



Mittenwald • Krün • Wallgau

Hiking and climbing



Stunning trails



Welcome to the Alpenwelt Karwendel region,
one of the most beautiful hiking areas
in Germany!



The Alpenwelt Karwendel region is one of the most popular hiking destinations in all of Germany. Nestled at the western base of the Karwendel mountains, the communities of Mittenwald, Krün and Wallgau are a vacation paradise for hikers, mountaineers, nature lovers, families and fans of mountain lakes and alpine huts.

Just a few reasons

Above all, it's probably the hospitality that the people of the Alpenwelt Karwendel region exude: whether it's the insider's tour tip of the alpine hut host, the homemade strawberry marmalade the hostess provides for breakfast or the dairymaid who prepares a snack of regional specialties when visiting the alpine hut. Or it's the alpine traditions, which are not only experienced at festivals, markets and on holidays. With traditional Bavarian delicacies such as veal sausage and pretzels in the beer tent, with spirited "Schuhplattler" dances and "Trachtler" traditional costume performance groups. And there are always reasons to celebrate.

The high, bright limestone mountains, which are simply a step wilder, more primordial and more breathtaking than anywhere else, have certainly also contributed to the region's popular status, as have the lush, green alpine meadows, the gentle Buckelwiesen "hummock meadows," the rushing mountain streams, the clear mountain lakes or the youthful Isar river, with its dewy floodplains.

Without doubt, the innumerable tour options have made a contribution, with unmatched views such as those from the Kranzberg or Karwendel, the thrill of the Mittenwald via ferrata with its mountain peak destinations, bathing in the warm Moorland lake, a jump into the ice-cold alpine lake below the Soiern lodge or the crested peaks of the Schöttelkarspitze and Soiernspitze, Karwendel and Wörnerspitze ... and on and on ...

Experience & understand nature

Those who wish to learn more about the Karwendel region's natural habitat and its residents can visit the Nature Information Center of the Alpenwelt Karwendel region, next to the summit station of the Karwendel cable car. Built in the shape of a spy-glass, it protrudes out about 7 meters over the cliff edge! Directly adjacent to the Center, there are loop hiking trails which provide overwhelming views of the Alpine divide.

Winter hiking paradise



Winter wonderland

In winter, the snow transforms the Alpenwelt Karwendel region into a glittering, white fairytale land. The snow crunches under your feet, the trees duck under thick white shrouds and the mountains proudly don their luminous snow dresses. It's time to take advantage of the regions great offerings of winter sports with 7 ski lifts and a 6.5 km-long ski route, 150 km of cross-country skiing trails and the toboggan run on the Kranzberg. Cleared hiking



trails are available in every town for hikes through the snow-covered landscape. With a little luck, you'll find the tracks of foxes, deer or white-throated dippers which spend the winter here. Guided snowshoe hikes are especially popular: with the lightweight structures under your boots, you can reach the most beautiful winter spots in the region. Discover untouched nature with a knowledgeable guide on a winter hike to feed wild game, or on a torch-lit hike with cozy refreshment stops.

Winter summiteers

The Karwendel cable car takes summiteers to 2.244 m in just a few minutes. From the summit station, a cleared panoramic trail leads to multiple vantage plateaus with unforgettable views of the snow-covered, high alpine surroundings. The Nature Information Center is located very close to the summit station, with an interesting exhibit on the subject of nature and culture in the high mountains. From the west of Mittenwald, you can comfortably ride the chair lift to St. Anton. From here, a maintained toboggan run leads down into the valley. And, in about 30 minutes, you can reach the Hoher Kranzberg (1.391 m). From the Hoher Kranzberg, in good weather, it is possible to have a view of 93 surrounding mountain peaks. Cozy alpine huts then entice you with hot beverages for refreshment and



to warm up and catch your breath before continuing your Alpenwelt adventure.

Culture and entertainment – in summer as in winter

For the days when you'd rather not venture too high or far, there is a rich program of alternatives in the Alpenwelt Karwendel region.

Current events can be found at www.alpenwelt-karwendel.de/en

TABLE OF CONTENTS

2	Summer in the Karwendel
3	winter hiking paradise
4- 5	Buckelwiesen hike
6- 7	Around the Kranzberg
8- 9	Three-lakes hike
10- 11	Leutascher Geisterklamm gorge
12- 13	Geological trails
14- 15	Magdalena Neuner Panorama Trail
16- 17	Barefoot Hiking
18	Forest Experience Trail
19	Isar Nature Experience Trail
20- 21	Hearty alpine hospitality: Krüner and Wallgauer Alm alpine huts
22- 23	Lodges with views: Brunnsteinhütte, Mittenwalder Hütte, Dammkarhütte, Hochlandhütte lodges
24- 25	Finzbachklamm gorge and Esterbergalm alpine hut
26- 27	Krinner-Kofler-Hütte lodge and Vereiner Alm alpine hut
28- 29	To the summit of the Simetsberg
30- 31	Soiernhaus lodge and Schöttelkarspitze
32- 33	Truly a kingly tour: to the Schachenhaus lodge
34- 35	The Mittenwald via ferrata
36- 37	Multi-day tours
38	Tour information / Imprint
39	Overview map



This route is characterized by various landscape forms: the historic town center, forest, meadows and lakes as well as the gentle hills of the Buckelwiesen "hummock meadows."

Historic insights and views from Gries

From the Mittenwald district of Gries ❶ follow Gröblweg. Gries is Mittenwald's oldest district – and that's saying something, with a market square that can look back at a history of more than 900 years! Things continue as they always have here, which is demonstrated by the contorted street layouts and old houses. The traditions of agriculture and handicrafts are still of great importance today: decorations, painted residential houses, artists' studios, the "Geigenbaum sculpture," restaurants and farm houses stand adjacent here in a colorful mix. The Gröblweg leads up on a steep rise out of town. Picturesque views of the town and the opposite Karwendel mountains open up between the houses.



Lakes and Buckelwiesen "hummock meadows"

Beyond the Gröbalm ❷ a forest road branches to the right. The Isar valley hiking trail leads to Schmalensee lake ❸ and along its expansive, reedy shoreline. The mountainous, forested terrain gives way to a plain of meadows and individual farms. Up at the Goasalm ❹ the first hilly meadows suddenly emerge: you feel as if you were in another world. The Buckelwiesen "hummock meadows," hilly mea-



dow landscapes, were created by the decomposition and subsiding of the calcareous ground between the trees, for there was once a forest here. In 2008, the Buckelwiesen were included in the list of the most beautiful biotopes in Bavaria! At the junction to Tennsee lake, continue straight along on the road to the Maria Rast chapel ❺. From a good distance you can already see the decorative chapel, which was created completely with voluntary support and assistance from the citizens of Krün in 1998.

Where the Blessed Virgin Mary personally invites you to rest

Benches in front of the chapel invite you to take a short breather. The altarpiece is dedicated to the resting Madonna, on her search for shelter. Spiritually and physically recovered, the hike to town can continue. To the right of the chapel, a forest road branches off and leads to Krün (approx. 2 km). Hike from the chapel to the tourist information center in Krün ❻ and on toward the Isar river, crossing



the Isar bridge. The Pebble Experience Trail is also located here. Left after the bridge: on the path along the Finzbach river, you will reach Wallgau ❼. Mittenwalder Straße in Wallgau leads directly to the town square with its historic houses. The Buckelwiesen "hummock meadow" hike can also be undertaken from Wallgau or Krün to Mittenwald, of course. The unparalleled Karwendel panorama is always in view here.

STARTING POINT / DESTINATION

Mittenwald, Krün or Wallgau

LENGTH / DURATION

12,2 km / approx. 3 hrs., easy

MARKING

Hiking trail signage with milestone and trail number 400

DIFFICULTY

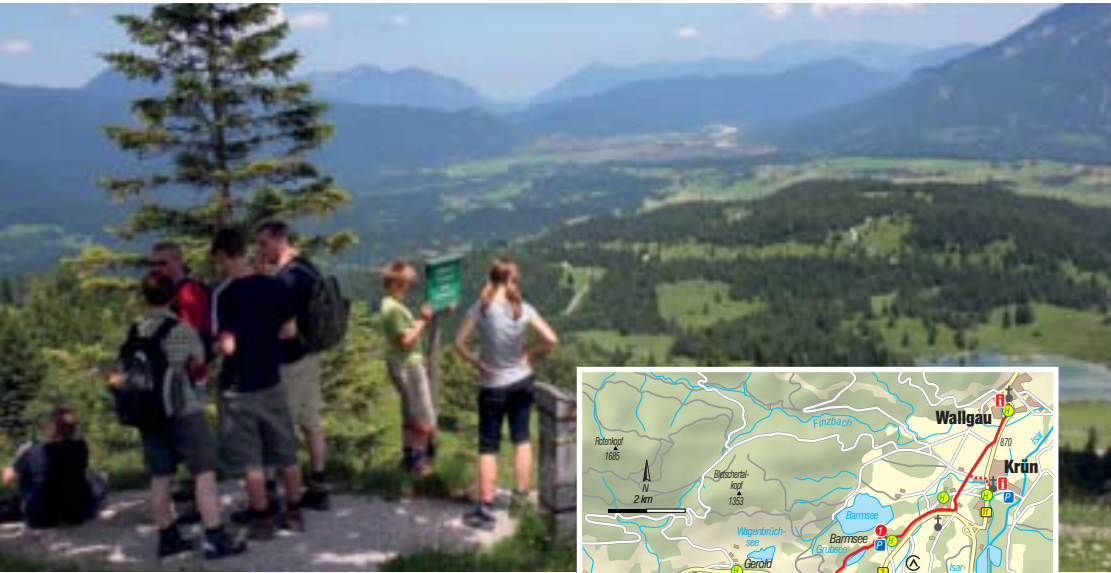
Easy hike in wide trails and roads

REFRESHMENT STOPS ALONG THE WAY

Gröblalm alpine hut, phone +49 (0)8823 9110
Goas-Alm alpine hut, phone +49 (0)8823 2573
Restaurant Tennsee, phone +49 (0)8825 170
nearby other Restaurants and cafes

POINTS OF INTEREST

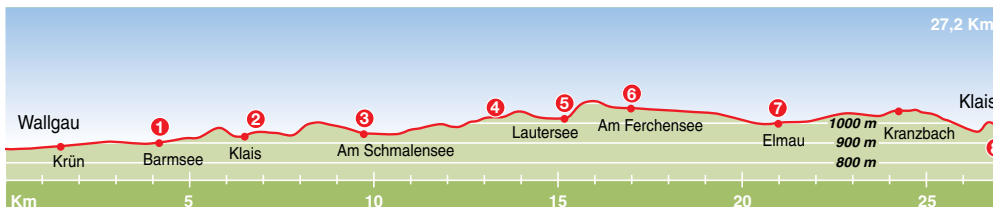
The tour provides a breathtaking panorama when you start from Wallgau/Krün, Historic Gries district (Mittenwald), Buckelwiesen "hummock meadows," Maria Rast chapel near Krün, Krün Pebble Experience Trail, historic houses at town square in Wallgau.



