



As a guest in the Innsbruck region, a wide-ranging hiking programme is available for you to enjoy free of charge with the Welcome Card from the end of May to the end of October. Themed hikes on the Mieming Plateau or exciting excursions for the whole family are just as much a feature of the programme as summit hikes. The easy and moderately difficult hikes are also suitable for senior citizens and children from the age of eight.

## WORTH KNOWING

- Free participation with the Welcome Card
- See table to the right for meeting points
- Weatherproof clothing (hiking boots, anorak, rain protection)
- Sun protection, sufficient food and drinks
- In consideration for other walkers, no dogs can be accepted

## HIKING BUS

The **free hiking bus** runs from the city of Innsbruck and the surrounding villages to starting points of various hikes which can be done with certified mountain hiking guides from the Innsbruck Alpine School – ASI Reisen. **No registration is required** for these hikes. The meeting point is at the specified bus stop 15 minutes before departure. **Note:** the meeting points for the holiday villages not listed in the bus timetables (Ampass / Grinzens / Ranggen / Ellbögen / Rinn / Sistrans / Unterperfuss / Völs / Zirl) are the stops in the nearest village or, if making your own way there, at the starting point of the hike.

- Hiking boots and backpacks can be hired for these tours (limited availability)
- Hikes undertaken in all weathers
- Groups of 15 people or more must register by the day before at the respective Tourist Information office

## MAKING YOUR OWN WAY

Hikes with regional hiking guides are also offered in the 1,200 km long network of hiking trails in the Innsbruck region. **Registration is required** to take up this hiking offer included in the Welcome Card and **you make your own way to the starting points**. For information on how to register and the meeting point, please see the table to the right.

