

Cross-Country ski trails

Nordic-walking & Winter-hiking paths

Toboggan runs

Winter hiking paths

High Trails (snow guarantee)

1 1 High Trail Schönfeld – Rosanin

Difficulty: easy, intermediate, challenging ●●●

Elevation: 1730 - 2050 m

Length: 8 km classic & skating

Access Point: *Rosanin (area)* turn-off near the *Dr. Josef Mehrlhütte (hut)*

The cross-country ski trail leads across hills terrain up to the Rosanin and, in perfect conditions, out as far as the Rosaninsee at the foot of the Königstuhl, while the return promises an extended downhill experience.

2 2 High Trail Schönfeld - Kasmandl

Difficulty: easy ●

Elevation: 1730 m

Length: 2 km loop, skating & classic

Access Point: in front of the *family- and youth guest house Schönfeld*

Tour in the *Schönfeld (city)* valley bottom. Very suitable for beginners!

3 3 High Trail Schönfeld – Bundschuh

Difficulty: easy, intermediate ●●

Elevation: 1600 - 1730 m

Length: 10 km classic & skating

Access Point: *Schönfeld (city)* car park

Along the banks of the "Feldseitenbach" (rivulet), easy, undulating, out to the crossing at the "Bundschuhlandstrasse" (road), continue to Samerain and then back.

10 10 High Trail Preber

Difficulty: easy, intermediate ●●

Elevation: 1450 - 1500 m

Length: 8 km double-tracked classic, 6 km skating

Access Point: *Ludalm, Pa, Pz, P3*

Around the "Prebersee" (lake), continues in an easterly direction through easy, undulating meadows and alpine pastures. Turn-around point in front of the *Gasthof Preberhof (inn)*, side trail up to the inn itself. Return along the right side of the "Festirtrach" (rivulet). Skating track for cross-country skiers with more athletic ambitions. Suitable for all ages!

14 14 High Trail Lignitz – with snowmaking coverage

Difficulty: easy, intermediate ●●

Elevation: 1330 - 1400 m

Length: 7 km classic & skating, loop

Access Point: *Lignitz (district)*

Snowy high trail for beginners, casual skiers and pros. Depending on snow conditions, it may be possible to ski further into the *upper Lignitz Valley (area)*. **Biathlon, daily illuminated round loop (ca. 800 m) from 4 - 9 pm.**

Valley trails (Depending on the snow situation)

7 7 Winkel Trail Göriach

Difficulty: easy, intermediate ●●

Elevation: 1180 - 1250 m

Length: 8 km classic and two rounds with 1,5 km skating per round

Access Points: *Göriach at Wassing (district)*, at the village hall

Gently uphill heading north in the direction of *Hintergräbach (district)*. Alongside the "Göriachbach" (rivulet) to the "Landschaftsschutzgebiet Göriachtal" (Göriach valley nature preserve). On the eastern side of the valley, you now head towards the mouth of the valley as far as *Vordergräbach (district)*. After a short, steep stage, you will reach the access point in *Wassing (district)*. Numerous access points along this trail. At *Göriach-Winkl* there are also along the left hand side of the stream 2 cross-country ski-tracks with 1,5 km per round.

8 8 Romantic Trail Lessach

Difficulty: easy, intermediate ●●

Elevation: 1208 - 1241 m

Length: 8,7 km classic & skating

Access Point: car park serving the ski lifts (*Lessach - Vorderdorf, districts*)

From the car park, take the trail above the parish church (site of a cemetery that is very much worth a visit) through the "Landschaftsschutzgebiet Winters Les-sach" (*Upper Lessach valley nature preserve*). This trail ends at the *Axandl-hütte (hut)*, not staffed, but a pleasant resting place. It is about a 50 m walk from the *Unterdorf (district)* car park to the start of the trail (*Moor- oder Fiedlung*).

9 9 Taurach Trail St. Andrá

Difficulty: easy, intermediate ●●

Elevation: 1044 - 1080 m

Length: 4,7 km classic & 2,2 km skating

Access Point: the stop for the *Taurachbahn (railway)* at *St. Andrá (village)*

Follows the "Taurachbahn" (railway) and "Taurach" (rivulet) in several loops to wards *Linsching (district)*, then it leads back to *St. Andrá*. Refreshment opportunity nearby the trail at *Gasthof Andwilt in St. Andrá*.

