



## 6 lakes hut tour in east tyrolean virgental

8 days / 7 nights



**DAILY ARRIVAL POSSIBLE**



The mountains are silent - over a noisy world,  
The mountains rest - over a hurrying world,  
The mountains demand - in a softened world,  
The mountains warm - in a cold world,  
The mountains shine - over a dark world.

**Reinhold Stecher**

East Tyrol - a countryside surrounded by mountains and several hundred three-thousand meter high peaks.  
The valley floor doesn't drop below six hundred meters above the sea. The 20 kilometer-long Virgenvally is

framed by two great mountain ranges. To the south it is bordered by the Lasörlingridge, to the north by the vanguard of the Venetian Group. Inside and outside of the Hohe Tauern National Park in East Tyrol, the hiking tour leads to natural and scenically unique mountain areas. The views over huge cirques with crystal-clear lakes, green meadow terraces under barren scree slopes and striking rock formations are breathtaking. During the ice ages, glaciers formed the broad, u-shaped trough valleys; as the ice retreated, numerous mountain lakes formed. To this day, mountain streams tumble down from the glacier gates, which form imposing gorges and waterfalls. The hut tour includes stages of several high-altitude trails. During the first hiking days you follow a section of the Lasörlinger Mountain Trail, which connects forest, alpine pastures, cirques and mountain peaks with a variety of shapes via a ridge. From the Bergerseehut there is a detour to the Muhs-Panoramic Trail before a stage of the Venetian Mountain Trail is hiked north of the Virgenvally which is known for its lush flora. Up until the 1970s, mountain meadows were mowed up to an altitude of 2,700 meters. In the sometimes extremely steep areas, the mowers even had to wear crampons. An experience in the high mountains awaits you!

The carrying out of the tour is dependent on weather conditions!

## Highlights

- + **FROM HUT TO HUT THROUGH THE HOHE TAUERN NATIONAL PARK IN EAST TYROL**
- + **CONTEMPLATIVE HIKES IN THE AREA OF ALPINE PASTURES OF VIRGENVALLEY**
- + **EXPERIENCE SELECTED TOURS IN THE HIGH ALPINE AREA OF THE THREE-THOUSAND METER PEAKS**
- + **OVERNIGHT IN RUSTIC HUTS IN MAGNIFICENT LOCATIONS**
- + **REFRESHMENT, COOLING OFF AND RELAXATION AT EMERALD GREEN MOUNTAIN LAKES**

# The course of your hiking tour:

## Day 1: Individual arrival to Virgen or Matrei in East Tyrol

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The Virgenvally belongs entirely to East Tyrol. Numerous waterfalls can be reached from the national park town of Matrei. The picturesque mountain village of Virgen, with its dark brown wooden houses, is also very attractive. Because of its sunny and convenient location, Virgen is often referred to as the 'Meran of East Tyrol'. The Slavic name 'Virgen', meaning sunny place, probably also points to this. Handover of the travel documents in a \*\*\*hotel on site. (1 night)

## Day 2: Prelude to the heart of the Virger alpine pastures - the Zupalseehut

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For overnight stays in Matrei: drive by car or public bus (to be paid on spot) to Virgen on the Isel, one of the last large alpine rivers in Austria without a power station or dam. The hike starts in Virgen and leads through a larch mountain forest up to the Wetterkreuzhut. It is already above the tree line; the view of Virgen, the fields and the Virgen north chain as well as the Venetian Group is very impressive. Austria's highest mountain, the Grossglockner at 3,798 meters, can also be seen on a clear day. The Höllerhöhe, which is overgrown with dwarf shrub heather, continues over a grass saddle. Then you cross the flank of the Legerle, - dotted with alpine roses - and you reach the Zupallake and the Zupalseehut, which stands on a flat grassy hilltop. Look forward to the cozy pine parlor and the sun terrace - they invite you to linger and pause. At 2,720 meters, the Zupalkogel is almost 300 meters higher and could lure you in for a summit tour in the afternoon. To do this, you follow a mountain path, past a lush green high plateau reminiscent of the Scottish Highlands, and you are rewarded with a magnificent view. (1 night Zupalseehut)

**Hiking: approx. 3-4 hours (7 km, ascent: 1,252 m in height / descent: 20 m in height)**

### **Day 3: On the way to the 'little village in the mountains' - the Lasörlinghut**

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Today's hiking day is full of contrasts with wonderful panoramic views over the valleys shining in dark green, above them the peaks and snowy areas of the Venetian Massif. The spacious Zupal trough is first crossed over high and alpine pastures. Afterwards reach the Steinkaastrough with indelible traces of former slope glaciation, the Steinkaaslake. It invites you to take a well-deserved rest. Follow the path to the managed Merschenpasture, over the Merschenhight in the direction of Lasörlinghut. Following a junction you reach the Virgengate and set course for the Grietzer Hörndle. You cross the Gumpenlacke and the Gritzer lakes. With good visibility, you can even see the South Tyrolean Dolomites from the summit. Back at the junction, today's destination is in sight: the Lasörlinghut, a unique alpine ensemble. (1 night)