# WEEKLY MOUNTAIN HIKING PROGRAMME | 25.5.–23.10.2020 | FREE WITH THE WELCOME CARD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><b>1</b> BERGWALD AND “ZIRBENWEG” STONE PINE TRAIL Patscherkofel (Jochleitensteig Trail) 25.5.–19.10.2020</div> <div><b>BUS 1 FROM INNSBRUCK</b> 9:00 am Innsbruck, Congress* 9:10 am Aldrans, village centre stop 9:15 am Lans, village centre stop 9:20 am Igls, Tourist Information office</div> <div><b>* Free transfer from Rum to the Congress meeting point:</b> Book your taxi by 5:00 pm the day before at the radio taxi office in Rum +43 676 / 847 054 202</div> <div><b>BUS 2 FROM AXAMS</b> 8:30 am Axams, Tourist Information office 8:35 am Birgitz, Traube bus stop 8:40 am Götzens, church square 8:45 am Mutters, Tourist Information office 9:05 am Natters, village square-Natterer See lake</div>	<div><b>3</b> NORTH TYROLEAN DOLOMITES Axamer Lizum 26.5.–20.10.2020</div> <div><b>BUS 1 FROM INNSBRUCK</b> 9:00 am Innsbruck, Congress* 9:10 am Aldrans, village centre stop 9:15 am Lans, village centre stop 9:20 am Igls, Tourist Information office 9:25 am Patsch, Grünwalderhof</div> <div><b>* Free transfer from Rum to the Congress meeting point:</b> Book your taxi by 5:00 pm the day before at the radio taxi office in Rum +43 676 / 847 054 202</div> <div><b>BUS 2 FROM AXAMS</b> 8:30 am Axams, Tourist Information office 8:35 am Birgitz, Traube bus stop 8:40 am Götzens, church square 8:45 am Mutters, Tourist Information office 9:05 am Natters, village square-Natterer See lake</div>	<div><b>6</b> ALPINE-URBAN Hungerburg – Nordkette mountains 27.5.–21.10.2020</div> <div>Make your own way from the surrounding villages to meeting point of the hike at the Hungerburgbahn valley station, Innsbruck (Congress Station*).</div> <div><b>* Free transfer from Rum to the Congress meeting point:</b> Book your taxi by 5:00 pm the day before at the radio taxi office in Rum +43 676 / 847 054 202</div>	<div><b>8</b> WESTFALENHAUS Mountaineering Villages in the Sellraintal valley 28.5.–22.10.2020</div> <div><b>BUS 1 FROM INNSBRUCK</b> 9:00 am Innsbruck, Congress* 9:10 am Aldrans, village centre stop 9:15 am Lans, village centre stop 9:20 am Igls, Tourist Information office 9:25 am Patsch, Grünwalderhof</div> <div><b>* Free transfer from Rum to the Congress meeting point:</b> Book your taxi by 5:00 pm the day before at the radio taxi office in Rum +43 676 / 847 054 202</div> <div><b>BUS 2 FROM AXAMS</b> 8:30 am Axams, Tourist Information office 8:35 am Birgitz, Traube bus stop 8:40 am Götzens, church square 8:45 am Mutters, Tourist Information office 9:05 am Natters, village square-Natterer See lake 9:30 am Kematen, Bierwirt bus stop 9:45 am Sellrain, Tourist Information office 9:50 am Gries, Tourist Information office</div>	<div><b>11</b> AT THE FOOT OF THE HOHE MUNDE Mieming Plateau &amp; Inntal valley 29.5.–23.10.2020</div> <div><b>BUS 1 FROM INNSBRUCK</b> 9:00 am Innsbruck, Congress* 9:10 am Aldrans, village centre stop 9:15 am Lans, village centre stop 9:20 am Igls, Tourist Information office 9:25 am Patsch, Grünwalderhof</div> <div><b>* Free transfer from Rum to the Congress meeting point:</b> Book your taxi by 5:00 pm the day before at the radio taxi office in Rum +43 676 / 847 054 202</div> <div><b>BUS 2 FROM AXAMS</b> 8:30 am Axams, Tourist Information office 8:35 am Birgitz, Traube bus stop 8:40 am Götzens, church square 8:45 am Mutters, Tourist Information office 9:05 am Natters, village square-Natterer See lake 9:40 am Telfs, School and Sports Centre</div>
<div><b>2</b> NATURE &amp; ADVENTURE HIKE Mieming Plateau &amp; Inntal valley all year</div> <div><b>MEETING POINT</b> 2:00 pm Barwies forest swimming pool car park, Mieming</div> <div><b>REGISTRATION</b> by 10:30 am at Obsteig Tourist Information office +43 5264 / 81 06, Mieming +43 5264 / 52 74 or Telfs +43 5262 / 62 245</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. From Innsbruck main station on <b>bus line 4176</b> to the Mieming Barwies Church stop.</div>	<div><b>4</b> WINDEGG SUMMIT HIKE Sellraintal valley – Stubai Alps 7.7.–25.8.2020</div> <div><b>MEETING POINT</b> 9:00 am Gries im Sellrain Tourist Information office</div> <div><b>REGISTRATION</b> by 4:00 pm the day before at Gries im Sellrain Tourist Information office +43 5236 / 224</div>	<div><b>7</b> SUMMIT HIKE TO THE SAILE (NOCKSPITZE) Kalkkögel mountain chain 8.7.–16.9.2020</div> <div><b>MEETING POINT</b> 8:30 am Axamer Lizum* bus stop <b>* Free transfer from Axams, Birgitz, Grinzens, Götzens, Mutters and Natters to the meeting point in Axamer Lizum:</b> Registration the day before by 5:00 pm at the Axams and Mutters Tourist Information offices</div> <div><b>REGISTRATION</b> by 5:00 pm the day before at the Tourist Information offices Axams +43 5234 / 68 178 or Mutters +43 512 / 54 84 10</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. From Innsbruck main station with <b>bus line 4162</b> to the Axams village square stop.</div>	<div><b>9</b> HERBAL HIKE Mieming Plateau &amp; Inntal valley May–September 2020 (1st Thursday of every month)</div> <div><b>MEETING POINT</b> 2:00 pm Gemeindeamt (Town Hall) car park, Wildermieming</div> <div><b>REGISTRATION</b> by 11:30 am the day before at the Tourist Information offices Mieming +43 5264 / 52 74 or Telfs +43 5262 / 62 245</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. From Innsbruck main station with <b>bus line 4176</b> to the Wildermieming Affenhausen stop.</div>	<div><b>12</b> MOUNTAIN HUT EXCURSION TO THE ARZTALER ALM Arztal 3.7.–16.10.2020</div> <div><b>MEETING POINT</b> 9:30 am, meeting point to be confirmed by phone</div> <div><b>REGISTRATION</b> by 8:00 pm the day before with Klaus Ribis, the mountain hiking guide, +43 664 / 24 35 365</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. Take <b>bus line J</b> from the Maria-Theresien-Strasse stop to the Igls village centre stop.</div>
<div><b>5</b> HAIMINGER ALM CIRCULAR HIKE Mieming Plateau &amp; Inntal valley 23.6.–1.9.2020</div> <div><b>MEETING POINT</b> 9:00 am car park Grünberg, Obsteig</div> <div><b>REGISTRATION</b> by 11:30 am the day before at the Tourist Information offices Obsteig +43 5264 / 81 06, Mieming +43 5264 / 52 74 or Telfs +43 5262 / 62 245</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. From Innsbruck main station with <b>bus line 4176</b> to the Obsteig Mooswaldsiedlung stop.</div>	<div><b>10</b> HIKE TO THE VIGGARSPITZE SUMMIT Patscherkofel 2.7.–15.10.2020</div> <div><b>MEETING POINT</b> 9:30 am, meeting point to be confirmed by phone</div> <div><b>REGISTRATION</b> by 8:00 pm the day before with Klaus Ribis, the mountain hiking guide, +43 664 / 24 35 365</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. Take <b>bus line J</b> from the Maria-Theresien-Strasse stop to the Igls village centre stop.</div>	<div><b>10</b> HIKE TO THE VIGGARSPITZE SUMMIT Patscherkofel 2.7.–15.10.2020</div> <div><b>MEETING POINT</b> 9:30 am, meeting point to be confirmed by phone</div> <div><b>REGISTRATION</b> by 8:00 pm the day before with Klaus Ribis, the mountain hiking guide, +43 664 / 24 35 365</div> <div><b>TIP</b> Free travel from Innsbruck with Welcome Card. Take <b>bus line J</b> from the Maria-Theresien-Strasse stop to the Igls village centre stop.</div>		

