

## Running & Nordic Walking in the SalzburgerLand

- The most beautiful running paths in
  - Salzburg City
  - SalzburgerLand
- Nordic Walking paths and Training possibilities

## The most beautiful running paths in

### Salzburg City

- **Hellbrunn Parcours; length:** 2,000 m (loop)  
**Description:** Being essentially flat, its length precisely measured and featuring numerous opportunities for stretching and strength exercises, this fitness parcours is ideal for training purposes.
- **Hellbrunner Allee and the Freisaalweg; length:** 6,495 m  
**Description:** Starting point: Akademiestrasse / Fürstenweg; Hellbrunner Allee and Freisaalweg, out and back.
- **Franz Josef Park; length:** 1,000 m (loop)  
**Description:** running loop
- **Aigner Parcours; length:** 1,490 m (loop)  
**Description:** Lotte Lehmann Promenade; This running trail is especially well suited for experienced runners due to its uphill climbs. It makes its way through a hilly, forested area.
- **Salzach Loop; length:** 16.9 km  
**Description:** Loop: Hellbrunner Brücke – Mozartsteg – Makartsteg – autobahn bridge – Staatsbrücke. Begins in the Franz Josef Park, then heads out of town along the Ignaz Rieder Kai to the Aigner Au. After 3.6 km, over the Hellbrunn bridge and then back towards town through the Josefiau. Keeps to the banks of the Salzach as far as the Mozartsteg. After crossing the Salzach, along the Franz-Josef-Kai towards Lehen. At the autobahn bridge, you will cross the Salzach for the last time. Return along the right bank of the Salzach, straight over the Staatsbrücke, the Nonntaler Brücke to the Almkanal.
- **Almkanal; length:** 8,250 m  
**Description:** From the car park of the Pizzeria Milano along the König-Ludwig-Strasse on the shore of the Leopoldskroner pond. Then along the Thumegger Strasse as far as the Santnergasse intersection. To the right along the Almkanal as far as the Sternhofweg intersection. Keep going straight ahead, switching banks twice, through woodlands to the Berchtesgadner Strasse and then back.
- **Leopoldskroner Parcours; length:** 1,000 m (loop)  
**Description:** From the car park for the Pizzeria Milano it is approx. 60 m to the start of the parcours. The route has hardly any uphill segments, making it ideal for training runs or simply for a leisurely jog. But please be sure to watch out for tree roots and an occasionally uneven surface.
- **Lehener Park; length:** 5,740 m  
**Description:** Intersection of the Franz-Martin-Strasse / Markartkai; from the Lehener Park along the Salzach and past the Solstufe. Through the Itzlinger Au over the Glan bridge to the Salzburg Exhibition Center. Pass this, continue under the autobahn and as far as the road leading to the Salzach lakes.
- **Ischl Railway Loop; length:** 3,630 m  
**Description:** from the intersection of the Ghegastrasse and Samerstrasse; follow the line of the former Ischl railway out as far as the chapel, turning into the Möselweg, run around the moorland woods; at km 3.02, once again join the Ischl Railway towards Sam.
- **Old Town Circuit; length:** 4,280 m (loop)  
**Description:** car park for the Red Cross – Mönchsberg – towards the fortress – Kapitelplatz – Hanuschplatz. Not suitable for training runs due to how steep it is.

- **Salzach Lakes; length:** 1,622 m (loop)  
**Description:** from the car park of the Salzachsee sports center, an approx. 100 meters-long pathway leads to the start of the loop.
- **Gaisberg Running Loop:** 5.2 km  
**Description:** loop – starts at the Zistelalm Hotel & Inn
- **Glankanal:** 8.4 km (alongside the Glan Canal)  
**Description:** begins at the ASK sports grounds located at the intersection of Kuglhofstrasse / Eichertstrasse
- **Klessheim – Saalachau:** 10 km  
**Description:** begins at the gates to the Klessheim Palace park
- **Mönchsberg Loop:** 6.2 km  
**Description:** Full circuit – starts out at the Müllner Church located at the back entrance to the “Augustiner Bräu” brewery
- **Salzach Circuit - North:** 5.4 km  
**Description:** running loop which begins at the Müllner Steg (bridge) on the Elisabeth Kai

Info for Salzburg city also available at: Salzburg Tourism, Tel. 0662/88 987-0

### SalzburgerLand

#### Abtenau

Tel. 0043/6243/4040-0

- **Running Paths; length:** 5 km, 7 km, 9 km, 12.5 km  
**Description:** Beginning of the running paths located at the corner of the entrance to the east parking lot. Towards Forsthaus – upstream to Fischbach – Egg – after a short time, branch off to the left – back to the east parking lot (5 km); continue on around the Scheffenbichlkogel to the Fliehhof café – then branch off to the left – back to the east parking lot (7 km); continue on around the Scheffenbichlkogel to the shores of the Eglsee. Past the Eglseebauern farm – branch off to the left – back to the east parking lot (9 km); continue on around the Scheffenbichlkogel to the shores of the Eglsee – on to the Kainhofbauern farm – downhill to the main highway – back to Abtenau via the base station of the Karkogel lifts and on to the east parking lot. (12.5 km).

#### Adnet

Tel.0043/6245/80625

- **Running Path – Panorama Trail: length: 5 km**  
**Description:** car park below the church, from there through the Adnet Moor towards Waidach, taking a right after the Spumbachsteg to the Nitzinger Farm. From there, take a left towards Heuberg, after the former Seidenauer inn cross the road at the roadside altar. The path now takes us along the banks of the Almbach, crossing the main road in front of the Seefeldmühle inn. At this point, we begin a gently climbing path through the woods. At the forest's edge, straight ahead along the meadow until reaching the path which runs to Adnet.

#### Anthering

Tel. 0043/6223/2279

- **9 running routes** ranging in length from 2 to 12 km, accompanied by detailed descriptions and elevation changes - all featured in the new Advent Adventure Map.  
This map is available free of charge from the Anthering Tourist Office.

#### Altenmarkt-Zauchensee

Tel. 0043/6452/5511

- **Run I – around Altenmarkt, length: 5 km (easy running route)**  
**Description:** Start on the market square – Schattauergasse – Kellerdörfel – Hacklbauer – as far as the Enns River – prior to the bridge, take a left towards Altenmarkt – at the Enns bridge back to the town center.
- **Run II – to Zauchensee, length: 10 km (challenging run)**  
**Description:** Start in Altenmarkt – Schattauergasse towards the Zauchensee – at the end of the Zauchenseestrasse through the tunnel to the Mühlenweg and on to the Neuhäusl Inn – after the Neuhäusl, head left along the banks of the Zauchbach to the “Sigei” – cross the Zauchenseestrasse – follow the Zauchbach to Zauchensee.
- **Run III: around Altenmarkt, length: 11 km (challenging run)**  
**Description:** Start on the market square – Römerstrasse to the Zauchbrücke bridge – Gut Römerhof (Dürager) and on towards the Enns – follow the Ennsweg path as far as the Brückenwirt Inn – continue on to the Sinnhubbauer farm – on to the bridge beyond the Handlechner riding stables heading towards Schlatterberg – cross the Wagrain highway – return to Altenmarkt via Schlatterberg.
- **Run IV – Ennstal, length: 30 km (challenging run - shady)**  
**Description:** From Altenmarkt via the Römerstrasse to the Gut Römerhof riding stables (Düranger) – take a left, then after 100 m a right towards Radstadt as far as the Stadler saw mill – cross the road towards Mandling and go as far as the Naue works – return via the same route.
- **Run V – Enns Marathon: length: 42 km (easy run – some gentle uphill)**  
**Description:** Flachau – Altenmarkt – Radstadt – Mandling – return alongside the Enns

#### Annaberg – Lungötz

Tel. 0043/6243/4040-57

- **High Trail – Tree, Water & Health Path:**  
**Description:** town car park in Annaberg, taking a right after the Schreder cabinetmaker’s shop – continue towards the Höhenweg (“high trail”) – Start: follow the signs for the Höhenweg – run to the left (towards Lungötz); once at the top, you will continue along the Tree Nature Trail, which will take you through woodlands and meadows before ending in Lungötz

#### Bad Gastein

Tel: 0043/6432/3393-560

- **Running Trail I: Toni Sailer Route, Length 25.88 km**  
**Description:** Start/Finish: valley terminal of the Stubnerkogel lifts  
 Valley terminal of the Stubnerkogel lifts (gravel from km 0.26) – turn-off for the Kaiserin Elisabeth Promenade (from km 2.8 paved) – Soldiers’ Cemetery in Böckstein – through Böckstein to the toll road – uphill to the right (km 3.52) – turn-off for Gasthof Evianquelle km 4.68 turn-off for the Gasteiner Heilstollen (start of a gravel stage) – km 5.4 Astenalm – km 7.4 turn-off for the Gasteiner Heilstollen km 7.68 bridge, switch to the other side of the valley– km 8.52 power station, start of the paved road, joins the toll road once again – km 9.30 car park for the Goldberg lifts – after the car park, start of the gravel path – km 9.50 Holzkreuz – right, gentle climb to the Schareckalm and Moisesalm – downhill to the Nassfeldalm (km 11.41) – straight right to the Veitbauerhütte (km 13.08) – left via the Brandtneralm – right again to the Nassfeldalm – continue straight to the car park ( km 15.95) – return from here to Böckstein via the same route km 22.43, Böckstein make a right – across the stream, then left along the Achenweg back to the valley terminal ( km 25.88)
- **Running Trail II: Franz Klammer Route, Length 19.40 km**  
**Trail Description:** Start/Finish: Kongressplatz Bad Gastein  
 Kongressplatz – Kaiser Wilhelm Promenade – Kötschachtal Grüner Baum – gravel path to Gasthof Prossau ( km 8.20) same route back to Kötschachtal – Kaiser Wilhelm Promenade ( km 14.18) turn off onto the forest path to the Rudolfshöhe – km 14.57 cross the Kötschachtal road – on via the forest road to Waldcafe Rudolfshöhe – km 15.85 cross the ski slopes – km 16.11 chair lift – km 16.44 Schachn chapel km 16.63 Windischgrätzhöhe (start of paved section) – Palfnerstrasse – right, Karl Heinrich Waggenerl-Str. – right, steep downhill to the Kongressplatz ( km 19.40)

- **Running Trail III: Toni Innauer Route, Length 9.70 km**

**Description:** Start/Finish: Kongressplatz Bad Gastein

Kongressplatz – Kaiser Franz Josef Str. – (km 0.7) cross the main highway – (from km 0.8 gravel) Erzherzog Johann Promenade – (from km 2.28 paved) in front of the farm – (km 2.68) meadow/forest path from the farm – steadily downhill to the Vorderschneeberg – from km 3.60 paved – highway underpass – across the stream – then right on the gravel path next to the stream to Kötschachdorf – left on the paved road, shortly after make a right again – gravel path towards Kötschachtal – ca 600 m before the bridge, paved road – after the bridge, right, connects with the Kaiser Wilhelm Promenade (gravel) – Kongressplatz ( km 9.70)

#### Bad Hofgastein

Tel. 0043/6432/3393-2

- **Run I - Weitmoser Circuit, length: 2.2 km**

**Description:** Start/Finish: Senator-Wilfing-Platz – through the Alpenkurpark towards the river– continue on over the bridge towards the Weitmoser Schlössl – take a right next to the main highway –Schlossgasse – at the tennis courts, take a right over the bridge – parking lot at the spa center – back to where you started.

