



S n o w s h o e R o u t e s

W a l k i n g T e c h n i q u e

When you first clip a snowshoe under the soles of your walking boots and take a few halting steps, you will discover that walking with snow-shoes on level terrain is child's play. When crossing steep terrain you will find that some flexibility of the ankles is required.

Snowshoe walking can be mastered by anyone with reasonable stamina and physical fitness. However, the length and difficulty of the tour should be appropriate for your personal abilities.

R e q u i r e d E q u i p m e n t

- Boots:
Waterproof mountain walking boots with solid moulded soles.
- Clothing:
Winter proof mountain walking clothing, anorak, woollen hat, gloves, possibly gaiters (and over trousers in your rucksack).
- Accessories:
Sun protection, sun glasses, drinking bottle, mobile phone, snacks and telescopic sticks are recommended.



S n o w s h o e R o u t e s

B a r t h o l o m ä b e r g – S i l b e r t a l

The resorts of Bartholomäberg and Silbertal offer more than 100 km of marked snowshoe routes.

Bartholomäberg – Jagdhütte – Rellseck

Start and end point: Bartholomäberg car park (Church)

Walking time: 5-6 hrs; Distance: 9 km; Altitude difference: 750 m

Character: Moderately difficult snowshoe tour with a magnificent view of the distant mountains of the Rätikon.

Route: This attractive tour leads from the car park of the baroque Bartholomäberg Church, unique in the region, via the Knappagruaba, the former mine workings, to Fritza-Legi and on to the romantically frozen Fritzasee lake, and from there past the mountain hut to the well concealed hunting lodge. Successfully reaching this point with the majestic all-round panorama, you are at the highest point on this route, and now you proceed back to Rellseck - perhaps for a brief stop in the Alpengasthaus Rellseck. Here you can, for example, enjoy a glass of mulled wine or grog with a plate of aromatic *Germknödel* from the extensive menu (Contact Hotel Berger-Hof, Tel. +43 (0)5556 73117 – www.hotel-bergerhof.at), and afterwards, suitably fortified, hike via Sälers-Legi and Haus Linda back to the start point at the car park by Bartholomäberg Church.

Bartholomäberg – Fritzasee

Start and end point: Bartholomäberg Filters (Ferienhotel Fernblick)

Walking time: 3-4 hrs; Distance: 6 km; Altitude difference: 350 m

Character: Easy tour along the romantic winter hiking trail.

Route: Walking along the winter hiking trail, you climb up past the Ferienhotel Fernblick and proceed on this undemanding route past Riederhof, a traditional farm, to Sassella. From there you continue via the panoramic Garsella section with its magnificent views through the Lippaloch to the Fritzasee lake in deep snow. Now you have already reached your destination, and you are soon walking downhill again, back via Fritza-Legi to the historic mine workings and from there to Sassella and Riederhof, and so back to the start point at the Ferienhotel Fernblick. The Ferienhotel Fernblick at Panoramastraße 32, (Tel. +43 (0)5556 73115, www.ferienhotel.at), is well-known as a feel-good oasis, and here you are welcome to have a look round, and enjoy a relaxing rest in one of the public rooms or at the bar.



Bartholomäberg – Goritschang

Start and end point: Bartholomäberg car park (Church)

Walking time: 3-4 hrs; Distance: 7 km; Altitude difference: 350 m

Character: Intermediate tour past the historic alpine farmsteads near Garsella with a magnificent view of the Rätikon and Silvretta ranges.

Route: On this undemanding snowshoe tour the route leads past the “Bärger Lädili“, where you will be given an opportunity to buy a traditional snack to eat on your walk, and on via the Lindaweg to the Sälers-Legi. So as to enjoy the view and the natural world around you to the full, you walk on from there at a relaxed tempo along level terrain to Goritschang - Fritza-Legi and Garsella. This route is dotted with traditional, idyllic alpine farmsteads, which are used above all in the summer by many guests as sought-after holiday homes. From Bartholds Rank it is again an easy hike through the romantic winter forest down to Sassella and on via the Rofeweg back to your start point. In Bartholomäberg at the end of your eventful tour, refreshment is offered in the Gasthaus Mühle in Innerberg, (Tel. +43 (0)5556 73112, www.gasthausmuehle.at) or the Fischerstöbli at Plattaweg 50, (Tel. +43 (0)5556 77766, www.fischerstoebli.at), as well as Hotel Berger-Hof, Dorf 16, (Tel. +43 (0)5556 73117, www.hotel-bergerhof.at). All the restaurant owners in our resort can spoil you with delicious regional *Gustoschmankerln* or delicacies.

Bartholomäberg – Ferienhotel Fernblick - Botzis

Start and end point: Bartholomäberg Gasthaus Mühle (Innerberg)

Walking time: 4-5 hrs; Distance: 10 km; Altitude difference: 650 m

Character: Unique impressions of this region with its magnificent snow-covered landscape will inspire you to plan your next tour soon!

