





AUSTRIAN TYROL self-guided


Hohe Tauern National Park, the Austrian giants!



The Hohe Tauern, Austria's first National Park, the largest protected area in Central Europe, is characterized by ancient forests, lush alpine pastures and steep, high-altitude landscapes. Each trek is a true Alpine safari where you can come across ibex, chamois, golden eagles, wild vultures or the amazing bearded vulture. From Matrei-in-Osttirol, in the heart of the Park, the route passes as close as possible to the glaciers and several peaks at more than 3000m, including the Grossvenediger and the Grossglockner which dominates Austria at 3798 m. It is on the Eagle Trail, a major trail that crosses Tyrol.

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Cosy

 Level : **

 From : 745€

You will like

- Hohe Tauern Natural Park, one of the largest protected areas in the Alps
- a country with very lively traditions
- the comfort of the Austrian accommodations and the friendliness of the guests
- accessible hikes and more alpine variants
- the comfort of a self-drive tour
- the possibility of completing the entire circuit using free public transport...

The route

Day 1

MATREI IN OSTTIROL

Meeting point at the village of Tauern at the entrance to the valley. Check-in at the Tauernhaus inn for 2 nights in a room.

Day 2

TAUERN FELBERG LAKES

Départ pour une randonnée face au massif du Grossvenediger, versant Nord, le long de 3 lacs de couleurs différentes ! Traversée vers le refuge Poltner et descente sur Tauer.

Transfert 15 minutes approx. / 15km

Day 3

SCHLATENKEES GLACIER

Hike in the Venediger valley, along the spectacular Schlatenkees glacier tongue, which flows from the summit of Grossvenediger (3657m). Return to the hostel for the night, in this beautiful Tyrolean valley.

Short transfer at the end of the day to Praggräten. Check-in for 2 nights in a hotel room.

6h walk / Elevation: +/- 700m

Day 4

VIRGENTAL VALLEY

After a short transfer, hike into the Virgentall valley. Take a taxi up to the Johannishutte hut at the foot of the Grossvenediger (€20 per person return) and discover the Turmljoch pass at an altitude of 2772m, at the foot of the wide glaciers descending from the Grossvenediger. Second night in a hotel in Prägraten.

5h walk / Elevation : +/- 650m via the col Turml

Day 5

KALS AM GROSSGLOCKNER - BLAUSPITZE

Drive to Kals Am Grossglockner. Ascent by gondola (€12/ person), then on foot to the ridges of the Blauspitze (2575m), with a breathtaking view over the Grossglockner (3770m). Going down to Kals and transfer to the Lucknerhaus valley (toll road, the climb can also be done by local bus). Installation for 2 nights (1h15 walk), without luggage.

15mn drive / 15km

4h30 walk / Elevation: +400m -1050m

Day 6

LUCKNERHAUS LOOP

Climb to the Glorerhutte hut, then to Salm hutte, overlooking the Grossglockner massif. Descent into the typical Luckner valley, a genuine Tyrolean postcard. Return to the refuge for the night. Another route is possible, going up in the Luckner valley to the Studhutte refuge, base camp for the ascent of the Grossglockner summit.

6h30 walk / Elevation : +/-1100m for Salmhutte

5h00 walk / Elevation : +/-880m for Studhutte

Day 7

KALS AM GOSSGLOCKNER

End of your stay after breakfast at the Lücknerhütte hut.

Optional extra day in a refuge in Virgental

Night 3 in Matri in Osttirol.

Day 4

ROSTOCKER HUTTE

Morning transfer to Stroden. A steady climb up the Maurer valley to the Rostocker hut. On arrival at the hut, you can make an excursion to Lake Simony, 150m higher up, nestling in its crown of 3000m peaks (also possible the following day). Overnight in a hut at 2200m, without luggage.

1h descent in the morning / Elevation: -300m / 3km

4h de marche / Elevation: + 800m for the refuge / 7km

Day 5

COL DE TURML

Depart the refuge for a high pass, the Turml at 2772m, which faces the wide glaciers descending from the south face of the Gossvenediger (3658m). After a rapid descent, we reach the historic Joannishutte refuge, set in a wide valley. The descent continues on foot or by taxi into the valley. Overnight in a hotel in Prägraten.

5h walk / Elevation: + 620m – 660m / 8km

Resume the standard programme at the end of day 5.

The trip

LEVEL ** to ***

Elevation : +/- 700 m on average per day.

Walking time: 4 to 6 hours on average per day.

Itinerary: mountain path. Some more steep passages that are secured. More alpine variants are optional.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

ACCOMODATION

Classic option: 4 nights in a 4 to 9 person dormitory, 2 nights in a hotel in a 2 to 4 person room.

Comfort option: 6 nights in a room, based on 2/3 people (depending on the size of the group).

Single room in option, depending on availability.

MEALS

Breakfasts and dinners are served in the accommodation, except the last night, free dinner in the city. For lunch, picnics are not taken and can be booked the day before in the accommodation.

Please inform us about your food allergies and special diets **at the time of booking**.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

CARTOGRAPHY

Map 1/25000 Venedigergruppe n°36

Map 1/25000 Granatspitzgruppe n°39

Practical information

ACCESS TO DEPARTURE POINT

Start of the walk in the village of Matrei in Osttirol, around 3 hours' drive from Innsbruck.

BY TRAIN The most environmentally friendly: approximately 8.5 hours by train, about €100 per journey

Train from Paris >> Innsbruck

Depart Paris gare de l'Est at 6.54am >> arrive Innsbruck at 3.18pm

Car hire in Innsbruck, to be requested on registration (from €260 per week for a saloon car).

Return: 10:40 Innsbruck >> 18:05 Paris

Timetables and fares to be checked on <https://www.oui.sncf/>

BY PLANE

Lufthansa offers flights from Paris CDG >> Innsbruck with stopover in Frankfurt.

BY CAR

Paris - Matrei in Osttirol, 1040km and 10-hour ride to Strasbourg, Stuttgart, Munich and Kitzbuhel.

End of your trip in Kals am Grossglockner.

ACCOMMODATION BEFORE AND AFTER STAY

Consult the websites of the [Matrei-in-Osttirol](#) or [Innsbruck](#) Tourist Office.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Dates & prices

7-day tour in comfort accommodation (2/3-person bedroom) : €845 per person

7-day tour in classic accommodations (dormitory) : €745 per person

Extra day with night at Rostockerhütte : +€90 per person (€105 comfort option subject to availability)

THE PRICE

Includes:

- Organisation and registration fees;
- Hotel accommodation and tourist taxes;
- Half-board meals;
- The roadbook describing the tour and the corresponding maps (1 folder for 5 people, additional roadbook between €10 and €30).

Does not include:

- Cancellation assistance insurance (4.2% of the price of the trip);
- Picnics and snacks;
- Road and cable car transfers as specified in the technical data sheet (€12 taxi on day 1, €13 cable car on day 4, €40 taxi on day 3);
- Tolls on toll roads (Lucknerhaus road - price varies according to duration - approx. 15€).
- Personal expenses (drinks, visits, etc.);
- Luggage transport to the Lücknerhütte refuge;
- Luggage transport to the Rostockerhütte refuge, if you have chosen this option;
- Return journey from your home to the meeting point and dispersal.

The tariff applies from the meeting to the end point.

Equipment and baggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

HOW TO REGISTER

- By internet: <http://www.altitude-montblanc.com>
- By telephone: +33 (0)4 50 79 09 16
- By post: Please provide your details
 - Surname, First Name, Date of birth
 - Address
 - Email
 - Telephone
 - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 Passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE