 Bundesministerium
Klimaschutz, Umwelt,
Energie, Mobilität,
Innovation und Technologie

Winter offers 2023/24
Out and about with our National Park Rangers
East Tyrol

www.hohetauern.at

hohe tauern national park - a journey back to the beginnings



30 national park municipalities

3.500 plant species

342 glaciers
~ 155 km²

~ 83 % privately owned

15.000 - 20.000 animal species

120 huts & pastures in Tyrol

~ 990 km length of streams

~ 200 km² forest

849 lakes

766 marshes

1.213 km² core zone

1.856 km² total area

17 theme trails in Tyrol

~ 1.200 km trail network in Tyrol

welcome to the national park

The National Park region in East Tyrol is genuine, original and authentic. With an area of 1856 km² it is the largest national park in the Eastern Alps and one of the most fascinating high mountain landscapes on earth.

Our remit is not only to present the national park, but also to ensure the protection, research, education and conservation of animal and plant species as well as cultural landscapes.

My personal recommendation:
Treat yourself to some time out on a guided ranger hike with snowshoes.

Also take a look at the new hohetauernguide and get all the offers of the Hohe Tauern National Park on your mobile phone.

Guided hiking tours with rangers through the Hohe Tauern National Park glistening winter landscape provide plenty of opportunities for recharging your



batteries and regaining your zest for life. Our National Park Rangers convince with special knowledge in natural history and know the features and highlights of the alpine national park through many years of experience.

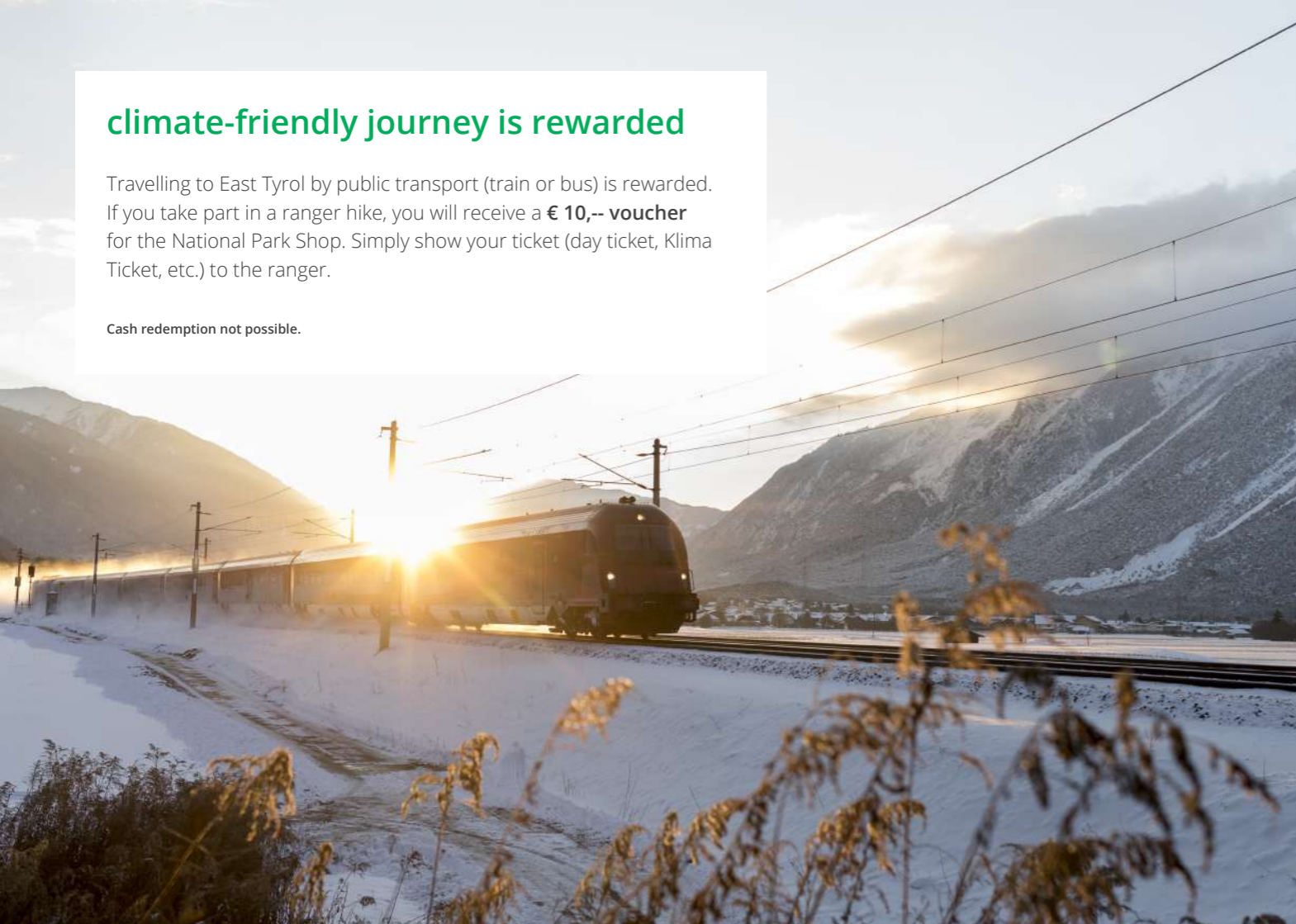
I cordially invite you to experience the magnificent mountain world of the National Park in the company of our rangers.

Hermann Stotter
National Park Director Tyrol

climate-friendly journey is rewarded

Travelling to East Tyrol by public transport (train or bus) is rewarded. If you take part in a ranger hike, you will receive a **€ 10,- voucher** for the National Park Shop. Simply show your ticket (day ticket, Klima Ticket, etc.) to the ranger.

Cash redemption not possible.



NEW:
summer 2023

your hohetauern guide

All the Nationalpark has to offer conveniently on your mobile phone

- exploring
- filter according to your needs
- plan your experiences
- book National Park Rangers
- and much more

Scan QR Code now:



www.hohetauernguide.at

Nationalpark
Hohe Tauern
Verein der Freunde



national park offers

more info
page

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Nature Watch – Magical natural treasures in the Mauterei Tauern Valley	Wednesdays, 20.12.2023 - 06.03.2024	Mauterei i. O.	15
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Sunset hike on snowshoes	Thursdays, 28.12.2023 - 29.02.2024	Lienz – Zettlersfeld	18
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National Park Experience indoor		6 times in East Tyrol	from 24

national park house mauterei

FREE
ENTRY

Exhibition "Views of the Tauern – experience the wonder" Immerse yourself in the living spaces of the Hohe Tauern National Park – the interactive exhibition presents various (experience) habitats in the protected area and inspires to venture outdoors and discover the national park.

Free entry!

Audio-Guide (German, English, Italian)
Costs € 4,- (Free of charge with the East Tyrol Card)

Guided tours for groups of 10 people or more
Pre-booking required. Costs: Adults € 4 | Children € 3, -

Special exhibition 2023/24 -
Owls & Birds of Prey and
Painting Exhibition by Herbert Gaschnig

Opening times Winter
18th December 2023 - 28th March 2024
Monday to Thursday: 14:00 - 17:00
Friday: 10:00 - 12:00 (closed on holidays)



animal world in energy-saving mode



The winters are long and hard in the Hohe Tauern National Park due to the cold and the lack of food. Too many disturbances and interferences can quickly disrupt the sensitive equilibrium that wildlife needs to survive. In winter, wild animals run on a reduced metabolism and live off energy reserves. These reserves are quickly used up if animals need to escape, sapping their energy. Disturbances by people can even lead to their death. Our tour's focus is on the protection of nature and wildlife and this is taken into consideration when our guides are planning the tours.

