



ÖTZ
TAL

SÖLDEN



Signs & Symbols



You can use all activities marked with this sign for free within the card's validity period. More detailed information is available in the separate Ötztal Premium Card & Ötztal Card Folder or online at **www.premiumcard.oetztal.com** and **www.oetztalcard.oetztal.com**



We also offer trails for our youngest guests, which are suitable for baby prams and strollers.



Mountain gondola, chairlift



Hiking bus



Public bus line



Trail – asphalt



Trail – gravel, forest path



Trail – high Alpine footpath

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Mountain Bikers



Superb Ötztal valley makes a real heaven for walkers and hikers, but it is as well one of the Alps' most popular cycling and mountain biking destinations. Therefore walkers and mountain bikers often use the same ALMZEIT trails and routes. Although the paths are broad enough for both, attention for other sportsmen goes hand in hand with courtesy on the trails.
www.soelden.com/bike-republic-soelden

Map Legend

-  Information
-  Mountain Gondola
-  Bus Line
-  Hiking Taxi
-  Pump Track
-  Campsite
-  Sports Center
-  Climbing Garden
-  Snack Station/Restaurant/Hut/Food Stall
-  Alpine Refuge Hut/Mountain Inn
-  Parking
-  Underpass
-  Big 3
-  ice Q
-  Walking Trail
-  Ötztal Trek

IMPRINT

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TIME

for Adventures



UNLIMITED MOUNTAIN FUN The most fun-packed way to discover the fabulous Ötztal Alps is to explore them together with your family: the ALMZEIT Theme Trail promises big adventures for young walkers plus lovely rest stops for the parents, giving an insight into the great variety of mountain huts and pastures in Sölden's mountains.

Be it climbing or scrambling, walking or hiking, enjoying the sun or playing - the highly idyllic trails lead past flower-strewn meadows and from one quaint mountain hut to the next, where loads of delights, fun and games are waiting for young and old!



Heidealm PANORAMA TIME

Who can count all the mountain summits? Which animal climbs up the rock walls so swiftly? Have you seen the eagle winking at you from the mountain top located opposite? Answers to all these and many more questions await young hikers on lovely HEIDEALM at 2130 m altitude, where a giant wooden telescope provides views of the Ötztal Alps in super large format. Let your eyes wander and your legs as well at the splendid children's playground nearby. What's best, the parents can enjoy typical Tirolean delights on the hut's sun-kissed terrace.



VARIANT 1 Mountain gondola ride up to Gaislachkogel middle station, followed by a 30-minute walk on a gravel trail.



VARIANT 2 Hiking shuttle from Sölden to Gaislachalm: 30-minute walking tour



Silbertal GEMSTONE TIME

Here in stunning Silbertal everything revolves around sparkling gemstones and twinkling crystals: FERIENCLUB SILBERTAL at 2040 m altitude hosts Tirol's biggest mineral museum! Amethysts, mountain crystals or rose quartz gemstones are on display. The exhibition also features a shop with glittering souvenirs to take home. The nearby mountain inn caters to the hungry and thirsty explorer. For the kids the giant climbing crystals of different sizes and colors are far more interesting!



VARIANT 1 Mountain gondola ride up to Gaislachkogel middle station, followed by a 45-minute walk on a gravel trail.



VARIANT 2 Experienced hikers take the mountain trail from Tiefenbach Glacier via lake Petznersee into Silbertal: 2.5-hour hiking tour



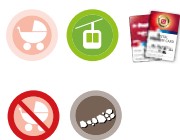
Tip: From Gaislachalm (5 minutes walking distance) a hotel shuttle bus to Sölden is available (extra charge) several times a day.

ice Q PLEASURE TIME

A restaurant made of glass? After boarding the state-of-the-art Gaislachkogel mountain gondola in Sölden, you reach the mountain top in only twelve minutes: a crystal clear experience awaits you in the ice Q Gourmet Restaurant at 3048 m above sea level - an oversized ice cube towering high above the valley. Gourmands enjoy creative Alpine Cuisine while little explorers cross the suspension bridge and reach the rooftop terrace offering breathtaking panoramic views of the Ötztal and Stubai Alps, the Dolomites and even Zugspitze peak!



VARIANT 1 Mountain gondola ride from Sölden directly to the ice Q top station.