This loop hiking route leads through one of the most beautiful landscapes in Bavaria. Veritable "postcard" scenes, such as picturesque lakes, alpine meadows and rugged rock cliffs, can be experienced close up.

In the footsteps of the old Romans to Mittenwald

From Wallgau, first follow the Isar valley hiking trail to Krün, to the Barmsee district 1 then turn right onto an idyllic forest road to Grubsee lake. This small, picturesque lake lies hidden in the forest and is a popular excursion destination in the summer. In Klais, one can follow in the footsteps of the ancients: the Roman road, Via Raetia 2, which connected the trading centers of Italy and Germany together about 1.800 years ago, can be seen and walked here. Follow this road toward the Buckelwiesen "hummock meadows" (see pages 4/5) and turn right to Schmalensee lake 3. The hiking route leads along this lake toward Mittenwald.



Two popular swimming lakes with a view of the Kranzberg

From the parking lot of the base station of the Kranzberg chair lift, the route leads to the forest, following the signs for Lautersee lake. The Mittenwald Geological Educational Trail is found on this section 4: seven showcases and boulders impart exciting information about the creation history of



the region. Here, you can enjoy the panoramic view of the town once again before entering the forest. The first rest benches with views invite you to rest and take pictures. After about 25 minutes, the forest thins and a view opens up of the dark, shining Lautersee lake 5. To the left, the Forest Experience Trail begins, and a bit further, the start of the Water Trail. From the shores of the lake, there is a marvelous view of the Karwendel and Wetterstein mountains. The southern and eastern shores, as well as the swimming area to the north are available to visitors for swimming. Those who wish can also rent a paddleboat or rowboat here. At the signpost for Ferchensee lake 6 the route turns steeply uphill to the forest road. Rising slightly, this leads to the eastern shore of the lake, at 1.060 meters. The Wetterstein massif to the west appears close enough to touch here. The giant lake carp which you can feed from the footbridge in front of the Ferchensee lake restaurant are worth seeing.

Schloss Elmau palace hotel and return to Klais

The route then continues steadily upward, until reaching Elmau 7 after about 1½ hours. Only a few minutes' walk from here is the famous Schloss Elmau, a luxurious five-star hotel and spa.

With the Kranzberg on your right all the while, you are soon back in Klais 8. From here, buses and trains run to Mittenwald, Krün and Wallgau.



STARTING POINT

Wallgau

DESTINATION

Klais

LENGTH / DURATION

27,2 km / 7-9 hrs.

MARKING

Hiking trail signage with milestone

DIFFICULTY

Easy long hike on varied sections through the beautiful natural landscape of the Alpenwelt Karwendel region

INFO

The communities of the Alpenwelt Karwendel region are connected to each other multiple times a day by the bus lines of the RVO and the hiking bus, free for overnight guest. Current schedules are available from the tourist information centers or downloadable online.

REFRESHMENT STOPS ALONG THE WAY

- Hotel Barmsee, phone +49 (0)8825 2034
 - Maximilianshof, phone +49 (0)8825 9216561
 - Lautersee-Alm tavern, phone +49 (0)8823 928932
 - Seehof, phone +49 (0)8823 1276
 - Lautersee-Stub'n, phone +49 (0)8823 1017
 - Ferchensee restaurant, phone +49 (0)8823 1409
- Restaurants and cafes near by the way

POINTS OF INTEREST

Grubsee lake, Via Raetia (Klais), Lautersee, Ferchensee lakes and Kranzberg.

Three-lakes hike



No mountain climbing ambitions are required for this hike through the lake landscape of the Karwendel region. Instead, you will enjoy fascinating, tranquil mountain lakes and the ancient history of the region.

Two lakes for swimming, resting and photography

From Wallgau, just up from Krün ① the route first leads to the northern shore of Barmsee lake ②, which sits, dazzling, at the edge of the forest. There is a small swimming spot here, which invites you to take a rest before shouldering your pack again.

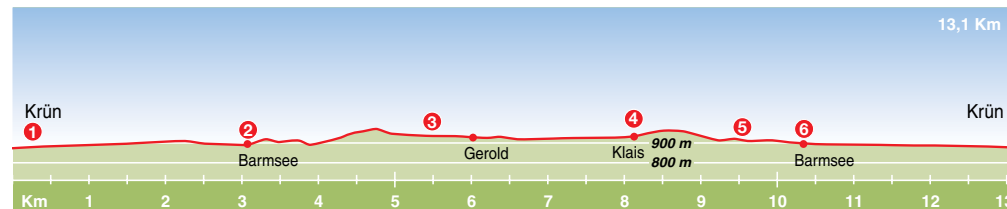
A lovely walking path takes you along the lake for about 10 minutes – then continue to follow the signs toward Gerold. Flat at first, the trail later ascends a short, substantial climb out of the forest into a wonderfully beautiful flowering meadow ③. The trail leads to Gerold along the right-hand shore of the lake.

In the footsteps of the old Romans

Further along the bike path, you will reach Klais ④ the oldest district of the Krün community (first recorded mention in the year 763). A piece of the ancient Roman road, the Via Raetia, can also be seen and walked here. Still today, you can easily see the wheel tracks of the traveling merchants on this road.

Small, but impressive: Grubsee lake

In Klais, you will return to the forest on the way to Grubsee lake ⑤. Soon you will reach the small, very idyllic swimming pond which lies hidden in the middle of the forest. From there, through the forest toward the "Barmsee" hotel and restaurant ⑥ and the settlement of the same name. Briefly following the main road, a footpath (marked) emerges on the left which will take hikers through meadows with spectacular mountain views, back to Krün ① in about 10 minutes, and on to Wallgau.



STARTING POINT / DESTINATION

Krün and Wallgau

LENGTH / DURATION

13,1 km / approx. 4.5 hrs.

MARKING

Hiking trail signage with milestone.
Trail number 400, 406, 407, 416

DIFFICULTY

Easy, charming hike. Well maintained forest trails alternate with (forest) roads.

REFRESHMENT STOPS ALONG THE WAY

Restaurants and cafes

POINTS OF INTEREST

Ancient Roman road "Via Raetia" in Klais.



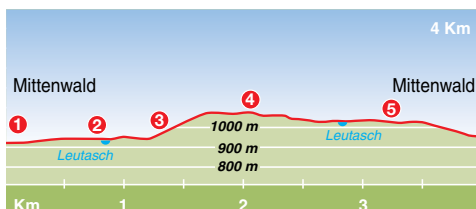
There is much to discover in the realm of the Gorge Ghost: Between steeply rising rock walls, the Leutascher Ache river bubbles through its narrow bed, deep in the valley. It is said that goblins and ghosts reside here.

From Mittenwald to the Leutascher Geisterklamm gorge

Mittenwald is the start of this adventurous visit to the Ghost Gorge. From the Isar bridge on Innsbrucker Straße 1 you will follow "am Köberl" along the Leutascher Ache river. The forested Burgberg mountain rises to the right.

Historic gorge and „Koboldpfad“ (Goblin Trail)

At the entrance to the gorge (Eastern side), you will first discover the waterfall trail 2. Here you enter the original Leutascherklamm gorge installation, which was built in 1900 by the Mittenwald brewery and refurbished in 1975. The waterfall plunges into the depths from 23 meters high; in sunlight, it is surrounded by a shimmering rainbow. Back at the entrance, proceed along the Goblin Trail 3 toward the gorge.



Here you will also find the first opportunity for refreshments: From the traditional Gletscherschliff alpine tavern, you will have an unparalleled panoramic view of Mittenwald. Incidentally, the alpine tavern gets its name from the rock discovered in 1930, on which the flow of the ice age glaciers can be clearly seen. This polished glacial rock is the largest in the entire Alps and is considered a natural monument.



In the middle of the gorge: the "Klammgeistweg" (Gorge ghost trail)

Continue on the Gorge Ghost trail 4 toward the entrance into the gorge. The world of the Gorge Ghost and its goblins is waiting, with adventurous hell water, ghost pools and witches' cauldrons. All of the secrets of its realm are revealed on signs along the way. In the Spring, it's said you can even hear it: when the Leutascher Ache river bubbles through full of melted snow and ice, it sounds as if the goblins are bumping and crashing about. Now, directly into the gorge: at about 800 meters, a metal walkway leads directly over the Leutascher Ache river, freely suspended. Through its lattice, you can look directly down into the approx. 40-meter abyss. The walkway leads along spooky-beautiful attractions such as the "devil's pools," the "ghost grotto" and the "hell bridge." On the way back, detour to the panoramic bridge 5 is well worth it: it boldly extends over the deep Leutascher Ache river and makes for an ideal photo opportunity.

