



# Mountains & Lakes: The S-Trail

## Tour 1 - with crossing of the Höllengebirge

4 lakes / 2 peaks

- ✓ **+DELICIOUS DISCOVERIES: APPLESTRUDEL AT A HUT**
- ✓ **WITH LUGGAGE TRANSFER**
- ✓ **ARRIVAL DAILY POSSIBLE**



© Gerhard Spengler



*Every person has his way, and every way is right.*

**Thomas Bernhard**

The term "Salzkammergut" goes back to the rich salt deposits in Hallstatt and Bad Ischl. At that time, the imperial court chamber - hence the name "Kammergut" - in Vienna needed the income from salt production to cover the living expenses of the sovereigns.

The summer resort - once enjoyed in the Salzkammergut by Emperor Franz and the nobility - inspires nature-loving active mountain hikers during this spectacular hiking tour. The starting point and destination of the trip is the district capital Gmunden am Traunsee - the gateway to the Salzkammergut. During the first days of hiking, the magnificent mountain scenery of the Höllengebirge captivates hikers - relaxation comes by itself. With the ascent to Hochlecken, the three-day crossing of the Höllengebirge begins, including two overnight stays in huts. From the Feuerkogel the cable car brings you back down into the valley of the Traun to Ebensee. By boat across the Traunsee you then return to the picturesque Gmunden.

## Highlights

- + **THE NEW "SUMMER RESORT" - EXPERIENCE PURE NATURE IN THE WORLD HERITAGE REGION OF THE SALZKAMMERGUT**
- + **WORLDWIDE UNIQUE HIKING COMBINATION TO LAKES AND MOUNTAINS**
- + **IN THE VALLEY OF THE LANGBATH LAKES - JEWELS AGAINST THE ALPINE BACKDROP OF THE HÖLLENGBIRGE**
- + **HÖLLENGBIRGE CROSSING WITH OVERNIGHT STAY IN RUSTIC HUTS**
- + **TRAUNSEE BOAT TRIP ALONG THE MIGHTY TRAUNSTEIN MASSIF**

## The course of your hiking tour:

### Day 1: Individual arrival to Gmunden am Traunsee

---

You will receive your detailed travel documents at the hotel.

The port of the ceramic city used to be a transshipment point for Hallstatt salt. Here the transport routes separated into water and land routes. A first exploration of the old town can be combined with a walk to the picturesque city park and a visit to a café by the lake. (1 night)

## Day 2: Up and down through the Attersee-Traunsee Nature Park

---

Along the Gmunden lake promenade and through Altmünster you then follow a part of the Josef pilgrimage path. From Neukirchen in front of the Höllengebirge the route runs on lonely paths through the mountain forest and over panoramic alpine pastures to the Langbathtal. (Transfer from Gasthof Kreh to Ebensee, 1 night)

**Hiking: approx. 6 hours (18 km, ascent 762 m, descent 555 m)**

## Day 3: 4-lakes-hike

---

Today's first destination is the two Langbath lakes; surrounded by a magnificent mountain backdrop, they are probably among the most beautiful mountain lakes in Europe. A little later, the idyllically situated Taferlklaussee is reached. It was built by a cloister wall built in the 18th century. From here, the wood cut for the salt works could be drifted to the Aurach further down. Continue along the Valerieweg, which was named after the daughter of Emperor Franz Josef, Archduchess Valerie, you hike to the Attersee in Weissenbach. (1 night)

**Hiking: approx. 8 hours (23 km, ascent 740 m, descent 902 m)**

## Day 4: Off to the limestone massif of the Höllengebirge

---

The steeply rising mountains are part of the Salzkammergut mountains and belong to the Austrian Limestone Alps. The name part "Hells" is derived from the many caves (limestone). Panoramic mountain tour to the Hochleckenhaus with a wonderful view of Austria's largest lake, the Attersee. The ascent over forest paths and mountain pine alleys to a steep scree field is already varied. Located at almost 1,600 m, the shelter of the Austrian Alpine Club offers everything you are looking for in a mountain hut - peace and retreat. Also the innkeepers of the Hochleckenhaus would like to spoil you with culinary delights. Look forward to the applestrudel at the hut today! (1 night)