VARIANT 2 Experienced hikers walk past Gaislach and lake Gaislachsee on a high Alpine, steeply ascending route: 3-hour hike

Edelweisschütte HISTORY TIME

Little hikers take part in a very special history lesson, come and join us on a travel back in time: EDELWEISSHÜTTE is renowned for both history and entertaining stories. Pictures give an insight into Ötztal's everyday life how it used to be in long past times. How did the locals live in this Alpine region? What was their daily work? And their food, was it as substantial as today? Hikers of all ages will find the answers here at 1821 m altitude. Excellent mountain meals and typical Tirolean specialties add to a memorable pasture day with all the family!



VARIANT 1 To Hochsölden by bus, followed by a 30-minute walk on a natural hiking trail.



VARIANT 2 On walking trails and asphalt roads from Sölden via Grünwald to the hut in about 1.5 hours.



Rotkogelhütte PEAK TIME

That beats everything! Once you have reached scenic ROTKOGELHÜTTE at 2666 m altitude, you enjoy a well-deserved rest stop in the hut's large outdoor area. Unlace your hiking boots and relax! Only the kids are still in the mood for adventures by climbing the larger-than-life hiking boot. Maybe a giant has left it there? Not at all, the big wooden boot is a climbing frame with huge shoelaces just perfect for little mountain explorers who love climbing. Meanwhile parents wind down and sample a hearty mountain snack platter.



VARIANT 1 To Hochsölden by bus, then take Rotkogel chairlift, followed by a 1-hour walk on a gravel trail.



VARIANT 2 Experienced hikers walk along the high Alpine trail via Rettenbach Glacier and lake Schwarzsee in about 2 hours.



Bubi's Schi- & Almhütte HUNTING TIME

Focus on the target and hit the bullseye: the unrivaled 3D Archery Course on BUBI'S SCHI & ALMHÜTTE offers heaps of fun and action for young and old. Bow and arrow are the archer's most important equipment here at 1950 m above sea level. A short introduction into archery and safety is followed by a fairly exciting chase in the outdoors. Kids who prefer climbing and scrambling about, explore the giant wooden stag's antlers, featuring a climbing net in-between the points. Traditional homemade specialties are served in the hut's quaint parlor.



VARIANT 1 On an asphalt hiking trail from Sölden via Innerwald in about 1.75 hours.



VARIANT 2 Mountain gondola ride from Sölden up to Gaislachkogel middle station, followed by a 1-hour walk on a gravel trail.



Tip: Free hut hiking shuttle from/to Sölden only on advance booking!



Jausenstation Hochwald

SNACK TIME

Put your hand up if you are hungry! Hikers of all ages get together after a long walk in the mountains: welcome to JAUSENSTATION HOCHWALD, a lovely place offering a wide range of mouth-watering Tirolean meals. The quaint farmhouse nestling at 1580 m altitude, serves hearty snack platters, sweet shredded pancakes and homemade sausages - accompanied by awe-inspiring vistas of the rear Ötztal valley from the lovely terrace where tired hikers are soaking up the sun.



VARIANT 1 Experienced hikers take the bus to Hochsölden, walk to the hut via Dr. Bachmannweg on a natural hiking trail in about 3.5 hours.



VARIANT 2 Another ascending 2-hour hike takes you on walking, gravel and asphalt trails from Sölden via Leite to Hochwald.



Goldegg Alm

POTATO TIME

What a unique tuber: the Alpine world on GOLDEGG ALM at 1903 m altitude revolves around potatoes. And what's best, here you can eat them in all possible variations. The super-tuber doesn't only taste excellently, in front of the mountain hut young explorers will also have endless fun on the giant bouncing potato. Meanwhile the host prepares a delicious potato soup: climbing, bouncing, swinging and floating on the wooden tuber makes hungry and thirsty!



VARIANT 1 Mountain gondola ride up to Gaislachkogel middle station, 1-hour walk to Goldegg Alm on Zwergerlweg Trail.



VARIANT 2 On walking, gravel and asphalt trails from Sölden via Innerwald to the hut in about 1.5 hours.



Gampe Alm ARTISTIC TIME

From far little artists make out the artistic tent: a huge wooden 3D painter's palette and a brush point the way to authentic GAMPE ALM at 1980 m above sea level. The 250-year old hut has a lot to offer: parents relax on the wonderful sunbathing terrace and get spoiled with typical Ötztal delights while the kids can improve their painting skills. The area is equipped with hand-made painter's chairs and a kids' easel where the young artists let their imagination run free. Painting and brushing at their very best!



VARIANT 1 To Hochsölden by bus, followed by a 40-minute walking tour on a gravel trail.



VARIANT 2 Take the public bus to the Glacier Road's toll station, continue on a natural hiking trail for about 15 minutes.



