

Zirbenweg Hiking Trail

HIKING PLEASURE AT 2,000 METRES ABOVE SEA LEVEL. ONE OF THE LARGEST STONE PINE FORESTS IN EUROPE.

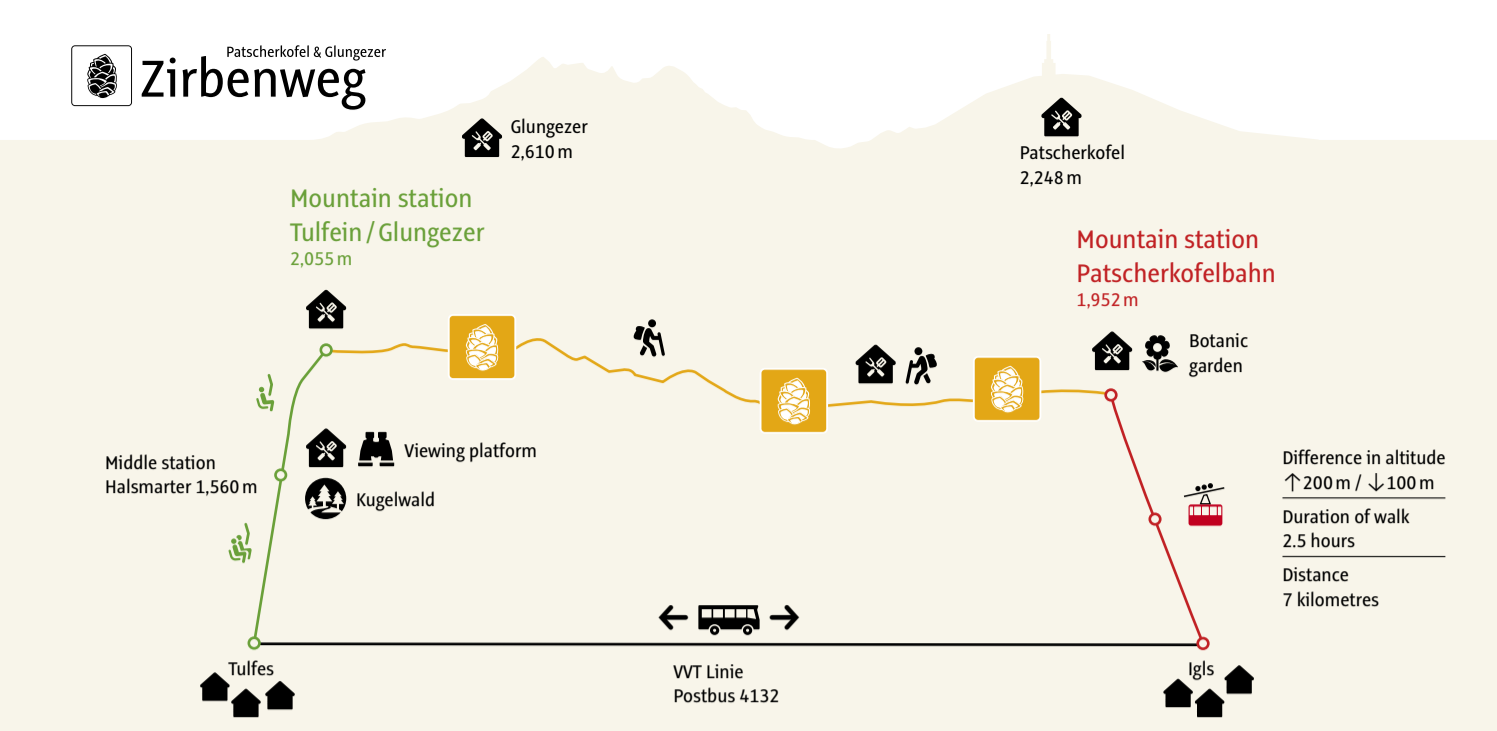
Famous, popular, frequently hiked and yet an exhilarating experience every time! The Zirbenweg Trail above Innsbruck forms part of the Eagle Trail and runs from the Patscherkofelbahn summit station to Tulfenalm (Tulfes). From Igls, the Patscherkofel cable car brings you up to 1,952 m above sea level, from where the Zirbenweg trail leads you to Tulfes, past the tucked-away Boscheben mountain hut. With only little elevation gain the wide path meanders through closed stands of centuries-old stone pines, following the tree line at altitudes of more than 2,000 metres. All along the way you are rewarded with breathtaking panoramic views over the Inntal Valley floor against the magnificent backdrop of the Karwendel mountain range on the opposite side. Near Tulfenalm, the Glungezerbahn chair lift takes you back down the mountain to Tulfes. This hike can also be done in reverse order.



Elevation difference: ascent approx. 200 m, descent approx. 100 m
 Length: 2.5 hours (without bus and lift rides),
 Difficulty level: easy, Open: May–October
 Please check operating hours of the respective lifts and cable cars.



TYROLEAN HIKING TRAILS QUALITY SEAL



Free Innsbruck Mountain Hiking Programme

FREE OF CHARGE WITH GUEST CARD

23 May–23 October
 Daily mountain hikes, 9.00 am – Congress Innsbruck, 9.20 am – Igls Tourist Office

- INNSBRUCK PROGRAMME:**
- Mountain hikes with certified guides from AlpinSchule Innsbruck (ASI)
 - Hiking bus
 - Tour book
 - Hiking boots and backpack rental (limited availability)
 - Free participation with guest card
 - 1,220 km of hiking trails
 - Hikes go ahead regardless of weather conditions
 - Average hiking time is 3 to 4 hours
 - Suitable for children from the age of 8 and senior citizens
 - Good physical condition required
 - No prior mountaineering experience needed
 - Weatherproof clothing (hiking boots, anorak, rain gear)
 - Sun protection, food, adequate supply of drinks

€ 39.00 – 24 hours
€ 48.00 – 48 hours
€ 55.00 – 72 hours
 children 6–15 years: 50 %
 Prices subject to change.

Innsbruck Card
AND THE CITY IS YOURS!
 Free one-time admission to all museums and sights in and around town. 1 return trip on each of Innsbruck's lifts and cable cars. Free travel on the IVB public transport network, the 'Sightseer' and Crystal Worlds shuttle bus. Guided city walk, use of city bike etc. Discounts at selected shops, sports and leisure facilities.
Order online at: www.innsbruck-shop.com
Innsbruck Information: tel. +43 512 / 53 56, info@innsbruck.info

EN

INNS' BRUCK



ZIRBENWEG TRAIL AND OTHER HIKES AROUND PATSCHERKOFEL

www.innsbruck.info
www.patscherkofelbahn.at

Special points of interest IN THE PATSCHERKOFEL AREA

- A. Alpine Botanical Garden**
 Europe's highest botanical garden featuring more than 400 high-alpine plants. Located at 2,000 m above sea level, it covers a total area of 2 hectares and is only a 5-minute walk away from the Patscherkofel cable car summit station.
- B. Heiligwasser Pilgrimage Church**
 The name 'Heiligwasser' (holy water) derives from a small mountain spring whose proven curative properties were first mentioned in 1670 as 'ad sacrum fontem'. The pilgrimage church is situated at 1,240 m altitude near the middle station of the Patscherkofel cable car. (Fountain with clockwise-rotating water). Free entry to the church. Adjacent to Alpengasthof Heiligwasser mountain inn (see opening times at www.heiligwasser.at).



- C. Goldbichl Archeology Trail**
 Around 4,000 years ago, the Goldbichl – a gentle elevation between the villages of Igls, Patsch and Lans – was a powerful sanctuary. Today, a fascinating archaeology path takes you on an exciting journey into the past. On the way to the prehistoric ritual place for burnt offerings, several illustrated panels reveal additional information about the period between approx. 2,000 and 1,500 B.C. Bronze and Iron Age artefacts and a topographic model of the Goldbichl sanctuary are on display at the 'Haus des Gastes' visitor's centre at the Igls Tourist Office.
- D. Hinterloch Mill - historic grist mill by the Falkasanerbach stream**
 The pleasant hike from Oberellbögen (Hinterlarcher car park) to the historic grinding mill by the Falkasanerbach stream and back via Hinterloch is highly recommended (approx. 30 min.). Milling demonstrations from 22 July until 2 September, every Friday from 2.00 pm until 6.00 pm, with homemade specialities prepared by the mill farmers' wives. Additional information available from mill supervisor Franz Peer, Fuchsbauer farm, tel. +43 512 / 37 60 77.

- G. Glungezer Kugelwald – a mountain adventure**
 The Kugelwald adventure playground on the Glungezer mountain boasts the world's only outdoor pinewood marble run. Spread across some 7,000 m² of natural forest area, it offers great entertainment for kids, with giant wooden marbles making their way from tree to tree, overcoming various obstacles including ramps and a hollow trunk. There is also a tree house to play in, as well as a designated DIY area that invites for creative activities such as the construction of additional obstacles for the swift pinewood balls. Ideal for fun-filled family outings.
- H. Sistrans Bee Trail**
 Twenty beautifully illustrated panels along the educational bee trail by the Sistrans mill pond provide fascinating facts about bees, honey harvesting and beeswax production. Guided group visits and school tours can be booked at the 'Bienen in blühender Landschaft' association in Sistrans. tel. +43 512 / 37 81 01, www.bienenoase.at, bienenoase@gmail.com

- Moderate trails:** predominantly narrow paths, frequent steep ascents, exposed sections. Short secured hiking passages, partly secured climbing passages. Adequate equipment and alpine experience essential.
 - Strenuous trails:** several very steep sections, strenuous ascents, partly exposed. Can include prolonged, secured climbing passages. Hikers must be free from vertigo and in adequate physical shape. Alpine equipment and mountaineering experience or qualified mountain guide essential.
- Not specified trails:** only moderately steep and relatively wide, hazard-free paths (also in bad weather). Adequate hiking equipment is required (ankle-high, sturdy boots and protective clothing). Especially suitable for families with children and seniors.
- MOUNTAIN RESCUE EMERGENCY CALL 140**



Information, Tickets, Bookings

INNSBRUCK TOURISMUS:
 Burggraben 3, 6020 Innsbruck, Austria,
 tel. +43 512 / 59 850, www.innsbruck.info, office@innsbruck.info

INNSBRUCK INFORMATION:
 Burggraben 3, 6020 Innsbruck, Austria,
 tel. +43 512 / 53 56 – 0, www.innsbruck.info, info@innsbruck.info

HOTELRESERVIERUNG · INNSBRUCK RESERVATIONS:
 Burggraben 3, 6020 Innsbruck, Austria,
 tel. +43 512 / 56 20 00, www.innsbruck.info, hotel@innsbruck.info

TOURIST OFFICE IGLS-VILL, PATSCH, ELLBÖGEN
 Hilberstraße 15, 6080 Igls, Austria
 tel. +43 512 / 37 71 01, www.innsbruck.info/igls, igls@innsbruck.info



Lift and cable car operating times

PATSCHERKOFEL CABLE CARS – MIDDLE STATION – SUMMIT STATION:
 21 May–23 October: daily, 9 am–5 pm
 July and August: Mon.–Thu. 9 am–5 pm; Fri.–Sun. 9 am–5.30 pm
www.patscherkofelbahn.at

GLUNGEZER CHAIR LIFT:
 4 June–2 October: Mon.–Fri. 9 am–12 noon and 12.45 pm–4.30 pm
 weekends and public holidays: 9 am–12 noon and 12.45 pm–5 pm
 last descent: 5 pm
www.glungezerbahn.at

Zirbenweg Hiking Tickets

The Zirbenweg round-tour ticket includes bus transport and lift rides. Available at Patscherkofelbahn cable car and Glungezerbahn chair lift / bottom stations, as well as Tourist Office Tulfes.

Getting There

- BY BUS**
 Bus line 'J', Mon.–Fri. at 10-minute intervals; Sat., Sun. and public holidays every 15 minutes, from Innsbruck directly to the Patscherkofelbahn cable car bottom station.
- BY CAR**
 From Inntal autobahn take exit **Innsbruck Mitte**, continue to Igls via Vill, cross the village of Igls to get to the Patscherkofelbahn cable car bottom station.
- TRANSFER TO IGLS**
 Outside hiking bus hours you can book a taxi with **Autoreisen Wieser**.
 tel: +43 512 / 37 72 40
- Minibus for 8 passengers **€ 30.00** per trip
 Car for 4 passengers **€ 25.00** per trip



PUBLICATION DETAILS:
 Publisher / concept and layout: Innsbruck Tourismus / H. A. Panorama: Schultus, Innsbruck; Print: Tiroler Repro, Innsbruck
 Photos: Innsbruck Tourismus / Andreatta, Bause, Hütten, Schönherr, Schwarz, Vorhofer
 All information supplied without liability and subject to change.

E. Teufelsmühle (Devil's Mill)
 Derives its name from a Tyrolean legend about a poor farmer from Aldrans who entered into a pact with the devil, promising his soul for a mill could be built in a single night before the first rooster crowed. At daybreak, just as the devil was dragging along the final missing millstone, a loud cock-a-doodle-doo came from the nearby Wiesenhof farm. Satan had thus lost the game, and the lucky farmer got his mill. The ruins of the Devil's Mill were restored in 1988 (mural by Lydia Reitmeir). Hiking trail from Judenstein to Aldrans-Herzsee lake. Duration: 30 min. (2 km)



F. Ellbögen Bird Trail
New in summer 2016 – Educational birding trail leading from Ellbögen / Hinterlarcher car park to Arztaler Alm; along the Arztaler Alm hiking route. Duration: 1.5 hours
 Difficulty: moderate

Circular Tour Ticket

- Patscherkofelbahn, Glungezerbahn, one-way bus trip:**
 adult € 24.00 / € 22.50*; youth / seniors € 21.00 / € 19.50*;
 child € 14.50 / € 13.50*
 - Patscherkofelbahn, Glungezerbahn:** adult € 22.00 / € 21.00*;
 youth / seniors € 19.50 / € 18.50*; child € 13.50 / € 12.50*
- * discount with guest card
- summit station (ascent & descent / single trip):**
 adults € 21.00 / € 13.80; youth / seniors € 17.50 / € 11.10;
 child € 11.10 / € 7.40
 - middle station (ascent & descent / single trip):**
 adult € 13.80 / € 9.60; youth / seniors € 11.10 / € 7.40;
 child € 7.40 / € 5.40



TOURIST OFFICE TULFES
 Schmalzgasse 27, 6075 Tulfes, Austria,
 tel. +43 5223 / 78 324, www.hall-wattens.at/tulfes, tulfes@hall-wattens.at

TOURISM BOARD REGION HALL-WATTENS
 Unterer Stadtplatz 19, 6060 Hall in Tirol, Austria,
 tel. +43 5223 / 45 544 – 0, www.hall-wattens.at, office@hall-wattens.at

PATSCHERKOFELBAHNEN CABLE CARS
 Bilgerstraße 24, 6080 Igls, Austria,
 tel. +43 512 / 37 72 34, www.patscherkofelbahn.at,
info@patscherkofelbahn.at

GLUNGEZER CHAIR LIFT
 Schmalzgasse 27, 6075 Tulfes, Austria,
 tel. +43 5223 / 78 321, www.glungezerbahn.at, info@glungezerbahn.at



Hiking trails AROUND PATSCHERKOFEL

1. ZIRBENWEG-PATSCHERKOFEL-GLUNGEZER
(part of the Tyrolean Eagle Trail) see route details on the back
Length: 7 km, **Duration:** 2.5 hours, **Difficulty:** easy

2. JÖCHELES-BRÜNDL TRAIL
From protection forest to production forest. This diverse mountain path branches off the Zirbenweg trail beneath Rote Wand and leads via Bärenbader Lacke, Kriegerkapelle (warrior chapel) and Vogelforcher Bödele to the Rinner Alm hut and on to Rinn.
Length: 7 km, **Duration:** 3 hours, **Difficulty:** moderate

