

# WILDER KAISER

Ellmau | Going | Scheffau | Söll

## Multi day hikes

from hut-to-hut.



**The Kaiserkrone**

**3 days' hut-to-hut hike**

**Eagle Walk & St. James Way**



[www.wilderkaiser.info](http://www.wilderkaiser.info)

**Tirol**



The area hiking map Wanderkarte Wilder Kaiser (1:25.000) is available in Ellmau, Going, Scheffau and Söll tourist offices.




# WILDER KAISER

Ellmau | Going | Scheffau | Söll



## Signs and symbols

 **medium difficulty**

 Length of route

 Altitude difference uphill/  
downhill

 Walking time

 Highest point

 Starting point

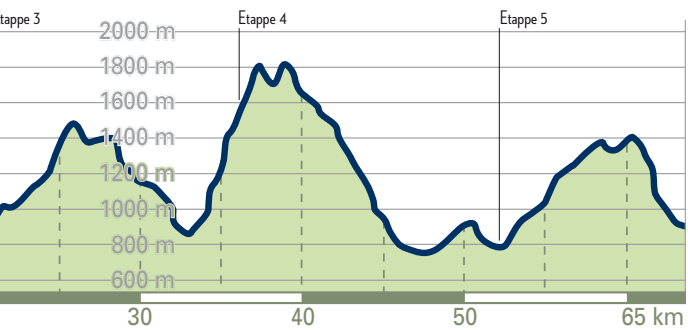
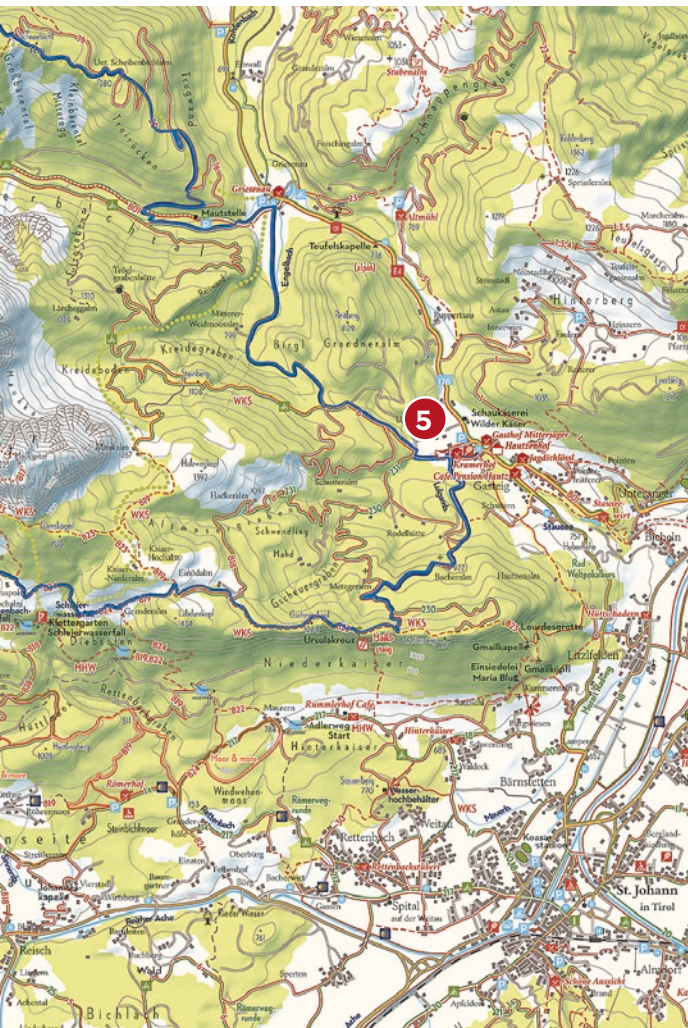
 Parking

 The Kaiserkrone (5 days)

 3 days' hut-to-hut hike







---

# **Multi-day hikes** *in the Wilder Kaiser - a unique experience.*

The unmistakable shape of the mountain massif standing free and its bountiful fauna and flora are all part of the captivation of the Kaiser mountain range conservation area. The mystical aura of the „Kaiser“ has inspired many myths about many of its outstanding rock formations. The first summiting of the peaks, the development of the new style of climbing technique or the breakthrough of the climbing fraternity's scale of difficulty on the famous „Fleischbank“ are the source of many interesting tales – immerse

yourself in a fascinating mountain world full of stories and discover their magic on a multi day hike from hut-to-hut.

Whether on a 5 day Kaiserkrone (Emperor's crown) circling around the massif, or on the shorter 3 day hut-to-hut hike version over a long weekend along the south side, or on the Adlerweg (Eagles Way) or the Jakobsweg (St. James Way) – the Wilder Kaiser has something for everyone which will form their own powerful mountain experience.

## **THEMES**

Kaiserkrone overview	<b>4</b>
Kaiserkrone stages 1-5	<b>8</b>
3 days' hut-to-hut hike	<b>22</b>
Tour planning	<b>24</b>
The Eagle Walk – Adlerweg	<b>32</b>
St. James Way – Jakobsweg	<b>33</b>

# The Kaiserkrone (Emperor's Crown).

*Wild and free. One of  
Tirol's loveliests multi-  
day hikes.*

The „Kaiserkrone“ takes you on a five day hike along the old paths around the massif of the Wilder Kaiser. The mountain rules loftily over the Sölllandl valley, both grand yet inviting and rugged yet mellow. On this hike from hut-to-hut you will experience fascinating rock formations, cool forests, crystal clear lakes and luxuriant pastures. All the way

along the Kaiserkrone you have fabulous views from Chiemsee to Großglockner; from the Rofan mountains to the Hohe Tauern. Immerse yourself in a unique and varied mountain world full of stories and myths. Discover the multifaceted nature of the Kaiser Mountains conservation area with its impressive animal and plant worlds.