Gampe Thaya MARENDE TIME

One of Tirol's most typical and genuine afternoon snacks is called „Marende“ in the Ötztal - GAMPE THAYA at 2.013 m altitude ranks among the most popular spots to sample such Marende snacks: here most of the fine products are homemade! The hut's surroundings boast infinite adventures for little hikers. For example, a playing wall for young soccer stars who can try to score a goal, a children's swing and slide perfect to romp around, or a marvelous sand pit with water channel, shovels, buckets and an excavator. You can also help milking the cows in the stables if you want to know more about milk and cheese production!



VARIANT 1 To Hochsölden by bus, followed by a 40-minute walking tour on a gravel trail.



VARIANT 2 Take the public bus to the Glacier Road's toll station, continue on a natural hiking trail for about 15 minutes.





Löple Alm MUSICTIME

This is where the music plays. Alpine pastures and Tirolean music go hand in hand. Singing and playing music have been a tradition in the Alpine region for many centuries – also on LÖPLE ALM at 2040 m altitude, one of Ötztal's oldest mountain huts. Treat yourself to a musical break! Children climb up the giant wooden contrabass in the center of the splendid playground. After fun-filled hours full of sounds, tunes and music you sample delicious roast potatoes, grilled spare ribs or sweet shredded pancakes on the sunny terrace.



VARIANT 1 Mountain gondola ride up to Gaislachkogel middle station, 30-minute walk on a gravel trail.



VARIANT 2 On a gravel walking trail from Sölden via Innerwald in about 1.75 hours.



Gasthof Sonneck NATURE TIME

Pure nature at its finest for kids and adults alike is the slogan on splendid GASTHOF SONNECK, nestling right at the heart of Ötztal's idyllic Alpine scenery. The mountain inn's undisputed attraction is the outdoor bowling alley at incredible 1968 m above sea level. A swinging bowl is attached to a rope and you must try to achieve a strike by targeting the wooden skittles. In reward you indulge in genuine Tirolean hospitality offered by sociable hut tenants. Additionally, tasty mountain meals leave nothing to be desired. A true hot spot for children and parents.



VARIANT 1 On a gravel walking trail from Sölden via Innerwald in about 1.75 hours.



VARIANT 2 Experienced hikers take the bus to Zwieselstein, walking via Bodeneegg in about 2.5 hours.



Sonnblick PLAY TIME

A perfect combination of walking and playing can be found at SONNBLICK: who can speed down the huge slide to the children's playground and the sunbathing terrace? Who reaches the comfy swing first? Can you jump higher and higher on the trampoline? While Mummy and Daddy wind down and try a delicious snack, the kids can feed the farm animals as the panoramic playground also features a small petting zoo. A great spot in close touch with nature for young mountain fans of all ages!



VARIANT 1 To Hochsölden by bus, followed by a short 5-minute walk on a gravel trail.



VARIANT 2 For a longer walk you take the bus to the Glacier Road's toll station, then continue via Gampe Alm for about 1 hour.



Almstüb'n Mittelstation WOODEN PARLOR TIME

Come in and enjoy the cozy parlor: on the middle station of Gaislachkogel mountain gondola at 2174 m altitude little hikers and their parents can indulge in the stunning panoramic view of the Ötztal Alps, accompanied by tongue-tickling specialties and myriad culinary surprises served in the ALMSTÜB'N MITTELSTATION. This is the best place for a rumbling stomach - gourmet fans sample fine Tirolean delights while the kids order French fries, schnitzel and apple strudel!



VARIANT 1 Take the bus to the Glacier Road's toll station, then continue on a gravel and asphalt trail for about 50 minutes.



VARIANT 2 On a gravel trail from Gaislachalm in 1 hour. Hikers with tired legs can take Gaislachkogel gondola in Sölden - uphill ride in less than 7 minutes.



Gaislach Alm ANIMAL TIME

This crawling and creeping, meowing and cheeping, scampering and galloping - what could it be? Maybe a truly unique Alpine animal adventure! There is really a lot to discover for avid little walkers on GAISLACH ALM and its fabulous petting zoo. Many different farm animals live here at 1968 m above sea level, waiting for young hikers passing by who caress them and play with them before they have a tasty bite to eat at the typical Tirolean mountain inn. Look, there is even a trout pond and a funny bouncing fish swinging up and down!



VARIANT 1 Mountain gondola ride up to Gaislachkogel middle station, 45-minute walk on a gravel trail.



