



 Federal Ministry  
Republic of Austria  
Climate Action, Environment,  
Energy, Mobility,  
Innovation and Technology

Winter offers 2024/25  
Out and about with our National Park Rangers  
East Tyrol

[www.hohetauern.at](http://www.hohetauern.at)

## hohe tauern national park - a journey back to the beginnings



30 national park municipalities

3.500 plant species

342 glaciers  
~ 155 km<sup>2</sup>

~ 83 % privately owned

~ 990 km length of streams

~ 200 km<sup>2</sup> forest

15.000 - 20.000 animal species

120 huts & pastures in Tyrol

849 lakes

766 marshes

1.856 km<sup>2</sup> total area

17 theme trails in Tyrol

~ 1.200 km trail network in Tyrol

1.213 km<sup>2</sup> core zone

## welcome to the national park

The National Park region in East Tyrol is genuine, original and authentic. With an area of 1856 km<sup>2</sup> 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.**

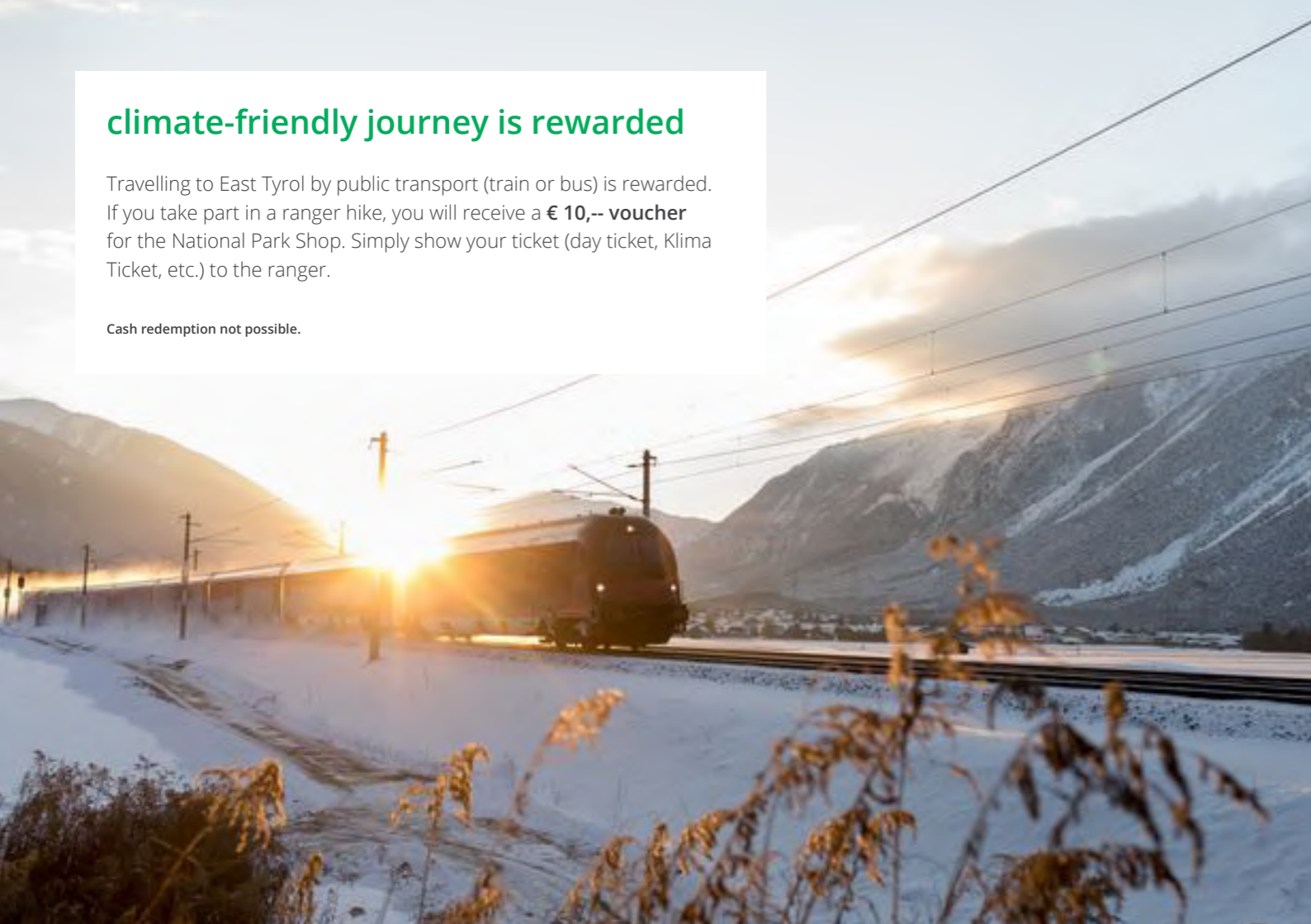
Hermann Stotter  
National Park Director Tyrol