## Collecting stamps online.

Collect the Kaiserkrone and 3 days' hut-to-hut hike digital walking badge with SummitLynx!

(Details ► Page 31)





# The five day tour with each stage ranging between eight and sixteen kilometres appeals to classic mountain hikers.

The average walking times (without breaks) are between 5 and 8 hours per day. The path is of medium difficulty (red), has six different entry and exit points and numerous huts along the route, what facilitates a very flexible and individual route planning. Please make your reservations directly with the accomodations well in advance. Experienced alpinists looking for a challenge can build the harder alternative routes, impressive summits or a transition of the Kaiser into their Kaiserkrone itinerary.



You can find detailed information to plan your hike (access points, alternative routes, tips, GPX-Tracks etc.) on [www.wilderkaiser.info/the-kaiserkrone](http://www.wilderkaiser.info/the-kaiserkrone)


## **medium**


 65 km

 5,000 metres

 5,000 metres

 1,813 m highest point

 30 - 35 hours

 Hike starting point Hüttling, Going

**Season:** depending on snow levels, from the beginning of June until mid-October.

**Requirements:** Surefootedness and a head for heights

**Parking in Going:** Public car park next to the fire station (free), car park at the Badesee lido (limited spaces, free). Long term parking is not permitted at the hike starting point Hüttling, chargeable towing is in force.

# Good to know!

## Orientation, degree of difficulty and hiking with a guide.

### How to find the path?

The route is marked by a white crown on a blue background sticker on signposts and is shown in dark blue on the walking map.

You can find the GPS-Tracks on the internet:  
[maps.wilderkaiser.info](http://maps.wilderkaiser.info)



### Who is the Kaiserkrone suitable for?

Hiking paths are basically divided into three classifications: Hiking paths (easy), Mountain paths (medium to difficult) and Alpine Routes (very difficult).

**All stages of the Kaiserkrone are of tours of medium difficulty (red mountain path).**

### Tip:

You can find photos of the individual stages including the key points on [www.wilderkaiser.info/kaiserkrone](http://www.wilderkaiser.info/kaiserkrone)

*„Mountain paths of medium difficulty (red) are often narrow and steep and can be exposed in parts. They can include secured sections where it is advantageous to use the hands for additional support. These paths should only be attempted by sure-footed, hardy hikers who have alpine experience and are suitably equipped for the mountainous terrain. The appropriate signs are coloured yellow and indicate the difficulty with a red dot.“*

---

## ***The Kaiserkrone with a Guide?***

You haven't much experience of long distance hikes and would like some extra security on the route around the Wilder Kaiser massif? Then complete the Kaiserkrone with a certified mountain or walking guide from the region. As well as the additional safety in every situation, you will be spoiled with many fascinating tales about the areas and people along the way. Free from the organisation and difficult decision making you can concentrate on the beauty of the tour.

## ***Attention passionate hikers:***

It is particularly worthwhile to use the services of a certified mountain guide for difficult alternative routes, climbing summits and tackling the via ferrata.

You can find all contact details on [www.wilderkaiser.info/bergfuehrer](http://www.wilderkaiser.info/bergfuehrer)



---

## ***Arriving by train***

Hikers arriving by train should start in Kufstein. It is around a half hour's walk from Kufstein station to the bottom station of the Kaiserlift. The new one man chair lift takes you quickly up to Brentenjoch, then it is an hour's walk to the Kaindlhütte which is on stage 3 of the Kaiserkrone. The first night is spent at the Strip-senjochhaus and five days later the Kaiserlift can be used again to get back down to Kufstein.

## ***How do I book the accommodation?***

To book the overnight stays along the Kaiserkrone contact the accommodation directly in plenty of time by email or phone (contact details listed in each of the stages). To reserve rooms before and after the tour in the valley, we are happy to help you at the Wilder Kaiser Tourist Office. Luggage transport is not possible on the Kaiserkrone.



# KAISERKRONE STAGE 1

Going, Hüttling → Obere Regalm → Brennender Palven → Gaudeamushütte → Klamml → Gruttenhütte

**medium**

8 km

1,250 metres

450 metres

1,620 m  
highest point

5 hours

Hike starting point Hüttling, Going (parking possibilities on p. 9)

**Graspoint Niederalm**  
T: +43 (0) 664 88690750  
biene.h@hotmail.com  
(open... depending on the weather)

**Obere Regalm**  
T: +43 (0) 664 1309164  
harassen@goingnet.at  
www.regalm.at  
(open... depending on the weather:  
Wed, Sat & Sun 9:30-17:00)

**Gaudeamushütte**  
T: +43 (0) 5358 2262  
gaudeamus@dav-main-spessart.de  
www.kaisergebirge-online.de/  
huetten/gaudeamushuette  
 no dogs allowed

**Gruttenhütte**  
T: +43 (0) 5358 2242 od. 8397  
info@gruttenhuette.at  
www.gruttenhuette.at  
 no dogs allowed

**Riedlhütte**  
T: +43 (0) 664 2770697  
sabine@riedlhuette.at  
www.riedlhuette.at  
 permitted € 5,- (notify when  
booking)

**Experience the rugged rock faces close up and enjoy the best Kaiserschmarren!**

Start in Going, Hüttling (820 m). Forest track 817 leads over **Graspoint Niederalm** and onto the Wilder-Kaiser-Steig path 827 as far as **Obere Regalm** (1,313 m) over alpine pastures and up to Brennender Palven (1,572 m). The climb up is rewarded with stunning panoramic views, this is where the famous **Bergsteigergrab** is – the grave of the famous local mountain climber known as „Koasamuch“. Path 824 drops down westwards to the **Gaudeamushütte** (1,263m) where the Leichtfried family tempt you in with their home-made cakes and magnificent view of the Ellmauer Tor. Weary legs can have a respite and relax here at the first overnight stop, otherwise the hike continues along the trail 824/813 towards the Gruttenhütte (approx 1 – 1 ½ hours) via the **Klamml** gorge. The narrow trail through the steep gorge is secured with a ladder and iron clamps (be careful of falling rocks from hikers ahead on the via ferrata). After several bends, you reach the **Gruttenhütte** (1,620 m) with a lovely sun terrace and view over the Ellmauer Halt (2,344 m). Enjoy the roast pork fresh from the wood oven and the fabulous view as far as the Grossglockner.