VARIANT 2 Experienced hikers walk along the high Alpine trail via Tiefenbach Glacier and lake Petznersee in about 2.5 hours.



Tip: Hotel shuttle service (extra charge) from/to Sölden is available several times a day.

Leiterbergalm CLOCK TIME

Little legs often get tired only because the walking route is not attractive for them, but as soon as they reach a child-friendly place like lovely LEITERBERGALM time flies and no one is counting minutes and hours. But why? Between deep green forests and flower-strewn Alpine meadows you find a huge kids' playground with cool attractions at 1900 m altitude. In case the sun isn't shining there is also an indoor children's playroom. Mouth-watering Ötztal Marende snacks are served in the quaint wooden parlor!



VARIANT 1 To Hochsölden by bus, followed by a 30-minute walk on a natural hiking path.

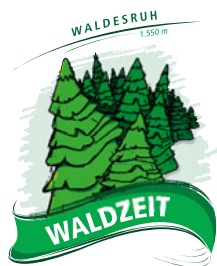


VARIANT 2 On walking and asphalt trails from Sölden via Grünwald to the hut in about 1.75 hours.



Almdorf Waldesruh FOREST TIME

Highly idyllic ALMDORF WALDESRUH, a holiday village nestling right amidst the wildly romantic woodland, features an exciting kids' playground with many different toys and sounds typical of a mountain forest. Was it a little mouse next to the Indian tepee? Did you hear the cuckoo somewhere in the trees close to the climbing frame? The young bird-watchers discover the three wooden birds imitating a woodpecker. Parents can lean back and enjoy a hearty mountain snack on the lovely terrace at 1550 m above sea level. Sounds like great fun!



VARIANT 1 On a gravel walking trail from Sölden via Innerwald in about 1 hour.



VARIANT 2 Mountain gondola ride up to Gaislachkogel middle station, 1.5-hour walking tour via Goldegg Alm.



Hühnersteig'n WATER TIME

Get ready, charge the hose line! Little adventurers play with the wet element in all its facets at renowned HÜHNERSTEIG'N. Can you handle the water blaster run by a manually operated pump? Who can shoot the most beautiful water jets high into the air? And who is best at hitting the huge bullseye with a water jet? The whole family takes part in the shooting challenge promising action-packed moments at 2012 m altitude. Authentic Tirolean specialties and fine Ötztal delights await you in-between the water challenges!



VARIANT 1 To Hochsölden by bus, followed by a 1-hour walk via Gampe Alm on a natural hiking path.



VARIANT 2 Mountain gondola ride up to Gaislachkogel middle station, 45-minute walk on a gravel and asphalt hiking trail.