16 16 Taurach Trail Mauterdorf

Difficulty: easy ●

Elevation: 1050 - 1122 m

Length: 5 km classic & skating

Access Points: *Flugplatz Mauterdorf (airfield), Neuss-Moos (district)*

Westwards to the "Aifried Trail Mauterdorf" and further to *Neuss-Moos (district)*.

17 17 Trail Weißpriach

Difficulty: intermediate ●

Elevation: 1099 m

Length: 13 km classic & skating incl. winterhikingpath

Access Point: town center Weißpriach – parking place P1 (at the football field), parking place Fanning

The cross-country trail leads in parts alongside the Longa, which meanders through the valley. Also along the ski trail you will find a winter hiking path (2-3 hrs.) offering occasional refreshment opportunities.

Cross-Country sking

Cross-Country schools (with reservation)

Mariaparr: Lungauer Langlaufschule / Albert EBH Linsching 223, T +43 (0)6473 7197 T +43 (0)696 9300135 albert.essig@tiscali.at www.langlaufschule-lungau.at

Sport Werk - Institut für Sportwissenschaften - Marcellana T +43 (0)664 3187110

Obertauern: CSA – Cross-Country & Outdoor Station Grillitsch & Partner Gnadentaln, T +43 (0)6456 7462

St. Margarethen: Lungau Aktiv Firm Sepp Liffstrasse Aineck T +43 (0)664 4228083 firm@sbg.at, www.firmsepp.com

Schischule St. Michael, Karl Pellikan Poststraße 408 and valley station Sonnenbahn T +43 (0)6477 71060 T +43 (0)664 2129021 info@schischule-stmichael.at www.schischule-stmichael.at

FRESH-UP Skischule Erwin Resch Katschberghöhe 37 T +43 (0)6474 29900-13 schischule@erwinresch.at www.erwinresch.at

CSA – Cross-Country & Outdoor Station Grillitsch & Partner Gnadentaln, T +43 (0)6456 7462

Price per day € 15,00 Hans Fuchs, T +43 (0)676 7622302

19 19 Murtal Trail

Difficulty: easy ●

Elevation: 1025 - 1124 m

Length: 21 km

Stage: *Muhr - Unterweißburg*

Length: 10 km classic & skating

Access Points: *Muhr, Hemerach, Schellgaden, Unterweißburg* Alongside the charming "Murmäander" (area).

Stage: *Fell - Oberweißburg - Unterweißburg*

Length: 6 km classic & skating

Access Points: *Fell, Oberweißburg, Unterweißburg*

Easy, short climbs and downhill, refreshment stops in all towns. Highly recommended: "Full-Moon Tours"!

Stage: *Unterweißburg - St. Michael*

Length: 3 km classic & skating

Access Points: *Unterweißburg, Mt. St. Michael* (Special Events Hall), *Stranach*

Several refreshment points along the way, perfect for sun-worshippers and those with gourmet tastes.

Stage: *Glashütte - Stranach*

Length: 3,5 km classic & skating

Access Points: *Stranach and Glashütte* with refreshment opportunity

Stage: *St. Michael - St. Margarethen*

Length: 5,5 km classic & skating

Access Points: *Stranach, Goll course, Oberbayrdorf, St. Margarethen (districts)*

Sunny, flat trail along the "Mu-r" Valley with numerous refreshment opportunities.

Stage: *St. Margarethen - Untenberg - Neggendorf*

Length: 6,5 km classic & skating

Access Points: *St. Margarethen, Unterbayrdorf, Pischeldorf, Moosham, Untenberg, Neggendorf (districts)*

Sunny and predominantly flat, partially along the "Murmäander" (area) with beautiful views, at the bridge in *Neussart (district)* you will have to switch from the left to the right side of the River "Mur". Refreshment opportunities in *St. Margarethen* and *Untenberg*.

22 22 Hammer/Twenger-/Lantschfeld Trail

Difficulty: easy, intermediate ●●

Elevation: 1180 - 1300 m

Length: 12 km classic & skating

Access Points: *Mauterdorf (ski center), Tweng; Franzbauer (farm), Lantschfeld* timber yards

Undulating terrain along the "Taurach" (rivulet) to the *Annakapelle (chapel)*. Trail through very charming countryside via the "Twenger Au" (area) to *Tweng (city)*. This is the beginning of the "Zehnerfeld" (area) loop, a trail protected from the wind and taking you through the romantic valley in the direction of the "Postalm" (area). Ample refreshment opportunities in the villages along the way!