Up close to the Kaiser



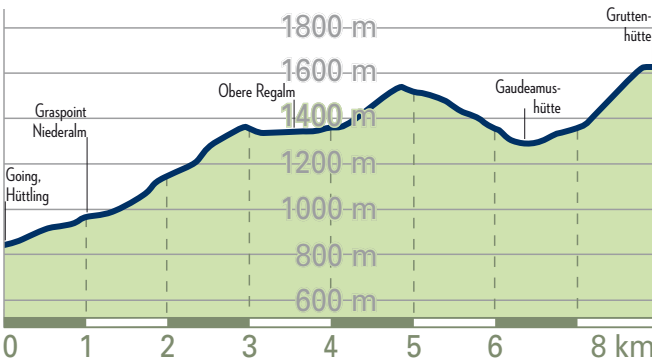
Gaudeamushütte



Exit Klamml

**Tip for mountain adventurers: The Klamml Klettersteig (via ferrata)**

for those experienced on fixed rope routes. The bottom section is graded B/C and the upper section has parts, that are graded D and a spectacular 12 m long two rope adrenalin pumping bridge in the middle (only to be climbed with helmet, climbing harness and via ferrata set).



2



# KAISERKRONE STAGE 2

Gruttenhütte → Kaiser-Hochalm → Steiner-Hochalm → Seeweg → Hintersteiner See (West bank)

**medium**

13.5 km

550 metres

1,250 metres

1,620 m  
highest point

6 hours

Gruttenhütte

## Steiner-Hochalm

T: +43 (0) 664 1757986  
(drinks only)

**Gasthof Bärnstatt**

T: +43 (0) 5358 8113  
www.baernstatt.at  
 Dogs allowed

**Bauernhof Beinstingl**

T: +43 (0) 5358 8394  
beinstingl@gmail.com  
 no dogs allowed

**Café Restaurant Seestüberl**

T: +43 (0) 5358 8191  
florian.waltl@aon.at  
www.seestueberl.info  
 no dogs allowed

**Pension Maier**

T: +43 (0) 5358 8203  
www.pension-maier.at  
 Dogs allowed

**Pension Hagenhof**

T: +43 (0) 5358 8204  
www.hagenhof.com  
 Dogs allowed

**Bauernhof Goingstätt**

T: +43 (0) 5358 8202  
www.hintersteinersee.at  
 no dogs allowed

## Harp playing, fresh buttermilk and cool refreshment for tired feet!

Head west from Gruttenhütte along the farm track 14a then join the track marked Wilder-Kaiser-Steig (WKS) 823. Enjoy the fantastic views as you walk through fragrant mountain pines and wooded slopes below the Kaiser peaks of Treffauer and Tuxeck. The wildly romantic Kaiser-Hochalm (not tended) is an ideal photo stop. Continue along the WKS 821/823 to the **Steiner-Hochalm** (1,257 m), where the innkeepers Maridi and Peter serve drinks (no food) accompanied by spontaneous harp playing and singing.

The next stage of the journey continues down the high path 821 towards Bärnstatt to the chapel St. Leonhard Kapelle. There are two overnight possibilities for the leisurely hiker (**Gasthof Bärnstatt** and **Bauernhof Beinstingl**) or you can follow the road along to the **Café Restaurant Seestüberl** on the east bank of lake Hinstersteiner See.

Other welcoming beds at the end of stage 2 (**Pension Maier**, **Pension Hagenhof** or **Bauernhof Goingstätt**) you will find on the west bank of the crystal clear mountain lake – just follow the idyllic path 822 around the lake.



Lake Hintersteiner See



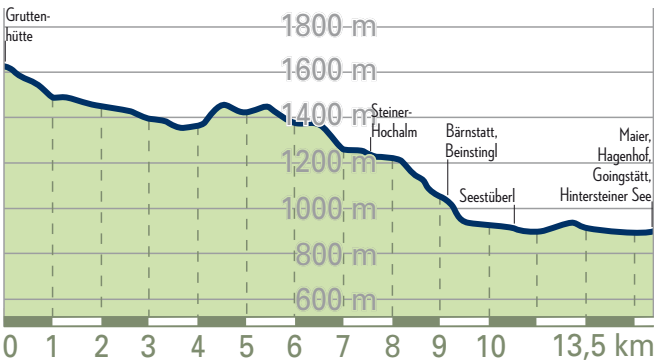
Wilder-Kaiser-Steig



Steiner-Hochalm

**Cool tip for hot days:  
Lake Hintersteiner See.**

The turquoise crystal clear mountain lake offers a welcome cooling dip for tired feet. The lake is fed from an underground spring producing high quality water, what enables a 10 metre underwater visibility. The lido on the eastern bank is the perfect place to recover from a strenuous day's hike.