Route: A small but thoroughly worthwhile challenge is certainly presented by this snowshoe tour. You hike with your snowshoes lightly fastened from the Ferienhotel Fernblick past Riederhof, a traditional farm of which there are unfortunately only a few left, to Badavo, and from there on through the snow-covered forest to Botzis. Continuing in the direction of Tora, in Sassarscha you experience the age-old cultivated landscape produced by the alpine farmsteads as you enjoy the magnificent scenery. You then proceed via the Tröllerweg back to the Gasthaus Mühle in Innerberg, (Tel. +43 (0)5556 73112, www.gasthausmuehle.at). There, the Ganahl family will provide you with the most varied culinary delights in their comfortable Montafonerstube.

Bartholomäberg – Gasthaus Mühle – Kristbergsattel

Start and end point: Bartholomäberg Gasthaus Mühle (Innerberg)

Walking time: 5-6 hrs; Distance: 14 km; Altitude difference: 650 m

Character: You will be absolutely delighted when you reach your destination, and really enthusiastic about your experiences in the enchanting mountain world.

Route: When you choose this route, you hike on snowshoes from the Gasthaus Mühle in the charming Parzelle Innerberg via the Glänweg to Totenbühel. From there it is fairly “uphill“ via Maschleu to Fulateia, then in a unique mountain landscape with its fantastic panoramic views you continue on to the



Aussichtspunkt Ganzaläta viewing point. On reaching the Kristbergsattel you head for the Bergstation Kristberg mountain station.

Bartholomäberg – Fritzen Legi – Monteneu Wannaköpfe

Start and end point: Bartholomäberg car park (Church)

Walking time: 7-8 hrs; Distance: 18 km; Altitude difference: 950 m

Character: Moderately difficult to challenging snowshoe tour with a magnificent view of the whole of the Rätikon and Silvretta ranges. From Monteneu and the Wannaköpfen you can even see as far as the Lechtal Alps!

Route: This challenging tour is the absolute pinnacle of snowshoe hiking, and only suitable for experienced hikers with stamina and a high level of fitness. The tour leads from the baroque Bartholomäberg Church, important across the whole region from the art-historical point of view, via Hennakopf to the former Bartholomäberg mine workings and on to the Fritzensee lake, romantically covered in deep snow. From there you hike on the Almeinweg in the direction of Raschabella, branching left to the hunting lodge at 1690 m, and climbing up towards the cross on the summit of Monteneu at 1883 m. Approx. 45 minutes later you reach the highest point of the tour, the Wannaköpfe. Totally enthralled by the panoramic view, you then hike back to Rellseck - perhaps for a brief stop in the Alpengasthaus Rellseck, (Stockhammer Family, Tel. +43 (0)5556 73117, www.hotel-bergerhof.at). Then, suitably fortified, you walk gently back via Sälers-Legi and Lindaweg to your start point at the Bartholomäberg Church car park.

Silbertal / Kristberg

Kristbergbahn - Bodastall

Start and end point: Kristbergbahn Mountain Station

Walking time: approx. 1 hour. Distance: 2.3 km. Altitude difference approx. 100 m.

Character: Easy

Route: From Kristbergbahn Mountain Station turn right along the winter footpath and the cross-country ski run to the Mill. Continue downhill through magical, snow-covered landscape and past ancient mountain huts to Pfaua and Bodastall. Now on foot back to the mountain station or continue by cable car from Stelza. The ideal route for your first snowshoe excursion!

Kristbergbahn - Ganzaleita

Start and end point: Kristbergbahn Mountain Station

Walking time: approx. 2.5 hours. Distance: 5 km. Altitude difference approx. 160 m.

Character: Moderate

Route: From Kristbergbahn Mountain Station turn left past the Knappastoba and Kristberg Panoramagasthof (good refreshment stops) then across Kapu along the Schrina forest path to Fulataia. Continue to the right towards Ganzaleita (marvellous viewing point) and via Hugl back to the start.



Silbertal – Bodastall – Panormagasthof Kristberg

Start point: Centre of Silbertal. End point: Panoramagasthof Kristberg

Walking time: approx. 3 hours. Distance: 6 km. Altitude difference approx. 450 m

Character: Moderate – difficult

Route: You leave the centre of Silbertal in the direction of Pascha, and on to Röfi, then via Koppa to Bronnahus. From there you walk on via Rotaburg to the estate at Anwesen Schuler and then in the direction of Bodastall. After that you head straight for your destination, Panoramagasthof Kristberg.

Kristbergbahn – Gametscha

Start point: Kristbergbahn Valley Station. End point: Kristbergbahn Mountain Station

Walking time approx. 2.5 hours. Distance: 6 km. Altitude difference: 450 m

Character: Moderate

Route: You start at the Kristbergbahn Valley Station and then follow the Innertal private road. You walk via Schrofa – Feschli – Gametscha – Flori – Cilli Egg – Stelzer to the mountain station of the Kristbergbahn.

