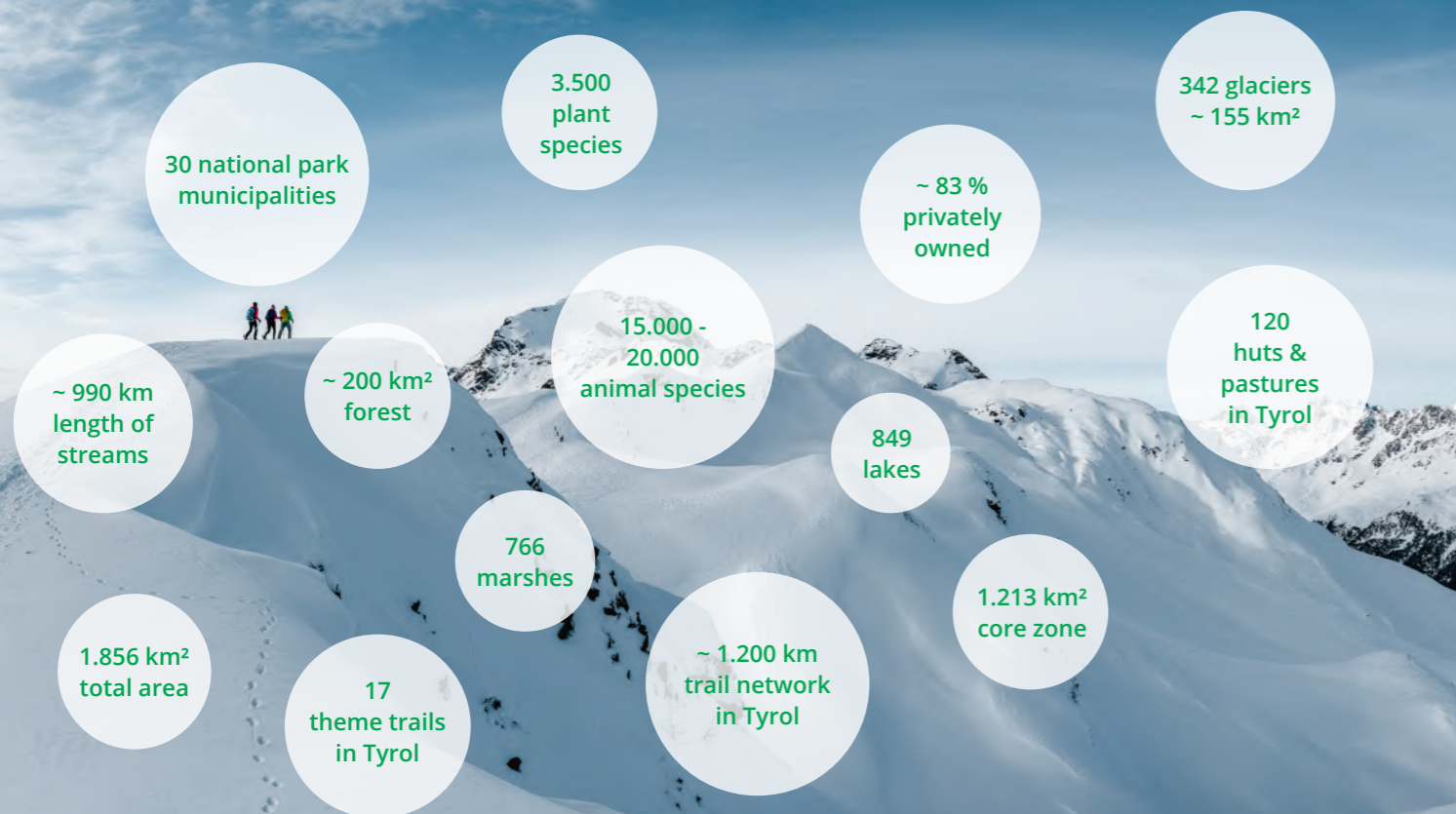




Winter offers 2022/23  
Out and about with our National Park Rangers  
East Tyrol

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

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



## 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 with a guided snowshoe tour to find your inner balance and to experience the fascinating landscape and nature in a relaxing way.

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

Our rangers have been trained to perform the ranger tours according to the COVID-19 regulations in a specific seminar. The excursions in the National Park are carried out contactlessly, in compliance with the required minimum distance and the respective valid guidelines of the Federal Government.

