

# AUSTRIAN TYROL self-guided

Hohe Tauern National Park, the Austrian giants!

Reference · 216

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<b>DURATION</b> <b>7 days</b>	<b>TRAVEL STYLE</b> <b>Freedom / unguided</b>	<b>LUGGAGE</b> <b>With luggage transfer</b>
<b>ACCOMMODATION</b> <b>Classic or comfort</b>	<b>LEVEL</b> <b>2/4 ★★☆☆</b>	<b>FROM</b> <b>895 €</b>

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.

## You will love

- 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...

## Day-by-day itinerary

### 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

#### MATREIER TAUERNHAUS - 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 Poltener et descente sur Tauer.

Transfert 15 minutes approx. / 15km

### DAY 3

#### SCHLATENKEES GLACIER- PRAGRÄTEN

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 Pragräten. Check-in for 2 nights in a hotel room.

6h walk / Elevation: +/- 700m

**DAY 4**
**JOHANNISHÜTTE -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 Gossvenediger. Second night in a hotel in Prägraten.

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

**OPTION WITH EXTRA DAY AT THE REFUGE IN VIRGENTAL**

Night 3 in Matrei in Osttirol.

**Day 4 - VIRGENTAL - ESSENER ROSTOCKER HÜTTE**

Morning transfer to Ströden. A steady climb up the Maurer valley to the Essener-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**.

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

+1h30 walk / Elevation:+ /-160m / +3km with up and down walk to the lake

**Day 5 - COL TURML - PRAGRÄTEN**

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.

3h30 walk / Elevation: + 350m - 760m / 9km

2h30 walk / Elevation: - 780m / 7km from Johannishütte to Interbichl

**Resume the standard programme at the end of day 5.**

**DAY 5**
**KALS AM GROSSGLOCKNER - BLAUSPITZE - LUCKNERHÜTTE**

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 in dormitory (1h15 walk), **without luggage**.

15mn drive / 15km

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

**DAY 6****LÜCKNERHÜTTE 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****LÜCKNERHÜTTE - KALS AM GOSSGLOCKNER**

End of your stay after breakfast at the Lücknerhütte hut.

*The program has been drawn up based on the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the program.*



## Dates and prices

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### DEPARTURES AND PRICES

Departure end of June to mid-September 2026

#### 7-day, 6-night self-drive tour

**€895 per person** in classic and comfort accommodation

#### Optional extras:

- Comfort version in a room of 2 (D5 and D6) : suppl. **€60 per person**
- Additional day with night at the Rostockerhütte refuge: **€90 per person** in classic accommodation

### THE PRICE

#### Includes:

- Organisation and registration fees;
- Hotel accommodation and tourist taxes;
- Half-board meals;
- Roadbook in paper version for the group.

#### Does not include:

- Cancellation assistance insurance ;
- Picnics and snacks;
- Road and cable car transfers as specified in the technical data sheet ( approximately €20 taxi on day 1, €20 cable car on day 4, €50 taxi on day 3);
- Tolls on toll roads (Lucknerhaus road - price varies according to duration - approx. 25€);
- Personal expenses (drinks, visits, etc.);
- Luggage transport to the Lücknerhütte refuge;
- Luggage transport to the Rostockerhütte refuge;
- Return journey from your home to the meeting point and dispersal.

**The tarif applies from the meeting to the end point.**



## The journey

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### 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.

This trip requires you to be in good general shape. To prepare, we recommend regular walking, jogging, cycling or another sport. Your physical preparation will make your stay easier and help you enjoy it even more.

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

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package. You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio of the latest generation telephone with satellite connection.

**Please note:** some névés will be present on the paths until the end of June, in particular on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

### INTERNAL TRANSFERS

Transfers are made with your own vehicle.

### ACCOMODATION

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

Comfort option: 6 nights in room for 2 people (depending on the size of the group).

Single room rate on request, subject to availability.

### MEALS

Breakfast and dinner are served at the accommodation.

Picnics are not included and can be booked the day before at 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

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### ACCESS TO DEPARTURE POINT

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

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

## Equipment and luggage

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### 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
- Down jacket
- 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 (0.40L to 0.50L)
- 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.

### LUGGAGE TRANSPORT

With your personal vehicle.



## Details

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### 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.

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% 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.



# Postal booking form

Complete this form and return it with your deposit.

**Last name** \_\_\_\_\_

**First name** \_\_\_\_\_

**Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Mobile phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Requested trip** **AUSTRIAN TYROL self-guided** \_\_\_\_\_

**Number of days** **7** \_\_\_\_\_

**Insurance** \_\_\_\_\_

**Trip price** **895 €** \_\_\_\_\_

**Estimated deposit (30%)** **268,50 €** \_\_\_\_\_

**Signed in** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature**

**Return with your deposit to**

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond  
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com