



10 LAKES TRAIL

**5 stages - 119km - ascent 7597 m/
descent 7363 m**

Trailrunning paradise Salzkammergut - 8 days / 7 nights

✓ **WITH LUGGAGE TRANSFER**



The Salzkammergut area stands out for its 76 lakes and a varied mountain world and therefore it is the perfect starting position for your trailrunning tour. Climb the most beautiful summits and enjoy breathtaking views into the region.



The route of your trail running journey

Day 1: individual arrival in Bad Ischl.

In your accommodation you receive your travel documents.

Overnight stay in Bad Ischl.

Day 2: Bad Ischl – Altaussee, ~18,5 km, difference in altitude ascent 1109 m / descent 663 m

The first stage leads you from Bad Ischl with a first ascent to Hoisenradalm and further on to Hütteneckalm. Both huts invite you for a rest. The path leads you further past the Lambacherhütte and a half turn around Mount Sandling to the JUFA Altaussee.

Overnight stay at JUFA Altaussee.

Day 3: Altaussee – Ebensee, ~27,5 km, difference in altitude ascent 1250 m / descent 1501 m

From Altaussee you run upward in the direction of mount Loser via Blaa Alm. Pass the Loserhütte and lake Augstsee and continue via the Augstwiesenalm to Albert-Appel-Haus. Use the possibility to have a break there before you continue to lake Wildensee and the Rinnerhütte and down to lake Offensee. Taxi transfer from lake Offensee to Ebensee.

Overnight stay in Ebensee.



Day 4: day of rest in Ebensee

Our recommendations: Visit „The River Wave“ – surf on Europe’s largest artificially river wave. Kitesurfen: Use the perfect conditions of the Rindbach bay in Ebensee and spend your day on the water. Or get up high and visit the tree top walk at mount Grünberg which offers amazing views onto the Salzkammergut region. Spend your day just as you like.

Overnight stay in Ebensee.

Day 5: Ebensee – Weissenbach at lake Attersee, ~26,5 km, difference in altitude ascent 2165 m / descent 2130 m

The day starts with an ascent to the high pleateau of mount Feuerkogel. Pass the Riederhütte and some summits of the Höllengebirge mountains and run further to Hochleckenhaus hut. Take a well-deserved break there. Continue in the south west direction before you decent into the valley at mount Schoberstein.

Overnight stay in Weissenbach at lake Attersee.

Day 6: Weissenbach am Attersee – Strobl, ~26,5 km, difference in altitude ascent 1523 m / descent 1438 m

From lake Attersee ascent to Lasseralm and run to Eisenaueralm via Ackerweg and Ackergraben. Start your ascent to mount Schafberg via the Himmelsporten path from here. You have an amazing view on the lakes and mountains of the region from the summit of mount Schafberg. Continue past lake Mönichsee, via Vormaueralm down to Schwarzenbach and along the Bürglstein promenade to Strobl – your todays end point.

Overnight stay in Strobl at lake Wolfgangsee.

Day 7: Strobl – Bad Ischl, ~20,5 km, difference in altitude ascent 1550 m / descent 1631 m

Your last stage starts from Strobl with an ascent to Sonntagkaralm and via Ahornfeld further on to mount Roskopf. Continue your run along the Kater Mountains to the summit of mount Hainzen and to the top of Bad Ischls local mountain - mount Katrin. Possibility to have a rest at the mountain hut before you do your last descent of the tour down to the valley to Bad Ischl.

Overnight stay in Bad Ischl.

Day 8: Individual departure

or possibility of extension



© STMG Wolfgang Stadler



REQUIREMENTS AND GENERAL INFORMATION

The tour mainly covers alpine terrain. You will need appropriate trail running equipment and basic stamina.

Necessary recommended equipment: trail running shoes, functional clothes (also long trousers or shorts with leg warmers), second dry long sleeve, woollen hat / cap, gloves, backpack, rescue blanket, food and water (for all days), garbage bag, rain and sun protection, first-aid kit, head-lamp, mobile phone and poles. Even in the midsummer there could be a drop of temperature, so please make sure that you have warm clothing with you including gloves and cap. Please think about a second long sleeve in case there will be a waiting time in the next accommodation for the luggage.

The routes are well signposted, although the signs could partly be covered by snow. Hence, it is imperative that you take your routing with you. An experienced guide is available to accompany you upon request.

The carrying out of the tour is dependent on weather conditions!

Alternative trails, use of cable car and train or bus (payable on spot) are always possible.

Arrangement

- 7x** overnight stays with breakfast buffet in ***hotels/inns
- 1x** welcome video with explanations and information that you need for the tour
- 1x** voucher for all accommodation
- 1x** taxi transfer Offensee – Ebensee
- 1x** Route notes and GPX-tracks
- 1x** Finisher present
- 5x** luggage transfer - max. 2 pcs./person and max. 25 kg/piece of luggage
- +** A Tree for your booking – we plant a tree for your booking
- +** Daily service hotline from 08.00 am - 06.00 pm (including weekends)



Rates per person and arrangement in €:

	01.06. - 15.10.25
***inn/hotel in double room with breakfast	839,00
Supplement Single room	249,00
Supplement half board (min. 2 course dinner)	252,00
Day of arrival	daily

The local tax, also known as visitor's tax, is payable locally to the landlord; the amount depends on the resort and is between 1,00€ and 4,00€ per person per night. Children up to the age of 15 are usually exempt.

* season start and end according to the snow conditions

We recommend travel cancellation insurance.

Prices are subject to change

Salzkammergut Touristik GmbH
NATURE TRAVEL
A-4820 Bad Ischl, Götzstraße 12, Austria

T +43 (0) 6132 / 24 000 - 73
M wandern@salzkammergut.co.at



The standard terms and conditions of the Salzkammergut Touristik GmbH apply in the current version.

Rates and operating hours / timetables are subject to change

Our recommendations: Get a travel cancellation insurance.

Become a sponsor of Austrian mountain rescue and enjoy the comprehensive rescue protection:

www.bergrettung-ooe.at/en/foerderer-werden

Informations



For environmental reasons, we recommend arriving and departing by public transport (train/bus). We are happy to help you organise your train journey within Austria. Talk to us!