private hut
Family Islitzer
Phone hut +43 680 2041698
admin@eisseehuette.at
www.eisseehuette.at

Stamp

In the heart of the Timmeltal-valley

At the end of the Timmeltal and just below the beautiful Eissee, the hut is the starting point for numerous three-thousand-meter peaks with partly new summit crosses. The Eissee hut is located on the Venediger Höhenweg and offers cozy room dormitories and beautiful Zirben bed rooms. On the sun terrace you can enjoy the beautiful view the delicious home cooking. In winter you can also do some ski tours.

Open: End of June till end of September (depends on the weather); in Winter: from middle march, to end of april

Ascent: From parking area Boden Alm 3 h, from Bichl 3 ½ h

Huts nearby: Stabanthütte 2 h, Defreggerhaus via Wallhorner Törl 4 h (only with a mountain guide!), Sajathütte via Timmeltal Höhenweg 2 ½ h, Nilljochhütte 2 ½ h, Bonn-Matreier Hütte 3 ½ h, Badenerhütte 6 h

Ski Tours: Weißspitze, Seeköpfe, Kl. Hexenkopf, Kreuzspitze, Venedigerrundtour, Eicham

Tours: Weißspitze 3.300 m – 3 h, Seewandspitze 3.024 m – 1 ½ h, Zopetspitze 3.198 m – 2 h, Tulpspitze 3.054 m – 1 ½ h, Kreuzspitze 3.164 m – 3 h, Hinterer Seekopf 3.234 m – 2 ½ h, Vorderer Seekopf 3.280 m – 3 h, Gr. + kl. Hexenkopf 3.313 m – ca. 3 ½ h / 3.194 m – ca. 2 ½ h





NILLJOCHHÜTTE 1.990 m

Private hut

Milan Hudec
Phone +43 676 46 123 88
niljochhuette@gmail.com
www.nilljochhuette.com

Stamp

Unique 360° mountain panorama!

Especially popular hut for children and seniors. The big and sunny patio offers a fantastic view to the surrounding peaks and the Virgental-valley. The comfy restaurant with an open fire place is perfectly suitable for family-, private- or company-parties. Highly suitable to start the Venediger Höhenweg!

Open: Beginning of June – end of September daily

Übernachtungsmöglichkeiten: It offers 17 beds (1 room for 10, 2 rooms for 4 and 1 room for 3). All rooms are with shower/WC.

Specialities: Home-made Tyrolean main courses, cakes, sweets and ice-cream.

Ascent: from Prägraten parking area along the parking area Bodenalm 1h, from Virgen/ Obermauern to parking area Budam 1 1/4 h, from Virgen to parking area Marin 2h

Huts nearby: Bonn-Matreier Hütte (2.745 m) 2 1/2 h, Eisseehütte (2.521 m) 3 1/2 h, Neue Sajathütte (2.575 m) 3 1/2 h, Gottschaunalm (1.946 m) 1h, Schmiedleralm (2.082 m) 1/2 h, Stuhleralm (2.300 m) 1h

Summits: Wunspitze (3.219 m) 4 1/2 h, Schaufel (2.633 m) 1 1/4 h, Esel (2.401 m) 1 1/2 h; beautiful tours: Hocheicham (3.371 m) 5 h, Sailkopf (3.209 m) 3 1/2 h



BONN-MATREIER HÜTTE 2.750 m

Hut of the Alpenverein der OeAV-Sektion Matrei und der DAV-Sektion Bonn (alpine associations)
Tenant Andreas Rainer
Phone hut +43 664 3481006 or +43 4874 5577
office@bonnmatreier-huette.at
www.bonnmatreier-huette.at

Stamp

Fabulous panorama till Triglav/Slovenia.

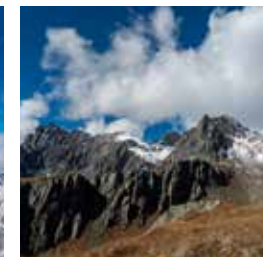
Build in 1932 on a individuated mountain ridge in the Eichamgroup. Wonderful panorama to Triglav, the Dolomites and the Lasörlinggroup. Very nice hut to stop or stay overnight along the Venediger Höhenweg. Top place to start unforgettable tours to summits.

Open: 1. June – till end of October (depends on the weather)

Ascent: From parking area „Bodenalm“ 4 h, from Obermauern/Budam 3 1/2 h, from Obermauern/Marin 4 h

Huts nearby: Badenerhütte via Galtenscharte 5 1/2 h, Eisseehütte 4 h, Sajathütte 4 h, Schmiedleralm 1 1/2 h, Nilljochhütte 2 h

Tours: Rauhkopf 3.070 m 1 h, Sailkopf 3.209 m 1 1/2 h, Hoher Eicham 3.371 m 3 h, via Kälberscharte and Galtenscharte to Badener Hütte, along Kleines Nilltal to Gottschaunalm





BADENER HÜTTE 2.608 m

Hut of the Alpenverein der OeAV-Sektion Baden (alpine association)

Tenant: Florian Schmetzer

Phone +43 664 915 5666

info@badenerhuette.at

Online Reservation: www.hut-reservation.org/reservation/book-hut/401/wizard
www.alpenverein.at/badenerhuette

Stamp

In the midst of mountain crystals

Located above the wild-romantic Froßnitztal valley and in the near of the Froßnitzkees (glacier) Pass very old alp villages and historical miners' houses along the Froßnitztal valley. Also an unforgettable route is via Innerschlöß and Löbbentörl to Badener Hütte. Enjoy terrific views and wine from Baden by Vienna! It is known as the highest „Heuriger“ in Austria as well.

