

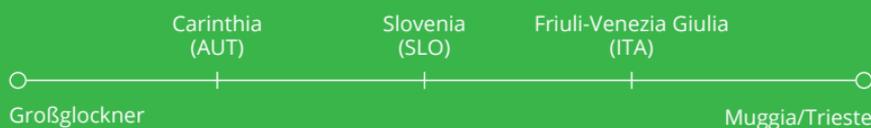
# FROM THE GLACIER TO THE SEA

Hiking in the Garden of Eden



## TOUR GUIDE

43 stages with maps and accommodation





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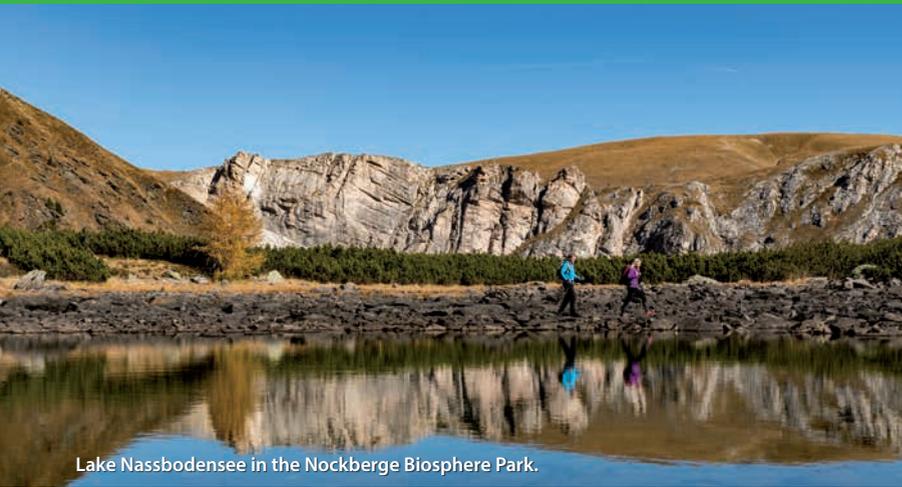
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Lake Nassbodensee in the Nockberge Biosphere Park.



Vineyards in Goriška Brda.

## From the Grossglockner to the sea

Hiking without borders. From the eternal ice of the glacier at the foot of the majestic 3,798 m high Grossglockner, across Carinthia, Slovenia and Friuli-Venezia Giulia, to the azure blue Adriatic Sea. The destination is Muggia, an idyllic harbour town to the south of the old monarchy town of Trieste. A breathtaking panorama rich in contrasts reveals itself slowly, inspiring you over both geographical and spiritual borders on each and every one of the roughly 750 kilometres that make up the journey of discovery called the Alpe-Adria-Trail. Step by step.

## Magically borderless

Anyone looking for the unforgettable will find it in three countries – Austria, Slovenia and Italy – in combination with their three cultures, and over 43 stages, each with a length of about 20 km. You can, however, decide for yourself what lengths you will go to. The stages can, of course, be done individually, or be combined as you wish. The 3-country circular tour is an option for all those who want to experience all the stunning scenery, but condensed into a shorter version.

## Loyal companions

The heavenly views in the “Garden of Eden” are constant companions, which invite you at all times to pause and reflect upon your magical, meditative journey. Enjoy wonderful natural spectacles such as thundering waterfalls, fascinating and rare animals and plants, warm, glittering lakes, bubbling brooks and roaring rivers. The gentle Mediterranean climate will accompany you too. And you will be rewarded with lots of sunshine and pleasant temperatures. The enticing aromas of creative Alps-Adriatic cuisine will seduce you all along the trail. Influenced by the regional food culture of three countries and internationally popular, even with spoiled gourmets, it is served by sociable hosts who enjoy sharing their culinary secrets. All in all, a great hiking experience is guaranteed for young and old.

## Satisfied longing

The start is in Carinthia in the middle of the Hohe Tauern National Park. The trail leads to Heiligenblut, Großkirchheim and to the medieval artists’ town of Gmünd, awarded with the “EDEN Award 2011”. Then it goes across the impressive Millstätter Alpe and the gentle hills of the Nockberge, through the Nockberge Biosphere Park to Arriach, the geographical centre of Carinthia, over the Gerlitzen Alpe, with fantastic views, to Velden on the famous Lake Wörthersee and to Baumgartnerhöhe not far from Lake Faaker See. On the next stages of the Alpe-Adria-Trail you will be in Slovenia; through the Ski World Cup town of Kranjska Gora, along the turquoise-green River Soča, through the Triglav National Park amidst the mysterious Julian Alps, to the wine-growing area of Goriška Brda, and later to the Lipica stud farm and equestrian sports centre. In the wine paradise of Collio, the border to Italy is crossed for the first time and the route leads to the west to the tradition-rich town of Cividale del Friuli. The next destination is the rugged countryside of the Karst plateau. In Duino you reach the sea. And only a few kilometres further the destination is finally accomplished and you reach the idyllic harbour town of Muggia, magically bathed in the light of the Adriatic Sea.



Miramare Castle.



Lake Faaker See with the Mittagskogel in the background.



Alpe-Adria-Trail Infopoint in Seeboden am Millstätter See.

## Development of the Alpe-Adria-Trail

The Alpe-Adria-Trail is a long-distance hiking trail which was created in 2012, stretching from the foot of Mount Grossglockner to the Adriatic Sea at Muggia. The trail was jointly developed and implemented by three partners from Austria (Kärnten Werbung), Slovenia (Slovenian Tourism Board) and Italy (Friuli-Venezia Giulia Tourism Board). The respective alpine associations (ÖAV, CAI and PZS) have been kind enough to also become partners of the trail and are primarily responsible for the upkeep and sign-posting of the paths.

The Alpe-Adria-Trail crosses three countries and was conceived as an easy-to-walk pleasure

trail in mainly non-alpine terrain. The route leads along existing paths of accordingly good hiking quality and has been given the theme "Hiking in the Garden of Eden", as a metaphor for the great variety that is encountered on the south side of the Alps and in the Alps-Adriatic region. Whilst hiking from the glaciers of the Hohe Tauern mountain range, along lakes, brooks and rivers to the Adriatic coast, one gets to know the cultural diversity of three different countries, connected by a common history. The beauty and magic of the countryside will leave unforgettable impressions on all hikers.

## Content of the book

This guide aims to give an overview of the 43 proposed stages. Each stage is documented on a double page with

- a short description of the stage,
- the highlights along the way,
- the most important technical data: distance, difference in altitude, walking time (worked out according to DIN 33466), altitude profile,
- a culinary tip typical to the region,

- expressive pictures,
- specialised Alpe-Adria-Trail accommodation facilities,
- relevant addresses where information about accommodation in the villages along the stages can be found.

The map on a scale of about 1:75,000 shows the course of the Trail and is a supplement to the detailed interactive map in the app.



Suspension bridge over the River Soča.

## Natural set-ups

The Alpe-Adria-Trail leads along existing hiking paths, connects them and is characterised by accordingly good quality hiking paths. On every stage there are many landmarks, which influence the hiking rhythm considerably and which are provided with information boards. On each stage you can find at least one magical place, a special place where all 4 earth elements are in harmony. These pearls of the landscape make great impression on the observer and invite him to take a stop. They allow the

countryside not only to be seen, but also to be felt. Each start/finishing point is equipped with distinctive installations called Alpe-Adria-Trail Info Points: a circular platform with designs typical of the region and three information pillars, the so-called "companions" (example photo page 7). The middle companion always shows the most important information about the actual stage point, the other two companions about the adjacent stages.

## Sign-posting

The Alpe-Adria-Trail is sign-posted in such a way that it can be walked in both directions. The Alpe-Adria-Trail's logo is usually on a 10 x 13 cm large additional sign affixed to the existing hiking path sign. Sometimes there is only an Alpe-Adria-Trail logo sticker stuck on existing hiking signs. You will also find the logo sprayed onto wayside objects.



Integration with existing sign-posting.



Spray-mark.



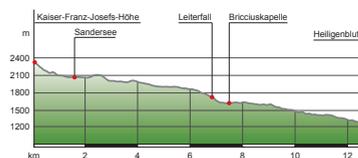
Additional sign.

## Stage 1

# Kaiser-Franz-Josefs-Höhe – Heiligenblut

### The mystique of Mount Grossglockner

Under the spell of Austria's highest mountain, the mighty Grossglockner, we will start the first stage of the Alpe-Adria-Trail at the Kaiser-Franz-Josefs-Höhe at 2,396 m altitude. From the Pasterze glacier, the trail leads through the nucleus of the National Park, the "Grossglockner-Pasterze" Special Protection Area, past impressive silent witnesses of years gone by, such as moraines and dead ice holes. There is an air of adventure right up until we finally reach the fascinating pilgrimage church of Heiligenblut, which tells us the fascinating legend of Saint Briccius.



Difficulty: **medium**

Length: 13.2 km      Duration: 5:30 h

Difference in altitude: ▲ 107 m ▼ 1,186 m

### Highlights along the way:

**Kaiser-Franz-Josefs-Höhe:** End of the Grossglockner High Alpine Road with glorious views of the Grossglockner. [www.grossglockner.at](http://www.grossglockner.at)

**Pasterze:** Largest glacier in the Eastern Alps at the foot of the Grossglockner. Information boards erected every year along the path that leads along the glacier, document the retreat of the glacier informatively.

**Lake Sanderseelake:** Due to the glacial retreat, the silted-up lake is expanding. The lake outflow is crossed on a light suspension bridge.

**Leiterfall:** Impressive waterfall at the start of the Leiter Valley.

**Briccius chapel:** According to the legend, three ears of corn growing out of the snow here showed where the body of the crusader Briccius was. At the information point near the chapel you can find out more about the "holy blood" that he carried with him. [www.heiligenblut.at](http://www.heiligenblut.at)

### Culinary tip:

#### Möll Valley Glockner lamb

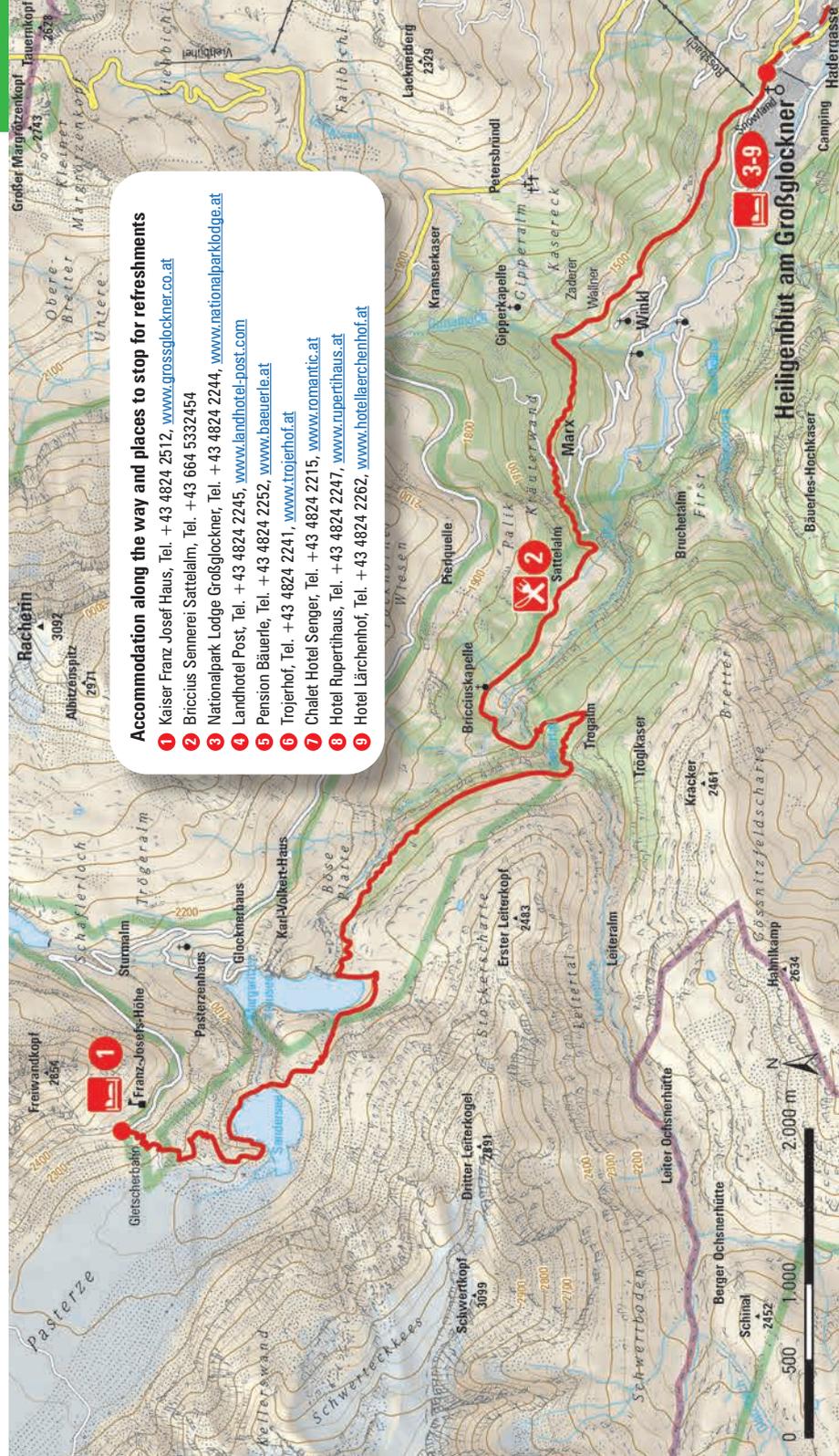
On the high mountain pastures of the Hohe Tauern, the Glockner lambs graze on thousands of different alpine herbs and grasses at up to 3,000 m altitude. These give the valuable meat (which contains little fat, but high quality protein and minerals) its aromatic flavour.

Every year on the second weekend in September, the Glockner Lamb Festival is held in Heiligenblut with traditional and innovative lamb dishes.



Suspension bridge at Lake Sanderseelake.

**Information:**  
Hohe Tauern –  
the National Park region in Carinthia  
Tel.: +43 4824 2700  
[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



### Accommodation along the way and places to stop for refreshments

- 1 Kaiser Franz Josef Haus, Tel. +43 4824 2512, [www.grossglockner.co.at](http://www.grossglockner.co.at)
- 2 Briccius Semmerer Sattelm, Tel. +43 664 5332454
- 3 Nationalpark Lodge Grossglockner, Tel. +43 4824 2244, [www.nationalparklodge.at](http://www.nationalparklodge.at)
- 4 Landhotel Post, Tel. +43 4824 2245, [www.landhotel-post.com](http://www.landhotel-post.com)
- 5 Pension Bäuerle, Tel. +43 4824 2252, [www.baerle.at](http://www.baerle.at)
- 6 Trojerhof, Tel. +43 4824 2241, [www.trojerhof.at](http://www.trojerhof.at)
- 7 Chalet Hotel Senger, Tel. +43 4824 2215, [www.romantic.at](http://www.romantic.at)
- 8 Hotel Rupertthaus, Tel. +43 4824 2247, [www.rupertthaus.at](http://www.rupertthaus.at)
- 9 Hotel Lärchenhof, Tel. +43 4824 2262, [www.hotellaerchenhof.at](http://www.hotellaerchenhof.at)

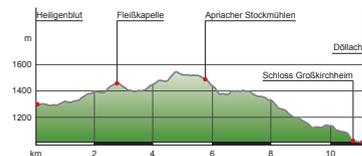
## Stage 2 Heiligenblut – Döllach

### Tauern gold fever

After stocking up on energy at the gold mining village of Heiligenblut, including heaven-sent strength from the pilgrimage church, we will start – with the Grossglockner behind us – in the direction of the thunderous Jungfernsprung waterfall. The glorious colours of the alpine flora show the way to significant cultural landmarks such as the group of mills in Apriach at 1,400 m altitude. In the village centre of Großkirchheim, which was the epicentre of gold mining around 1600, we find the historical Großkirchheim Castle.



Heiligenblut and the Grossglockner.



Difficulty: **easy**

Length: 11.8 km

Duration: 4:30 h

Difference in altitude: ▲ 490 m ▼ 787 m

### Highlights along the way:

**The pilgrimage church of St. Vinzenz in Heiligenblut:** Famous late Gothic church, and the final resting place of the legendary Briccius and repository for his bottle of “holy blood”. [www.heiligenblut.at](http://www.heiligenblut.at). **Mountaineers cemetery:** Here, among many others, is the grave of the well-known Viennese mountaineer Alfred von Pallavicini. The names of all the people who have died on the Grossglockner are listed in a metal book.

**Haus der Steinböcke (Ibex House):** New, attractive visitors’ centre with tourist information, shop, café and the exhibition “The King and his Throne” in honour of the ibex.

**Fleiß chapel:** Small, romantic chapel between Heiligenblut and Schachnern.

**Apriach “stock” mills:** Well-known ensemble of seven mills.

The “stock” is the wooden driving axle, which powers the millstone instead of a water wheel.

**Großkirchheim castle:** Two-piece building with a main castle and a ‘little castle’; centre of operations at the height of the gold mining period. [www.grosskirchheim.at](http://www.grosskirchheim.at)

### Culinary tip:

#### Möll Valley beef

The Mölltaler Rind breed of cattle is the love of Hubert Ziervogel, owner of the Döllacher Dorfwirtshaus inn. The meat of the Mölltaler Rind cattle is tender and tasty, and, thanks to its marbling, is perfect for pan-frying. The sure-footed and adaptable animals feel right at home in the extensive alpine farming area.

### Information:

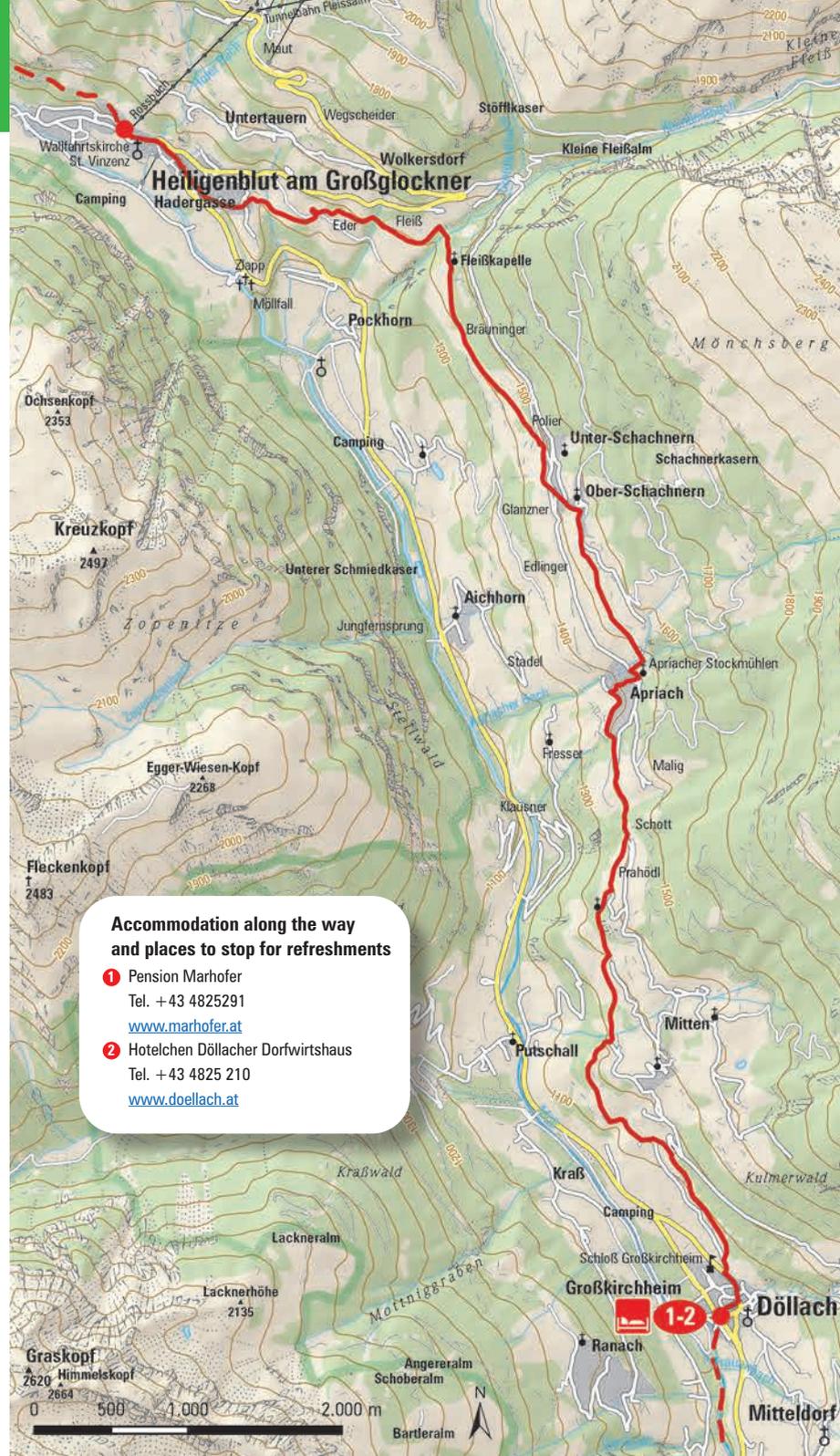
Hohe Tauern – the National Park region in Carinthia

Tel.: +43 4824 2700

[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



Apriach group of mills.



### Accommodation along the way and places to stop for refreshments

- 1 Pension Marhofer  
Tel. +43 4825291  
[www.marhofer.at](http://www.marhofer.at)
- 2 Hotelchen Döllacher Dorfwirtshaus  
Tel. +43 4825 210  
[www.doellach.at](http://www.doellach.at)

## Stage 3 Döllach – Marterle

### Wild water

The wild water leads us to the idyllic Gartl waterfall. The special microclimate here is known to have beneficial health effects, so stop and take a few deep breaths. In Mörttschach, we can look across to Rettenbach, to the alpine meadows – where heavy manual labour keeps the alpine landscape as we know it intact. Accompanied by numerous wayside shrines, we will walk along the beautiful church path and on the pilgrimage path at 1,900 m altitude to the highest pilgrimage church in Austria, the Marterle.



"Marterle" church near Rangiersdorf.



Difficulty: **medium**

Length: 18.4 km      Duration: 7:00 h  
Difference in altitude: ▲1,159 m ▼347 m

### Highlights along the way:

**Gartl waterfall:** Studies at the private medical Paracelsus University in Salzburg have proven the healing effect against stress of spending time near a waterfall!

**Schmutzerhaus:** In one of the oldest buildings in Mörttschach, farmers' products to do with the topic "wool" can be acquired, and also courses on working with wool are held there.

**St. Leonhard church in Mörttschach:** Church overlooking the village, built in 1516.

**"Marterle" pilgrimage church:** A "Marterle" in Carinthian dialect is actually a wayside shrine. In place of such a shrine at 1,861 m altitude the highest pilgrimage church in Austria was erected in the years 1902 to 1904 – the name "Marterle" has stayed.  
[www.rangiersdorf.eu](http://www.rangiersdorf.eu)

### Culinary tip:

#### Alpine cheese from the Möll Valley pastures

Alpine farming has a tradition that goes back centuries. Down in the valley, grain was grown, and so farmers more or less HAD to use the higher land for grazing their animals and also process the milk where they were. At the Lainacher Kuhalm alpine pasture near Rangiersdorf, this tradition is carried on today and delicious cheeses are produced there.



On the herb meadows.

### Information:

Hohe Tauern –  
the National Park region in Carinthia  
Tel.: +43 4824 2700  
[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



### Accommodation along the way and places to stop for refreshments

- 1 Rangiersdorfer Hütte  
Tel. +43 664 75053689  
[www.rangiersdorferhuette.at](http://www.rangiersdorferhuette.at)
- 2 Alpengasthaus Marterle  
Tel. +43 676 9373585
- 3 Kräuterpension Rosenkranz – Rangiersdorf  
Tel. +43 4823 261  
[www.krauterpension-rosenkranz.at](http://www.krauterpension-rosenkranz.at)



## Stage 5 Stall – Innerfragant

### Großfragant ore

On the sunny side of the Möll Valley, the sun-drenched Mölltalleitn, we will start from Stall towards Innerfragant. This relatively strenuous section leads along old footpaths to mountain farms, on an historical school footpath, on a few newer forest tracks and on the legendary "Rollbahn", a mine track used at the time when there was copper mining in the area. Our efforts will be rewarded with two mountain lodges to stop off at for a break – the Bodenhütte, with fantastic views of the Polinik and the Hochkreuz, and the Goldberghütte, with fantastic views of the Polinik and the Hochkreuz, and the Goldberghütte.



Alpe-Adria-Trail  
Info Point in Innerfragant.



Difficulty: **difficult**

Length: 20.3 km      Duration: 7:45 h  
Difference in altitude: ▲ 1,255 m ▼ 1006 m

### Highlights along the way:

**Wildegg castle ruins:** Castle ruins above Stall im Mölltal.

**Sonnberg former elementary school:** In many mountain villages in the Möll Valley until a few years ago, it was usual for elementary school children to be taught together in one class directly on the mountain. On Sonnberg too: until 2004 there was still a school here!

**Goldberghütte:** Small, romantic alpine lodge serving homemade mountain farmers' products.

**"Rollbahn" Großfragant:** Impressive route, with tunnels, bridges and carved out paths, which crosses the steep forest. In copper mining times the ore from Großfragant was carried away here by horse-drawn trains. Today the "Rollbahn" mine track is an easy, flat hiking path. The themed route along there, "drunter & drüber" ("below & above"), is dedicated to copper mining and the alpine pasture management in Großfragant.

### Culinary tip:

#### Game cuisine

Hunting has always played a big part in the Möll Valley. The forests of the National Park region provide us with delicious game from stag and deer. Low in fat, rich in protein and guaranteed organic. As part of the "Heimatherbst" festivals every year at the end of September/beginning of October, special game delicacies from the region are served in Flattach.



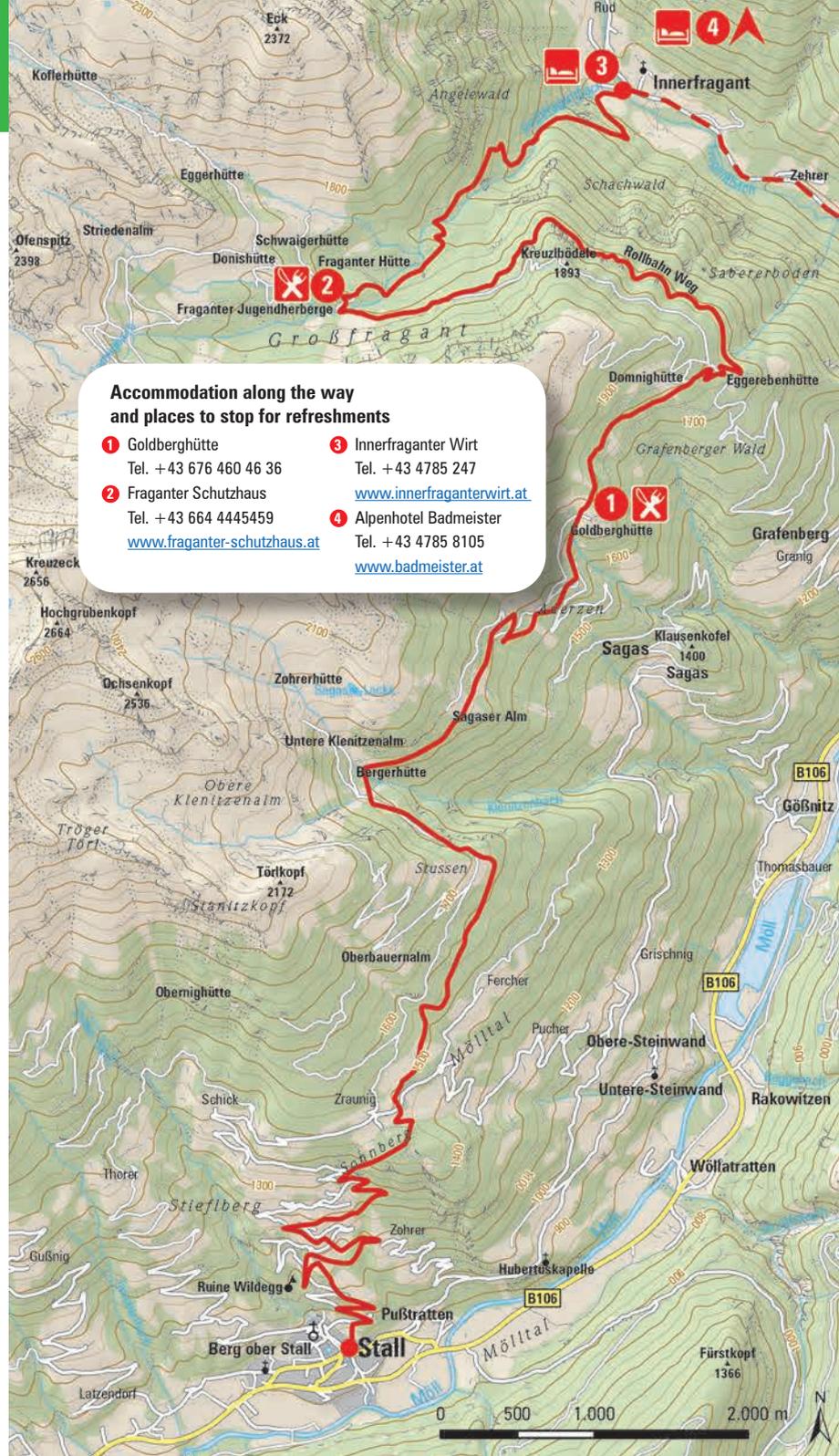
Idyllic Sagaser Alm alpine pasture.

### Information:

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Tel.: +43 4824 2700

[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



### Accommodation along the way and places to stop for refreshments

- |   |   |
|---|---|
| <b>1</b> Goldberghütte<br>Tel. +43 676 460 46 36<br><a href="http://www.fraganter-schutzhaus.at">www.fraganter-schutzhaus.at</a>      | <b>3</b> Innerfraganter Wirt<br>Tel. +43 4785 247<br><a href="http://www.innerfraganterwirt.at">www.innerfraganterwirt.at</a> |
| <b>2</b> Fraganter Schutzhaus<br>Tel. +43 664 4445459<br><a href="http://www.fraganter-schutzhaus.at">www.fraganter-schutzhaus.at</a> | <b>4</b> Alpenhotel Badmeister<br>Tel. +43 4785 8105<br><a href="http://www.badmeister.at">www.badmeister.at</a>              |

## Stage 6 Innerfragant – Mallnitz

### Alpine Pearl

On this stage towards Mallnitz we are reminded of the first ascent of the Ankogel in 1762. This was the first time a glacier over 3,000 m had ever been climbed and it is considered to be the birth of alpinism. The ancient, historical alpine farms and meadows are also a journey into the past, and make you stop and think a little. We reach the "Alpine Pearl" of Mallnitz, which is devoted to sustainability with its mobility concept. Here we can visit the interactive National Park Visitor Centre in the historical "Villa Liebermann".



View from the Staneralm over the Möll Valley.



Difficulty: **difficult**  
 Length: 22.4 km      Duration: 8:00 h  
 Difference in altitude: ▲ 1,100 m ▼ 981 m

### Highlights along the way:

**Raggaschlucht:** One of the most impressive gorges in the Alps and a protected natural monument since 1978! It would be too much of a diversion to visit it as part of this stage, but it is well worth taking a day off to see. [www.flattach.at/raggaschlucht](http://www.flattach.at/raggaschlucht)

**Staneralm:** Alpine pasture with great views above the Möll Valley. Panoramic views all the way to the Karawanken Mountains!

**Himmelbauer:** Guesthouse with large terrace in a unique position with great views. Viewed from Obervellach it looks like it really is in the sky!

