

KING DACHSTEIN TRAIL

4 stages – 122km – 5800m of altitude

Trailrunning Paradise Salzkammergut - 6 days / 5 nights

✓ **WITH LUGGAGE TRANSFER!**



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“World heritage region”: the mighty Dachstein – 2995 meters high – has been decorated with this award in 1997. The impressive mountain landscape along with Hallstatt and the region Dachstein Salzkammergut were named world heritage region by UNESCO.

The route of your trail running journey

Day 1: individual arrival in Gosau.

Individual arrival at train station Salzburg and bus ticket (for FREE) to Gosau (change bus in Bad Ischl once) or individual arrival in Gosau right next to the Dachstein mountain range.

Overnight stay incl. halfboard and 1 beverage in Gosau.

Day 2: From Gosau via Salzberg to Hallstatt and via Obertraun and the Koppental to Bad Aussee.

~33,5 km, altitude difference ascent 1230 m / descent 1280 m

Luggage transfer from Gosau to Bad Aussee

Overnight stay incl. halfboard at Bad Aussee

Day 3: From Bad Aussee via Ödensee to Stoderzinken.

~30,5 km, altitude difference ascent 2130 m / descent 970 m

Luggage transfer from Bad Aussee to Stoderzinken

Overnight stay incl. halfboard at Stoderzinken

Day 4: From Stoderzinken to Dachstein Südwand via „Ramsauer Höhenweg“.

Alternative via „Dachstein Rundweg“ crossing Dachstein glacier.

~20,0 km, altitude difference ascent 1240 m / descent 1380 m

Day 5: From Südwand via Hopfürghütte, Zwieselalm and Herrenweg to Gosau.

~32,5 km, altitude difference ascent 1180 m / descent 2140 m

Luggage transfer from Dachstein Südwand to Gosau

Overnight stay incl. halfboard and 1 beverage in Gosau

Day 6: Individual departure

by bus (FREE ticket) via Bad Ischl to train station Salzburg or individual departure from Gosau



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REQUIREMENTS AND GENERAL INFORMATION

The tour mainly covers alpine terrain. You will need appropriate trail running equipment and basic stamina.

Necessary recommended equipment: trail running shoes, functional clothes (also long trousers or shorts with leg warmers), second dry long sleeve, woollen hat / cap, gloves, backpack, rescue blanket, food and water (for all days), garbage bag, rain and sun protection, first-aid kit, head-lamp, mobile phone and poles. Even in the midsummer there could be a drop of temperature, so please make sure that you have warm clothing with you including gloves and cap. Please think about a second long sleeve in case there will be a waiting time in the next accommodation for the luggage.

Your route is recorded for posterity when you enter your name in every hut logbook in the Dachstein Mountains. The routes are well signposted, although the signs could partly be covered by snow. Hence, it is imperative that you take your routing with you. An experienced guide is available to accompany you upon

request.

The carrying out of the tour is dependent on weather conditions! Alternative trails, use of cable car and train or bus (payable on spot) are always possible.

Arrangement

- 5x** Overnight stay with alpine breakfast according to the hotel list (2 x Gosau, 1x Bad Aussee, 1x Stoderzinken, 1 x Dachstein Südwand)
- 1x** voucher for all accommodation
- 2x** halfboard in Gosau incl. one beverage (non alcoholic drink, ¼ wine or 0,33l beer)
- 3x** halfboard (Bad Aussee, Stoderzinken, Südwand)
- 1x** Route notes and GPX-tracks
- 4x** luggage transfer - max. 2 pcs./person and max. 25 kg/piece of luggage
- +** A Tree for your booking – we plant a tree for your booking
- +** Daily service hotline from 08.00am - 06.00pm (including weekends)

Rates per person and arrangement in €:

	25.06. – 03.10.24*
double room (twin on request)	825,--
Supplement for a single room – on request	179,--
Supplement for single travellers	45,--
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!

* season start and end according to the snow conditions

**In Order to provide you the bus ticket on time, we need the information when you will arrive in Salzburg and when you want to leave Gosau at least one week ahead of your arrival.

Notes on staying at an Alpine lodge with dogs:

- Dogs on partly dog kennels available, extra costs to be paid on spot. In Austria a general linen and muzzle requirement applies!

We recommend travel cancellation insurance.

Prices are subject to change

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.

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

www.bergrettung-ooe.at/en/foerderer-werden

Informations



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!



The 'Dachstein circular hiking trail' opens up the scenic beauty and diversity of the Dachstein, the "showpiece of the northern limestone Alps", in 8 daily stages. In manageable daily stages, without rope and climbing equipment, with walking times between four and seven hours, the scenic diversity of the mountain range can be experienced hiking.