3



# KAISERKRONE STAGE 3

Hintersteiner See (West bank) → Walleralm →  
Kaindlhütte → Bettlersteig → Anton-Karg-Haus →  
Hans-Berger-Haus → Stripsenjochhaus

**medium**

15.5 km

1,600 metres

1,000 metres

1,577 m  
highest point

7 hours 30 mins

Lake Hintersteiner See (West bank)

**Stöfflhütte**

T: +43 (0) 664 524 94 41  
peter.bichler@chello.at  
www.walleralm.at

**Walleralm**

T: +43 (0) 664 9858139

**Kaindlhütte**

T: +43 (0) 664 1686568  
info@kaindlhueette.com  
www.kaindlhueette.com

Dogs allowed on request in one room

**Anton-Karg-Haus**

(Hinterbärenbad)  
T: +43 (0) 5273 62578  
hinterbaerenbad@gmx.at  
www.hinterbaerenbad.at  
 no dogs allowed

**Hans-Berger-Haus**

(Kaisertalhaus)  
T: +43 (0) 5372 62575,  
T: +43 (0) 676 5802000  
info@bergsteigerschule.at  
www.bergsteigerschule.at  
 Dogs allowed on request € 4,-  
only one dog per night

**Stripsenjochhaus**

T: +43 (0) 5372 62579  
office@stripsenjoch.at  
www.stripsenjoch.at  
 Dogs allowed in rooms, € 5,-

**Luscious pastures, organic mountain cuisine, mountaineering library and legendary mountain faces.**

Behind Pension Maier the forest path 45 leads up to **Walleralm** alpine pasture. Continue along path 827 to the cross on the Hohegg (1,470 m). The path takes you across grassy meadows to the cosy **Kaindlhütte** (1,293 m) on the idyllic high plateau of Steinbergalm. Leisurely hikers can spend a relaxing afternoon here and also have the opportunity to plan an extra overnight stay. Path 827 leads eastwards to the **Bettlersteig** – Beggars track – which snakes steeply down, mostly in steps and over 8 dips with a section secured with cable and three iron clamps, into the Kaisertal valley and the **Anton-Karg-Haus** (829 m). This hut nestles picturesquely in a basin above the Hörfarter chapel. Continue along the footpath 96/901 to the **Hans-Berger-Haus** (936 m) with its mountaineering library and Silvias' (innkeeper) organic cooking. Then path 801 becomes quite steep compelling attraction as you go past clumps of dwarf pines up to **Stripsenjochhaus** (1,577 m). The view of hundred metre high rock walls from the saddle at the foot of the Totenkirchl and Fleischbank, is an overwhelming one.





*Kaindlhütte*



*Anton-Karg-Haus*

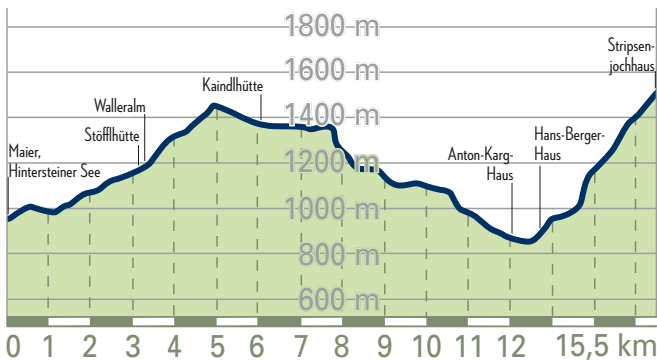


*Hans-Berger-Haus*

**Tip for mountain adventurers: Crossing the Ellmauer Tor.**

Experience the compelling attraction of Wilder Kaiser with its imposing rock faces steeped in history by crossing over the massif from north to south.

You can find further details of this alternative route on [www.wilderkaiser.info/kaiserkrone](http://www.wilderkaiser.info/kaiserkrone).



4



# KAISERKRONE STAGE 4

*Stripsenjochhaus → Stripsenkopf → Feldberg →  
Scheibenbichlalmen → Griesenau → Gasteig*

**medium**

16 km

650 metres

1,450 metres

1,813 m  
highest point

7 hours

Stripsenjoch-  
haus

## Magnificent views from the Kaiser to lake Chiemsee.

Follow path 82/825a northwards and keep west towards Stripsenkopf (825a). After a short section with secured rope and iron clamps to help your step, head east at the next fork along the normal path. The viewing pavilion at the **Stripsenkopf** (1,807 m) offers breathtaking views of the Kaiser peaks, on a clear day you can even see as far as the Chiemsee to the north.

Further along the ridge, past the „**Frankenländer Nadel**“ you reach the **Feldberg** (1,813 m), with a stunning view of the Ellmauer Tor. Carry on to the Obere Scheibenbichlalm and take the forest track 76, with some shortcuts, down into the Kaiserbachtal valley.

Follow the asphalt road to the east, if the water is low enough you can cross the stream after about 100 m and walk along forest path 801 to Griesenau (otherwise just keep on the asphalt road). **Gasthof Griesenau**, which doesn't only offer excellent trout and comfortable rooms, is a heaven for tired hikers. If your legs still have a bit more power, you can carry on to the end of the stage by turning to the south in front of the first house before the main road and heading towards **Gasteig** with several overnight possibilities (approx 1 – 1 ½ hours).