23 23 Begöriach Trail

Difficulty: easy ●

Elevation: 1122 - 1142 m

Length: 1,5 km classic & skating

Access Points: *Begöriach (district)*, access between Lungauer Bärenstein and Fam. Landschützer (accommodations), St. Wolfgang

Non-challenging, flat trail for casual skiers and beginners.

24 24 Aifried Trail Mauterdorf

Difficulty: easy ●

Elevation: 1180 - 1250 m

Length: 8 km classic and two rounds with 1,5 km skating per round

Access Points: *Flugplatz Mauterdorf (airfield), Steindorf-Moos (district)*

This trail affords beautiful panoramic views of the peaks of the *Rodstädter, Wiederer and Schlaminger Tauern (mountains)*, as well as of the *Kockberge*. Particularly suitable for sun-loving occasional skiers and beginners.

26 26 Hundsfeld Trail

Difficulty: intermediate, challenging ●●

Elevation: 1740 - 1800 m

Length: 6 km classic & skating

Access Points: *Obertauern Sportcenter*

The most beautiful, sunniest part of this trail leads out across the *Hundseldmoor* nature sanctuary and ends with an exhilarating downhill. There is also a wonderful hiking path (2,5 hrs.) along the trail.

27 27 World Cup Trail

Difficulty: intermediate, challenging ●●

Elevation: 1590 - 1740 m

Length: 6 km classic & skating

Access Point: *Zehnerkarparkplatz P2 (parkingplace P2)*

Challenging mountain trail for experienced skiers! Flat at the beginning, then steadily uphill once more, returning in a loop past the *Tauernhof* youth hostel. There is also a wonderful hiking path (3 hrs.) along the trail.

28 28 Zederhaus Trail

Difficulty: easy, intermediate ●●

Elevation: 1205 m

Length: 8 km classic - of which 7 km are tracked for skating

Access Points: *Dorf - at the Bartbauer, Bruckdorf - at the Schieferbauer*

Access Point: *Rothwand - at the Moserbauer and town center* access at the fire department

In the Nature Park Community of (*Naturparkgemeinde Zederhaus (city)* from the community of *Dorf - Anger* via easy, undulating terrain to the "Schiefergraben" (area). Gently downhill alongside the "Zederhausbach" (rivulet) to the *Moserbauer (farm)*, crossing the street and continuing to the turn-around point at the museum "Denkmalhof Mauergrut" in *Gries*. Right in the town center circa 2 km skating and classic.

30 30 Gnadental Trail

Difficulty: easy, intermediate, challenging ●●●

Elevation: 1350 m

Length: 20 km classic & skating, biathlon

Access Point: ca. 4 km to the north just before *Obertauern* (coming from *Radstadt*), above the *Gnadentaln (hut)*

Also reachable on the ski shuttle. The *Gnadentaln Trail* boasts some of the most reliable snow conditions anywhere in the Alps. Refreshment opportunities are available!

31 31 Petersbründl Trail - with snowmaking coverage

Difficulty: easy ●

Elevation: 1000 - 1050 m

Length: 1,3 km classic & skating, loop

Access Point: valley station Petersbründl lift / *Glashütte (district)*

A snow-guarantee trail for beginners, pleasure runners and professionals. The trail is almost completely flat and for the experienced cross-country skier too warm up well suited. There is also a rest stop on the site!

• Dogs are generally not allowed on cross-country ski trails. Stop in at the tourist office to find out which trails dogs are permitted on.

• You may only enter the trails while wearing cross-country skis.

• Each cross-country skier must behave in such a way as not to endanger or harm others.

• Obey markings, signals or signs must be obeyed and the prescribed skiing direction must be adhered to.

• Each double track constitutes a single trail unit. Keep to the right (even if several trails occasionally run next to each other). Groups, please ski in single file on the right-hand track.

• Overtake to the left or right. The skier in front is not obliged to yield the track to those who are passing, unless he is able to do so without endangering himself or others.

• When overtaking, being overtaken or approaching skiers, keep your poles tight to your body.

• When skiers encounter each other coming in opposite directions, always keep to the right. Skiers who are climbing a hill must yield to those coming down.

