

# **INNSBRUCK MOUNTAIN ADVENTURES**



### About the Author

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# **INNSBRUCK MOUNTAIN ADVENTURES**

**SUMMER ROUTES FOR A MULTI-ACTIVITY HOLIDAY  
AROUND THE CAPITAL OF AUSTRIA'S TIROL**

**by Sharon Boscoe**

**CICERONE**

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### Updates to this Guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website ([www.cicerone.co.uk/958/updates](http://www.cicerone.co.uk/958/updates)), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

The route maps in this guide are derived from publicly available data, databases and crowd-sourced data. As such they have not been through the detailed checking procedures that would generally be applied to a published map from an official mapping agency, although naturally we have reviewed them closely in the light of local knowledge as part of the preparation of this guide.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to [updates@cicerone.co.uk](mailto:updates@cicerone.co.uk) or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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*Front cover:* Moving between rock towers on the Ochsenwand/Schlicker klettersteig with the Schilck 2000 ski area behind (Route 35)



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# Mountain safety

Every mountain walk has its dangers, and those described in this guidebook are no exception. All who walk or climb in the mountains should recognise this and take responsibility for themselves and their companions along the way. The author and publisher have made every effort to ensure that the information contained in this guide was correct when it went to press, but, except for any liability that cannot be excluded by law, they cannot accept responsibility for any loss, injury or inconvenience sustained by any person using this book.

## **International distress signal** *(emergency only)*

Six blasts on a whistle (and flashes with a torch after dark) spaced evenly for one minute, followed by a minute's pause. Repeat until an answer is received. The response is three signals per minute followed by a minute's pause.

## **Helicopter rescue**

The following signals are used to communicate with a helicopter:

Help needed:  
raise both arms  
above head to  
form a 'Y'



Help not needed:  
raise one arm  
above head, extend  
other arm downward



## **Emergency telephone numbers**

The standard European emergency number 112 can be used to call the police, ambulance, fire service or mountain rescue.

The mountain rescue service in Austria is called Bergrettung and the emergency number is 140.

## **Weather reports**

For up-to-date forecasts check [www.yr.no](http://www.yr.no) or [www.bbc.co.uk/weather](http://www.bbc.co.uk/weather)





















*Lovely to get off the road for a while and  
enjoy some peaceful scenery (Route 49)*



## Symbols used on route maps

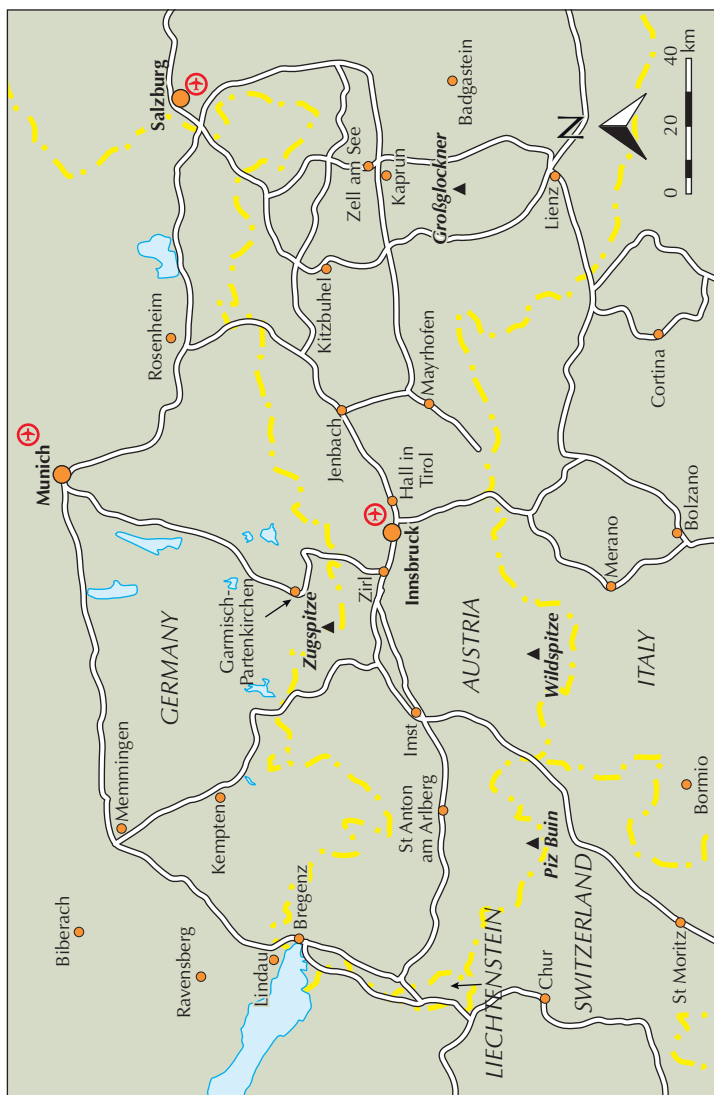
	route
	descent route (via ferratas)
	alternative route
	chairlift/cablecar
	tunnel
	start point
	finish point
	alternative start point
	alternative finish point
	start/finish point
	alternative start/finish point
	glacier
	woodland
	urban areas
	international border
	station/railway
	peak
	summit cross
	hut/restaurant
	building
	chapel/cemetery
	pass
	parking
	picnic area
	viewpoint
	location of crag (sport climbing)
	other feature