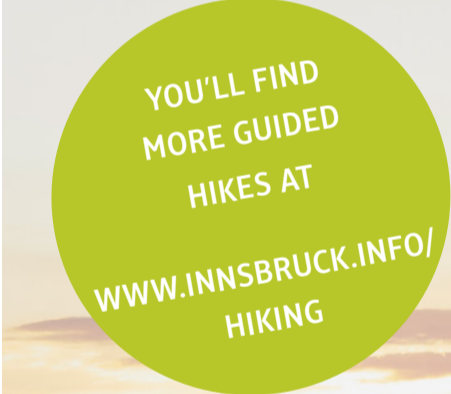
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EVEN MORE HIKING  
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Sunrise on the Nockspitze



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BERGWALD AND STONE PINE TRAIL PATSCHERKOFEL 1

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 3 hrs  
Elevation gain: 350 m  
Elevation loss: 350 m  
Length: 7 km

ROUTE DESCRIPTION  
Take the Patscherkofelbahn up to the mountain station. From here you hike round the Patscherkofel on the Jochleitensteig trail, enjoying the fantastic views of the Tux Prealps, Karwendel mountains, Stubai Alps, Innsbruck and the Inntal valley. You then hike back to the cable car along the Stone Pine Trail (Zirbenweg) and take the Patscherkofelbahn back down into the valley.