STARTING POINT / DESTINATION

Mittenwald, Isar bridge on Innsbrucker Straße / Mittenwald gorge kiosk

LENGTH / DURATION

4 km / approx. 3 hrs.

MARKING

Hiking trail signage with milestone
Trail number 800

DIFFICULTY

Comfortable, easy hike from Mittenwald to the Leutascher Geisterklamm gorge
– to be unafraid of heights – no trail number
no strollers or dogs

INFO

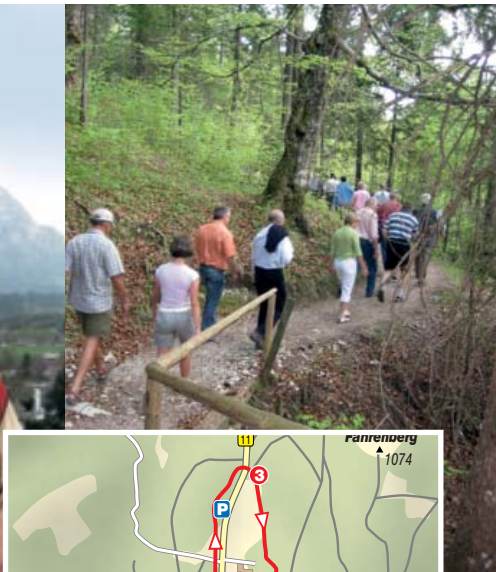
Those who want to hike further can ideally connect this walk with a hike into the Leutaschtal valley.

REFRESHMENT STOPS ALONG THE WAY

Gasthaus Gletscherschliff alpine tavern,
phone +49 (0)8823 1453
Gorge kiosk
Kiosk Entrance Leutasch

POINTS OF INTEREST

Gorge kiosk, Leutascherklamm Gorge,
polished glacial



The "Pebble Experience Trail" in Krün and the Geological Hiking Trails in Wallgau and Mittenwald present interesting information on the creation of the Isar river and the Karwendel mountains - descriptively illustrated in exhibits, photos, diagrams and explanatory text.

„Kieselsteinlehrpfad Krün“ (Pebble experience trail)

In addition to important information about the geological history of the region, you can also marvel here at the young, powerful, turquoise-blue Isar river: since 1990, it has channeled its way through the original riverbed again, unabated by the Isar canal. From the tourist information center in Krün ❶ go over the Isar canal to the sawmill, directly in front of the Isar bridge. A large info panel ❷ shows different types of rock and explains their origins. The natural history experience begins here: now follow the Isar river along the right-hand bank. The first exhibits ❸ follow after about 200 meters: different rocks which can be found on the Isar river are presented.

„Geologischer Rundwanderweg Wallgau“ (Wallgau geological loop trail)

On the tracks of the ice age, this hike will teach you many interesting facts about the Buckelwiesen "hummock meadows," polished glacial rock, tumuli, drumlins, dolines and other geological features of the region. The first info panel can be found at Dorfplatz ❶, next to the Raiffeisenbank Wallgau bank: "Various limestones of the region." A variety of



fossils which contributed to the creation of the Karwendel mountains are shown here. From there, follow Simetsbergstraße ❷ to the polished glacial rock and the spring ❸. Before the ascent to the Maxhütte alpine hut ❹ (Fahrenberg, about 30 minutes, no trail numbers), where you will find a spectacular, all-around view and can stop for a snack in a homey, inviting atmosphere, the road branches to the left. There you will find info panels ❺ + ❻ "Historical Mining" and "Ice Age Landscapes." Among other things, they show how cavern slate, sandstone and ore were removed and processed for a wide variety of uses. Later, you will encounter the peculiar tumuli: pointed hills created by the layering of river deposits amidst the glaciers. There are only seven in all of Bavaria – three of them can be admired right here. The "Tumuli" info panel ❼ ends the loop tour, and you can return to Dorfplatz.

„Geologischer Lehrpfad“ (Mittenwald geological educational trail)

Between Latscheneck and Laintalschlucht, as a section of the popular hiking trail to Lautersee lake, this hiking trail imparts geological knowledge of

Mittenwald. It begins at the base station of the Kranzberg lift ❶. In seven showcases, you will learn interesting facts about the history of the region's creation and the topics of "Ice Age," "Formation of the Alps," "The Laintalschlucht," "Chert and Pietra Verde," "Tracks in the Rock" and "From Mountain to Pebble Stone." There are also a variety of boulders to be found alongside the trail. Following this informative excursion, hikers can continue toward Laintalschlucht ❷ or toward Lautersee lake.

PEBBLE EXPERIENCE TRAIL

STARTING POINT AND DESTINATION / LENGTH / DURATION

Tourist information center in Krün / 0.8 km / approx. 30 minutes (with viewing time)

REFRESHMENT STOPS ALONG THE WAY

nearby other Restaurants and cafes

POINTS OF INTEREST

Isar bridge, Pebble Experience Trail, Isar Nature Experience Trail, Hüttlebachklamm gorge

GEO. EDUCATIONAL TRAIL IN MITTENWALD

STARTING POINT AND DESTINATION / LENGTH / DURATION

Kranzberg chair lift base station / 1 km / approx. 40 min. (with viewing time)

REFRESHMENT STOPS ALONG THE WAY

Kärntner Alm alpine hut, phone +49 (0)8823 8239 nearby other Restaurants and cafes

POINTS OF INTEREST

Geological Loop Trail with exhibits

GEOLOGICAL LOOP TRAIL

STARTING POINT AND DESTINATION / LENGTH / DURATION

Tourist information center in Wallgau 3.7 km / approx. 2 hrs. (with viewing time)

REFRESHMENT STOPS ALONG THE WAY

Maxhütte, phone +49 (0)8825 1582 nearby other Restaurants and cafes

POINTS OF INTEREST

Geological Loop Trail with exhibits

INFO FOR ALL TRAILS MARKING

Hiking trail signage with milestone

DIFFICULTY

Flat and easy hikes

Yearlong guided tours are available after registration:

geo-trip, Vera und Josef Karner, Tel. +49 (0)8825 562, www.geo-trip.de



*In the footsteps of the most successful female biathlete of all time – Magdalena Neuner.
In honor of the biathlete, the original Panorama Trail was redesigned into one of the themed trails with the most views on the sunny slopes above the Isar river valley.*

From Wallgau to the Krepelschrofen

From the "Haus des Gastes," a slight climb leads via Sonnleiten to the start of the Magdalena Neuner Panorama Trail. This can be reached in about 10 minutes and is well suited for families with children.

28 panels with lots of photos, quotes and details from the storybook career of Magdalena Neuner border the edge of this panoramic trail. Learn all about the unique career of the charismatic Olympic champion on our Magdalena Neuner Panorama Trail.

Just after the gentle climb over the Sonnleiten, one learns that Magdalena loved to hike as a child, and still does today. Her youth coach Bernhard Kröll is later quoted: "She was always full of joy, showed enormous diligence, great ambition and a strong will to succeed". She undoubtedly needed that on her way to the peak of the world's elite, which the climb



to the Krepelschrofen (1.160m) symbolizes. In place of medals, there one is rewarded with a 360° panoramic view, from the turquoise-green Walchensee lake to the Isar and Rißbach valleys, the Soiern mountains, Karwendel and Wetterstein to the Ester mountain range. Looking out over the upper Isar river valley, one probably feels as close

to nature as Magdalena Neuner: "I draw my strength and energy from here." At the end of the Magdalena Neuner Panorama Trail, there is opportunity to stop in for refreshment at the Maxhütte, open year-round, where you will have an unparalleled view of the Alpenwelt Karwendel region.



STARTING POINT

Haus des Gastes in Wallgau

DESTINATION

Krepelschrofen or Maxhütte

LENGTH / DURATION

approx. 3.9 km to the Maxhütte / approx. 2 hrs.
from Krepelschrofen trail junction approx. 750 m
to summit / approx. 45 min.

MARKING

Hiking trail signage with milestone
No trail number

DIFFICULTY

Steep switchback trail after the Krepelschrofen trail junction, not recommended for older visitors in most cases

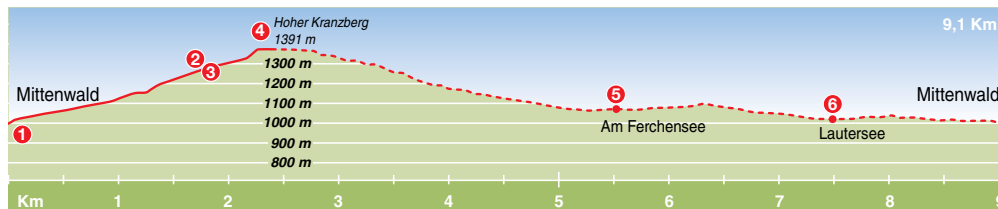
REFRESHMENT STOPS ALONG THE WAY

Maxhütte, phone +49 (0)8825 1582
Restaurants and cafes



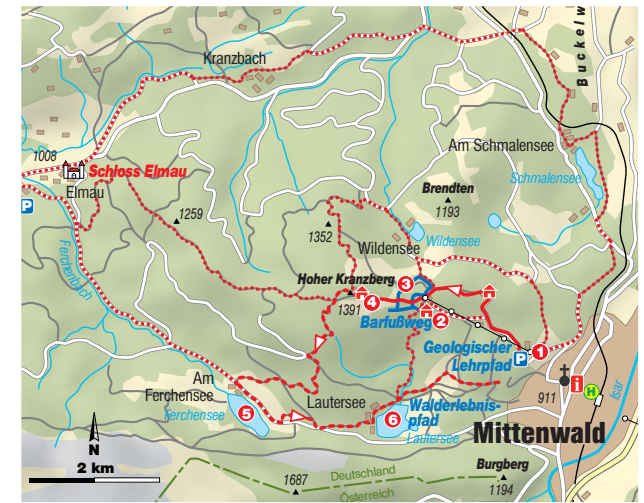
Take off your shoes and get a feel for nature! That is the motto of the „Barfußwanderweg“ (Barefoot hiking route) in Mittenwald. And the great thing is: it's only about 30 minutes from here to the summit of the Kranzberg, which provides a fantastic vantage point to the Karwendel, Wetterstein and Ester mountains.