## 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.

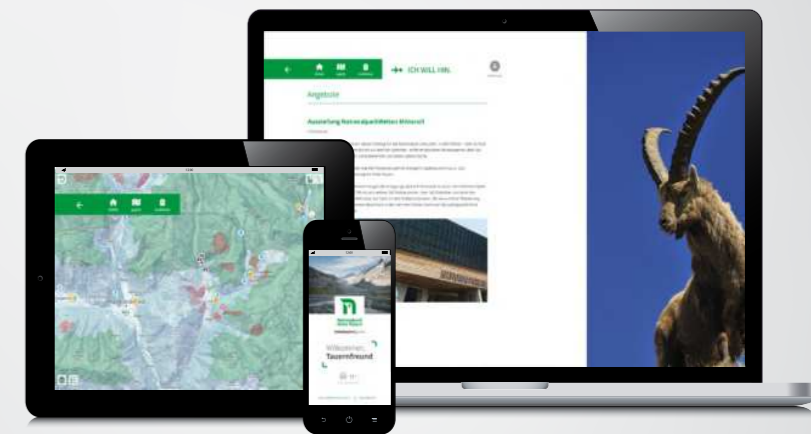


hohetauern|guide

Nationalpark  
Hohe Tauern

## Bring the national park on your smartphone!

- Filter offers by your interests
- Find themed trails and exhibitions
- Book national park tours with rangers online
- Keep an eye on the weather and much more



[www.hohetauernguide.at](http://www.hohetauernguide.at)

Stay up to date and play an active role in  
shaping the future!  
Register now for our newsletter and become  
part of our community.



## national park offers

more info  
page

<b>National Park Visitor Centre Matri</b>	Mon - Fri, 16.12.2024 - 14.03.2025	Matri i. O.	7
<b>Rent a Ranger - for your individual tour in the Hohe Tauern National Park</b>	individually	throughout the National Park region	11
<b>TIP</b> <b>Nature Watch – WILD survival artists in Kals am Großglockner</b>	Mondays, 16.12. - 30.12.2024 & 13.01. - 17.03.2025 Tue., 07.01.2025 Fridays, 20.12.2024 - 21.03.2025	Kals am Großglockner	15
<b>Nature Watch – Magical natural treasures in the Matri Tauern Valley</b>	Tue., 17.12.2024, Mo., 23.12.2024, Tuesdays, 31.12.2024 - 11.03.2025	Matri i. O.	15
<b>Nature Watch – Searching for traces in the Deferegggen Valley</b>	Wed., 18.12.2024, Fri. 27.12.2024 & Thu. 02.01.2025 Wednesday, 08.01. - 12.03.2025	Deferegggen Valley	15
<b>Nature Watch – Winter magic in the Virgen Valley</b>	Thu., 19.12.2024 Thursdays, 02.01. - 13.03. 2025	Virgen Valley	15
<b>Kids on snow shoes programme</b>	Mon. 23.12. & 30.12.2024 Fr. 03.01.2025 Mon. 10.02. & Fri. 14.02.2025	throughout the National Park region	18 & 19
<b>Lectures &amp; Multivision shows</b>	individually	throughout the National Park region	20
<b>National Park Experience indoor</b>		6 times in East Tyrol	from 24

## national park visitor centre matri

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,-

**Guided tours** for groups of 10 people or more

Pre-booking required. Costs: Adults € 5,- | Children € 4,-



### Special exhibition 2024/25 -

The Isel - East Tyrol's mighty glacial river

### Opening times Winter

16<sup>th</sup> December 2024 - 14<sup>th</sup> March 2025

**Monday to Thursday:** 10:00 - 12:00 & 14:00 - 17:00

**Friday:** 10:00 - 12:00

closed on 24<sup>th</sup> & 31<sup>st</sup> December and public 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



Brigitte Eckle



Elisabeth Fladerer



Caroline Führer



Armin Kollreider



Maria Mattersberger



Hermann Mauthner



Matthias Mühlburger



Andreas Rofner



Sophie Thaler



Carola Trojer  
10



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, wildlife observations).