Open: End of June till middle of September (depends on the weather)

Ascent: From Gruben via Froßnitztal valley along Katal-Alm, Mitteldorfer Alm and Gosser Alm 4 - 5 h, from Katal Alm along the miners' houses 5 - 6 h, via Innerschlöß and Löbbentörl 5 - 6 h, along Matreier Tauernhaus and Wildenkogel 7 h

Huts nearby: Bonn-Matreier Hütte along Galtenscharte 5 ½ h, Neue Prager Hütte via Löbbentörl 4 ½ h, Venedigerhaus Innerschlöß via Löbbentörl 3 h, Matreier Tauernhaus 4 h, Defreggerhaus via Froßnitzörl 5 h (only with a mountain-guide!)

Tours: Kristallwand 3.329 m 3 h, Weißspitze 3.300 m 3 ½ h, Hohe Achsel 3.161 m 4 h, Innerer Knorkogel 2.884 m 2 h, Wildenkogel 3.022 m 3 ½ h, Dabernitzkogel 2.972 m 3 ½ h; Großvenediger 3.674 m 5 ½ h



WODENALM 1.825 m

Private hut

Family Niederegger

Zedlach 12, 9971 Matrei in Osttirol

Phone hut +43 664 154 9790 or valley +43 699 1216 5858

wodenalm.zedlach@gmail.com

www.virgental.at/wodenalm

Stamp

Along old paths and the Zedlacher Paradies

Even the paths to the Wodenalm are a unique experience. The Zedlach Paradise is crossed by old cart tracks and a comfortable forest road that leads past larch stands that are more than 500 years old. Arriving at the Wodenalm, you can enjoy the delicious specialties and regional farm products and have a breathtaking view of the Granatspitz, Schober, Glockner and Lasörling groups, the Dolomites and the Malhamkees from the sun terrace.

Open: Beginning of June till end of October

(Closing days: Wednesday and Thursday)

Kitchen from 11.00 a.m. - 4.00 p.m.

Ascent: From the parking lot at the entrance of the village Zedlach comfortably along the road or sporty along the hollow way (Jösenhof) approx. 2h · From the small parking lot at the edge of the forest via a comfortable forest road approx. 1 1/2 hrs. · From the parking lot Dirnburg/Hinteregg sporty (steeper) ascent approx 1h · we are also easily accessible from Matrei via the Thiemeweg (new theme trail). Shorter access on the Zedlacherstrasse. (Attention: no parking) approx. 3h.





DEFREGGERHAUS 2.964 m

Hütte des Österreichischen Touristenklubs (ÖTK)
 (alpine association)
 Tenant: Markus Artzberger
 Tel. +43 660 55 44 571
 defreggerhaus@oetk.at
 www.defregger.schutz.haus

Stamp

The gate to the Großvenediger

The hut of the Austrian Tourist Club is one of the oldest and highest located in the Eastern Alps. The refuge was built in 1887 and named after the famous painter Franz von Defregger. From the hut you can enjoy a breathtaking panoramic view of over 30 three-thousandmeter peaks.

Open: End of June till middle/end of September (depending on the weather)
 Winter: On request for ski tourer. **Please make a reservation for your overnight stay and your tour to the Großvenediger!**

Ascent: From Hinterbichl to Johannishütte about 2 h, transfer with Venediger Taxi possible
 Phone 04877 5369. Johannishütte further on to Defreggerhaus about 2½ h.

Huts nearby: Johannishütte 1½ h, Eisseehütte via Wallhornertörl* 4 h, Neue Pragerhütte via Rainertörl* 4½ h, Badenerhütte via Froßnitztörl* 4 h, Kürsingerhütte via Venedigerscharte* 4½ h. * **only with a mountain guide**

Tours: Shortest ascent to the Großvenediger 3.666 m in about 2½ h. Große Venedigertour „Venedigerkrone“ incl. Großvenediger, Schwarze Wand 3506 m, Hohe Aderl 3506 m, Hoher Zaun 3451 m and Rainer Horn 3559 m in about 4 bis 5 h;



Foto: TVB Osttirol / Walchner

Peaks, ridges and Via ferratas – on the way to yourself

The mountain calls - not loudly, but very quietly, often only with a whisper. In the mountain massifs of the Virgental there are a thousand opportunities to experience the feeling of happiness in the walls and on the peaks in the area of the Hohe Tauern National Park. Over 60 three-thousand-meter peaks, numerous easy-to-climb mountains, climbing walls and via ferrata, bouldering boulders - in a relatively small space, guests can find everything they need in traditional and modern alpinism.

The mountain huts of the Virgen Valley are the ideal bases on the mountain and hiking tour. Not only does the landlord provide information here, you often come across local mountain guides and mountaineering groups from all over the world who are out and about in the rock and ice region of the Virgen Valley in order to gain experience, learn alpine skills or simply feel the proverbial happiness on the summit. On the many via ferratas you can use fixed steel ropes and ladders to penetrate walls that were previously only reserved for experienced alpinists.

The local mountain and ski guide knows every stone, every corner and knows where danger lurks. Traveling with him not only provides security - the mountain guide also has a lot to tell about the people here, about mountain adventures and summit experiences, and he gives tips for the next tour in the wonderful world of the Virgental rock and ice region.