**BIOS National Park Centre in Mallnitz:** Interactive National Park exhibition in the historic "Villa Liebermann". [www.besucherzentrum-mallnitz.at](http://www.besucherzentrum-mallnitz.at)

**Tauernbad Mallnitz:** Indoor pool and sauna – ideal for relaxing after this long stage or on a rest day. [www.mallnitz.at](http://www.mallnitz.at)

### Culinary tip:

#### Kärntner Fleischnudeln (pasta pockets filled with meat)

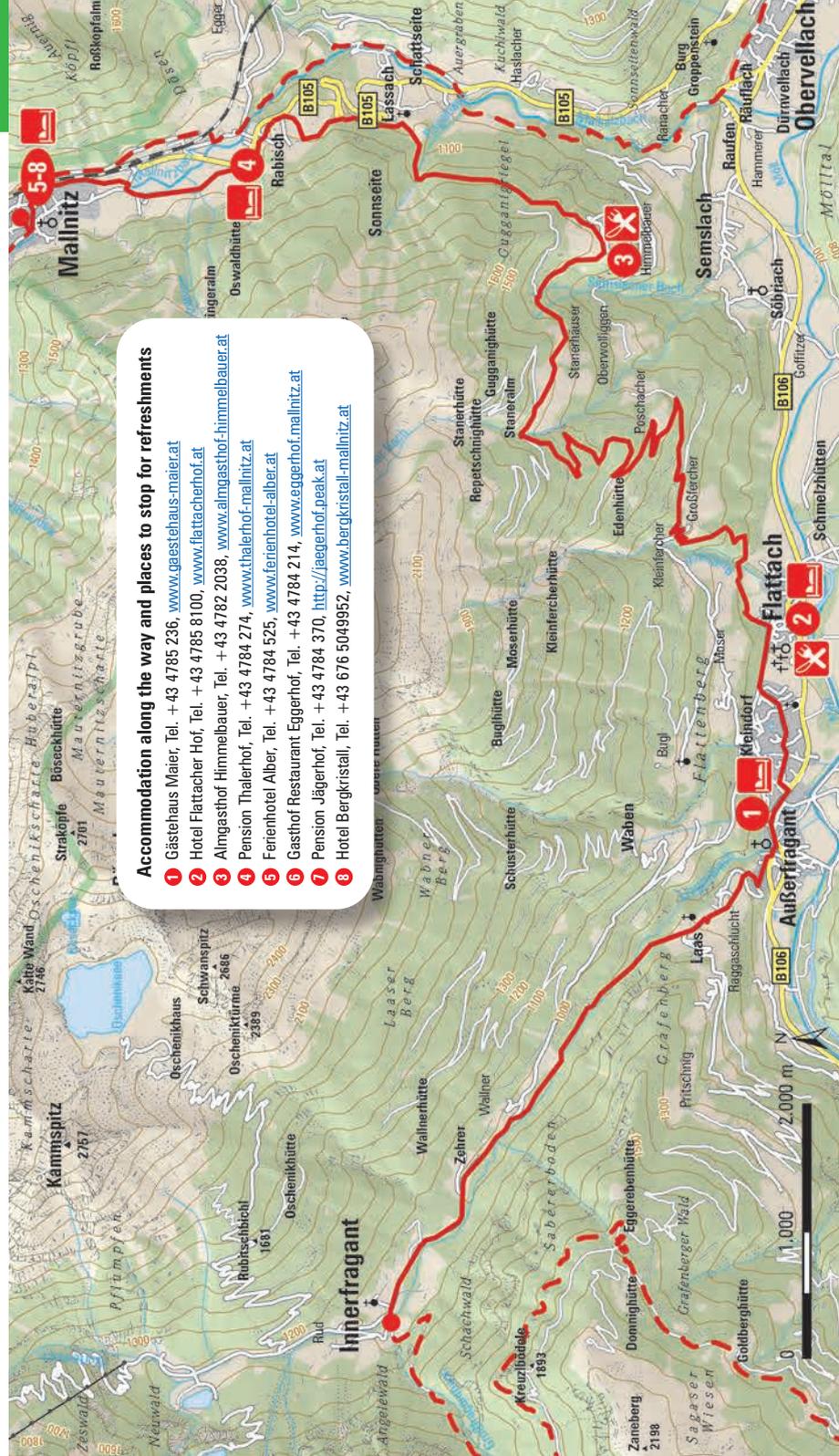
Enjoy homemade Carinthian cuisine in front of an open fire in the rustic alpine lounge of Ferienhotel Alber. Served with crunchy pork crackling and sauerkraut, the Carinthian meat-filled pasta pockets are especially delicious after a long hike. Enjoy homemade Carinthian cuisine in the Alpine Pearl, Mallnitz.



Above the clouds at the Himmelbauer.

### Information:

Hohe Tauern –  
 the National Park region in Carinthia  
 Tel.: +43 4824 2700  
[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



- Accommodation along the way and places to stop for refreshments**
- 1 Gästehaus Maier, Tel. +43 4785 236, [www.gaestehaus-maier.at](http://www.gaestehaus-maier.at)
  - 2 Hotel Flattacher Hof, Tel. +43 4785 8100, [www.flattacherhof.at](http://www.flattacherhof.at)
  - 3 Almgasthof Himmelbauer, Tel. +43 4782 2038, [www.almgasthof-himmelbauer.at](http://www.almgasthof-himmelbauer.at)
  - 4 Pension Thalerhof, Tel. +43 4784 274, [www.thalerhof-mallnitz.at](http://www.thalerhof-mallnitz.at)
  - 5 Ferienhotel Alber, Tel. +43 4784 525, [www.ferienhotel-alber.at](http://www.ferienhotel-alber.at)
  - 6 Gasthof Restaurant Eggerhof, Tel. +43 4784 214, [www.eggerhof-mallnitz.at](http://www.eggerhof-mallnitz.at)
  - 7 Pension Jägerhof, Tel. +43 4784 370, <http://jaegerhof-peak.at>
  - 8 Hotel Bergkristall, Tel. +43 676 5049952, [www.bergkristall-mallnitz.at](http://www.bergkristall-mallnitz.at)

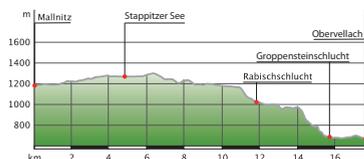
## Stage 7 Mallnitz – Obervellach

### Natural and spectacular: gorge hiking

The fact that the brook from Mallnitz makes its way down over 500 m to Obervellach is thanks to two spectacular and picturesque gorges: the Rabischschlucht and the Groppensteinschlucht. The road toll station at the “Zur guten Quelle” restaurant was already witness to the ancient Roman pass routes. The beginning of the stage leads to the entrance of the Seebach Valley, home of Lake Stappitzer See, a jewel of nature and one of the most beautiful high alpine valley lakes in the Hohe Tauern.



Natural jewel of Lake Stappitzer See.



Difficulty: **easy**

Length: 17.8 km      Duration: 6:00 h

Difference in altitude: ▲ 238 m ▼ 738 m

### Highlights along the way:

**Lake Stappitzer See:** An easy-to-walk educational nature trail around the lake offers insights into the special natural phenomena such as stilt root plants, the “praying forest”, and the ice loam.

**Rabischschlucht gorge:** Over numerous cataracts the mighty Mallnitz brook winds its way through wild rockslide terrain.

**Groppensteinschlucht gorge:** A spectacular secured path leads through the impressive gorge. Special highlights along the way are the Zechnerfall waterfall at the entrance to the gorge, the big Groppensteinfall waterfall in the middle and the picturesque collection of potholes at the bottom end. An entrance fee is charged at the Groppensteinschlucht gorge.

**National Park exhibition in the mining master's office:** The “Oberstbergmeisteramt” (mining master's office) on the main square in Obervellach was the administration centre of gold mining in the Hohe Tauern in the 16th and 17th centuries. Today the historic building with a magnificent Renaissance arcaded courtyard houses apartments, a café, the tourist information office and a National Park exhibition. [www.obervellach-reisseck.at](http://www.obervellach-reisseck.at)

### Culinary tip:

#### Möll Valley cured farmers' ham

“All good things come to he who waits” applies to the ham in Walter's farmer's shop. Breed-specific handling, cereal feed and slaughtering at the farm guarantee the best cuts of pork, which are then seasoned with herbs, prepared in natural brine, smoked over beech wood and matured in the fresh mountain air. On crispy bread from the stone oven this cured ham is a real culinary delight.



In the Groppensteinschlucht gorge.

### Information:

Hohe Tauern –  
the National Park region in Carinthia

Tel.: +43 4824 2700

[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



### Accommodation along the way and places to stop for refreshments

- 1 Jausenstation Raineralm, Tel. +43 664 6273078, [www.raineralm-mallnitz.at](http://www.raineralm-mallnitz.at)
- 2 Bauernladen Walter  
Tel. +43 4782 2028, [www.bauernladen-walter.at](http://www.bauernladen-walter.at)
- 3 Landhotel Pacher  
Tel. +43 4782 2259, [www.landhotel-pacher.at](http://www.landhotel-pacher.at)
- 4 Appartementhaus Oberstbergmeisteramt  
Tel. +43 4782 32140, [www.oberstbergmeisteramt.com](http://www.oberstbergmeisteramt.com)

## Stage 8 Obervellach – Danielsberg

### Celts, Romans, miners

With your destination of Mount Danielsberg, the oldest cultural spot in Carinthia, in view, we will start this stage with a cultural wander through Obervellach with its many architectural monuments from the times of gold mining. From the imposing Falkenstein Castle we can enjoy views over the entire lower Möll Valley. Upon reaching Mount Danielsberg, the culturally significant site for the Celts, Romans and early Christians, we will stop off at one of the most atmospheric hostels on the Alpe-Adria-Trail, the classical Herkuleshof hunting villa.



Difficulty: **easy**

Length: 12.9 km Duration: 5:30 h

Difference in altitude: ▲841 m ▼559 m

### Highlights along the way:

**Tauernbahn:** Emperor Franz Joseph I opened the Tauernbahn in 1909 and it is one of the most spectacular mountain railways in the Alps. On this stage, tunnels and viaducts of the original railway can still be seen.

**Niederfalkenstein Castle – Obervellach:** Picturesque castle complex with great views above the Möll Valley. Once an outwork building to the higher up Oberfalkenstein (today a ruin), it was only built in its present form in the 20th century.

**Danielsberg:** The striking conical hill in the middle of the Möll Valley has been used as a ceremonial site for 6,000 years. The Celtic bowl stone is one of the oldest sacrificial altars in Carinthia. The Romans erected a consecrated temple in the name of the God Hercules. Remains can still be seen today in the foundation walls of the St. Georg church at the highest point on the hill.

### Culinary tip:

**The Slow Food Village of Obervellach – one of 7 such villages worldwide!**

Slow Food is the world's largest movement for conscious eating and sustainable food production – a megatrend that not only characterises the future, but shapes it. Obervellach is a place of good living and stands for good taste, authentic food and local craftsmanship. Obervellach has been allowed to officially call itself a Slow Food Village since 2020. Treat yourself to culinary delights during the summer market season and enjoy regional specialities from our Slow Food restaurateurs. There are a variety of items from regional producers waiting for you at the Walter farm shop as well as at the Tauernfenster. The Slow Food Village of Obervellach invites you to come and set out on a culinary journey. [www.lgo-obervellach.at/slow-food-village](http://www.lgo-obervellach.at/slow-food-village)

### Information:

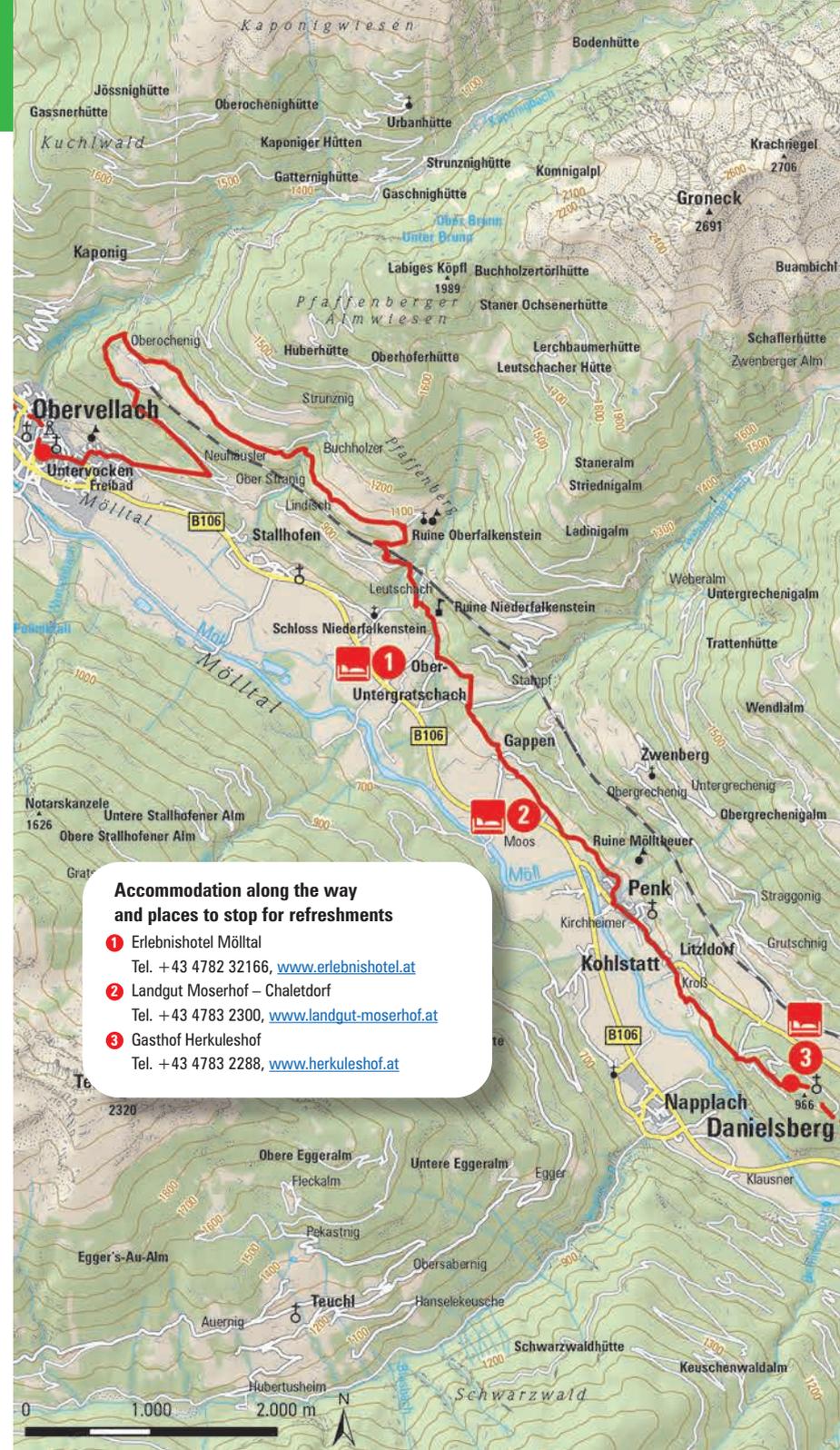
**Hohe Tauern – the National Park region in Carinthia**

Tel.: +43 4824 2700

[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)



Niederfalkenstein Castle.



### Accommodation along the way and places to stop for refreshments

- 1 Erlebnishotel Mölltal  
Tel. +43 4782 32166, [www.erlebnishotel.at](http://www.erlebnishotel.at)
- 2 Landgut Moserhof – Chaletdorf  
Tel. +43 4783 2300, [www.landgut-moserhof.at](http://www.landgut-moserhof.at)
- 3 Gasthof Herkuleshof  
Tel. +43 4783 2288, [www.herkuleshof.at](http://www.herkuleshof.at)

## Stage 9 Danielsberg – Hühnersberg

### White gold: water power

The last stage in the Hohe Tauern stands out due to being home to the largest hydro-electric power plant in Austria, which has re-shaped the landscape, and also to the unsung Kreuzeck-Kolbnitz panoramic funicular railway. As one of the most beautiful places to take a break on the trail, the historic Barbarossa table at the end of the gorge of the same name is testament to Emperor Barbarossa and his crusaders. At the geological crossover from the picturesque Hohe Tauern to the gentle Nockberge Mountains, this stage ends impressively at Hühnersberg.



The legendary Barbarossa table.



Difficulty: **medium**

Length: 19.4 km

Duration: 6:15 h

Difference in altitude: ▲653 m ▼565 m

### Highlights along the way:

**Danielsberg:** Celtic and Roman ceremonial site and later a significant place for Christians. The first chapel was dedicated to Saint Daniel, which is where the name Danielsberg comes from.

**Panoramic Kreuzeck funicular railway:** The funicular takes visitors on a scenic 11 minute ride to the Rosswiese mountain station at about 1,200 m altitude.

[www.reisseck.at/panoramabahn-kreuzeck](http://www.reisseck.at/panoramabahn-kreuzeck)

**Barbarossaschlucht:** The legendary Barbarossaschlucht gorge, in which once Emperor Frederick Barbarossa and his brave soldiers stayed the night and were chased by the devil, is a natural spectacle full of history and positive energy.

**Maria in Hohenburg pilgrimage church:** The church lies above the Hohenburg inn. Magnificent views. [www.hohenburg.at](http://www.hohenburg.at)

### Culinary tip:

Kärntner Kletzennudeln (pasta pockets filled with dried pear)

A thinly rolled out pasta dough, formed to a fist-sized pocket, is the casing for this sweet temptation from the range of Carinthian delicacies. The pasta pockets are filled with a mixture of 'Kletzen' (dried pears), curd cheese, honey, cinnamon and nuts. Under no circumstances forget the melted butter dribbled on the top! The typical characteristic of this traditional pasta pocket is the pinched edge. The nearly ornamental skilful sealing is known as 'abkrendeln'. Kletzennudeln were originally eaten in Carinthia not as a dessert but as a main meal and are still accompanied by lettuce in some regions.

### Information:

Hohe Tauern –  
the National Park region in Carinthia

Tel.: +43 4824 2700

[www.nationalpark-hohetauern.at](http://www.nationalpark-hohetauern.at)

Millstätter See information Center

Tel.: +43 4766 3700

[www.millstaettersee.com](http://www.millstaettersee.com)



View from the church  
of Maria in Hohenburg.



### Accommodation along the way and places to stop for refreshments

- 1** Gasthof-Hotel Winkler  
Tel. +43 4769 2424, [www.hotelwinkler.at](http://www.hotelwinkler.at)
- 2** Wirtshaus Peharz  
Tel. +43 4769 2414, [www.pehartz.com](http://www.pehartz.com)
- 3** Berggasthof Karlbauer  
Tel. +43 0664 2414359
- 4** Gasthof Pension Kolnwirt  
Tel. +43 4762 3218
- 5** Pension Stauder  
Tel. +43 650 5564008, [www.bauernhof-stauder.at](http://www.bauernhof-stauder.at)

## Stage 10 Hühnersberg – Gmünd

### Via “mons Alpigeris” to the artists’ town of Gmünd

This stage leads through the mountain village of Altersberg, which was already mentioned in a document in 1070 as “mons Alpigeris”. From there, from the beginning of June until mid-September, you can cross the spectacular suspension bridge over the Drachenschlucht gorge in the village of Neuschitz near Trebesing. Outside of this time you can use the alternative route, “Old Roman Road”, where you will come across the historical Rachenbach bridge just before Trebesing. The route leads on towards the artists’ town of Gmünd, where the historical town centre invites you to explore its charming little streets and alleys.



View of Lake Millstätter See from Hühnersberg.



Difficulty: **easy**  
 Length: 13.9 km      Duration: 4:30 h  
 Difference in altitude: ▲284 m    ▼595 m

### Highlights along the way:

**3 valley view:** Three wooden tubes channel the view to special points of interest: Millstatt, the Mirnock world mountain, and the Drau River.

**Church of St. Lucia:** With its miracle spring that is used to treat all illnesses of the eyes.

**Suspension bridge over the Drachenschlucht gorge:** Entry is free of charge and the opening times are daily from 9.30am to 4.30pm (beginning of June to mid-Sept.). Outside of this time and in bad weather (rain) the bridge is closed! Information hotline: +43 4732 3000.

**Artists’ town of Gmünd** with its town centre that dates back to the Middle Ages, as well as its exhibitions, studios and galleries. Highlights in Gmünd are the **Porsche car museum**, the **Pankratium Gmünd** (“House of wonder”) and **the Old Castle**.

**Divided church:** A unique curiosity. On one side there is the sanctuary and on the other side is where the congregation sits. A small road runs through the middle.

### Culinary tip:

The Carinthian Alps-Adriatic cuisine owes its charm to the sophisticated combination of the near-forgotten and new interpretations from Austria, Italy and Slovenia – whether it’s the freshly caught Malta Valley alpine trout or a hearty farmers’ meal. The cured ham and sausages are home-smoked or purchased from farmers in the valley. “Mohn-Potitz’n” (poppy seed pastries) and “Topfengolatsch’n” (curd cheese pastries) from the bakery round off the offer. Whatever you choose, you know it will taste great!

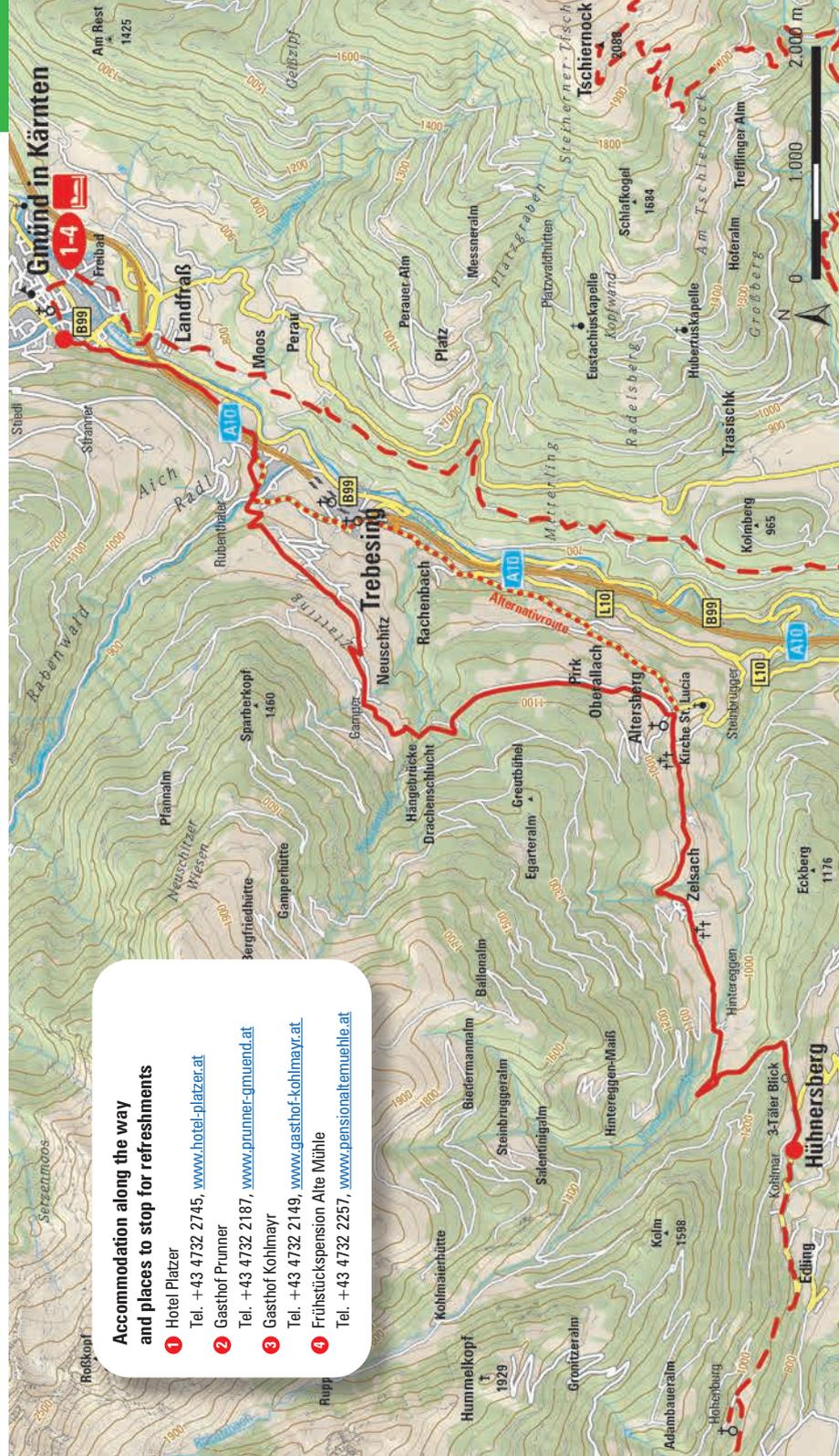
### Information:

Lieser/Malta Valley  
 tourist information office  
 Tel.: +43 4732 2222  
 www.familiental.com

Gmünd tourist information office  
 Tel.: +43 4732 2215 14  
 www.stadtgmueund.at



The artists’ town of Gmünd.



### Accommodation along the way and places to stop for refreshments

- 1 Hotel Platzer  
Tel. +43 4732 2745, [www.hotel-platzer.at](http://www.hotel-platzer.at)
- 2 Gasthof Prunner  
Tel. +43 4732 2187, [www.prunner-gmuend.at](http://www.prunner-gmuend.at)
- 3 Gasthof Kohlmayr  
Tel. +43 4732 2149, [www.gasthof.kohlmayr.at](http://www.gasthof.kohlmayr.at)
- 4 Frühstückspension Alte Mühle  
Tel. +43 4732 2257, [www.pensionaltemuehle.at](http://www.pensionaltemuehle.at)

## Stage 11 Gmünd – Seeboden am Millstätter See

### Wondrous gardens

From the artists' town of Gmünd, the route leads along lush forest paths and meadow paths, over the Millstatt high plateau to the shores of Lake Millstätter See. We will feel the magic of the lake and mountain encounters, and appreciate the charm of the farm gardens alongside the path and the Seeboden parks and gardens that have been cultivated here for centuries. With their fantastic colours and variety, the Rosengarten, Klingerpark, Blumenpark and Klüberpark spread right to the shores of Lake Millstätter See for us to enjoy.



Gmünd and the Malta Valley.



Difficulty: **easy**

Length: 14.8 km      Duration: 4:30 h

Difference in altitude: ▲310 m ▼460 m

### Highlights along the way:

**Sommeregg Castle:** There is a restaurant and Central Europe's largest torture museum in the castle. [www.sommeregg.at](http://www.sommeregg.at)

**Rosengarten:** 300 varieties of rose grow here in the western bay of Lake Millstätter See, arranged with the typical rose companions like catnip, plantain lilies and lavender.

**Klingerpark:** The park is named after Baron Klinger von Klingerstorff who, in around 1900, owned lots of land around the western bay of Lake Millstätter See. In 1918, he also became the owner of the historical Porcia Palace in Spittal.

**Brugger-Haus:** The wooden house in the western bay is located on an alpine transversal from Roman times. These days it is home to the fishing museum.

**Dinner for 2 on Lake Millstätter See:** On a platform in the middle of the lake, a festively laid table will tempt you to enjoy a Dinner for 2.

### Culinary tip:

**Whitefish** – the wild fish of Lake Millstätter See  
Introduced after the last Ice Age from the Arctic Sea, the whitefish has remained wild. The Benedictine monks from the Millstatt monastery used to enjoy this exquisite fish. Later, fishing families from Millstatt even delivered the whitefish to the imperial court. They were then awarded special fishing rights and the title of "K.u.K. Hoffischer" (imperial court fishermen). Their descendants – the Reinankenwirte innkeepers – still fish the waters today. They are the first address for tasting this excellent freshwater fish, which is high in omega-3, in many different variations. It is traditionally served whole, but also as whitefish piccata or as a starter.

### Information:

Lieser/Malta Valley  
tourist information office  
Tel.: +43 4732 2222  
[www.familiental.com](http://www.familiental.com)

Millstätter See information Center  
Tel.: +43 4766 3700  
[www.millstaettersee.com](http://www.millstaettersee.com)



Dinner for 2 on Lake Millstätter See.



### Accommodation along the way and places to stop for refreshments

- 1 Pension Kärnten  
Tel. +43 664 3456175, [www.pensionkaernten.at](http://www.pensionkaernten.at)
- 2 Landhaus Holle  
Tel. +43 4762 81471, [www.frau-holle.co.at](http://www.frau-holle.co.at)
- 3 Pension Maria  
Tel. +43 4762 82706, [www.pension-maria.co.at](http://www.pension-maria.co.at)
- 4 Moserhof und Biwak „Garten“  
Tel. +43 4762 81400, [www.moserhof.com](http://www.moserhof.com)
- 5 Mörtbauerhof und Haus Frühauf  
Tel. +43 4762 81285, [www.moertbauerhof.at](http://www.moertbauerhof.at)

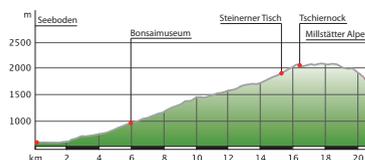
## Stage 12 Seeboden – Millstätter Alpe

### Heights and depths

From a marvellous spot in the lake, which can be reached via a stone path from the shore at the Klingerpark, we can view the gentle Nockberge Mountains. It was once said that the “hadische Leit” (pagan people) used to live here. “Hadnluckn” and “Hadngschlosser” (remains of old castles, piles of rocks and deep caves) along the way are evidence of these mysterious people. On Mount Tschiernock it's worth taking a look back over your shoulder to the highest mountain in Austria, the Grossglockner, and to the deepest lake in Carinthia – Lake Millstätter See.



Klingerpark in Seeboden.



Difficulty: **difficult**  
 Length: 20.7 km      Duration: 8:00 h  
 Difference in altitude: ▲1,557 m ▼356 m

### Highlights along the way:

**Bonsai museum:** A walk through the Zen Gardens and a cup of matcha tea in the teahouse bring a “breath of Japan” to Lake Millstätter See.

**Steinerer Tisch (stone table):** This mighty marble quarystone pedestal tells the tale of the “hadische Leit”.

**Guided Alpine dairy tour at the Alexanderalm:** How have farmers influenced one of the oldest cultural landscapes in Central Europe? How are “Harber Kas” and arnica butter made? Answers to these and more questions can be found on a guided tour of the Alpine organic dairy on the Alexanderalm. [www.alexanderalm.at](http://www.alexanderalm.at)

**1st Carinthian bath house in Millstatt:** Lake wellness & spa in combination with Alps-Adriatic cuisine are offered at the 1st Carinthian bath house all year round, directly at the shores of Lake Millstätter See (not directly on the trail). [www.badehaus-millstaettersee.at](http://www.badehaus-millstaettersee.at)

### Culinary tip:

#### “Harber Kas” and “arnica butter”

At the “Nock”, as the Millstätter Alpe is also called, the dairy farmers produce the “Harber Kas” all summer long. It is made out of curd cheese, salt and caraway seeds and left to dry in a cloth. Once mature, the “Harber Kas” has a slight taste of Gorgonzola. It is served with farmhouse bread, spread with alpine butter, and dipped into the crumbly, low-fat cheese. You absolutely must try the deep-yellow arnica butter when the flowers are in bloom.

### Tip:

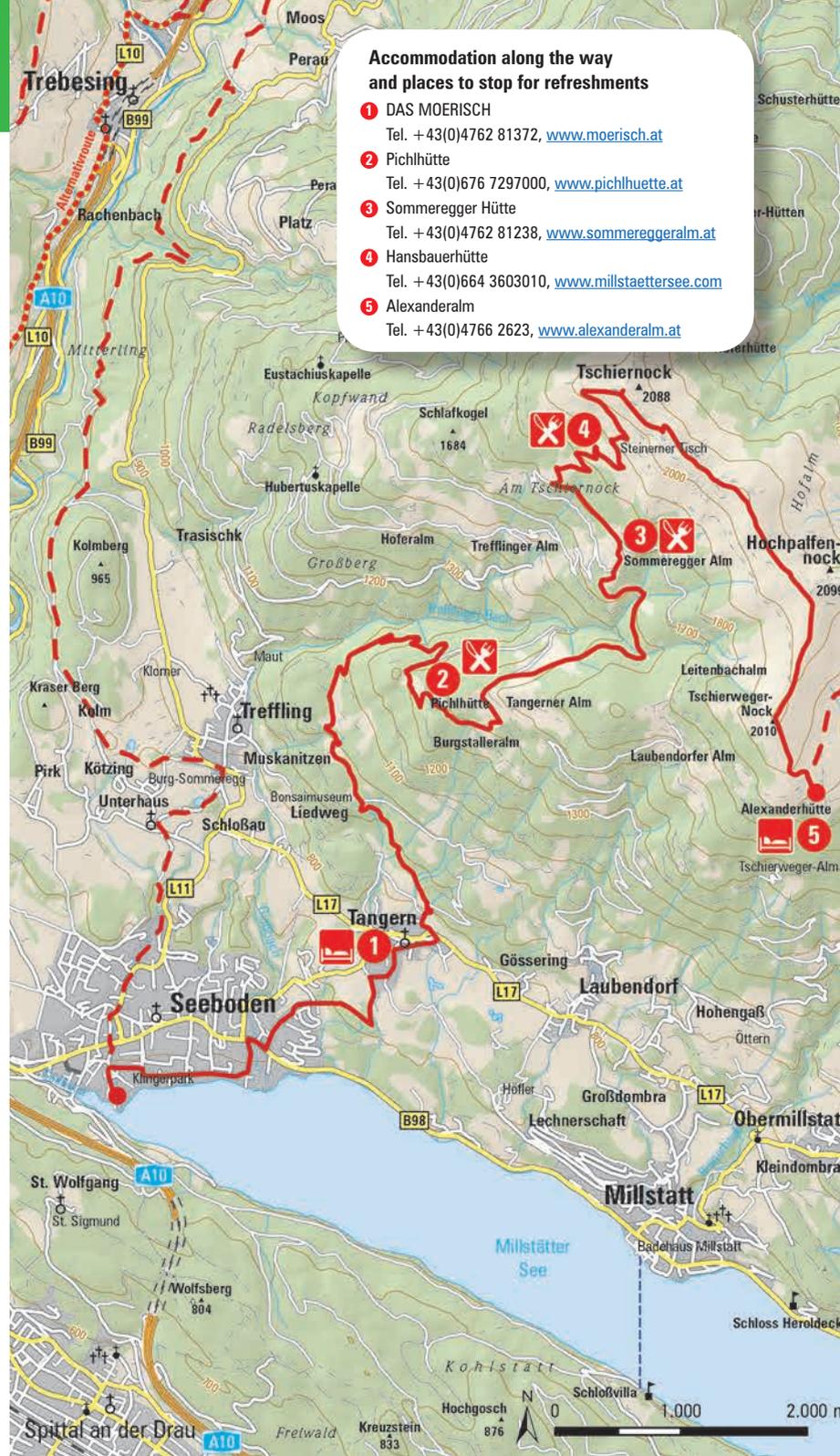
The Nockmobil brings hikers to and from the Millstätter Alpe.  
 Tel.: +43 123 500 444 24  
[www.nockmobil.at](http://www.nockmobil.at)

### Information:

Millstätter See information Center  
 Tel.: +43 4766 3700  
[www.millstaettersee.com](http://www.millstaettersee.com)



At Tschierwegger Nock.