**All tours are bookable in English on request.**

**Costs for your private and personal ranger € 270,- per day**

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)

### Rent a Ranger

For your individual experience. See page 11 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](http://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](mailto: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

### WILD survival artists in Kals am Großglockner

Mondays, 16.12.2024 - 30.12.2024 & 13.01.2025 - 17.03.2025  
Tuesday, 07.01.2025  
Fridays, 20.12.2024 - 21.03.2025

9:30 - 13:30

Meeting point: Infopoint Glocknerwinkel (Lucknerhaus)

### Magical natural treasures in the Matri Tauern Valley

Tuesday, 17.12.2024 & Monday, 23.12.2024  
Tuesdays, 31.12.2024 - 11.03.2025

9:30 - 13:30

Meeting point: Matrier Tauernhaus

### 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.

### Searching for traces in the Deferegggen Valley

Wednesday, 18.12.2024, Friday, 27.12.2024 &  
Thursday 02.01.2025  
Wednesdays, 08.01. - 12.03.2025

10:00 - 14:00

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.)

### Winter magic in the Virgen Valley

Thursday, 19.12.2024,  
Thursdays, 02.01. - 13.03.2025

12:00 - 16:00

Meeting point: Tourist information Prägraten  
(Attention, from the meeting point an individual journey to the starting point is necessary.)