- **Run II - Gadauner Circuit, length: 6.5 km**

**Description:** Start/Finish: Spa Center – through the Alpenpark towards the river – take a left along the river and go as far as the Gadaunererbrücke bridge – left towards the community of Gadaunern – on towards the high trail (150 vertical meters ascent on a paved road) – at the chapel, take a left to the Gastein high trail – via the Gadauner Schlucht (gorge – natural monument) back to the start.

- **Run III - Market Run, length: 7,033 m (1/6 marathon)**

**Description:** Start/Finish: Tauernplatz square – through the center of town – Pyrkerstrasse – Eisenstein – Gadaunern – Achenhof – right along the river – return towards the Kurpark – via the river trail towards the Weitmoser Schlössl – before the highway underpass, take a right to the Schlossgasse – tennis courts – spa promenade –Dr. Zimmermann road – Tauernplatz.

- **Run IV - Wieden Circuit, length: 6.5 km**

**Description:** Start/Finish: Tauernplatz square – Tauernstrasse road – bridge over the Kirchbach – take a left along the stream – highway underpass – river promenade towards the railway station – over the railway bridge and left to Wieden – past the Haitzing riding stables – after 400 m left via the river path to the promenade – from there, take the same route back to the start.

- **Run V - Riding Stable Circuit, length: 10.6 km**

**Description:** Start/Finish: Spa Center – Alpenkurpark – left-bank river promenade –Gadaunerbrücke bridge – right-bank river promenade to Bad Bruck – 300 m Erlengrundstrasse – bridge – take a left, then take the right river bank via the promenade back to the lake resort – left over the bridge and then return to the park via the same route.

- **Run VI - High Trail Loop, length: 12.5 km**

**Description:** Start/Finish: Spa Center – spa parking lot – Wiener Allee – left along the river – Gadaunererbrücke bridge – right of the river – left over the lake bridge and on towards Bad Bruck and the riding stables – take a left to the high trail (steep climb) – via the Café Gamskar –Gadaunerer Schlucht (gorge) back to the town center

#### Bad Vigaun

Tel. 0043/6245/84116

- **Tauglbachweg Nature Trail – Römerbrücke Bridge**

**Description:** starts on the Bad Vigaun village square and makes its way along the village road – after the autobahn underpass, take a left – you'll then discover a fitness parcours with 20 stations along the way – continue along the banks of the Tauglbach, past the "Predigerstuhl" and up to the Römerbrücke natural monument (the oldest bridge still preserved in the SalzburgerLand – afterwards, take a left and make your way back to the start. (an alternate 7 km route is also possible)

**Bird Path:** 5 km

**Description:** Start out from the village square in Bad Vigaun- past the car park- up the Samhofstrasse –right along the Riedl-Höhenweg Bird Path until the descent to the Sandwirt – then return to the original starting point.

### Bergheim

Tel. 0043/662/454505

- **Maria Plain: 7.7 km – ca. 1 hr.**
- Challenging route with splendid views of Salzburg. Bergheim village square – first run alongside the main road to Fischach. Upriver, past the Jägerwirt through Kasern and Radeck to Maria Plain. After a visit to the Maria Plain pilgrimage basilica, it is not much further to Bergheim.
- **Sandkuchl: 8.9 km – ca. 1 hr.**
- Enjoy nature as you run through the countryside around Bergheim, heading north. This route takes you somewhat uphill through Voggenberg and around the Sandkuchl
- Past the observatory to Winding. From there, you can run straight back to Bergheim, or you can add an extra lap across the flower-covered meadows of the Holzbauer (+ 2.2 km).
- **Schwabgitzen: 8.7 km – ca. 1 hr.**
- First run to the north, far removed from the busy outside world, until you come upon the Arnweg. Through Korb and past the Hintergitzen, until you come to the Schwabgitzen with magical views of Bergheim. Via Breit, you will now return to the Fischach, which leads you back to Bergheim.
- **Maria PlainII: 5 km – ca. 45 min.**
- 1/3 of this route takes you alongside the Salzach. At the Alterbach, run to the left, following the Arnweg through Kemeting to Maria Plain. After visiting the pilgrimage basilica, it is not much further back to Bergheim. Alternatively, you can take a short-cut prior to Maria Plain along the Holzstättweg.
- **Voggenberg, 11 km – ca. 1.5 hrs.**
- This challenging route takes you along the banks of the Fischach to Lengfelden. Via Viehausen, Hainach and Reit, you will come to Voggenberg. Now return through mostly uninhabited areas, following the Voggenberg road.

### Bischofshofen

Tel. 0043/6462/2471

- **Fitness Parcours: length: 4 km**  
Description: marked running trail and parcours – starts at the ski jump grounds – waterfalls – “Plague Cemetery” – Mitterberg Huts – return
- **Grosser Treppleweg: length: 10 km**  
Description: flat countryside along the banks of the Salzach: sets out from the railway station, crossing over to the right side of the river and heading to Grasslau, finally returning back to the station

### Bramberg am Wildkogel

Tel. 0043/6566/7251

- **Every Tuesday in summer:** Slow-runners’ meet aimed at improving the cardiovascular system
- **Rosenbühel Circuit: 4.7 km; Steinach Circuit: 7.4 km; Habach Circuit: 12.4 km**
- **Cross Half-Marathon Run, length: 21 km**  
**Description:** Mühlbach/Pzg. – Bramberg – Habach – Schönbach – Grundlhof – Smaragdweg – Steinach – Wenns – Mühlbach – Auhäusl – gravel works – Vitlehen – Hollersbach – lake – dam – village and back to Mühlbach/Pzg.
- **ASKÖ Self-Guided Fitness Trail, Bramberg – Wennserwald:** Five stations with stretching and strength exercises.

### Dienten

Tel. 0043/6461/263

- **Dienten:** Fitness Trail (parcours), **length: 3 km;**  
11 fitness stations (climbing wall, tire walk, exercise bars, ...)

### Dorfgastein

Tel. 0043/6432/3393-460

- **Run I: length: 4.5 km, elevation change 200 m, 40 % paved**  
**Description:** from the village hall on the Bahnhofstrasse over the main highway (zebra/pedestrian crossing) – prior to the Achenbrücke, left and along the Achenpromenade towards Bad Hofgastein. After ca. 1 km, make a left over the main highway to the Old Federal Highway (“Alte Bundesstrasse”). Afterwards, head left towards Dorfgastein for about 600 meters. Branch off to the right onto the Dorfgasteiner Höhenweg, making your way uphill for approx. 300 m. Make your way along the Höhenweg, past the old ski jump towards the

adventure playground and the waterfall. Keep to the Höhenweg, passing beneath the cable lift, for about 1,000 meters. Then you will descend towards the Solar Pool, back to the village and your starting point at the village hall.

- **Run II; length: 7 km, elevation change 50, 50 % paved**  
**Description:** village hall: Old Highway – towards Bad Hofgastein, approx.2.5 km. In Harbach, branch off and make your way downhill to Luggau, crossing beneath the main highway, over the river and the railway line. At the first opportunity in Luggau, take a left then, after 50 m another right. Make your way past the chapel, immediately taking another left and, after another 50 m, yet another right, this time towards Dorfgastein. 200 m after the tennis court, you will pass beneath the railway line. From the railway station to the main highway and along the Bahnhofstrasse to where you originally started out.
- **Run III; length: 8 km, elevation change 300, 20 % paved**  
**Description:** village hall, along the Bahnhofstrasse to the Gasteiner Ache, prior to the bridge taking a right. After 200 m, at the first bridge, take a left beneath the railway line. Then make your way towards Unterberg, taking a left after about 400 m towards Siegreith, making your way gradually uphill; after 200 m, branch off to the right (Batzberg). You will continue uphill, past the Batzbergbauer Farm, taking the hiking path as far as the forest road. Once the path feeds into the forest road, immediately take a left uphill towards the Strohlehenalm. Making your way uphill around 4 bends, at the turn-off to the Strohlehenalm you'll take the forest path to the left, making your way back downhill to the valley floor and subsequently following the same route back to the village hall.
- **Trail IV; length: 4.5 km, elevation change 100, 20 % paved**  
**Description:** village hall – towards the Gasteiner Ache, turning right prior to the bridge and following the river until you reach the end of the promenade, then crossing the main highway and entering the community of Maierhofen. Once there, take the first right towards Dorfgastein. Head to the next town, Mühlbach, as far as the road towards Bergl, then take a left, gradually making your way uphill for about 250 meters, taking the first bridge to the right across the stream, after another 30 meters making another left and heading uphill to the High Trail. Once there, follow the beautiful hiking path, go beneath the cable lift and, 150 meters beyond it, take the first branch-off towards Dorfgastein. At the banquet hall ("Festsaal"), make a left and you will be back where you started out.

## Elixhausen

**Tel: 0043 (0) 662/ 480 2140**

Runners' fun for everyone: power walking, running and hiking in Elixhausen. In order to be able to offer walkers, hikers and runners of all ability levels and ages optimal routes, the RUNNERSFUN parks are all uniformly color-coded, with the length and elevations carefully measured. Select your personal RUNNERSFUN route based on your current needs and what you are up for on that particular day.

- **"Thirst Run":** Level: intermediate; Length: 10.30 km; Total Climb: 220 vertical meters  
 Lengthy, very undulating course through enchanting countryside for experienced athletes. Different surfaces, occasionally on the bike path, you will make your way through Hainach and Moosham before returning via the Weichenbergerstrasse to the board at the start.
- **Raiffeisen Route:** Level: difficult; Length: 12.5 km; Total Climb: 250 vm  
 This magical circuit represents a real challenge for runners and walkers. Through fields and meadows, past venerable old farmhouses and the shores of the Raggingersee. Leads along with other trails through the town center and back to the start.
- **Sport Gallbauer Circuit:** Level: easy; Length: 2.36 km; Total Climb: 25 vm  
 Short, relatively flat circuit to truly enjoy, also suitable for beginners. Starts out on asphalt, then continues on a mixed surface, past the Schmiedweiher, then leading along the upper village road back to the start.
- **Akzo Nobel Circuit:** Level: easy; Length: 4.5 km; Total Climb: 95 vm  
 Moderately long, variety filled route, starts on asphalt, taking you through wonderful natural countryside and a small forest, across the meadow and along the forest's edge to Katzmoos, then once again on asphalt past the sports grounds and back to the start.

### Elsbethen

Tel. 0043/662/628891

- **Glaserbach Gorge Run:** circuit for runners in good shape; length 8.5 km, elevation change: 200 m; Starts next to the River Salzach at the Gasthof Rechenwirt. It then takes a left along the banks of the Klausbach as far as the main road to Hallein; cross this road and then continue following the Klausbach to the right, making your way gradually uphill through Glaserbach Gorge as far as the bridge which crosses the Klausbach. Now make your way to the left, uphill along the forest path as far as the Mitterwies farm, then back downhill to the left through the graben – keeping to the field path and parallel to the Gaisberg road as far as the Vorderfager farm. Now make your way for about 500 meters along the Gaisberg road until you reach the next farm on the left-hand side, at which point you will take a left and head downhill along a forest path to Glaserbach. Cross the Hallein road and follow the banks of the Klausbach back to where you started. Due to the low temperatures within the Glaserbach Gorge, this route comes highly recommended even in hot temperatures at the height of summer.
- **Schwaitlalm Run:** Great run even for kids. Length: 2 km; Elevation change: 30 meters  
Start at the “Schwaitlalm” Hotel, then via the road out to the Mitterwies Farm, where you will take a left and make your way along a forest path down to the Glaserbach Gorge. Once there, immediately take the footpath to the left which climbs uphill to the Ramsau inn. Now head left along the street and back to where you set out.
- **Ramsau Run:** For well-conditioned runners. Length: 5 km; Elevation change: 80 meters; Starts out from the Ramsau Inn. First along the road towards Wiestal. At the first intersection, you will take a right and run towards the Glaserbach Gorge. The route now follows the paved road, passes the end of Glaserbach Gorge, crosses a bridge over the Klausbach, and climbs gently uphill to the Schönau Farm. At the subsequent Hirsteig Farm, (the road goes between the houses), you will turn right and follow a footpath which drops down to the Glaserbach Gorge. In the gorge, you will keep right, cross the bridge and then make a half-left onto the footpath (not the forest path). You will then follow this footpath, making your way gradually uphill to where you set out.
- **Elsbethen Bridge Run:** Loop for well-conditioned runners. Length: 10 km; Elevation change: 10 meters; Starts out from the “Überfuhr” inn (Haslach), then makes its way upstream to the Urstein Dam. Here you will cross the Salzach and head back downstream along the far bank as far as the Glaserbach bridge. Now, cross back over the Salzach and make your way upstream to the Rechenwirt Inn and back to the start.