### Accommodation along the way and places to stop for refreshments

- 1 DAS MOERISCH  
 Tel. +43(0)4762 81372, [www.moerisch.at](http://www.moerisch.at)
- 2 Pichlhütte  
 Tel. +43(0)676 7297000, [www.pichlhuette.at](http://www.pichlhuette.at)
- 3 Sommeregger Hütte  
 Tel. +43(0)4762 81238, [www.sommereggeralm.at](http://www.sommereggeralm.at)
- 4 Hansbauerhütte  
 Tel. +43(0)664 3603010, [www.millstaettersee.com](http://www.millstaettersee.com)
- 5 Alexanderalm  
 Tel. +43(0)4766 2623, [www.alexanderalm.at](http://www.alexanderalm.at)

## Stage 13 Millstätter Alpe – Döbriach

### The path of love. Sentiero dell'Amore.

“What is the craziest thing you have ever done for love?” This question makes hikers stop and think at the Alexanderhütte lodge and it also points the way to the path of love, the Sentiero dell'Amore. Poems, quotes and aphorisms accompany you over the Millstätter Alpe, past rock faces studded with shiny red buttons – a sign of the largest garnet deposit in the Alps here in the Millstätter Alpe. The Granattor (garnet gate) marks the end of the path of love with views of a future together.



The mighty garnet gate.



Difficulty: **medium**  
 Length: 22.8 km      Duration: 7:30 h  
 Difference in altitude: ▲ 516 m ▼ 1,726 m

### Highlights along the way:

**Garnet gate:** The history of the garnet is written on the huge archway in large letters. The “firestone of love” is still a popular stone for wedding jewellery today. At one time it decorated magnificent robes of the nobility.

**Stoanamandl:** In bad weather, the piles of stones showed miners the way from Lake Millstätter See to the magnesite quarries in the Nöringgraben.

**St. Maria zu Matzelsdorf:** After the Thirty Years' War, the church became a place of pilgrimage. People pilgrimaged here in faith to pray to be spared from the plague.

**Jungfernsprung:** The legendary rock face near Döbriach is a popular meeting point for climbers who climb up from the water.

### Culinary tip:

#### Garnet chocolates

Using garnet as a model, a dark-red, shiny chocolate speciality has been created at the Metzgerwirt inn in Radenthein. The – strictly secret – recipe of the “Radenthein garnet” was developed by the internationally renowned master confectioner, Walter Kniesek. We are, however, allowed to know this much: an exquisite filling of raspberry, with a hint of brandy, is hidden under the wonderfully bitter, melting chocolate and comes in the distinctive shape of the “Radenthein garnet”.

### Tip:

The Nockmobil brings hikers to and from the Millstätter Alpe.  
 Tel.: +43 123 500 444 24  
[www.nockmobil.at](http://www.nockmobil.at)

### Information:

Millstätter See information Center  
 Tel.: +43 4766 3700  
[www.millstaettersee.com](http://www.millstaettersee.com)



Lammersdorfer Alm.



### Accommodation along the way and places to stop for refreshments

- 1 Millstätter Hütte  
Tel. +43 664 73633439, [www.millstaetterhuette.at](http://www.millstaetterhuette.at)
- 2 Lammersdorfer Hütte  
Tel. +43 664 1608123, [www.lammersdorferhuette.at](http://www.lammersdorferhuette.at)
- 3 Matzelsdorfer Hof  
Tel. +43 4766 2650, [www.matzelsdorferhof.at](http://www.matzelsdorferhof.at)
- 4 Camping & Appartement Gauglerhof  
Tel. +43 4766 37178, [www.gauglerhof.com](http://www.gauglerhof.com)
- 5 Kirchenwirt Döbriach  
Tel. +43 4246 7264, [www.kwd.at](http://www.kwd.at)
- 6 Hotel zur Post und Biwak „Schilf“  
Tel. +43 4246 77130, [www.hotelzurpost.co.at](http://www.hotelzurpost.co.at)
- 7 Vitalhotel Zanker  
Tel. +43 4246 7780, [www.zanker.at](http://www.zanker.at)
- 8 Romantik Hotel Seefischer  
Tel. +43 4246 77120, [www.seefischer.at](http://www.seefischer.at)
- 9 Seecamping Mössler  
Tel. +43 4246 7310, [www.moessler.at](http://www.moessler.at)

## Stage 14 Döbriach – Langalmtal

### Firestone of love

From Döbriach at the foot of Mount Mirnock, a stream leads the way to the mining town of Radenthein. The ruby-red garnet used to be mined by farmers in the Laufenberg mountain directly above the town, and gained fame as the “Bohemian garnet”. Delivery of the garnets to Bohemia stopped in 1909, but magnesite is still mined in Radenthein today. After a visit to the glittering adventure world of the Granatium, the trail leads us to the Langalmtal, the valley of the mills.



Bivoac at Lake Millstätter See in Döbriach.



Difficulty: **medium**  
 Length: 17 km      Duration: 7:00 h  
 Difference in altitude: ▲ 1,166 m ▼ 124 m

### Highlights along the way:

**Sagamundo:** In Sagamundo, the House of Stories, visitors are immersed in the world of Carinthian legend ([www.sagamundo.at](http://www.sagamundo.at)).

**Show dairy Kaslab'n Nockberge:** Taste naturally matured organic cheese.

**Granatium:** The exhibition, mining gallery and mining site are devoted to the ruby-red precious stone. Tip: mine your own personal talisman and have it polished by a garnet polisher. It's worth it as the garnet is also said to be the protective stone of travellers and hikers ([www.granatium.at](http://www.granatium.at)).

**Türkhaus:** Local legend has it that a single farmhouse on Laufenberg near Radenthein withstood the marauding and pillaging of the Turks 500 years ago. In order to preserve this cultural treasure it was dismantled in 1987 and rebuilt in Kaning. These days it is a museum of local history and starting point for a hike in the “valley of the mills”, as the Langalm is known.

### Culinary tip:

#### “Gfüllte Butter”

In the region around Radenthein, the Carinthian “Reindling” (yeast cake) and the “Gfüllte Butter” (filled butter) are part of traditional Easter customs. Two-part butter moulds, richly decorated with Easter motifs, are greased with butter and filled with a mixture of poppy seeds, raisins, sugar and rum. Once refrigerated, they are easy to remove from the mould. Locals eat the sweet “Reindling” yeast cake with the “filled butter” at the traditional blessed meal on Holy Saturday – traditionally the first meat eaten after the long fasting period of Lent.

### Tip:

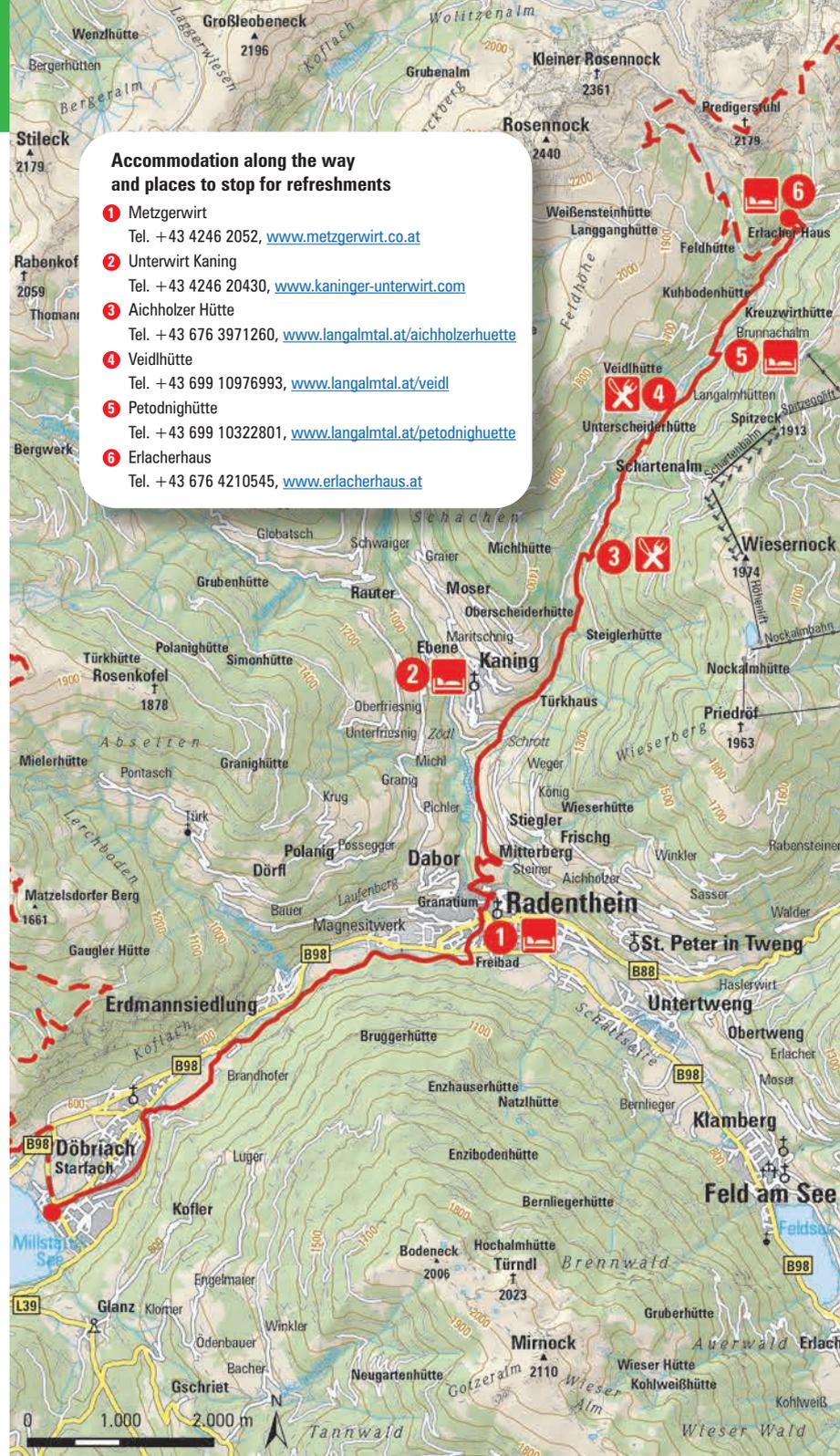
Short-cuts allowed.  
 With the Nockmobil to the Langalm Valley.  
 Tel.: +43 123 500 444 24  
[www.nockmobil.at](http://www.nockmobil.at)

### Information:

Millstätter See information Center  
 Tel.: +43 4766 3700  
[www.millstaettersee.com](http://www.millstaettersee.com)



In the Langalm Valley.



### Accommodation along the way and places to stop for refreshments

- 1 Metzgerwirt  
Tel. +43 4246 2052, [www.metzgerwirt.co.at](http://www.metzgerwirt.co.at)
- 2 Unterwirt Kaning  
Tel. +43 4246 20430, [www.kaninger-unterwirt.com](http://www.kaninger-unterwirt.com)
- 3 Aichholzer Hütte  
Tel. +43 676 3971260, [www.langalmтал.at/aichholzerhutte](http://www.langalmтал.at/aichholzerhutte)
- 4 Veidlhütte  
Tel. +43 699 10976993, [www.langalmтал.at/veidl](http://www.langalmтал.at/veidl)
- 5 Petodnighütte  
Tel. +43 699 10322801, [www.langalmтал.at/petodnighutte](http://www.langalmтал.at/petodnighutte)
- 6 Erlacherhaus  
Tel. +43 676 4210545, [www.erlacherhaus.at](http://www.erlacherhaus.at)

## Stage 15

# Langalmtal – Falkerthaus/Lärchenhütte

### Art meets nature

The Nockberge Biosphere Park, one of the most beautiful places between heaven and earth, is fragrant and blossoming. Three summits have to be ticked off on the way to the end of this stage: the Predigerstuhl, the Pfannnock and the Mallnock. On the way to Lake Pfannensee, the sweet and sour cranberries help make the journey easier; their fire-red fruit seeming to mark the path in early autumn. nock/art brings the landscape to life as “walkable” works of art. These special paths each accentuate something special in the cultural landscape.



At Lake Nassbodensee.



Difficulty: **difficult**

Length: 14.4 km      Duration: 6:45 h  
Difference in altitude: ▲941 m ▼1,046 m

### Highlights along the way:

**Erlacherhaus:** The dwarf pine bath offered here is good for tendons, joints and airways.

**Zunderwand:** Dolomite rock that was formed approx. 230 million years ago from the calcareous deposits from the primeval sea.

**Predigerstuhl:** Stone figures and great views of the Julian Alps.

**Brunnachgatter:** Here the focus is on art, visit the nock/art – ENDE NEU Project as well as the energy platforms (Magic Point) of this stage. [www.nockart.at](http://www.nockart.at)

**Mallnock:** At the summit, you will have an impressive view of the Großer Rosennock (2,440 m), the highest mountain in the Nockberge Biosphere Park.

**Nockberge Biosphere Park:** Recognised by UNESCO since 2012 and always an experience, especially the summer programme with trained rangers. [www.biosphaerenparknockberge.at](http://www.biosphaerenparknockberge.at)

### Culinary tip:

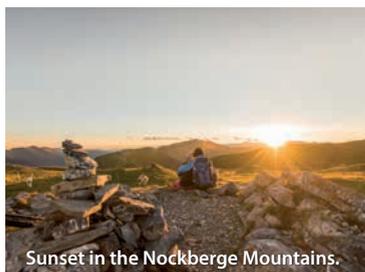
Trout, char and Carinthian lake trout with its light pink meat and strong flavour are bred in the Nockberge Mountains in ponds that are fed with fresh spring water. All belong to the salmonidae group, and when freshly caught and pan-fried, they are mouth-watering. [www.laxn.at](http://www.laxn.at)  
[www.natursailing.at](http://www.natursailing.at)

### Tip:

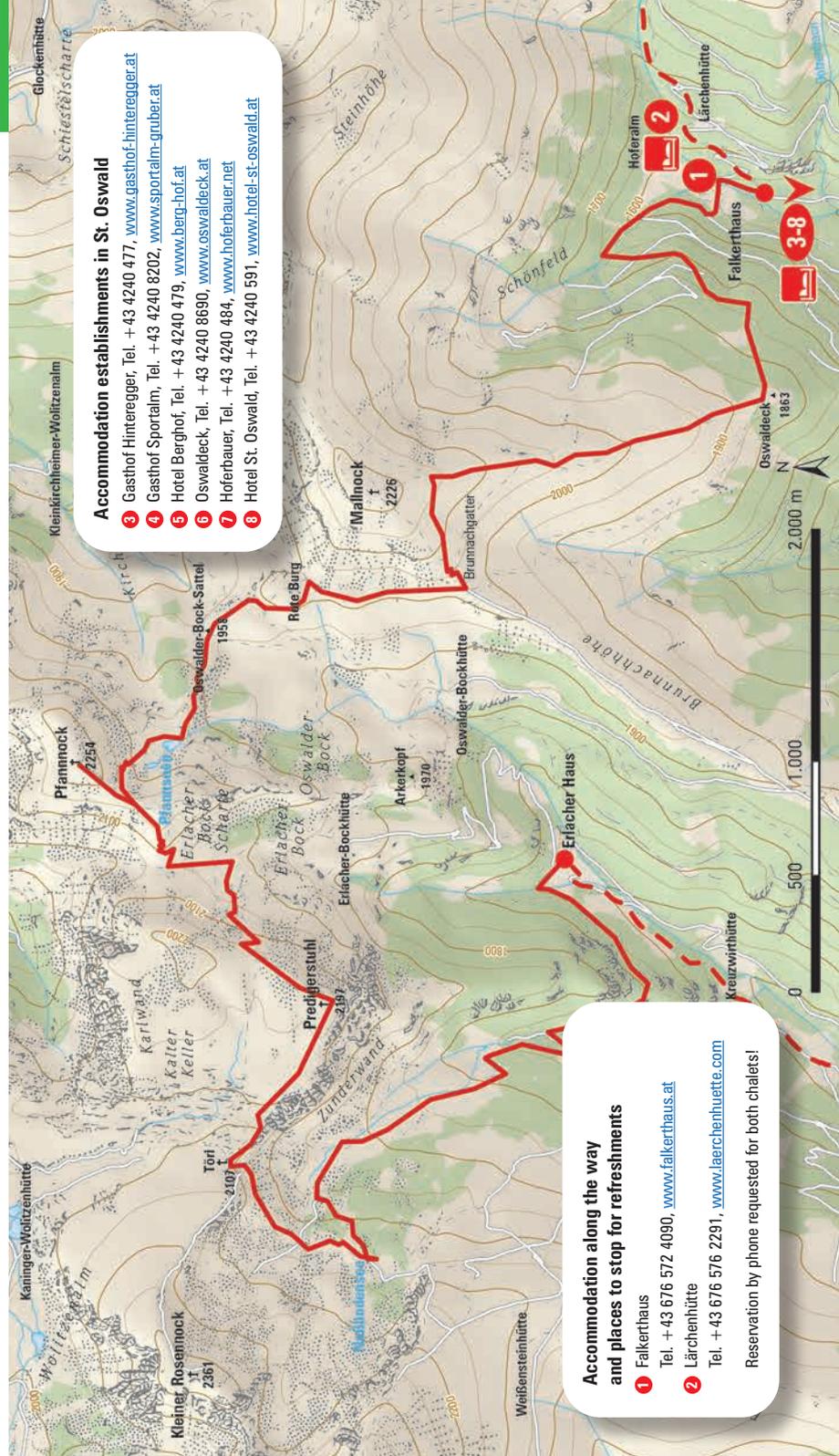
Short-cuts allowed.  
With the Nockmobil to the Langalm Valley.  
Tel.: +43 123 500 444 24  
[www.nockmobil.at](http://www.nockmobil.at)

### Information:

Bad Kleinkirchheim tourist office  
Tel.: +43 4240 8212  
[www.badkleinkirchheim.at](http://www.badkleinkirchheim.at)



Sunset in the Nockberge Mountains.



### Accommodation establishments in St. Oswald

- 3 Gasthof Hinteregger, Tel. +43 4240 477, [www.gasthof-hinteregger.at](http://www.gasthof-hinteregger.at)
- 4 Gasthof Sportalm, Tel. +43 4240 8202, [www.sportalm-grubel.at](http://www.sportalm-grubel.at)
- 5 Hotel Berghof, Tel. +43 4240 479, [www.berg-hof.at](http://www.berg-hof.at)
- 6 Oswalddeck, Tel. +43 4240 8690, [www.oswalddeck.at](http://www.oswalddeck.at)
- 7 Hoferbauer, Tel. +43 4240 484, [www.hoferbauer.net](http://www.hoferbauer.net)
- 8 Hotel St. Oswald, Tel. +43 4240 591, [www.hotel-st-oswald.at](http://www.hotel-st-oswald.at)

### Accommodation along the way and places to stop for refreshments

- 1 Falkerthaus  
Tel. +43 676 572 4090, [www.falkerthaus.at](http://www.falkerthaus.at)
- 2 Lärchenhütte  
Tel. +43 676 576 2291, [www.laerchenhuette.com](http://www.laerchenhuette.com)

Reservation by phone requested for both chalets!

## Stage 16

# Falkerthaus/Lärchenhütte – Bad Kleinkirchheim

### Gold from the Nockberge Mountains

We will follow the aromatic scent of the Alpine valerian, the “Gold of the Nockberge”, which will accompany us from the start of this stage at the Falkerthaus/Lärchenhütte lodge. After reaching the Hundsfeldscharte, we can look forward to arriving at Lake Falkertsee at 1,872 m altitude, where we can take a rest in “heaven on the mountains”. Over colourful alpine meadows and through larch woods we will carry on towards the Ski World Cup village of Bad Kleinkirchheim where we can let ourselves be pampered in the two thermal spas.

### Magic Point bei der Hundsfeldscharte.



Difficulty: **difficult**

Length: 19 km

Duration: 8:00 h

Difference in altitude: ▲1,262 m ▼1,752 m

### Highlights along the way:

**Hundsfeldscharte:** In the direction of the Falkertspitz summit, three wooden platforms provide the perfect place to have a snack and recharge your batteries.

**Falkertspitz:** A short detour pays off, as the panorama disc offers views of the surrounding mountains. **Schwarzkofel:** A magical spot to spend some time in the Nockberge Mountains. On a clear day you are rewarded with views all the way to the Karawanken Mountains.

**Alpine valerian sculpture:** Wonderful view into the extended Kirchheim Valley, where you can also purchase alpine valerian products or enjoy alpine valerian treatments.

**The thermal spas of St. Kathrein and Römerbad** invite you to relax.

**St. Kathrein church:** Above the thermal spring, where the 36 degree warm healing water bubbles out of the ground, built in Gothic style in 1492.

### Culinary tip:

#### Stewed cranberries

The tart, small, red berries accompany diverse, traditional Nockberge game specialties of red and roe deer and chamois. As well as vitamin C and B vitamins, they are also rich in vitamin A and minerals. The small bundles of energy also protect against kidney and bladder infections. They can be found on the small evergreen shrubs that grow along the ground on the alpine meadows. Stewed with granulated and preserving sugar, filled into hot rinsed glass jars and then stored in a cool place, the cranberries can be enjoyed all year round.

More information on culinary highlights can be found at [www.badkleinkirchheim.at](http://www.badkleinkirchheim.at).



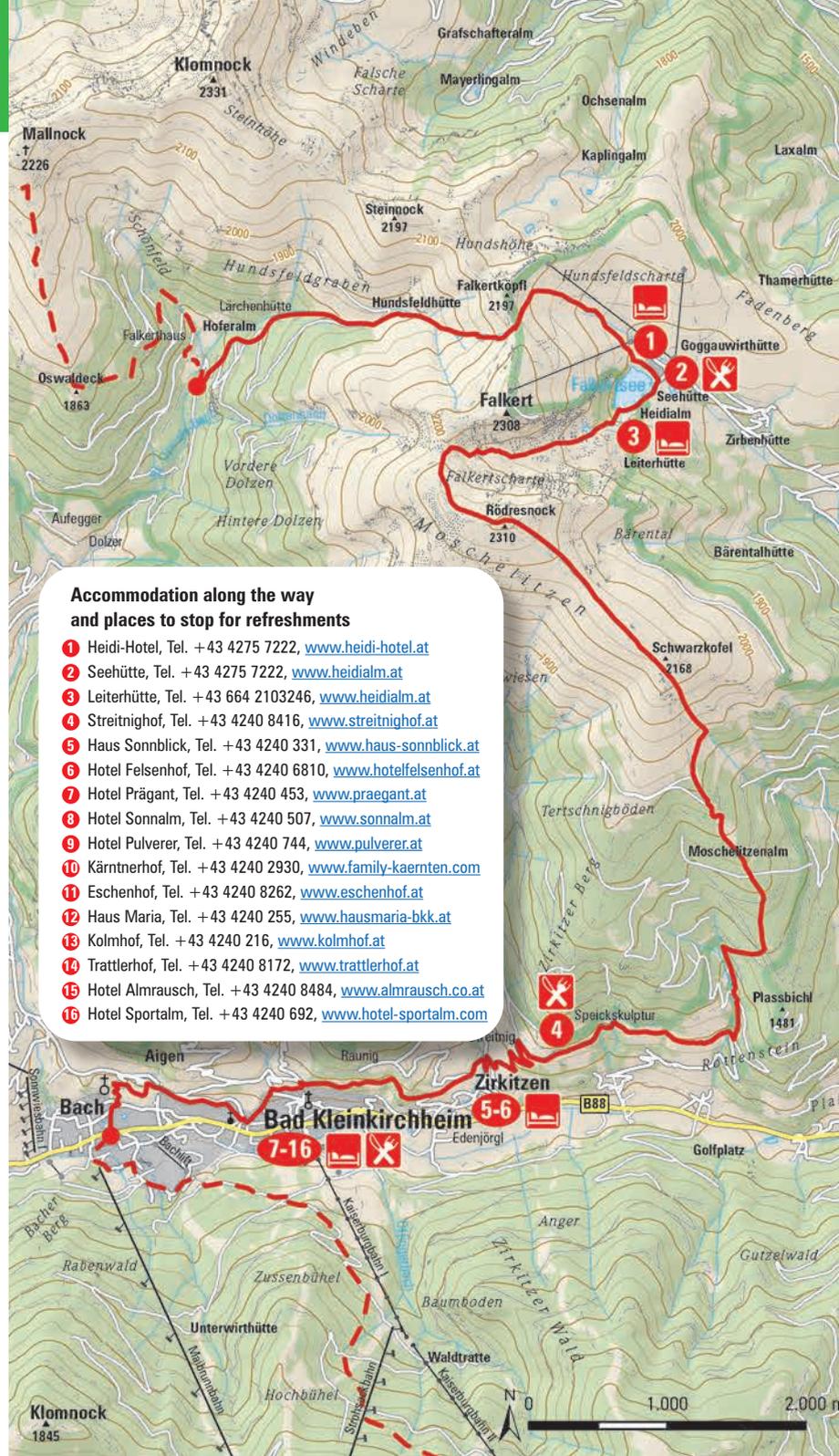
Rest at Lake Falkertsee.

### Information:

Bad Kleinkirchheim tourist office

Tel.: +43 4240 8212

[www.badkleinkirchheim.at](http://www.badkleinkirchheim.at)



### Accommodation along the way and places to stop for refreshments

- 1 Heidi-Hotel, Tel. +43 4275 7222, [www.heidi-hotel.at](http://www.heidi-hotel.at)
- 2 Seehütte, Tel. +43 4275 7222, [www.heidialm.at](http://www.heidialm.at)
- 3 Leiterhütte, Tel. +43 664 2103246, [www.heidialm.at](http://www.heidialm.at)
- 4 Streitnighof, Tel. +43 4240 8416, [www.streitnighof.at](http://www.streitnighof.at)
- 5 Haus Sonnblick, Tel. +43 4240 331, [www.haus-sonnblick.at](http://www.haus-sonnblick.at)
- 6 Hotel Felsenhof, Tel. +43 4240 6810, [www.hotelfelsenhof.at](http://www.hotelfelsenhof.at)
- 7 Hotel Prägant, Tel. +43 4240 453, [www.praegant.at](http://www.praegant.at)
- 8 Hotel Sonnalp, Tel. +43 4240 507, [www.sonnalm.at](http://www.sonnalm.at)
- 9 Hotel Pulverer, Tel. +43 4240 744, [www.pulverer.at](http://www.pulverer.at)
- 10 Kärntnerhof, Tel. +43 4240 2930, [www.family-kaernten.com](http://www.family-kaernten.com)
- 11 Eschenhof, Tel. +43 4240 8262, [www.eschenhof.at](http://www.eschenhof.at)
- 12 Haus Maria, Tel. +43 4240 255, [www.hausmaria-bkk.at](http://www.hausmaria-bkk.at)
- 13 Kolmhof, Tel. +43 4240 216, [www.kolmhof.at](http://www.kolmhof.at)
- 14 Trattlerhof, Tel. +43 4240 8172, [www.trattlerhof.at](http://www.trattlerhof.at)
- 15 Hotel Almrausch, Tel. +43 4240 8484, [www.almrausch.co.at](http://www.almrausch.co.at)
- 16 Hotel Sportalm, Tel. +43 4240 692, [www.hotel-sportalm.com](http://www.hotel-sportalm.com)

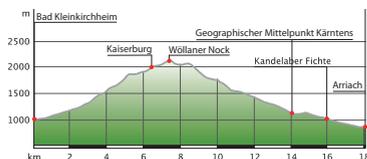
## Stage 17 Bad Kleinkirchheim – Arriach

### The centre of Carinthia

We won't miss out on the opportunity to discover the variety of water worlds in the Wasser-Sinnespark in the middle of Bad Kleinkirchheim. Suitably refreshed, we will make our way in the direction of the Kaiserburg mountain cable car station, before crossing over the mighty double summit of the Wöllaner Nock and then on to the municipality of Arriach. This is also where the geographical centre of Carinthia can be found. This stage is concluded by a visit to the largest Protestant church in Carinthia.



Kaiserburg mountain station.



Difficulty: **medium**  
 Length: 18.1 km      Duration: 7:00 h  
 Difference in altitude: ▲1,185 m ▼1,331 m

### Highlights along the way:

**Kaiserburg sun terrace:** Quick to reach with the Kaiserburg cable car, or on foot, near the "Kärnten-Franz Klammer" World Cup piste. [www.vondenpistenindiethermen.com](http://www.vondenpistenindiethermen.com)

**Plaggrast:** High plateau at 1,730 m altitude, the perfect place for a short break at the huge stone table with furniture, by the turning to the Geigerhütte lodge.

**Geographical centre of Carinthia:** Surprise your loved ones at home with a photo of you at the centre of Carinthia, taken on the web camera.

**Candelabrum spruce:** At 500 years old, with seven tree tops and a main trunk eight metres in circumference, it is a natural monument in Laastadt.

**Four Evangelists church in Arriach:** The neo-Gothic Four Evangelists church in Arriach is the largest evangelical church building in Carinthia and has room for up to 650 people.

