



# Salzkammergut MountainLakes Trail

## Tour IV - Ausseerland with Tauplitzalm and rest day

- ✓ + PLEASURE: PESTO DELICAY AT KOHLRÖSERL HUT / ÖDENSEE
- ✓ WITH LUGGAGE TRANSFER
- ✓ OVERNIGHT IN \*\*\*INN / \*\*\*\*HOTEL / \*\*\* SUPERIOR HOTEL



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*Altaussee is my home. And when I say that, my heart  
warms.*

**Klaus Maria Brandauer, Austrian actor and director, born 1943 in Bad Aussee, Styria**



The long-distance hiking trail through the picturesque Salzkammergut combines crystal-clear mountain and bathing lakes, fairytale forests and striking peaks of the northern Limestone Alps. On this tour the S-Trail leads through the Ausseerland region, the south-eastern part of the Salzkammergut. Thanks to the white gold, salt, one of the oldest cultural landscapes in the world developed here. In the 19th century, the imperial family chose Bad Ischl as their summer residence and in their wake also attracted intellectuals to the region as a place of peace and relaxation.

Today's traveller can expect a mountain world that can hardly be found more beautiful in Austria. From Mediterranean lake promenades to gently undulating alpine pastures and spectacular rocky viewing balconies to glistening glaciers - a kaleidoscope of landscapes that makes the Styrian Salzkammergut a paradise for active holidaymakers. Attracted by this breathtaking natural scenery, artists of various professions and bohemians settled here and made the region attractive for lovers of regional handicrafts. Various themed trails, workshops for ceramics, fabrics and much more as well as living customs bear witness to the artistic inclination of the inhabitants.

For the physical well-being, among other things, alpine farms with homemade delicacies, but also the two thermal baths Bad Mitterndorf and Bad Aussee, where you can relax wonderfully.

## Highlights

- + **OVERNIGHT STAY ON THE LARGEST LAKE PLATEAU IN CENTRAL EUROPE**
- + **ENJOY CULINARY DELIGHTS IN RUSTIC HUTS**
- + **HIKING AREAS RICH IN ALPINE PASTURES WITH SCENIC RESTING PLACES**
- + **CRYSTAL-CLEAR DRINKING WATER LAKES IN FRONT OF A FANTASTIC MOUNTAIN BACKDROP**
- + **IMMERSE YOURSELF IN CULTURE AND CUSTOMS ON A VARIETY OF THEMED TRAILS**



# The course of your hiking tour:

## Day 1: Individual arrival in Bad Aussee.

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In the course of salt production, many artists were drawn to Bad Aussee, also due to its charming scenic location. Music, literature, traditional costumes, jewelry and customs have a long tradition here. On various signposted paths, you can follow the artists who once lived here, supported by easels set up especially for this purpose. If time permits, one of these hikes is worthwhile - just because of the fantastic landscape scenery - to start the hiking week. You will receive the travel documents at the hotel. (Overnight stay in Bad Aussee)

## Day 2: Varied route through the Ausseerland

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The spa town owes its origin to the flourishing salt industry and the confluence of two mountain rivers. Today's hiking day begins in the Styrian part of the Salzkammergut, along the Kainischtraun, in the middle of Austria, so to speak. On a forest path, past the "Vogelhütte", you walk flat across open meadows to the natural lake Ödensee, a beautifully situated forest moor lake with magnificent views of the Tauplitzalm and the Grimming, ideal for swimming and resting. When stopping at the Kohlröserl Inn, we recommend the **+Genuss Mayer**'s pesto of your choice (except truffles) with pastries. Our tip: take a homemade pesto with you - Ausseerland to go!

Then follow the signs to karst springs, the so-called "Strumern", romantically located in the middle of an idyllic forest. On days of great snowmelt or after long periods of rain, powerful springs emerge there in a confined space, forming a torrent after just a few meters. Mostly, however, the stream bed with its green mossy stream stones is dry. From the Steinitzenalm, the descent follows over the Almgraben to the overnight stay.

(2 nights in Bad Mitterndorf)

**Hike: approx. 6-7 hours (20 km, ascent: 470 m in height / descent: 350 m in height)**



### Day 3: Excursion possibilities in Bad Mitterndorf and the surrounding area

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In the center of a vast sunny plateau lies the spa town of Bad Mitterndorf. In the small spa park, a graduation facility invites you to inhale brine outdoors, because Bad Mitterndorf is also closely connected to salt. For all those who are in the mood for peace and relaxation, a visit to the nearby Grimmingtherme is a good idea; in addition, you could choose between wonderful cycling or mountain bike tours or varied mountain hikes.

### Day 4: Let's go to the largest lake plateau in Central Europe

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At the foothills of the Totes Gebirge spreads a high plateau that is second to none. On an elongated alpine plateau, six lakes were created, which shine like gemstones between the larch trees that are widespread here. The ascent from Bad Mitterndorf leads past the Kulm ski jump. It is one of the four largest ski jumps in the world and is still the venue for important competitions. The Salzkammergut BergeSeen Trail crosses the "pasture balcony" in the south of the Totes Gebirge with the ascent to the Tauplitzalm. Alternatively, this could be made easier from Tauplitz by using the chairlift (only in good weather) or by bus. Otherwise, you have to tackle the ascent via the rustic Trawenghut, where culinary alpine delicacies and excellent pastries are served.