## national park offers

more info  
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## national park house matrei

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 2022/23 -**  
30 years Hohe Tauern National Park in Tyrol

**Opening times Winter**  
**19<sup>th</sup> December 2022 - 6<sup>th</sup> April 2023**  
**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



Emanuel Egger



Caroline Führer



Maria Mattersberger



Hermann Mauthner



Matthias Mühlburger



Andreas Rofner



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

**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 € 250,-**

TIP

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
- × Backbag 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: € 20,- / Children 6 to 14 years: € 13,- plus taxicosts (applicable)

#### **Mystical full moon tour and Sunset hike on snowshoes**

Adults and Children: € 20,- plus taxicosts and cable car ticket (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](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

### Winter magic in the Virgen Valley

**Mondays, 02.01. - 06.03.2023, 12:00 - 16:00**

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, 20.12.2022 - 14.03.2023, 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.)

#### Tour information

Level of difficulty: easy - moderate  
Rental of the latest models of  
Swarovski binoculars: € 5 per tour.  
Further information on request!



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

### Magical natural treasures in the Matri Tauern Valley

**Wednesday, 21.12.2022 - 08.03.2023, 9:30 - 13:30**

Meeting point: Matrier Tauernhaus

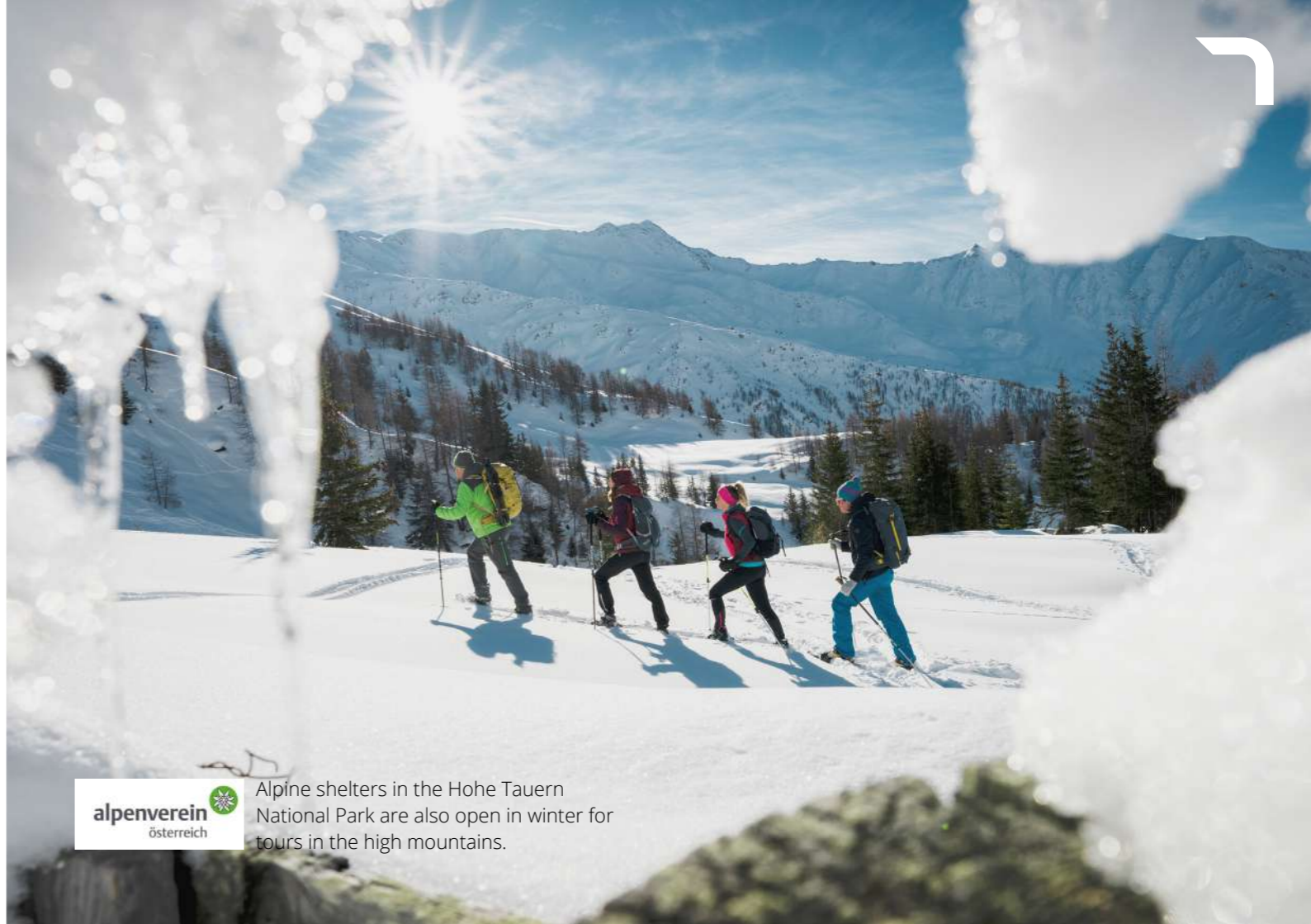
### WILD survival artists in Kals am Großglockner