3. JOCHLEITENSTEIG CIRCULAR TRAIL-PATSCHERKOFEL NATURE TRAIL
This panoramic walk takes you right around the Patscherkofel mountain at 2,000 m altitude with information about vantage points, flora and fauna in the Patscherkofel-Zirbenberg nature reserve. Starting point: Patscherkofelbahn summit station. Hike along the Zirbenweg trail towards Boscheben. After approx. 500 metres on Jochleitenssteig turn off for the optional ascent to the top of Patscherkofel (2,250 m), or continue on the Jochleitenssteig trail to the Patscherkofelbahn summit station.
Length: 5 km, **Duration:** 2 hours, **Difficulty:** moderate

4. GLUNGEZER-VIGGARSPIITZE-PATSCHERKOFEL SUMMIT TOUR
Starting point: Tulfefinalm or Patscherkofel top lift station. From Tulfefinalm (2,035 m)–Tulfefinalm–Glungezer summit (2,677 m)–panoramic trail–Viggarspitze summit (2,306 m)–panoramic trail–Zirbenweg trail – Boscheben (2,035 m)–Patscherkofel summit (2,250 m)–Patscherkofel top lift station (1,964 m), or reverse.
Length: 11 km, **Duration:** 7 hours, **Difficulty:** strenuous

5. ALPINE PASTURE TRAIL 1600
With the exception of the ascent to Meissner Haus–Boscheben, this trail runs almost entirely at an elevation of 1,600 metres, taking you from hut to hut around the Patscherkofel mountain. Starting point at the Patscherkofel summit station–Boscheben–Meissner Haus–Patscher Alm–Lanser Alm–Sistranser Alm–Aldranser Alm–Rinner Alm–Rinn.
Length: 19 km, **Duration:** approx. 8.5 hours, **Difficulty:** easy