### Eugendorf

Tel. 0043/6225/8424

- **Running Trail 1 – 4.8 km - brown**  
Kindergarten in the town center, school, Höllgraben, Einleiten, Hochkreuz, partially paved, gravel, forest
- **Running Trail 2 – 4.6 km – light blue**  
Kindergarten in the town center, Hochkreuz, Grundner, Reichharting, Ischl railway, Dürnbichl road – mostly paved
- **Running Trail 3 – 4.3 km - green**  
Town center to Kalham, kindergarten, Dürnbichl road, Strass, Kalhamer road, commercial road, Wangerweg, Auerbach, Kirchenstrasse - paved
- **Running Trail 4 – 3.5 km - orange**  
Town center to Eugenbach, kindergarten, Dorf, Feldgasse, sports center, Hammermühl road, Watzing road, Old Vienna Road, Santnerweg,  
Mostly paved, forest
- **Running Trail 5 – 10.1 km - magenta**  
Town center to Kraiwiesen, kindergarten, Dorf, Feldgasse, Santnerweg, Alte Wienerstrasse, Schamingstrasse, Unzingstrasse, foot- and bike path adjacent to the Thalgauger Landesstrasse, Auerbach, Wangerweg, underpass, Wiener Strasse, Kraihammerstrasse, Dorf  
paved
- **Running Trail 6 – 5.4 km - red**  
Kirchberg, Hinterberg, Schönberg road, Holzmeister road, Rehwald road, Unzing road, Kirchberg road – mostly paved, forest

- **Running Trail 7 – 4,3 km – grey**, Kirchberg: Gasthof Drei Eichen, Kirchbergstrasse, Hierau, Weningunzing, Unzingerstrasse, Oberhauserstrasse, Oberhausen; paved
- **Running Trail 8 – 3.5 km – turquoise**, Kirchberg: Gasthof Drei Eichen, Harting, Ellenhub, Schönbergstrasse, Kirchbergstrasse, Hinterberg, cart path, paved
- **Running Trail 9 – 6 km – yellow**, Kirchberg: Gasthof Drei Eichen via the Wiener Strasse, Gumersil, Weiland, Haberg, Gasthof Gersbachwirt, towards Gut Altentann, Ellenhub, Schönbergstrasse, Hinterberg paved, forest, cart path
- **Running Trail 10 – 3.2 km – dark blue**, Schwaighofen, Berggasthof Schwaighofwirt, Höllererweg, Sommeregg, Forstabweg, Sonnleiten Strasse, paved
- **Running Trail 11 – 7.2 km – purple**, Schwaighofen: Gasthof Schwaighofwirt, Höllererweg, Sommeregg, Forstabweg, Eggerstrasse, Schwöllernstrasse, Plainfeldstrasse, Lacknerwinkel, Sonnleiten Strasse Asphalt

#### Faistenau

Tel. 0043/6228/2314

- **Around the Kugelberg; Length: 5 km** (fitness parcours)
- **Around Lake Hintersee; Length: 4.8 km**

#### Filzmoos

Tel. 0043/6453/8235

- **Filzmoos - UNICEF Herzerlweg**  
Village square in Filzmoos – roundabout – road in the direction of Eben, first toad to the left down to the valley station of the Papageno Lift. From there, the promenade leads off to the right, past the playground and along the edge of the meadow.  
Tip: Sit down on one of the benches along the way and enjoy the view of the village.
- **Hachau Loop**  
From **Hotel-Restaurant Zeferer**, you'll make your way to the left along the path running right by Haus Bergwelt, crossing a small bridge and following a small cart path to the Schaidlbauern farm. At the **Schaidlhof**, our path takes us to the right and down to the forest's edge, then on through high forest to the intersection for the reservoir. You'll keep right and make your way along the old Hauchauweg and return to Hotel-Restaurant Zeferer.
- **Filzmoos – Pilzhof – Wallehenhof – Hofalmen Nature Trail towards Filzmoos**  
From the village square in Filzmoos, you'll follow the road towards the Hofalmen. At the second intersection, keep straight, cross the cattle guard, continuing past the old mill, before making a right uphill to the Pilzhof and the Pilzstube. Once at the Löckenwaldgut, you will again find yourself on the Leopichl supply road. Follow the road past the Löckenwaldgut as far as the Wallehenhof; directly below the Wallehenhof the hiking path leads off towards Filzmoos, follow this until you are below the toll station and continue on towards Filzmoos.

#### Flachau

Tel. 0043/6457/2214

6 designated running trails – running folder with trail descriptions, elevation changes, marathon route also available:

- **Route 1: 2400 m, 34 vertical meters**  
Begins at the bridge by the mini-golf course – cross this and head left to the Kaswurm Chapel, Stahlhammer road, over the main road, along the Griessenkarweg to the Wiesenweg, follow this out to the Pichlbauer Farm, Unterhof and back to the start
- **Route 2: 4500 m, 47 vertical meters** Begins at the bridge by the mini-golf course – cross this and head left to the Kaswurm Chapel, Stahlhammer road, Jugendheim Auhof out to the sports grounds, here take a left over the Enns, continuing along the road to the Adegmarkt, cross the road, via the Raingasse to the Wiesenweg, Unterberg, Musistadl, Unterhof and back to the start.
- **Route 3: 5800 m, 50 vertical meters**  
Begins at the bridge by the mini-golf course – cross this and head left to the Kaswurm Chapel, Stahlhammer road, Jugendheim Auhof out to the sports grounds, continue to the Schrempf- Rosner road, left to the main road, cross the road and take the foot-/cycle path to the Specher roundabout. From there, make your way to

the Space Jet 1 lift station and on via the Wiesenweg via Unterberg, Musistadl, Pichlbauer, Hofbauer and back to the start.

- **Route 4: 6600 m, 127 vertical meters**  
Same route as Route 3 as far as Space Jet 1, then take a right across the meadow, making you way gradually uphill to the forest path, then follow this to Unterberg, Griessenkarweg, then at the Ferienhausdorf Oberhof make your way back to the start.
- **Run 5: 8000 m, 134 vertical meters**  
Same as Route 4 as far as the Ferienhausdorf Oberhof, on past the “Zum Holzwurm” inn to the Wastlbauer farm, right for 50 meters uphill, then left continuing along the forest path to the Griessbachau, following this to the Flachauwinkl road. Make your way along this road back to the start.
- **Run 6: 11700 m, 174 vertical meters**  
Same as Route 5 as far as the Griessbachau, from there following forest path No. 4 to the Kohlmaisberg, in front of the Tauernblick inn cross the road and make your way along the Enns to the Erlhof entrance. Cross the road and make your way along the cycle path, past the Kohlmais highway construction company and back to the start.
- **Marathon Route: 42.2 km, 133 vertical meters**  
The beginning of this trail is also located at the mini-golf course. The first part is identical to Route 4 as far as the Schrempf-Rosner-Gasse. From there, go straight ahead down the Ennsweg as far as Reitdorf, continuing to follow the cycle path alongside the Enns as far as Altenmarkt, Radstadt and Mandling – the turn-about point is here at the 21.1km-mark. It then returns along the same route to Flachau. The route is marked from beginning to end with signs that are 500 meters apart.

#### Forstau

Tel. 0043/6454/8325-5

- **Running route to the valley head, length: 22 km**  
**Description:** Starts at the town center or in Forstau-Winkl at the Winklhütte café – 7 km-long stage, gently uphill, out to the valley head and the hiking area – refreshments available at the “Fallhauslam” or the “Vögeialm” – Opportunity to continue running out as far as the “Oberhütte am See” (steep path – 1.5 hrs. up- and downhill) – Return the same way.

#### Fuschl am See

Tel. 0043/6226/8250

- **Fuschlsee Loop**  
**Length: 11.3 km - Difficulty: difficult – Total Climb: 180 vm – Markings: Route 1 – Arrows: red (map of running trails available at the tourist office)**  
**Trail Description:** Start: Car park for the Fuschl am See swimming beach  
Long, undulating route along the shores of the Fuschlsee. Starts paved, then on a dirt trail, narrow forest and gravel paths. At the lake promenade, return to the original starting point.
- **Hochfeld Loop**  
**Length: 3.38 km - Difficulty: intermediate – Total Climb: 55 vm – Markings: Route 2 – Arrows: blue (map of running trails available at the tourist office)**  
**Trail Description:** Start: Car park for the Fuschl am See swimming beach  
Head out in the direction of Dorf along the promenade. When you come to the Wartenfelsweg, there is a steep uphill, cross the Hochfeld, then downhill to Fuschl am See and back to the start.
- **Ellmautal Loop**  
**Length: 8.40 km - Difficulty: intermediate – Total Climb: 105 vm – Markings: Route 3 – Arrows: green. (map of running trails available at the tourist office)**  
**Trail Description:** Start: Car park for the Fuschl am See swimming beach  
Enchanting, somewhat hilly loop through the Ellmautal, return to the start when you reach the Hochlackenhof. Mostly paved, also good for winter runs; you can shorten this run at any time.
- **Around the Bambichl, length: 5 km (map available at the tourist office)**  
**Description:** Starts: car park for the Fuschl am See swimming beach – towards the church – past the playground – underpass and out almost to the summer alpine slide – continue towards the Rumingmühle –

past the mill as far as the sign “Bambichlrundweg” – after the Bambichlhof (farm on the right-hand side) take a right towards the Forest Trail (“Forstweg”) – then back to the center of Fuschl am See

Signs: first for the Rumingmühle, then “zum Bambichlrundweg”

Difficulty: easy, primarily a broad forest path

#### Grödig

Tel. 0043/6246/73570

- **Running circuit at the foot of the Untersberg (easy); length: 4 km**

**Description:** Starts from the bridge at the St. Leonhard pilgrimage church – onto the river path alongside the Königsseeache – as far as the foot bridge at the Hangendenstein border crossing – after the border station, turn onto the forest hiking path – along this path – along the Untersberg to the pilgrimage church.

#### Golling

Tel. 0043/6244/4356

- **Bluntautal: length: 5 km (alternate – distance: 4 km)**

**Description:** from the car park for the Göllhof inn (Sat., Sun. & public holidays, parking fees apply: Euro 1.80 per car) short distance on the paved road to the Bluntau bridge – then to the right of the stream on the forest road – no substantial climbs, shady forest path to the Bärenhof inn. Return along the gravel road (May until end of Oct. Sat., Sun. & public holidays: closed to vehicular traffic between 10:00 and 5:00) until you see the sign “Zu den Bluntauseen” – make 1 lap around the Upper Bluntau Lake – continue along the forest path (cross-country ski trail in winter) to the Bluntau bridge – along the paved road for approx. 300 meters back to the car park.