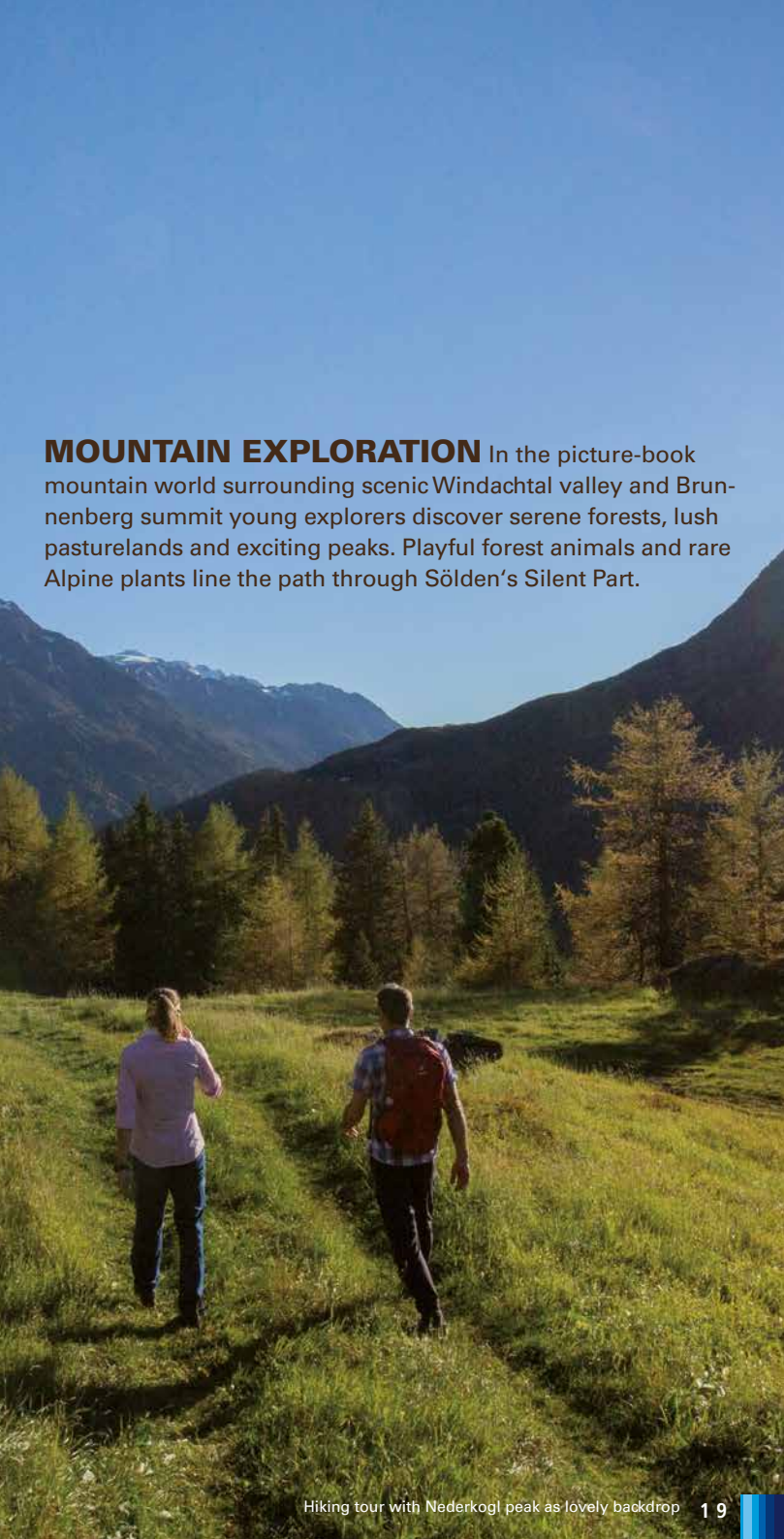
Tip: The bus from Sölden to the Glacier Road's toll station stops at only 3 walking minutes!



TIME

for Silence



A full-page photograph of a man and a woman hiking away from the camera on a grassy trail. The man is wearing a red backpack. They are surrounded by tall grass and scattered evergreen trees. In the background, there are large, rugged mountains with patches of snow under a clear blue sky.

MOUNTAIN EXPLORATION In the picture-book mountain world surrounding scenic Windachtal valley and Brunnenberg summit young explorers discover serene forests, lush pasturelands and exciting peaks. Playful forest animals and rare Alpine plants line the path through Sölden's Silent Part.



MOOSER STEG WAALWEG

Mystic, mighty and mossy: nature has always been in full bloom here thanks to the ancient water channels and irrigation ditches - called „Waal“ in Tirol - which drained off water from mountain brooks and Alpine lakes towards the valley's fields and meadows. Additionally, adjacent „Waalwege“ trails were built in order to maintain and repair these ditches. Right at the heart of the Ötztal Nature Park you find the splendid MOOSER STEG WAALWEG, reminding of our ancestors who knew very well how to protect nature and how to take advantage of the natural elements: murmuring brooks meander through precipitous rock walls, forests and rockslide areas. Crossing Windach Ache brook, you feel, hear and experience the power of the elements with all senses. Still today there are old irrigation ditches watering the Alpine meadows in dry periods!

GASTHOF MOOSALM

Hikers of all ages are recommended to enjoy a rest stop at GASTHOF MOOSALM after such an exciting Waalweg water theme hike. This traditional Alpine inn, nestling in a hillside location at 1500 m above sea level, provides scenic views of the mountain scenery. Excellent Ötztal treats are on the menu, prepared with fresh products from own farming, served in the quaint Tirolean parlors with wood-paneled ceilings where tired hikers and young walkers restore their energy and stay for a while!

VARIANT 1 On a gravel trail from Sölden via Granbichl and Waalweg trail in about 1.5 hours.

VARIANT 2 To Zwieselstein by bus, on a natural walking trail to Moosalm via Kühtrainschlucht in about 45 minutes.







STALLWIES ALM

Strolling around Alpine pasturelands makes young and older nature fans hungry. Fortunately, you reach a great mountain hut in the foothills of mighty Söldenkogel peak at 1850 m altitude: STALLWIES ALM is renowned for its culinary delicacies comprising Tirolean specialties like roast pork shank, spare ribs, cheese spaetzle and Emperor-style shredded pancake! What's best, the return hike is quite short as you reach Sölden in only 20 walking minutes even if your stomach is full ...