Kristbergbahn – Muttjöchle

Start and the end point: Kristbergbahn Mountain Station

Walking time: 4 hours. Distance 12 km. Altitude difference 632 m

Character: Moderate

Route: You go along the Muttweg to the Muttjöchle – and return the same way.

G a r g e l l e n

For anyone who is out and about in the natural world, a fascinating realm of light, snow and ice is opened up. Moving in the security and pureness of freshly fallen snow is a rather special challenge, which, once experienced, makes one want to return again and again. In Gargellen there is the option of either walking alone or being a member of a guided tour.

G a s c h u r n - P a r t e n e n

Gortipohl Circuit

Start and end point: Spar Gaschurn

Walking time: approx. 2.5 hours. Distance: 5.5 km. Altitude difference: 220 m

Character: A rewarding circular hike to Gortipohl. At the end there is a somewhat steeper section, but otherwise well within the capabilities of everyone.

Route: Spar Gaschurn - winter hiking trail to the Mountainbeach leisure park - left along the stream to Gortipohl - over the bridge - past the Restaurant Fischers Fritz - uphill beside the road – past some houses – up to the turn-off into the forest - on the forest track back towards Gaschurn - last section down to the road somewhat steep - over the footbridge onto the cycle track - back to the Sparmarkt



Bofa Circuit

Start and end point: Former football pitch

Walking time: approx. 3 hours. Distance: 6 km. Altitude difference: 200 m

Character: A lovely hike in the area between the resorts of Gaschurn and Partenen, it can be tackled from the centre of Gaschurn (on the winter hiking trail till one joins the route). There is the option of returning on the ski bus from Partenen to Gaschurn.

Route: Former football pitch - Rifabecken - beside the cross-country ski run - uphill in the direction of Innerbofa - past the Europatreppe - Vermuntwerk - back again beside the cross-country ski run

Partenen Circuit

Start and end point: Partenen swimming pool, Vallülasaal

Walking time: approx. 2 hours. Distance: 4 km. Altitude difference: 200 m

Character: Very pretty circular hike on the edge of Partenen, a very rewarding and scenic half day tour.

Route: Partenen swimming pool - on the footpath beside the cross-country ski run to the golf course - toll booth - Bellamaisäß alpine farmstead - Loch - cross the road at the Lifinarlift - beside the cross-country ski run to the Vallülasaal

T s c h a g g u n s

Gauertal – Lindauerhütte

Start and the end point: Tschagguns/Latschau

Walking time: approx. 4.5 hours. Distance: 14 km. Altitude difference approx. 700 m.

From Latschau you head for the picturesque Gauertal – with its three towering peaks often described as the most beautiful valley in the Eastern Alps. At the end of the valley the cosy parlours of the Lindauerhütte are the ideal place for rest and refreshment. Take the same route back. The Lindauerhütte is open from 26.12.08 until 11.01.09 and 31.01.2009 until 01.03.2009.

Grabs – Mittagspitze

Start and end point: Berggasthof Grabs

Walking time: approx. 4 hours. Distance: 12 km. Altitude difference: approx. 800 m.

This route leads from Berggasthof Grabs via Alpe Alpila to Mittagspitze – whose snow-covered white peak towers into the (hopefully) blue sky. Continue via Alpilgrad (magnificent views into the valley) to Tobelsee and back to the starting point. The Berggasthof Grabs is open for well-deserved sustenance.

V a n d a n s

Mularietsch circular trail

Start and end point: Lende Vandans

Walking time: approx. 2.5 hours. Distance: approx. 6 km. Altitude difference: approx. 300m

Character: Fantastic snowshoe hike through the Vandanser Waldgebiet forest area with wonderful viewing points.



Route: The snowshoe tour starts on the "Lende", goes from there over the bridge and leads into the Gadenglaweg (embankment path). At the first fork, go right on a wide forest track in the direction of Mularietsch, with a fantastic view of Bartholomäberg & Schruns in the distance. On reaching the alpine farmstead, go right on a marked path through a romantic stand of woodland, which leads to the Ganeu byroad. Halfway up the byroad is the Mansaurakapelle, completed and consecrated in 1989. The chapel is adorned with a roof turret, in which hangs a small bell. Inside, there is a small altar with a Madonna and two statues from the old chapel. This road takes you back to the start point. (N.B.: The surface of the Ganeu byroad in the direction of the start point has been made suitable for snowshoes)

Snowshoe route in the direction of Valkastiel

Start and end point: Path beside the River Ill by the bed of the Mustergielbach stream

Walking time: approx. 2 hours. Distance: approx. 4.5 km. Altitude difference: approx. 200m

Character: Fantastic snowshoe hike in the middle of steeply projecting rocks.

Route: The snowshoe tour starts in the bed of the Mustergielbach stream at the path beside the River Ill and leads onto the Valkastielstraße road, which you follow to the right for approx. 100 m. You then bear left onto the wide forest track in the direction of the Valkastiel ruin. After approx. 1.3 km in the snow-covered forest you leave the track and again follow the bed of the Mustergielbach in the direction of Vandans. The stream bed leads again to the forest track. At the end you go the same way back to the start point.