### Culinary tip:

#### Carinthian prime boiled beef from Nockalm cattle

The topside lies next to the silverside. Tasty, fine fibred meat with a tasty fatty edge. It is cooked whole and served with classical accompaniments such as apple horseradish, chive sauce, fried potatoes, spinach or vegetables as a speciality in many restaurants. Nockalm cattle were re-launched 10 years ago, when 10 farmers in the Nockberge Mountains decided to take their future in their own hands and set up the "BV Nockfleisch" (Nockberge meat) association for private epicures and innkeepers. [www.nockfleisch.at](http://www.nockfleisch.at)

### Information:

#### Bad Kleinkirchheim tourist office

Tel.: +43 4240 8212  
[www.badkleinkirchheim.at](http://www.badkleinkirchheim.at)

#### Arriach tourist information office

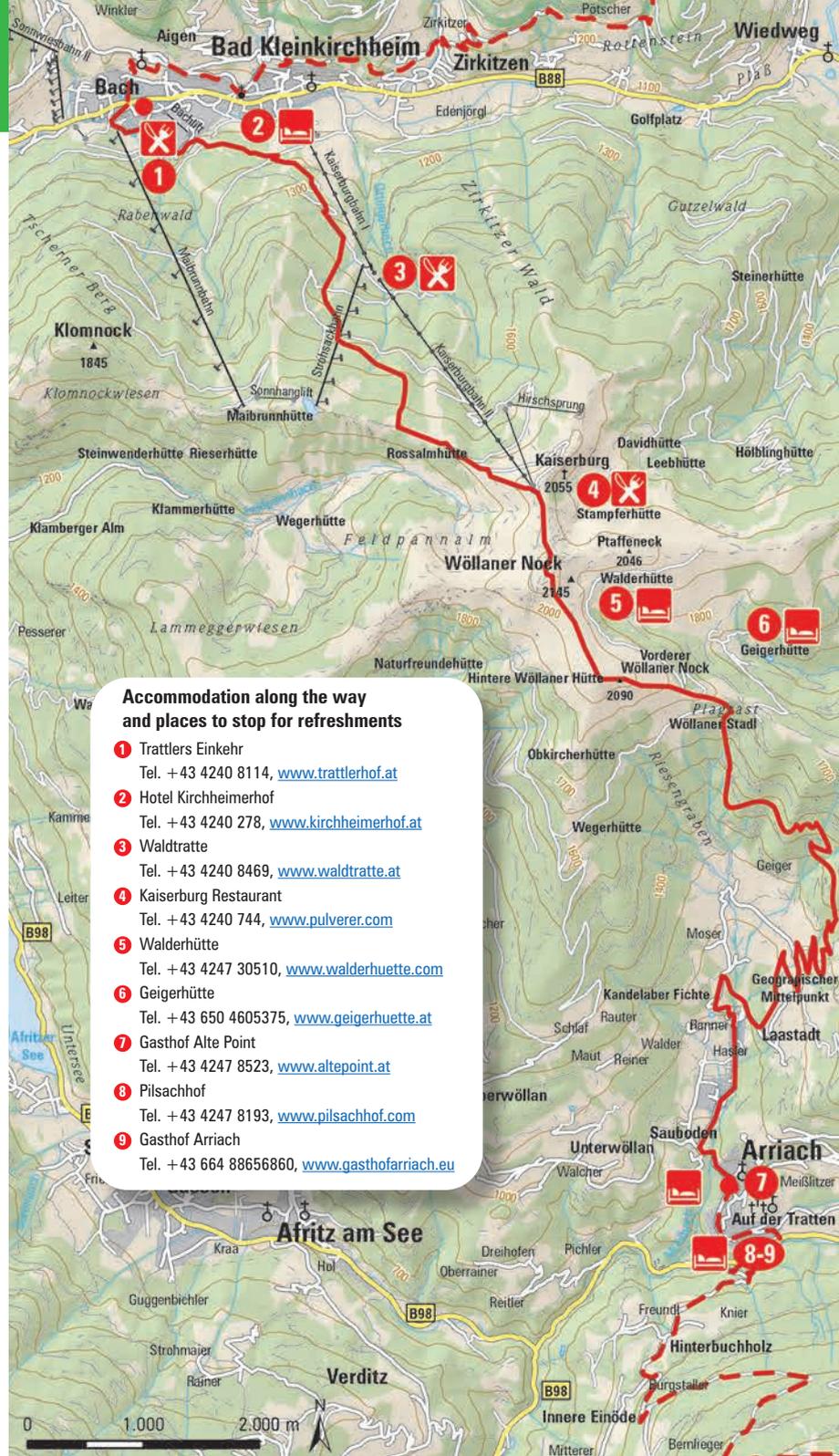
Tel.: +43 4247 8514 10  
[www.arriach-urlaub.at](http://www.arriach-urlaub.at)

#### Villach Region tourist information office

Tel.: +43 4242 42000  
[www.visitvillach.at](http://www.visitvillach.at)



Natural monument – candelabrum spruce.



### Accommodation along the way and places to stop for refreshments

- 1 Trattler Einkehr  
Tel. +43 4240 8114, [www.trattlerhof.at](http://www.trattlerhof.at)
- 2 Hotel Kirchheimerhof  
Tel. +43 4240 278, [www.kirchheimerhof.at](http://www.kirchheimerhof.at)
- 3 Waldtratte  
Tel. +43 4240 8469, [www.waldtratte.at](http://www.waldtratte.at)
- 4 Kaiserburg Restaurant  
Tel. +43 4240 744, [www.pulverer.com](http://www.pulverer.com)
- 5 Walderhütte  
Tel. +43 4247 30510, [www.walderhuette.com](http://www.walderhuette.com)
- 6 Geigerhütte  
Tel. +43 650 4605375, [www.geigerhuette.at](http://www.geigerhuette.at)
- 7 Gasthof Alte Point  
Tel. +43 4247 8523, [www.altepoint.at](http://www.altepoint.at)
- 8 Pilsachhof  
Tel. +43 4247 8193, [www.pilsachhof.com](http://www.pilsachhof.com)
- 9 Gasthof Arriach  
Tel. +43 664 88656860, [www.gasthofarriach.eu](http://www.gasthofarriach.eu)

## Stage 18 Arriach – Gerlitzen Alpe

### Beautiful Mount Feuerberg

We will start from the farming village of Arriach, the geographical centre of Carinthia, and progress over the western slope of the Gerlitzen Alpe towards Mount Feuerberg (derived from the Slovenian name for the Gerlitzen Alpe). On narrow paths in parts, we will hike through beautiful, deep-green forests and meadows. Amidst this paradise, a small alpine lake invites us to take a break and relax. At the summit we will be enchanted by the beautiful views of the unique Carinthian mountains and lakes.



View of Arriach.



Difficulty: **medium**  
Length: 15.3 km      Duration: 6:00 h  
Difference in altitude: ▲ 1,245 m ▼ 218 m

### Highlights along the way:

**Church of St. Philipp and St. Jacob:** This catholic church in Arriach was built around 1200 on the hill which dominates the valley.

**Steinerner Tisch (stone table):** A place to rest of a different kind – made from boulders in the shade of trees.

**Drinking fountain:** Thirsty hikers can quench their thirst with fresh, cold, Carinthian drinking water near the Schlossbauer Alm.

**Neugarten water adventure world:** Children will enjoy playing with water and tired hikers can relax by a lovely alpine lake. The alpine lodge there will provide you with tasty meals.

**Gerlitzen Alpe circular tour:** The Gerlitzen Alpe, also known as “Feuerberg” (fire mountain), rewards you with a great circular tour at the summit. Ideal for enjoying the impressive panorama and sunset.

### Culinary tip:

#### Carinthia's berries

Many different kinds of berries grow in Carinthia's forests and woods – and may be picked for personal consumption. The bilberries or blueberries are a perfect little snack for hikers, and red currants can also be found. The berries taste best along with a tasty Carinthian “Eisreindling”, which is a special parfait that is popular as a regional dessert.

### Information:

#### Arriach tourist information office

Tel.: +43 4247 8514 10  
[www.arriach-urlaub.at](http://www.arriach-urlaub.at)

#### Bodensdorf tourist information office

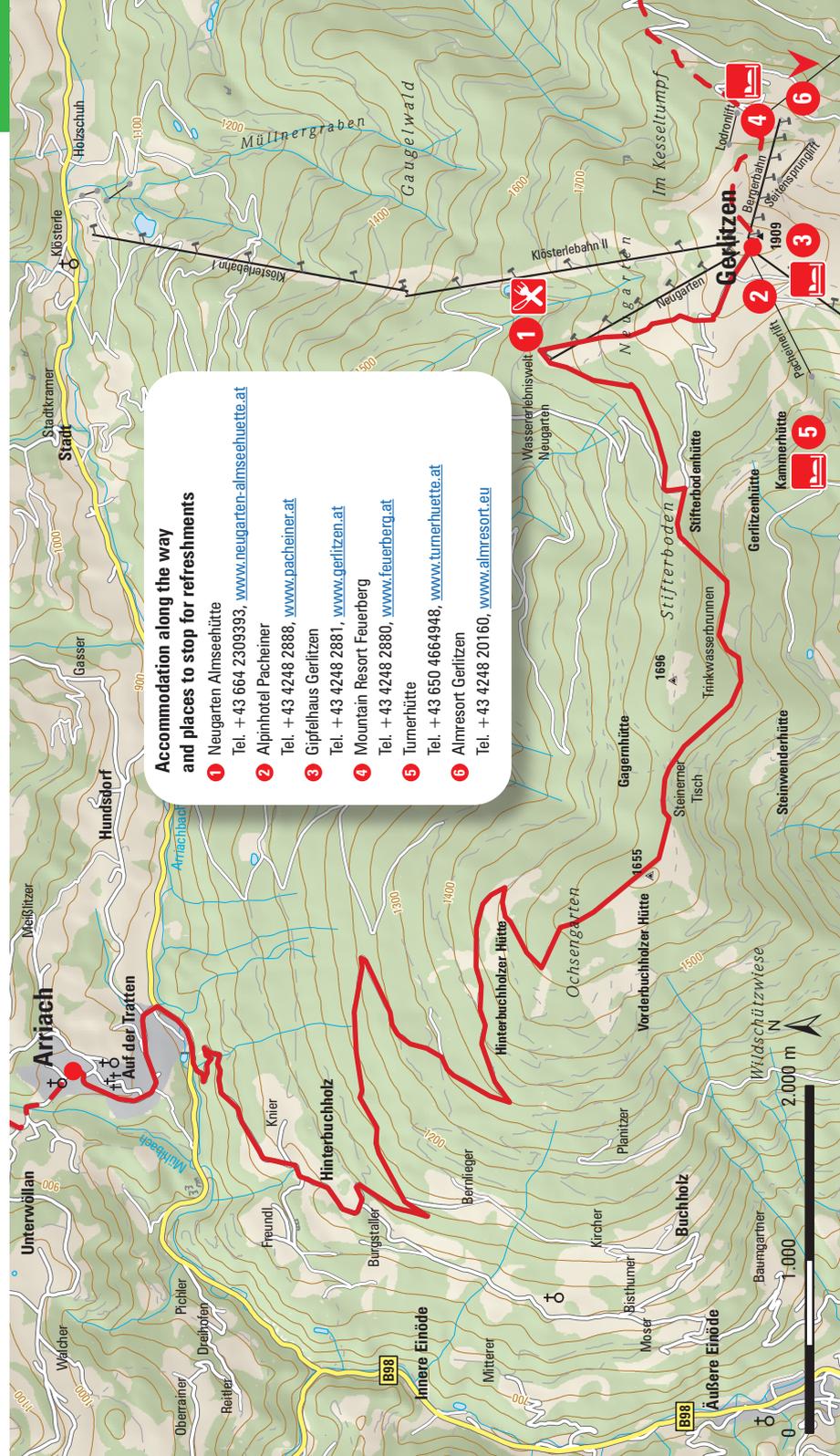
Tel.: +43 4243 8383 23  
[www.visitvillach.at](http://www.visitvillach.at)

#### Villach Region tourist information office

Tel.: +43 4242 42000  
[www.visitvillach.at](http://www.visitvillach.at)



Gerlitzen Alpe.



### Accommodation along the way and places to stop for refreshments

- 1 Neugarten Almseehütte  
Tel. +43 664 2308393, [www.neugarten-almseehuette.at](http://www.neugarten-almseehuette.at)
- 2 Alpinhotel Pacheneier  
Tel. +43 4248 2888, [www.pacheneier.at](http://www.pacheneier.at)
- 3 Gipfelhaus Gerlitzen  
Tel. +43 4248 2881, [www.gerlitzen.at](http://www.gerlitzen.at)
- 4 Mountain Resort Feuerberg  
Tel. +43 4248 2880, [www.feuerberg.at](http://www.feuerberg.at)
- 5 Turnerhütte  
Tel. +43 650 4664948, [www.turnerhuette.at](http://www.turnerhuette.at)
- 6 Almresort Gerlitzen  
Tel. +43 4248 20160, [www.almresort.eu](http://www.almresort.eu)

## Stage 19 Gerlitzen Alpe – Ossiach

### The sound of summer

Inspired by the unique sunrise witnessed from the summit of one of the most scenic Carinthian mountains, we will hike through fragrant spruce and larch forests down to the lake. The wistful panoramic views of the surrounding mountains and the emerald-green Lake Ossiacher See will make the time fly by. The destination today is the village of Ossiach with its beautiful monastery, the backdrop for the Carinthian Summer Music Festival.



From the mountain to the lake.



Difficulty: **medium**  
 Length: 16.1 km      Duration: 5:45 h  
 Difference in altitude: ▲83 m    ▼1,481 m

### Highlights along the way:

- Observatory and English Tower:** The Gerlitzen Alpe is an ideal place for sun and star-gazing. Right in front of the English Tower there is an impressive viewing platform.
- Berger Wetterkreuz:** Just below the summit, from the “weather cross” you have magnificent views of the third largest lake in Carinthia, Lake Ossiacher See.
- Stone house:** The stone house in Steindorf by Lake Ossiacher See is well-known Carinthian architect Günther Domenig’s (1934 – 2012) most significant work.
- Slow Trail Bleistätter Moor:** This moor is a refuge for animal and plant life. There are two observation towers for use.
- Ossiach Abbey:** A beautiful abbey – in summer the venue for the “Carinthian Summer”, the most well-known music festival in Carinthia.

### Culinary tip:

#### Pikeperch

The emerald coloured Lake Ossiacher See ranks among the most fish-rich lakes in Carinthia. Its water is home to many fish species, like pike, catfish, whitefish, carp or pikeperch. The latter is especially popular with fish lovers around the lake – accompanied by local parsley potatoes and crunchy vegetables, the pikeperch is a real treat! Of course, the fish tastes more intense and tender when enjoyed with a direct view of the lake.

### Information:

#### Bodensdorf tourist information office

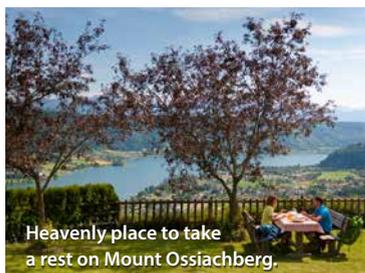
Tel.: +43 4243 8383 23  
[www.visitvillach.at](http://www.visitvillach.at)

#### Ossiach tourist information office

Tel.: +43 4243 497  
[www.visitvillach.at](http://www.visitvillach.at)

#### Villach Region tourist information office

Tel.: +43 4242 42000  
[www.visitvillach.at](http://www.visitvillach.at)



Heavenly place to take a rest on Mount Ossiachberg.



### Accommodation along the way and places to stop for refreshments

- 1** Kathms Buschenschenke  
Tel. +43 4243 411
- 2** Familiengasthof Nindler  
Tel. +43 4243 2284, [www.hobitsch.at](http://www.hobitsch.at)
- 3** Seehotel Hoffmann  
Tel. +43 4243 8704, [www.seehotel-hoffmann.at](http://www.seehotel-hoffmann.at)
- 4** Hotel Ossiacher See  
Tel. +43 4243 2484, [www.hotel-ossiacher-see.at](http://www.hotel-ossiacher-see.at)
- 5** Fischerstüberl  
Tel. +43 4243 500, [www.fischerstueberl.com](http://www.fischerstueberl.com)
- 6** Strandgasthof Seewirt  
Tel. +43 4243 2268, [www.seewirt-ossiach.at](http://www.seewirt-ossiach.at)
- 7** Naturgasthof Schlosswirt  
Tel. +43 650 5392689, [www.schlosswirt-ossiach.at](http://www.schlosswirt-ossiach.at)
- 8** Hotel-Gasthof Post  
Tel. +43 4243 2004, [www.hotel-gasthof-post.at](http://www.hotel-gasthof-post.at)
- 9** Stiftsschmiede  
Tel. +43 676 4011793, [www.stiftsschmiede.at](http://www.stiftsschmiede.at)
- 10** Wellness und Seecamping Parth  
Tel. +43 4243 27440, [www.parth.at](http://www.parth.at)

## Stage 20 Ossiach – Velden

### The little Tauern mountain range

The splashing of the clear stream accompanies us throughout the gorge from Lake Ossiacher See, with its many fish, up to the wooded Ossiacher Tauern (known locally as the "little Tauern"). After a fascinating journey through time to the Carinthian and Slovenian cultures in the Drabosnjak Museum, we will let the time pass in the virtually undiscovered conservation area of Lake Jeserzer See. Surrounded by still, shady woods, we will relax at the popular bathing lake, before continuing on to the exclusive town of Velden am Wörthersee.



Ossiacher Tauern.



Difficulty: **medium**  
Length: 17 km      Duration: 6:00 h  
Difference in altitude: ▲ 542 m ▼ 603 m

### Highlights along the way:

**Schluchtweg:** This wonderful gorge path leads from Lake Ossiacher See up to the idyllic Tauern pond – always accompanied by the babble of water.

**Tauern pond:** A hidden forest pond high in the Ossiacher Tauern – an ideal place to enjoy the peace and quiet.

**Museum of day to day life:** Dedicated to the poet Andrej Schuster, known as Drabosnjak. All kinds of useful things from long ago to marvel at. Info +43(0)664 2131841.

**Hohenwart castle ruins:** The once extensive and strongly fortified castle complex is one of the most interesting ruins in Carinthia.

**Lake Saisserssee:** This moorland lake lies in the conservation area of Lake Jeserzer See.

**Velden:** With a mixture of Lake Wörthersee architecture, modernity, tradition and casino flair, Velden has become the flagship of tourism in the Wörthersee Region.

### Culinary tip:

#### Carinthian beef festival

Every year in August thousands of Carinthian beef fans meet at the Ossiacher Tauern manor, one of the most idyllic spots high above Lake Ossiacher See. Delicacies such as grilled sirloin from organic calf, Čevapčiči from Carinthian highland ox, beef ham, goulash or fillet steaks make the visitors' mouths water.

For anyone who prefers fish, we recommend the Lake Wörthersee whitefish from one of the lakeside restaurants in Velden.

### Information:

Villach Region tourist information office

Tel.: +43 4242 42000

[www.visitvillach.at](http://www.visitvillach.at)

Ossiach tourist information office

Tel.: +43 4243 497

[www.visitvillach.at](http://www.visitvillach.at)

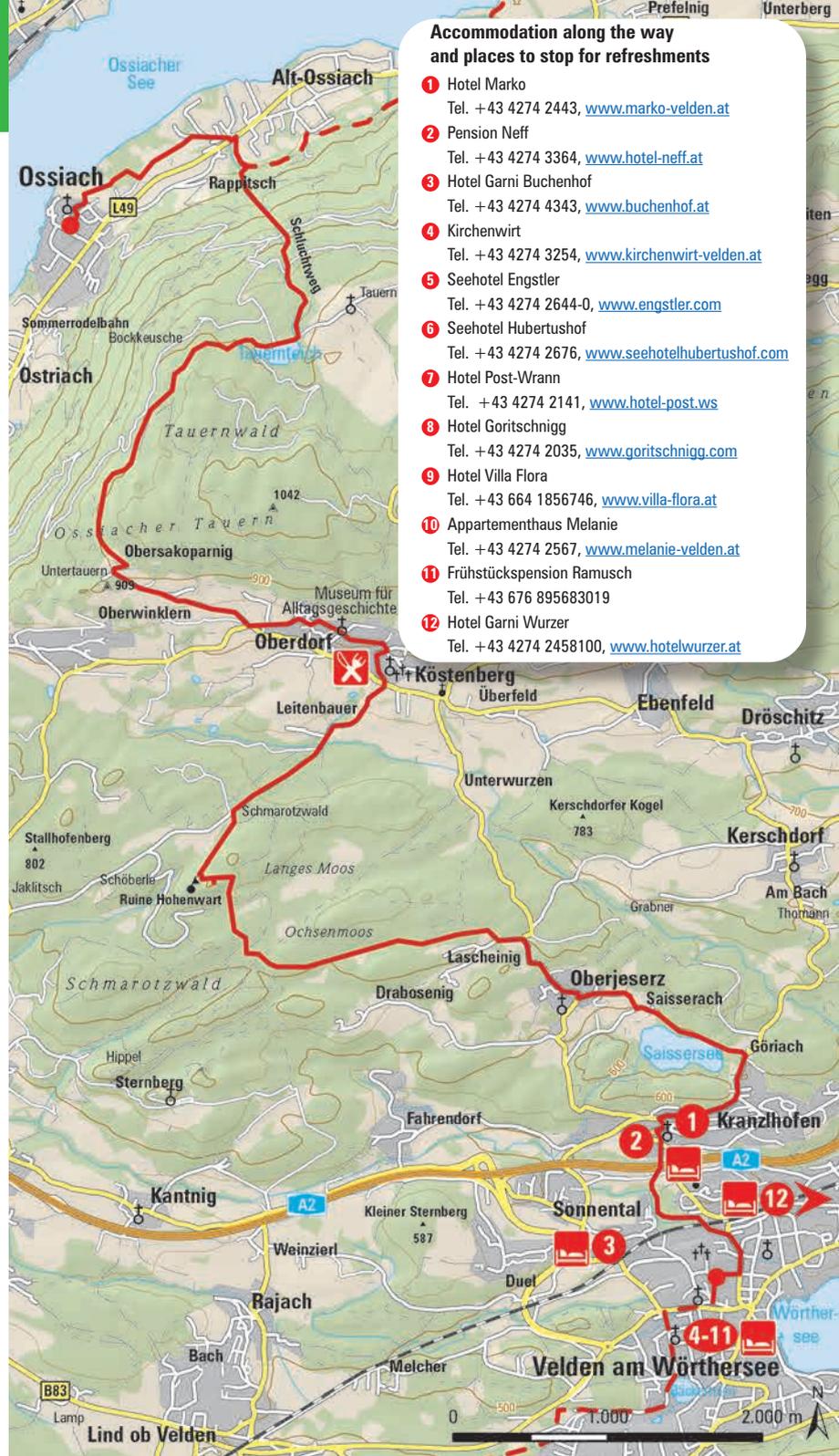
Velden tourist information office

Tel.: +43 4274 2103

[www.velden.at](http://www.velden.at)



The unspoiled Lake Saisserssee.



### Accommodation along the way and places to stop for refreshments

- 1 Hotel Marko  
Tel. +43 4274 2443, [www.marko-velden.at](http://www.marko-velden.at)
- 2 Pension Neff  
Tel. +43 4274 3364, [www.hotel-neff.at](http://www.hotel-neff.at)
- 3 Hotel Garni Buchenhof  
Tel. +43 4274 4343, [www.buchenhof.at](http://www.buchenhof.at)
- 4 Kirchenwirt  
Tel. +43 4274 3254, [www.kirchenwirt-velden.at](http://www.kirchenwirt-velden.at)
- 5 Seehotel Engstler  
Tel. +43 4274 2644-0, [www.engstler.com](http://www.engstler.com)
- 6 Seehotel Hubertushof  
Tel. +43 4274 2676, [www.seehotelhubertushof.com](http://www.seehotelhubertushof.com)
- 7 Hotel Post-Wrann  
Tel. +43 4274 2141, [www.hotel-post.ws](http://www.hotel-post.ws)
- 8 Hotel Goritschnigg  
Tel. +43 4274 2035, [www.goritschnigg.com](http://www.goritschnigg.com)
- 9 Hotel Villa Flora  
Tel. +43 664 1856746, [www.villa-flora.at](http://www.villa-flora.at)
- 10 Appartementhaus Melanie  
Tel. +43 4274 2567, [www.melanie-velden.at](http://www.melanie-velden.at)
- 11 Frühstückspension Ramusch  
Tel. +43 676 895683019
- 12 Hotel Garni Wurzer  
Tel. +43 4274 2458100, [www.hotelwurzer.at](http://www.hotelwurzer.at)

## Stage 21

# Velden – Faaker See / Baumgartnerhöhe

### Bright play of colours

In Velden am Wörthersee, with its casino and glamorous nightlife, we can take a last look at this idyllic Garden of Eden. This stage leads along the picturesque River Drau, home to colourful fauna, towards a picturesque valley called Türkei, which is a reminder of the Turkish invasions of the 15th century. We are then greeted by the picture postcard scenery and cyclists' paradise of Lake Faaker See with its sparkling, turquoise water. The route leads us to Finkenstein Castle Arena and the Baumgartnerhöhe heights.



Fairy-tale Schlosshotel Velden.



Difficulty: **medium**  
Length: 21.4 km      Duration: 6:45 h  
Difference in altitude: ▲637 m ▼208 m

### Highlights along the way:

**Schlosshotel Velden:** The popular photo motif, known from the TV series "Ein Schloss am Wörthersee" ("A castle on Lake Wörthersee").

**Casino Velden:** In 1950, the Österreichische Spielbanken AG opened its fifth casino in Velden. Since 1989 bets have been placed in the new building.

**Föderlach shallow water biotope:** This biotope is located on the Drau Cycle Path ([www.drauradweg.com](http://www.drauradweg.com)) and is home to nearly 120 different bird species.

**Tal Türkei:** Once a Turkish army camp, today a very tranquil valley.

**Wayside shrine in Egg:** Probably the most well-known Carinthian photo motif.

**Drobollach and Faak Moor:** Two conservation areas that are very important for the lake's ecological balance.

**Finkenstein castle arena:** The venue for many cultural events in summer.

### Culinary tip:

#### Faak farmers' market

From the beginning of May until the end of September there is a farmers' market every Thursday evening in Faak. Many products are on offer: hearty home-cooked products, natural products from the farmers' gardens, sweet treats from bee-keepers or all different types of breads and cakes and even cream slices. Whoever gets hungry or thirsty after having a look around, there are five stands serving food and drinks. We recommend a fine honey or stone pine schnapps!

### Information:

#### Velden tourist information office

Tel.: +43 4274 2103  
[www.velden.at](http://www.velden.at)

#### Faak tourist information office

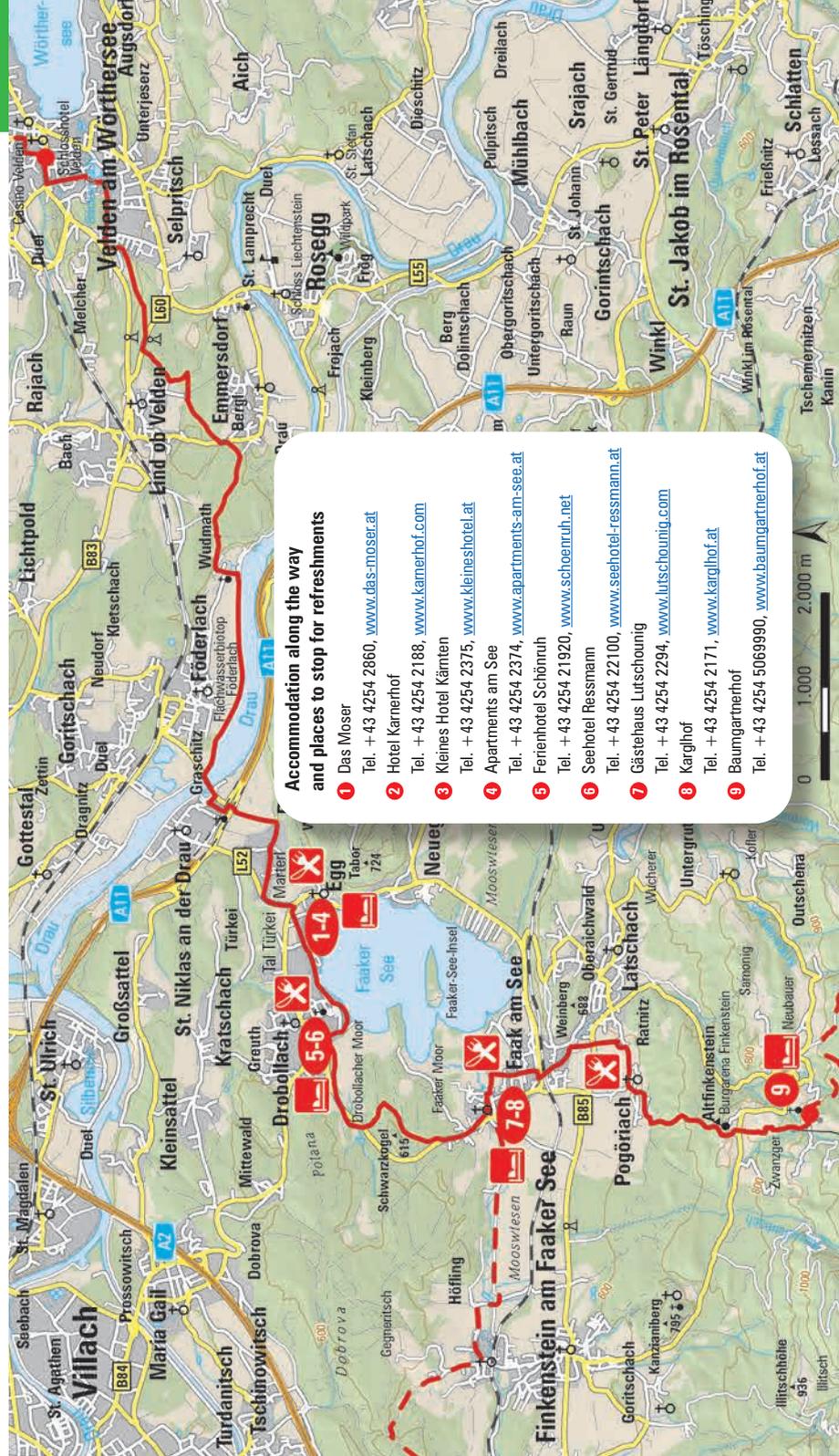
Tel.: +43 4254 2110  
[www.visitvillach.at](http://www.visitvillach.at)

#### Villach Region tourist information office

Tel.: +43 4242 42000  
[www.visitvillach.at](http://www.visitvillach.at)



Wayside shrine near Egg.



### Accommodation along the way and places to stop for refreshments

- 1 Das Moser  
Tel. +43 4254 2860, [www.das-moser.at](http://www.das-moser.at)
- 2 Hotel Karnerhof  
Tel. +43 4254 2188, [www.karnerhof.com](http://www.karnerhof.com)
- 3 Kleines Hotel Kärnten  
Tel. +43 4254 2375, [www.kleineshotel.at](http://www.kleineshotel.at)
- 4 Apartments am See  
Tel. +43 4254 2374, [www.apartments-am-see.at](http://www.apartments-am-see.at)
- 5 Ferienhotel Schönrüh  
Tel. +43 4254 21920, [www.schoeneruh.net](http://www.schoeneruh.net)
- 6 Seehotel Rössmann  
Tel. +43 4254 22100, [www.seehotel-ressmann.at](http://www.seehotel-ressmann.at)
- 7 Gästehaus Lutschoung  
Tel. +43 4254 2294, [www.lutschoung.com](http://www.lutschoung.com)
- 8 Karglhof  
Tel. +43 4254 2171, [www.karglhof.at](http://www.karglhof.at)
- 9 Baumgartnerhof  
Tel. +43 4254 5069990, [www.baumgartnerhof.at](http://www.baumgartnerhof.at)

## Stage 22

# Faaker See/Baumgartnerhöhe – Kranjska Gora

### Cross-border majesty

High above Lake Faaker See, from the Baumgartnerhöhe heights, which offer great views, we will hike towards the Austrian-Slovenian border. Only the wind and the fantastic views will accompany us over the majestic mountain range of the Karawanken to Slovenia. What once separated two cultures now forms a splendid connection. Hidden between the mountains we discover the mountain village and winter sports centre of Kranjska Gora, directly at the gateway to the Triglav National Park, one of the true gardens of Eden in the Julian Alps.



Baumgartnerhöhe and Lake Faaker See.



Difficulty: **difficult**

Length: 21.4 km      Duration: 8:00 h  
Difference in altitude: ▲1,293 m ▼1,400 m

### Highlights along the way:

- Jepca saddle:** The Austrian-Slovenian border crossing embedded between the Schwarzkogel and Mittagskogel in the Karawanken mountains at 1,438m altitude.
- Schwarzkogel:** 1,842 m high mountain with great views in the Karawanken mountain range.
- Srednji Vrh:** View point (960 m) with great views of the Julian Alps and the 2,472 m high Špik.
- Liznjek House:** The 300 year old house in the centre of Kranjska Gora was long regarded as prototype for farmhouses in the region. At the moment along with the "black kitchen" (smokehouse kitchen) there is an ethnological collection as well as the permanent exhibition on the life and work of Josip Vandot, an esteemed author of children's books, in the house.
- Church of the Assumption of the Blessed Virgin:** This late gothic building from 1510, constructed by Jernej Firtaler from Villach, can be found in the centre of Kranjska Gora.

### Culinary tip:

#### Potica

Along with the Štruklji, the cream slice or the Gibanica, the Potica (yeast cake) also belongs to the best-known Slovenian desserts. The typical festive cake made of different doughs is filled with over 80 different fillings. The best-known include tarragon, honey, walnut, poppy seed, greaves, chives, lovage, curd cheese and many more. The name comes from the Slovenian word "poviti", which means "roll up". Event tip: "Village day in Rateče" – on 15 August in Rateče.