### Relief in metres

3800–4000	
3600–3800	
3400–3600	
3200–3400	
3000–3200	
2800–3000	
2600–2800	
2400–2600	
2200–2400	
2000–2200	
1800–2000	
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1000–1200	
800–1000	
600–800	
400–600	
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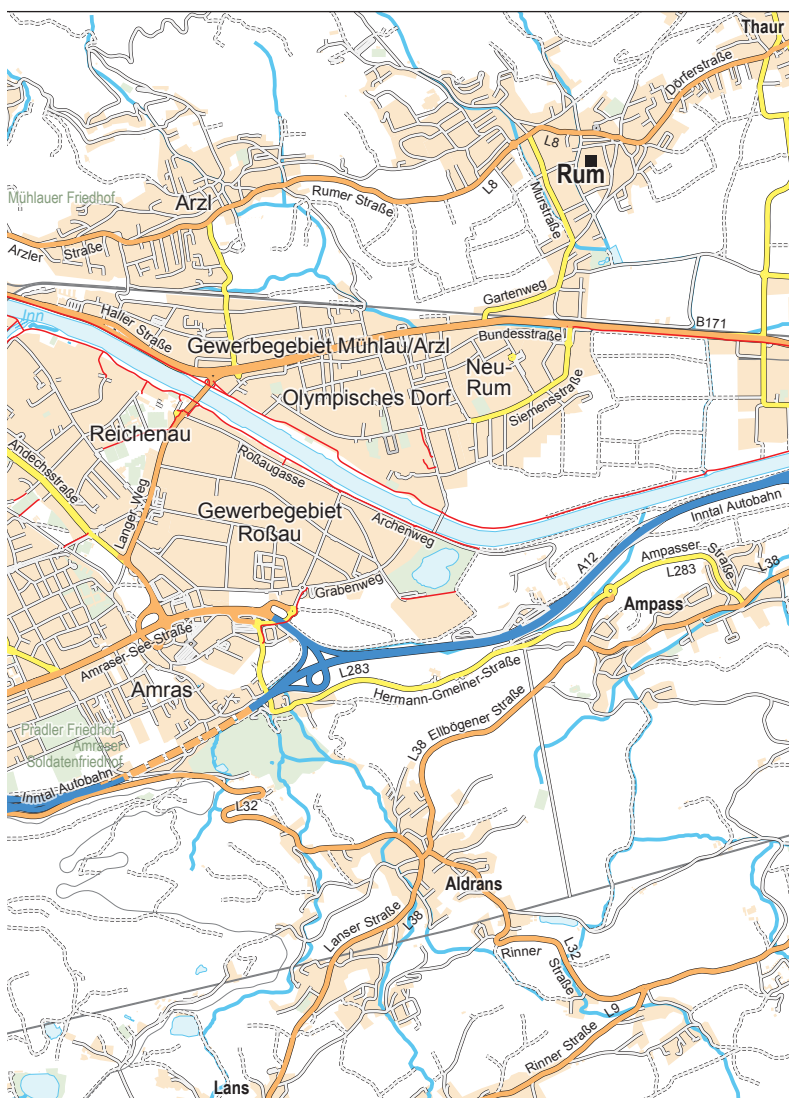
Contour lines are drawn at 25m intervals and highlighted at 100m intervals.