The tour begins in Mittenwald; from downtown, you will first walk through the historic Gries district. From there, the steadily rising Gröblweg leads out of town. Magnificent views of the town and the opposing Karwendel mountains open up. The trail leads directly to the base station of the Kranzberg chair lift ①. The parking lot is a beautiful vantage point; from here, you have an unobstructed view over all of Mittenwald. Those who wish can shorten the impending route by two-thirds with the chair lift (to St. Anton). Those who want to hike will turn left from the base station onto the hiking trail.



Climb to St. Anton alpine tavern

Mixed woodlands alternate with flowering meadows here; blue gentian and white alpine buttercups are found along the side of the trail. In the winter, you can go tobogganing from the summit station down into the valley; the trail occasionally leads you past the toboggan run built expressly for this purpose. At the branch to the Korbinianhütte lodge, stay to the left; things get steeper here: a climb of about 120 meters in altitude gain must be covered over the next 800 meters. After this athletic ascent, you will reach the St. Anton alpine tavern ②: a welcome breather before continuing on the Barefoot Hiking Route ③.



Barefoot Hiking Route and Kranzberg Summit

Without socks or shoes, you will walk barefoot to 24 stations with a variety of surfaces: pebbles, bark, moss, wood chips and pine cones. You will even walk through a mountain stream – an optimal

Tip: For those who still have a bit of energy left, the 5-kilometer long descent toward Elmau or the approx. 7-kilometer long loop trail to Mittenwald via Ferchensee ⑤ and Lautersee ⑥ lakes are recommended.



stimulation of your circulatory system. Our feet are highly sensitive tactile organs. Walking barefoot not only brings you into close contact with nature, but also supports the immune system, stimulates metabolism and strengthens the musculature of the back. At the end of the loop, it's about 30 minutes to the summit of the Kranzberg ④. His Panorama offers in nice weather next to the Zugspitz 92 other mountain peaks, at which you can marvel from the comfortable loungers of the panoram theater.

STARTING POINT / DESTINATION

Mittenwald, Tourist information / Kranzberg summit (or on to Elmau or Mittenwald – see info)

LENGTH / DURATION

9.1 km / approx. 2 to 3 hrs.

MARKING

Hiking trail signage with milestone

DIFFICULTY

Easy mountain hike on well maintained trails, steep in sections (particularly directly before and after St. Anton alpine tavern). A total altitude gain of 620 meters must be climbed

INFO

The Kranzberg chair lift runs between Mittenwald and the St. Anton alpine tavern, operated 9 to 4:30 PM

REFRESHMENT STOPS ALONG THE WAY

St. Anton alpine tavern, phone +49 (0)8823 8001
Kranzberg summit lodge, phone +49 (0)8823 1591
Korbinianhütte alpine hut, phone +49 (0)8823 8406

POINTS OF INTEREST

Barefoot Hiking Route, Kranzberg summit



The „Waldelerlebnis-pfad“ (forest experience trail) at Lautersee lake near Mittenwald makes for enormous fun. There are all kinds of exciting things for forest fans young and old to discover.

Get close to nature, in a playful way

At 12 different stations, the Forest Experience Trail offers many fascinating activities to master. At the bird-watching turret, you can guess at different bird species, discover rabbits, foxes and their animal friends on the hunting trail, or test your abilities at identifying different tree species with the tree type quiz. If your heads are spinning after the loop, you shouldn't pass up a dip in Lautersee lake - refreshment guaranteed.

From Mittenwald to the educational forest experience trail

There are multiple options for reaching the Forest Experience Trail from Mittenwald. You can reach it from the old Gries district, through the breathtaking Laintal valley with its waterfalls, or hike from the base station of the Kranzberg chair lift, via the Geological Educational Trail, on the so-called "Latscheneck" to Lautersee lake, where a magnificent view of Mittenwald always awaits. In addition, there is a separate hiking trail above the road to Lautersee lake, which branches to the right from Innsbrucker Straße toward Leutasch. Alternatively, a hiking bus drives to Lautersee lake and on to Ferchensee lake in the summer months. This ride is free for visitors with the guest card. Because the Forest Experience Trail is created as a loop trail, you can easily start on the trail from multiple points.

STARTING POINT / DESTINATION

Lautersee lake near Mittenwald, 3 different starting point options, each about 45 minutes in duration

LENGTH / DURATION

1.8 km, approx. 3 hrs.

MARKING

Hiking trail signage: maple symbol

DIFFICULTY

Easy, interesting hikes, especially suited for families with children

REFRESHMENT STOPS ALONG THE WAY

Lautersee-Alm tavern, phone +49 (0)8823 928932
Gasthof Seehof, phone +49 (0)8823 1276
Lautersee-Stub'n, phone +49 (0)8823 1017



With many different themed areas and interactive stations for playing and discovering, the „Isar-Natur-Erlebnisweg“ (Isar nature experience trail) will bring you closer to the habitats and natural environment on and around the Isar river. It is sure to awaken the entire family's interest and awareness of nature.



Discover nature – experience nature

At many points along the route, you are invited to discover the secrets and peculiarities of nature through different activities, such as water games, Kneipp pools, forest school, tree telephone, listening funnel, animal long jump, sound tree, balancing tree, tug of war and many more.

The themed info panels:

- 1 Lichens, mosses and ferns
- 2 The wild Isar river
- 3 Historic rafting
- 4 Native birds
- 5 Alpine farming
- 6 Alpine forest
- 7 Fungi in the Isar valley
- 8 Wild animals
- 9 Landscape formation
- 10 The eco-factor of altitude
- 11 Forest management
- 12 Poisonous and medicinal plants
- 13 Diversity of flowers in the Isar valley
- 14 Weather and climate
- 15 Krün reservoir
- 16 Magnificent nature
- 17 Deadwood – wood insects
- 18 Source and still waters
- 19 Isar fishing waters
- 20 Gravel bank breeders on the Isar
- 21 Creation of the Alps
- 22 Walchensee power plant
- 23 Adaptation to extremes
- 24 "Heimweide" meadows
- 25 Flood protection

STARTING POINT

Isar bridge or at reservoir in Krün

DESTINATION

Loop hiking trail

LENGTH / DURATION

approx. 5.9 km, approx. 4 hrs. total duration

MARKING

Green signage for Isar Nature Experience Trail
Trail number 310

DIFFICULTY

Challenging from Isar bridge to Hüttelbachklamm gorge entrance (panels 1-11); easier, shortened variant: Isar bridge on forest road toward Hüttelbachklamm gorge (from panel 11) via reservoir - Pebble Experience Trail back to Isar bridge (nearly flat, also suitable for children's strollers)

REFRESHMENT STOPS ALONG THE WAY

Restaurants and cafes

POINTS OF INTEREST

Panorama pavilion, Hüttelbachklamm gorge, Isar reservoir, adventure playground



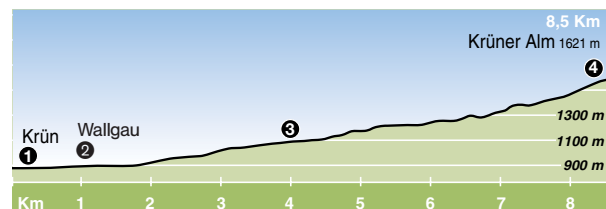
Wallgauer Alm



These two alpine huts sit amidst lush alpine meadows where young cattle graze in summer. Here, hikers can relax with a hearty snack and enjoy the marvelous view of the surrounding mountains.

Spectacular panoramic views from the Krüner Alm alpine hut

The starting point of this hike is Krottenkopfstraße in Krün ① or – alternatively – the "Haus des Gastes" in Wallgau ②. From here, follow the signs on agricultural roads and, later, through the forest toward Finzbachklamm gorge. Follow the forest road toward the Finzalm alpine hut to a fork ③: here, follow the center hiking trail along the rushing Altgraben river toward the Krüner Alm alpine hut. Continue on the forest road until you reach a path, where things get a bit steeper on the way toward the Krüner Alm alpine hut ④. Beer and snacks at the alpine hut taste all the better after the climb. Special tip: The climb to the Krottenkopf (2.086 m) via the Weilheimer hut is well worth it. Fitness and surefootedness required, the climb takes about 2 ½ hours.



Through blooming alpine meadows to the idyllic Wallgauer Alm alpine hut

Start in Wallgau ①: first follow the beautiful Panorama Trail until you reach the forest road ②. After about 1.5 kilometers, you will leave the forest road directly before a right-hand curve and enter the forest on a path ③ or – alternatively, remain on the

forest road. Continue following the path as it climbs, sometimes steeply. After a hike of about three hours, you will reach the Wallgauer Alm alpine hut ④. Those who wish to hike further can reach the Krüner Alm alpine hut on a hike through the beautiful alpine meadows, which takes approx. 45 minutes.



Reach the alpine huts in comfort: "Almbus"

From June to September, the Krüner and Wallgauer Alm alpine huts can also be reached in comfort by bus. The "Almbus" runs between Mittenwald and Wildbädermoos (with stops at Klais, Tennsee, Barmsee, Krün, Wallgau and Finz-Alm) three days per week, Tuesdays, Thursdays and Sundays. The bus runs once in the morning and once in the afternoon on each day; you must register in advance for the ride (see info box). Walking time from Wildbädermoosalm alpine hut: 20 minutes to the Wallgauer Alm alpine hut and 50 minutes to the Krüner Alm alpine hut.