INFO  
► Travel on the Patscherkofelbahn not included.  
► No registration required

NATURE & ADVENTURE HIKE MIEMING PLATEAU & INNTAL VALLEY 2

FACTS & FIGURES  
Difficulty level: very easy  
Total hiking time: about 2 hrs

ROUTE DESCRIPTION  
A leisurely hike over the Mieming plateau where you can explore the beauty of nature accompanied by a mountain hiking and nature guide and learn lots of interesting things about this wonderful and unique landscape. Depending on the season, the hike goes over mainly flat terrain to all sorts of natural sites. The exact length of the hike depends on which route is chosen.

INFO  
► Registration required  
► Minimum participants: 4

NORTH TYROLEAN DOLOMITES AXAMER LIZUM 3

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 3 hrs  
Elevation gain: 250 m  
Elevation loss: 500 m  
Length: 6 km

ROUTE DESCRIPTION  
A hike from the Axamer Lizum at the foot of the Kalkkögel mountain chain along the Butterbründlsteig trail to the Birgitzer Alm (1,808 m). The views over the Inntal valley and the Karwendel mountains opposite will cast their spell on you. Descent on easy trails to the Adelshof mountain inn.

INFO  
► No registration required

WINDEGG SUMMIT HIKE SELLRAIN TAL VALLEY-STUBAI ALPS 4

FACTS & FIGURES  
Difficulty level: demanding  
Total hiking time: about 4 hrs  
Elevation gain: 1,135 m  
Elevation loss: 1,135 m  
Length: 7 km

ROUTE DESCRIPTION  
Start is at the parking lot of the Juifenalm (2,020 m) and the trail leads either to a wide forest trail or quite a steep trail to the Juifenalm. Having passed the "Jagdhütte" (hunting lodge) the forest clears and you follow the trail to the Juifenalm (2,020m). Continue heading northeast past lush alpine roses and mountain flowers and uphill to the Windegg summit cross (2,577 m). From there you can enjoy magnificent views down into the Inntal valley and to the Stubai Alps. Return by the same route.

INFO  
► Registration required  
► Paid parking: € 4,00 per day  
► Minimum participants: 4

HAIMINGER ALM CIRCULAR HIKE MIEMING PLATEAU & INNTAL VALLEY 5

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 5 hrs  
Elevation gain: 500 m  
Elevation loss: 750 m  
Length: 15.8 km

ROUTE DESCRIPTION  
Hike from the Zwischenensimmering (1,317 m) in Obsteig along the Harnersteig trail to the idyllically situated Haiminger Alm (1,786 m). The traditional mountain hut (refreshment stop) lies on a small plateau and offers the hiker a wonderful panoramic view from the Stubai to the Ötztal Alps and on to the Mieminger Kette chain. The way back leads over a panoramic path with views of the Inntal valley and the Zwischenensimmering back to the Grünbergalm (1,031 m).

INFO  
► Registration required  
► Free shuttle bus from Grünberg car park to the Zwischenensimmering (starting point of the hike)

ALPINE-URBAN HUNGERBURG - NORDKETTE 6

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 4h 30m  
Elevation gain: 550 m  
Elevation loss: 550 m  
Length: 11 km

ROUTE DESCRIPTION  
Take the spectacular Hungerburgbahn funicular railway and cable car from the Innsbruck Congress. The circular hike leads through light forest on the slopes of the Nordkette mountains to the two mountain inns: the Umbrüggler Alm (1,123 m) and on to the Arzler Alm (1,067 m). On the way you're repeatedly rewarded with wonderful views over Innsbruck and the Inntal valley. You return via the Rumer Alm (1,243 m) and the Enzianhütte (1,041 m) to the Hungerburg (868 m). Take the Hungerburgbahn back down to the Innsbruck Congress.