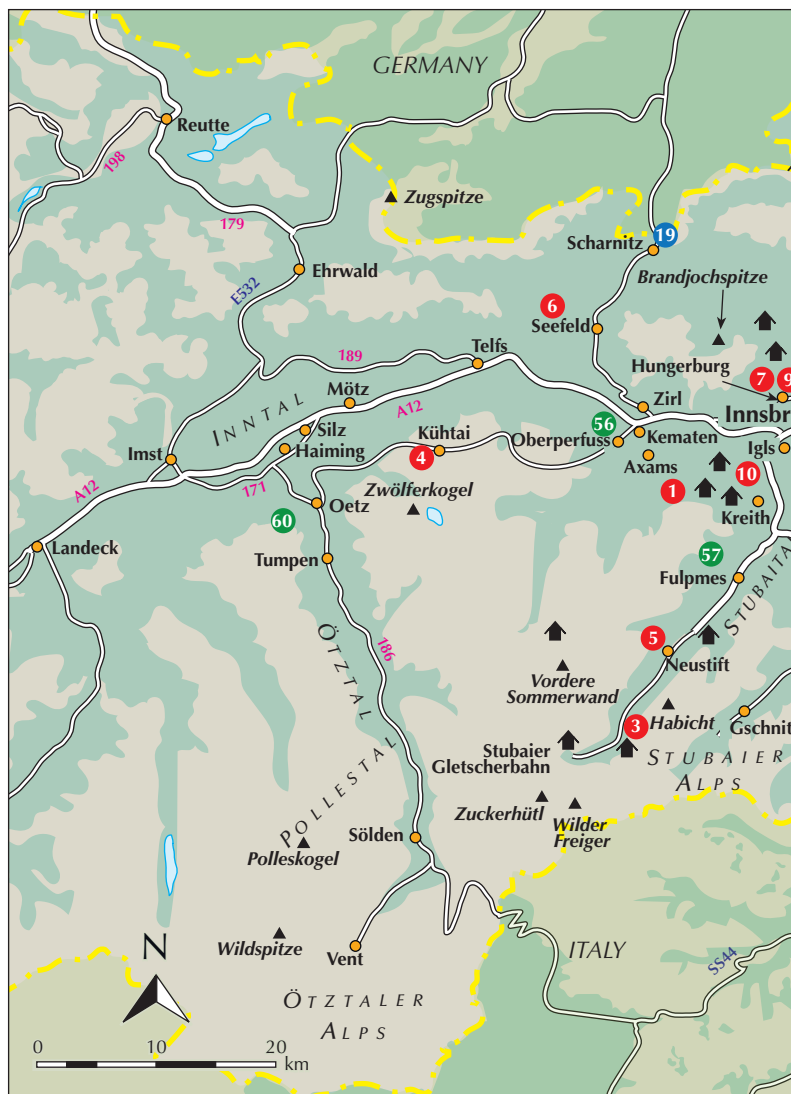
Map scales vary: see individual maps.















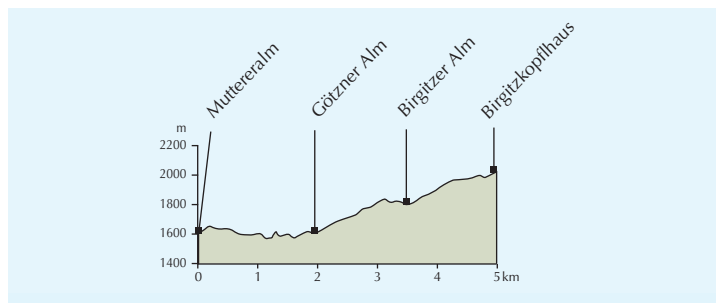
## ROUTE 1

### *Innsbrucker Almenweg*

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<b>Start</b>	Mutterer Alm
<b>Finish</b>	Birgitzkopflhaus
<b>Distance</b>	5km
<b>Ascent</b>	450m
<b>Time</b>	2hrs 30mins
<b>Terrain</b>	Hiking trails and 4x4 tracks
<b>High point</b>	2035m
<b>Maps</b>	Kompass Map 36 Innsbruck Brenner or Map 036 Innsbruck und Umgebung
<b>Public transport</b>	Muttereralm can be easily reached using the gondola lift from the village of Mutters. As this hike starts and finishes in different places, the easiest and most enjoyable way to travel is by public transport. Mutters is one of the station stops on the incredibly scenic Stubaitalbahn, direct from Innsbruck train station every hour, taking around 40mins. You must remember to get off at the Nockhofweg/Muttereralmbahn stop, not the Mutters stop. From here the lift station is a 10min walk.