### Information:

#### Faak tourist information office

Tel.: +43 4254 2110  
[www.visitvillach.at](http://www.visitvillach.at)

#### Villach Region tourist information office

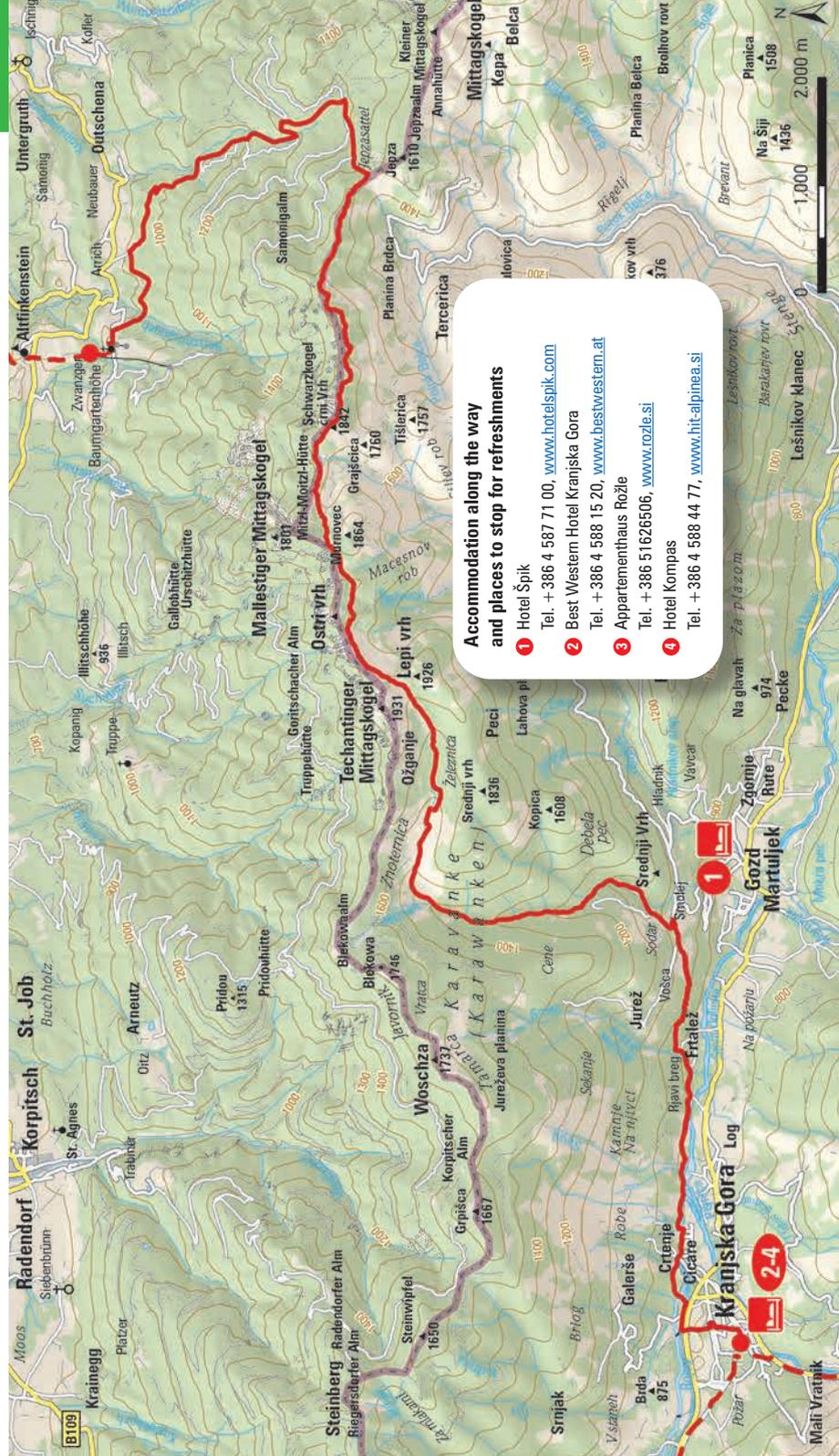
Tel.: +43 4242 42000  
[www.visitvillach.at](http://www.visitvillach.at)

#### TIC Kranjska Gora

Tel.: +386 4 580 9440  
[www.kranjska-gora.si](http://www.kranjska-gora.si)



Julian Alps near Kranjska Gora



**Accommodation along the way and places to stop for refreshments**

- 1** Hotel Špik  
Tel. +386 4 587 71 00, [www.hotelspik.com](http://www.hotelspik.com)
- 2** Best Western Hotel Kranjska Gora  
Tel. +386 4 588 15 20, [www.bestwestern.at](http://www.bestwestern.at)
- 3** Appartementshaus Rožle  
Tel. +386 5 1626506, [www.rozle.si](http://www.rozle.si)
- 4** Hotel Kompas  
Tel. +386 4 588 44 77, [www.hit-alpinea.si](http://www.hit-alpinea.si)

## Stage 23 Kranjska Gora – Trenta

### Soča spring, a natural gem

From Kranjska Gora in Slovenia, this lush green stage takes us past the Best Western Hotel Kranjska Gora to the lakes of Jasna and, from there, further along the Pišnica mountain stream to the fork towards the Mihov dom shelter. Passing the Russian chapel along the old donkey trail we finally reach the Vršič Pass, the highest mountain pass in the Julian Alps.

The Soča spring, one of the most beautiful Alpine springs, will leave a lasting impression before we reach Trenta.



Rock figure "pagan girl".



Difficulty: **difficult** Tip: get an early start!

Length: 20.5 km Duration: 8:00 h  
Difference in altitude: ▲918 m ▼1,108 m

### Highlights along the way:

**Russian chapel:** The road over the Vršič pass was built by Russian prisoners of war in the First World War. The chapel is in memory of an avalanche tragedy in 1916, when over 200 prisoners of war and soldiers were killed.

**Vršič:** The Vršič mountain pass is the highest road pass (1,611 m) in the eastern part of the Julian Alps. From a viewpoint you can see the rocky face of the "pagan girl".

**"Pagan girl" ("Ajdovska deklica"):** Legend has it that she prophesied the death of Zlatorog, a legendary chamois buck. As a punishment, she was turned into a rock.

**Dr. Julius Kugy monument:** The lawyer and humanist Julius Kugy (1858 – 1944) was one of the greatest admirers and pioneers of the Julian Alps.

**Soča spring:** One of the most beautiful karst springs in the Julian Alps.

### Culinary tip:

#### Ričet

Barley or pearl barley is the basis for this hearty and tasty dish. Known throughout Slovenia, Ričet is a stew made from smoked pork, beans and different condiments according to different regions (pepper, salt, savoury, lovage, parsley and soup vegetables). In the neighbouring Carinthia this aromatic, popular dish is called "Ritscherl".

### Information:

TIC Kranjska Gora  
Tel.: +386 4 580 9440  
www.kranjska-gora.si

Triglav National Park  
Dom Trenta Information Center  
Tel.: +386 5 388 9330  
www.tnp.si



Russian chapel.



### Accommodation along the way and places to stop for refreshments

- 1 Mountain hut Poštarski dom na Vršiču  
Tel. +386 1 43 16 114, [www.pdrustvo-ptlji.si](http://www.pdrustvo-ptlji.si)
- 2 Mountain hut Tičarjev dom na Vršiču  
Tel. +386 51 634 571, [www.pzs.si](http://www.pzs.si)
- 3 Koča pri izviri Soče  
Tel. +386 4 58 66 070, [www.pzs.si](http://www.pzs.si)
- 4 Trenta Camping  
Tel. +386 31 615 966
- 5 Triglav National Park information center Dom Trenta  
Tel. +386 5 388 9330, [www.tnp.si](http://www.tnp.si)
- 6 Eco tourist farm Pri Plajerju  
Tel. +386 53889209, [www.eko-plajer.com](http://www.eko-plajer.com)
- 7 Gostilna Metoja  
Tel. +386 5 388 9361, [www.metoja-trenta.com](http://www.metoja-trenta.com)

## Stage 24 Trenta – Bovec

### Game of water on Soča river

With eyes as bright as the emerald-green River Soča, which we will follow almost all the way through this stage, we can enjoy the picturesque backdrop of the unspoiled Triglav National Park. At the suspension bridge over the Kršovec gorge, which marks the border of the Triglav National Park, the route leads towards Vodenca, where we will cross at the point where the Soča and Koritnica rivers meet and, finally, we will reach the high plateau of Bovec.



Dom Trenta cultural centre.



Difficulty: **medium**  
 Length: 21 km      Duration: 6:30 h  
 Difference in altitude: ▲325 m ▼489 m

### Highlights along the way:

**Triglav National Park information centre:** The Dom Trenta cultural centre houses the Trenta Museum with information about the unique culture and countryside and of the former way of life in the valley.

**Soča gorge:** One of the most beautiful natural sights along the River Soča and one of the major attractions in the Triglav National Park.

**Kršovec gorge:** Here the River Soča has excavated a gorge in the rock, 150 metres long and just a few metres wide.

**Ravelnik open-air museum:** A complete circular route follows along the former first Austro-Hungarian line of defence from WW I. Located in the immediate vicinity of Bovec just near the road up to the small hill of Ravelnik.

### Culinary tip:

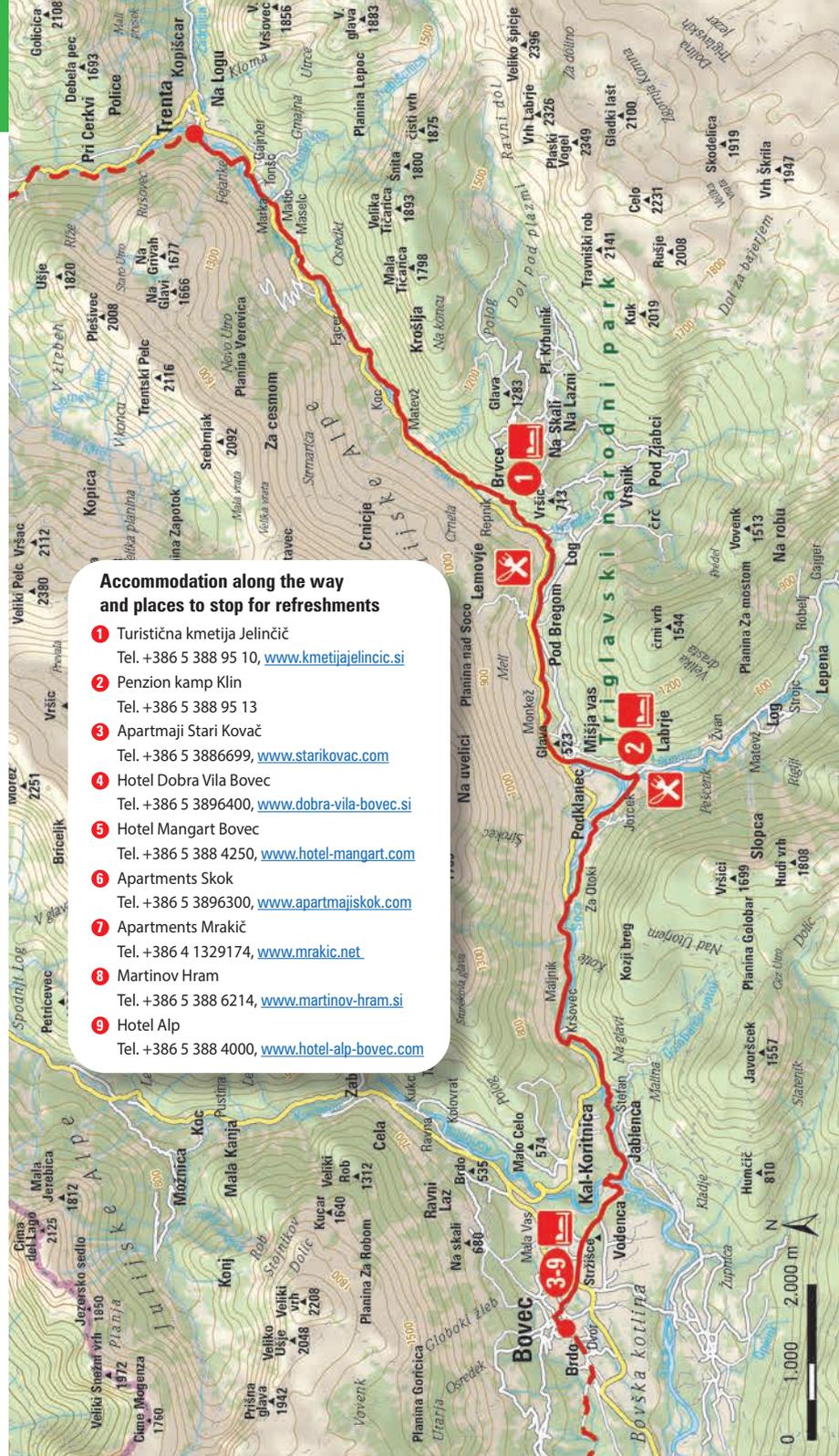
In the cosy farmhouses and restaurants along the route, delicious specialities from the Bovec region are served. As a starter we recommend "Čompe in skuta" (boiled potatoes and cottage cheese), as a main course then Soča trout, the largest European trout species. This special animal has found a refuge in the emerald river. For dessert, we recommend "Krafi", a simple pastry pocket prepared with ingredients from the region and filled with pear.

**Information:**  
 Triglav National Park information Center  
 Tel.: +386 5 3889 330  
 www.tnp.si

**Bovec Tourist Information Center**  
 Tel.: +386 5 3029647  
 www.soca-valley.com



Natural jewel Soča gorge.



### Accommodation along the way and places to stop for refreshments

- 1 Turistična kmetija Jelinčič  
Tel. +386 5 388 95 10, [www.kmetijajelincic.si](http://www.kmetijajelincic.si)
- 2 Penzion kamp Klin  
Tel. +386 5 388 95 13
- 3 Apartmaji Stari Kovač  
Tel. +386 5 3886699, [www.starikovac.com](http://www.starikovac.com)
- 4 Hotel Dobra Vila Bovec  
Tel. +386 5 3896400, [www.dobra-vila-bovec.si](http://www.dobra-vila-bovec.si)
- 5 Hotel Mangart Bovec  
Tel. +386 5 388 4250, [www.hotel-mangart.com](http://www.hotel-mangart.com)
- 6 Apartments Skok  
Tel. +386 5 3896300, [www.apartmajiskok.com](http://www.apartmajiskok.com)
- 7 Apartments Mrakič  
Tel. +386 4 1329174, [www.mracic.net](http://www.mracic.net)
- 8 Martinov Hram  
Tel. +386 5 388 6214, [www.martinov-hram.si](http://www.martinov-hram.si)
- 9 Hotel Alp  
Tel. +386 5 388 4000, [www.hotel-alp-bovec.com](http://www.hotel-alp-bovec.com)

## Stage 25 Bovec – Drežnica

### Iconic film set

From Bovec, we will hike mostly along the winding River Soča until, at the end of the stage, the path leads away from the river, up to the charming mountain village of Drežnica near Kobarid. The Bovec Valley has long enjoyed cult status, and its impressive natural setting was even used as a film location for the Walt Disney film "The Chronicles of Narnia: Prince Caspian". Before we reach our destination, we will take the opportunity to try out rafting, kayaking or canoeing on the emerald-green River Soča, like the many other wild water freaks.



Virje waterfall.



Difficulty: **medium**

Length: 22.3 km      Duration: 7:15 h  
Difference in altitude: ▲410 m ▼336 m

### Highlights along the way:

**Virje waterfall:** The Glijun brook throws itself down

a 20 metre wide and 12 metre high, romantic waterfall into the valley.

**Boka waterfall:** The most majestic waterfall in Slovenia, and also with the most water, falling 18 metres wide from a total height of 144 metres.

**Soča rafting:** The popular rafting run from the Soča bridge under the Boka waterfall to the village of Trnovo, amidst unspoilt, inspiring nature.

**Kobarid:** First World War museum, which is well worth a visit, and the Kozjak waterfall.

**Drežnica:** One of the most beautiful mountain villages in Slovenia, with the pilgrimage church of the Heart of Christ, which houses one of the largest organs in the region, and the private collection from the First World War at the Botognica Museum, which presents Drežnica and its surroundings.

### Culinary tip:

The traditional, regional sweet dish from the Kobarid region are the Kobarid štruklji (stuffed filo pastry rolls), which you can try at any restaurant or inn in Kobarid. In October, an excellent culinary festival of regional specialities called JESTIVAL takes place. As well as the kobariški štruklji, you can also taste Tolminc cheese, Soča trout, the shepherd's meal known as Frika, and other local delicacies.

### Information:

**Bovec Tourist Information Center**  
Tel.: +386 5 3029647  
[www.soca-valley.com](http://www.soca-valley.com)

**Kobarid Tourist Information Center**  
Tel.: +386 5 3800490  
[www.soca-valley.com](http://www.soca-valley.com)



Idyllic mountain village of Drežnica.



### Accommodation along the way and places to stop for refreshments

- 1 B&B pri Lovrižu  
Tel. +386 53848636, [www.lovriz.kuruncic.si](http://www.lovriz.kuruncic.si)
- 2 Guesthouse Jelkin Hram  
Tel. +386 53848610, [www.jelkin-hram.com](http://www.jelkin-hram.com)
- 3 Tourist farm Kranjc  
Tel. +386 53848 562, [www.turizem-kranjc.si](http://www.turizem-kranjc.si)

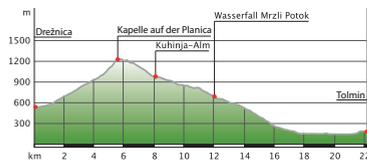
## Stage 26 Drežnica – Tolmin

### Flowering contrast

Starting from the lively village of Drežnica, we will visit the private Botognna Museum, before following the former military paths through the Triglav National Park. What a contrast: the flowering slopes above the village of Krn are peppered with alpine meadows which still tell the tale of the fight for survival which once took place there. We will then cross the waterfall area with the Brinta and Gregorčič waterfalls and the waterfall at the Mrzli Potok stream. Before we reach Tolmin at the end of the route, we will rejoin the River Soča.



Bes chapel on the Planica.



Difficulty: **difficult**

Length: 22.1 km

Duration: 8:00 h

Difference in altitude: ▲734 m ▼1,088 m

### Highlights along the way:

**Chapel on the Planica:** It was built in memory of the Italian soldiers that fell in the First World War.

**Kuhinja alpine pasture:** Picturesque alpine pasture with impressive views and the possibility to purchase regional cheese specialties.

**Waterfall at the Mrzli potok brook:** The first of many wonderful waterfalls in the wild gorge of the Mrzli potok brook.

**River Soča:** Invitation to take a refreshing leap into the turquoise coloured "natural pool".

**Tolmin Gorges:** A wonderful entrance point to the Triglav National Park.

**Kozlov rob:** Picturesque hilltop above Tolmin with castle ruins worth seeing.

**Tolmin Museum:** An excellent archaeological and ethnological collection.

### Culinary tip:

The Tolminc cheese is one of the typical culinary specialties in the upper Soča Valley and was awarded the 'designation of origin' in 2012. The Tolminc cheese from unpasturised cow's milk is a hard, full fat cheese. A long history of cheese-making, with traditional methods, special climatic and other conditions, but mostly because of the quality of the milk, makes the cheese from the Tolmin region especially appealing in colour, smell and taste.

Event tip: eco festival – rich offers from organic farms in May.

### Information:

Kobarid Tourist Information Center

Tel.: +386 5 3800490

[www.soca-valley.com](http://www.soca-valley.com)

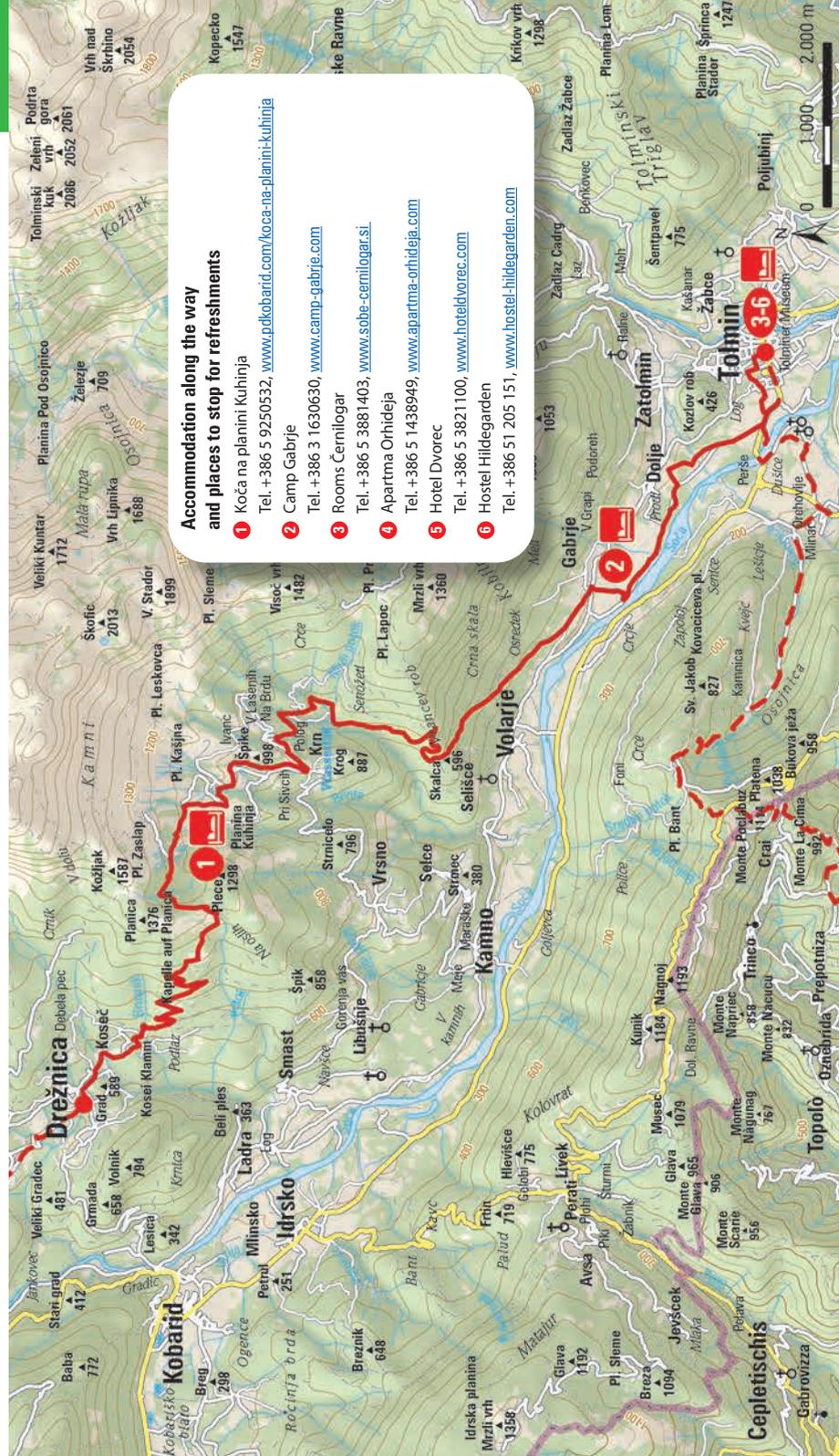
Tolmin Tourist Information Center

Tel.: +386 5 3800480

[www.soca-valley.com](http://www.soca-valley.com)



Lush green oasis Kuhinja pasture.



### Accommodation along the way and places to stop for refreshments

- 1 Koča na planini Kuhinja  
Tel. +386 5 9250532, [www.pdkobarid.com/koča-na-planini-kuhinja](http://www.pdkobarid.com/koča-na-planini-kuhinja)
- 2 Camp Gabrje  
Tel. +386 3 1630630, [www.camp-gabrje.com](http://www.camp-gabrje.com)
- 3 Rooms Cernilogar  
Tel. +386 5 3881403, [www.sobe-cernilogar.si](http://www.sobe-cernilogar.si)
- 4 Apartma Orhideja  
Tel. +386 5 1438949, [www.apartma-orhideja.com](http://www.apartma-orhideja.com)
- 5 Hotel Dvorec  
Tel. +386 5 3821100, [www.hoteldvorec.com](http://www.hoteldvorec.com)
- 6 Hostel Hildegarden  
Tel. +386 51 205 151, [www.hostel-hildegarden.com](http://www.hostel-hildegarden.com)

## Stage 27 Tolmin – Tribil di Sopra

### Panoramic and steeped in history

This stage leads us around Tolmin, the largest town in the Soča Valley, to the remains of the First World War and the Battle of the Isonzo between Italy and the Austro-Hungarian Empire. We will be rewarded for the ascent over the Kolovrat with breathtaking views of the alpine summits and the Adriatic. Recommendation: a visit to the open-air museum. The route, with its unique fauna and flora, runs partly along a section of the well-known "Path of Peace". After the wooded hills, we will reach Tribil.



Panoramic view of Tolmin.



Difficulty: **medium**

Length: 18.9 km      Duration: 7:30 h

Difference in altitude: ▲1,291 m ▼852 m

### Highlights along the way:

**Sotočje:** Confluence of Tolminka and Soča rivers with a waterfront promenade.

**Church of St. Daniel:** The oldest church in the valley from the year 1501.

**Kolovrat upland:** The exceptional outlook ridge, with breathtaking views of the Julian Alps and the Adriatic, tempts you to take a longer break.

**Kolovrat open-air museum of the First World War:** During the First World War the Italian army built an extensive 3rd line of defence here, called the "linea d'armata". Remains of this fortress can be seen here. From the open-air museum you also have a breathtaking view of the Kolovrat ridge and the battlefield of the Isonzo Front from where the famous Caporetto retreat started.

Many **churches** in Slovenian Gothic style rise above the villages in the valleys Valli del Natisone.

### Culinary tip:

The chestnut is "the king" of the hills of Beneška Slovenija. The high number of long-established chestnut varieties has aroused great interest in the cultivation and upkeep of chestnut forests, which in turn benefits the landscape. The main reason lies in the choice of regional nut varieties, such as Purčinac, Muronica, Objak or Ranac. Many dishes are made with the nuts, and there are also many events connected with them, such as Burnjak, a large chestnut festival that takes place in Tribil di Sopra. Another long-established fruit, which is also suitable for many dishes, is the Zeuka apple.

Chestnut festival in Tribil di Sopra at the weekends in October.

### Information:

**Tolmin Tourist Information Center**

Tel.: +386 5 380 04 80

www.dolina-soce.com

**Civiale del Friuli information point**

Tel.: +39 0431 710460

informacitta@civiale.net

**Friuli-Venezia Giulia Booking Center**

Tel.: +39 0428 2392

consorzio@tarvisiano.org



Kolovrat open-air museum.



**Accommodation along the way and places to stop for refreshments**

- 1 Albergo Diffuso Valli del Natisone
- 2 Agriturismo La Casa delle Rondini
- 3 B&B Alla Rosa dei Venti
- 4 Rifugio Casoni Solarie

Details on accommodation can be found at the contact addresses listed on the left

## Stage 28 Tribil di Sopra – Cividale

### Fascinating World Heritage Site

Culture vultures will love this stage which leads us up and down over hills, from the flat land towards the mountain villages. Passing through chestnut forests and old pastures we will reach the shrine of Our Lady of Castelmonte. We will stop and enjoy the great views of the expanse of the Friulan Plain. From here the path leads downhill all the way to Cividale del Friuli, a World Heritage Site with its beautiful Old Town. The route may be technically unchallenging, but 7 hours on the move are quite hard work.



At the vantage point in Castelmonte.



Difficulty: **medium**

Length: 23.4 km

Duration: 7:30 h

Difference in altitude: ▲ 616 m ▼ 1,121 m

### Highlights along the way:

The community of **Stregna** consists of 21 villages. In the residential areas typical architectural features with Slavic influences can be detected, with numerous votive churches in Slovenian Gothic style, which rise above the villages on hills.

**Castelmonte:** The sanctuary of Castelmonte was erected around the oldest Christian chapel in Friuli and lies within a medieval fortified settlement.

**Cividale:** The town, rich in tradition, originally a Celtic settlement, was promoted to a town by Julius Caesar. The Piazza del Duomo, the palace chapel Tempietto Longobardo, the archaeological national museum, the Museo Cristiano in the cathedral and the devil's bridge, the town's landmark in the old town, are especially worth seeing.

### Culinary tip:

Cividale del Friuli is the main town of the eastern hills, the Colli Orientali del Friuli, and DOC wine-growing zone of the same name. Grape motifs in the Tempietto Longobardo friezes show that the countryside here has been characterised by wine-growing since time immemorial. Together with the nearby Collio Goriziano the area with its gently undulating hills, covered in grapevines, and the well-known Rosazzo Abbey count as one of the most renowned for the production of wine from autochthonous grape varieties in Friuli. On 23,000 hectares, regional grape varieties such as Friulano, Verduzzo Friulano and famous international grape varieties such as Chardonnay, Pinot Grigio, Sauvignon, Cabernet, Merlot and Malvasia Istriana are grown.

### Information:

Cividale del Friuli information point

Tel.: +39 0432 710460

informacitta@cividale.net

Udine information point

Tel.: +39 0432 295972

info.udine@promoturismofvg.it

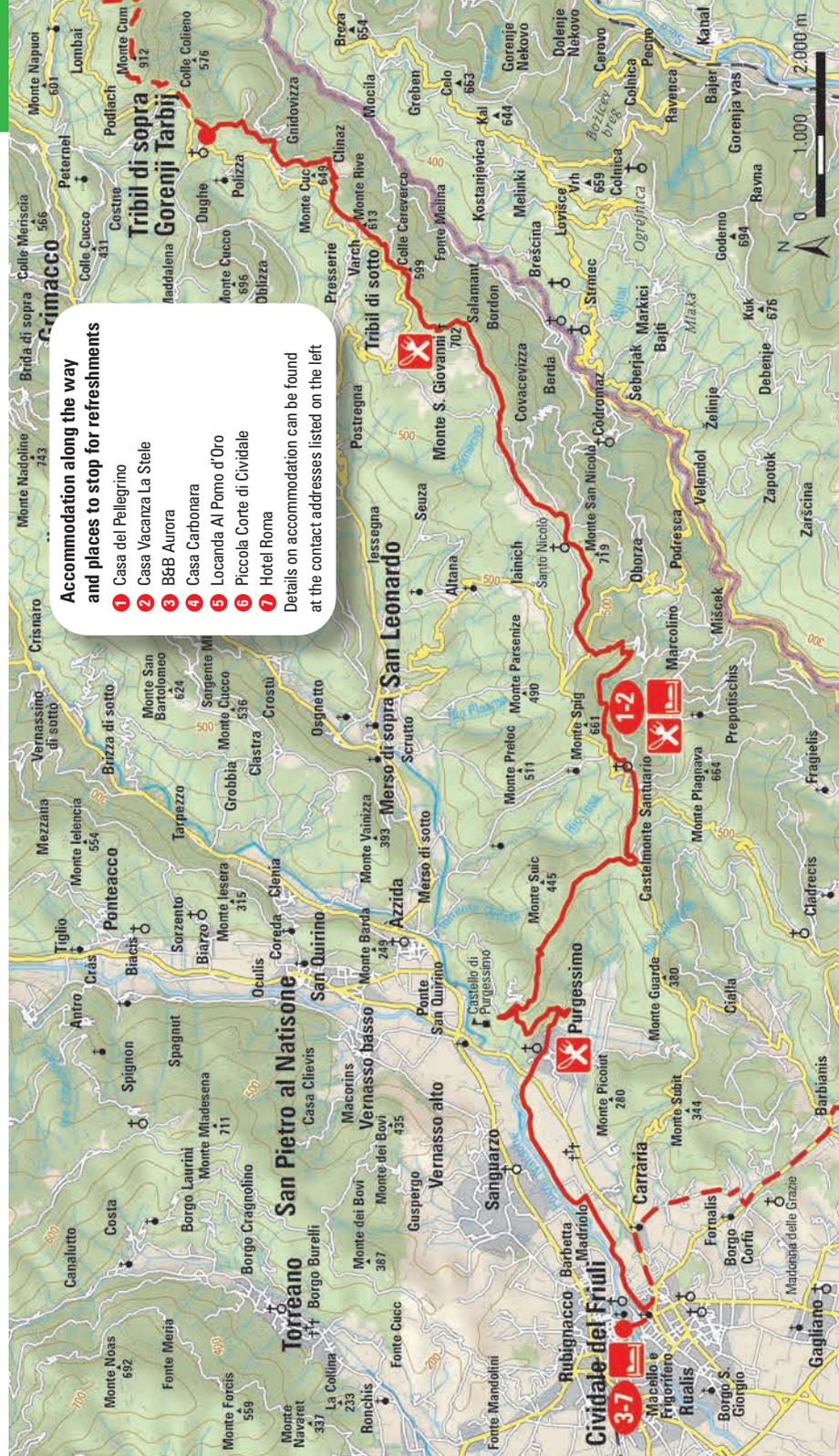
Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392

consorzio@tarvisiano.org



Cividale del Friuli.



### Accommodation along the way and places to stop for refreshments

- 1 Casa del Pellegrino
- 2 Casa Vacanza La Stele
- 3 B&B Aurora
- 4 Casa Carbonara
- 5 Locanda Al Pomo d'Oro
- 6 Piccola Corte di Cividale
- 7 Hotel Roma

Details on accommodation can be found at the contact addresses listed on the left

## Stage 29 Cividale – Breg near Golo Brdo

### Enchanting nature

There is a little magic in this Italian-Slovenian stage, featuring the hills of “Colli Orientali del Friuli”, the harmonious wine gardens of Albana di Prepotto and the fairytale countryside of the region of Brda, where figs and lemons can be seen everywhere, as can grapes. Unique natural scenery combines with delicious cuisine, distant sea views, to Friuli and Veneto and a certain something in the air. You can always feel nature here vibrating all year round.



Cividale del Friuli.