INFO  
► No registration required  
► Travel on the Hungerburgbahn included

SUMMIT HIKE TO THE SAILE (NOCKSPITZE) KALKKÖGEL MOUNTAIN CHAIN 7

FACTS & FIGURES  
Difficulty level: demanding  
Total hiking time: about 5h 30m-6h 30m  
Elevation gain: 850 m  
Elevation loss: 850 m  
Length: 11 km

ROUTE DESCRIPTION  
One-day tour for athletic and ambitious hikers to one of the region's peaks with the most wonderful views. Accompanied by an experienced guide, you will enjoy ever-changing views of the Inntal and Stubaital valleys as well as the Nordkette and Kalkkögel mountains. Stop for refreshments in one of the traditional huts and enjoy regional delicacies and a lovely sun terrace.

INFO  
► Registration required  
► The trails are steep and surefootedness is absolutely essential  
► Minimum participants: 4

WESTFALENHAUS MOUNTAINEERING VILLAGES IN THE SELLRAIN TAL VALLEY 8

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 4h 30m  
Elevation gain: 650 m  
Elevation loss: 650 m  
Length: 9 km

ROUTE DESCRIPTION  
Hike over the valley head with wonderful views of the glacier and summit world to the Westfalenhaus (2,273 m). Refreshment stop, rest and time to enjoy the awesome mountain landscape. Follow the Nature and Glacier Educational Trail back to the Lüsener Alm (1,634 m) and enjoy a refreshment stop at the Westfalenhaus (2,273 m) before returning to Innsbruck.

INFO  
► No registration required

HERBAL HIKE MIEMING PLATEAU & INNTAL VALLEY 9

FACTS & FIGURES  
Difficulty level: very easy  
Total hiking time: about 1h 30m

ROUTE DESCRIPTION  
Depending on the season, the herbalist takes you on a leisurely walk across mostly flat terrain to all sorts of places and tells you lots of interesting things about the use and effects of various alpine herbs, berries and roots. The exact length of the hike depends on which route is chosen.

INFO  
► Registration required  
► Minimum participants: 4  
► Maximum participants: 12  
► Tour conducted only in German

HIKE TO THE VIGGARSPITZE SUMMIT PATSCHERKOFEL 10

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 3 hrs  
Elevation gain: 596 m  
Elevation loss: 596 m  
Length: 7.3 km

ROUTE DESCRIPTION  
Set off from the Meissner Haus (1,720 m) in the Viggartal valley and hike through the stone pine forest to the Boscheben mountain inn (2,030 m). From there take the Zirbenweg (Stone Pine Trail) to the Viggarspitze (2,306 m). The way back takes you through alpine pastures back to the starting point – the Meissner Haus.

INFO  
► Registration required  
► Minimum participants: 4  
► Maximum participants: 16  
► Cancelled in the case of bad weather  
► Free taxi transfer to the Meissner Haus (starting point of the hike)

AT THE FOOT OF THE HOHE MUNDE MIEMING PLATEAU & INNTAL VALLEY 11

FACTS & FIGURES  
Difficulty level: moderate  
Total hiking time: about 3h 30m  
Elevation gain: 500 m  
Elevation loss: 300 m  
Length: 8 km

ROUTE DESCRIPTION  
You follow the wonderfully laid out trail through the Zimmerbergklamm gorge, cross a suspension bridge and come to the Strassberghaus (1,192 m) at the foot of the impressive peaks of the Mieminger Kette chain. After a leisurely refreshment stop you carry on to Wildermieming.

INFO  
► No registration required

MOUNTAIN HUT EXCURSION TO THE ARZTALER ALM ARZTAL VALLEY 12

FACTS & FIGURES  
Difficulty level: easy  
Total hiking time: about 1h 30m  
Elevation gain: 248 m  
Elevation loss: 248 m  
Length: 3.9 km

ROUTE DESCRIPTION  
Mountain hut excursion to the Arztaler Alm with a short circular hike through the unspoilt high mountain valley and then a visit to the Hinterlocher mill with milling demonstrations.

INFO  
► Registration required  
► Minimum participants: 4  
► Maximum participants: 16  
► Cancelled in the case of bad weather  
► Free taxi transfer to the Arztaler Alm (starting point of the hike)

THE INNSBRUCK REGION AT A GLANCE