The Innsbrucker Almenweg covers a vast area on the south side of the valley, of which this hike is just a small section. This is a fantastic day out for hikers of all ages, including children, with only 450m of height gain and four mountain huts to break up the day. Mutteralmpark at the top of the gondola is full of fun things to do and will be sure to keep the whole family entertained. There are various routes from Mutterer Alm to Birgitzkopflhaus, however, described here is a lovely route via Götzner Alm (1542m) and Birgitzer Alm (1808m), both of which are well worth a visit. This hike involves very minimal downhill, so for those who would prefer to walk downhill rather than uphill, the entire route could be done in reverse. Just a few minutes' walk uphill from the lift station at Muttereralm is the Panoramasee, an incredibly scenic and peaceful lake with superb mountain views. It is well signposted from the lift and well worth a small detour before you start hiking.



Mutterer Alm (tel 0512 548330, [www.muttereralmpark.at](http://www.muttereralmpark.at), open year round) is more mainstream restaurant than mountain hut, but it is very popular and often busy due to its easy access at the top of the cable car, offering superb views and traditional food.

Immediately as you exit the lift station at **Muttereralm** (1608m), pass through the small wooden gate to see several yellow signposts ahead. There are signposts for Innsbrucker Almenweg (in both directions) and Götzner Alm. Follow the path rightwards, heading for Götzner Alm, the first stop on the hike and a 30min walk away. Pay attention to the signs as the path very quickly splits. Continue following signs for Götzner Alm along a 4x4 track through the forest which takes you gradually downhill to the alm itself.

Nestled in a valley, Götzner Alm (tel 0523 432730, [www.goetzneralm.at](http://www.goetzneralm.at), open May until October) is a working alpine dairy farm and produces its own milk, butter and cheese. It boasts easy access, being only a half-hour walk from a cable car.

From **Götzner Alm** follow the signs initially back in the direction you came from, heading for Birgitzer Alm, the next stop. After 200 metres take the path to



the right and, just as you turn, make sure you stay left at the fork to follow the track between the cow shed and the wooden cross. After around 20mins up this fairly steep path you will reach a narrow path on the right leading into the forest, signposted 'Birgitzer Alm'. Follow this forest path, winding slightly uphill and mostly in the shade which can be a great relief on a blistering hot summer's day, for 45mins to reach **Birgitzer Alm**.

Birgitzer Alm (tel 0664 5970026, [www.birgitzer-alm.at](http://www.birgitzer-alm.at), open May until October and December until March) is one of the best-situated huts in Tirol, with unrivalled mountain views. It is friendly and welcoming with traditional Tirolean food.

Uphill, behind the alm, you will see a sign indicating that your final destination is a 40min walk away. Follow this path and the **Birgitzköpfelhaus** will soon appear perched high on the peak above you.

The Birgitzköpfelhaus (tel 05234 68100, [wildlife.at](http://wildlife.at), open from June until October and December until April) is a delightful little hut with superb views of the surrounding craggy peaks. Located right next to the chairlift, it is a great place to stop, eat lunch and toast the success of your day. From the sundeck you have a wonderful view over to the Axamer Lizum ski area and across to the impressive jagged peaks of the Kalkkögel behind. It is popular with hikers as there are a great number of trails which can be accessed from here.

To return, take the chairlift down to Axamer Lizum and catch a bus back to Innsbruck running every hour, with a quick change in Axams. Make sure you check the bus timetable before you set off or you could have a long wait if you do not time your descent to coincide with a bus.