(2 nights at the Tauplitzalm)

Hike: approx. 5-6 hours (16 km, ascent: 870 m in height / descent: 50 m in height)

### Day 5: Free day at Tauplitzalm

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The 1600-meter-high hiking paradise offers numerous tour options in all levels of difficulty. Between Lawinenstein and Schwarzensee are rustic mountain and alpine huts, which together form the Tauplitzalm village and invite you to stop for a bite to eat. A classic among the local hikes is the 6-lake-hike; even a summit could be included. Mountain spring and summer transform the alpine pasture into a veritable sea of flowers, royal blue gentian, red alpine roses as well as orchid and lily species make the alpine flora resident here even richer. Look forward to this very special day on a high alpine pasture.



## Day 6: Lonely forest valleys and hidden alpine pastures

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At the transition from the Tauplitzalm to the Grundlsee, the landscape changes. Starting from the Totes Gebirge - at the same time the largest karst plateau in Europe without any water - the descent continues through little-frequented areas. From the Tauplitzalm on the western edge of the Totes Gebirge, you climb over the Ödernalm and the Rechenplatz down to Gößl a. Grundlsee. First, you pass three of the lakes on the high pasture and reach the Ödernalm via the saddle of the Öderntörl. Now follow the Salza, which flows out of the valley, and continue on a path to the Schneckental. Via the Gößlwiesen it is not far to the Grundlsee. In summer, it invites you to swim after a long day of hiking. On the last part of today's stage, you can also watch the sailors and surfers, because the lake is particularly popular with them.

(2 nights at Grundlsee)

**Hike: approx. 5-6 hours (18 km, ascent: 318 m in height / descent: 1,194 m in height)**

## Day 7: At the Styrian Sea, the Grundlsee

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After a hearty breakfast with a view of the lake, today there is a wide range of possibilities to enjoy the day in nature. If you want to take it a little easier, the circular trail "breathe deeply" is recommended. It not only connects the Grundlsee with the Toplitzsee, but also allows you to immerse yourself with all your senses in the fascinating landscape between the two lakes. Or you can choose the boat with the so called 'Platte' over the mysterious Toplitzsee to the secluded Kammersee and at the same time reach the source of the Traun. Another worthwhile destination - possibly by rental bike - is Altaussee on the lake of the same name. A picture-book place in which rock faces are reflected, with unmistakable wooden houses and distant views of the Dachstein glacier.



## Day 8: Individual return journey to Bad Aussee or extended stay

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Public transport will take you back to the starting point of your trip to Bad Aussee (bus to be paid on spot). If you have booked an extended stay, you could visit the saltmines 'Mountain of treasures' or the Alpine Garden, where about 2,000 species of alpine plants as well as plant rarities from all over the world thrive. In specially built themed gardens, medicinal plants, aromatic herbs and much more are presented. In the case of an extended stay, your luggage will be brought directly to the hotel.



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## GENERAL INFORMATION:

Daily stages are introductory to moderately difficult, hiking distances can be adjusted easily by public transport. A reasonable fitness level and basic hiking equipment like good hiking shoes, rucksack, rain and sun protection, functional clothing and also a warmer jacket or pullover are necessary to enjoy your trip.



# Arrangement

- 7x Overnight stay with breakfast in \*\*\*inns (3x) and hotels (2x \*\*\*\*, 2x \*\*\*superior)**
- 1x welcome video with explanations and information that you need for the tour**
- 1x Mayer's Pesto incl. bread at Kohlröserlhütte/Ödensee**
- 1x S-Trail hiking booklet (1x per room)**
- 1x Hiking map of the Salzkammergut area + detailed routing (1x per room)**
- 1x Salzkammergut Adventure Card – Reductions on 120 attractions in the region**
- 3x 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**
- + Service hotline daily from 8.00 am - 06.00 pm (also on weekends)**

## Rates per person and arrangement in €:

	01.06. – 01.07.25 01.09. – 01.10.25	01.07. – 01.09.25
<b>*** + **** hotels in double room with breakfast</b>	959,00	1023,00
<b>Supplement 5 x half board (minimum 2 course dinner) Mondi Grundlsee is not included – only á la carte, to be paid on spot</b>	159,00	159,00
<b>Supplement for single room</b>	326,00	326,00
<b>Day of arrival</b>	daily	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.

Discounts for children sharing parents' room (2 full-paying adults, maximum 2 children):

0 - 5 years: 100%

6 - 14 years: 30%

Dogs are welcome - on request. Extra charge on site. In Austria there is a general leash and muzzle obligation!



### Information for arrivals by car:

The parking place does not always situate next to the accommodation but on a public parking place.  
(Possibly costs have to be paid on spot)

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.

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## Informations

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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!

### "A tree for your booking" - Cooperation project with Austrian Federal Forests

For every bike or hiking tour in the region booked with us, a tree is planted in the Weißenbach valley - near Bad Ischl. With this campaign we want to generate awareness for climate-friendly travel and take responsibility for a world worth living in.



### Salzkammergut BergeSeen Trail

The defining feature of the Salzkammergut has always been the visual drama between the countless small and large lakes nestling in the abruptly rising mountains of the Northern Alps. The long distance trail links these hotspots in a never seen before, comprehensive way. Discover lush Alpine meadows, fairy-tale forests and invigorating waters in a cultural landscape of outstanding authenticity.





## Level of difficulty

Daily stages with up to 900 metres of ascent - Ø 4-10 hours walking time - medium to difficult terrain: Trails with major obstacles.