Tips and code of conduct in the countryside

- ✘ Stay on marked trails in forests
- ✘ Avoid the edges of forests, groups of trees and shrubs and single trees or snow-free areas, as they are often safe areas and hiding places for wild animals.
- ✘ Respect and give a wide berth to "wildlife protection zones" and feeding areas.
- ✘ Never approach animals: move out of their way or give the animals time to retreat.
- ✘ Keep dogs on a lead.

snowshoe hikes in the national park



Untouched and snowy winter landscapes, loose powder snow, peace and quiet and solitude await snowshoe hikers on their tours through the Hohe Tauern National Park. Experience, discover, observe and hike with us through the jagged valleys of the national park and marvel at the survival strategies of the animal and plant world. Enjoy a day with us immersed in nature without stress or frenzy.

rangers in the tyrol hohe tauern national park



Matthias Berger



Ruth Bstieler



Christoph Dietmaier



Caroline Führer



Armin Kollreider



Maria Mattersberger



Hermann Mauthner



Matthias Mühlburger



Andreas Rofner



Sophie Thaler



Carola Trojer



Simon Zeiner

Our rangers have specialist knowledge about nature studies, wildlife and landscape, making them the perfect companion for your national park experience in East Tyrol.

rent a ranger

TIP

Exclusively for you, your family, company excursions or group trips

We plan an unforgettable tour for you in the heart of the Hohe Tauern National Park.

We offer

- ✕ Nature watch & nature education
- ✕ One- or multi-day programmes, adapted to age, group and condition
- ✕ Presentations on special topics
- ✕ Regional insider tips
- ✕ Incentive, team building and group travel offers

Rent a Ranger offers in winter:

Day and half-day hikes (e.g. winterhikes, Nature-Watch tours, phototours, sunset and moonlight hikes, wildlife observations).

All tours are bookable in English on request.

Costs for your private and personal ranger € 270,-

Rent a Ranger as a special present

Exploring nature with the best equipment

Activities in the "wilderness" of the National Park require good and functional equipment. "Meindl" mountain boots are the perfect companion for your feet to safely tackle rough terrain and trails in the Hohe Tauern.



Supported by:



information about our guided tours

Equipment

- × Mountain boots with good tread (winterproof)
- × Outdoor clothing (including hat and gloves)
- × Sun protection
- × Backpack with drinks and snacks
- × hiking / ski poles

Guided tours*

Group size: 5 up to 12 people
Registration required until 5 pm the previous day
Special tours and group offers on request

* Subject to change depending on weather conditions.

Costs for guided tours according to program

Snowshoes are included

Nature Watch Adults: € 22,- / Children 6 to 14 years: € 15,- plus taxicosts (if applicable)

Mystical full moon tour and Sunset hike on snowshoes

Adults and Children: € 22,- plus taxicosts and cable car ticket (if applicable)

Rent a Ranger

For your individual experience. See page 9 for more information.

Your benefits



Spend the night at one of our national park partners and receive a guided ranger tour for free or at a reduced price.

Booking

at hohetauern.at - Experience - Tours



For organisational reasons, registration via our booking tool is required!

Information about the programs is available from the visitor service of the Hohe Tauern National Park in Tyrol:

+43 4875 5161-10,

nationalparkservice.tirol@hohetauern.at

nature watch - tracks in the snow

On snowshoes in the kingdom of ibex, chamois, eagle and bearded vulture.

Equipped with binoculars and spotting scope we are following the tracks of wild animals. Moving through the snow, your Ranger will expertly spot wildlife and captivate you with their in-depth specialist knowledge of the native plants and animals and the telltale signs of their activity in the remote and often untouched winter landscape of the National Park.



nature watch tour offers

Winter magic in the Virgen Valley

Mondays, 08.01. - 04.03.2024, 12:00 - 16:00

Wednesday, 27.12.2023 & Tuesday, 02.01.2024

Meeting point: Tourist information Prägraten

(Attention, from the meeting point an individual journey to the starting point is necessary.)