STARTING POINT

Krüner Alm alpine hut: from Krün, Krottenkopfstraße from Wallgau, Haus des Gastes
Wallgauer Alm alpine hut Wallgau, Panorama Trail or Sonnenleitenstraße

LENGTH / DURATION

4 hours (8.5 km) to Krüner Alm, easy
3 hours (5.5 km) to Wallgauer Alm, easy

MARKING

Hiking trail signage with milestone
Wallgauer Alm: Trail number 450 + 454
Krüner Alm: Trail number 450 + 453

DIFFICULTY

Easy mountain hikes on trails and paths.
The differences in altitude require fitness.

TERRAIN

Krüner Alm: mostly forest roads, short sections on paths. Wallgauer Alm: mostly on paths, which are well-worn

INFO

Schedule and registration for the Alm-Bus:
Travel office Ferienglück, www.krüner.info or phone +49 (0)8823 1201 and +49 (0)8825 599

REFRESHMENT STOPS ALONG THE WAY

Krüner Alm alpine hut (operated part-time),
Wallgauer Alm alpine hut (operated in summer),
restaurants and cafes



Panoramic views, hearty snacks and relaxation for your soul: it's easy to let yourself go at the alpine lodges of the Alpenwelt Karwendel region. After all, what is nicer than cozy refreshments at the end of a mountain hike?

The Brunsteinhütte lodge

Tel. +49 (0)172 8909613

This hut is a popular excursion destination for day trippers and tour hikers (as a starting point for the Heinrich Noe climb and the Mittenwald via ferrata) alike. It has been recognized for several environmental projects. In addition to dogs and chickens, lots of other small animals live here, such as goats. The lodge is also partly open during the winter. From the southern Isar bridge in Mittenwald ❶ the route first leads through blooming meadows toward Steig. You will first hike parallel to the Isar river and the main road, and then turn left into the forest ❷.

The winding route leads on through the high forest, climbing moderately but steadily. Then you will cross the streambed of the Sulzleklamm. ❸ You'll reach the hut after about 1½-2 hours, where you are invited for refreshments with a view of the Wetterstein and Arnspitzen mountains from May to October. Those who wish to continue up can continue on from the hut up to the Brunsteinspitze (2.179 m). The shortest descent from the Brunsteinhütte lodge is the route described; in good weather, a recommended alternative is to return via Leitersteig ❹, the Mittenwalder Hütte lodge ❺ and Karwendelsteig. A head for heights is required for this variant, however. The Sulzleklamm is crossed at 35 meters high over the ravine, on a new, 45-meter long suspension bridge. (Trail numbers 290+291-292)

The Mittenwalder Hütte lodge

Tel. +49 (0)151 17303118

The Mittenwalder Hütte lodge sits partway up in the middle of the cliffs of the Karwendel massif and provides a very impressive view of all of Mittenwald. The lodge can be reached in about 2 hours on switchbacks through the shady forest. From Mittenwald ❶ the



route first leads on Raineck under the main road (B2) ❷ and then to the right. Follow the trail as it climbs steadily upward slightly. After crossing the wild stream just at the base of the Karwendel, a winding trail through the forest begins ❸. After about an hour's hike, things get a bit steeper. The route continues up the mountain on rocky ground; tricky spots are secured by cable rope. Once the short climb is done, you are rewarded with a panoramic view of the Viererspitze, Koflerturm and Karwendelspitze peaks. From here, it's just a few more minutes to the Mittenwalder Hütte lodge ❹, which features a terrace providing impressive views of the town and the Lautersee lake beyond. There are many summit options, including the Lindenkopf (approx. 1 hour's walk) and the Karwendelspitze (approx. 2 hours). For both, one should definitely be sure of foot and have a head for heights. (Trail number 280)

The Dammkarhütte lodge ❶

Tel. +49 (0)173 3514659

From the parking lot of the base station of the Karwendel cable car, the trail leads on the opposite side through the dry, extended streambed, and you will climb a steel staircase to the right. Follow the gravel road, stay to the left at the end and climb up the Ochsenbodensteig through the light woodland. At the trail junction at the end, go to the right to the Dammkarhütte lodge (1.667 m). (Trail numbers 271+270)

The Hochlandhütte lodge

Tel. +49 (0)174 9897863

From the hiking parking lot behind the barracks, follow the forest road and then turn left onto a foot-

path. After an ascent you will reach another forest road; follow it along and above the Gasselahn stream. After crossing the Kälberalpbach stream, the trail becomes narrower and leads through light woodland to the hill where the Hochlandhütte lodge sits (1.632 m). Descend the same as the ascent. (Trail number 260)

STARTING POINT FOR BRUNSTEINHÜTTE LODGE

Mittenwald, Isar bridge on Innsbrucker Straße

LENGTH / DURATION

approx. 4.7 km, approx. 2 hrs., easy

DIFFICULTY

Easy and beautiful lodge hike without terribly steep climbs

STARTING POINT FOR MITTENWALDER HÜTTE LODGE

Mittenwald, base station of Karwendel cable

LENGTH / DURATION

approx. 2.7 km, approx. 1½ hrs., easy

DIFFICULTY

Varied lodge climb, good fitness required

STARTING POINT FOR DAMMKAR HÜTTE LODGE

Mittenwald, base station of Karwendel cable

LENGTH / DURATION

approx. 3.9 km, approx. 2-2½ hrs., easy

DIFFICULTY

Varied lodge climb, good fitness required

STARTING POINT, HOCHLANDHÜTTE LODGE

Hiking parking lot at the Mittenwald barracks

LENGTH / DURATION

approx. 5 km, approx. 2 - 2½ hrs., easy

DIFFICULTY

Varied lodge climb, good fitness required

MARKING

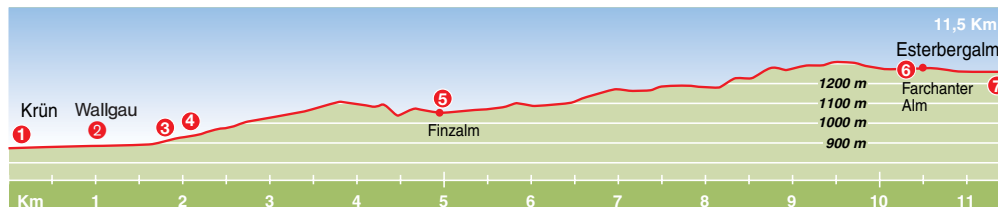
Hiking trail signage with milestone

Finzbachklamm gorge and Esterbergalm alpine hut



This hiking trail leads to the Esterbergalm alpine hut, a popular excursion destination.

In this part of the Ester mountains, you can experience a unique natural environment embedded in a high alpine mountain landscape – at "only" 1.300 meters.



In the middle of the natural splendor of the Ester mountains

From Krün ① or Wallgau ② you will first follow farm roads ③. After reaching the edge of the forest after about 1.5 kilometers, follow the forest road, which leads up steadily to the Finzalm alpine hut. The landscape here consists of varied, mixed woodlands, as it does throughout the Karwendel and Ester mountains; innumerable tree species are represented, such as pine, larch, beech, maple, ash, alder, linden, elm and willow. Even along the roadside, there is fanciful and colorful nature to be found.

A view into the fascinating precipice of the Finzbachklamm gorge

After a short climb, a sign points to the left to the Finzbachklamm gorge ④. (Surefootedness recommended). From the highest point on the tour, you will find wonderful views into the deep gorge.

Along the springs and streams to the Esterbergalm alpine hut

Passing by the Finzalm ⑤ alpine hut (operated part-time in summer), you will cross various small tributaries of the Finzbach river. Wherever you turn your ear, you will hear the murmurs, rushing and gurgling of water. From the Farchanter Alm alpine hut ⑥ the Esterbergalm alpine hut ⑦ is only 15 minutes away. They offer a small selection of cold and warm meals.

For centuries now, there has been livestock farming here, with a panoramic view of the Wank mountain (1.774 m). A small private chapel opposite the alpine hut recalls old times. Those who do not wish to walk the entire route back can go down toward Partenkirchen on a wide, steep forest road. You will reach the Wankbahn cable car parking lot in about 1½ hours. (Buses to the Garmisch train station with connections to Mittenwald, Krün and Wallgau).

STARTING POINT / DESTINATION

Krün (Krottenkopfstraße hiking parking lot) or Wallgau ("Haus des Gastes")

LENGTH / DURATION

11.5 km / approx. 3.5 to 4 hrs., easy
 Return / approx. 6 hrs.

MARKING

Hiking trail signage with milestone
 Trail numbers 450, 452, 464

DIFFICULTY

Mountain hike without technical difficulty, but long

REFRESHMENT STOPS ALONG THE WAY

Finzalm alpine hut
 (operated part-time only in summer)
 Farchanter Alm alpine hut (only in summer),
 phone +49 (0)8821 6840
 Esterbergalm alpine hut (closed Wednesdays)
 phone +49 (0)8821 3277

POINTS OF INTEREST

Finzbachklamm gorge, Esterbergalm alpine hut
 Chapel, view of the Wank mountain.

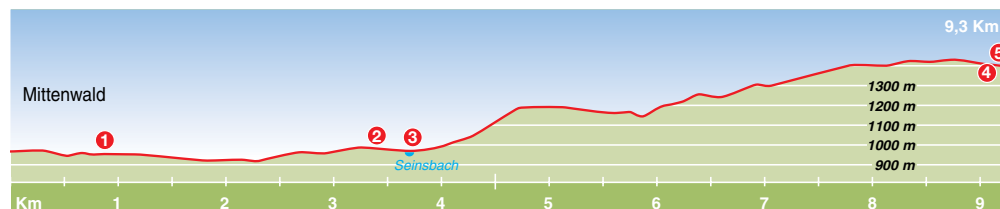


Along the spectacular Seinsbachklamm gorge, with its many waterfalls, to the Krinner-Kofler-Hütte lodge and the Vereiner Alm alpine hut located opposite. Agriculture has a long tradition here: an alpine farm building was built as early as the 16th century.