**Thursday, 22.12.2022, 9:30 - 13:30**

**Fridays, 30.12.2022 - 17.03.2023, 9:30 - 13:30**

Meeting point: Infopoint Glocknerwinkel (Lucknerhaus)





alpenverein  
österreich

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



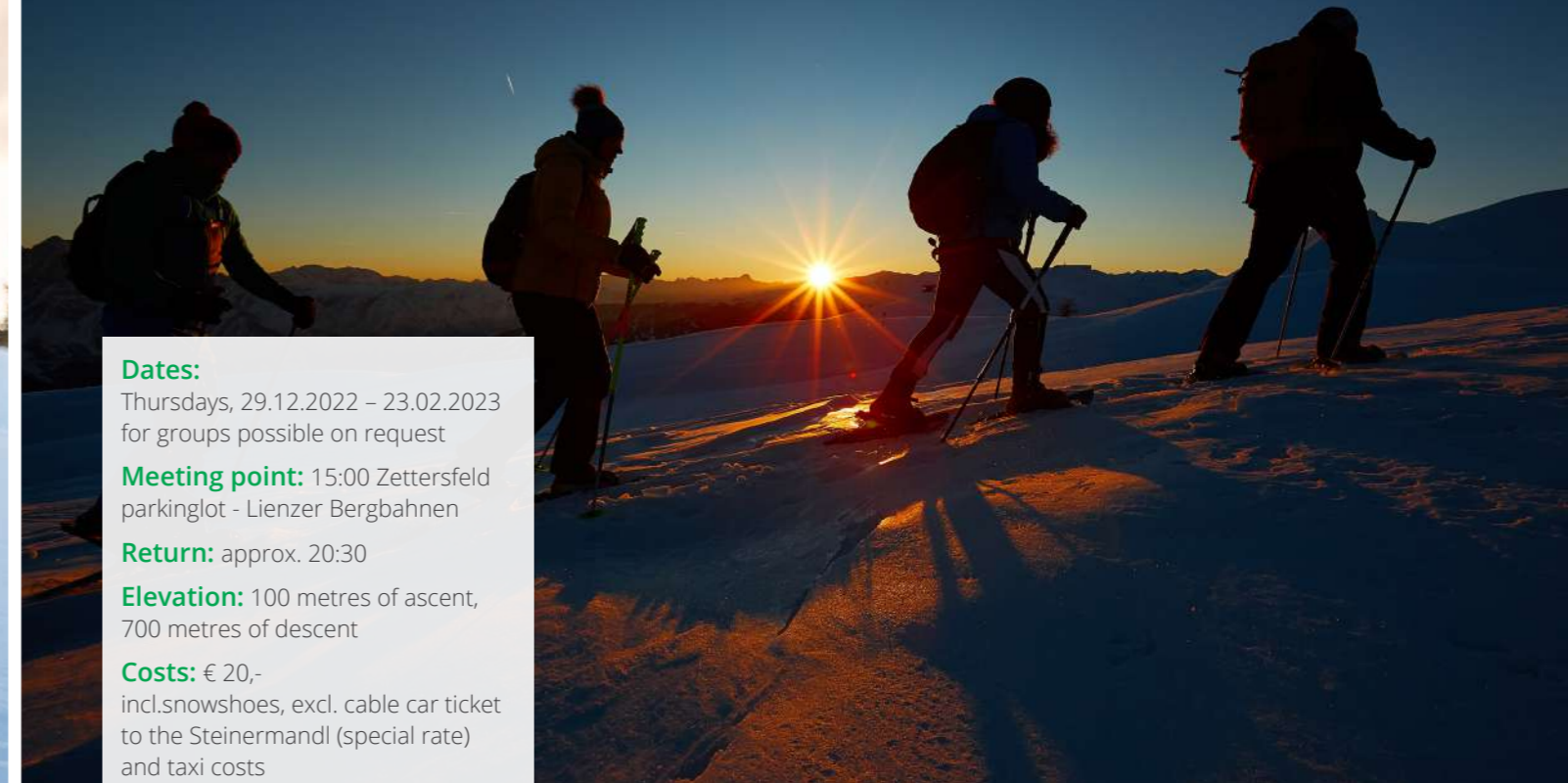
## sunset hike with snowshoes



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, 29.12.2022 – 23.02.2023  
for groups possible on request

**Meeting point:** 15:00 Zettlersfeld  
parkinglot - Lienzer Bergbahnen

**Return:** approx. 20:30

**Elevation:** 100 metres of ascent,  
700 metres of descent

**Costs:** € 20,-  
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.

**Costs**  
€ 20,-  
incl. snowshoes,  
excl. any transfer costs  
if applicable



**Thu, 05.01. - Sat, 07.01.2023, 19:00**  
Kals, Matri, Deferegggen Valley

**Thu, 02.02. - Sat, 04.02.2023, 19:00**  
Kals, Matri, Deferegggen Valley

**Mon, 06.03. - Wed, 08.03.2023, 19:00**  
Kals, Matri, Deferegggen Valley

## 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, ...



# national park experience indoor

## National Park Visitor Centre Matri i. O.

The interactive exhibition "Views of the Tauern – experience the wonder" and the special exhibition 2022/23 "30 years Hohe Tauern Nationalpark in Tyrol" extend over 5 floors.

Details page 5.

Welcome | Benvenuti  
Willkommen im Nationalpark



Nationalpark  
Hohe Tauern

Nationalpark  
Hohe Tauern

20

## 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  
08.12.2022 - 10.04.2023

**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  
09.12.2022 - 14.04.2023  
(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, 8:00 - 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



Unser Naturerbe.