Osttirol
Dein Bergtirol

High-altitude pilgrimage

14 Stations
32 km
2.800 hm

info@osttirol.com • T +43 50 212 212

www.osttirol.com

Immerse yourself in a wonderful, unspoilt mountain world on the High Alpine Pilgrimage Trail in Prägraten a.G. Passing blooming alpine meadows to the highest peaks with breathtaking views – that's what the highest Way of the Cross in the Alps promises.



Life as it should be

Folge deinem Fluss.

Foto: Ramona Wachner

ISEL TRAIL



Info@osttirol.com • T +43 50 212 212
Osttirol Information

5 stages
74,2 km
2.169 hm

Leisurely hiking by the last still free-flowing glacial river in the Alps. A unique route through a magical water world with an individual choice of sections!

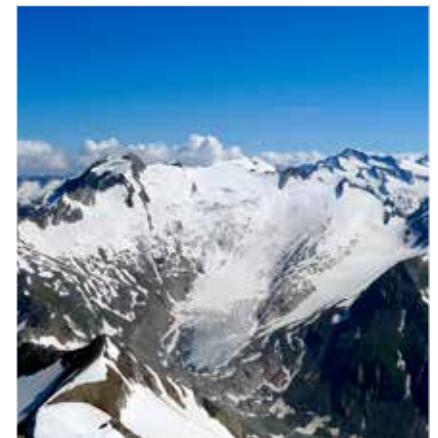
From the town Lienz through green valleys to the Arctic glacial gateway in the heart of the Hohe Tauern National Park.



NATURE ENERGY PATH UMBALFÄLLE

Water Vista Trail Prägraten a.G.

More than in any other valley of the Hohe Tauern, the landscape-shaping effect and the essence of a glacier brook are shown in such an impressive way as in the Umballtal with the imposing cascades of the Isel. The smoothly ground green rock of the river bed with the washed-out hollow forms gives an idea of the power of the flowing water masses. The nature trail of the same name invites you on a journey of discovery and offers spectacular insights into the Isel cataracts.



Further Informations: www.hohetauern.at



© Peter Moier

THE ISELTRAIL HANGING BRIDGE

connects Virgen and Prägraten



Genuss liegt in unsrer Natur.

Gut. Besser.

Gösser

SEIT 1860



Ursprüngliches und Erlesenes
aus der Nationalparkregion
Hohe Tauern



Farmers shop Virgen

Virgental Straße 61, 9972 Virgen

Tel. +43 664 3041177

bauernladen@vereine-virgen.at

bauernladen-vereine.virgen.at

For more than 20 years regional products have been produced by ancient recipes and traditional crafts and have been sold in the course of direct marketing to our customers.

Most of the products come from the nationalpark region.

We are offering several sorts of Schnaps, bread, doughnuts, cakes, Speck, sausages, butter, cheese, marmelade, juices, honey, herbal teas, herbal salt, Schlipfkräpfen, handiworks and many more. All products can be packed as gifts or souvenirs in request.

Open:

We/Th/Fr 14:00 – 18:00 h

Saturday 9:00 – 12:00 h


Find us on



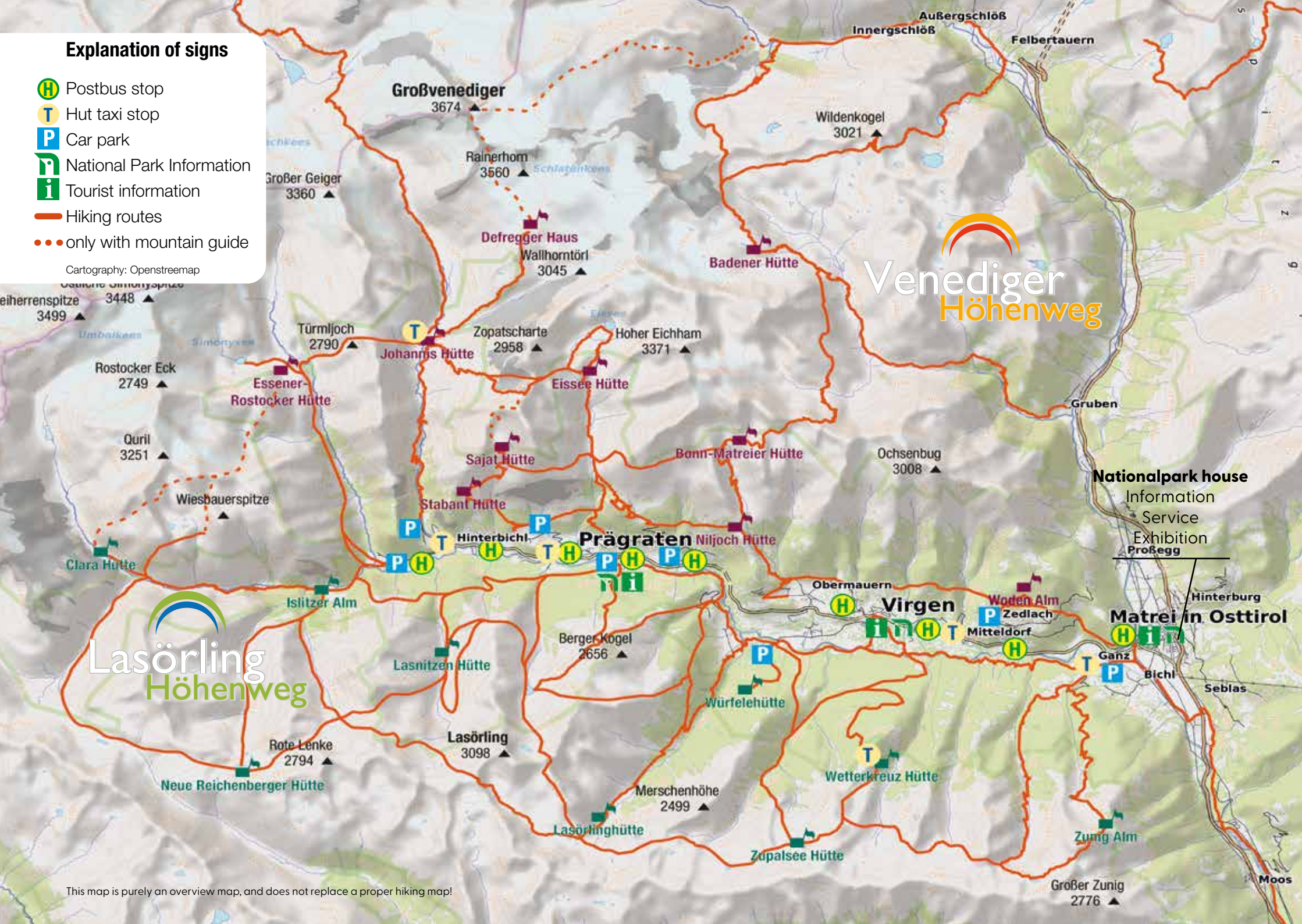
Stamp:

From a purchase of 10,00 Euro.

Explanation of signs

-  Postbus stop
-  Hut taxi stop
-  Car park
-  National Park Information
-  Tourist information
-  Hiking routes
-  only with mountain guide

Cartography: Openstreetmap




Lasörling
Höhenweg


Venediger
Höhenweg

Nationalpark house
Information
Service
Exhibition
Proßegg

Matriei in Osttirol

This map is purely an overview map, and does not replace a proper hiking map!

Raiffeisen Regionalbank
Matrei in Osttirol



TONLODN

Ceramics made by hand and with heart

Special gift ideas and creative art await you in the ceramic workshop in Matrei.
New! Discover our handmade products now also in the Tonlodn online store.

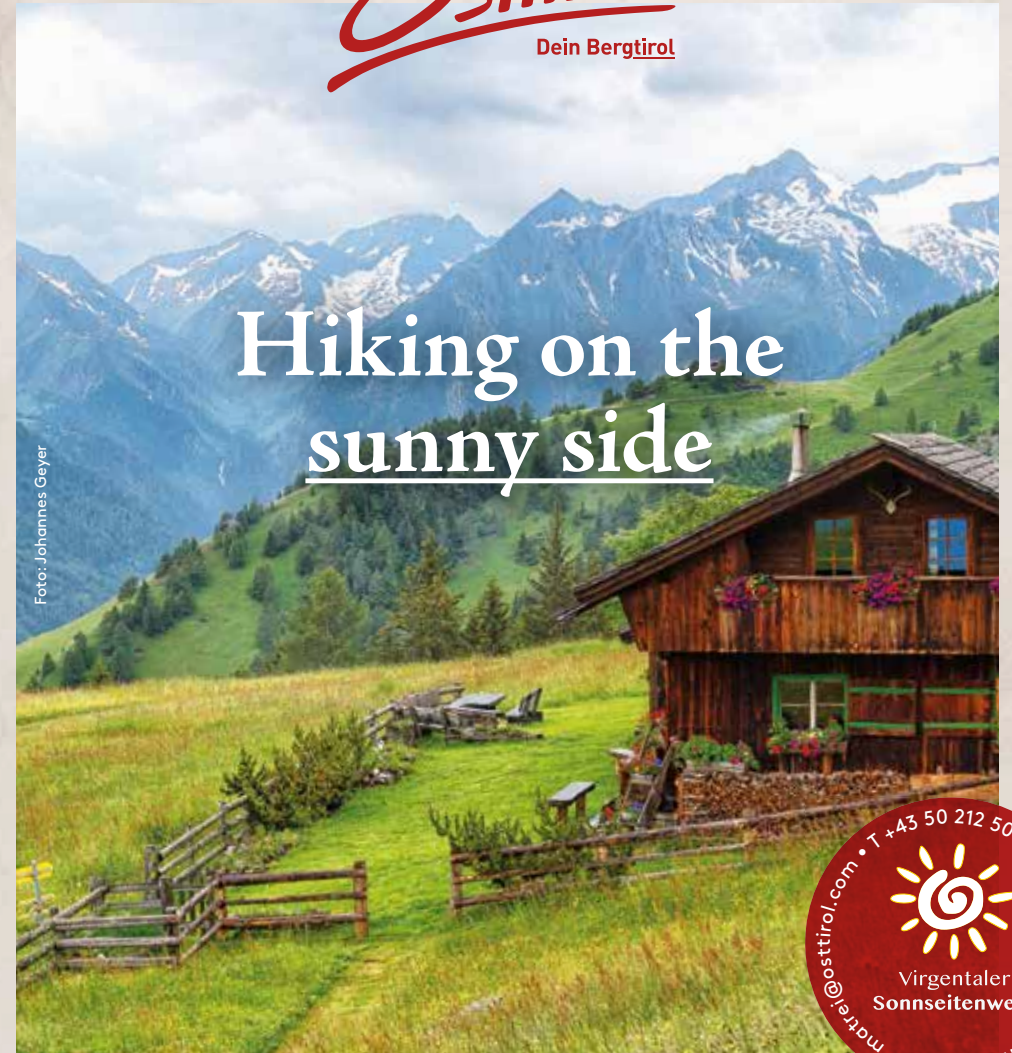


TONLODN OFENBAU NIEDEREGGER | Virgener Straße 16 | 9971 Matrei i. O.
www.tonlodn.at | +43 676 6825571 | info@tonlodn.at