From Mittenwald to the Aschauer chapel

From Mittenwald, the route first follows the Isar ① river toward Krün. You will pass the Schönwald with the Schwarzkopf mountain (1.591 m) to the right and then hike deeper into the forest toward the Aschauer chapel. You will soon reach a tranquil clearing which is bordered on one side by the wooden chapel ②.



Along the Seinsbach river

With a view of the impressive panorama of the Soiern mountains, you will hike by the Aschauer Alm alpine hut (closed), over the Seinsbach river bridge ③ and onward following the forest road to the right, to the Vereiner Alm alpine hut. Beautiful views into the Seinsklamm gorge open up again and again.

After the first rise, you will follow the nearly flat, relaxing route for a while. Passing the Ochsen-Alm alpine hut (not open to the public), the peak of the Reißenden Lahnspitze (2.209 m) emerges in the background. Things get steeper again: there are 200 meters of altitude gain to be climbed before reaching the idyllic alpine meadows. A small lake surprisingly appears to the left of the trail. Now it's only a few more meters to the Vereiner Alm alpine hut ④ and the Krinner-Kofler-Hütte lodge ⑤. The Vereiner Alm alpine hut has existed since the 16th century; there was even a hunting palace here in the 19th century. Unfortunately, it was completely destroyed only a few years after it was built. The Krinner-Kofler-Hütte lodge is an Alpine Club hut with lodging options. The Vereiner Alm alpine hut is operated from June to September.

It offers several worthy summit options, such as the Soiernspitze (2.257 m, about 2 hrs. hiking time). Alpine experience is required for this tour. Equally as varied and interesting is the descent from the lodge via the shady Jägersteig ⑥ (marked, sure-footedness required).

STARTING POINT

Mittenwald, am Raineck parking area

DESTINATION

Krinner-Kofler-Hütte, Vereiner Alm alpine hut

LENGTH / DURATION

approx. 9.3 km / approx. 3½ to 4 hrs., easy

MARKING

Hiking trail signage with milestone
Trail numbers 200 + 350

DIFFICULTY

Easy mountain hike without technical difficulties on well maintained, wide hiking trails and roads through the forest

REFRESHMENT STOPS ALONG THE WAY

Vereiner Alm alpine hut,
phone +49 (0)170 3173674

POINTS OF INTEREST

Aschauer chapel, Seinsbachklamm gorge,
Jägersteig.

To the summit of the Simetsberg



The Simetsberg, "Wallgau's signature mountain," lies northwest of Wallgau. The special feature of this mountain is that it stands free – separated from the Ester mountain range – and provides an incomparable panoramic view of the Ester mountains, the Wetterstein, the Karwendel and the Soiern mountains as a result.

From Wallgau past Sachensee lake

From the hiking parking lot at the northern exit of Wallgau ① the trail rises slightly through the forest. After just a short time, a view of the Sachensee lake emerges on the right. Further up, bear left off the forest road; from here, you will hike through the forest. A relatively straight, rising trail traverses the sparse, mixed woodland, which offers hikers interesting views and pleasant shade.



White water and lake view: the alpine ravine and the Walchensee

The loud rushing of water can be heard as it flows through the rear alpine ravine to the valley further below. Particularly in early summer, when the last snows have melted and run off, the river makes a lively and colorful impression. The mountain is also suitable for tours in the winter, however. After ap-

Special tip:

Those who don't want to walk the whole way back can stay to the left at the first junction and follow the route toward Einsiedl ④. In addition to various options for refreshments, at Walchensee lake ⑤ there are also swimming beaches where you can cool down your hot hiking feet. The regional bus will take you back to Wallgau.



prox. 1.25 kilometers on the trail, a short path to the right leads back to the forest road ②. Then turn right along the forest road. Here, the forest clears. After approx. 1.75 kilometers you will reach a vantage point with a bench. A short break here is just short of required: below, the entire Walchensee extends in vivid turquoise and blue colors.

Phenomenal panoramic view from the summit

At the next junction, turn right again and hike through the dense coniferous forest. The mountain trail continues up toward the summit ③ for about an hour. Then, you've done it: for the last 800 meters, the forest opens up and finally reveals the view of the entire surrounding region: to Heimgarten and Herzogstand and the Soiern mountains in the east, the Karwendel and Wetterstein in the south and the Ester mountains in the west.

STARTING POINT

Wallgau

DESTINATION

Simetsberg

LENGTH / DURATION

7 km / approx. 4 hrs., easy

MARKING

Hiking trail signage with milestone

Trail numbers 471 + 470 + 472

DIFFICULTY

Mountain hike: varied hiking, sometimes on forest roads, sometimes on well-worn paths through the forest

INFO

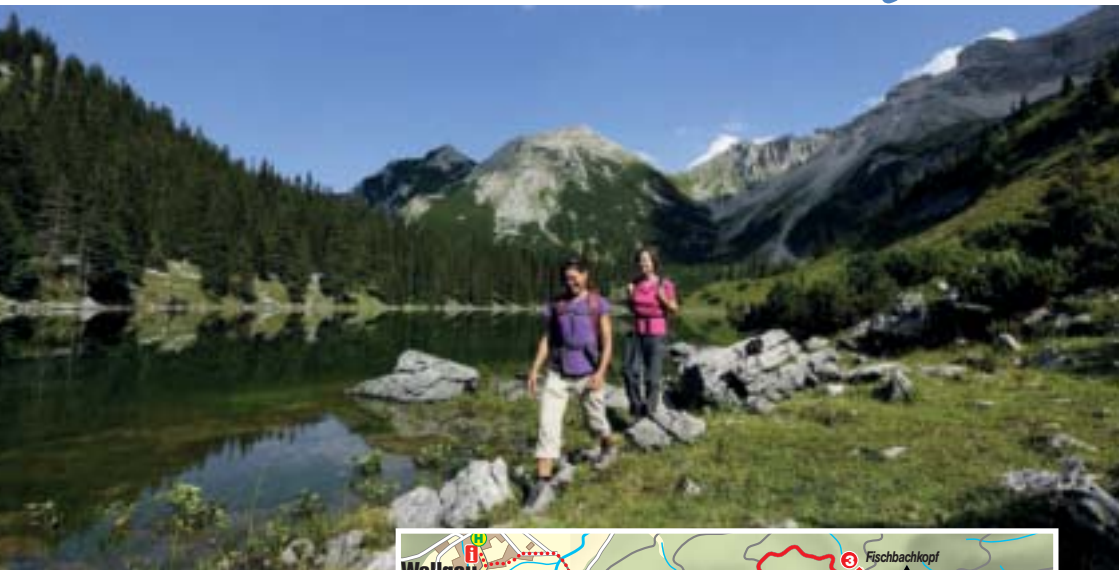
After descending to Einsiedl, you can take the regional bus number 9608 back to Wallgau, Krün or Mittenwald

REFRESHMENT STOPS ALONG THE WAY

None on the hike itself

POINTS OF INTEREST

Panoramic view of the Bavarian and parts of the Tirol Alps; Walchensee lake



To the 2.050 meter high Schöttelkarspitze mountain via the Fischbach Alm alpine hut and the picturesquely situated Soiernsee lakes. Bavaria's Ludwig II once enjoyed this mountain route – and he famously knew where to find beauty.



From Krün to the Fischbachalm alpine hut

Coming from Krün, first go to the left ① beyond the Isar bridge. This beautiful hiking trail leads for a short section between the Isar riverbed to the left and the forested mountain slopes of the Soiern mountains to the right. Alternative: From Wallgau (park at the Isar footbridge), hike toward the Auhütte alpine hut (operated part-time) and to the right on the forest road toward the Fischbach Alm alpine hut. After a while, the route goes left on a path into the forest. Finally, you will be on the forest road to the Fischbach Alm alpine hut



again: turn left here. At the first fork ② turn right and hike steadily upward; the Ochsenstaffel (1.871 m) is on your right. At the Fischbach Alm ③ (operated part-time in summer), there is opportunity for refreshment at about 1.400 meters amidst gentle, green hills, surrounded by the forested peaks of the surrounding mountains (Fischbachkopf, Predigtstuhl, Ochsenstaffel). The Fischbach Alm, including the hunting rights, was a gift of King Ludwig II to his Oberstallmeister (Master of Horses), Count Maximilian von Holstein, in 1870 and pleasant shade.



Fischbach and Soiernkessel

From the alpine hut ④ you can turn to the right on the wire cable-secured Lakaiensteig (surefootedness required) toward Soiernhaus lodge. This climb was also established in 1870 so that the King's footmen ("Lakaien") could reach the Soiern houses by the fastest route and prepare for the arrival of Ludwig II. The forest trail is significantly easier, however, so hikers without the requisite alpine experience should keep to the left after the Fischbachalm alpine hut.

Follow the forest road down into the valley floor ("Hundstall"). From here, the ascent leads you up through the clearing forest again. At the trail junction shortly before the lodge, stay to the right to reach the Soiernhaus lodge up several steps ⑤.

These were originally the hunting quarters of King Ludwig II. A pavilion once stood on the Schöttelkarspitze ⑥ which the extravagant regent had built for taking tea. It takes about 2 hours from the Soiern basin to the summit. A beautiful, winding climb which does require surefootedness.