**Description (alternate route - 4 km):** from the car park for the Göllhof inn towards the Golling Waterfalls – out to the Torrenerhof inn – then return. No traffic, easy climbs.

- **“Rabenstein” Circuit: (approx. 5 kilometers)**

**Description:** Starts at the Golling sports facilities and makes its way to the beautiful Kellau area, continuing uphill to the St. Anton inn, from there somewhat downhill and along a shady forest path to the Miesl, finally completing the circuit by passing idyllic Egelsee lake.

#### Grossarl Valley

Tel. 0043/6414/281

- **Trail I; Length: 3.5 km in one direction, easy**

**Description:** Grossarl – Wimmbrücke – sports center – over the highway to the bike path – downstream along the Grossarler Ache for approx. 3 km – Possible to extend the route: Labenbach supply path for approx. 500 m downhill – then on as far as the Fichtenhof hotel (approx. 500 m)

- **Trail II; Length: 2.5 km in one direction, easy**

**Description:** Grossarl – Reitsteg – Achenpromenade out to the Neumayr inn, approx. 2 km (downstream)

- **Trail III; Length: 7-8 km loop, challenging (Hedegg Circuit)**

**Description:** Grossarl – Achenpromenade – sports center – over the highway to the bike path – as far as the Unterberggraben bridge – then the entrance to the Eisschützenheim to Unterberg – Rodelberg supply trail – Hedegg-Rundweg to the Hedegghof and on to the Aignerbauer farm – continue via the “Gretchen Ruhe” road or into the valley beyond the Aigen supply trail to the Gruber carpenter’s – Achenpromenade – Grossarl

- **Trail IV; Length: 6 km in one direction, challenging**

**Description:** Grossarl – Ellmatal along the supply trail (moderately uphill, but also with flat segments)

- **Trail V; Length: 2.5 km in one direction, easy**

**Description:** Hüttschlag – valley head (Stockham car park) – valley head (no traffic) to the natural Kneipp spa, Ötzlsee and Ötzlhütte

- **Trail VI; Length: 7 km in one direction, challenging**

**Description:** Hüttschlag – Hubalmtal (moderate uphill) – back the same way or on to the Löwenbergalm – then returning to the valley – back via the state highway.

#### Grossgmain

Tel. 0043/6247/8278

- **Wartberg Running Parcours and Latschenwirt;** warm-up, cool-down stations at the start and finish; combination of equipment in the middle portion for strength conditioning and stretching exercises

**Henndorf am Wallersee**

Tel.0043/6214/6011

- **Kapsberg Loop (blue): Length 3.75 km**
- **Fenning Loop (yellow): Length 5.58 km**
- **Wallersee Loop (red 1): Length 18.45 km**

Trail descriptions and elevation profiles are included in the map "Nordic Walking und Laufstreckenpark – Region Wallersee/Salzbürger Seenland". This runners' map is available from the tourist office in Henndorf am Wallersee

**Hof bei Salzburg**

Tel. 0043/6229/2249

- **Around Lake Fuschlsee; Length: 11.8** (for a trail description, please refer to the entry under Fuschlsee Region), Starts out in Hof bei Salzburg (car park serving the Hof natural swimming beach)

**Hintersee**

Tel. 0043/6224/344

- **Around the Hintersee; Length: 4.8 km**

**Kaprun**

Tel.: 0043/6547/8080

- **Kaprun Moors:** approx. 2-6 km
- **Fitness Parcours:** Start in the Kaprun Valley at the Aubrücke. Circuit approx. 4 km

**Kleinarl**

Tel. 0043(0) 6418 206

- **Mönchsberg Loop 6.7km** Begins at the tourist info center in Kleinarl. Easy route with a steep climb to the Stuhlweg
- **Jägersee**  
Running trail, length: 5km  
Along the banks of the Kleinarl Ache: from the town center, next to the Kleinarl Ache to Lake Jägersee
- **Kitzstein Loop 17 km**  
A route that demands good condition from walkers.
- **Oberau Loop 10km**  
A route that demands good condition from walkers.
- **Valley Loop – Marathon (Wagrain – Kleinarl) ca. 42km**  
A strength-sapping route and only for walkers who are in great shape

**Krimml**

Tel. 0043/6564/7239

- **Staubecken Safe:** Loop, 375 m – ideal warm-up
- **Krimmler Achenal, length: 18 km (1 run)**  
**Run Description:** next to the Krimml Waterfalls, and alongside the Krimml River – to the valley head of the Krimmler Achenal (and return)
- **Achenwaldweg, length: 14 km**  
**Run Description:** town of Krimml – towards the falls – along the Achenwaldweg – to the Krimml railway station – Schlassberg (common forest land) – towards Falkenstein – Panorama Trail back to Krimml.
- **Durlassboden Reservoir, length: 10.7 km or 15 km**  
**Run Description:** high-country run and relatively flat.

**Kuchl**

Tel. 0043/6244/6227

- **Around the shores of the Bürgerau Lake Resort, length: 1.1 km**
- **Salzach River Trail, length: 8 km**  
**Run Description:** Start just before the Salzach bridge on the large car park to the right – around the shores of the Bürgerau lake – at the southern end, upriver along the Salzach and over a small bridge – along the river – to the railway underpass – return towards Kuchl along the Gartenweg – before the church, left past the indoor pool – across the railway towards the Bürgerau lake resort and the car park.

### Leogang

Tel. 0043/6582/70660

- **Wiesersberg Circuit, length: 12 km**  
**Run Description:** Loiblau – Achenweg – as far as the Trenkerbauer – along the Weisbach – Wiesersberg – return via the Sinning paved road.
- **Sinnlehenalm Loop, length: 10 km**  
**Run Description:** Starts at the Sonnrain vacation resort – Aachenweg – Vogelsang – Sinnlehenalm – Wimbach – town of Leogang – Sonnrain.
- **Run around the Sonnberg, length: 12 km**  
**Run Description: Starts** at the Sonnrain resort – at the foot of the mighty Leoganger Steinberge, hilly terrain.
- **Fitness trail with a variety of exercise stations: Length: 3km**  
**Description: Start:** Ullachtal – through the Wetzstein Forest (on the forest floor), along the banks of the Birnbach; clearly way-marked;

### Maria Alm

Tel. 0043/6584/7816

- **Fitness parcours: Length: 1.2 km incl. 16 exercise stations**

### Mattsee

Tel. 0043/06217/6080

Regional running brochure available from the tourist office.

- **Sparkassen Loop around Lake Mattsee, Length 13.7 km** Vertical Meters 110, way-marked
- **Moorbad Loop, Length 4.96km** Vertical Meters 40, way-marked
- **Zellhof Forest Loop, Length 3.05km** Vertical Meters 25, way-marked
- **Sparkassen Loop of the Grabensee, Length 9.69km,** Vertical Meters 120, way-marked
- **Sparkassen Loop of the Obertrumersee, Length 13.73km,** Vertical Meters 75, way-marked

### Neukirchen

Tel. 0043/6565/6256

- **Along the River Salzach and the Tauern Bike Path** – running routes in both directions (west to Krimml, east to Zell am See)

### Neumarkt am Wallersee

Tel. 0043/6216-6907

- “Wegweiser” map available at the tourist office or call 0664-4642592.
- Beautiful running trails around Lake Wallersee and throughout the entire community

### Oberndorf

- **Maps available from the tourist office and the village of Oberndorf.**  
Nordic Walking, power-walking or running – in and around the historically fascinating towns of Oberndorf and Laufen.
- **Church Mouse Loop (01):** Length: 4.1 km, intermediate  
Ideal for beginners or those in a bit of a rush. After starting out with a short climb, you will be able to enjoy the incomparable scenery, continuing along virtually flat and mostly paved pathways to the Mount Calvary Chapel, followed by gentle downhill back to the start. This path is also cleared in winter.
- **Chemist’s Loop (02):** Length 6.7 km, intermediate  
Long, variety-packed course, perfect way to unwind and enjoy. Starts out like (01) on the Rupertusweg, then across flower-covered meadows and fields with panoramic views of the church towers in Oberndorf and Laufen, to the pilgrimage church of Maria Bühel. Along a compacted dirt trail to Mount Calvary Chapel, followed by the imposing views from the Europa Bridge and returning to the original starting point.

- **Wimm Loop (03):** Length 2.85 km, easy  
This tour is paved from start to finish and is ideal for short training sessions. The solid subsurface makes it usable year-round. Set out in the direction of the Länderbrücke bridge, passing as you go the Salzach Bargemen's Memorial, and continue accompanied by wonderful views of the meandering Salzach river and Laufen parish church. Now take the cycle path alongside the Marktstraße and from Wimm return to the start.
- **Runners' Fun Loop (04):** Length 4.35 km, easy  
This route is ideal for anyone who wants to set a fast tempo and get in a good workout. It starts out along the same route as (03), continuing across the Oichtenbach, through Wimm and Lindach accompanied by enchanting views of the church towers in Oberndorf and Laufen, then back to the start.
- **Town Loop (L2):** Length 5.06 km, easy  
A loop that's not too long, great relaxation and only easy uphill. It begins next to the Salzach, following the same route as (3) and (4). It then takes us along the Mühlbach, along a bike path in the Birkenallee and Grüngürtelweg, allowing us to enjoy the delightful setting as we go. Keeping parallel with the Salzach, this trail (also open in winter, incidentally) ultimately takes us back to our original starting point.
- **Salzach Loop (L1):** Length 8.33 km, easy  
This tour is perfect for training and setting a fast tempo. Starts alongside the Salzach, either on a compacted dirt surface or a natural gravel path. At km 3.2, you will head through a pristine forest along the Mozart Bike Path, continuing across flower-covered meadows with magical views of Triebenbach Castle, finally returning along the banks of the Salzach to the start.
- **Schlossklinik Loop (L3):** Length 14.1 km, challenging  
Long, gently undulating loop, perfect for endurance athletes and anyone looking for a good workout. Starting out along the Salzach and Mühlbach to the playground. Continue along Presslauerstraße and on the bike-/footpath. Magical views out towards Oberhainig and Moosham, around lake Abtsee with views of the church in Leobendorf, through Daring and Lepperding back to the start.

#### Obertrum am See

Tel. 0043/76219/6307

Maps for Obertrum am See are available from the tourist office.

- **Obertrumer See Loop: Length 13.7 km Total Climb: 75vm**  
Start in Obertrum am See, mostly along a paved bike path, to Seeham (interval training), and via Fraham and Zellhof to the Wartsteiner loop, along a dirt trail and back to Obertrum
- **Trumer Loop: Length: 16.38 km Total Climb: 330 vm**  
Start in Obertrum am See (Mozart Bike Path), paved to km 7.5 with occasional steep climbs. Then uphill through meadows to the Kaiserbuche beech, continuing on a dirt path along the forest's edge, with magical views of the entire lake area. In Absam, downhill along a paved path, through the moors and back to Obertrum.
- **Lakes Parcours: Length 6.11 km Total Climb: 100 vm**  
Start in Obertrum am See, Schulstraße 2, beautifully undulating loop, paved until km 3.7, then goes downhill along the forest's edge via Kirchstätt.