**Hiking: approx. 5-6 hours (9 km, ascent 1,280 m, descent 200 m)**

## Day 5: High mountain hike from hut to hut

---

Steeply rising rock pyramids, large sinkholes, wide mountain pine fields and again and again the magnificent view of the king of the Salzkammergut mountains - the Dachstein - that makes the indescribable charm of this stage. And if you keep a watchful eye, you will notice animals that can live here in great freedom. (1 night at the Riederhütte)

**Hiking: approx. 4-5 hours (9 km, ascent 760 m, descent 550 m)**

## Day 6: Around the Feuerkogel

---

In the summer months, the flower lover will find a great variety of alpine plants here. The mountain spring even transforms the plateau into a sea of flowers. From the Riederhütte, the path follows the alpine version of the BergeSeen Trail. On the way to the Feuerkogel cable car there is - according to taste - also the possibility of the highest elevation of the Hölleengebirge, the Great Höllkogel with 1,862 m, or to climb the panorama that stretches from the Alberfeldkogel opens up to enjoy. To the southern end of the Traunsee, to Ebensee, the ride takes place by cable car and on foot to the accommodation. (1 night in Ebensee)

**Hiking: approx. 4-5 hours (6 km, ascent 158 m, descent 330 m)**

## Day 7: On the "Austrian Lake Garda"

---

The Ebensee Bay on the southern shore of Lake Traunsee offers optimal conditions for water sports enthusiasts sailing in the warm season. A spectacle for the eye is to watch the many surfers in their tricks like on Lake Garda in a special wind. If you travel back to Gmunden, you can use the services of Traunsee boat trip today and look forward to a "sea day" on Lake Traunsee. For all those who want to spend even more time in the Salzkammergut, additional overnight stays can be reserved.





© TVB Attersee-Attergau Moritz Ablinger

## GENERAL INFORMATION:

The tour partly covers alpine terrain. You will need appropriate mountain equipment and basic stamina. Necessary mountain equipment: ankle-high boots, functional clothes, rucksack, food and water, rain and sun protection, warm clothes (also in high summer, the temperature can fall very fast), first-aid kit, mobile phone, hiking sticks, ...

**For the hike from Hochleckenhaus to the Riederhütte: no rest stop possibilities during the tour. High alpine, steep rocky, impassable terrain. Take at least 2.5 liters of water per person and enough food with you. Lunch packet can be packed at breakfast in the Hochleckenhaus for an additional charge.**



## Arrangement

- 6x** Overnight stay with breakfast (4 x \*\*\*inns / hotel, 2 x in hut – communal bunks, hut sleeping bags\* mandatory, half board at Riederhütte)
- 1x** welcome video with explanations and information that you need for the tour
- 1x** tasty apple strudel at Hochleckenhaus
- 1x** taxi transfer Gasthof Kreh – Ebensee
- 1x** descent by Feuerkogel cable car
- 1x** ferry from Ebensee to Gmunden
- 1x** Hiking map of the Salzkammergut area + detailed routing (1x per room)
- 1x** S-Trail hiking booklet (1x per room)
- 1x** Salzkammergut Adventure Card – Reductions on 120 attractions in the region
- 3x** 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
- +** Service hotline daily from 8 am - 6 pm (also on weekends)

## Rates per person and arrangement in €:

	15.06. - 01.07.25 01.09. - 01.10.25	01.07. - 01.09.25
<b>***hotels/inns in double room (communal bunks in the hut)</b>	770,00	825,00
<b>Supplement half board (minimum 2 course dinner)</b>	166,00	166,00
<b>Supplement for single room (communal bunks in the hut)</b>	120,00	120,00
<b>additional nights</b>	on request	on request
<b>Day of arrival</b>	daily	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.

### 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.

## 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!

### "A tree for your booking" - Cooperation project with Austrian Federal Forests

For every bike or hiking tour in the region booked with us, a tree is planted in the Weißenbach valley - near Bad Ischl. With this campaign we want to generate awareness for climate-friendly travel and take responsibility for a world worth living in.



### Salzkammergut BergeSeen Trail

The defining feature of the Salzkammergut has always been the visual drama between the countless small and large lakes nestling in the abruptly rising mountains of the Northern Alps. The long distance trail links these hotspots in a never seen before, comprehensive way. Discover lush Alpine meadows, fairy-tale forests and invigorating waters in a cultural landscape of outstanding authenticity.

### Level of difficulty

Daily stages with up to 1800 metres of ascent - Ø 8-18 hours walking time - extremely difficult terrain: Trails with very large obstacles. Only for trained hikers.