STARTING POINT

Krün, parking lot at the Isar bridge, Wallgau, Isar footbridge

DESTINATION

Schöttelkarspitze

LENGTH / DURATION

approx. 11.6 km / approx. 4 hrs., easy

MARKING

Hiking trail signage with milestone
Trail number 364

DIFFICULTY

Moderately difficult mountain hike. Ascending and descending summits require surefootedness. The mountain path is sometimes rocky; otherwise, the hike follows forest and hiking trails

INFO

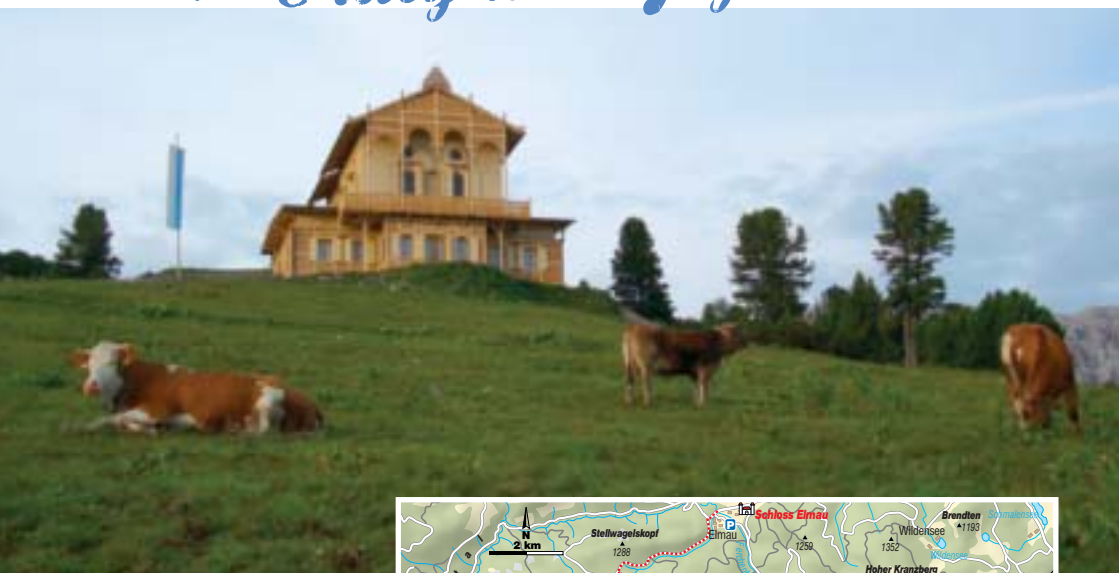
The pavilion on the Schöttelkarspitze burned down at the start of the last century

REFRESHMENT STOPS ALONG THE WAY

Fischbachalm alpine hut, Soiernhaus lodge, phone +49 (0)171 5465858

POINTS OF INTEREST

Soiernhaus lodge, Soiern lakes, Schöttelkarspitze



On the Schachen stands a hunting palace that was built by King Ludwig II. The route to this impressive, magnificent building, which stands in stark contrast to the wild alpine landscape, is long but worth every effort.



To the Wettersteinalm alpine hut via alpine lakes and the forest

From Mittenwald ① first follow Lauterseeweg toward Lautersee lake. The view of Mittenwald and the gardens opens up to the right. Lautersee lake is about 30 minutes away, while Ferchensee lake takes about 1 ½ hours; both are charmingly situated at the edge of the forest. Alternatively, a bus runs to Lautersee and Ferchensee lakes in summer from the train station or Dekan-Karl-Platz. This is free with the guest card and makes your route shorter. Directly behind Ferchensee lake, the Wetterstein massif rises up – the destination of today's tour!



From Ferchensee lake ② follow the forest road. The landscape changes constantly over the next few kilometers: meadows and ponds give way to mixed and, later, coniferous forest. Signs lead to the Schachen and Wettersteinalm alpine huts. After about 6 kilometers, a path leads to the left through the forest to the so-called King's road. Alternatively, you can also start this tour in Elmau: first follow along the Elmauer Bach (Schachenweg) and go left at the first junction. This will take you to the King's



road. After about 45 minutes, you will have reached the Wettersteinalm alpine hut ③. Emerging from the forest here, you will encounter a large clearing and may have trouble overcoming your astonishment: in the center of this meadow, the Wettersteinalm alpine hut (operated in summer) stands directly before the backdrop of the entire Wetterstein range.

To the regal Schachen

From here, it's just 2 hours to the 1.870 meter-high Schachen ④. The last section of the route is already above the tree limit, revealing the view of the surrounding mountain panorama. From here, you can already see the Schachenschloss ⑤ a hunting palace which is splendidly furnished, particularly in the interior: there are five living rooms with pine-wood paneling and historic ornamentation, as well as a "Turkish Hall" with water fountains and painted windows. The Bavarian "Fairytale King" spent about two weeks a year there, together with about 20 servants. He especially enjoyed celebrating his birthday here, on the 25th of August. The botanical garden is also worth seeing, where you can marvel



at alpine plants from around the world. The Schachenhaus lodge, below the palace, is open from May to October (weather-dependent).

Special tip:

Before descending, a detour to the viewing pavilion ⑥ is well worth it. You'll find a view into the Oberreintal valley, a popular and challenging mountain climbing region with steep, craggy rock walls on both sides of the valley.

STARTING POINT

Mittenwald, parking lot at spa gardens, Elmau, hiking parking lot

DESTINATION

Schachenhaus lodge and Schachen hunting palace

LENGTH / DURATION

approx. 16.2 km (one way) or complete 32 km / approx. 5 - 6 hrs., from Elmau approx. 4 hrs., easy

MARKING

Hiking trail signage with milestone
Trail numbers 820 + 870 + 841

DIFFICULTY

Easy but long mountain hike without technical difficulty on well maintained, wide forest roads and forest trails. Well-worn mountain paths are found further up.

REFRESHMENT STOPS ALONG THE WAY

Wettersteinalm alpine hut (operated in summer)
Schachenhaus lodge, phone +49 (0)8821 2996 or +49 (0)172 8768868, restaurants and cafes

POINTS OF INTEREST

Lautersee, Ferchensee lakes, Schachen hunting palace with Turkish Hall (there are also tours), viewing pavilion and botanical garden



Climb over the rooftops of the Karwendel and feel like a true mountaineer: this adventure becomes a reality on the Mittenwald via ferrata. However, you should take mountain experience and surefootedness along.

From Mittenwald to the entrance – optionally with "detour" via the western Karwendel peak

The Mittenwald via ferrata (also called "Höhenweg," or ridgeway) is a ridge traverse which offers grand views to both sides of the Karwendel and Wetterstein massif. From Mittenwald, this is an ambitious and very long day trip; however, taking the Karwendel cable car to the summit station can spare the first three hours of the hike. From the summit station of the Karwendel cable car ① you can either climb to the first summit, the western Karwendel peak (2.384 m), which is just a few meters away, or go directly onto the climb beyond the Karwendel basin. For the less ambitious, the



Panorama Trail ② is waiting to be discovered. In any case, mountain climbers will find a unique panoramic experience here: the view not only extends to the Karwendel and all of the surrounding mountain ranges, such as the Wetterstein, Ester and Soiern mountains, but can also reach to the 3.000-meter peaks of the Austrian Central Alps.

Summit climbs: Linderspitze, Sulzleklammspitze and Kirchspitze

From the entrance ③ the route leads over a number of peaks: the northern, middle and southern Linderspitze ④, Sulzleklammspitze ⑤ and Kirchspitze ⑥ – all between 2.300 and 2.323 meters high. The route is steep in places, but well secured everywhere. Self-belaying with a via ferrata set is strongly recommended, even when the climbing is easy. Helmets should be worn. Because short sections must be traversed unsecured, surefootedness and a head for heights are absolutely required.

The climb leads to the Brunnsteinanger, a broad depression in the ridgeline. From there, the descent begins to the Brunnsteinhütte lodge ⑦ and on to the farmland through which you will reach Mittenwald.

A few tips for climbers:

The main part of the route can be covered in about 4 hours; an entire day should be planned for the

entire tour, however, and you should be correspondingly fit. The climb is only traversable in the summer, as there can be snow until May and starting in October. Leave as early as possible in the day to avoid summer thunderstorms in the late afternoon.

STARTING POINT / DESTINATION

Summit station of the Karwendel cable car / Mittenwald

LENGTH / DURATION

9.9 km / approx. 4 to 5 hrs.

MARKING

Trail numbers 272 + 291 + 292 + 200

DIFFICULTY

Easy to moderately difficult via ferrata; due to the exposed location, however, a head for heights and mountain climbing experience are absolutely required. Only accessible from May to October.

INFO

The Karwendel cable car runs in the summer from 8:30 AM to 5:00 PM

REFRESHMENT STOPS ALONG THE WAY

Karwendel cable car summit station, phone +49 (0)8823 937676-0
Brunnsteinhütte lodge, phone +49 (0)172 8909613

POINTS OF INTEREST

"Bergwelt Karwendel" Nature Information Center at the summit station of the Karwendel cable car



From Krün to the Fischbachalm lodge and further to the Soiernhaus lodge

From Krün, first go to the left beyond the Isar bridge. The hiking trail leads between the Isar riverbed to the left and the forested mountain slopes of the Soiern mountains to the right. The Fischbachalm alpine hut provides the first opportunity to stop in for refreshments. From the alpine hut, there are two trails to the Soiernhaus lodge. You can turn right onto the more challenging Lakaiensteig, or follow the forest road to the left toward the Soiernhaus lodge, which transitions at the end to a narrow trail with a few steps. The hike will take between 3.5 and 4 hours.

From the Soiernhaus lodge to the Krinner-Kofler-Hütte lodge

From the Soiernhaus lodge, it's about 50-60 mins. up to the Jägersruh. The Jägersruh provides a marvelous view of the emerald-green Soiern lakes. Heading down to the Jöchel and on for another hour, you will reach the Vereiner Alm alpine hut, with the adjacent Krinner-Kofler-Hütte lodge, where the second night is spent. The hike will take between 3 and 3.5 hours.