**Gasthof Pension Griesenau**

T: +43 (0) 5352 64180

info@griesenau.com

www.griesenau.at

Dogs allowed

**Hotel Gut Kramerhof**

T: +43 (0) 5352 6901

info@kramerhof.at

www.kramerhof.at

**Cafe Pension Hautz**

T: +43 (0) 5352 64136

info@pension-hautz.at

www.pension-hautz.at

no dogs allowed

**Frühstückspension Hautzenhof**

T: +43 (0) 5352 64137

www.hautzenhof.at

no dogs allowed

**Hotel Gasteiger  
Jagdschlössl**

T: +43 (0) 5352 64532

info@jagdschloessl.at

www.jagdschloessl.at

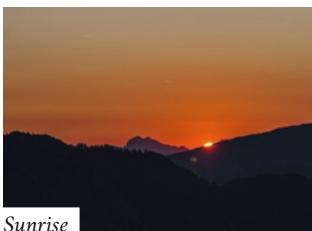
**Bauernhof Einödhof**

T: +43 (0) 5352 64440

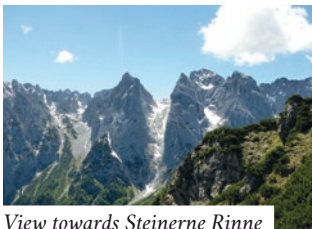
no dogs allowed



Stripsenjochhaus



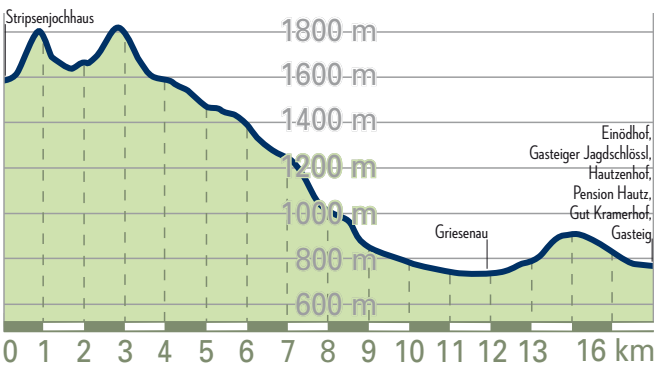
Sunrise



View towards Steinerne Rinne

**Tip for the tired and hungry: public bus and exhibition dairy.**

To rest tired legs you can catch the bus for the last part from Griesenau to Gasteig and visit the exhibition dairy „Wilder Käser“. Details to opening hours and bus schedule (bus nr. 4,000) you can find on [www.wilderkaiser.info/kaiserkrone](http://www.wilderkaiser.info/kaiserkrone).



5



# KAISERKRONE STAGE 5

Gasteig → Wilder-Kaiser-Steig → Ursulakreuz →  
Gscheuerkopf → Graspoint Hochalm → Graspoint  
Niederalm → Going, Hüttling

**medium**

11.5 km

950 metres

850 metres

1,380 m  
highest point

6 hours

Gasteig

**Varied paths, soft forest floors and all the while with a view of the mighty Maukspitze!**

From Gasteig follow the signpost to Niederkaiserkamm. Take the path nr. 8 through the woods and bear left at the fork in the path. Passing the Rodelhütte, Bacheralm and Metzgeralm keep heading for the Niederkaiserkamm, after several curves take the path to 819 on the right. Walk uphill through the woods until you reach the Wilder-Kaiser-Steig (WKS) 823, follow this through a section secured with steel ropes and iron clamps westwards to the **Ursula cross** and take in the magnificent view. Heading down the WKS over several steps and then uphill to the **Gscheuerkopf** (1,280 m). The track is secured with steel ropes and iron clamps and is exposed in parts then carries on over soft forest floors to a pleasant pasture landscape. Follow the forest path and track 819/824 past the Einödalm and the Kaiser Niederalm to the Granderalm (none of these huts are tended). Track 819/824 leads northwards past the Schleier Waterfall and the Graspoint Hochalm at the foot of the Maukspitze. Then take path 817 southwards and walk over the **Graspoint Niederalm** to Going.

**Graspoint Niederalm**

T: +43 (0) 664 88690750

biene.h@hotmail.com

(open... depending on the weather)



*Ursulakreuz: view towards Kitzbüheler Horn*

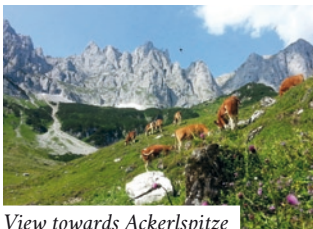


*Niederkaiser*

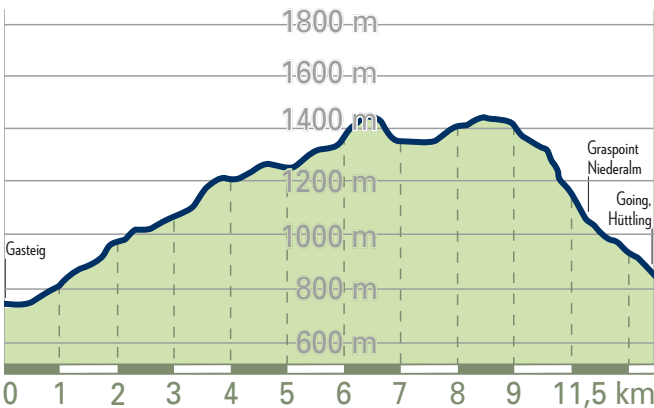
**Tip for mountain adventurers with a good head for heights:**

The descent down the approx 6 m long ladder passes by the unique natural spectacle and well known climbing arena of the Schleier Waterfall.

Further descents to Going and details to this alternative route can be found on [www.wilderkaiser.info/kaiserkrone](http://www.wilderkaiser.info/kaiserkrone).



*View towards Ackerlspitze*



1-3



# 3 DAYS' HUT-TO-HUT HIKE

This hike is a shortened version of the Kaiserkrone, ideal for a long weekend trip. It leads from Going to Lake Hintersteiner See then over the Walleralm and Jagersteig to Scheffau. From there you can return to your starting point with „KaiserJet“, the free hikers and bathers bus.

**Stages 1 and 2 are the same as the Kaiserkrone.**

(► Pages 12 to 15)

**Stage 3:** Hintersteiner See (West bank) → Walleralm → Jagersteig → Steiner-Hochalm → Hinterschießling Alm → Rehbachklamm → Scheffau, Village

**medium**

↔ 11 km

↗ 800 metres

↘ 1,000 metres

↑ 1,312 m  
highest point

🕒 5 hours

➔ Lake Hintersteiner See  
(West bank)

**Plentiful views and nature experience, homemade specialities and wild water!**

Behind Pension Maier you will find the forest path 45, which leads up to the Walleralm at the foot of the Zettenkaiserkopf where you will have stunning views as far as the Inn valley.