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## 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 Matri, Bauernladen Virgen, Stadtmarkt Lienz, Hofladen Peischlerwirt, Genussstankstellen Nußdorf-Debant & Gaimberg, Kalsertaler Genussstube, Deferegger Machlkammer, Kaiser Handwerksladen, Kuenz Hofladen, Fleischhauerei Mühlstätter  
**You can find more information on regional products at [nationalpark.osttirol.com](http://nationalpark.osttirol.com) - discover & experience - regional products.**



## Preserve nature – experience nature – taste nature

The most sensual time of the year in the National Park Hohe Tauern Eastern Tyrol is winter. The snow crunches under your feet and the sun makes the snowy and the mountains glitter. On guided tours you can approach the alpine wildlife. And afterwards....coming home! There is no better time to feel the plenty of cosiness of the National Park Partners: Hosts who committed to the nature. The sustainability and the region itself.

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

# Skitouring weeks in the Hohe Tauern National Park

The Hohe Tauern National Park is an absolute must for ski tourers. Not only the astonishing peaks of various “three-thousand-meter-high” mountains, but also the impressive untouched landscape entitle this region a pure delight for ski touring aces. Accompanied by certified mountain guides, some of the quietest alpine pastures and most striking peaks in the face of the Großglockner, Großvenediger and co. can be conquered. An insider tip are ski tours in the Defereggental valley – an unforgettable winter experience for sure.

- |   |   |  |
|---|---|--|
| <p>Skitouring week<br/>in the Virgental valley<br/>„In the face of his ancient majesty“</p> | <p>Skitouring week<br/>in the Defereggental valley<br/>„Firn and powder snow“</p> | <p>Skitouring week<br/>in Kals am Großglockner<br/>„Ski tour pure“</p> |
|---|---|--|

Dates, further information and booking: [skitouren.osttirol.com](http://skitouren.osttirol.com)