Hochland-Hütte lodge via Wörnersattel

From the Vereiner Alm alpine hut, you will hike a short distance uphill to then follow the climb toward Wörnersattel on the trail branch to the left. The climb rises gently through the forest at first, and gradually becomes steeper. After about 60 mins., you will reach the Hochlandhütte lodge, where the third night is spent. At about 2.5 hours, the hiking time is quite short.

Via Bankerl to the Dammkarhütte lodge

From the Hochlandhütte lodge, a short descent leads to the Dammkarhütte junction. You will then go through a field of pines to the so-called Bankerl. From there, the route follows switchbacks up to the Dammkarhütte lodge, where the fourth night is spent. The Dammkar is impressive in summer with steeply rising rock walls and, in winter, is one of the most beautiful and longest freeride ski descents in the Alps, for those who have the experience. The hike will take between 2½ and 3 hours.



From Dammkar to Brunnsteinhütte lodge

The route continues, in part over loose boulders, up into the Dammkar. Once you have left the rock walls of the Dammkar behind you, you will go through the 400 m long tunnel to the summit station of the Karwendel cable car. The tour can end here, and you can ride the Karwendel cable car down to Mittenwald. Those who wish to continue the hike can follow the Pasamani loop trail to the entrance of the Heinrich-Noe climb. Continue following the partially exposed climb, which is equipped with safety elements such as wire cables or footholds. (Not traversable with small children!) After approx. 2-2½ hours, you will reach the Brunnsteinhütte lodge, where the fifth night is spent. The hike will take between 4 and 4½ hours.

Descent via the Leitersteig

After a good breakfast, the descent toward the Leitersteig begins. You will reach the Leitersteig junction in about 1½ hours and hike over the newly created suspension bridge at the Sulzleklamm gorge.

The route then leads through farmland to the center of town in Mittenwald and then by bus to the starting point in Krün. Duration of descent approx. 2 hrs.

STARTING POINT / DESTINATION

Hiking parking lot at the Isar bridge in Krün

LENGTH / DURATION

Multi-day tour, approx. 6 daily stages

MARKING

Hiking trail signage with milestone

DIFFICULTY

In addition to surefootedness, a head for heights and alpine experience, corresponding skills in handling the applied map materials is also required. In addition, one should be able to interpret weather conditions and be able to recognize potential changes early. Sufficient physical fitness and endurance are also required.

EQUIPMENT

Sturdy mountain boots which are higher than the ankle; weather-proof, warm clothing; emergency and first aid kit; sufficient rations; telescoping hiking sticks.

We recommend obtaining lodging information from the lodges in advance.

REFRESHMENT STOPS ALONG THE WAY

Fischbachalm alpine hut (op. part-time), phone +49 (0)172 9469734
 Soiernhaus lodge (op. in summer), phone +49 (0)171 5465858
 Vereiner Alm alpine hut (op. in summer), phone +49 (0)170 3173674
 Krinner-Kofler-Hütte lodge (lodging only), phone +49 (0)8823 5584
 Hochlandhütte lodge (op. in summer), phone +49 (0)174 9897863
 Dammkarhütte lodge (op. in summer), phone +49 (0)173 3514659
 Karwendel cable car summit station, phone +49 (0)8823 937676-0
 Brunnsteinhütte lodge (op. in summer), phone +49 (0)172 8909613

POINTS OF INTEREST

Soiernsee lake, Dammkar, Nature Information Center, alpine animal and plant environment

BY CAR

A9 toward Munich. Exit 76 (Munich-Schwabing), toward A95 Garmisch-Partenkirchen. On B2R, follow signs to Garmisch-Partenkirchen. At Luise-Kiesselbach-Platz right on A95, continue on B2. In Klais, either right on St 2542 (Mittenwald) or B2 to the left (Krün, Wallgau).

BY TRAIN

Trains run from Munich to Mittenwald and Klais hourly (some direct, some with change in Garmisch-Partenkirchen). Travel time: about 1 3/4 hours. The regional bus 9608 runs from Mittenwald, Klais or Garmisch-Partenkirchen to Wallgau and Krün.

BY AIRPLANE

The closest airports are Innsbruck (40 km away) and Munich (130 km away).

Additional outdoor and leisure options

Whether it's climbing, golfing or swimming – there are numerous opportunities for these sports in the Alpenwelt Karwendel region, as well.

Alpenwelt Karwendel hiking and tourist bus

From May to October, the hiking bus runs to all important start and end points of the hiking trails in Mittenwald, Krün and Wallgau. A bus also runs between Mittenwald, Lautersee and Ferchensee. Visitors with a guest card ride for free.

Downloadable schedules are available at your local tourist information center.

The alpine huts of the Alpenwelt Karwendel region

A detailed overview of all hiking and mountain huts can be found at www.alpenwelt-karwendel.de/en with contact information opening hours and days closed.

Can't find the right tour?

Are you looking for additional tour suggestions? Maybe you're interested in special hikes with children, animals or would like a guided hike? No problem! Your tourist information centers in Mittenwald, Krün and Wallgau will be happy to assist you further. Simply speak with us or use our tours module on our website, www.alpenwelt-karwendel.de/en.

Of course, we also have routes and information for nordic walking fans, cross-country skiers and mountain bikers.

Map / literature

"Hiking in the Alpenwelt Karwendel Vacation Region" hiking map, 1:30.000, available at the tourist information centers in Mittenwald, Krün, Wallgau.

Further information as detailed about can be found at www.alpenwelt-karwendel.de/en

IMPRINT

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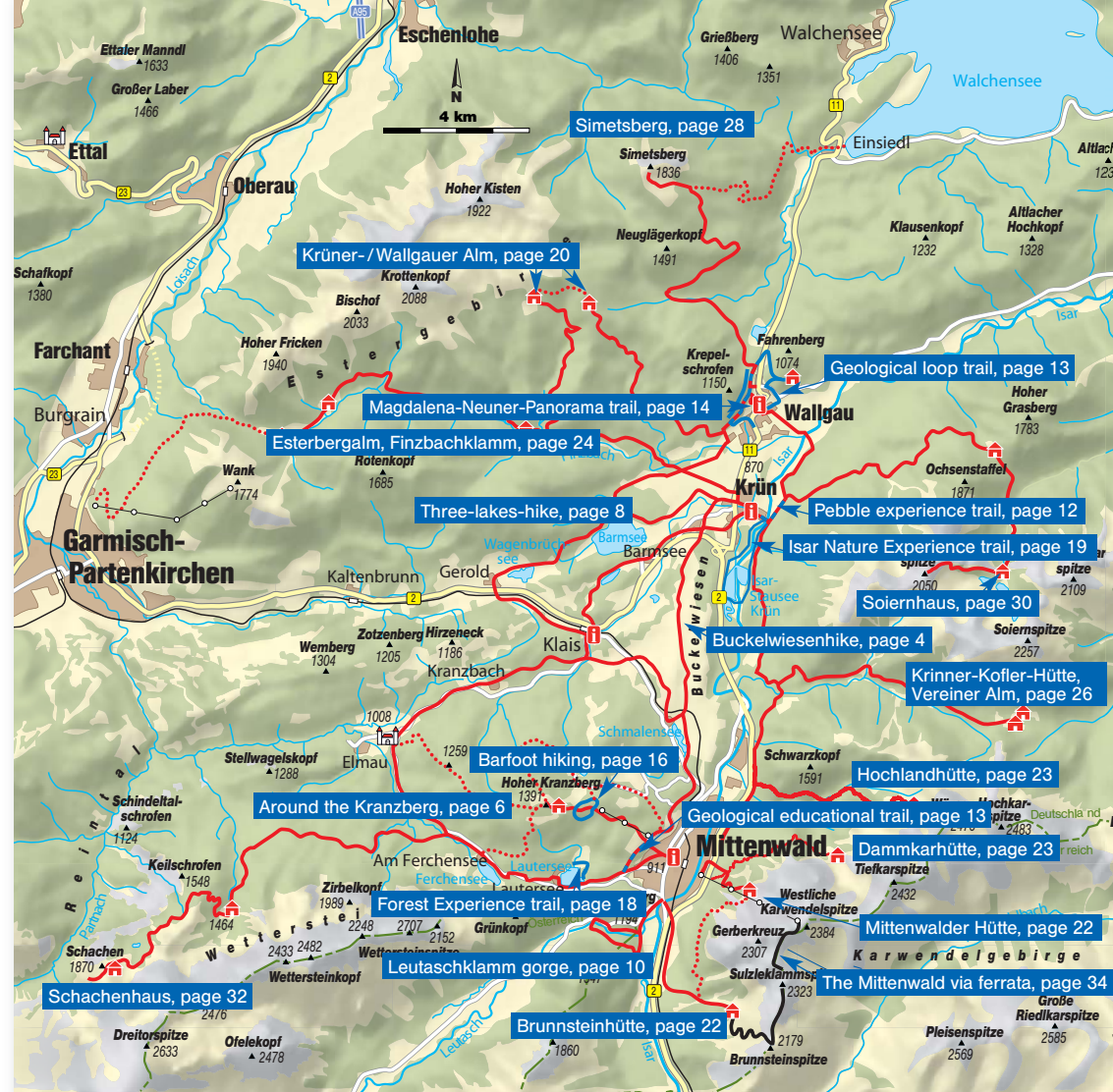
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Map legend

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|--|---------------------------------|--|---------------------|
| | hiking trail | | parking lot |
| | Variants and side trip | | alpine hut |
| | freeway | | Tourist information |
| | federal road | | bus stop |
| | Street / forest road | | castle |
| | footpath / driveway | | outdoor pool |
| | train line with railway station | | view |
| | cable car | | camping |



ALPENWELT
KARWENDEL

Mittenwald • Krün • Wallgau



**Tourist information
Mittenwald**

Dammkarstr. 3 - 82481 Mittenwald

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**Tourist information
Krün**

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**Tourist information
Wallgau**

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