At **Walleralm** turn on to the Jagersteig 823 (Wilder-Kaiser-Steig). The path meanders mainly through cool woods and leafy glades with views over Lake Hintersteiner See and heads south eastwards to the **Steiner-Hochalm** (1,257 m) and further to the **Hinterschießling Alm** (1,020 m). Soak up the tranquility at the foot of Scheffauer, the beautiful panoramic views and the homemade specialities prepared by the Steiner family. The way back down to the valley and Scheffau passes through the glorious **Rehbachklamm** gorge. Return to your starting point in Going by the free bus for hikers „KaiserJet“: [www.wilder-kaiser.info/huettenwanderung](http://www.wilder-kaiser.info/huettenwanderung)

☒ **Stöfflhütte**

T: +43 (0) 664 524 94 41  
peter.bichler@chello.at  
www.walleralm.at

☒ **Walleralm**

T: +43 (0) 664 9858139

**Steiner-Hochalm**

T: +43 (0) 664 1757986  
(drinks only)

☒ **Hinterschießling Alm**

T: +43 (0) 676 3274850  
jakob-steiner@aon.at



Hinterschießling Alm



Musical: Steiner-Hochalm

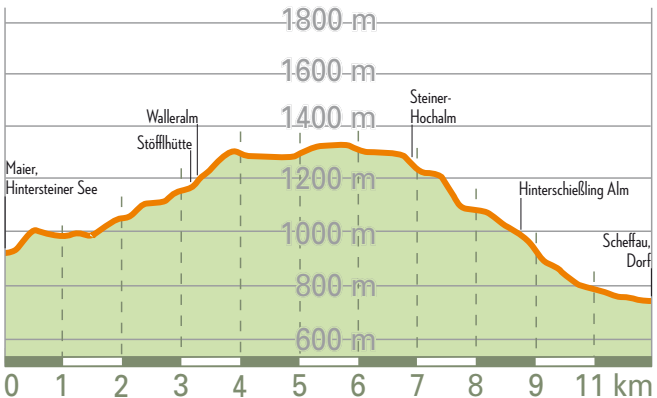
### Tip for sporty mountain enthusiasts: Summit the Scheffauer

Walk from Walleralm to the Kaindlhütte and climb up the Widauersteig to the summit of the highest of the western peaks in the Kaiser mountains, the Scheffauer at 2,111 m.

[www.wilderkaiser.info/huettenwanderung](http://www.wilderkaiser.info/huettenwanderung)



KaiserJet



---

# Properly prepared?

## What you should take with you on a multi day hike.

### **Clothing:**

- Sturdy hiking boots with ankle protection and a nonslip treaded sole.
- Breathable outdoor clothing appropriate for the weather over the next few days.

We recommend the light, quickdrying clothing made of merino wool by ORTOVOX which remain odour resistant for several days.

eg. *Merino Cool print short sleeve „friendsheep“*



---

### **Zusätzliche Ausrüstung:**

- Walking poles (Telescopic are recommended)
- Sun protection (Sunglasses, sun cream and lip balm, headgear)
- Rain protection (Poncho, folding umbrella, Rucksack cover)
- Against the cold (Hat, gloves!)
- First aid kit including space blanket and bivouac bag
- Mobile phone with full battery and charger
- Hiking map and information, route description, GPS (optional)
- Overnight kit (Hut sleeping bag, toiletries, comfortable shoes, change of clothes, towel etc.)
- Personal medication (Ear plugs, headache tablets, blister plasters, magnesium tablets etc.)
- Cash (Most huts do not accept credit or debit cards)
- ID, insurance, (eg. alpine association membership card)
- Head lamp/small torch (also for in the huts)
- Camera, binoculars
- Batteries
- Penknife





### **Packing tip:**

Pack clothing, hygiene articles, medication, food etc. in different colour bags.

- Plastic bags for rubbish and laundry
- Possibly diary/trip record, playing cards etc.

---

### **Provisions:**

- Pack enough provisions for the whole trip, muesli bars, nuts, dried fruit are perfect snacks.
- Don't forget to take enough to drink on each of the stages - at least 1.5l (drinking bottle to re-fill)!

---

### **How should I pack my rucksack?**

The weight of the rucksack should not exceed a quarter of your own body weight. Heavy articles should be packed near your back and around the middle of the rucksack. Make sure that the rucksack is not packed lopsided. Pieces, which you may need frequently, should be placed at the top the rucksack or in side pockets.



---

# Tips for your safety.

The Wilder Kaiser is fascinating with stunning views, unusual rock formations and gentle pastures. When you are hiking you feel the effect of the weather a lot more than you do down in the valley. Good planning and adhering to important codes of conduct in the mountains greatly increase your safety. For a safe hike around the Kaiserkrone please follow the Austrian Alpine Association's 10 recommendations for safe hiking in the mountains.

---

## Correct conduct in the mountains

- 1. Health in the mountains:** Mountain hiking is an endurance sport. Good health and a realistic evaluation of your own condition are preconditions for the activity to have a positive effect on the heart and circulation. Avoid time pressure and go at a speed that none of group gets out of breath.
- 2. Careful planning:** You can get information about length, height difference, difficulty and current conditions from walking maps, guide books, internet and experts. Always make sure the tour is suited to the group. Pay particular attention to the weather forecast as rain, wind and cold can increase the chance of accidents.
- 3. Adequate equipment:** Make sure your equipment is suited to your venture and keep the weight of your rucksack down. Protection against rain, cold and sun should always be in your rucksack as should a first aid kit and mobile phone (European emergency number 112). Map or GPS facilitate orientation.
- 4. Suitable footwear:** Good walking boots protect the foot, are comfortable and help towards being surefooted. When choosing walking boots make sure they fit well, have a slip resistant treaded sole, are waterproof and lightweight.
- 5. Being surefooted is the key:** Falls as a result of slipping or stumbling are the most common cause of accidents. Take into account that going too fast and tiredness have a big effect on your sureness of foot and concentration. Beware of falling rocks: by walking mindfully, you can avoid kicking off loose stones.