Searching for traces in the Deferegggen Valley

Tuesdays, 19.12.2023 - 12.03.2023, 10:00 - 14:00

Thursday, 28.12.2023

Meeting point: Tourist information St. Jakob i. Def.

(Attention, from the meeting point an individual journey to the starting point is necessary. For tours on the Staller Sattel, you can also travel by public transport.)

Tour information

Level of difficulty: easy - moderate

Rental of the latest models of

Swarovski Optik binoculars: € 5 per tour.

Further information on request!



Experience our tours with Swarovski Optik binoculars for an impressive observation of the animal world.

Magical natural treasures in the Matri Tauern Valley

Wednesday, 20.12.2023 - 06.03.2023, 9:30 - 13:30

Meeting point: Matrier Tauernhaus

WILD survival artists in Kals am Großglockner

Fridays, 22.12.2023 - 15.03.2024, 9:30 - 13:30

Meeting point: Infopoint Glocknerwinkel (Lucknerhaus)





Alpine shelters in the Hohe Tauern National Park are also open in winter for tours in the high mountains.



In many places, ski tourism and nature conservation are not in harmony. East Tyrol shows that it can be done differently. With its 266 three-thousand-metre peaks, the region is a paradise for ski mountaineers. To make sure it stays that way, snow lovers, outdoor enthusiasts, mountaineers, but also children and young people are made aware of the need to treat nature with care.