Osttirol
Dein Bergtirol

Hiking on the sunny side

Foto: Johannes Geyer



On the paths of our ancestors:
The Virgentaler Sonnseiten circular hiking trail starts in Prägraten am Großvenediger and connects a number of rustic huts and alpine pastures on the sunny terrace of the Virgental, starting with the Stabant-, Sajathütte, Bodenalm, Niljochhütte, Schmiedleralm and Gotschaunalm.



www.osttirol.com

Leben, so wie es sein soll



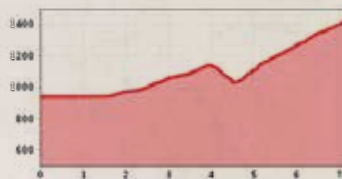
Foto: Bernhard Assmair

Thiemeweg

Information • matri@osttirol.com • T +43 50 212 500

The most beautiful way to the Wodenalm

The trail first leads directly along the Tauernbach stream to the district of Proßegg. From there you cross the bridge, follow the road and turn left at the fountain. After a few hundred meters the Thiemeweg begins. On the Thiemeweg you walk on historical paths, as it is already more than 100 years old. Several „Inne-Halt-Stationen“ breathe new life into the path. These play stations (weighing game, ball game, water pipes, gnome village, harp game, alphorns, firecrackers,...) are an absolute highlight especially for children. The trail can be reached either from the Proßegg district or from the Zedlacher Straße. It leads along a gently ascending path to the mountain village of Zedlach and ends at the herbal inn Strumerhof.



Hohe Tauern Nationalpark – The idea throughout the world

Started with Yellowstone National Park sparked the idea of a protected natural space to experience and feel a passion in the hearts of people around the world. At 18 km, the Hohe Tauern National Park is the largest national park in Central Europe and has shares in three federal states: Tyrol, Salzburg and Carinthia. With glaciers, high mountain valleys, forests, moors, rivers, lakes, colorful flower meadows and much more, the Hohe Tauern brought a particularly impressive biodiversity, which on the one hand through the enormous height levels - from the valley to the highest mountain in Austria, the Grossglockner at 3798 m - and on the other the rich water resources are made possible.

In the Hohe Tauern National Park, the focus is on the impressive nature and the opportunity to experience it. With species protection projects and scientific surveys, we try to maintain and protect the special world of the Hohe Tauern and do not neglect the cultural landscape, in which old traditions and customs are not forgotten and are still passed on from generation to generation.

Nationalparktips in the Virgental-valley:

- Nature Energy Path Umbalfälle
- Exhibition „Tauernblicke - Momente des Stauens“ - Nationalparkhaus Matrie
- guided Rangertours
- Adlerweg Osttirol
- Iseltrail

Experience nature with a ranger

Guided hiking tours according to the summer program:
Costs: Adults from € 22,00 / Children up to 14 years € 15,00

Rent a Ranger

The individual national park experience tailored entirely to personal wishes.
Cost: € 270 / Ranger and Tour

Information and Booking

Nationalparkhaus, 9971 Matrie i. O., Kirchplatz 2
Phone: +43 4875 516110, nationalparkservice.tirol@hohetauern.at
www.hohetauern.at/erlebnis, nationalpark.osttirol.com



GUIDED RANGERTOUR



SIGNATURE:

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AND UNFORGETTABLE MOMENTS –
ALL SET AGAINST A SPECTACULAR
GLACIER BACKDROP.
OUR FAMILY-FRIENDLY PARK OFFERS FUN
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AND ADULTS ALIKE.
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SURROUNDED BY NATURE.
ONE OF A KIND.



INFO



LOCATION
PRÄGRATEN am
Großvenediger
close to the
Umbalfälle,
in Ströden/Hinterbichl



DRINKS



ICE CREAM





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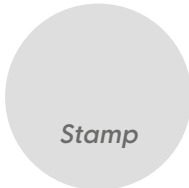
Huts along the Lasörling hiking trail

Lasörling Höhenweg



ZUNIGALM 1.846 m

Private Hut
 Family Rainer
 Waier 2a, 9971 Matri in Osttirol
 Phone hut +43 (0)650 580 560 6
 zunigalm@gmx.at
 www.virgental.at/zunigalm



Fascinating glances to Tauern- and Virgental valley

The Zunig Alm towers high above the valley basin of Matri. From the sun terrace you can enjoy a breathtaking panoramic view of the realm of the Hohe Tauern National Park: the Tauern and Virgental, the Glockner, Granatspitz, Venediger and Schober groups as well as the Malhamkees. In addition, you can be spoiled by the Rainer family with regional delicacies and enjoy the widely known desserts - especially the legendary blackberry omelet.

Open: 10. June till middle of October

Ascent: Via the Matri districts of Bichl or Ganz to St. Nikolauskirche and the Guggenberg car park. From there 2 to 2 ½ hours on a wide hiking trail to the Zunig Alm.