Difficulty: **easy**

Length: 13.2 km Duration: 4:15 h

Difference in altitude: ▲ 160 m ▼ 157 m

### Highlights along the way:

**Cividale del Friuli** with the Lombard Trail, which was declared a World Heritage Site by UNESCO. The town is a real treasure trove, rich in works of art. The works of art can be admired in the archaeological museum and in the cathedral museum. The **Lombard Temple** is one of the most extraordinary and mysterious late Middle Ages monuments in the Western World.

**Celtic Hypogeum:** A mysterious, underground cave system in Cividale, whose function has still not been clarified to this day.

The region of the **Colli Orientali del Friuli** is hilly, and stretches nearly continuously along the strategic East-West axis over large expanses that offer perfect conditions for growing high quality wines.

### Culinary tip:

Cividale is the unchallenged centre of the DOC-growing zone Colli Orientali del Friuli that produces highly regarded wines that are full of character. Apart from the wine, you shouldn't leave Cividale without having tried the Gubana. It is a traditional yeast cake in typical snail form with a rich filling. The cake was loved by nobility and royalty, and above all by Empress Sisi. It has changed somewhat over the years: in addition to the classical ingredients of walnuts, figs and honey, now variations with raisins, pine nuts, almonds, candied fruits, crumbled Amaretti biscuits and Grappa are possible.

### Information:

Cividale del Friuli information point

Tel.: +39 0432 710460

informacitta@cividale.net

Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392

consorzio@tarvisiano.org

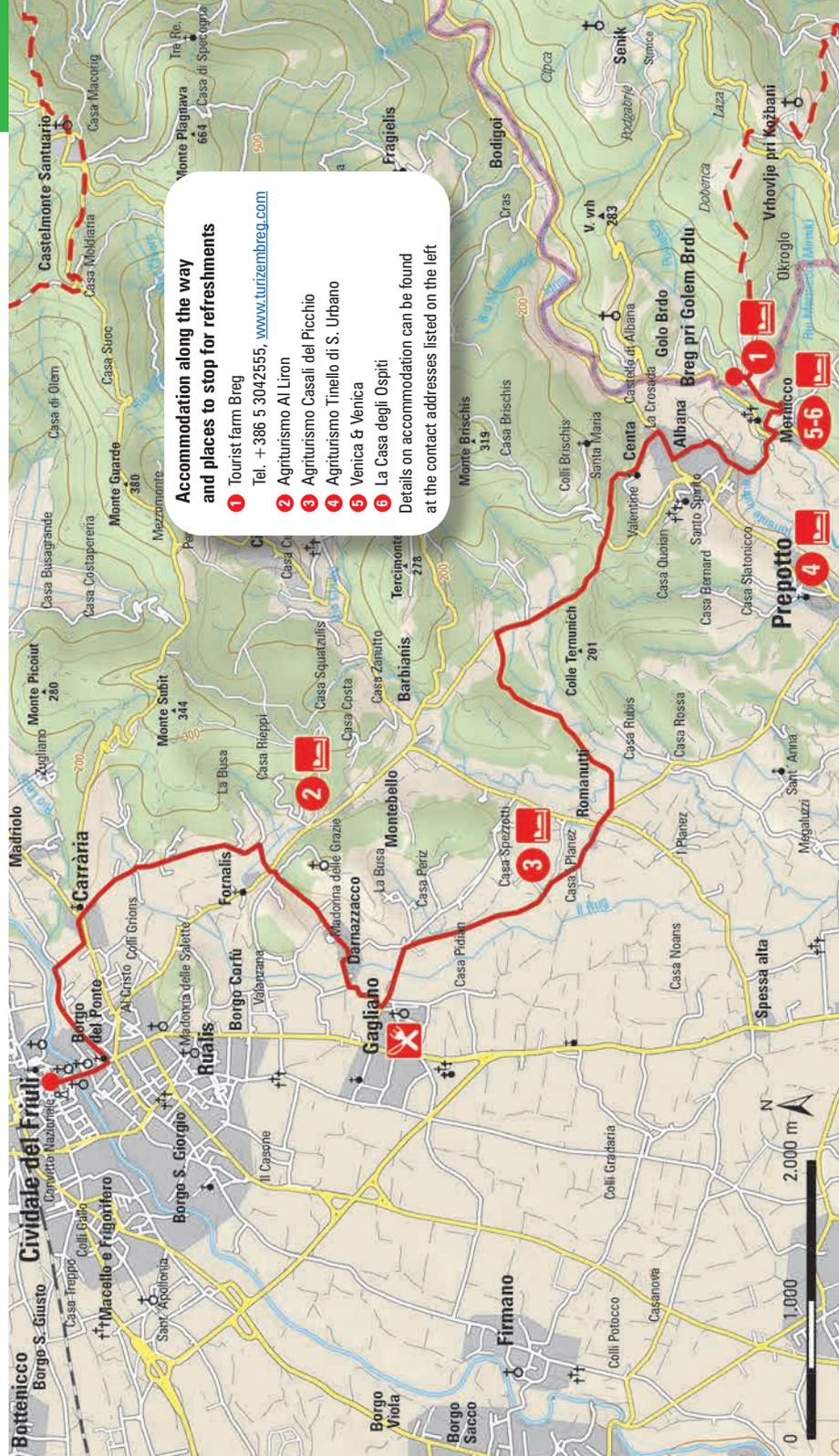
Brda tourist information office

Tel.: +386 5 395 9595

www.brda.si



Vineyards in Friulian Collio.



### Accommodation along the way and places to stop for refreshments

- 1 Tourist farm Breg  
Tel. +386 5 3042555, [www.turizembreg.com](http://www.turizembreg.com)
- 2 Agriturismo Al Liron
- 3 Agriturismo Cassali del Picchio
- 4 Agriturismo Tinello di S. Urbano
- 5 Venica & Venica
- 6 La Casa degli Ospiti

Details on accommodation can be found at the contact addresses listed on the left

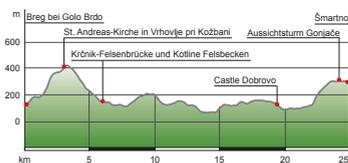
## Stage 30 Breg near Golo Brdo – Šmartno

### Slovenija's deli

The traditional Alps-Adriatic cuisine on this stage is an absolute joy. That should not be a big surprise, because we are passing through Goriška Brda, which is known as "Slovenija's deli" and which stretches from the far west of Slovenia to the southern plains of Friuli. The idyllic vineyards and the multitude of natural and cultural sights are a feast for the eyes too. Starting from the village of Breg pri Golem Brdu, we will wind our way through Vrhovlje pri Kožbani and Fojana, before reaching Dobrovo, the centre of the Brda region, and then on to Šmartno.



Krčnik rock bridge.



Difficulty: **medium**

Length: 25 km      Duration: 7:45 h

Difference in altitude: ▲699 m ▼623 m

### Highlights along the way:

**St. Andreas church in Vrhovlje pri Kožbani:** Typical Mediterranean church with the oldest frescoes in Brda, which show scenes from the lives of the holy family.

**Krčnik rock bridge and Kotline rock pools:** The Krčnik rock bridge arches over a gorge and the River Kožbanjšček. The Kotline rock pools in the Kožbanjšček river bed are popular as a bathing spot with the young population of Brda.

**Dobrovo Castle:** The Renaissance castle originates from the year 1600. On the second floor visitors can find out more about the life of the Bager family. Some of the original furniture was returned to the castle and can also be seen on the second floor. On the third floor, there is a permanent exhibition dedicated to the world-renowned painter Zoran Mušič.

**Lookout tower in Gonjače:** 144 steps take visitors to the top of the 23 m high tower, which offers fantastic panoramic views.

### Culinary tip:

White polenta or egg omelette with fresh herbs are specialties in the restaurants and inns of the region of Brda. Prosciutto or handmade salami go well with a good glass of wine. First class olive oil, honey, fresh or dried fruits as well as other delicious fruit products will tempt you to taste and purchase. In spring, the blossoming cherry and peach trees are a real feast for the eyes.

### Information:

Brda tourist information office

Tel.: +386 5 395 9595

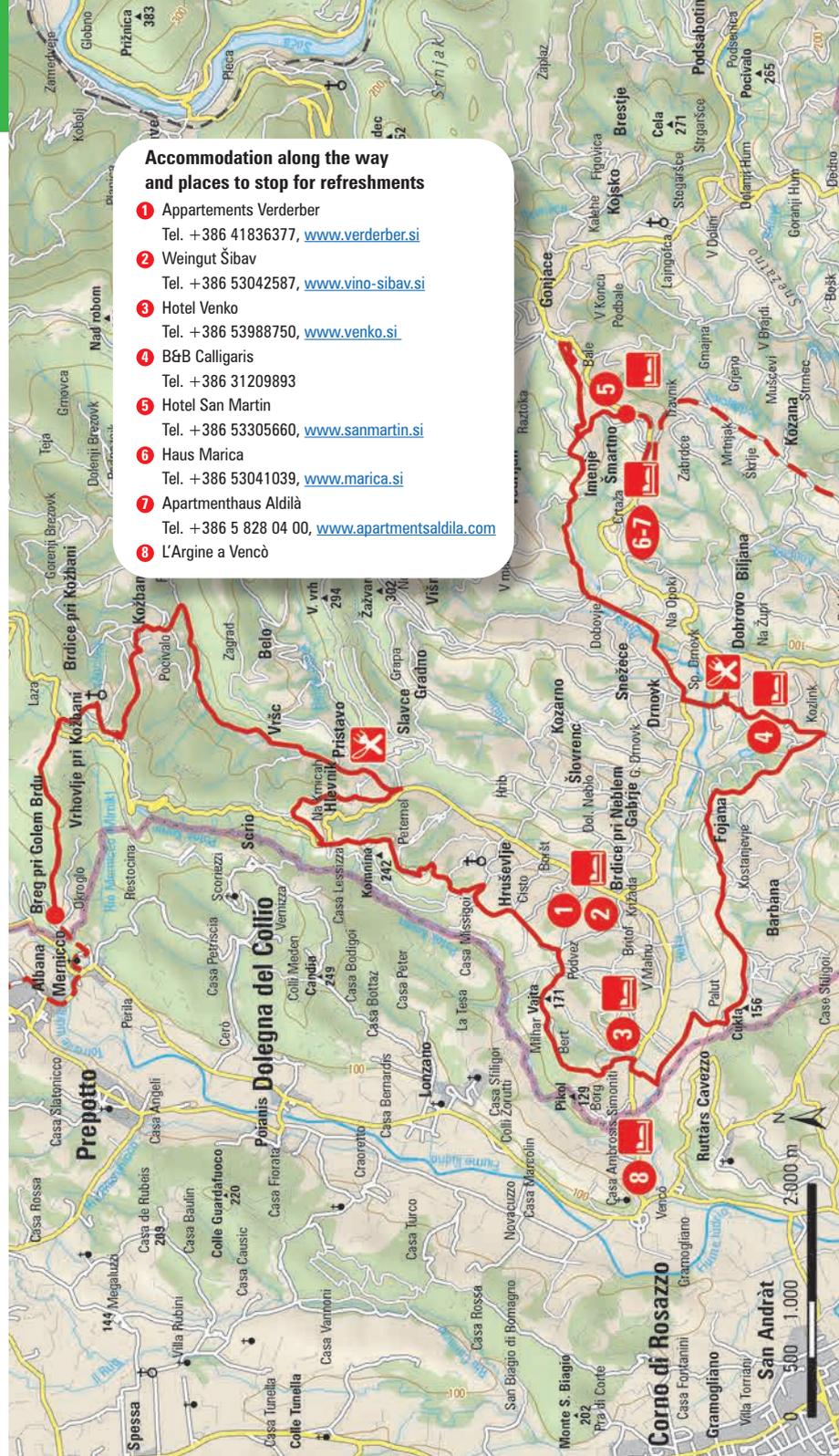
[www.brda.si](http://www.brda.si)



Dobrovo Castle.

### Accommodation along the way and places to stop for refreshments

- 1 Appartements Verderber  
Tel. +386 41836377, [www.verderber.si](http://www.verderber.si)
- 2 Weingut Šibav  
Tel. +386 53042587, [www.vino-sibav.si](http://www.vino-sibav.si)
- 3 Hotel Venko  
Tel. +386 53988750, [www.venko.si](http://www.venko.si)
- 4 B&B Calligaris  
Tel. +386 31209893
- 5 Hotel San Martin  
Tel. +386 53305660, [www.sanmartin.si](http://www.sanmartin.si)
- 6 Haus Marica  
Tel. +386 53041039, [www.marica.si](http://www.marica.si)
- 7 Apartmenthaus Aldilà  
Tel. +386 5 828 04 00, [www.apartmentsaldila.com](http://www.apartmentsaldila.com)
- 8 L'Argine a Vencò



## Stage 31 Šmartno – Cormòns

### The winemakers' paths

We will make our way from the medieval village of Šmartno, which was once a strategically important fortress. With its 5 preserved towers on the hill offering distant views, it will be hard to leave this architectural gem and cultural monument. The final Slovenian villages of Kozana and Medana keep us going before we reach the Italian border. The vineyards of Collio will bring us further to Cormòns, the economic and cultural centre of this fertile wine-growing region.



Aerial view of Šmartno.



Difficulty: easy

Length: 15.7 km      Duration: 5:00 h

Difference in altitude: ▲362 m ▼565 m

### Highlights along the way:

**Medieval village of Šmartno:** This picturesque, walled-in village with five preserved towers can be seen from every viewing point in the Brda region. The houses are arranged around the church of St. Martin, which houses frescoes by Tone Kralj.

**Medana:** Picturesque wine-growing village with a rich tradition of cultural events.

Well worth seeing are the houses where the poets Alojz Gradnik and Ludvik Zorzut were born.

**Madonna del Soccorso:** 17th century church with wonderful views of the town of Cormòns.

**Cormòns:** The oldest part of Cormòns is the medieval "Centa", a maze of narrow lanes, around which the old town unfolds.

### Culinary tip:

Cormòns lies amidst a unique landscape, characterised by vineyards, old villages, and oak and beech tree forests. The hilly countryside (Collio Goriziano) is especially well-known for its white wines, for example Friulano or Ribolla Gialla. Thanks to the outstanding and widely recognised production of excellent wines, Cormòns has been admitted to the prestigious association Città del Vino (wine towns). The Prosciutto di Cormòns is a sweet, gently smoked cured ham. It is produced from Italian legs of pork, which in two phases are salted and then smoked over a fire made with sweet woods such as cherry or bay. The hams then mature for 12 months in "resting rooms", where the windows stay open all day long.

### Information:

**Brda tourist information office**

Tel.: +386 5 395 9595  
www.brda.si

**Cormòns information point**

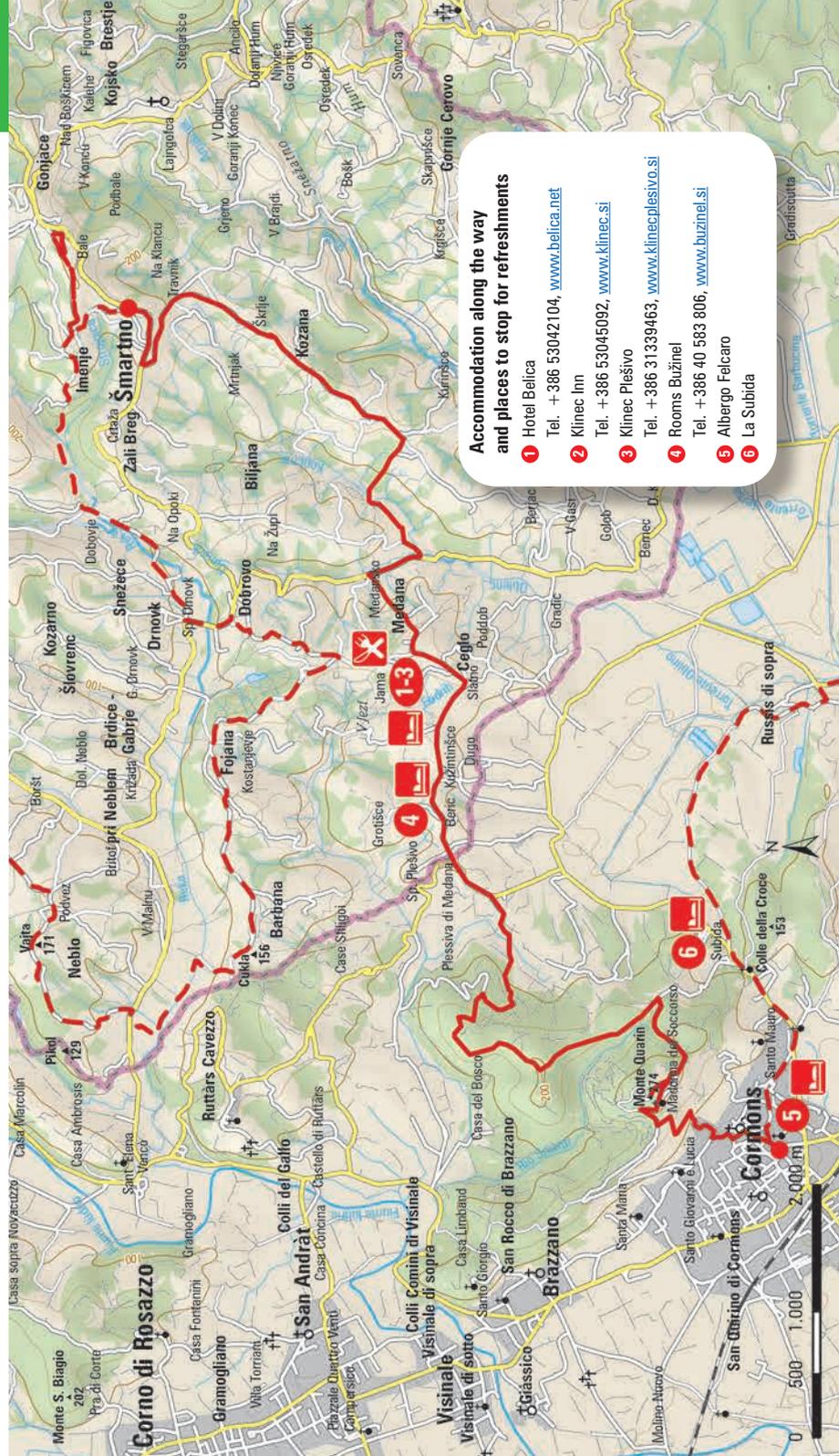
Tel.: +39 0481 639334  
castrumcormonis@hotmail.com

**Friuli-Venezia Giulia Booking Center**

Tel.: +39 0428 2392  
consorzio@tarvisiano.org



A view of the old town of Cormòns.



### Accommodation along the way and places to stop for refreshments

- 1 Hotel Belica  
Tel. +386 53042104, [www.belica.net](http://www.belica.net)
- 2 Klinec Inn  
Tel. +386 53045092, [www.klinec.si](http://www.klinec.si)
- 3 Klinec Plešivo  
Tel. +386 31339463, [www.klinecplestvo.si](http://www.klinecplestvo.si)
- 4 Rooms Bužinel  
Tel. +386 40 583 806, [www.buzinel.si](http://www.buzinel.si)
- 5 Albergo Felcaro
- 6 La Subida

## Stage 32 Cormòns – Gradisca d’Isonzo

### Stimulating contrasts

On this stage, we will walk through fertile countryside towards the valley of the River Isonzo, which we already know well under its Slovenian name, Soča. The trail leads us through the delightful, hilly countryside of the “Görz Collio”, which is well known for its strictly regulated DOC wines. From the highest hilltops of the fabulous landscape of this stage, we can catch a glimpse of the summits of the nearby Julian Alps and, further away, the Dolomites. Attraction: the “Lagheti rossi” conservation area with its colourful aquatic birds.



Hilly countryside Collio in Friuli.



Difficulty: **easy**

Length: 19.5 km Duration: 5:15 h

Difference in altitude: ▲ 127 m ▼ 148 m

### Highlights along the way:

**Cormòns:** Is the economic and cultural centre of the Collio and its winegrowing heartland.

**Collio:** Collio is a region of rolling hillsides and was marked by oak trees originally.

Today, extensive, terraced vineyards spread out on the south-facing slopes, where high quality wines are grown.

**Lagheti rossi:** Conservation park with a wide range of aquatic bird-life.

**Gradisca d’Isonzo:** Originated as a fortification in Roman times and gained special strategic importance in 1420, as the town came under the rule of the Republic of Venice, which became a bastion against the Turkish raids. Later even Leonardo da Vinci took part in project work on the town’s defensive wall.

**Museum in Farra d’Isonzo:** Local Friuli history museum.

### Culinary tip:

In the heart of the DOC wine-growing zone Friuli Isonzo alongside the well-known long-established wine varieties of Friuli you can also try varieties such as Cabernet, Merlot, Refosco and Pinot. In nearby Gorizia a special red radicchio grows with the poetic name “Rosa di Gorizia”, which is harvested after the first nights of frost and really does look like a rose. In these hills covered in vines, there are enough opportunities for enjoying regional specialities: sausages and cheese, goulash, tripe, Baccalà (stockfish) or Musetto (pork sausage). Every year in November the Chocofest takes place in Gradisca, which has become a traditional event, where chocolate in all conceivable variations can be tasted, and also spices, tea and coffee.

### Information:

#### Gradisca information point

Tel.: +39 0481 960624  
prolocogradisca@virgilio.it

#### Gorizia information point

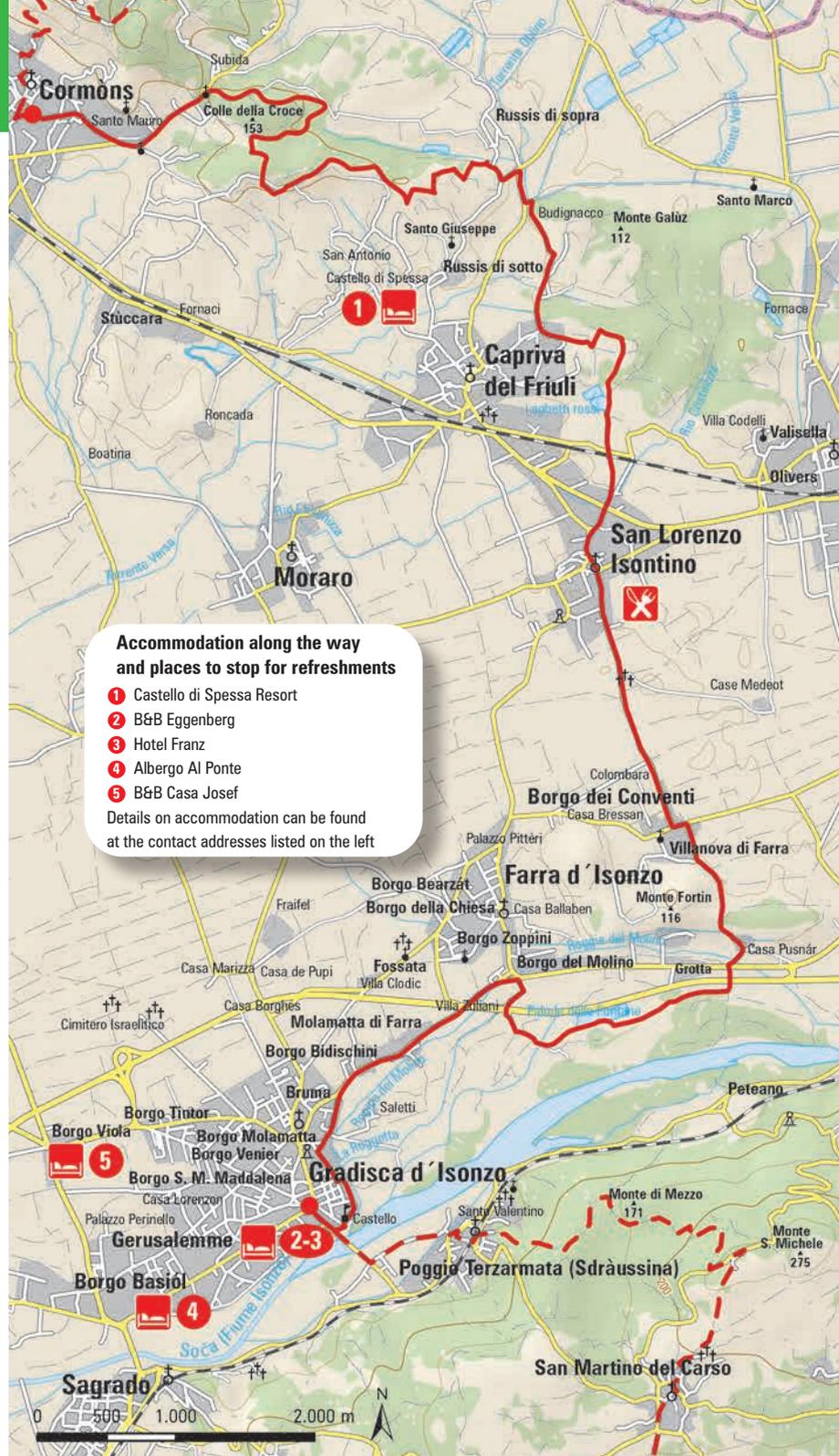
Tel.: +39 0481 535764  
info.gorizia@promoturismo.fvg.it

#### Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392  
consorzio@tarvisiano.org



Gradisca d’Isonzo.



### Accommodation along the way and places to stop for refreshments

- 1 Castello di Spessa Resort
- 2 B&B Eggenberg
- 3 Hotel Franz
- 4 Albergo Al Ponte
- 5 B&B Casa Josef

Details on accommodation can be found at the contact addresses listed on the left

## Stage 33 Gradisca d'Isonzo – Duino

### In Rilke's footsteps

Starting from Gradisca, which was an important outpost against the Republic of Venice during the reign of the Habsburg Monarchy, we will continue towards the Adriatic Sea. The sense of anticipation of reaching the beach is shared with the undisputed highlight in this region, the turquoise-blue River Isonzo. Possibly the most beautiful river in Europe, it has special historical significance here in the area around Gradisca. The harsh, yet attractive, karst landscape dominates the entire course of this stage, which ends as we reach the sea in Duino.



Lago di Doberdò in the conservation area.



Difficulty: **medium**

Length: 27.9 km      Duration: 7:30 h  
Difference in altitude: ▲667 m ▼704 m

### Highlights along the way:

**Nature reserve Lago di Doberdò and Pietrarossa:** Lake Doberdò is a rare example of a lake without overground tributaries. It is fed by contact springs and underground streams. Lake Pietrarossa is located slightly further south.

**Open-air museum of Monte San Michele:** a labyrinth of trenches and fortifications recalls one of the most important sites of the Italian Great War, also famous for the poignant poems of Giuseppe Ungaretti.

**Duino Castle:** A castle towers above Duino that rests on a rocky offshoot high above the sea. Poets and authors used to come here looking for inspiration. An atmospheric path leads to Sistiana, with views of the Adriatic all the way (Sentiero Rilke – Rilke Path).

**Falesie di Duino (cliffs of Duino) conservation area:** This conservation area with its typical bushes (Mediterranean macchia) is an ideal breeding ground for birds.

### Culinary tip:

The several typical dishes of the area are worth a taste inside truly unique places: the osmizze. In the Karst you will come across many osmizze. These are inns that only used to be open on 8 days a year ("osmizza" comes from the Slovenian word for the number eight). Homemade wines accompanied by simple homemade snacks were served. Nowadays the opening times are not so rigid, and you can nearly always find one open. Look for bunches of twigs hanging on the roadside: if you can see some fresh leaves, then the next open "osmizza" is not far! In the congenial rural atmosphere, you can enjoy fine cheeses, aromatic Karst cured ham (Prosciutto crudo del Carso) and pickled vegetables. Terrano or fragrant Vitovska, made from the white grapes of the same name, is drunk here.

### Information:

#### Sistiana information point

Tel.: +39 040 299166  
iatsistiana@marecarso.it

#### Trieste information point

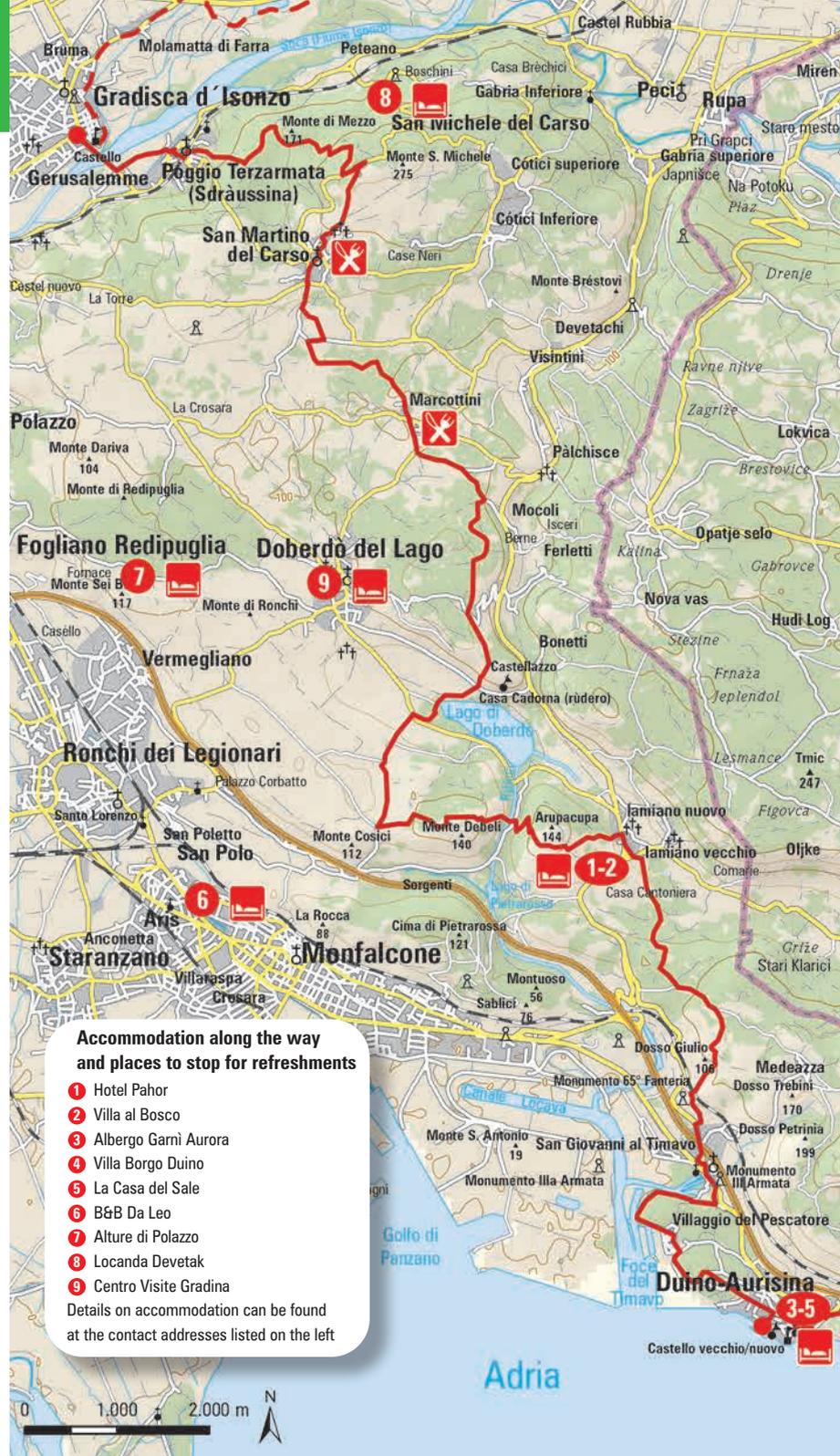
Tel.: +39 040 3478312  
info.trieste@promoturismo.fvg.it

#### Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392  
consorzio@tarvisiano.org



Inspiring Duino Castle.



### Accommodation along the way and places to stop for refreshments

- 1 Hotel Pahor
- 2 Villa al Bosco
- 3 Albergo Garni Aurora
- 4 Villa Borgo Duino
- 5 La Casa del Sale
- 6 B&B Da Leo
- 7 Alture di Polazzo
- 8 Locanda Devetak
- 9 Centro Visite Gradina

Details on accommodation can be found at the contact addresses listed on the left

## Stage 34 Duino – Prosecco/Villa Opicina

### Duino Elegies

A path like a poem. This stage begins on one of the most beautiful paths of the whole trail, as we start along the Rilke Path above the cliffs of Duino towards Sistiana. We will reach the Trieste Karst, which has plenty to offer in terms of scenery, natural history, and history. We can look from the edge of the Karst high plateau to the Gulf of Trieste, which offers wonderful views. Further along the Karst, the landscape is defined by fertile red soil, small villages and oak forests.



Rilke Path.