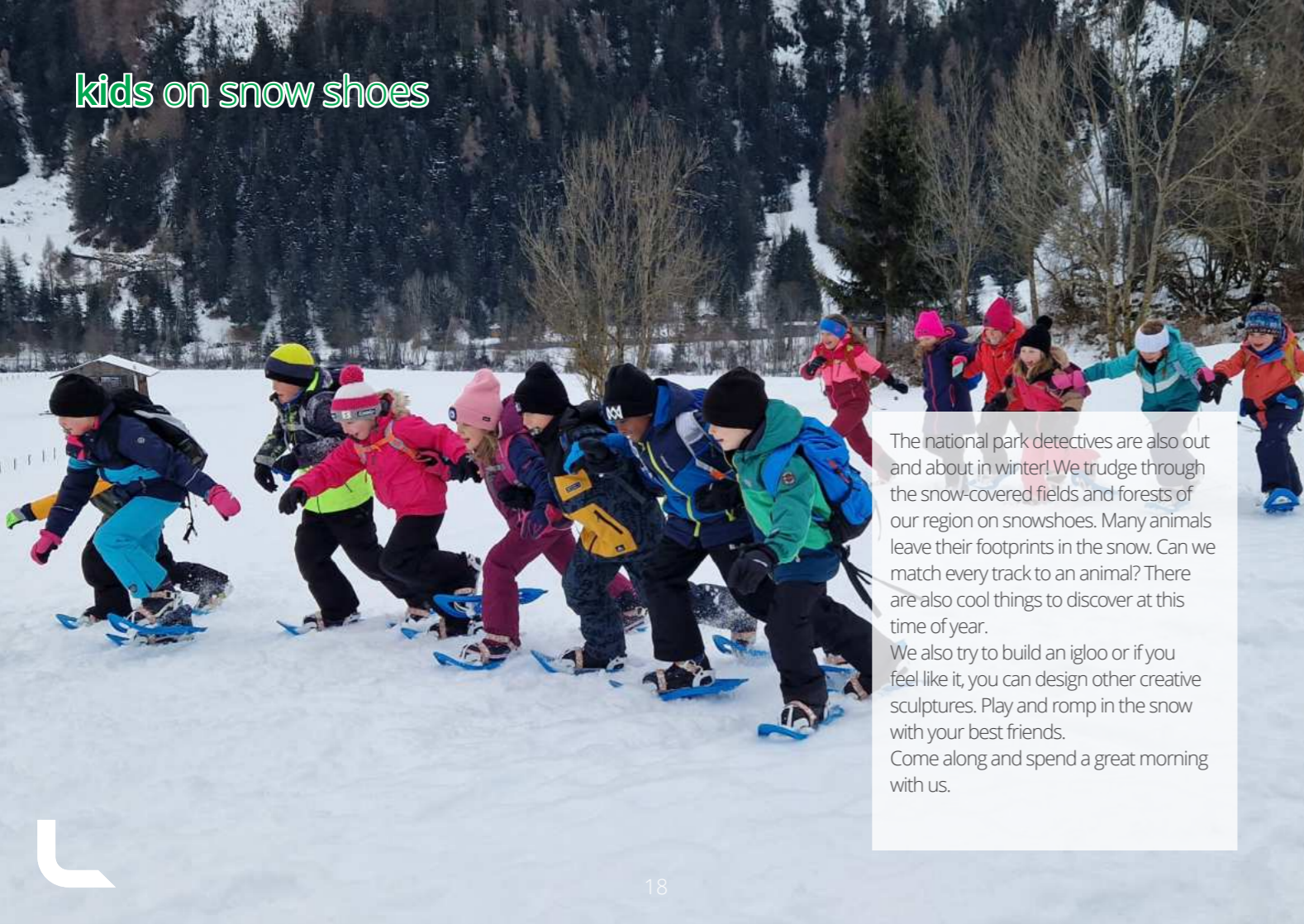








## kids on snow shoes



The national park detectives are also out and about in winter! We trudge through the snow-covered fields and forests of our region on snowshoes. Many animals leave their footprints in the snow. Can we match every track to an animal? There are also cool things to discover at this time of year.

We also try to build an igloo or if you feel like it, you can design other creative sculptures. Play and romp in the snow with your best friends. Come along and spend a great morning with us.

### Dates:

#### christmas holidays:

Monday, 23.12.2024 & 30.12.2024  
Friday, 03.01.2025

#### semester break:

Monday, 10.02.2025 & Friday,  
14.02.2025

**meeting point:** will be announced upon registration depending on snow conditions

**Start:** 09:00 a.m.

**Costs:** € 15,- including snow shoes

### Information & registration

Nationalparkhaus Matri  
+43 4875 51 61 10





## 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, ...



# If you don't come to the mountain, we'll bring the mountain to you.



Become a member of *fans&friends* – starting at just € 12 per year, you'll contribute to the preservation of endangered species and alpine habitats in the Hohe Tauern National Park. As a Family member, you'll receive a cuddly National Park stuffed animal as a thank you – so you can stay close to the mountains, even when you're not in nature. By the way, it also makes the perfect gift!

**Fan: € 12   Friend: € 60   Family: € 120**

**Nationalpark  
Hohe Tauern**

**fans & friends**





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](http://bergwelt-miteinander.at)



Osttirol

## Into the offside! Ski tours in Osttirol

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](http://skitouren.osttirol.com)



## 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 2024/25 "**The Isel - East Tyrol's mighty glacial river**" extend over 5 floors.

Details page 7.

Welcome | Benvenuti  
Willkommen im Nationalpark



Nationalpark  
Hohe Tauern

### 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  
08.12.2024 - 31.03.2025

**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  
03.01.2025 - 25.04.2025  
(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.



The Swiss Stone Pine

*Nichts berührt uns  
wie das Unberührte.*





## 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:** Bauernladen Virgen, Stadtmarkt Lienz, Hofladen Peischlerwirt, Hofladen Stemberger, Genussstankstellen Nußdorf-Debant & Gaimberg, Kalsertaler Genussshütte, Deferegger Machlkammer, Kuenz Hofladen, Fleischhauerei Mühlstätter

You can find more information on regional products at [nationalpark.osttirol.com](http://nationalpark.osttirol.com) - discover & experience - regional products.