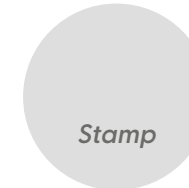
Tours: Großer Zunig 2.771 m (2 ½ h), Kleiner Zunig 2.443 m (1 ½ h), Zunigsee 2.112 m (45 min), Ganitzle (1 ½ h), Zupalseehütte (5 - 5 ½ h), Malereck with a view over the Dolomites, begin of the Lasörling Höhenweges

Specialities: Tyrolean home cooking, Apfelstrudel, Heidelbeerromlette, Bratwürstl with Kraut, Brettljause, Kaiserschmarren.



WÜRFELEHÜTTE 1.380 m

Private Hut
 Mariacher Ludwig
 Phone +43 664 5328139
 wuerfelehuette@gmail.com
 Würfelehütte auf Facebook
 www.wuerfelehuette.at



The hiking destination for young and old

A cosy, rustic parlor and sunny terraces invite you to linger and offer a wonderful view of the Virg mountains with their many three-thousanders. Our focus is on the little guests, for whom we have built a small play and fun paradise.

The kitchen team cooks with a lot of love and spoils you with freshly prepared delicacies, homemade pastries, ice cream variations, etc. Of course, you can also have a healthy and rich brunch at the Würfelehütte. Among other things, a delicious "cube breakfast" is served from 9:00 a.m. to 11:00 a.m. if ordered in advance. Guest rooms also suitable for larger groups such as birthday parties, family celebrations etc.

Open: Summer: Mai till middle of October and on request
 Winter: from 25.12. till middle of March

Ascent: from the Virgen/Tratte car park, approx. 45 minutes on foot. In summer by car on your own road (toboggan run). Driveway illuminated at night. taxi service.

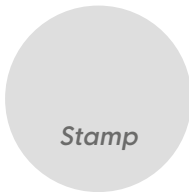
Special features: Toboggan rental, taxi service, playground, brunch





ZUPALSEEHÜTTE 2.350 m

Private Hut
 Family Tschoner
 Phone +43 650 5457402
 office@zupalseehütte.at
 www.zupalseehütte.at



The heart of the Virgentaler huts

The Zupalseehütte is one of the most beautiful mountain huts in the Virgental Valley. From here you can enjoy breathtaking views of the peaks of the Hohe Tauern National Park. The cozy Zirbenstube and the sun terrace invite you to linger and pause for a moment. We will spoil you with home-made delicacies from Tyrolean cuisine. The hut is also highly recommended for a longer stay.

Accommodation: 26 beds in rooms and 7 dormitories

Facilities: shower, 2 washrooms, central heating, electricity

Open: from the end of June to the beginning of October

Ascent: From Virgen via the Wetterkreuzhütte to the Zupalseehütte (5 h), from Virgen via the Steinkastal to the Zupalseehütte (4 h), from Virgen with the hut cab (+43 650 54 57 402) to the Wetterkreuzhütte (½ h), then via the Panoramaweg to the Zupalseehütte (1 ½ h)

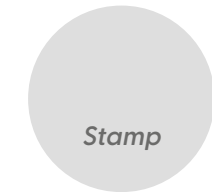
Huts nearby: Speikbodenhütte 4 h, along the panorma path to Lasörlinghütte 3 h

Tours: Zupalkogel 2.720 m, Oberstkogel 2.574 m, Legerle 2.527 m, Speikboden 2.653 m, Donnerstein 2.725 m



LASÖRLINGHÜTTE 2.293 m

Private Hut
 Tenant: Heidi Bender
 Virgentalstraße 85, 9972 Virgen
 Phone hut +49 172 8663267 or
 +43 664 1214045
 benderheidi@aol.com
 www.Lasoerlinghuetten.com



The little village in the mountains

The shelter built in 1982 in the so-called „Glaurat“ in the rear Mullitztal is a popular base on the Lasörling Höhenweg and on the way to the Lasörling summit at 3098 m above sea level. With the additions and outbuildings, a unique alpine ensemble emerged over time, a small village in the mountains. From the sun terrace you can enjoy a wonderful view of Austria's highest mountain, the Großglockner, and the Virger Nordkette.

Open: Beginning/middle of June till the end of September (depends on the weather)

Ascent: From the Virg district of Welzelach on the Almfahrtweg via Mullitztal and Stadler Alm 3 hours, from the Wetterkreuz Hütte 3 ½ to 4 hours, also easily accessible for children and seniors.

Huts nearby: via Bergertörl to Bergerseehütte 3 ½ h, via Prägratner Törl to Neuen Reichenbergerhütte 6 ½ h, along the Niedere Höhe to Lasnitzenhütte 3 ½ h.

Tours: Lasörling (summit), 3.098 m 3 h (one of the best photo mountains in the Hohe Tauern National Park)





LASNITZENHÜTTE 1.900 m

Private hut, Family Berger
 St. Andrä 39g, 9974 Prägraten am Großvenediger
 Phone hut +43 4877 5267 (Summer)
 Phone valley +43 664 5080994
 lasnizzenhuette@gmx.at
 www.lasnizzenhuette.at

Stamp

Wonderful view to the Großvenediger

The Lasnizzenhütte in the wild and romantic Lasnizental valley is a popular day trip destination starting from Prägraten. The panoramic views of the Venediger Group accompany you throughout the ascent. The view of the Großvenediger from the hut's terrace is particularly impressive. The hut is situated on the Muhs Panorama Trail, offering a unique view of the glacial landscape of the Hohe Tauern National Park. Rustic rooms and the cosy dormitory invite you to stay the night, so you can continue exploring the impressive world of the Lasnizental valley the following day.

