

Trekking in Austria Hohe Tauern: A Breathtaking Adventure in the Heart of the Alps

Austria's Hohe Tauern National Park is a hidden gem nestled in the heart of the majestic Alps. With its awe-inspiring landscapes, rugged mountains, and pristine wilderness, it is a paradise for trekking enthusiasts and nature lovers alike. Strap on your hiking boots and get ready for an unforgettable adventure in this picturesque alpine wonderland!

The Magic of Hohe Tauern

Stretching across three Austrian states - Salzburg, Tyrol, and Carinthia - Hohe Tauern is the largest nature reserve in the Alps and a UNESCO World Heritage site. Home to more than 300 peaks over 3,000 meters high, including the iconic Grossglockner, the highest mountain in Austria, this national park offers endless opportunities for exploration and adventure.

With its diverse flora and fauna, Hohe Tauern provides a rich habitat for numerous endangered species, such as the golden eagle, ibex, and the elusive lynx. As you embark on your trekking journey, keep an eye out for these magnificent creatures, and don't forget to capture their beauty in your camera lens!

Trekking in Austria's Hohe Tauern: Venediger, Glockner and Reichen Groups (Cicerone Guides)

by Jan Bazant (Kindle Edition)

★★★★☆ 4.3 out of 5

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Choosing the Perfect Trek

Whether you're an experienced mountaineer or a novice hiker, Hohe Tauern has a trek for every skill level. From leisurely day hikes to challenging multi-day expeditions, there's something for everyone. Here are a few popular treks to consider:

Grossglockner High Alpine Road

For those seeking a scenic drive combined with short walks, the Grossglockner High Alpine Road is a must-visit. This panoramic road takes you through stunning alpine landscapes, quaint villages, and offers access to several hiking trails, including the Pasterze Glacier trail.

Hochalmspitze Summit

If you're looking for a true mountaineering challenge, conquering the Hochalmspitze Summit is an experience like no other. Standing at 3,360 meters, this formidable peak requires technical skills and endurance. But the sense of accomplishment and the breathtaking views from the top are truly worth the effort.

Tauern High Trail

For those seeking a multi-day adventure, the Tauern High Trail offers a unique trekking experience. This 150-kilometer-long trail takes you through lush meadows, old-growth forests, and panoramic mountain passes. Along the way, you'll have the chance to stay in cozy mountain huts and connect with fellow trekkers from around the world.

Essential Tips for a Successful Trek

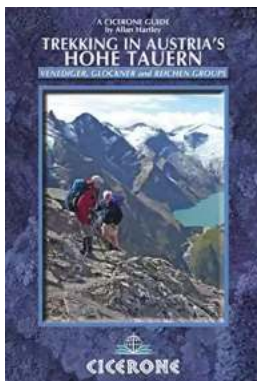
Before embarking on your trekking journey in Hohe Tauern, it's important to be prepared. Here are a few essential tips to ensure a successful and safe adventure:

- **Pack wisely:** Make sure to carry proper hiking gear, including sturdy boots, waterproof clothing, and a reliable backpack. Don't forget essentials like a map, compass, water, and snacks.
- **Check the weather forecast:** The weather in the Alps can be unpredictable. Before heading out, check the forecast and equip yourself accordingly.
- **Stay hydrated:** Carry enough water and remember to drink regularly to prevent dehydration at high altitudes.
- **Respect nature:** Leave no trace behind and follow the park's rules and regulations. Hohe Tauern is a protected area, and it's crucial to preserve its beauty for future generations.

Discover the Magic of Hohe Tauern Today!

Trekking in Austria's Hohe Tauern National Park is an adventure of a lifetime. Whether you're mesmerized by snow-capped peaks, enchanted by wildflower-filled meadows, or captivated by the peaceful solitude of the Alps, this natural wonderland will leave you spellbound.

So, lace up your boots, breathe in the fresh alpine air, and embark on a journey to discover the hidden treasures of Hohe Tauern. Let the mountains be your guide, and let the beauty of nature rejuvenate your soul!



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A guide to four multi-day hut-to-hut trekking routes in Austria's Hohe Tauern region. The Hohe Tauern National Park is the largest in Europe. Within Austria it embraces the provinces of Tirol, Salzburg and Karnten (Carinthia). This guidebook concentrates on three areas - the Reichen, Venediger and Gross Glockner groups.

The Reichen Group Hut-to-Hut Rucksack Route will take five to six days to complete, starting from the resort town of Mayrhofen at the head of the Zillertal valley. The route described is suitable for those with good general mountain walking ability who are surefooted and vertigo free.

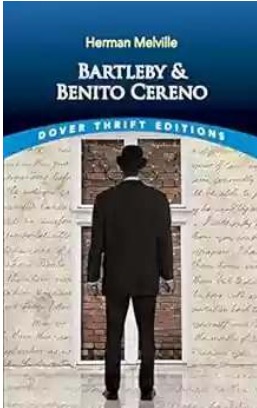
The Venediger Group Hut-to-Hut Rucksack Route traverses the Venediger from south to north over seven days, starting in the Virgental valley at Streden. The route requires no greater skills than those needed to wander safely over the mountain areas of Britain.

The eight day Venediger Glacier Tour is better suited to mountaineers. Participants need to have the ability to cross glaciers safely using ropes, ice axes and crampons.

The eight day Glockner Group Hut-to-Hut Rucksack Route is a circular tour around Austria's highest mountain. The route was created to allow hikers to cross through the mountains without having to make difficult glacier crossings and carry ropes and mountaineering equipment.

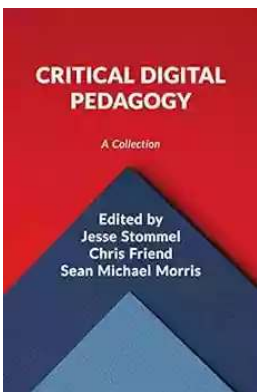
En route there is ample opportunity to climb some of the peaks and ascents and excursions are described. This book will appeal to groups of mixed ability and

those looking to visit the Alps for the first time without the demands of the higher mountains of the western Alps. With lots of practical advice, including on glacier travel, and a comprehensive hut directory.



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