Further information on the project:
bergwelt-miteinander.at

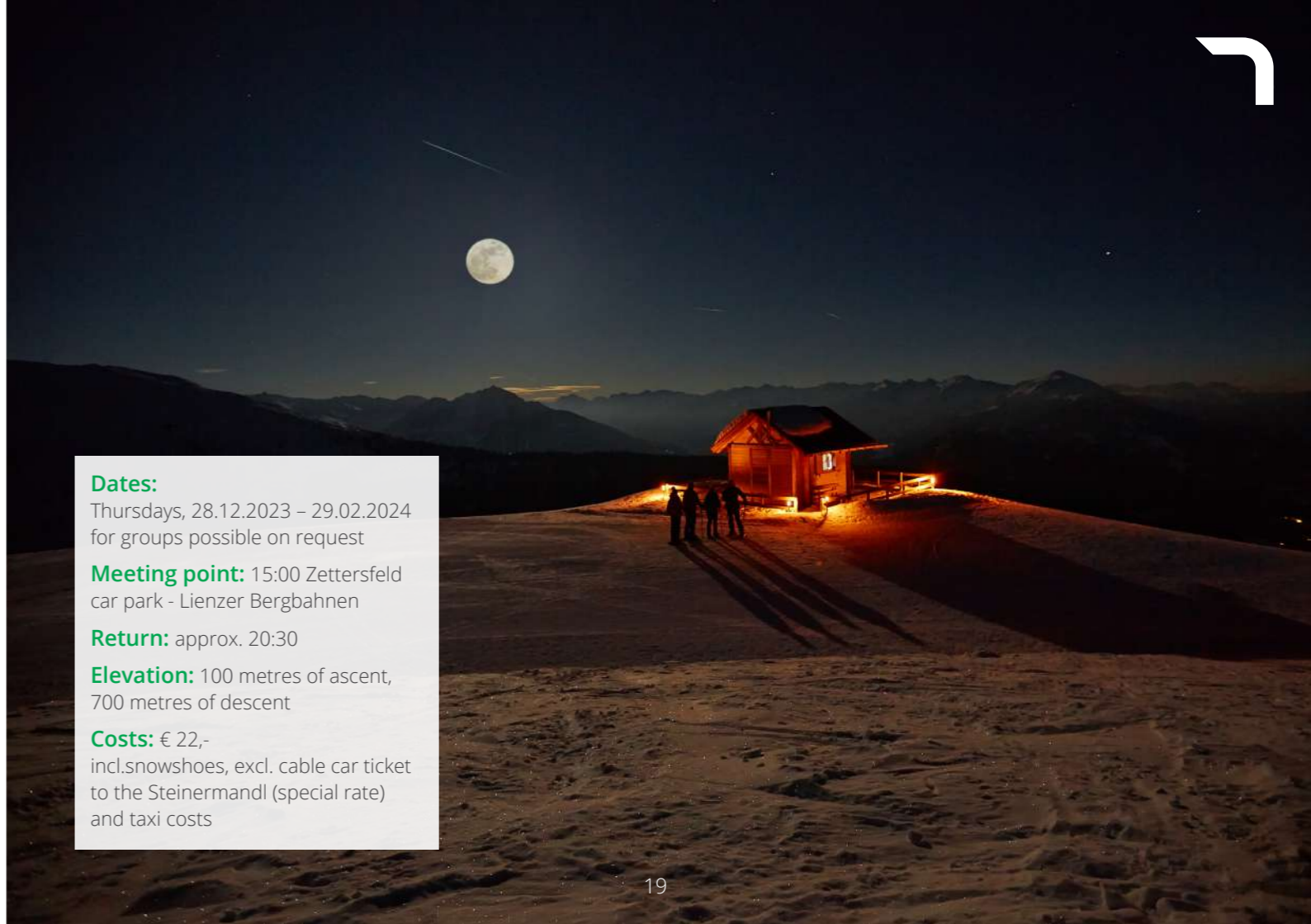
sunset hike with snowshoes



There's no better way to bring a wonderful winter's day to an end: The Hohe Tauern National Park is illuminated in the light of the setting sun as it disappears behind the snow-clad peaks. As more and more stars appear in the sky, your National Park Ranger will share interesting stories of the survival strategies of chamois, foxes and mountain hares during the winter with you. On closer inspection, we discover numerous animal tracks in the snow, which we assign to the inhabitants of the Alps. Each type of track tells its own story.

Description of the tour:

We take the gondola and chairlift up to Steinermandl, from which, guided by a ranger, we set off on a sunset hike on snowshoes along the ridge of the Steinermandl and descend to the Naturfreunde hütte. After a hearty dinner in the hut we continue snowshoeing to the Faschingalm car park (collection by taxi).



Dates:

Thursdays, 28.12.2023 – 29.02.2024
for groups possible on request

Meeting point: 15:00 Zettlersfeld
car park - Lienzer Bergbahnen

Return: approx. 20:30

Elevation: 100 metres of ascent,
700 metres of descent

Costs: € 22,-
incl. snowshoes, excl. cable car ticket
to the Steinermandl (special rate)
and taxi costs



magic of the night

Mystical full moon tours

The fascination of silence and tranquility at night during this eventful hike through the snowy forests and landscapes of the Hohe Tauern stays with you. Full moon tours are magical - the snow crystals shine in the moonlight, the snowy splendour dampens all noises and the silence of the night is even more enhanced.



Wed, 27.12. - Thu, 28.12.2023, 19:00

Kals, Matri, Deferegggen Valley

Thu, 25.01. - Fri, 26.01.2024, 19:00

Kals, Matri, Deferegggen Valley

Fri, 23.02. - Sat, 08.03.2024, 19:00

Kals, Matri, Deferegggen Valley

Costs

€ 22,-

incl. snowshoes,
excl. any transfer costs
if applicable

tell stories with pictures

Multivision shows with pictures, film sequences and stories about the region. Immerse yourself and be carried away into the fascinating world of the Hohe Tauern National Park.

Lectures and presentations on various topics within the national park (glaciers, the life of a ranger, fauna and flora...)

On request

Duration: ca. 45 Min.