## ROUTE 2

### *Zirbenweg*

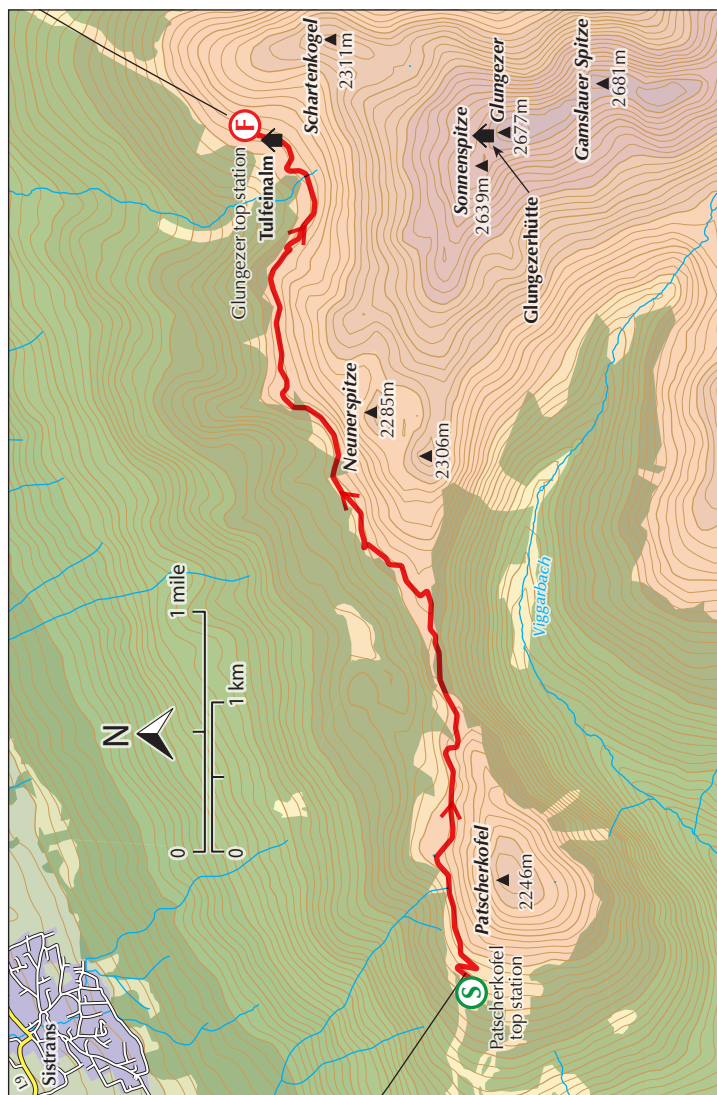
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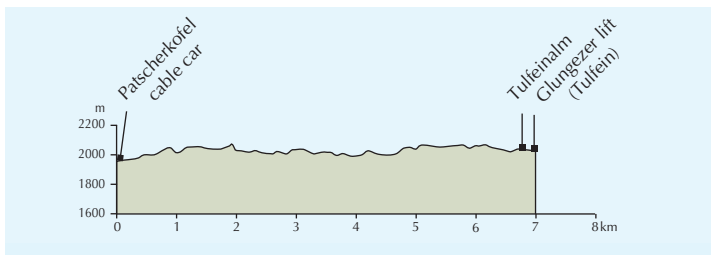
<b>Start</b>	Top station of the Patscherkofel cable car, Igls
<b>Finish</b>	Top station (Tulfes) of the Glungezer lift, Tulfes
<b>Distance</b>	7km
<b>Ascent</b>	200m
<b>Time</b>	2hrs 30mins
<b>Terrain</b>	Undulating alpine path
<b>High point</b>	2055m
<b>Maps</b>	Kompass Map 36 Innsbruck Brenner or Map 036 Innsbruck und Umgebung
<b>Public transport</b>	A direct bus from Innsbruck goes to Igls, and regular buses go back from Tulfes to either Igls to collect your car, or directly back to Innsbruck.
<b>Access and parking</b>	From Innsbruck follow Igler Straße until you reach the village of Igls. Turn left onto Hilberstraße and follow this for 500 metres to reach the Patscherkofel lift station. Park here to take the cable car.

This is one of Innsbruck's best-known walks and is one of the sections of the famous Adlerweg (Eagle Walk). And rightly so, it is a non-strenuous but delightful hike with uninterrupted views across Innsbruck and to the Karwendel mountain range behind. The direction described here is the classic route, however, it is also perfectly possible to do the reverse direction, starting from Glungezer and finishing at Patscherkofel, which would be more downhill than up.

As you exit the lift station at the top of the **Patscherkofel cable car** you will see the wooden archway right above the lift station, carved with the words 'Willkommen am Zirbenweg' leading the way eastwards to the start of the broad path. The entire route is extremely well signposted, with the symbolic yellow Austrian markers pointing you in the right direction at every junction. Continue to follow the signs for Zirbenweg, and after around 1hr 30mins you will reach a fork in the path, indicating that the Zirbenweg continues to the left. Those wishing to extend their hike can also tag the Glungezer peak or alternatively head for the Glungezerhütte







by taking the right turn here. From this junction the Tulfeinalm is another hour. It is well signposted all the way to the **Tulfeinalm**, a fantastic refreshment stop before the final 5mins to the finishing point at the top of the **Glungezer lift system**.

Tulfein Alm (tel 05223 78153, open December to October) is a very popular hut with hikers completing the Zirbenweg, Innsbruck's most famous hike.

To return, two consecutive chairlifts will take you down, the first being a very quaint and rather unique one-man chairlift, followed by a slightly larger version to take you down to Tulfes.