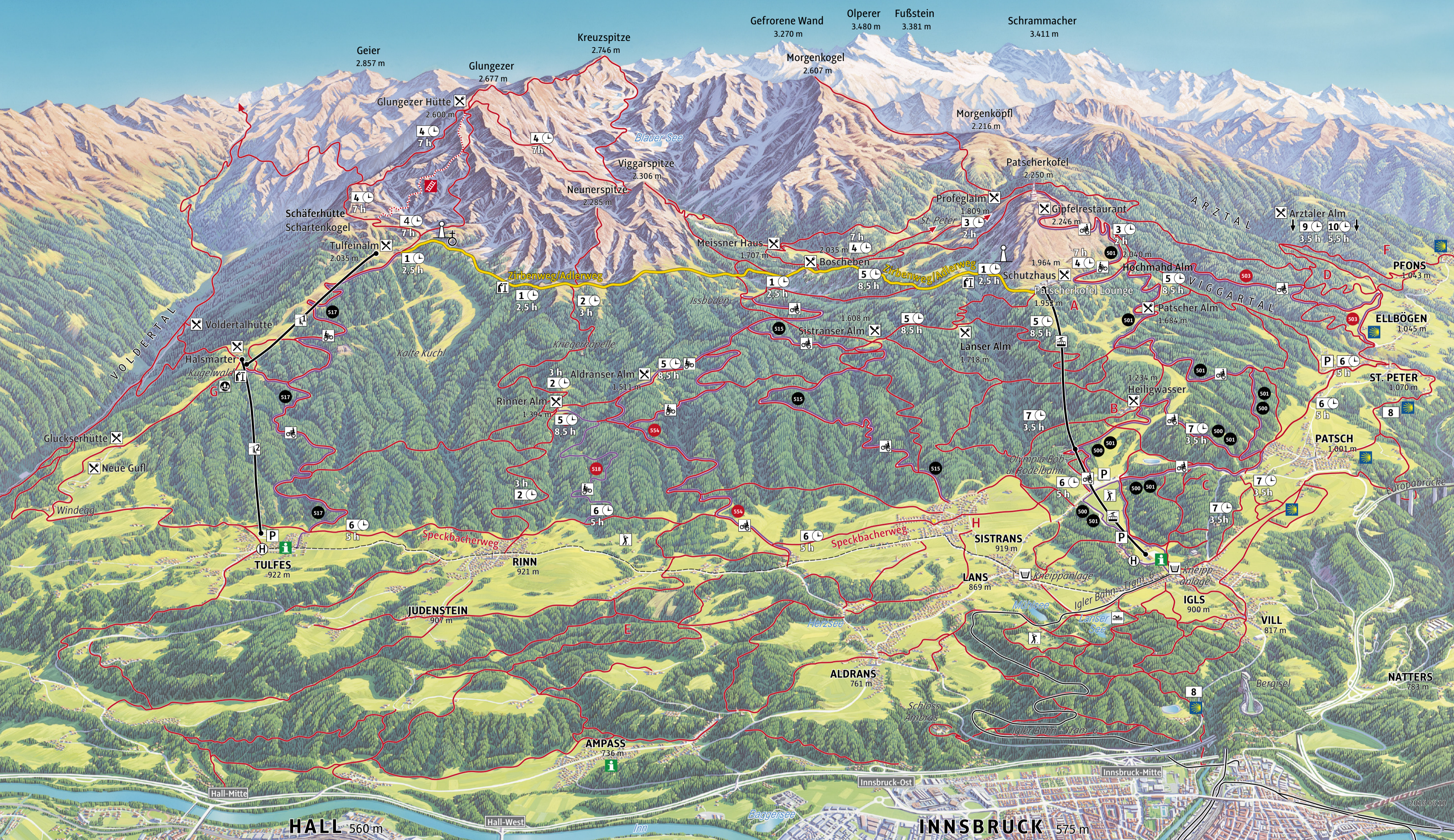
6. SPECKBACHERWEG TRAIL
Starting from Tulfes, the Speckbacherweg trail follows the lower edge of the forest, leading you past the Rinn golf course and across fields and meadows to Sistrans and on to the Olympic luge and skeleton run in Igls. From here you continue in the direction of the Goldbichl Archeology Trail, hiking along the forest edge just above Patsch to St. Peter where this scenic and diverse walk comes to its end.
Length: 14 km, **Duration:** 5 hours, **Difficulty:** easy

7. PANORAMIC TRAIL
From the Igls Kurpark, the Panoramic trail leads via the Rosengarten trail to Patsch–Heiligwasser (1,234 m)–Olympic bobsleigh and luge track–Sistrans–Kneipp facility in Lans and back to Igls.
Length: 9 km, **Duration:** 3.5 hours, **Difficulty:** easy

8. THE WAY OF ST. JAMES
Part of the St. James pilgrimage route runs from the Brenner pass to Innsbruck, leading past the holiday villages of Ellbögen, Patsch and Igls.

9. SHORT VALLEY CROSSING TOUR
The short valley crossing tour takes you from the Arzthal across to the Viggartal Valley. Starting point: Arztaler Alm (1,900 m) or Meissner Haus (1,707 m), from where an approx. 3-hour hike leads across alpine pastures up to Überfallgründl (2,302 m), the highest elevation in the valley, and on to Meissner Haus or Arztaler Alm. Route: Arztaler Alm–Profegglalm (1,809 m)–Meissner Haus, or reverse Meissner Haus–Profegglalm–Arztaler Alm.
Length: 7 km, **Duration:** 3–3.5 hours, **Difficulty:** easy

10. EXTENDED VALLEY CROSSING TOUR
The extended valley crossing tour links the Arzthal Valley with the Viggartal Valley. Starting point: Arztaler Alm (1,900 m) or Meissner Haus (1,707 m), from where an approx. 5 to 5.5-hour hike leads past the Blaue Seen lakes and Geschriebener Stein up to Kreuzspitze (2,746 m), the highest elevation in this area, down to Durrensee and across alpine pastures to Meissner Haus or Arztaler Alm. Route: Arztaler Alm–Durrensee–Kreuzspitze–Blaue Seen–Geschriebener Stein–Meissner Haus, or reverse.
Length: 10.4 km, **Duration:** 5–5.5 hours, **Difficulty:** moderate