Costs: € 100,-

Bookable for hotels, groups, business trips, ...



winter light - photo course

Wednesday, 31.01. to Saturday 03.02.2024

€ 789 / person incl. singleroom with halfboard & snowshoes



In this course, we bring photography together with light painting and explore the National Park on guided snowshoe hikes. Let yourself be enchanted by wintry motifs and exciting long exposures in nature. This course is supervised by experienced National Park rangers and the photographer Univ.-Doz. Patrice Kunte. Snowshoes and accommodation in a single room with half board included.

Further information: fokuspokus-workshops.de



national park experience indoor

National Park Visitor Centre Matrei i. O.

The interactive exhibition "**Views of the Tauern – experience the wonder**" and the special exhibition 2022/23 "**Owls & Birds of Prey**" extend over 5 floors.

Details page 7.

National Park welcome area - district capital Lienz

You can admire the natural jewels of the protected area, in the district capital of Lienz.

Place: Tourism office Lienz



Beyond time - Virgen

The Virgen landscape is an ancient cultural space uniting space and time. Six individuals look into the past and future.

Opening hours:

Daily from 8:00 - 18:00
08.12.2023 - 01.04.2024

Place: Tourism office Virgen

Under the spell of the Grossglockner - Kals am G.

Experience the highest mountain in Austria up close.

Opening hours:

Fridays from 14:30 - 17:30
15.12.2023 - 05.04.2024
(closed on holidays)

Groups on request, subject to charge.

Place: Glocknerhaus, Kals am G.

Time travel Deferegggen - St. Jakob i. Def.

In this show, our visitors are taken on a journey from the ice age through the Millennia to the history of mining in the valley and travelling trade in the valley.

Opening hours: Monday - Friday, 10:00 - 18:00

& on request at the municipal office

Place: Music Pavilion, St. Jakob i. D.

The Swiss Stone Pine - Deferegggen Valley

Everything revolves around the Queen of the Alps - the Swiss stone pine.

Opening hours: Monday - Friday, 8:00 - 18:00,

and on request at the tourism office Deferegggen Valley

Place: Handlhaus, St. Jakob i. D.





So delicious - quality-certified National Park regional products

You can see, smell and feel the National Park, but above all: you can taste it! Would you like a piece of the National Park to take home? Gourmets can savour the quality-certified specialist products from the National Park region literally melt on their tongue. Because when it says "Hohe Tauern National Park Regional Product" on the outside, genuine authentic taste is what you find inside. The products are manufactured in East Tyrol and at least 50% of the raw materials used come from the National Park region.

Available from the following direct retailers: Talmarkt Mauterndorf, Bauernladen Virgen, Stadtmarkt Lienz, Dolomitenmarkt Lienz, Hofladen Peischlerwirt, Genussstankstellen Nußdorf-Debant, Gaimberg & Mauterndorf, Kalsertaler Genussstube, Deferegger Machlkammer, Kaiser Handwerksladen, Kuenz Hofladen, Fleischhauerei Mühlestätter, Hofladen Stemberger
You can find more information on regional products at nationalpark.osttirol.com - discover & experience - regional products.

NATUR ERHALTEN.
IM EINKLANG





SLOW TRAVEL - WINTER VACATION WITH A CLEAR CONSCIENCE

Trudge through fresh powder snow and breathe in pure mountain air. Enjoy regional food and „taste nature“. Experience the East Tyrolean mountain winter consciously and enjoyably at the National Park partner businesses. In the middle of the largest protected area in the Alps you will find enough space for your personal mountain adventure. The National Park partner businesses guarantee you a vacation with a small footprint - and have been doing so for years. As pioneers of sustainability, they meet strict criteria - from the use of regional foods to energy conservation and waste avoidance. This is how good sustainable travel feels.