© Österreichischer Alpenverein, 2014 (These recommendations were internationally agreed by the members at the 2012 AGM)

- 
6. **Stay on marked paths:** The risk of losing your orientation, falling and rock fall increases in unmarked terrain. Avoid shortcuts and if you stray off the path return to the last known point. Steep patches of snow which have been lying for some time are often underestimated and dangerous.
  7. **Regular breaks:** Timely breaks are good for respite, appreciating the countryside and socialising. You need to eat and drink to maintain energy levels and concentration. Isotonic drinks are ideal thirst quenchers and muesli bars, dried fruit and biscuits stave off the hunger pangs.
  8. **Responsibility for children:** The most important thing for children is variety and a playful approach. In sections where there is a risk of falling, one adult can only watch over one child. Very exposed tours that need long periods of concentration are not suitable for children.
  9. **Small groups:** Small groups are good for flexibility and enable mutual assistance. Make sure you let a trusted person know your planned destination, route and return, keep together in the group. Solo hikers should beware that even small incidents can lead to serious distress situations.
  10. **Respect for nature:** To protect nature in the mountains: Don't leave litter, avoid noise, stay on the marked paths, do not disturb wild or grazing animals. Do not disturb plant and respect protection areas. On arrival use public transport or car share.

# What to do in an emergency?

Planning, self-evaluation and provisions are the most important factors for safety in the mountains. Again and again hikers are suddenly left asking themselves „what now?“ when an unexpected storm comes on or slight accident happened.

## Emergency call:

**140:** The number for the Tirolean mountain rescue is 140 (no dialing code)

## Reporting an accident:

1. Where has it happened?
  2. What has happened?
  3. How many people injured?
  4. What injuries?
  5. Who is reporting the accident?
- Don't hang up until told to do so!

## No reception?

1. If you have an emergency but no signal, turn your phone off and back on again. Instead of the PIN number enter the European emergency number 112. This number works with every network provider free of charge (even without roaming).
2. If this doesn't work, find a better more exposed point and keep dialing 112
3. Make your presence known by calling, banging or light signals, every 10 seconds for a minute then pause for a minute etc.

## Tirolean Mountain Rescue emergency app

If you have a smart phone, download the Tirolean Mountain Rescue App **before you set off on your tour**. It helps when sending an emergency call and automatically notifies your position.



You can download the **Tirol Mountain Rescue Emergency App** free here.



---

# *Do I need insurance?*

Mountain operations and rescues are not free of charge. Arranging mountain rescue insurance in advance (eg. Europäische Reiseversicherung, or as member of the Alpine Association, ÖAMTC or ADAC) means, that the rescue costs up to a certain limit will be paid by the insurance. Beware: regular health insurance does not pay for rescue from alpine distress.



*Frankenländer Nadel*



# MERINO SHIELD TEC

MEHR ALS  
ROBUST!



PHOTO Franz Walter



WE WOOL  
THE WORLD!



**MERINO SHIELD TEC** haben wir für **ALPINE KLETTEREIEN** entwickelt, die dem Produkt alles abverlangen. Deswegen kombinieren wir weiche Merinowolle mit widerstandsfähigem Cordura®. Langlebig, elastisch, atmungsaktiv.

**ORTOVOXX**

# Collecting stamps online. The digital walking badge from SummitLynx!

If you use the free SummitLynx app to collect points along the Kaiserkrone or the 3 days' hut-to-hut hike, you don't just get a digital walking badge but also a souvenir\* of your hike full of experiences in the Wilder Kaiser.

With the SummitLynx app you can also make your own virtual summit book. Checkin by GMS on every climbed mountain in the world and share your achievements with your Facebook friends.

\*available from the tourist offices in Ellmau, Going, Scheffau und Söll.



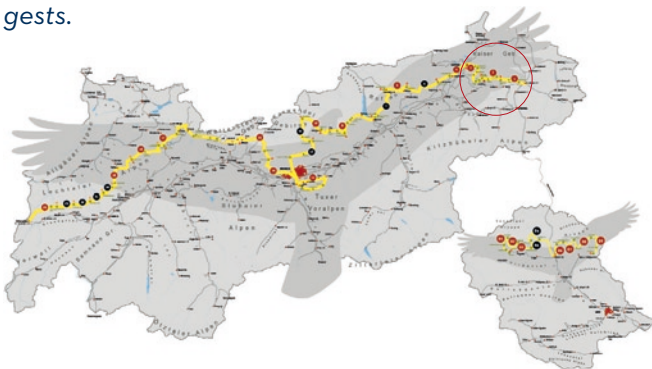
## ● Online stamping points along the Kaiserkrone and ● 3 days' hut-to-hut hike

Graspoint Niederalm	●	●	Kaindlhütte	●
Obere Regalm	●	●	Anton-Karg-Haus	●
Bergsteigergrab	●	●	Hans-Berger-Haus	●
Gaudeamushütte	●	●	Stripsenjochhaus (Tavonarokreuz)	●
Gruttenhütte	●	●	Stripsenkopf	●
Kaiser-Hochalm	●	●	Feldberg	●
Steiner-Hochalm	●	●	Obere Scheibenbichlalm	●
Hintersteiner See (Strandbad)	●	●	Gasthof Griesenau	●
Walleralm	●	●	Bacheralm	●
Hinterschießling Alm		●	Granderalm	●
Scheffau Dorf (Bushaltestelle Dorf)		●	Graspoint Hochalm	●



# THE EAGLE WALK “ADLERWEG”

The outline of the tirolean long distance hiking route symbolises the wings of an eagle, as the name suggests.



The eagle, symbol of freedom and independence, range and strength circles majestically high over the tirolean mountains. You get the same sublime feeling when you hike along Tirol's Adlerweg. The routing stretches over 410 km crossing the whole of Tirol and East Tirol.