- Wanderweg | Hiking path
Chemin de randonnée | Percorso escursionistico
- Mountainbikeroute | Mountainbike track
Itinéraire à bicyclette | Itinerario per mountain bike
- Klettersteig, Wanderweg - schwierig | Climbing path, Hiking path - difficult | Voie d'escalade, Chemin de randonnée - difficile | Via ferrata, Percorso escursionistico - difficile
- Jakobsweg | The 'Way of St. James'
Chemin de Saint Jacques de Compostelle | Cammino di Santiago

- Einkehrstation | Cottage
Cabane | Capanna
- Labestation, Restaurant | Refreshment stop, restaurant
Point de revitaillement, restaurant | Punto di ristoro, ristorante
- Kneippanlage | Kneipp facilities
Installations d'hydrothérapie Kneipp | Percorso idroterapico Kneipp
- Bushaltestelle | Bus stop
Arrêt d'autobus | Fermata dell'autobus

- Parkplatz | Car park
Parking | Parcheggio
- Information | Information
Informations | Informazioni
- Golf | golf
- Freibad, Badesee | outdoor pool, bathing lake
Piscine de plein air, Lac de baignade | Piscina all'aperto, Laghi balneabili
- Aussichtsplattform | viewing platform
Plateforme avec vue | Piattaforma panoramica

- Sessellift | chair lift
Télésiège | Seggiovia
- Seilbahn | cable car
Téléphérique | Funivia
- Mountainbikeroute - mittelschwierig | Mountainbike track - average
Itinéraire à bicyclette de moyenne difficulté | Itinerario per mountain bike - difficoltà media
- Mountainbikeroute - schwierig | Mountainbike track - difficult
Itinéraire à bicyclette difficile | Itinerario per mountain bike - difficile

CALCULATION OF WALKING TIMES
The indicated walking times are based on the assumption that it takes a healthy, moderately fit hiker 1 hour to ascend 300 m, to descend 400 m or to cover a distance of 4 km in flat terrain.

 Aldranser Alm (1,511 m) tel. +43 664 / 15 16 675	 Alpengasthof Boscheben (2,035 m) tel. +43 660 / 23 45 396	 Arztaler Alm (1,930 m) tel. +43 512 / 37 71 75	 Gipfelstube Patscherkofel (2,248 m) tel. +43 664 / 92 59 351	 Lanser Alm (1,718 m) tel. +43 664 / 45 20 742	 Meissner Haus (1,707 m) tel. +43 512 / 37 76 97	 Patscher Alm (1,684 m) tel. +43 664 / 40 53 026	 Rinner Alm (1,394 m) tel. +43 5223 / 78 409	 Tulfefinalm (2,035 m) tel. +43 5223 / 78 153	 Voldertalhütte (1,376 m) tel. +43 664 / 97 57 447
 Alpengasthof Halsmarter (1,567 m) tel. +43 5223 / 78 361	 Alpengasthof Heiligwasser (1,234 m) tel. +43 512 / 37 71 71	 Gluckerhütte (1,362 m) tel. +43 5223 / 78 926	 Glungezer Hütte (2,600 m) tel. +43 5223 / 78 018	 Panoramagasthaus Neue Gufl (1,337 m) – currently closed! tel. +43 5223 / 78 186	 Patscherkofel Lounge (not serviced, 1,952 m) tel. +43 512 / 37 72 34	 Schutzhaus Patscherkofel (1,964 m) tel. +43 512 / 37 71 96	 Sistranser Alm (1,608 m) tel. +43 664 / 35 55 811		

Postbus
IGLS-TULFES, TULFES-IGLS
13 June–23 September: daily
from **Igls/Patscherkofel cable cars**, direct service at 8.44, 9.44, 10.44, 14.44, 15.44, 16.59 o'clock
from **Tulfes/Glungezer chair lift**, direct service at 8.13, 9.13, 10.13, 14.13, 15.13, 16.13, 17.28 o'clock
www.innsbruck.info/pdf/postbus_zirbenweg.pdf