Open: From middle of June till middle of October

Ascent: Family-friendly forest track from Prägraten – car park at the sawmill/Grieß Leisure Centre, reachable in 2 hours; hiking trail from Prägraten – Hinterbichl/campsite via Buhntrogköpfl, reachable in 2 hours.

Huts nearby: Via the Muhs Panorama Trail to the Bergerseehütte, 2 hours, Lasörlinghütte via Niedere Höhe/Prägrater Törl in 4 ½ hours, Neue Reichenbergerhütte via Micheltalscharte in 4 hours, Clarahütte via Isltreralm/Umballfälle in 5 hours.

Tours: Lasörling 3,098 m 4 hours, Berger Kogel 2,656 m 4 hours, Toinigspitze 2,666 m 2 hours, Muhpyramide 2,370 m 1 ½ hours, Muhsköpfl 2,501 m 1 ½ hours, Almspitz 2,260 m 1 hour, Jungbrunnen 2,350 m 1 hour;

Specialities: Homemade delicacies made from regional produce, e.g. roast pork, beef goulash, Tyrolean bacon dumplings, Schlipfkrapfen, Kaiserschmarren... the widely renowned and extremely popular Almkrapfen served with a cup of coffee will remain in your memory.



NEUE REICHENBERGER HÜTTE 2.586 m

Hut of the OeAV-Sektion Reichenberg
 (alpine association)
 Tenant Werner Kuba
 Phone hut +43 4873 5580
 Mobile: +49 151 560 49 308
 neue-reichenbergerhuette@gmx.at
 www.alpenverein.at/reichenberg

Stamp

Divinely at the Bödensee-lake

The new Reichenberger Hütte is located on a beautiful spot on the Bödensee in the Lasörling group. From the Bachlenke a little above the hut you have an impressive view of the Großvenediger. The Alpine Club - Schutzhaus is the ideal accommodation halfway when you cross the Lasörlingkamm between the Defereggental and the Virgental. Mountain hikers also like to take a break or take a break Get a good night's sleep at the Neue Reichenberger Hütte when you are on the Lasörling Höhenweg or when you climb the peaks in the Virgen and Defereggental valleys, all of which are located in the Hohe Tauern National Park.

Open: From middle of June till end of September (depends on the weather)

Ascent: From Prägraten via Pebell- and Stürmitzalm along the Großbachtal-valley in about 4 h, via Kleinbachtal-valley in about 4 ½ h, from St. Jakob in the Defereggental-valley along the Hintere Troyeralm 4 h.

Huts nearby: Via Dabertal-valley to Clara Hütte 3 h, along Rote Lenke and Micheltalscharte to Lasnizzen Hütte 3 ½ h and to Bergerseehütte 5 h, via Prägrater Törl to Lasörling Hütte 6 h

Tours: Göselwand 2.912 m 1 h, Bachlenkenkopf 2.759 m ½ h, Finsterkarspitze 3.028 m, Keeseck 3.173 m, Rosenspitze 3.060 m

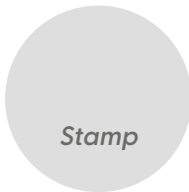
exclusively vegan/vegetarian cuisine





CLARAHÜTTE 2.038 m

Hut of the DAV Sektion (alpine association)
 Tenant: Karin Mikusová und Juraj Malek
 9974 Prägraten a. G.
 Phone +43 664 97 588 93
 Phone valley: +42 190 2287273
 clarahuette@virgental.at
<https://dav-essen.de/clarahuette>



The romantic hut in the Umbal-tal-valley!

The Clarahütte, the oldest hut in East Tyrol, is located in the heart of the Umbal Valley. It is the ideal hiking destination for all age groups. The way to the Clarahütte leads through the picturesque high mountain valley along the famous Umbal Falls: You can never get enough of this imposing natural spectacle! Renovated between 2013 and 2015, the Clarahütte has double, triple and four-bed rooms for a total of 22 people as well as a mattress dormitory with 8 beds. Enjoy local specialties on our sunny terrace with a view of the Rötspitze or in our cozy dining room. We are looking forward to your visit!

Open: middle of June till beginning of October

Ascent: From parking area Ströden along the Umbal-waterfalls in about 3 h, suitable for all ages!

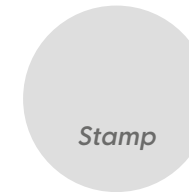
Huts nearby: Via Dabertal-valley to Neuen Reichenberger Hütte 4,5 h, along Wiesbauerweg and Hochkarscharte to Essener- und Rostocker Hütte 6 h, Philipp-Reuter-Hütte (bivouac) 2 ½ h, Lenkjöchlhütte 4 ½ h

Tours: Rötspitze 5 h, Dreiherrnspitze 5 h, Gletschersteig Umbalkees 1 h, Wiesbauerspitze 2 ½ h, Umbaltalrundpfad (Philipp-Reuter-Hütte, Umbalkees) 3 h, Daberspitze (Hohe Saile) 6 h, Simonyspitzen 5 h, Malhamspitzen 4 ½ h, Hohes Kreuz 4 h



ISLITZERALM 1.513 m

Almgasthaus
 Johannes Berger
 Phone hut +43 664 97 59 790
 Phone valley +43 4877 5285
 office@islitzeralm.at
 www.islitzeralm.at



Only inches away from the Umbal-water-falls!