Difficulty: **medium**

Length: 23.2 km Duration: 6:45 h

Difference in altitude: ▲463 m ▼264 m

### Highlights along the way:

**Rilke Path:** The protected Rilke Path is part of the Alpe-Adria-Trail and leads from Duino to Sistiana. The route is named after the Bohemian poet Rainer Maria Rilke and was opened in 1987. It is about 1,700 metres long and is based on Rilke's legendary walks along the cliffs back to Sistiana. Rilke wrote the ten Duino Elegies during his stay at Duino Castle between 1912 and 1922.

The **bay of Sistiana** with its atmospheric sunsets, well equipped beaches and unspoilt nature attracts guests who love the sea and are looking for a quiet spot to enjoy it.

**Prosecco:** A small village in the Trieste Karst that lends its name to one of the most famous sparkling wines in the world: the Prosecco. The Grotta Gigante, one of the largest karst show caves in Europe, is located not far away.

### Culinary tip:

In the Karst above Trieste, there are many unique regional products to enjoy. The fertile red soil, called Terra Rossa, is rich in iron and lime, and, thanks to the salty air from the nearby sea, has been producing not only wines such as Sauvignon and Chardonnay for centuries, but also regional varieties such as the ruby-red Terrano with its wild berry bouquet, the delicately elegant white Vitovska or the Malvasia, which is characterised by its fresh, dry taste. In the Karst, cheese from cow's, sheep's and goat's milk is produced. The different varieties have funny names and intensive flavours. The Tabor, for example, goes back to traditions from Habsburg times, whilst the Jamar matures for at least four months in karst caves.

### Tip:

The bus lines 39 and 42 run from Prosecco to Villa Opicina.

### Information:

#### Trieste information point

Tel.: +39 040 3478312

info.trieste@promoturismo.fvg.it

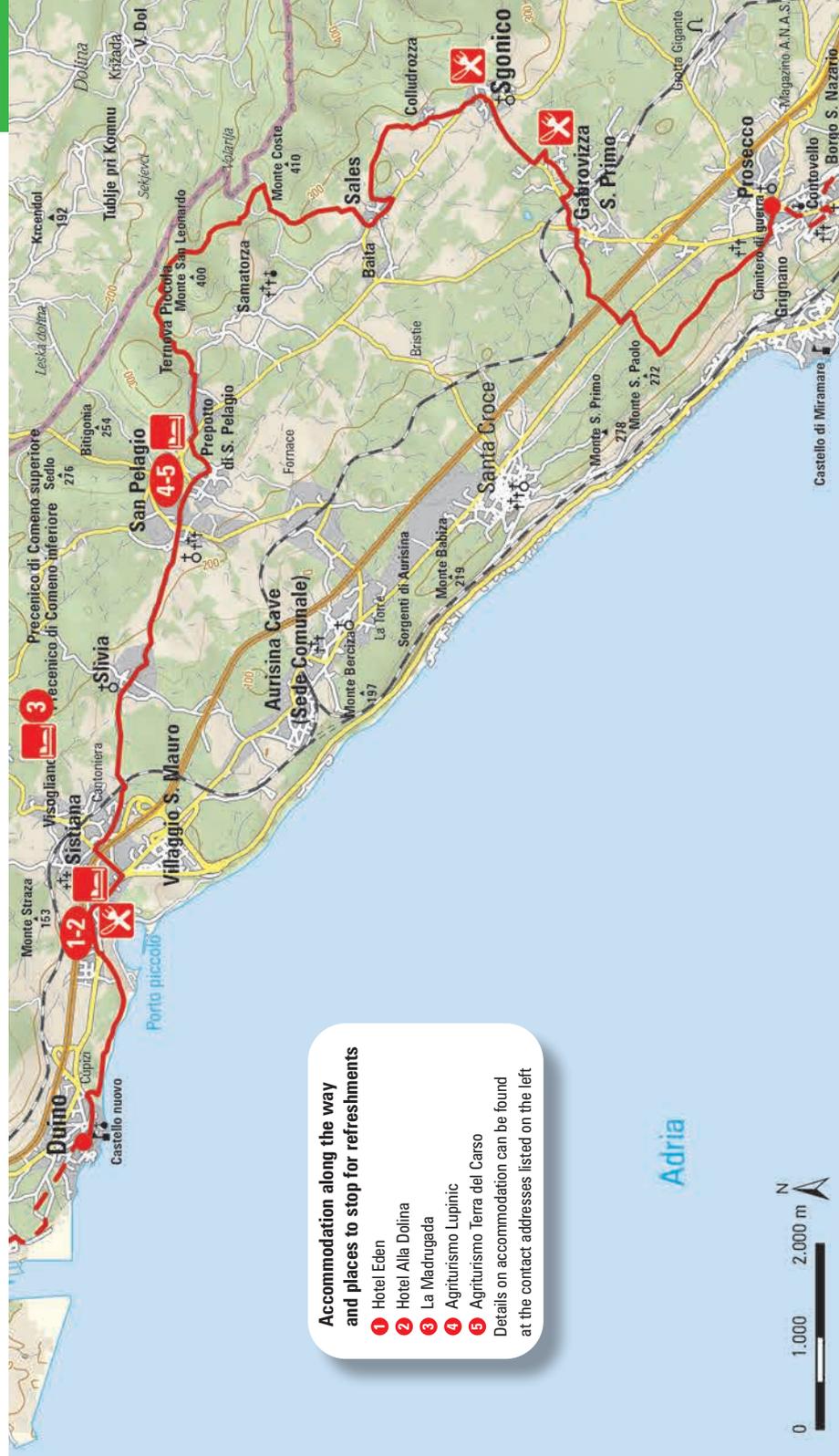
#### Friuli-Venezia Giulia Booking Center

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consorzio@tarvisiano.org



The natural countryside of the Trieste Karst.

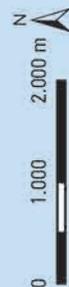


### Accommodation along the way and places to stop for refreshments

- 1 Hotel Eden
- 2 Hotel Alla Dolina
- 3 La Madrugada
- 4 Agriturismo Lupinic
- 5 Agriturismo Terra del Carso

Details on accommodation can be found at the contact addresses listed on the left

Adria



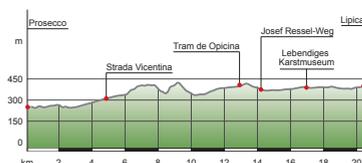
## Stage 35 Prosecco/Villa Opicina – Lipica

### Vivid colours

From Prosecco amidst the colourful Karst plateau, we can enjoy the spectacular views of the Adriatic Sea. Accompanied by the bora, the cold katabatic wind, and the diverse fauna and flora, at Gropada we cross the border to Slovenia and enter the Living Karst Museum, an ecologically important region with a lot of karst forms and a rich cultural heritage. At the end of the stage we reach Lipica, which has been famous since 1580 for breeding Lipizzan horses.



Strada Napoleonica.



Difficulty: **medium**

Length: 20.5 km      Duration: 6:00 h

Difference in altitude: ▲440 m ▼272 m

### Highlights along the way:

**Pilgrimage church of Monte Grisa:** Exposed concrete building, landmark of Trieste.

**Strada Vicentina:** Also known as the Napoleon Road. A spectacular, historical route which leads from the Karst plateau to Trieste.

**Tram di Opicina:** This historical tramway was built in 1902 and connects the town centre of Opicina to Trieste (Piazza Oberdan). Limited operating times.

**Basovizza natural history centre:** Exhibitions on the nature, history and culture of the Karst region. Free entry.

**Josef Ressel Path:** Dedicated to the forest engineer, the path is also suitable for people with special needs (especially blind people).

**Living Karst Museum:** Typical Karst phenomena (caves, rock formations, karst dry walls, shepherd huts) can be discovered.

**Lipikum Lipizzaner Museum:** Tells the story of the Lipica Stud Farm and its white horses.

### Culinary tip:

Besides the particularly aromatic lamb and kid goat meat, the region also boasts a special cheese called Tabor. Before maturation, the cheeses are placed for at least a month in a special brine. The diverse flora and the pleasant climate offer the perfect conditions in the Karst for making Karst honey, which is rich in minerals, enzymes and aromas (St. Lucie cherry, wild cherry, meadow sage, winter savory, chestnut, lime, buckwheat and ivy). The Karst honey (Kraški med) has a protected designation of origin.

### Information:

Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392

consorzio@tarvisiano.org

Sežana information point

Tel.: +386 5 7310 128

tic.sezana@visitkras.info

Slovenia Booking Center

Tel.: +386 5 38 00 643

booking@alpe-adria-trail.si



Living Karst Museum.



### Accommodation along the way and places to stop for refreshments

- 1 Albergo Trattoria Valeria
- 2 La Casa nel Carso
- 3 Alla Valle di Banne
- 4 Alla Casetta
- 5 Hotel Center
- 6 Hotel Maestoso

Tel. +386 5 7391580, [www.lipica.org](http://www.lipica.org)

Details on accommodation can be found at the contact addresses listed on the left

## Stage 36 Lipica – Bagnoli della Rosandra

### The pearls of the Karst

On this second-to last stage we can enjoy the show of the classical riding school, a horse-drawn carriage ride or simply visit the stud farm and enjoy meeting the white Lipizzan horses. On the edge of the Karst plateau we cross the mountains Kokoš/Monte Cocusso and Veliko Gradišče and carry on to San Dorligo della Valle (Dolina) on the outskirts of Trieste, where we will already be able to smell the sea. The beautiful Rosandra Valley (Val Rosandra) is an impressive nature conservation area with numerous natural attractions and cultural monuments.



Lipica stud farm.



Difficulty: **medium**  
 Length: 16.7 km      Duration: 6:00 h  
 Difference in altitude: ▲300 m ▼632 m

### Highlights along the way:

**Lipica stud farm:** Home of the Lipizzan horses and a unique estate, which, with over 300 hectares of greenery and more than 300 white Lipizzans, ensures an unforgettable experience. The stud farm was founded by the Habsburgs in 1580. [www.lipica.org](http://www.lipica.org)

**Vilenica cave at Lokev:** The oldest visitors' cave in Europe with many coloured stalagmite and stalactite formations.

**Tabor military museum:** A comprehensive collection from World War I and II is on display.

**Kokoš, Veliko Gradišče:** The highest summits on the Karst plateau. Great views of the Karst and the sea.

**Val Rosandra:** The deep-cut valley of the wild Rosandra River is a nature conservation area and home to many animals, mainly amphibians, reptiles and birds. It leads from Botazzo to Bagnoli della Rosandra.

### Culinary tip:

The bora wind in the Karst is the secret recipe for the production of the tasty dried meat products from the Karst. Only the Karst ham (Pršut), made using traditional processes, can receive the protected designation of origin. In Lokev, at the foot of the Kokoš mountain, you will find the oldest producer of Karst ham in the Slovenian Karst. In the region around San Dorligo della Valle (Dolina), where it is very sunny and sheltered from the wind, extra virgin olive oil is made from the local hardy Bianchera olive variety. Also not to be forgotten are the exquisite salmon from the Rosandra Valley, the Karst stew "Jota", and the Teran wine (Terrano).

### Information:

#### Sežana information point

Tel.: +386 5 7310 128  
 tic.sezana@visitkras.info

#### Trieste information point

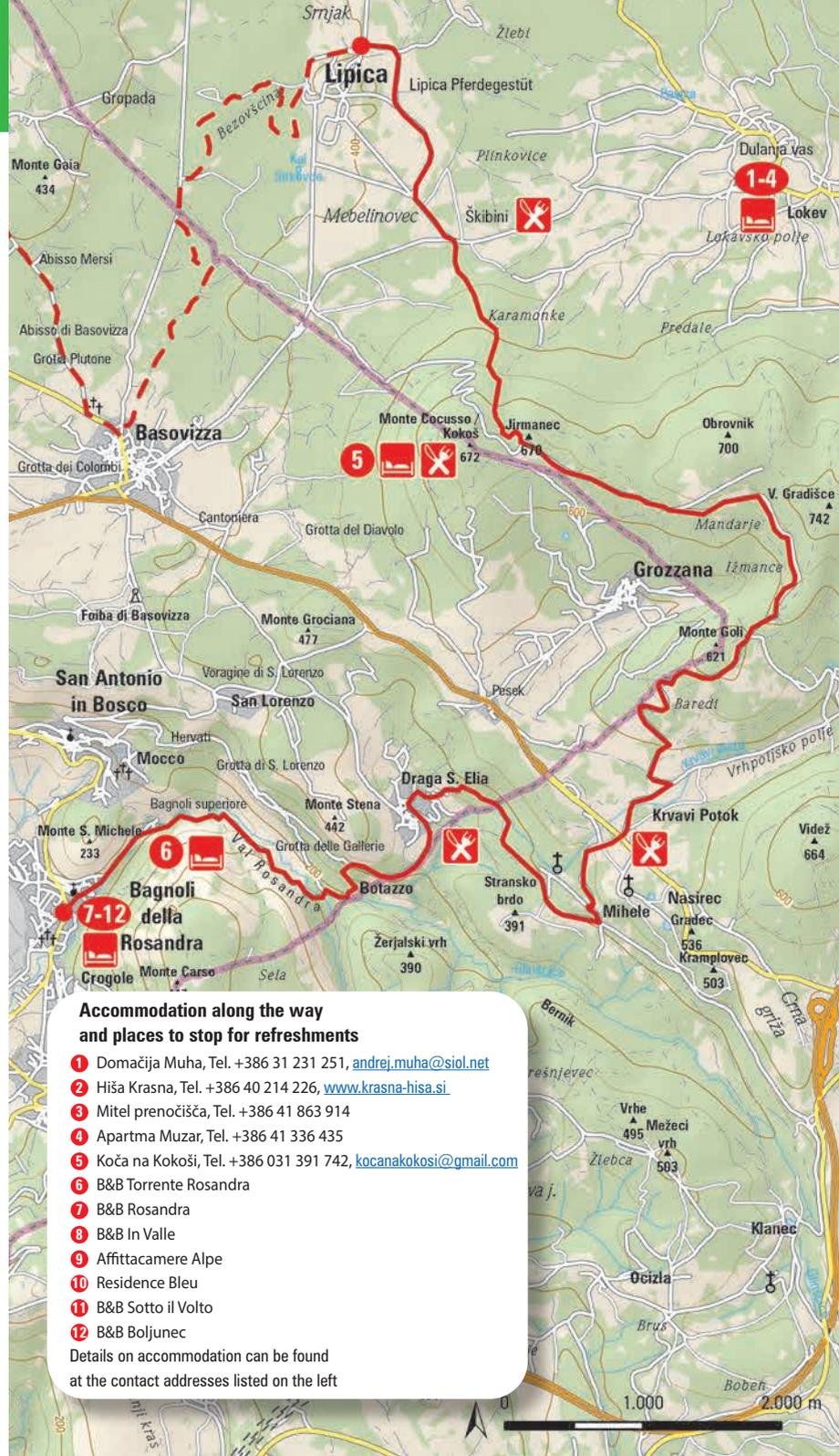
Tel.: +39 040 3478312  
 info.trieste@promoturismo.fvg.it

#### Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392  
 consorzio@tarvisiano.org



Rosandra Valley (Val Rosandra).



### Accommodation along the way and places to stop for refreshments

- 1 Domačija Muha, Tel. +386 31 231 251, [andrej.muha@siol.net](mailto:andrej.muha@siol.net)
- 2 Hiša Krasna, Tel. +386 40 214 226, [www.krasna-hisa.si](http://www.krasna-hisa.si)
- 3 Mitel prenočišča, Tel. +386 41 863 914
- 4 Apartma Muzar, Tel. +386 41 336 435
- 5 Koča na Kokoši, Tel. +386 031 391 742, [kocanakokosi@gmail.com](mailto:kocanakokosi@gmail.com)
- 6 B&B Torrente Rosandra
- 7 B&B Rosandra
- 8 B&B In Valle
- 9 Affittacamere Alpe
- 10 Residence Bleu
- 11 B&B Sotto il Volto
- 12 B&B Boljunec

Details on accommodation can be found at the contact addresses listed on the left

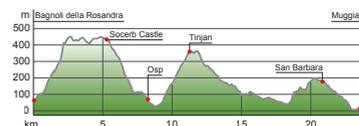
## Stage 37 Bagnoli della Rosandra – Muggia

### Gentle sea breeze

We are almost at the end and we will soon reach our eagerly awaited destination. Already able to smell the Mediterranean, we will set off with a certain excitement about reaching the Adriatic. The trail leads from Val Rosandra to the Karst Rim to the ruins of Socerb Castle, which presents you with beautiful views, and then on to the Osp Valley and on a gentle descent through the small village of Tinjan to the coast. It only remains to reward ourselves with delicious fish dishes and a well-earned dip in the sea in Muggia.



View from Socerb to the sea.



Difficulty: **medium**

Length: 23.4 km      Duration: 7:00 h

Difference in altitude: ▲924 m ▼990 m

### Highlights along the way:

**Val Rosandra (Dolina Glinščice):** The Rosandra Valley surrounds the Rosandra River in the Italian municipality of San Dorligo della Valle. It is the only valley in the Trieste Karst and was declared a nature park in 1996. The northern part of the valley reaches across the border to Slovenia. The valley is also a popular recreation area for the people living nearby.

**Socerb Castle:** the castle near the village of Socerb lies on the karst edge above the Gulf of Trieste. It was first mentioned as early as the 14th century and had an extremely strategic position.

**Osp:** is one of the oldest Slovenian villages, mentioned back in the 11th century.

In the wall above the village is Osp Cave, also called Grad Cave, where the Osp River originates. The wall is also known for its climbing routes.

**Muggia:** This small town originated from an old fortification, of which long sections of medieval wall foundations still stand. The oldest parts of the settlement can be traced back to the hill forts of Santa Barbara and Muggia Vecchia.

### Culinary tip:

In Muggia, the cuisine and the local dialect tell the history of this coastal area. Under Venetian domination for a long time, at the time of the Treaty of Campo Formio, it fell to the Austro-Hungarian Empire and only much later became Italian. The culinary heritage reflects this: seafood, Istrian-Venetian tradition, represented by Baccala (stockfish), Brodetto (fish soup), Sardoni in savor (marinated sardines) and Sardoni salati (salted sardines), and ancient Austrian cuisine such as Calandracca (local version of the goulash soup), Gnocchi de pan (bread dumplings), Luganighe e capuzi (sausage with sauerkraut) or Jota (bean stew). Slovenian specialties include »pršut« ham and other dried meat products, hotpots (celery hotpot »šelinka«, jota), »fritole and kroštole« and other delicacies.

### Information:

TIC Koper

Tel.: +386 5 6646403

tic@koper.si

Muggia information point

Tel.: +39 040 9778165

info@galcarso.eu

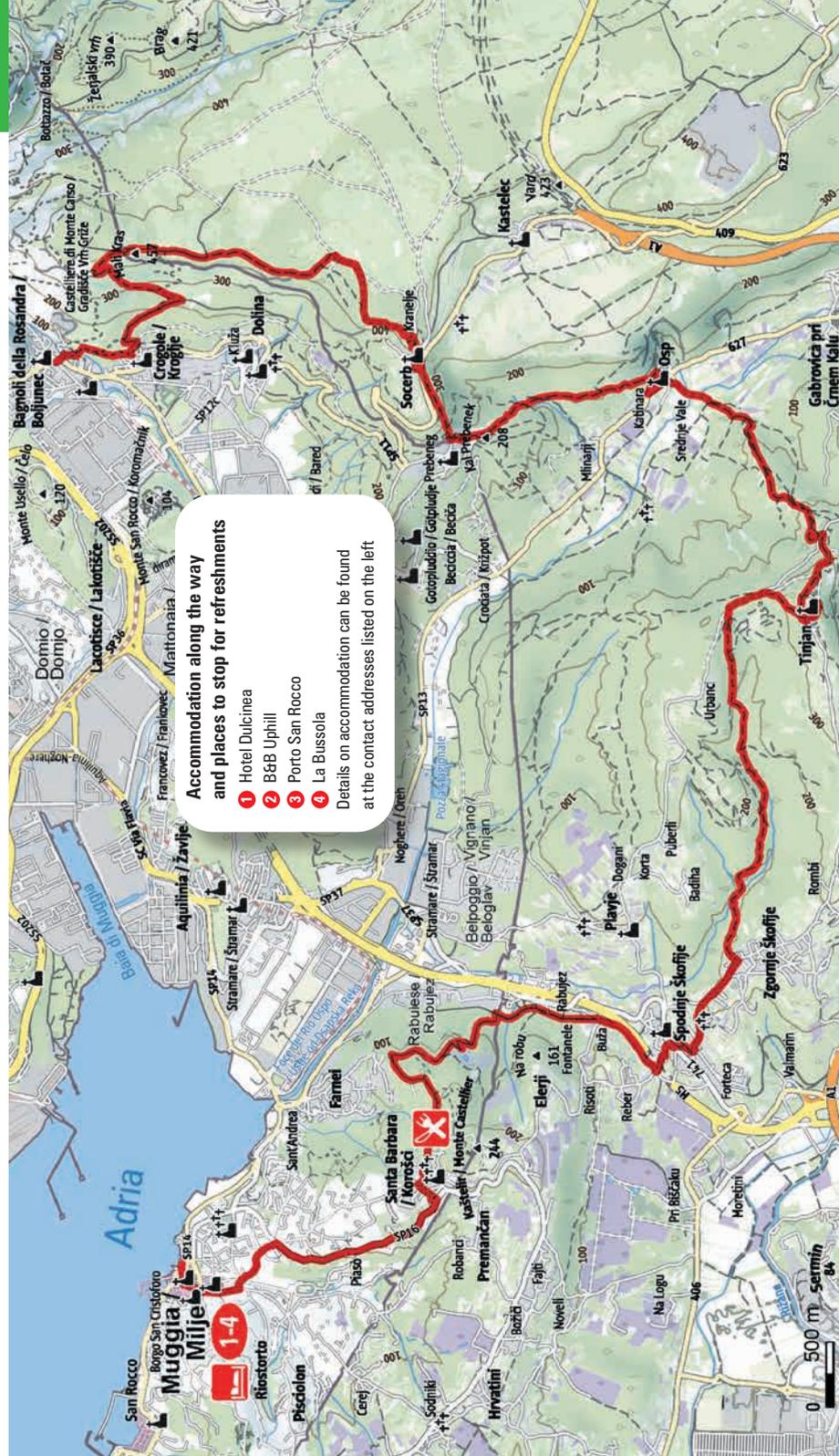
Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392

consorzio@tarvisiano.org



Delightful harbour town of Muggia.



#### Accommodation along the way and places to stop for refreshments

- 1 Hotel Dulicinea
- 2 B&B Uphill
- 3 Porto San Rocco
- 4 La Bussola

Details on accommodation can be found at the contact addresses listed on the left

## Circular Trail Stage 1

### Faaker See/Baumgartnerhöhe – Warmbad Villach

#### Sun kisses and bathing fun

After the first rays of sun have kissed us awake at the Baumgartnerhöhe, we can take a deep breath and let our eyes wander over the turquoise shimmer of Lake Faaker See. A brief touch of civilization, then we will explore the unspoiled nature reserve of Faaker Moor and parts of the idyllic woodland called Dobrova. We will head to where the Romans already went to recover after long marches – Warmbad-Villach with its modern KärntenTherme thermal spa, where we will recharge our batteries for the next day.



Finkenstein castle arena.



Difficulty: **easy**

Length: 15.1 km      Duration: 4:15 h

Difference in altitude: ▲ 120 m ▼ 539 m

#### Highlights along the way:

**Finkenstein castle arena:** The castle arena is a popular venue for numerous cultural events in summer. Regional delicacies are served in the castle inn.

**Faaker Moor:** This conservation area, surrounded by meadows and woods, supports the ecological balance of Lake Faaker See.

**Church of St. Stefan:** This Gothic church was built in 1472.

The Kirchenwirt inn opposite is perfect for a break.

**River Gail:** The source of the largest tributary of the River Drau is in East Tyrol and has always characterised life in the Gail Valley. Near Villach, the Gail flows into the Drau.

**KärntenTherme Warmbad:** This futuristic thermal spa is the perfect opportunity for tired hikers to relax.

#### Culinary tip:

The “Villacher Kirchtag” (church festival) is a traditional occasion with an elaborate menu. This always includes roast pork, beef or lamb, fish, chicken, delicious cakes and other desserts, but also special soups. The most popular is the Villacher Kirchtagssuppe, also known as “sour soup”. The yellow colour of the soup comes from saffron, but many other spices such as cloves, aniseed, bay leaves or peppercorns are also included. Traditionally the soup is served with Carinthian Reindling, a first-class sweet indulgence.  
[www.villacherkirchtag.at](http://www.villacherkirchtag.at)

#### Information:

##### Faak tourist information office

Tel.: +43 4254 2110

[www.visitvillach.at](http://www.visitvillach.at)

##### Villach tourist information office

Tel.: +43 4242 2052900

[www.visitvillach.at](http://www.visitvillach.at)

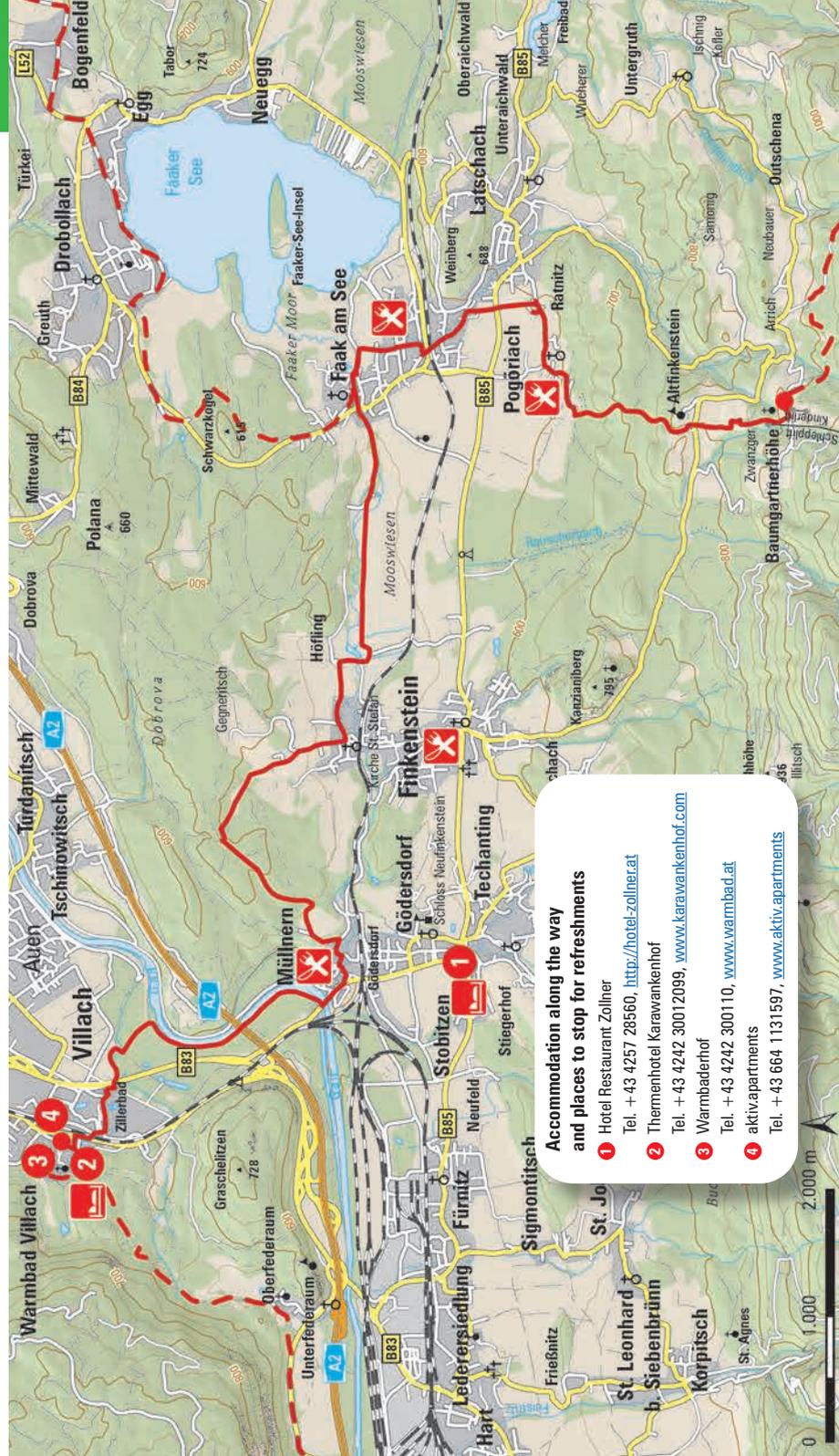
##### Villach Region tourist information office

Tel.: +43 4242 42000

[www.visitvillach.at](http://www.visitvillach.at)



KärntenTherme.



**Accommodation along the way and places to stop for refreshments**

- 1** Hotel Restaurant Zolner  
Tel. + 43 4257 28560, <http://hotel-zolner.at>
- 2** Thermenhotel Karawankenhof  
Tel. + 43 4242 30012099, [www.karawankenhof.com](http://www.karawankenhof.com)
- 3** Warmbaderhof  
Tel. + 43 4242 300110, [www.warmbad.at](http://www.warmbad.at)
- 4** aktiv.apartments  
Tel. + 43 664 1131597, [www.aktiv.apartments](http://www.aktiv.apartments)

## Circular Trail Stage 2

### Warmbad Villach – Nötsch

#### Contemporary witnesses all around

We will retrace history on this stage from Warmbad-Villach to the Gail Valley. Due to the contrasts between the flat, wide valley floor and the often sheer mountain slopes, the experience is particularly striking. Constantly overlooking us is the 2,166 m high Mount Dobratsch, Carinthia's first Nature Park and stepping stone for thousands of wild birds on their way south. Just as heavenly is the scree "Schütt" area, impressive evidence of the partial collapse of the mountain in 1348 and, these days, home to rare animal and plant species.



Dobratsch, an experience all year round.



Difficulty: **medium**

Length: 19.9 km

Duration: 6:15 h

Difference in altitude: ▲305 m ▼247 m

#### Highlights along the way:

**Nature and cultural educational trail:** This trail offers interesting information about the local nature and the cultural significance of the Warmbad.

**Römervweg:** Along the Römervweg, the Roman path, with its wagon tracks and steps cut into the rockface, you will discover burial mounds from the Hallstatt and Celtic eras.

**Federaun ruins:** Castle ruins from the 14th century, located at the end of the Römervweg.

**Schütt and Rote Wand:** In 1348 a large part of the Dobratsch broke off – resulting what we now know as the "Rote Wand" (Red Wall) and "Schütt", the area where the rubble came to rest.

**Wasserleoburg Castle:** Limited tours possible on request.

**Museum des Nötscher Kreises:** The museum is dedicated to the life and work of the artists of the Nötsch circle (Sebastian Isepp, Anton Kolig, Franz Wiegele and Anton Mahringer).

**Dobratsch circular trail:** Experience the Dobratsch Nature Park in 4 stages.

#### Culinary tip:

##### Polenta

Sterz, Polenta, Mais, Kukuruz und Türken are some of the many names used here for the maize plant, which is native to Mexico and is cultivated as a vegetable and as a flour grain. Every year on the first Saturday in October the internationally renowned polenta festival is celebrated. That day, polenta is prepared and served in every possible variation, of which polenta soup, polenta strudel and polenta cake are just some. One of the year's culinary highlights that should not be missed.