#### Perwang am Grabensee

Tel. 0043/6217/8247-0

- **Running & Walking Park: info board & map at the start**
- **Healthy-Community Loop: Length: 2.67 km**, marked, easy, starts at the elementary school
- **Iko World Loop: Length: 4.71 km**, marked, easy, starts at the elementary school
- **Sparkassen Loop: Length: 9.69**, marked, challenging, starts at the elementary school

**Puch**

**Fun Expeditions in Hallein/Puch:**

- **Salzach Circuit, 10.3 km**  
Start: Hallein info center – at the roundabout make a right across the Salzach – continue to the right of the Salzach – past the Kaltenhausen bridge – left across the Urstein bridge – left along the Tauern Bike path and return to Hallein – after crossing the Salzach, return to Hallein’s tourist information office
- **Rif Circuit, short variant – 5.6 km**  
Start: ULSZ Rif – take the Schlossallee as far as the Salzach – left on the Tauern Bike Path next to the Salzach – past the Urstein bridge – underneath the A10 autobahn – at the power plant cross the Salzach – cross the Königsseeache at the small bridge – follow the river – via the meadow path and Rifer Hauptstrasse back to ULSZ Rif
- **Rif Circuit, long variant – 10.5 km**  
Start: ULSZ Rif – take the Schlossallee as far as the Salzach – right on the Tauern Bike Path next to the Salzach as far as the Kaltenhausen bridge – cross the bridge – left along the quayside – past the Urstein bridge – underneath the A10 autobahn – at the power plant cross the Salzach – cross the Königsseeache at the small bridge – follow the river – via the meadow path and Rifer Hauptstrasse back to ULSZ Rif
- **Power Circuit – 8.1 km**  
Start: ULSZ Rif – take the Schlossallee to the Salzachtal Bundesstrasse – cross this road – follow the Gartenaustrasse to St. Leonhard – alongside the Königsseeache – uphill to the left towards the Gutrath ruins – down to the main highway – cross this – to the left alongside the main road – take the Wiesenbrunnenweg to Rif – then via the Schlossallee back to ULSZ Rif
- **Pond Loop – 2.6 km**  
Start: Pyramide elementary school – via the pathway to the pond – alongside the pond to the Salzach – right along the banks of the Salzach – right onto the path – back to the elementary school. This circuit is also a test loop – power walk from the start to the 2,000-meter mark.
- **Fitness Trail**  
for warm-up and stretching exercises, located behind the elementary school in Puch

**Radstadt**

- **Enns Marathon Route; Length: 42 km, sign-posted, easy to moderate**  
**Description:** from Flachau along the Enns Cycle Path via Altenmarkt and Radstadt until shortly before Mandling, then return.
- **Running Trail 1: Length: approx. 8 km, easy**  
**Description:** Radstadt town square – Enns Promenade in the direction of Altenmarkt as far as the bridge by Tandalier Castle – right along the Tandalier road to the railway crosswalk – after crossing, left along the Feldweg towards Altenmarkt – in front of the Altenmarkt station, left across the crosswalk and straight ahead to the Enns bridge – after the bridge, left along the Enns and once again make your way in the direction of Radstadt – change banks of the Enns at the 2nd bridge, returning to your starting point in Radstadt.
- **Running Trail 2: Length: approx. 12 km, easy to moderate**  
**Description:** Radstadt town square - Moosbühel – right onto Simonystrasse, continuing along the Enns Cycle Path towards Altenmarkt as far as the Tandalierstrasse – make a right and continue out to the Enns bridge -  
Make your way to the left along the Enns to the next bridge at the main road in Altenmarkt – switch to the left bank of the river and go straight ahead (upstream) towards Flachau/Eben – at the next bridge (Brückenwirt) take a right and then yet another quick right towards the Reitlehenalm - after a short uphill stretch (300 m), once again downhill and left through the road underpass to the warehouse – from there, along the railway line to the Altenmarkt station – left over the crosswalk and then immediately right onto the Feldweg towards Radstadt as far as the Tandalierstrasse – take a right past Tandalier Castle and go as far as the Enns bridge – before the bridge, take a left and make your way along the river to your starting point.

## Rauris

Tel. 0043/6544/20022

- **Trail I - yellow markings**  
**Starts:** Summererpark, Rauris  
**Route Description:** leave the Summererpark and head north-west via the bypass towards the Rauriserhof – from there take the Grubweg past farmhouses to the Pinzgauerhof - Stapfgut – hiking path towards the Kreuzboden life base station and then back to the Summererpark  
Terrain: 1 km on paved road, then along a well maintained gravel road – last stretch is on a hiking path.  
Length in km: ca. 1.8 km. Average Running Time: 20 min. Elevation Change: 15 meters.
- **Trail II – green markings**  
**Starts:** Summererpark, Rauris  
**Route Description:** leave the Summererpark and head north-west via the bypass towards the Rauriserhof - from there take the Grubweg and meadow path to the Palfingerhof - via Hundsdorf to the Pinzgauerhof and then the bypass back to your original starting point.  
Terrain: 2 km on paved road, The rest is on well maintained gravel road and hiking path. Level: intermediate.  
Length in km: ca. 4 km  
Average running time: 35 min. Elevation Change: 30 meters
- **Trail III – red marking**  
**Starts:** Summererpark, Rauris  
**Route Description:** leave the Summererpark and head north-west via the bypass towards the Rauriserhof - from there take the Grubweg and meadow path to the Steinbach hill – return via Hundsdorf to the Pinzgauerhof and then take the bypass back to your starting point.  
Terrain: 2 km on paved road, the rest along well maintained gravel road and hiking path. Level: difficult.  
Length in km: ca. 6 km.  
Average Running Time: 1 hr. 10 min. Elevation Change: 100 meters

## Russbach

Tel. 0043/6242/577

- **Fountain of Youth Trail: loop above Russbach; Length: 4.5 km**  
**Description:** This trail begins at the Russbach village hall. The first section makes its way towards Rinnberg along trail No.203 on the banks of a romantic stream. After 1 km – left – through hilly woodlands – to the “Zum Hias” mountain inn and back to town.

## Saalbach Hinterglemm

Tel. 0043/6541/680068

- **Sonnseit Panorama Run: Length: 9.4 km, elevation change 160**  
**Description:** Saalbach village square – Cafe Höll – Hotel Kohlmais – mini-golf course – Saalbach village square – Cafe Höll – Ronachweg – Thurnerbauer – Reitermühlsiedlung – hiking path – Schattberg X-press parking – Saalbach village square
- **Schattberg Höhen Panorama Run: Length: 16.8 km, elevation change 350**  
**Description:** Schattberg summit station – Stemmerkogel – Seetörl – Klingertörl – Klammscharte – Rohrertörl – Ketting Törl – Schmittenhöhe – summit station
- **Kohlmais Mountain Panorama Run: Length: 16 km, elevation change 960**  
**Description:** Saalbach village square – Cafe Höll – Hotel Kohlmais – mini-golf course – Saalbach village square – Spielberghaus – Innere Spielbergalm – Wirtsalm – Panoramaalm – Kohlmais Kopf – Wildenkarkogel – Schönleitenalm – Thurneralm - Panoramaalm
- **Kohlmais Panorama Fun Run: Length: 7.8 km, elevation change 140**  
**Description:** Kohlmais summit station – Kohlmais Kopf – Wildenkarkogel – Schönleitenalm – Thurneralm - Panoramaalm

## Saalfelden

Tel. 0043/6582/70660

- **Kollingwald – Fitness Parcours, length: ca. 3.5 km**  
**Parcours Description:** Start/Finish: Stadium building on Lake Ritzensee – through the Kollingwald woods (gravel and dirt trail).

- **Trebesinerweg, length: 7.5 km**  
**Run Description:** Start/Finish: construction center (old tennis courts) – road to Ramseiden – past the Schatzbichl – to Fieberbrunn on the forest road – after the barrier, left onto the Trebesinerweg – above HIB onto the road – after the Auhäusl to the baths – along the Anton-Wallner-Strasse back to the construction center.
- **Golf Course Circuit, length: 6 km**  
**Run Description:** Start/Finish: Taxau allotments – towards Maria Alm around the perimeter of the golf course – at Öd on a paved road to Ramseiden – gravel path back to the Taxau.
- **“Plague Cross” Circuit, length: 4.6 km**  
**Run Description:** Start/Finish: Bacherhäusl – along the Urslau to the Rösslbrücke bridge – along the banks of the Saalach via a meadow trail as far as the turn-off for the plague cross – return via Dorfheim.

#### St. Johann - Alpendorf

Tel. 0043/6412/6036

- **St. Johann Fitness Park: Length: 30 km total**  
**Trail Description:** Extending out along the banks of the Salzach (in both directions) are 7 running trails. The starting points are the Plankenau power station and the vocational school. Standing at both these places are panorama boards with elevation profiles, lengths, difficulty levels and trail conditions.

#### Scheffau am Tennengebirge

Tel. 0043-6244/8573

- **Running Path alongside the Lammer River:** Begins across from the 1st road into Unterscheffau. You will run along the banks of the Lammer on a partially **paved** path, occasionally through forest, past the Schilchegger recreation center and on to Oberscheffau, ultimately returning along the same route.

#### Schwarzach

Tel. 0043/6415/7520

- **“Power Station Circuit”:** Length: 2 km  
**Description:** center of Schwarzach – along the Salzach to the Schwarzach power station – back to the railway station – playground – Salzach footbridge to the town center
- **Along the legendary Tauern Cycle Path: Length. 16 km (1 route)**  
**Description:** Schwarzach – towards St. Johann – on to Bischofshofen, then back

#### Seeham

Tel. 0043/6217/5493

- (Brochure for running parks in the “Region Trumer Seen”, Tel. 0043/6217/5493)
- **Lake-View Loop: Length: 3.55 km, Vertical Meters 80 (loop, info board & trail map)**  
**Description:** Matzing/Teufelsgraben car park, info board & map. Short, undulating route with wonderful views, begins uphill to the Wiesenberg on a paved path, then a narrow forest path, across the meadows and then down steps to the Kellerwirt in Pfarrgraben in the center of Seeham and back to the start.
  - **Teufelsgrabenweg: Length 9.25 km, Vertical Meters 155 (loop, info board & trail map)**  
**Description:** Matzing/Teufelsgraben car park, info board & map. Via Innerwall, Schupfen, Ansfelden and the Dürnberg back to the town of Seeham and Matzing. Challenging circuit via the self-guided forest path (dirt path) and next to the stream, uphill on a paved path, then across meadows and alongside small forests and traditional farms. Long route with indescribable views of the lake country.
  - **Obertrumer See Loop: Length 13.79 km, Vertical Meters 75 (loop, info board & trail map)**  
**Description:** Starts in Seeham, beach car park also an option. Trail map in Mattsee, Moorwald car park. The route generally follows the paved bike path, via Fraham and Zellhof to Mattsee, to the Wartsteiner Rundweg on a dirt trail, along the “Trumer Seen-Runde” past Obertrum and back to Seeham. In the village of Matzing, an option to join the Lake View Loop and the Teufelsgrabenweg.
  - **Sparkassen Loop around the Grabensee: Length 9.69 km, Vertical Meters 120 (loop, info board & trail map)**  
**Description:** Car park by the elementary school in Perwang, trail map. Wonderful, long, flat route along the shores of the Grabensee, at ca. km 4 turn-off to the Mattsee possible, at km 6 short, steep climb, then splendid views, leading through the village of Fraham, sections of Seeham and via Gransdorf back to the start.