• Speed – especially when skiing downhill – should be appropriate to your ability, the terrain, visibility and the number of people on the trail.

• If standing still or in the event of a fall – get off the track without delay.

• In the event of an accident, other skiers are obliged to render assistance as necessary.

• Skiers involved in accidents must present some form of official I.D.!

• Never leave the designated trails.



1 Göriach Winter Hiking Path

Difficulty: easy ●

Start: *Gasthof Lacknerhof (inn)*

Length: ca. 3 km one way

Time on Trail: 45 min. one way

Refreshment Opportunities: *Gasthof Lacknerhof (inn)*

Description: From *Gasthof Lacknerhof*, the hiking path leads along the left side of the Göriachbach. After approximately 1 km you will reach a fork, where you can either branch off to the sledding hill or continue straight in the direction of the *Winkweg* (as far as the *Hansal Chapel*). This winter-hiking path is not cleared or treated. Use at your own risk.

4 Wildbachstraße – Lessach

Difficulty: intermediate ●

Start: 1) car park for the ski lift (Trail 8) 2) car park for the *Wildbachhütte (hut), Purgger-Gut (farm)*

Length: 1) 4,5 km or 2) 2,5 km

Time on Trail: 2) 2 hrs. 30 min. or 2) 1 hr. 30 min. one way

Refreshment Opportunity: *Wildbachhütte (hut)*, T +43 (0)664 4107513

Description: easy uphill, groomed, no traffic

5 Culture Trail: Thurnschal Ruins - Lessach

Difficulty: easy ●

Start: 1) to point by the church 2) 6 km

Length: 6 km

Time on Trail: ca. 2 hrs.

Description: flat, not cleared, little traffic

6 "Sonnenlehrpfad" Mariapfarr (Sun Path)

Difficulty: easy ●

Start: information board in the town center

Length: 4 km

Time on Trail: ca. 1 hr. 30 min.

Refreshment Opportunities: town center *Mariapfarr*

Description: Austria's first self-guided Sun Path

10 Mauterdorf Aifried to Begöriach

Difficulty: easy ●

Start: *Flugplatz Mauterdorf (airfield)*

Length: ca. 3 km

Time on Trail: 20 min.

Refreshment Opportunities: town center

Description: flat, cleared, little traffic

11 Mauterdorf Winter Hiking Path – Steindorf, St. Gertrauden and Begöriach

Difficulty: easy ●

Start: aifried or the town center of *Mauterdorf*

Length: 4 km

Time on Trail: 1 hr. 30 min.

Description: flat, cleared, little traffic

12 Fanningberg to St. Gertrauden

Difficulty: intermediate ●

Start: church St. Gertrauden

Length: 4 km

Time on Trail: 1 hr.

Refreshment Opportunities: town center, *Gasthof Jockbauer, Gasthof Halenerhof (inn)*

Description: cleared, little traffic, also possible to *Steindorf (district)*

14 Muhr to Jedl

Difficulty: intermediate ●

Start: town center

Length: 3 km

Time on Trail: 45 min.

Refreshment Opportunities: *Mesnerwirt (inn), Gasthof Jedl (inn)*

Description: village road, little traffic

16 Muir Hiking Path "Myths & Legends" – Ramingstein

Difficulty: easy ●

Start: village of Mading

Length: 4 km

Time on Trail: 1 hr. 20 min.

Refreshment Opportunities: *Café „Zum Burgbrückl“, Gasthof Durigon, Gasthof Weihenart (inn & hotel)*

Description: cleared path along the bicycle path to *Hintering (district)*. From *Hintering* to *Kendrück* (district) the path is not cleared.

17 Tamsweg / Prebersee

Difficulty: easy ●

Start: *Ludalm* car park, travel there by post bus or car

Length: 8 km

Time on Trail: 1 hr.

Description: flat, cleared

19 Lantschfeldweg – Tweng

Difficulty: intermediate ●

Start: *Taurach (river)* bridge, travel there by ski shuttle or post bus

Length: 4 km

Time on Trail: 1 hr. 30 min.

Refreshment Opportunities: *Twengerhof (inn), Landhotel Postgut (hotel)*

Description: nicely cleared footpaths through the forest, little traffic.

20 St. Michael to Fell

Difficulty: easy, intermediate ●●

Start: swimming pool in *St. Michael (city)*

Length: ca. 16 km loop

Time on Trail: 1 - 1,5 hrs.