**NATUR ERHALTEN.**  
IM EINKLANG





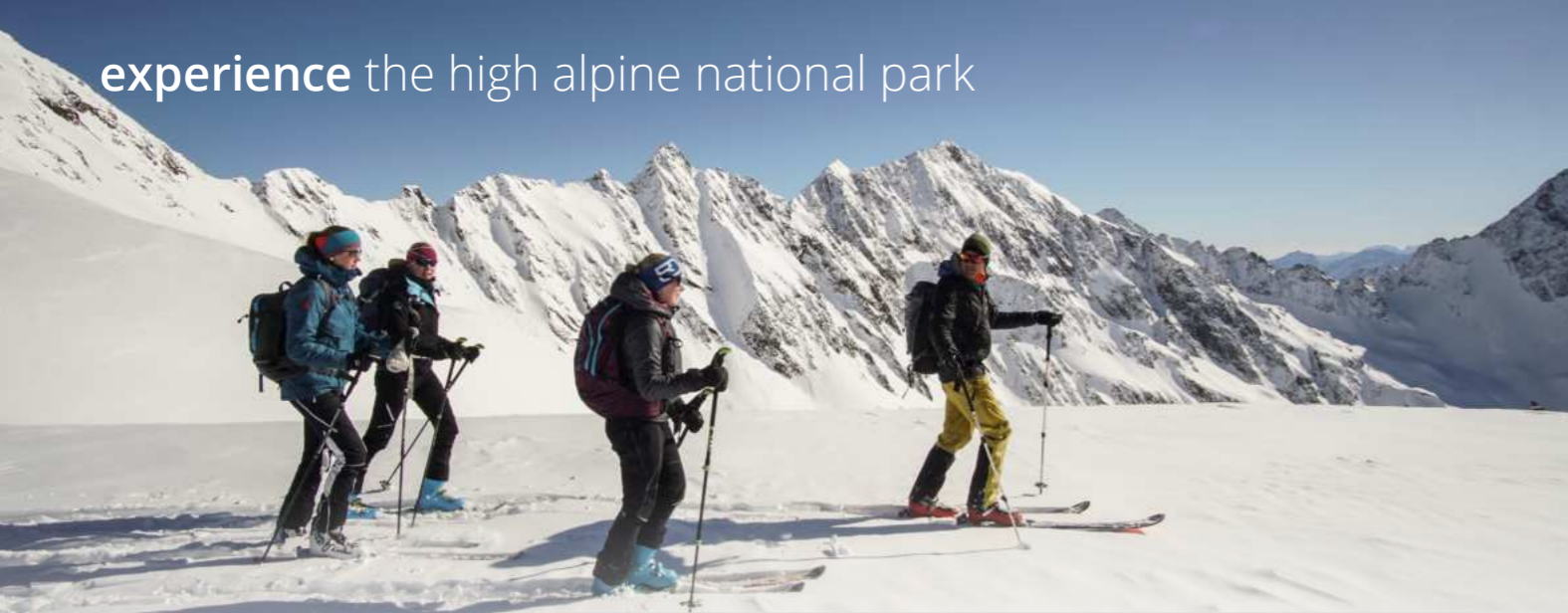
## SLOW TRAVEL – WINTER VACATION WITH A CLEAR CONSCIENCE

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](http://www.osttirol.com/nationalpark-partnerbetriebe)



# experience the high alpine national park



- Mountain guide offices in the East Tyrol National Park region**
- Venediger mountain guides** [www.venediger-bergfuehrer.at](http://www.venediger-bergfuehrer.at)
- Virger mountain guides** [www.virgenalpin.at](http://www.virgenalpin.at)
- Mountain guide office Matrei** [www.bergfuehrer-matrei.at](http://www.bergfuehrer-matrei.at)
- Kalser Großglockner mountain guides** [www.bergfuehrer-kals.at](http://www.bergfuehrer-kals.at)
- Mountain guides Defereggental** [www.bergfuehrer-stjakob.at](http://www.bergfuehrer-stjakob.at)
- Ostalpen guides** [www.ostalpenguides.at](http://www.ostalpenguides.at)
- Tiroler Bergsportführer, Sekt. Osttirol (allg.)** [www.berg-osttirol.at](http://www.berg-osttirol.at)

**Download the Carinthia and Salzburg Hohe Tauern National Park yearly programme at:**  
[hohetauern.at/en/service-en/tour-programs](http://hohetauern.at/en/service-en/tour-programs)





Share your personal nationalpark moment on Instagram.

#nationalparkhohetauern  
#myosttirol

## looking ahead summer 2025

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

Many sanctuaries 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.

### 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](http://www.nationalpark-partnerbetriebe.at)

Information on the East Tyrol region:  
[nationalpark.osttirol.com](http://nationalpark.osttirol.com)

Conveniently the whole offer on your mobile:  
[www.hohetauernguide.at](http://www.hohetauernguide.at)



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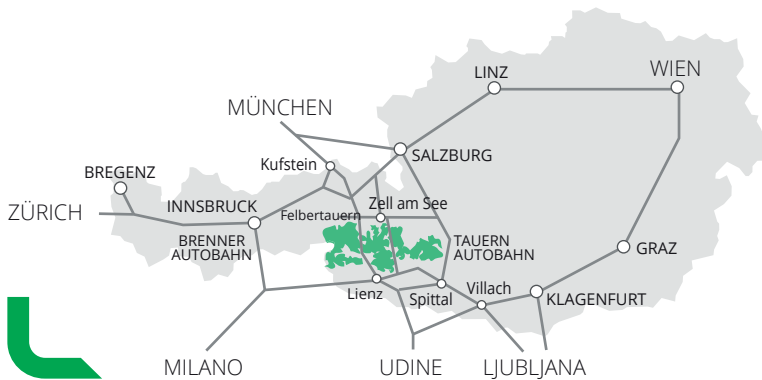
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