www.osttirol.com/nationalpark-partnerbetriebe

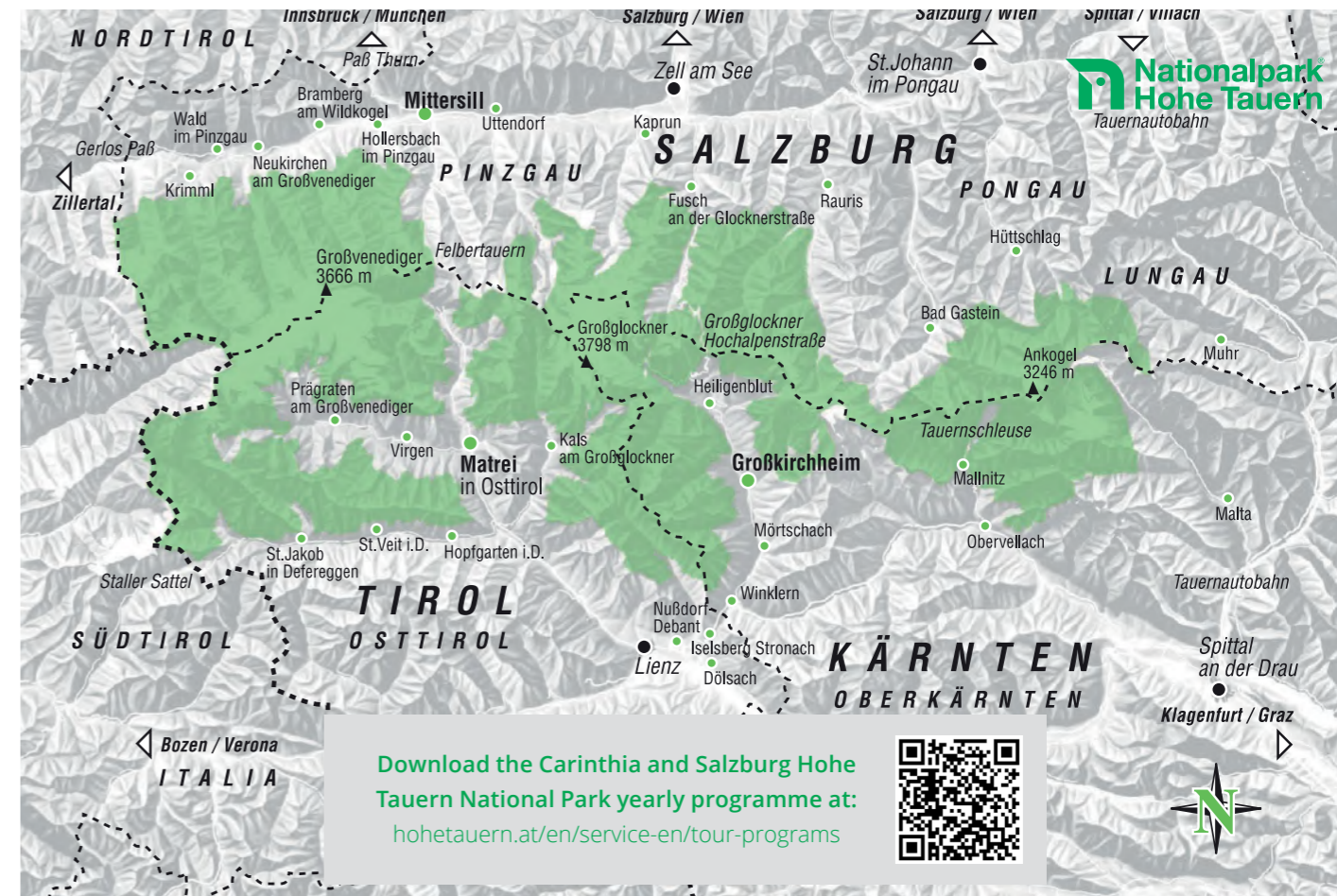
Osttirol

Into the offside! Ski tours in Osttirol

Foto: Egon Kleinlechner

Worthwhile destinations with the three-thousand metre peaks and the impressive natural landscape in the Hohe Tauern National Park are an absolute treat for touring aces. Accompanied by certified mountain guides, some of the quietest alpine pastures and most striking peaks are climbed in the face of the Großglockner, Großvenediger and co. Experienced ski tourers take on a special challenge: the Hoch Tirol ski route. On this extremely demanding high-mountain traverse, more than 18,000 metres in altitude and 140 kilometres are covered in six days. In Osttirol, people have always been aware of their responsibility towards nature - especially when it comes to ski touring. The potential of gentle tourism structures is demonstrated with special offers as part of the project „Experience the Mountain World of Tyrol Together“, in cooperation with the Hohe Tauern National Park.