You sit on the sun terrace of the Islitzer Alm, hear the roaring and rustling of the Umbal Falls and look forward to hiking the Nature - Power - Path. But before you immerse yourself in the wonderful world of wild water, you can relax on the sun terrace of the rustic Almgasthaus with a hearty meal or enjoy coffee and cake. The children let off steam in the children's playground, and wildlife observation is also offered.

Open: Beginning of May till end of October

Ascent: Easy walk from the Ströden car park, past the portal of the Hohe Tauern National Park via the Almweg in ½ hour, easily accessible for children, seniors and with prams. Narrow water-fall path along the Isel.

Huts nearby: along the Umbal Falls to the Clara Hütte 2 ½ hours, via Groß- or Kleinbachtal to the Neue Reichenberger Hütte 3 ½ hours

Tours: Nature energy path Umbalfälle (water falls), via Lasnitzen Hütte to Toinig 2.666 m





VIEW OF THE EISSEE

Quiet waters – they invite us to relax

From crystal blue to emerald green – in the most varied The many mountain lakes in Virgental present themselves in colors. Take a break on its banks, wade barefoot through the shallow water or even take a dip in the cool water, hikers and mountaineers will find refreshment, cooling off and relaxation in the mountain lakes in the Hohe Tauern National Park.

On the way from the Zunigalm to the Big and Small Zunig lies the quiet, idyllic **Zunigsee**, where the highest mountain in Austria – the Großglockner – is reflected when the weather permits. The legendary **Arnitzsee** at 2.507 meters between the Arnitzalm and the Großer Zunig is also worth a trip. Sheep graze on the bank overgrown with Speik and Gentian – a wonderful place to find yourself. A highlight on the Lasörling-Höhenweg is the **Lackensee**, which can be reached on foot in around an hour from the Wetterkreuzhütte. The rustic Zupalseehütte and the peaks of the Virger Nordkette or the Venediger Group are reflected in the **Zupalsee** at 2.350 meters. Getting up and moving on is quite difficult in this breathtaking place. It doesn't take long, however, and we can take a rest and relax while hiking into the valley at the azzur blue **Steinkassee**. The **Gumpenlacke** and the **Gritzer Lakes** not far from the Lasörlinghütte are definitely worth a detour. A highlight on the Lasörling-Höhenweg is the **Bergersee** with the hut of the same name at 2181 meters above sea level. Via the Rote Lenke and the Micheltalscharte you reach the Neue Reichenberger Hütte, located on the idyllic **Bödensee**.

From the Eissee Hütte, located in Timmeltal at 2.521, you can walk to the **Eissee** in just under an hour, which is beautifully embedded in the mountain landscape on the Venediger-Höhenweg. And the Simonysee at 2.360 meters not far from the Essener and Rostocker Hütte is what many call a special place of power.

YOUR HOLIDAY-PORTAL FOR OSTTIROL

 Osttiroler Höhenwege

 virgental.at
prägraten.virgen.matrei.online

 Osttiroler Land



THE MATREI VALLEY TRAIL
A family-friendly hike in the valley



VENEDIGERTAXI KRATZER-Hut-Taxi

Do you want to climb the Großvenediger in one day?

Yes? No Problem!

Please call us and make an appointment for the driveway to the Johannishütte. We start for you, if you want, at 3 a.m.!

Your advantage: The Johannishütte (2121m) on the Venediger-Höhenweg is the ideal starting point for the shortest ascent to the "worldly majesty" the Großvenediger (3666 m) -> 5 hours.

- Further tours:**
- till Sajathütte above Kreuzspitze-Tulpscharte 3,5 h.
 - till Eisseehütte above Zopetscharte 3,5 h.
 - till Essener-Rostockerhütte above Türmljoch 3,0 h.

And if you have special requests:
Ask us! We do what's in our bikes!

- ✓ 30 people can be chauffeured to the Johannishütte at the same time
- ✓ general taxi service
- ✓ Mountain bike transport
- ✓ Train station transfer
- ✓ Overnight accommodation

Transfer to the approaches:

for the Venediger Höhenweg from Ströden to the Matreier Tauernhaus
for the Lasörling Höhenweg from Ströden to the Guggenberg car park

We are always there for you!



Fam. Siegfried Kratzer
Bichl 8, A-9974 Prägraten a. G.
Phone 0043 4877 5369
Fax 53694
info@huettentaxi.at

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Mal- und Stempelbuch

2026



NEW!
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office@virgentaler-huetten.at
www.virgentaler-huetten.at

More information to all requests:

- Touristinformation Prägraten**
Phone +43 (0)50 212 530, praegraten@osttirol.com
- Touristinformation Virgen**
Phone +43 (0)50 212 520, virgen@osttirol.com
- Touristinformation Matrei**
Phone +43 (0)50 212 500, matrei@osttirol.com
- Touristinformation Osttirol**
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Round trip Grossglockner – Felbertauern



Foto: Meusburger

THE MOST BEAUTIFUL PASSES IN THE COUNTRY

lead through the heart of the Hohe Tauern National Park.

The reduced FELBERTAUERN ROUND TRIP TICKET takes you around Austria's highest mountain through the most beautiful national park regions of the Hohe Tauern.

Travel time: approx. 4 hours.

Car: € 54,00

Motorcycle: € 44,00