#### Seekirchen am Wallersee

Tel.0043/6212/4035

- **Sparkassen Loop (blue 1): Length 3.65 km**
- **Seeburg Loop (blue 2): Length 3.60 km**
- **Bäder Loop (yellow 1): Length 7.30 km**
- **Seemoos Loop (green 1): Length 4.35 km**
- **Wallersee Loop (red 1): Length 18.45 km**

Trail descriptions and elevation profiles are contained in the "Nordic Walking und Laufstreckenpark – Region Wallersee/Salzbürger Seenland" map, which is available from the Seekirchen am Wallersee tourist office.

#### Stuhlfelden

Tel. 0043/6562/4365

- **Town Loop, length: 4 km**  
**Description:** through Pirtendorf – underpass beneath the highway – straight ahead across the railway tracks – prior to the bridge over the Salzach, take a right up the Salzach embankment – across the Pirtendorfer Valley Bottoms (self-guided trail) as far as the Hörfarter Pizzeria – then through the community and back to the center of Stuhlfelden.
- **Dürnberg Trail, length: 5 km**  
**Description:** town center, Schloss Lichtenau – inner village – Dürnberg supply trail – to the Aigen café or further to the Sticklhof café. ( - returning the same way).
- **Burgwies Circuit, length: 4 km**  
**Description:** town center – below the church towards Mittersill – Huber car repair shop – Burgwies mineral baths – Schweizerhaus – cross the main highway – along the Salzach embankment to the Wilhelmsdorfer Bridge – back to the center of Stuhlfelden.
- **Scheiblberg Circuit: Length: 5 km**  
**Description:** center of town towards Wilhelmsdorf – over the Salzach Bridge – along the Salzach embankment to Pirtendorf – right towards Scheiblberg – take a right and return to Stuhlfelden.

#### St. Koloman

Tel. 0043/6241/22215

- **Around the Seewaldsee; Length: 3 km**  
**Description:** Park prior to reaching the Seewaldsee, take the paved road down to the lake, along the lakeshore gravel road, returning along the Feldstrasse with a steep uphill to the Auerhütte, then along the paved road back to your car.

#### St. Johann

Tel. 0043/6412/6036

- **Salzach-Promenade, length: total of 25 km**  
**Run Description:** on either bank of the River Salzach, towards Schwarzach or Bischofshofen – flat trails.

#### St. Martin am Tennengebirge:

- **Berlinerweg: Length 2.6 km – easy**
- **Seeparkrunde: Length 0.5 km – easy**
- **Waldweg: Length 4.5 km – easy /intermediate**
- **Oberstein – Österreichbergweg: Length 10 km – easy**
- **Sittleralmweg: Length 12.5 km – challenging**
- **Buttermilchalmweg: Length 4.5 km – intermediate / challenging**
- **Karalm – Schöberlalmweg: Length 9.8 km – easy**
- **Panoramaweg: Length 8.0 km – easy / intermediate**
- **St. Martin – Lammertalweg: Length 18 km – intermediate**
- **Lammertalweg: Length 4.0 km - easy**

**Tweng:**

**Tel. 0043/6456 7252**

- **Twenger Lantschfeld: Length: 8 km**  
**Description:** Beautiful countryside, easy running and walking trail through the Lantschfeld, past beautiful meadows, forests and alpine pastures.

**Uttendorf/Weisse**

**Tel. 0043/6563/8279**

- **Schwarzenbach Loop, length: 6 km**  
**Description:** town center – road along the banks of the Salzach (gravel path – forest's edge – road)
- **Recreation center and around the shores of the lake resort, length: 1.5 km**  
**Run Description:** meadow trail
- **Loop in the Achenfurt Recreation Area: Length: 7 km**  
**Description:** Town center towards the Stubachtal – after the bridge over the Salzach, right – Achenfurt recreation area – continue towards Wald – right (gently uphill) towards Scheiblberg and the Stuhlfeldener Au – then along the banks of the Salzach towards Pirtendorf, continuing to Uttendorf. (road, gravel, forest's edge)

**St. Margarethen im Lungau**

**Tel. 0043/6476 812**

**Running & Nordic Walking**

- **Route 1 – Half-Marathon**  
Length: 21 800 m, Surface: 95 % paved, 5 % cart paths  
Route: St. Margarethen – Unternberg – Neggerndorf – back to St. Margarethen – along the Mur to St. Michael – back to St. Margarethen
- **Route 2 - St. Martin Berg**  
Length: 10800 m. Surface: 55 % cart paths, 15 % forest trail, 30 % paved  
Route: St. Margarethen – along the Mur – St. Michael – Augustin Chapel – St. Martin Bergweg – Oberbayrdorf – St. Margarethen
- **Route 3 - Saumoos**  
Length: 9500 m, Surface: 55 % cart paths, 15 % forest trail, 30 % paved  
Route: St. Margarethen – along the Mur – St. Michael – Saumoos – Oberbayrdorf – St. Margarethen
- **Route 4 - Mur**  
Length: 7900 m, Surface: 40 % cart paths, 60 % paved  
Route: St. Margarethen – along the Mur – St. Michael – golf course – St. Margarethen

**St. Michael im Lungau**

**Tel. 0043/6477/8913**

- **Route 1 – Half Marathon**  
Length: 21800 m, Surface: 95 % paved, 5 % cart paths  
Route: St. Michael – along the Mur – St. Margarethen – Unternberg – Neggerndorf – back to St. Michael
- **Route 2 – St. Martin Berg**  
Length: 10800 m. Surface: 55 % cart paths, 15 % forest trails, 30 % paved.  
Route: St. Michael – Augustin Chapel – St. Martin Bergweg – Oberbayrdorf – St. Margarethen – along the Mur – finish in St. Michael
- **Route 3 – Saumoos**  
Length: 9500 m, Surface 55 % cart paths, 15 % forest trails, 30 % paved  
Route: St. Michael – Saumoos- Oberbayrdorf – St. Margarethen – along the Mur – finish in St. Michael
- **Route 4 – Mur**  
Length: 7900 m, Surface: 40 % cart paths, 60 % paved  
Route: St. Michael – golf course – St. Margarethen – along the Mur – finish in St. Michael
- **Route 5 – Sampler**  
Length: 1900 m, Surface: 65 % cart paths, 35 % paved  
Route: St. Michael – sampler tour – finish in St. Michael

- **Route 6 – Glashütte**  
Length: 4800 m, Surface: 40 % cart paths, 60 % paved  
Route: St. Michael – Au – Glashütte – Höf – return – Stranach – finish in St. Michael
- **Route 7 – Oberweißburg**  
Length: 11000 m, Surface: 35 % cart paths, 65 % paved  
Route: St. Michael – Au – Glashütte – Höf – Dasl – Oberweißburg – Unterweißburg – return – Stranach – finish in St. Michael
- **Route 8 – Fell**  
Length: 18400 m, Surface: 45 % cart paths, 15 % forest trails, 40 % paved, Route: St. Michael – Au – Glashütte – Höf – Dasl – Fell – Oberweißburg – Unterweißburg – Glashütte – Stranach – St. Michael
- **Route 9 – National Park**  
Length: 27800 m, Surface: 40% cart paths, 15 % forest trails, 45 % paved, Route: St. Michael – Au – Glashütte – Höf – Dasl – Stranach – finish in St. Michael

#### Wagrain – Kleinarl

Tel. 0043/6413/8448

- **Running Trail I: Length: 12 km**  
Along the Kleinarler Ache: from the town center, along the banks of the Kleinarler Ache to the shores of Lake Jägersee
- **Running Trail II: Length: ca. 7 km out and back**  
Starts at the “Alte Schmiede” inn – past the Kneipp spa to the petrol station at the corner of Wagrainstrasse – after the “Mennerhäusl” restaurant, follow the promenade to Lehenriedel – cross the small bridge and follow the promenade to Schwaighof as far as the “Gasperlmaier” glass factory – along the banks of the Schwaighofbach back to the start.
- **Running Trail 3: Öbristköpfl Loop, Length ca. 4 km**  
Start: Above the “Fischlbauer” next to the car park, then along the forest path to Lackenkapelle chapel, followed by a gentle climb to the “Öbristbauer” farm, after which you will follow a supply road for about 1 km to the car park. Sights: Lackenkapelle chapel  
Information on other beautiful running trails is available from the Wagrain Tourist Office: Tel: 06413/8448

#### Wald – Königsleiten

Tel. 0043/6564/82240

- **Along the Salzach; Length: 6 km**  
**Description:** Starts at the railway station in Vorderkrimml – along the Salzach and Tauern Cycle Path to Wald

#### Werfen – Tenneck

Tel. 0043/6468/5388

- **Run I - length: 6 km**  
**Description:** Start /Finish: Werfen market place – Jänergasse – past the sports grounds – over the Salzach bridge, then left towards Zötzenberg – follow trail No. 42 to Tenneck – return to start
- **Run II - length: 6 km**  
**Description:** Start/Finish: Werfen market place – Jänergasse – past the sports grounds – over the Salzach bridge – take a right after around 300 m – hiking trail No. 34 via the Kalchaubauer and Helbersbergbauer farms – Schlamingbauer farm via Odersiedlung – Lindenhof and back to the starting point.
- **Run III - length: 4.5 km full circuit**  
**Description:** Start/Finish: Werfen market place – Josef-Struber Strasse – above the “Wispelhof” onto the Matthias-Prüllweg – Hirschhöhenstrasse – right towards Himmlische Wohnung – via the Färbergraben – Rettenbachmaierl – Rettenbachgut – towards the Reitsamerhof Country Inn and Pfarrwerfen – cross the Salzach bridge – Burgblick inn – left into the Schmiedhofgasse - straight ahead to Werfen.
- **Run VI - Length: 9 km full circuit**  
**Description:** Start/Finish: Tenneck – Blühnbachstrasse – left after the former saw mill (lower Blühnbachstrasse) – along the banks of the Blühnbach – take a right just before the castle – return along the upper Blühnbachstrasse.

### Werfenweng

- **Raika Loop: 4.5 km**  
**Description:** The magnificent yellow route takes you along an ever-changing surface, revealing glorious views of the Tennengebirge mountains. It begins on a paved path heading towards Ruhdorf, you will then follow the path next to the stream towards Wengerau. An ideal route if you want to relax and enjoy.
- **Gasthof Hochkönigblick Loop: 4.3 km**  
**Description:** This loop is not very long but thoroughly challenging. This undulating trail begins uphill on a mixed surface, continuing with magical views to the Steinberg, then in a one-of-a-kind setting downhill via meadows and forest paths back to the start.
- **Elektro Langeder Loop: 4.15 km**  
**Description:** The green Elektro Langeder Loop takes you through truly impressive countryside. Rich in variety, hilly, beginning with a climb to Gasthof Zaglau, alongside the stream back to the info board and Werfenweng.
- **Uniqa Loop: 10.95 km**  
**Description:** The blue Uniqa Loop is a challenge even for experienced athletes. Mostly on a natural surface, the route keeps heading uphill until km 4.5, where you are rewarded by magical views of the Hochkönig, the Teufelshörner and the Hagengebirge. km 5 is the start of a compacted surface, downhill and back to the start.
- **Atelier Wolf Loop: 3.25 km**  
**Description:** The gently undulating Atelier Wolf Loop is ideal for beginners or if you are short of time, taking runners across a variety of surfaces. It begins in the direction of Lampersbach, passing a roadside altar and paralleling the Wenger Bach on the way back to the info board at the start. Fascinating landscapes invite you to exercise, relax and enjoy.
- **Schider Loop: 2.05 km**  
**Description:** a course for anyone who has been meaning to get out and do something for some time! The short, flat Schider Loop leads along a firm trail past the tennis court and the ice-stock lanes, after which you will come to the lake, the Seealm and the wildlife enclosure until you finally reach Wimm. The last stage takes you on a paved surface past the State Ski Museum and back to the start.