Information at skitouren.osttirol.com



Download the Carinthia and Salzburg Hohe Tauern National Park yearly programme at:
hohetauern.at/en/service-en/tour-programs





Share your personal nationalpark moment on Instagram.

#nationalparkhohetauern
#myosttirol

looking ahead summer 2024

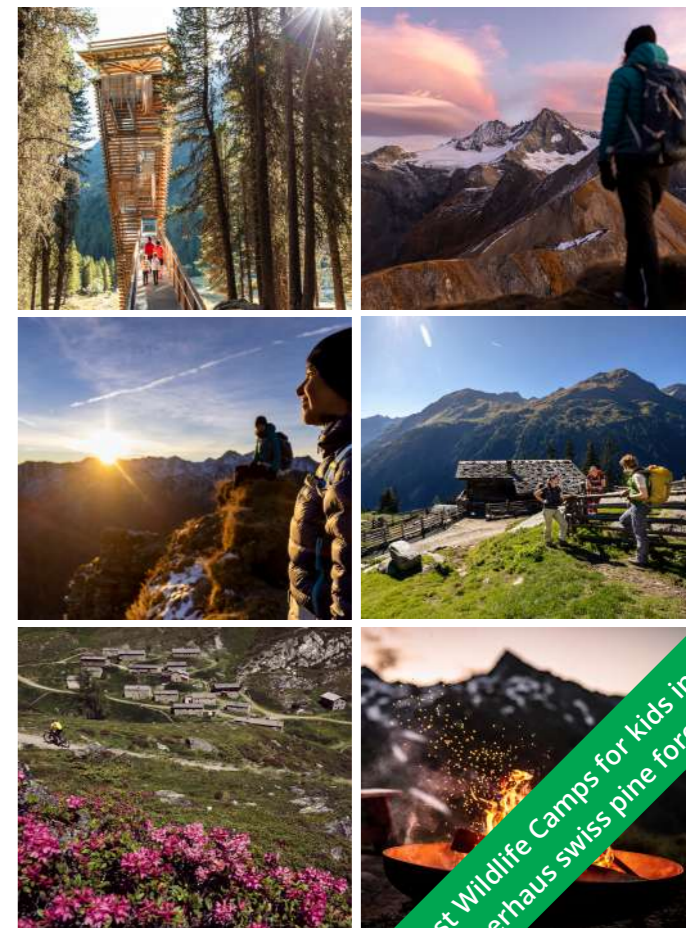
As soon as the marmots awake from their hibernation, the National Park Rangers once again get ready for the spring and summer tours.

Unique places of power in the high mountain national park can only be discovered in summer. The ranger team looks forward to accompanying you on nature watch tours, glacier hikes, alpine hikes and much more in the national park in summer.

Highlights for little explorers & families:

- ✘ Forest Wildlife Camps in the Oberhauser swiss pine forest
- ✘ Little National Park detectives Programs from 4-12 years
- ✘ themed trails
- ✘ guided family hikes

TIP



Forest Wildlife Camps for kids in the Oberhauser swiss pine forest

SHARE YOUR NATIONAL PARK MOMENT WITH US!



Information on National Park partner accommodation in East Tyrol:
www.nationalpark-partnerbetriebe.at

Information on the East Tyrol region:
nationalpark.osttirol.com

Conveniently the whole offer on your mobile:
www.hohetauernguide.at



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