Refreshment Opportunities: *Blaswirt, Neuhäuserstadl, Weltcupstüberl (all inns)*

Description Stages: *St. Michael – St. Egid, St. Egid – Dasl, Dasl – Oberweißburg (all districts, ca. 1 hr.), Oberweißburg – Fell (districts, parallel to the A20 motorway) and return*

21 "Wasenweg/Leisnitz" – St. Margarethen (Water Trail)

Difficulty: intermediate ●

Start: water stone in the town center (at *Löckerwirt*)

Length: 5 km

Time on Trail: 1 hr.

Refreshment Opportunities: *Zallerwirt, Löckerwirt, Schlägelberger (inns)*

Description: flat to moderately uphill, along the banks of the "Leisnitz" (rivulet) Snowshoe rental at info point St. Margarethen.

22 Mur Trail - Muhr to Tamsweg

Difficulty: easy ●

Start: *Muhr, St. Michael-Au, St. Margarethen, Oberbayrdorf, Triegen, Unterbayrdorf, Untenberg, Tamsweg*

Length: 25 km

Time on Trail: 6 hrs.

Refreshment Opportunities: in the towns and alongside the trail

Description: sunny, flat, cleared, sowed by public transportation, from *Muhr (city)* to *Schellgaden (district)* along the main road to connection *St. Michael (city)*, option to branch off onto winter hiking path No. 20 and to *Oberröbbsburg*

23 Pritzhütte Gontal – Katschberg

Difficulty: intermediate ●

Start: *Katschberg Pass*, travel there by ski bus

Length: 8 km

Time on Trail: 2 hrs.

Refreshment Opportunities: *Alpengasthof Bacher (hotel), Pritzhütte (hut)*

Description: *Katschberg Pass* at *Gontalweg (road)* to the *Pritzhütte (hut)*, horse-drawn sleigh rides are also possible

24 "Höllweg" - Thomatal

Difficulty: easy ●

Start: *Graben - Kocherbauer (farm)*

Length: 10 km

Time on Trail: 3 hrs.

Description: along the banks of the "Bundschuhbach" (rivulet) to the crossroads of the *Bundschuh* road. Half of this hiking path is neither cleared nor treated. Use at your own risk.

25 Winter hiking paths in Schönfeld – Thomatal

Difficulty: easy, intermediate, challenging ●●●

Start: *Schönfeld* car park, Dr. Josef-Mehrlhütte 13 km

Time on Trail: ca. 3 - 5 hrs.

Description: a fine cross-country ski trails (please only use the trail designated for hikers!) Through sparse pine forests, either in the direction of *Bundschuh* or *Rosanin*.

26 Bussalauem tour – Thomatal

Difficulty: easy ●

Start: *Thomatal (community center)*

Length: 1,2 km

Time on Trail: 15 min.

Description: flat, a piece along the banks of the "Thomatalerbach" (rivulet)

28 Untenberg via Flatschach to Castle "Schloss Moosham"

Difficulty: easy ●

Start: village square in *Untenberg*

Length: ca. 3 km

Time on Trail: ca. 1 hr. (not incl. the return leg)

Refreshment Opportunities: town center of *Untenberg, Gasthof Mooswirt (inn)*

Description: little traffic, flat trail via the districts *Stranach* and *Flatschach* to *Voidersdorf*, concluding with a brief climb to "Schloss Moosham" (castle, museum opening times as posted)

29 Mitterberg Hike - Untenberg

Difficulty: intermediate ●

Start: village square in *Untenberg (city)*

Length: 2 km

Time on Trail: ca. 1 hr. (not incl. the return leg)

Refreshment Opportunities: town center *Untenberg*

Description: head out to the east, make a left onto the *Mitterberg* road (very little traffic), sunny, uphill to the *Frimhof (farm)*, beautiful views out across the "Murta" (valley) and continue to the *Frimkapelle (chapel)*

30 Seekreuz Tour – Weißpriach

Difficulty: easy ●

Start: *Hinterweißpriach (district)*, end of the paved road

Length: 4 km

Time on Trail: 30 - 45 min.

Refreshment Opportunity



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Legend

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Scale: 1:55 000 (1cm = 550 m)

550 m 0 1,1 2,2 3,3 km

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