**Hiking: approx. 3-4 hours (12 km, ascent: 745 m in height / descent: 802 m in height)**

### **Day 4: Alpine tour to Bergerlake and panoramic trail to Muhsköpfle**

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Today's hiking route is very varied in terms of landscape. The ascent to the Bergergate over 2,800 meters is quite steep. A small glacial lake soon comes into view, fed by the Zopatbach. It continues through a rugged stone desert landscape, past a roaring waterfall, before one hikes down to the fish-rich Bergerlake and Bergerseehut, idyllically situated between lush green mountain meadows with cotton grass moor. Stunning views await you on the Muhs-Panoramic Trail. Walking in a wide arc around the northern foothills of the Muhskopf, you reach the Zopatnizenpasture. At the summit of the Muhsköpfl, where you might spot a marmot or two, you find a wooden table with the names of the surrounding mountains on it - a truly powerful place! Then the path leads back to the Bergerseehut. From here you have a clear view of the Venetian Group situated on the opposite side. (1 night)

**Hiking: approx. 3-4 hours (10 km, ascent: 751 m in height / descent: 859 m in height)**

## Day 5: From the Lasörling Group to the Venetian Mountains

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Today you leave the mountains of the Lasörling Group and descend via the Zopatnitz Gorge into the Virgenvally to Prägraten. On the opposite side of the valley, a varied trail leads back up through the flower- and water-filled Timmelvalley - this time to the Venetian Group. The pretty valley is also known for its many chamois and marmots. Just below the Eissee hut, today's destination, the Timmelstream falls over a steep step at a height of almost 2500 meters. The hut marks both the end of the Timmelvalley and the entrance to the Venetian High Trail. It is the starting point for numerous three-thousander peaks and is also very popular with ski tourers in winter. (1 night)

**Hiking: approx. 5-6 hours (11 km, ascent: 1,124 m in height / descent: 883 m in height)**

## Day 6: Follow the trail of the eagle to the observatory lodge of the high-altitude trail - the Bonn-Matreier-Hut

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Take the opportunity of a morning hike over the Kleinitz pasture to the nearby clear Eissee. It invites you to linger and pause. With a bit of luck you will discover the rare edelweiss on this tour. The Venetian high-altitude trail to the Bonn-Matreier-Hut runs, mostly staying at the same level, below the Großer Hexenkopf and the Hoher Eichham, around the Wunspitze (all three-thousanders) and over the Eselsrücken. You actually feel like an eagle - the view of the Lasörling group and the course of the past few days is so fantastic. There is a rock chapel to discover in the immediate vicinity of the hut. The panorama with a corresponding view of the Triglav, the Dolomites and the Schober Group is breathtaking. Strengthen yourself with a good snack on the sun terrace and end the day with these views. (1 night)

**Hiking: approx. 3-4 hours (10 km, ascent: 614 m in height / descent: 414 m in height)**

## **Day 7: Via the small Nillvalley and the Gotschaunpasture into the valley of the wild Isel**

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Today it is time to say goodbye to the rocky summit structures; you get to know the whole span of the structure of a mountain landscape over the alpine region back to the forest base of the mountains during today's hike. The path leads over the Goaschartl to the small Nillvalley. We continue along alpine rose slopes to the beautifully situated Gotschaunpasture. After a rest, you will return to the center of Virgen via the district of Marin. (1 night in a \*\*\*hotel in Virgen or Matrei)

For overnight stays in Matrei: Drive by car or public bus (payable locally) to Matrei.

**Hiking: approx. 3-4 hours (8 km, ascent: 13 m in height / descent: 1,560 m in height)**

## **Day 8: Possibility of extension or departure**

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Additional nights can be reserved for all those who would like to spend more time in the Virgen Valley or the surrounding area. How about a few days of relaxation in front of this magnificent high mountain scenery! Otherwise individual departure from Virgen or Matrei in East Tyrol.





## REQUIREMENTS AND GENERAL INFORMATION

During the tour in the Hohe Tauern National Park and in the Venetian and Lasörling groups, you are mostly in high alpine terrain. Therefore, appropriate mountain experience, mountain equipment, sure-footedness, a head for heights and stamina are prerequisites and absolutely necessary to return safely from the tour. The necessary equipment includes: hiking boots, functional clothing, backpack, water and food, rain and sun protection, first aid kit, mobile phone, possibly hiking poles, etc. The paths are well signposted, but the markings may be hidden due to the remaining snow. It is therefore essential to carry maps with you. Also find out about the current weather situation and, if necessary, use alternative routes to reach your next accommodation. Accompanied by an experienced hiking guide on request!

# Arrangement

- 7x** Overnight stay with half board (2 x \*\*\*hotel, 5 x hut: communal bunks, hut sleeping bags mandatory, routing water available (partly cold), toilets partly without water flushing)
- 1x** welcome video with explanations and information that you need for the tour
- 1x** Hiking map and route description (1 x per room)
- +** Daily service hotline from 08.00 am - 06.00 pm (also on weekends)

## Rates per person and arrangement in €:

	01.07. – 20.09.25 (last departure)
double room (multi-bed rooms or communal bunks in the huts)	832,00
surcharge 2x single room (Shared rooms or communal bunks in the huts)	70,00
Day of arrival	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.

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

## Notes on staying at an Alpine lodge:

- \*Hut sleeping bag: blankets are available in the huts; necessary but mandatory is only a lightweight cotton/silk sleeping bag liner
- Due to their location, not all huts can offer running water, hot water or showers. In some cases there is also no flushing system in the toilets.
- On most huts, card payment is not possible. Take enough cash with you for food and drinks.

Become a sponsor of Austrian mountain rescue and enjoy the comprehensive rescue protection:

[www.bergrettung-ooe.at/en/foerderer-werden](http://www.bergrettung-ooe.at/en/foerderer-werden)

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!

### Level of difficulty

Daily stages with up to 1200 metres of ascent - Ø 4-10 hours walking time - difficult terrain: Trails with major obstacles.