### Wolfgangsee

Tel. 0043/6138/8003

- **Wolfgangsee-Running Trail; Length 27 km**  
**Run Description:** continuously marked running trail around the shores of the Wolfgangsee

### Wolfgangsee - St. Gilgen

Tel. 0043/6138/8003

- **St. Gilgen "Sunny Side" Loop, length: 6 km**  
**Run Description:** Start/Finish: town hall on the Mozartplatz - northwards along the Steinklütstasse to the main Mondsee highway – cross over the road – footpath through the forest to the second bend of the Obenau supply trail – over the small bridge – through the woods to the entrance of the "Stone Chasms" – take a right – follow the Obenau supply trail – past the Plomberghof as far as the big left-hand bend – take a right – through the mixed forest – along the access road to the Buchberghof – down a curving supply road all the way to the bus stop on the Mondsee highway (- detour on the left to the shores of the Krotensee is highly recommended!) – prior to the bus stop, take a right to the Mühlauerhof – steep ascent to the outdoor altar on the Mühlauer Höhe – steep downhill to the Mondsee highway – cross the highway – along the Old Mondsee Road on the Wolfgangsee shore trail, and back to the starting point.
- **Zwölferhorn Panorama Run, Length: 5 km, easy**  
**Run Description:** Starts: summit station of the Zwölferhorn lifts – you will have to use the gondola lift to get there.

### Wolfgangsee – Strobl

Tel. 0043/6138/8003

- **Blinkingmoos Loop: Length 7 km**  
**Description:** Starts at the sports grounds in Strobl (where you can park your vehicle) – railway embankment until just past Gefhöft Pilzner, then up a steep road on the left to the paved road – along this to the right for

approx. 50 m, then once again on the embankment back to the Gehöft Pilzner, where you'll take a left and follow the "Rund um den Wolfgangsee" running path through Blinkingmoos and then the lake road to the Strobl public beach, then take two rights on your way back to the sports grounds.

- **Zäpfensteig Loop: Length 8 km**

**Description:** Strobl bus station (parking available) – on the hiking path heading east (Vocknerweg), under the Wolfgangger Strasse and on to the Weissenbach inn – there you'll take a right and continue to the bend in the road. Here you will go left and then immediately to the right on the Zäpfensteig via Urschlag to the Mahdhäusl inn – take a right and make your way down to the main highway – take a right along a bridge and under the highway to the Lipphaus – left to the embankment path and right via the sports grounds (heading east) and back to where you started.

- **Strobl – Abersee Loop: Length 13 km**

**Description:** Starts at the Strobl sports grounds (parking available) – embankment path to the fitness parcours, left to the Lipphaus – beneath the main highway – right via a bridge and 100m to the left of the highway towards St. Gilgen, then left on the Schartenstrasse and uphill until you turn off onto trail No.15 leading to Abersee, then right on the Schulstrasse as far as the highway – before the road, take a left to Zinkenbach – beneath the highway and along the Zinkenbach to the rope bridge. Now take a right along the running trail "Around the Wolfgangsee" as far as the Strobl town beach, then take two more rights back to the Strobl sports grounds.

#### Wolfgangsee - St. Wolfgang

Tel. 0043/6138/8003

- **Ried Loop, "WISLI" ("How fast can I run?"), length: 6 km**

**Description:** Start/Finish: Central spa admin. in St. Wolfgang – Michael Pacher Strasse – Marktplatz – alongside the lake via the Untere Rieder-Strasse to Ried until 100 m beyond the Falkenstein inn – then right onto the Oberer Rieder-Strasse which will take you back to the start.

- **Bürglstein Loop, length: 9 km**

**Description:** Start/Finish: Spa admin. offices in St. Wolfgang – walking path, subsequently a cycle- and walking path towards Strobl along the shores of the Wolfgangsee to the sports grounds in Berau – right on a narrow hiking path to the edge of the forest – then left on the Bürglstein-Promenade around the Bürglstein to the lake outlet – continues on the hiking path along the lake shore and back to the sports grounds – take the same route back to your starting point.

- **Scenic Loop, length: 5.5 km**

**Description:** Start/Finish: St. Wolfgang spa admin. offices – along the road, slightly uphill, past the Rudolfshöhe to the Hausgut – then towards the Holzerbauer café – as far as the chapel at the second bend – then taking a left along the trail back downhill – up to the Sattelweg – left to the Ahornplatz – straight ahead to Mount Calvary Church – after that, right on a gravel road to the "Hupfmühle" inn – along the road another 100 m, then left down the mountain – left via Roith to the market square – return to the starting point.

- **Schwarzenbach Loop, length: 6 km**

**Description:** Start/Finish: Bürglstein inn – on the footpath towards St. Wolfgang – after the sports grounds, take a left – follow the yellow markings to the edge of the forest – right to lake Wolfgangsee – around the Bürglstein to the Seeklause – right over the bridge – left via a boardwalk to the Achenweg – along the Ischl below the street and through to the wooden bridge in front of the Schlagermühle – left over the bridge – left following the yellow markings – meadow trail up the river – over the Russbach – straight ahead until just before the next bridge – right along the Schwarzenbach, uphill to the main road – keep left on the road, returning back to the Bürglstein inn.

- **Schwarzensee Loop: Length: 4.4 km**

**Description:** Start/Finish: Car park on the south side of the Schwarzensee – (reachable by car via Russbach near St.Wolfgang) – right along the paved road – then left on a broad hiking path until you get back to the original starting point.

**Zell am See-Kaprun**

Tel. 0043/6138/8003

- **Lake Promenade: Length: 12 km**

**Trail Description:** By taking the lake promenade it is possible to make a complete circuit of the Zeller See. The western portion of the promenade runs almost in its entirety directly next to the shoreline. The eastern portion follows a footpath alongside the lakeshore road. Almost no elevation change.

### Nordic-Walking Opportunities & Coaching

**Nordic Walking** – that is, walking, stretching and strength exercises with poles – is a form of training for the whole body. In the spring of 1997, Finland introduced **Nordic Walking** as a summer training program for its top cross-country and biathlon athletes. Through the use of poles with specially developed hand straps, a form of training was developed for the whole body, exercising both the heart and circulatory system, as well as 90% of the entire musculature.

- **Nordic-Walking Arena in Altenmarkt-Zauchensee**, Tel. 0043/6452/5511
- **Nordic-Walking courses in Abtenau every Wednesday from 4 – 6 p.m.**, free with your Guest Card. Please register one day in advance by 6 p.m., Tel.: 06243/3644
- **Nordic-Walking courses in Annaberg every Thursday from 4 – 6 p.m.**, free with your Guest Card, Please register one day in advance by 6 p.m., Tel.: 06463/7852
- **Nordic-Walking in Bad Vigaun – 9 designated routes – ranging from 2 km to 10 km**, for beginners and those with some small degree of experience, along with routes on the Schlenken for more advanced walkers. – Signs in the center of town and at the Bad Vigaun “Kurpark” show where you can access the trails, Tel. Tourist Office 06245 84116, Fax 82876. Nordic-Walking maps available at the Tourist Office, at the St. Barbara Medical Center in Bad Vigaun, as well as online at [www.bad-vigaun.at](http://www.bad-vigaun.at) und [www.badvigaun.at](http://www.badvigaun.at).  
**Weekly Nordic-Walking classes – information available from the Tourist Office at 06245 84116, Fax 82876**, Rental of Nordic-Walking poles through the Bad Vigaun Tourist Office, Am Dorfplatz 11, 5424 Bad Vigaun; Office Hours: Monday through Friday from 8:30 – 12:00 and 2:30 until 4:30, Tel. 06245 84116
- **Nordic-Walking Routes in Anthering** – Coaching for beginning Nordic Walkers (equipment available for rental). Info: Elisabeth Fink, Tel. 06223/2216 – Anthering’s outdoor activity maps also include precise trail descriptions of 6 Nordic-Walking tours. The map is available for Euro 2 from the Anthering Tourist Office, Tel. 06223/2279
- **Nordic-Walking Classes & Hikes in Bad Gastein**  
Information available from the Bad Gastein Tourist Office, Tel. 0043/6432/3339-560
- **Nordic-Walking in Bischofshofen**, sign-posted routes – Tel. 0043/6462/2471
- **Nordic Walking in Bramberg**, register through the tourist office, Tel. 06566/7251
- **Nordic-Walking Workshop in Maria Alm**  
Meets at the Maria Alm Tourist Office, every Wednesday from 4:00 until 6:00pm  
Register at the Tourist Office by Tuesday at 6:00pm, or at Intersport Maria Alm  
Price: Euro 12 per person, min. 5 people

- **Nordic Fitness Sports Park – Grossglockner-Zellersee**  
between Bruck-Fusch-Ferleiten-St.Georgen-Gries, contact Grossglockner-Zellersee Tourist Office,  
Tel. 06545 729
- **Flachau Introductory Nordic-Walking Classes and Guided Tours**  
Also guided hiking/walking tours are offered by Fun & Pro Sports in Flachau; Contact: Rupert Pichler, Tel.: 06457 2161, www.fun-pro.com  
sportcamp@fun-pro.com  
**Nordic-Walking Training** in groups for beginners and experienced walkers.  
**Bernadette Fallenegger**– Tel. +43(0)664/5044393
- **Nordic Walking in Fuschl am See**, intro – every Wednesday at 7am (year-round). Information, meeting point & registration: Fuschl am See Tourist Office – Tel. (0)6226/8250, Nordic-Walking- & Running Map available from the tourist office. (For trail descriptions, see above under “The most beautiful running trails”).
- **Wals Nordic-Walking Coach** Mrs. Elisabeth Pfenig, A-5071 Wals, Tel. ++43/662/827250, e-mail: pfenig@utanet.at
- **Nordic-Walking in Faistenau**, registration through the Faistenau Tourist Office, Tel. 0043/6228/2314
- **Nordic-Walking Classes and Guided Tours for Advanced Walkers in the Grossarl Valley**  
Course, consultation, equipment test, sales and rentals: Intersport Lackner, 5611 Grossarl, Tel. 06414/269  
Basic course: course incl. hike, 2 days/2 hours each, Euro 15 per pers. incl. pole rental;  
Hill Hike: led by an expert guide, approx. 4-5 hours, Euro 15 per pers. (incl. transfer and pole rental)  
Dates: as posted on the Tourist Office’s events calendar, Tel. 06414/281, meets at 9:30am at Intersport Lackner  
– Additional dates/times available on request, more info available from Intersport Lackner, Tel. 06414/269
- **Nordic Walking in Grödig at the foot of the Untersberg, guided tours for beginners and advanced walkers, equipment available for rental.**  
Info: Grödig Tourist Office, Tel. (0)6246/73570, e-mail:info@groedig.net
- **Nordic Walking Opportunities & Training in Hallein / Bad Dürrnberg - 11 marked routes – from 2.0 km to 11.1 km for beginners and experienced athletes. Fitness trail at the starting point by the Zinkenlift car park. Rental of Nordic-Walking poles from the info stand in Bad Dürrnberg. Nordic Walking maps available at the Hallein / Bad Dürrnberg tourist office.**
- **The following routes are available:**
- **Route 1 – Panorama Tour, 5.8 km (Bad Dürrnberg)**
- **Route 2 – Bad Dürrnberg Tour, 3.7 km, easy (Bad Dürrnberg)**
- **Route 3 – Zinken Tour, 7.9 km (Bad Dürrnberg)**
- **Route 4 – Zinkenstüberl Tour 2.0 km (Bad Dürrnberg)**
- **Route 5 – Test Route 2.0 km (Hallein)**
- **Route 6 – Hallein “Old City” Tour 3.1 km**
- **Route 7 – Burgfried Tour 6.5 km (Hallein)**
- **Route 8 – Salzach Tour 11.1 km (Hallein)**
- **Route 9 – Small Rif Tour 5.6 km (Hallein-Rif)**
- **Route 10 – Big Rif Tour 10.5 km (Hallein-Rif)**
- **Route 11 – Power Tour 8.1 km (Hallein-Rif)**
- **Nature.Fitness.Park® Lungau – Mauterndorf**
- **Route Steindorf 6.30 km, elev. change 110 m, paved: 73.6 %, road: 25.5 %, footpath: 0.9 %**
- **The variety-packed Steindorf route takes you through the medieval town center of Mauterndorf,**

past the castle, via Stampfl and St. Gertrauden to Steindorf, then past the Mauterndorf airfield back to the original starting point in the center of town.