**NORDTIROL** Innsbruck / München Paß Thurn Zell am See Salzburg / Wien Saizburg / wien Spittal / Villach  
**PINZGAU** Bramberg am Wildkogel Mittersill Uttendorf Kaprun  
**PONGAU** Wald im Pinzgau Gerlos Paß Zillertal Krimml Neukirchen am Großvenediger Hollersbach im Pinzgau Fusch an der Glocknerstraße Rauris  
**LUNGAU** Hüttschlag Bad Gastein Ankogel 3246 m Muhr  
**OSTTIROL** Großvenediger 3666 m Felbertauern Großglockner 3798 m Hochalpenstraße Heiligenblut Tauernschleuse  
**SÜDTIROL** Prágraten am Großvenediger Virgen Matrei in Osttirol Kals am Großglockner Großkirchheim Mörttschach Mallnitz Obervellach Malta  
**KÄRNTEN** St. Jakob in Defereggental St. Veit i.D. Hopfgarten i.D. Staller Sattel Nußdorf-Debant Winklarn Iselsberg Stronach Dölsach Lienz  
**ITALIA** Bozen / Verona  
**Nationalpark Hohe Tauern** Tauernautobahn  
 Spittal an der Drau Klagenfurt / Graz

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 2023

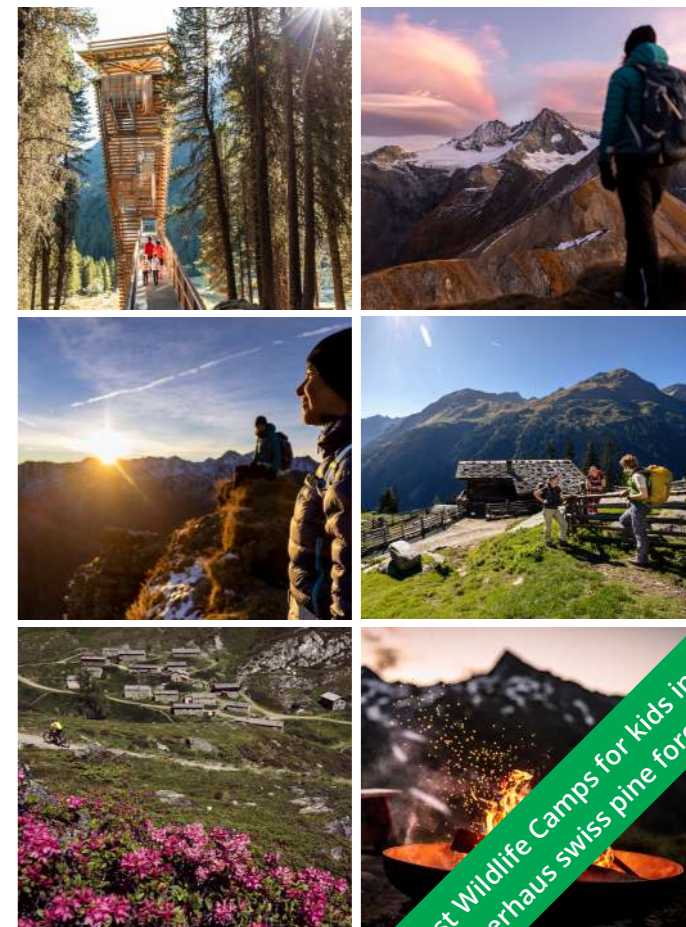
As soon as the marmots awake from their hibernation, the National Park Rangers once again get ready for the spring and summer tours.

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

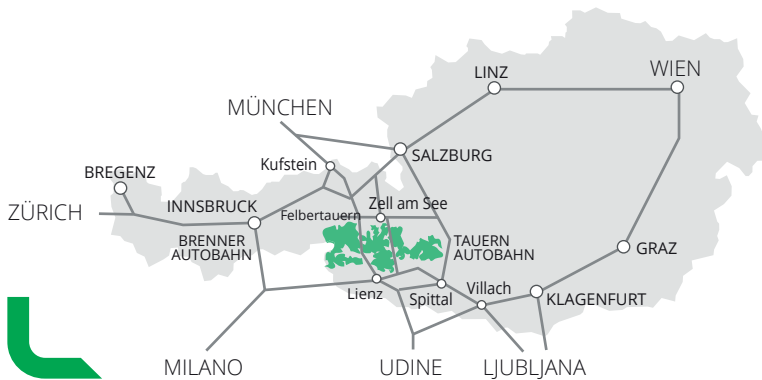
Information on the East Tyrol region:  
[nationalpark.osttirol.com](http://nationalpark.osttirol.com)



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



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