The **first three** of the 33 in total **stages** lead through the imposing Kaiser mountains from St. Johann in Tirol over the Gaudeamushütte and the crystal clear Lake Hintersteiner See to the fortress town of Kufstein.

Your can find detailed information on [www.wilderkaiser.info/adlerweg](http://www.wilderkaiser.info/adlerweg) or on [www.tirol.at/adlerweg](http://www.tirol.at/adlerweg)



*Up close to the Kaiser*

The map **Hiking along the Eagle Walk** which includes all the important information about the stages and overnight possibilities is available at Wilder Kaiser Tourist Board.





# ST. JAMES WAY “JAKOBSWEG”

*A pilgrimage is a holiday for the body, soul and spirit and a path to oneself.*



*The Jakobsweg leads through the Kaiser villages along the valley.*

Jakobsweg are paths, on which pilgrim throngs have already been walking traceable along over centuries. The Jakobsweg mostly follow valleys and their exact routes are always changing according to political (eg. war) and geographic (eg. flood, rockfall etc.) factors.

The history of the Jakobsweg is also a part of the history of Tirol. Signposted with the symbol of a shell, the Jakobsweg leads through the whole of the Tirol from east to west and further into the neighbouring countries. Several inns along the route have specialised in catering for needs of the pilgrims that walk the Jakobsweg.

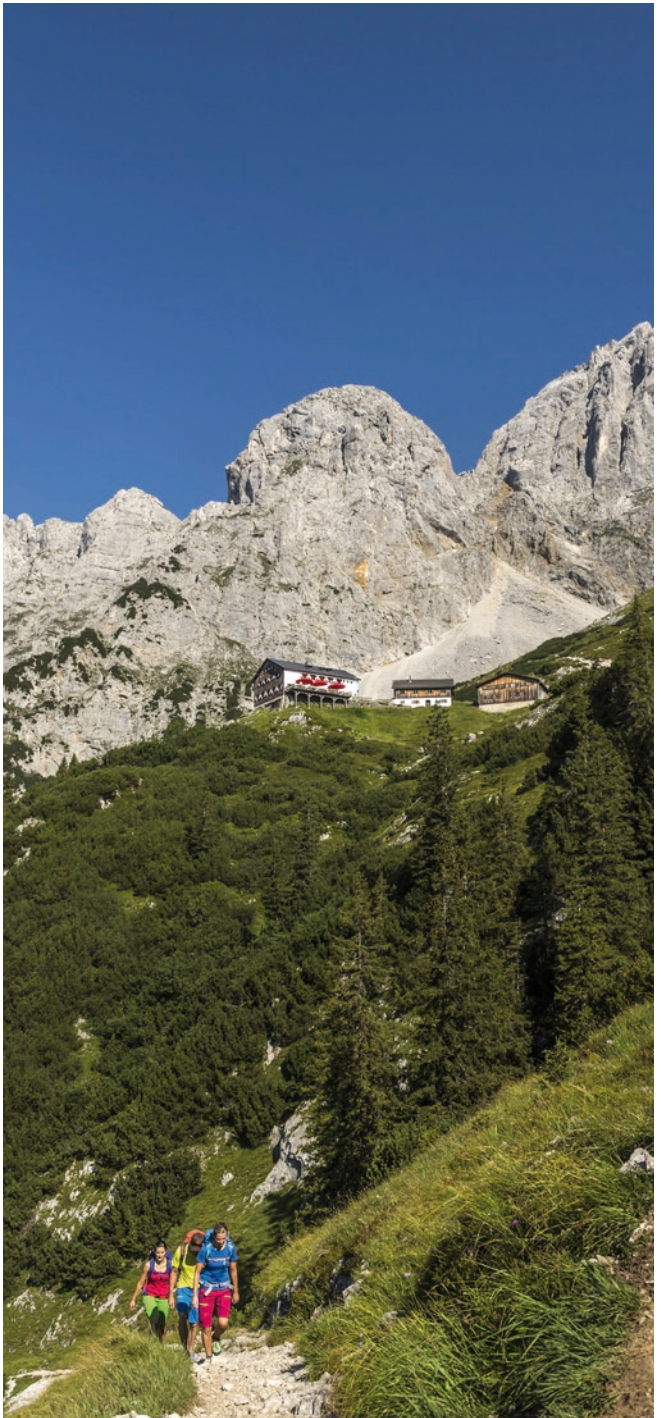
You can find further details on [www.wilderkaiser.info/jakobsweg](http://www.wilderkaiser.info/jakobsweg) or on [www.jakobsweg-tirol.net](http://www.jakobsweg-tirol.net)



*Going church*

The **Jakobsweg Tirol brochure** includes all the important information about the stages and overnight possibilities and is available at Wilder Kaiser Tourist Board.





Tourismusverband  
**WILDER KAISER**

6352 Ellmau · Dorf 35

Tirol · Austria

T: +43 (0) 50509

F: +43 (0) 50509 190

office@wilderkaiser.info

[www.wilderkaiser.info](http://www.wilderkaiser.info)



**Editor:** Tourismusverband Wilder Kaiser

**Images:** Reiter/von Felbert, Andreas Kranzmayr, Maria Luise Handl, Marion Bichler, Andreas Handl, Lukas Krösslhuber, Simon Oberleitner, Emanuel Adensam, Ortovox, Norbert Eisele Hein

**Cartography:** Alpenwelt Verlag, Bruneck

**Text:** Tourismusverband Wilder Kaiser, Bergverlag Eberharder, Jochberg

**Grafic Design:** Tourismusverband Wilder Kaiser

**Grafic Concept:** hœretzeder grafische gestaltung, Scheffau / Tirol

**Printer:** RB Druck GmbH, Saalfelden

**Changes, errors an omissions excepted.**

© 05.2016