**Route Begöriach 4.2 km, elev. change: 185 m, paved: 21.4 %, road: 47.6 %, footpath: 31.0 %**

The Begöriach route begins in the town center and leads past St. Wolfgang's Church in the direction of Hammer. The route then follows a romantic pathway, passing St. Wolfgang once more, the outskirts of Begöriach and back to Mauterndorf.

**Route Hammer 5.5 km, elev. change 95 m, paved: 21.4 %, road: 46.4 %, footpath: 32.1 %**

Route Hammer initially follows the same route as Route Begöriach. Once at the ski center, this route follows an alternative pathway right back to the starting point.

**Route Trogalm 4.8 km, elev. change: 345 m, paved: 0.0 %, road: 47.9 %, footpath: 52.1 %**

The Trogalm Route begins at an elevation of 1945 m on the Grosseck. It is easy to reach by taking the cabin lift up from the ski center in Mauterndorf. The route takes you by Alpine huts and meadows, guaranteeing you breathtaking views of the Lungau and surrounding countryside.

Info: Mauterndorf Tourist Office, Tel. +43 (0)6472 7949

- **Nature.Fitness.Park® Lungau - Unternberg**

2 clearly marked routes totaling 10.6 km in length through pristine countryside, numerous other opportunities for Nordic Walking on marked hiking paths. Poles available for rental!

Info: Unternberg Tourist Office, Tel. +43 (0)6474 2146

- **Nordic Walking in Ramingstein – 1st Lungau Nature & Fitness Park**

Contact: Wolfgang & Melitta Ferner, Dr. Lainerstr. 305, 5591 Ramingstein, eMail: [melitta.ferner@chello.at](mailto:melitta.ferner@chello.at), [www.nordic-lungau.com](http://www.nordic-lungau.com)

- **Lungau Nature & Fitness Park – in Ramingstein. 3 different trails from 3.7 to 9.5 km in length, along which you can power-walk, run and hike through beautiful countryside in the heart of the Lungau's Nockberge mountains. Along these three trails – the Promenade, Miners' and Karneralm Trails – you will pass an old marble quarry, a silver mine, the artistic Rock Promenade and nature trail, the Culture Station and many other beautiful sites from both past and present. On your way, if you feel so inclined, you can enjoy the picturesque views of the emblem of Ramingstein, Finstergrün Castle.**

- **Nordic Walking Lungau- Maria Pfarr**

**Coach Mr. Jäger**, Tel. +43(0)676 9352879 or +43(0)664 5776585 , e-mail: [nordic-walking-jaeger@aon.at](mailto:nordic-walking-jaeger@aon.at) ; Ms. Sabine & Ms.Elfriede Santner, Tel. 0043/6472/8207 , e-mail: [info@oerglwirt.com](mailto:info@oerglwirt.com); Reha-Sport, Health & Rehabilitation Coaching, Tel. 0043/699/10497020 [www.rehasport-lungau.com](http://www.rehasport-lungau.com)

**Haradal - Sport & Outdoor Center Lungau**, Tel.: 0043/6472/7363, e-mail: [haradal@aon.at](mailto:haradal@aon.at) Markt 54 5570 Mauterndorf –

**Coach: Ferner Family**; Contact: Tourist Office Ramingstein-Karneralm, Gemeindeplatz 223, 5591 Ramingstein, Tel.: +43 (0) 6475/805

- **Nordic Walking in Seekirchen am Wallersee**

By phone appointment with Irene Fink, Nordic Walking coach, back coach.

No poles are provided.

- **Nordic-Walking Park in Krimml and Wald/Königsleiten**

Nordic-Walking tours are offered. Info available from the Wald/Königsleiten Tourist Office, Tel. 06565/8243, [info@wald-koenigsleiten.at](mailto:info@wald-koenigsleiten.at), [www.wald-koenigsleiten.info](http://www.wald-koenigsleiten.info)

- Nordic-Walking & Fitness Park in Krimml-Wald**  
 Opening: Spring 2005, 6 clearly marked Nordic-Walking trails, for beginners and more experienced walkers. Qualified coaches will teach theory and practice of the sport tailor-made to the needs of each participant. Info: Tourist Office 5743 Krimml, Tel. ++43/6564/72390, www.krimml.at
- Piesendorf und Niedernsill Nordic Walking, Nordic-Walking for adults and children ages 10 and up.**  
 A coach – who has been awarded the Seal of Quality by the Salzburg Chamber of Fitness & Health Sports – will show you the right technique so that you can take full advantage of all the health benefits that come with Nordic Walking. Every Wednesday at 6pm, or any time by appointment. Meets: Niedernsill Tourist Office, registration: by 12 noon at the Tourist Office, Tel. 06548/8232, fee: € 5/person incl. poles  
**NordicWalking Route in Piesendorf: Naglköpfl Tour** via the Unterholz/Burgeck  
 Start/Finish: Niedernsill Tourist Office or Walchen/church, duration: 3 hours  
 Difficulty: challenging; Elevation Change: 600 m, loop
- Nordic Walking Uttendorf/Weißsee – Numerous routes with different elevation profiles, for beginners & experienced athletes, guided walking tours, bookings/information: Uttendorf/Weißsee tourist office, Tel. 06563/8279-0**
- Nordic Walking Trails in Russbach:**  
**Fountain of Youth Path: loop located above Russbach; length: 4.5 km**  
 Trail Description: The “Fountain of Youth Path” sets out from the Russbach village hall. The first segment heads towards Rinnberg on path No. 203 along the banks of a romantic stream. After 1 km - left – through some hilly woods – to the “Zum Hias” mountain inn and then back to town.  
**Rinnbergalm:** Starting Point: Russbach Village Hall, path No. 203 to Rinnbergalm, Bodenberg, Turnaualm, Postalm, Angerkaralm, Traunwand, Gamsfeld,  
**Russbach High Trail - Pass Gschütt:** loop; Trail Time: approx. 2 hours - Hotel Kerschbaumer – in front of the Pension Salzburgia turn right. Uphill into the woods – romantic path through Löckenmoos. - Russeggbauer – take a right – briefly on the Pass Gschütt highway – left on the Old Pass Gschütt Road and back to town.  
**Russbach – “Snails’ Wall”:** loop; Trail Time: approx. 2 hours – Village Hall: towards Rinnberg – at the barrier, take a left towards the Falleneggbauer – past the Oberstöcklhof – through the forest - Above the forest road (“Snails’ Wall” where significant fossil finds have been made). Forest road to the left - towards Neualm – intersection to Russbach  
**Russbach – Neualm:** Hotel Kerschbaumer - towards Neualm; Trail Time: approx. 3 – 4 hrs - Possibility to return to Russbach via the “Snails’ Wall”.  
**Russbach- Old Pass Gschütt Road No. 219 Schattauforstrasse No. 215 Triebenbachstube** loop, Old Pass Gschütt Road (219) after 100 m on the highway, Gosau – forest road – right at the intersection – intersection left to the mid-station - pond - footpath to Russbach.  
**All forest roads in Russbach are outstandingly well suited for Nordic Walking.** (Please also refer to the Tennengau hiking book and hiking map.)
- Nordic Walking Alpin..... in the valley of fossils, The starting point for our Nordic Walking Expedition is the Water Park. Our 2 km-long test route helps you with your own personal fitness test. The stations show you how to keep your muscles, spine and cardiovascular system in shape.**  
**The Nordic-Walking Network** with the most beautiful, carefully selected hiking trails, spans the spectrum, from easy valley tours, to hikes in the hill country and up into the high peaks. After a leisurely ride up on the Hornbahn lift from Russbach, enjoy a wonderful Nordic Walking tour to the Edtalm in the Dachstein-West hiking area. Splendid panoramic views across the Russbach Valley, out to the Dachstein Glacier and the jagged Gosaukamm. Every week: a free intro to Nordic-Walking technique. You can even borrow equipment from the info office.

- **Salzburg Sunny Terrace, Goldegg-St.Veit-Schwarzach**  
Clear trail descriptions, broad variety of terrain to match your ability level, guided Nordic-Walking tours, technique instruction, pulse-monitored walking, special walking diagnostic test followed by training consultation, advice on finding the correct shoes and poles.  
Registration and information through the Tourist Office, Tel.06415/7520, [www.sonnenterrasse.at](http://www.sonnenterrasse.at)
- **Nordic Walking Courses in St. Martin** every Thursday from 10am – 12 noon, free with Guest Card, registration through Sport Max: Tel.: 06463/64009
- **Nordic Walking Wolfgangsee** Instructor Mrs. Birke Müller, Tel. 0676/933 1102
- **St.Wolfgang**  
**Nordic Walking Instructors and Equipment Rental, ProTravel Travel Agency**, [www.protravel.at](http://www.protravel.at) , Tel. 06138/2525  
**Nordic Walking** Registration required; Nordic Walking under professional supervision ; Nordic-Walking courses and sampler classes are offered at the Tennishotel Wolfgangsee, 5360 St. Wolfgang, [www.tennis-hotel.at](http://www.tennis-hotel.at) , Tel. 06138/2277
- **Nordic Walking Courses and Hikes in Wagrain** with Mr. Gerald Schützenhofer  
Registration and details directly from Mr. Schützenhofer Tel.: +43 (6413) 8373 or the Wagrain Tourist Office, Tel.: +43 (6413) 8448
- **Nordic Walking Organizers in Zell am See-Kaprun:**  
**Fun & Trekking Sport**, Sigmund-Thun-Str. 74, 5710 Kaprun, Tel.: 0043 (0) 6547 8070, or 0664 2010818, [burgi@kaprun.at](mailto:burgi@kaprun.at), [www.kaprun.at/burgi](http://www.kaprun.at/burgi)  
**Radical Zenith** (groups only!!!), In Kaprun, Tel.(0)664/2727 680, [info@radicalzenith.com](mailto:info@radicalzenith.com), [www.radicalzenith.com](http://www.radicalzenith.com)  
**One Team** (groups only!!!), In Kaprun, Tel.: 0664 2727 680, [info@one-team.at](mailto:info@one-team.at), [www.one-team.at](http://www.one-team.at)  
**Salomon Station**, Areit lilt base station, Zell am See, Tel.(0)6542/55322, [office@salomonstation.at](mailto:office@salomonstation.at), [www.salomonstation.com](http://www.salomonstation.com),  
**NWZ – Nordic Walking Zell**, Tel.: 0043 650 6662000