VARIANT 1 To Windachalm by bus, on a natural gravel walking trail to the hut in about 1 hour.

VARIANT 2 On a gravel hiking trail from Sölden to the hut via Granbichl in about 1.5 hours.



KLEBLE ALM

What a splendid view: majestic Söldenkogel peak is only a stone's throw away, the rustic hut nestles right below at 2015 m altitude! Avid hikers relax their legs, quench their thirst and sample wonderful mountain meals amidst the stunning pastureland scenery. Lovely KLEBLE ALM offers not only a superb sun terrace with marvelous panoramic views but also fine culinary delights prepared with fresh products from own farming.

VARIANT 1 To Windachalm by bus, on a natural gravel walking trail to the hut in about 1 hour.

VARIANT 2 On a gravel and asphalt hiking trail from Sölden to the hut via Granbichl in about 1.5 hours.





Pasture Area

BRUNNENBERG ALM

History is almost in the air: marvelous BRUNNENBERG ALM at 1973 m above sea level is one of Tirol's oldest serviced mountain huts, and has still maintained its authentic flair by adding also new ideas. An outstanding kids' playground with a natural bowling alley, entirely made of wood, promise memorable hours in the mountains. Young walking fans can romp around to their heart's content. Mouth-watering Tirolean specialties are served either on the sunny terrace or in the cozy „Stube“ parlor.

VARIANT 1 On a natural walking trail from Sölden via Windau to the mountain hut in about 1.5 hours.

VARIANT 2 Experienced hikers can take the demanding walking trail via Zwieselstein in about 1.5 hours.







HILDESHEIMER HÜTTE

Peak conquerors in search of an Alpine adventure: on the way to HILDESHEIMER HÜTTE at 2899 m above sea level hikers can fully indulge in the superb scenery of the Stubai Alps. The hut was built by the German Alpine Club already in 1896! The choice of glacier-topped summits and panoramic peaks is almost infinite: Zuckerhütl, Schußgrubenkogel, Schaufelspitze, Stubaier Wildspitz, Gaiskogel or Wilder Pfaff are only a few of the countless summits which line the horizon. Take a seat on the sunny terrace and enjoy homemade specialties!

VARIANT 1 To Windachalm by bus, then either along Aschenbrennerweg in about 3 hours or

VARIANT 2 via Gaiskarweg to the hut in about 2.5 hours.

Attention: Both variants are suitable only for experienced hikers as they lead along gravel trails and high Alpine paths!



BRUNNENKOGELHAUS

Uninterrupted panoramic views from dawn till dusk: picture postcard BRUNNENKOGELHAUS towers on top of the rear Brunnenkogel ridge at 2738 m altitude. Already in 1887 the first stone building was erected here. Due to its ruinous condition it was replaced by a new, top modern wooden hut in 2007. Today, ambitious hikers treat themselves to hearty mountain meals after an adventurous high Alpine tour. The mighty peaks of the Ötztal and Stubai Alps, the valleys of Ötztal, Venter Tal and Gurgler Tal promise awe-inspiring vistas.

VARIANT 1 To Windachalm by bus, then on a natural gravel walking trail to the hut in about 2.5 hours.

VARIANT 2 Take the bus to Timmelsjoch and hike along the high Alpine Panorama Trail to the hut in about 4 hours.

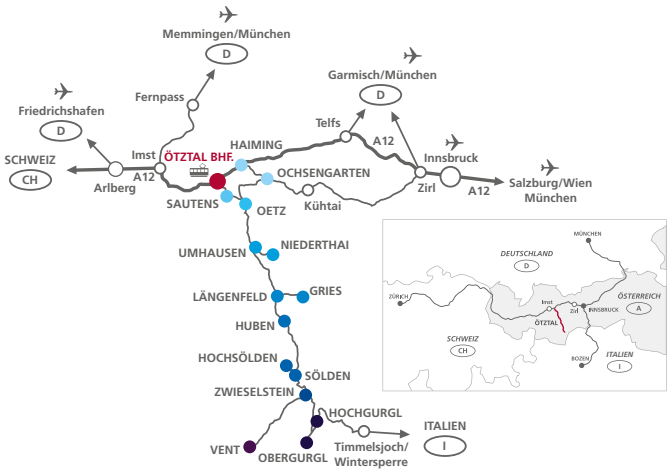
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Ötztal. The Peak of Tirol.

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Experience the Ötztal -
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