#### Information:

Villach Region tourist information office

Tel.: +43 4242 42000

[www.visitvillach.at](http://www.visitvillach.at)

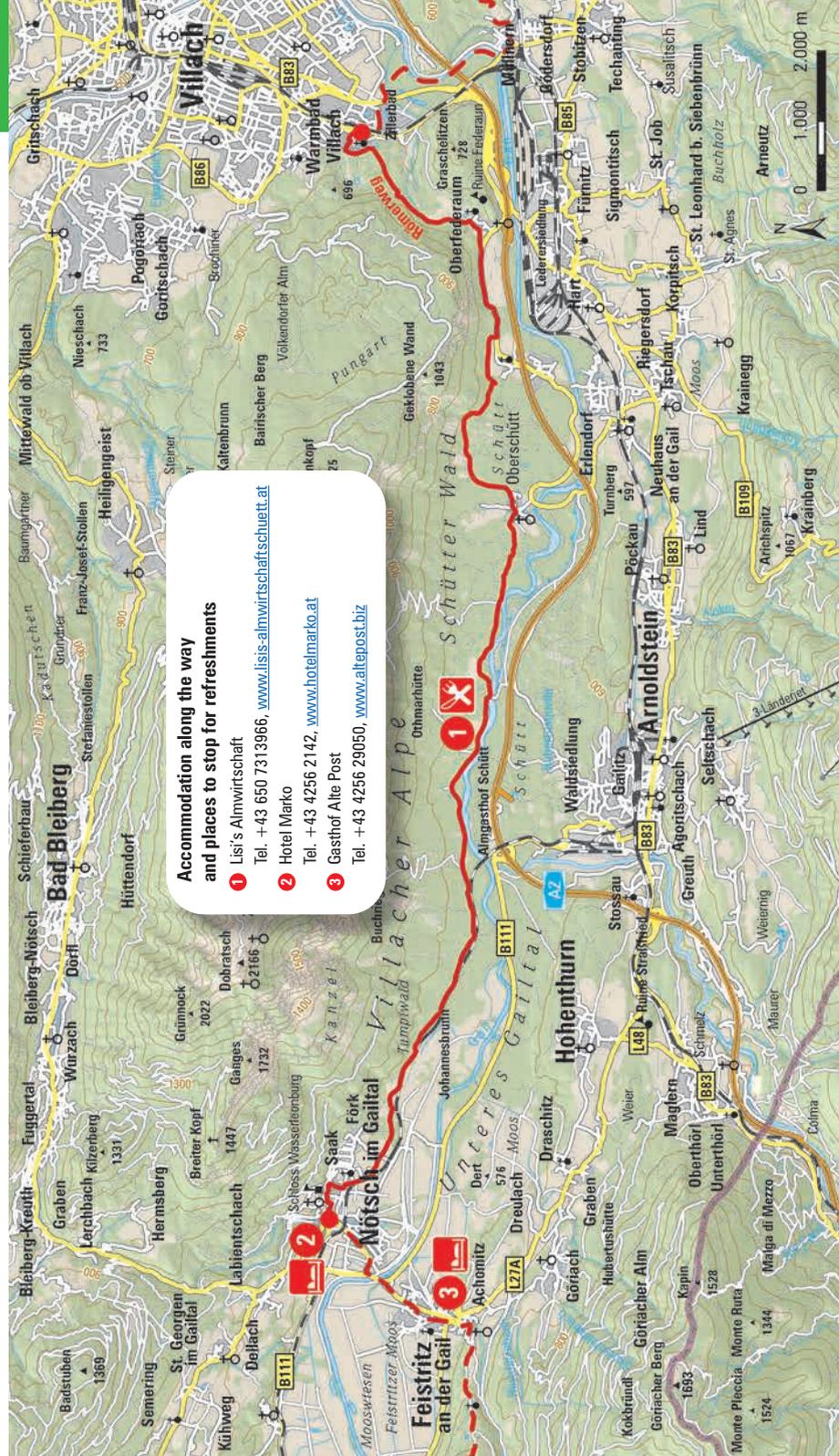
Municipality of Nötsch im Gailtal

Tel.: +43 4256 2145

[www.noetsch.at](http://www.noetsch.at)



Exhibition in the Nötscher Kreis Museum.



#### Accommodation along the way and places to stop for refreshments

##### 1 Lisli's Almwirtschaft

Tel. +43 650 7313966, [www.lisli-almwirtschaftschuett.at](http://www.lisli-almwirtschaftschuett.at)

##### 2 Hotel Marko

Tel. +43 4256 2142, [www.hotelmarko.at](http://www.hotelmarko.at)

##### 3 Gasthof Alte Post

Tel. +43 4256 29050, [www.altepost.biz](http://www.altepost.biz)

# Circular Trail Stage 3

## Nötsch – Valbruna

### Alpine watershed

An imposing mountain backdrop defines this circular tour: the cross-border hike leads us from the Carinthian side into the eastern Carnic Alps, on the Feistritzer Alm at the foot of the striking Mount Oisternig. At about 1,700 m altitude we can stop and take stock for a while. In Italy, we will hike from the Achomitzer Alm down to the valley and the village of Camporosso, which lies exactly on the watershed between the Adriatic and the Black Sea, and further on to Valbruna.



The tranquil Feistritzer Alm.



Difficulty: **difficult**

Length: 23.4 km

Duration: 7:30 h

Difference in altitude: ▲ 1,306 m ▼ 1,034 m

### Highlights along the way:

**Church of Mary Magdalene (Kapala):** Daughter church of the parish church in Feistritz/Gail.

**Maria Schnee:** An old military path along the border ridge leads to the alpine meadow chapel of Maria Schnee (1,750 m), which was built shortly before the turn of the century and consecrated in 1911.

**Camporosso (Saifnitz) – St. Dorothy's church:** This church is built in Carinthian Gothic style and stands on a rock spur. The altar made of varicoloured marble and the ceiling fresco from the 15th century are of particular interest.

**Watershed:** This watershed is of geographical significance, as depending on which side of it rain falls, determines whether the water flows to the Adriatic (via rivers Fella and Tagliamento) or to the Black Sea (via rivers Gailitz, Drau and Danube).

**Julius Kugy (1858 – 1944):** Famous author, climber and explorer of the Julian Alps.

### Culinary tip:

Cheese making plays a big part in this region. The Montasio DOP proves the point, with its different degrees of maturity (fresh, semi-mature and mature). Montasio can be found all over Friuli, but is named after the peak of the same name (German: Montasch) in the Julian Alps. The Benedictine monks in the Moggio Udinese Abbey probably started producing it in the 13th century. In Valbruna there is a small handcraft business that offers typical Kanal Valley/Val Canale desserts, which are made according to old Austrian tradition.

### Information:

Municipality of Nötsch im Gailtal

Tel.: +43 4256 2145

www.noetsch.at

Tarvisio information point

Tel.: +39 0428 2135

info.tarvisio@promoturismo.fvg.it

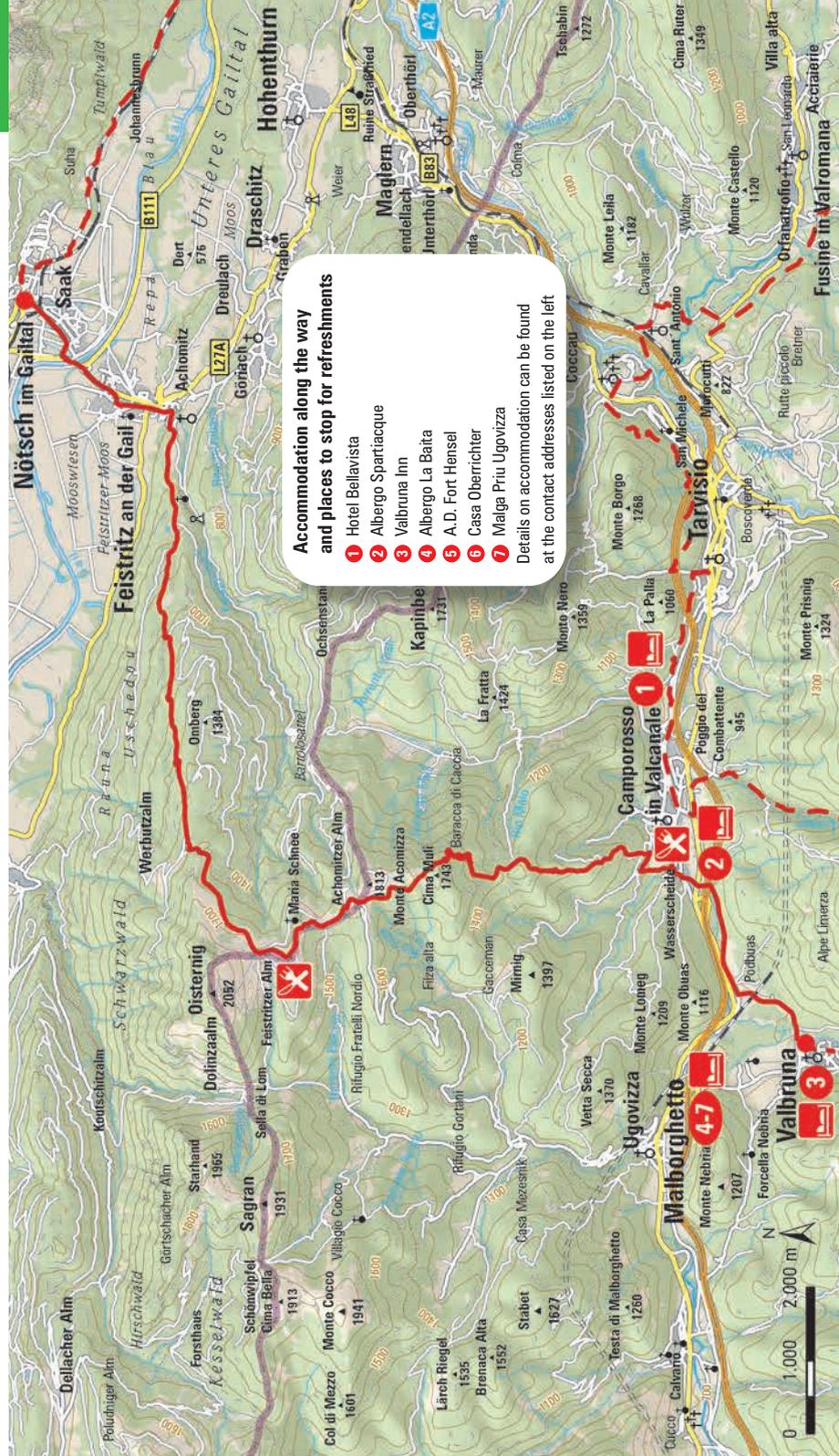
Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392

consorzio@tarvisiano.org



Valbruna at the entrance to the Saisera Valley.



### Accommodation along the way and places to stop for refreshments

- 1 Hotel Bellavista
- 2 Albergo Spartiacque
- 3 Valbruna Inn
- 4 Albergo La Baita
- 5 A.D. Fort Hensel
- 6 Casa Oberrichter
- 7 Malga Priu Ugovizza

Details on accommodation can be found at the contact addresses listed on the left

# Circular Trail Stage 4

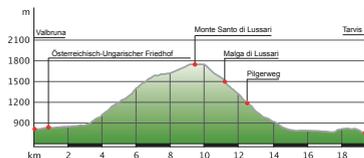
## Valbruna – Tarvisio

### Three country border

This ascent will be rewarded with fantastic panoramic views: between Valbruna and Tarvisio we will climb up the 1,790 m high Monte Lussari with its picturesque pilgrimage village and the delightful pilgrimage church of Maria Lussari. We will follow a pilgrimage path back to the valley. From Camporosso we will hike via the "Parco Cervi" animal park, along the Monte Borgo to the centre of the small shopping mecca of Tarvisio with its Roman origins and excellent regional cuisine.



Monte Lussari place of pilgrimage.



Difficulty: **medium**

Length: 19.4 km      Duration: 7:00 h  
Difference in altitude: ▲1,002 m ▼1,059 m

### Highlights along the way:

**Austro-Hungarian cemetery:** Until the end of the First World War the entire Kanal Valley/ Val Canale was part of Austria. The Austro-Hungarian military cemetery in the Saisera Valley, also known as the "hero cemetery", was established in 1916.

**Monte Lussari – shrine dedicated to Our Lady:** According to legend, the origins of this place of pilgrimage at nearly 1,800 m altitude, can be traced back to 1360, when a statue of the Blessed Virgin Mary was discovered among mountain pine trees and a church was built at the discovery site. The pilgrimage church is visited by pilgrims from all three countries.

**Tarvisio:** Thanks to its special location on the border, this town is a crossroads of languages and cultures from Italy, Austria and Slovenia. Tarvisio is an internationally popular shopping destination, known for the covered market and the numerous shops that offer products "Made in Italy".

### Culinary tip:

The ancient meeting point of Mediterranean aromas with the culinary traditions of the mountain areas – as represented by Friuli-Carnic, Slovenian and Carinthian cuisine. Local eating habits are heavily influenced by the surrounding nature, with game and mushrooms, wild berries and alpine cheese well represented. As well as these typical Central European dishes, you will also surprisingly find – especially in and around Tarvisio – fish and Mediterranean dishes. All this is thanks to the strong presence of migrants from Southern Italy and the Austrian and Slovenian neighbours' love of Italian wines and Italian cuisine.

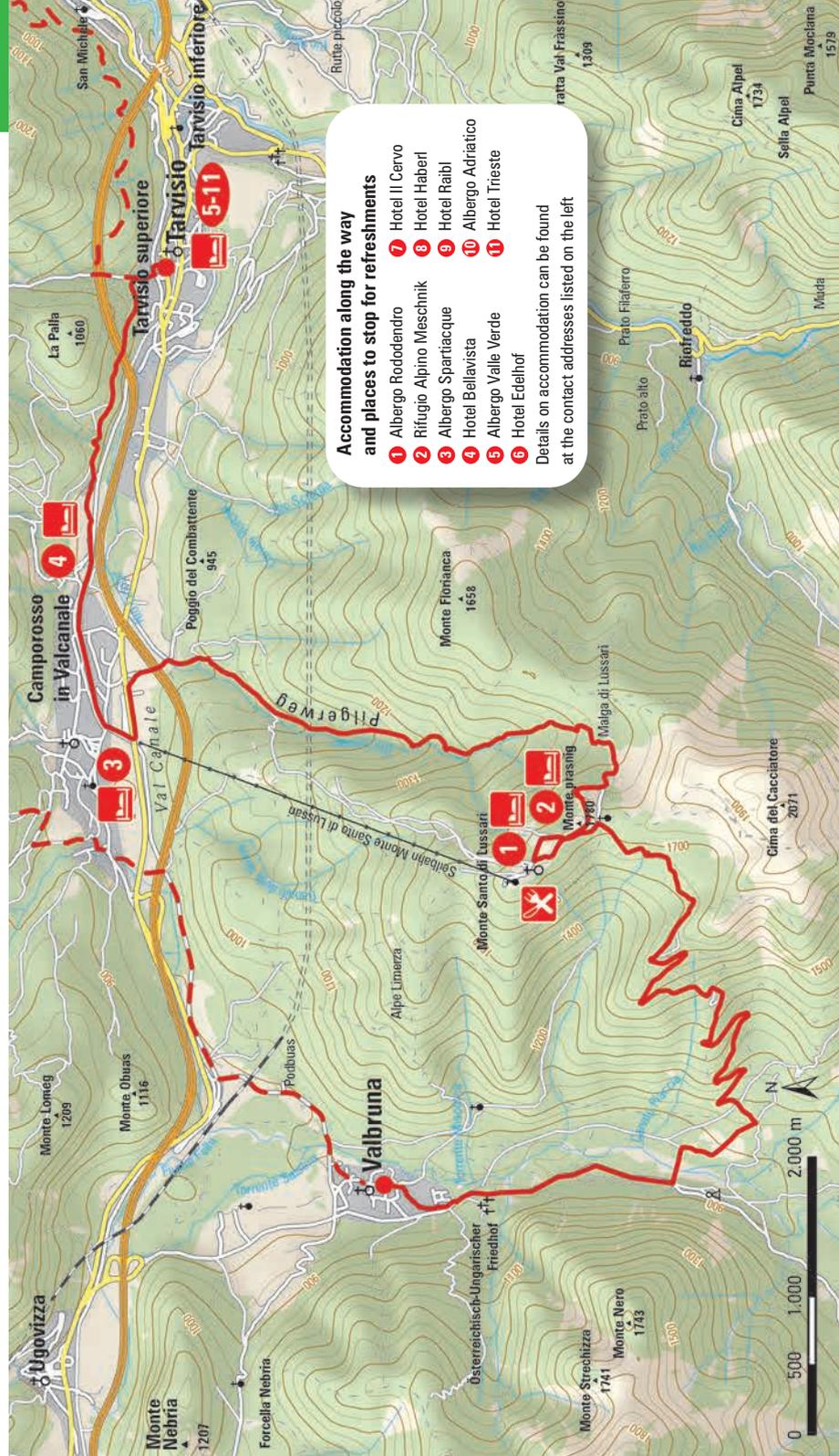
### Information:

**Tarvisio information point**  
Tel.: +39 0428 2135  
info.tarvisio@promoturismo.fvg.it

**Friuli-Venezia Giulia Booking Center**  
Tel.: +39 0428 2392  
consorzio@tarvisiano.org



The main square in Tarvisio with the parish church.



### Accommodation along the way and places to stop for refreshments

- 1 Albergo Rododendro
- 2 Hotel Il Cervo
- 3 Rifugio Alpino Meschnik
- 4 Hotel Haberl
- 5 Albergo Spartiacque
- 6 Hotel Raibl
- 7 Hotel Belavista
- 8 Albergo Adriatico
- 9 Albergo Valle Verde
- 10 Hotel Edelhof
- 11 Hotel Trieste

Details on accommodation can be found at the contact addresses listed on the left

## Circular Trail Stage 5

### Tarvis – Rifugio Zacchi

#### Reflections

The stage from Tarvisio to Rifugio Zacchi (Zacchi refuge hut) is defined by the Monte Borgo path to Coccau, then a section on an old railway track, before we reach the fascinating high valley of the Laghi di Fusine lakes. We will carry on upwards through forests to Rifugio Zacchi. At the popular and fascinating Fusine lakes, we will enjoy the reflections of the mountains and lakes at the foot of the mighty Mangart group.



Fusine lakes (Laghi di Fusine).



Difficulty: **medium**

Length: 18.5 km      Duration: 7:00 h

Difference in altitude: ▲976 m ▼341 m

#### Highlights along the way:

**Tarvisio forest:** The thousand year-old Tarvisio forest covers over 24,000 hectares of the alpine region, and is managed by state foresters.

**Coccau (Goggau) – church of San Nicolò:** The parish church with the most beautiful fresco cycle in the Kanal Valley, painted by an unknown Austrian artist, originated in the middle of the 12th century.

**Gailitz gorge (Orrido dello Slizza):** Fascinating gorge near the trail.

**Fusine lakes (Laghi di Fusine):** The area around the Fusine lakes is possibly the most beautiful place in the whole region. The lakes, formed by glaciers, lie embedded in a dense spruce forest at the foot of Mount Mangart.

**Rifugio Luigi Zacchi:** Refuge (1,380 m) located beneath the west face of the Ponza Grande, in the conservation area of the beautiful Fusine Natural Park (SIC – Sito d'Importanza Comunitaria).

#### Culinary tip:

Frico and polenta

Frico, one of the typical dishes of the region, is made of cheese that has been melted in a frying pan. There is a crispy version and a softer version with boiled potatoes. As with every traditional dish, practically every family has their own secret recipe. The obligatory side dish is polenta from maize meal, which is especially tasty when cooked over a wood fire. In the Tarvisio mountains, polenta has a thick consistency, is served on a wooden board and is cut with a thin piece of wire. Frico can be found in Friuli in many different variations: with potatoes, herbs, onion, spices and even with apple.

#### Information:

Tarvisio information point  
Tel.: +39 0428 2135  
info.tarvisio@promoturismo.fvg.it

#### Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392  
consorzio@tarvisiano.org



Luigi Zacchi refuge (Rifugio Zacchi).



**Accommodation along the way  
and places to stop for refreshments**

- 1 Albergo Al Sole
- 2 Rifugio Zacchi

Details on accommodation can be found  
at the contact addresses listed on the left

## Circular Trail Stage 6

### Rifugio Zacchi – Kranjska Gora

#### Literary witness

Surrounded by the beauty of the Julian Alps, the tour leads along the path from Rifugio Zacchi, under the peaks of the Ponze mountain range, to Monte Svabezza. Back in the valley we reach the Fusine lakes, the border to Slovenia and, before reaching our destination of Kranjska Gora, the Sava Valley. The English chemist and natural scientist, Sir Humphry Davy (1778 to 1829), said of the Sava Valley: "I have fallen in love with the Sava Valley the most, with its waterfalls and lakes. I know of nothing in Europe that is more beautiful."



Zelenci nature reserve.



Difficulty: **medium**

Length: 16.2 km

Duration: 6:00 h

Difference in altitude: ▲ 618 m ▼ 1,187 m

#### Highlights along the way:

**Porticina/Vrata:** A mountain pass at the foot of the Ponza Grande with great views of the Planica Valley.

**Scichizza peat bog:** The landscape is made up of moist meadows, peat bogs and pine tree forests. The bio-diversity is protected by its status as an "area of public importance".

**Ledine periodic lake:** Normally only full after rains in spring and autumn.

**Save river springs:** The largest river in Slovenia has its source here and flows into the Danube at Belgrade.

**Zelenci:** The small Zelenci lake is located to the southwest of the village of Podkoren. It is the habitat of many interesting species of animals and rare and endangered plants.

#### Culinary tip:

##### Krain sausage

The Krain sausage (Slovenian: Kranjska klobasa) is a kind of sausage that is wide-spread in Slovenia and many parts of Austria. The name comes from the region of Kranj in Slovenia. The sausage contains a mixture of at least 68% pork, 12% beef and max. 20% bacon fat. The only added ingredients allowed are water, salt, garlic and pepper. After being smoked they are ready, and after being boiled in water for a short while are served with mustard and horseradish. Veal ragout, buckwheat groats, pearl barley soup, sour milk, štruklji and pancakes are also very popular in this region.

#### Information:

##### Tarvisio information point

Tel.: +39 0428 2135

info.tarvisio@promoturismo.fvg.it

##### Friuli-Venezia Giulia Booking Center

Tel.: +39 0428 2392

consorzio@tarvisiano.org

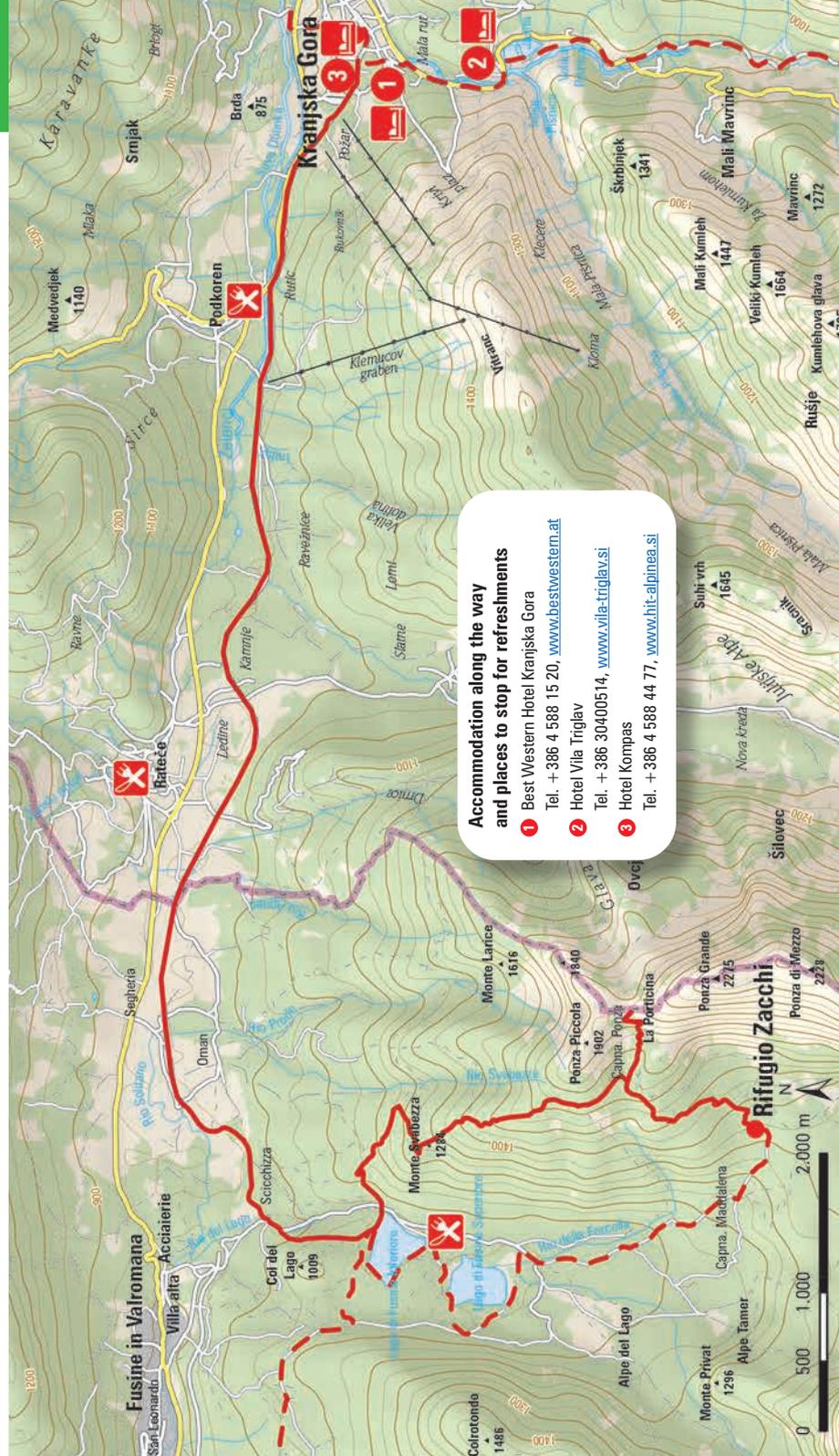
##### TIC Kranjska Gora

Tel.: +386 4 580 9440

www.kranjska-gora.si



Kranjska Gora in Oberkrain/Gorenjska.



#### Accommodation along the way and places to stop for refreshments

- 1 Best Western Hotel Kranjska Gora  
Tel. + 386 4 588 15 20, [www.bestwestern.at](http://www.bestwestern.at)
- 2 Hotel Vila Triglav  
Tel. + 386 30400514, [www.vila-triglav.si](http://www.vila-triglav.si)
- 3 Hotel Kompas  
Tel. + 386 4 588 44 77, [www.hit-alpine.si](http://www.hit-alpine.si)

## Circular Trail Stage 7

### Kranjska Gora – Faaker See/Baumgartnerhöhe

#### Cross-border majesty

From the winter sports resort of Kranjska Gora, located directly at the gates of the Triglav National Park, we hike over the majestic mountain range of the Karawanken to the Slovenian-Austrian border. What once separated people is now an impressive link between the two cultures. Along an old border path, we reach the Jepasattel – always with great views of the surrounding mountains and lakes in our sights. From the Jepasattel it is only about two hours to the stage destination high above the turquoise coloured Lake Faaker See.



View of Lake Faaker See.



Difficulty: **difficult**

Length: 21.4 km      Duration: 8:00 h

Difference in altitude: ▲ 1,398 m ▼ 1,290 m

#### Highlights along the way:

**Church of the Assumption of the Blessed Virgin:** This late gothic building from 1510, constructed by Jernej Firtaler from Villach, can be found in the centre of Kranjska Gora.

**Liznjek House:** The 300 year old house in the centre of Kranjska Gora was long regarded as prototype for farmhouses in the region. At the moment along with the “black kitchen” (smokehouse kitchen) there is an ethnological collection as well as the permanent exhibition on the life and work of Josip Vandot, an esteemed author of children’s books, in the house.

**Srednji Vrh:** View point (960 m) with great views of the Julian Alps and the 2,472 m high Špik.

**Schwarzkogel:** 1,842 m high mountain with great views in the Karawanken mountain range.

**Jepasattel:** The Austrian-Slovenian border crossing embedded between the Schwarzkogel and Mittagsgogel in the Karawanken mountains at 1,438 m altitude.

#### Culinary tip:

##### Rateški krapi – “Fritters from Rateče”

This dish originally comes from the village of Rateče near Kranjska Gora and is similar to the Carinthian dried pear pasta pockets. The difference is that the Rateški krapi are made out of potato dough – in contrast to the pasta dough made without potatoes from their northern neighbours. The Rateški krapi are filled with cooked dried pears, polenta, sugar (honey) and cinnamon. Without sugar and cinnamon they also taste good as an accompaniment to meat dishes and sauces. A further variety is Rateški špresovi krapi: boiled pasta pockets with a filling of curd cheese, polenta, onion and egg, served with melted butter.

#### Information:

TIC Kranjska Gora

Tel.: +386 4 580 9440

[www.kranjska-gora.si](http://www.kranjska-gora.si)

Faak tourist information office

Tel.: +43 4254 2110

[www.faaakersee.at](http://www.faaakersee.at)

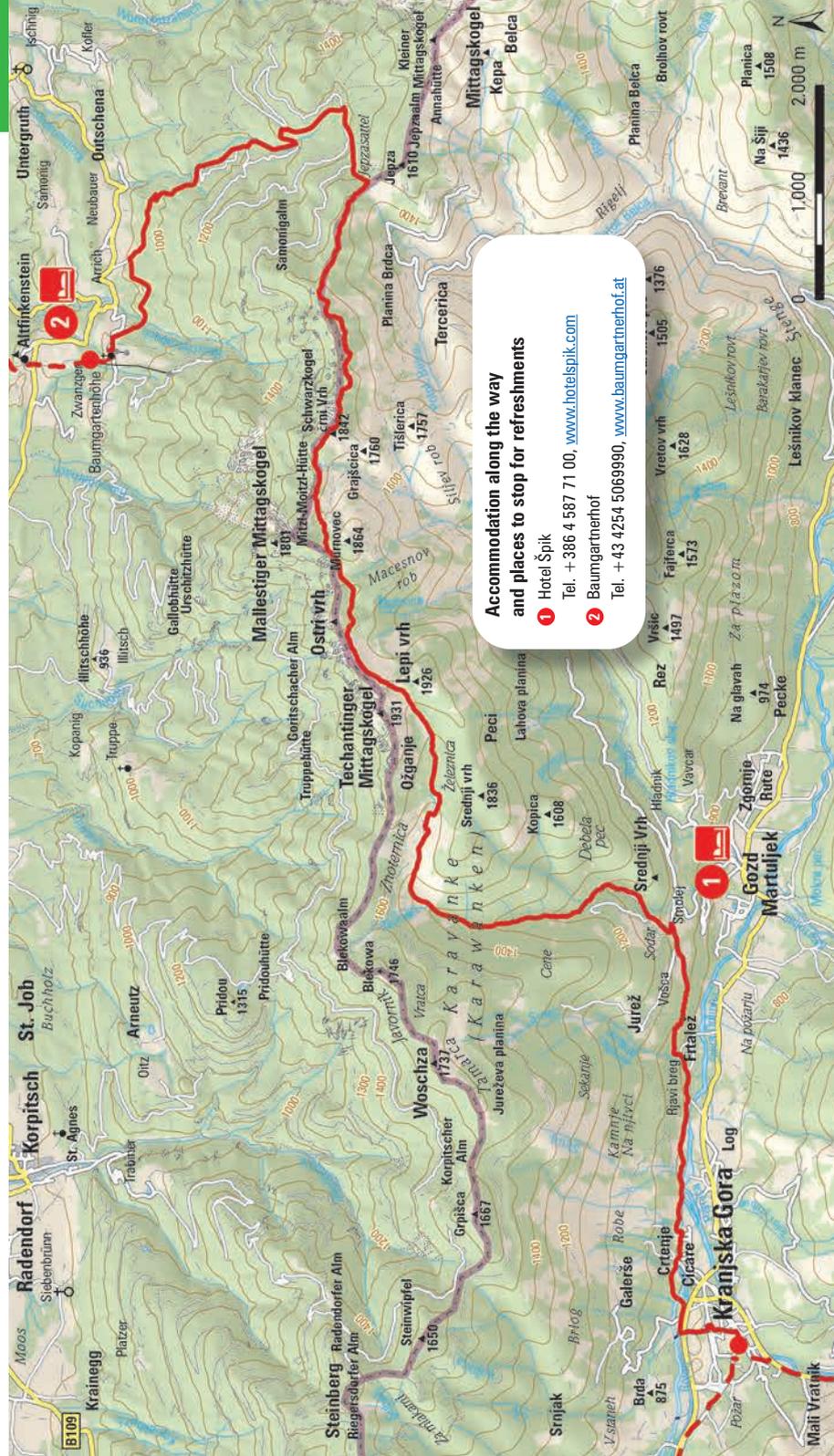
Villach Region tourist information office

Tel.: +43 4242 42000

[www.visitvillach.at](http://www.visitvillach.at)



Path to Techantinger Mittagsgogel.



Accommodation along the way  
and places to stop for refreshments

1 Hotel Špik

Tel. +386 4 587 71 00, [www.hotelspik.com](http://www.hotelspik.com)

2 Baumgartnerhof

Tel. +43 4254 5069990, [www.baumgartnerhof.at](http://www.baumgartnerhof.at)



Monte Lussari near Tarvisio.



Autumn atmosphere in the Nockberge.

## Correct behaviour in the mountains

1. Before every tour, check the mountain experience and physical fitness of all participants – adults and children. Trekking and mountain climbing often call for sure-footedness and a head for heights.
2. Every mountain tour should be planned in detail with the help of tour descriptions and hiking maps. Information from alpine organisations and people who know the area, such as mountain guides and innkeepers, can provide crucial help.
3. Suitable equipment and clothing are essential in the mountains. Hikers especially need sturdy boots with good grip. As the weather in the mountains can often change very quickly, protection against the rain and cold is also very important. The pace must be adapted to suit the slowest members of the group. Especially at the beginning of a tour it is important to walk slowly. Keep an eye on all participants, so that exhaustion can be recognised in time.
4. Always keep to the marked paths. In order to avoid falls, it is also necessary to pay attention when walking on easy terrain. Be careful when walking on steep, grassy slopes, especially when they are wet. Crossing steep patches of snow or glaciers is especially dangerous.
5. Try to avoid kicking stones down, as other hikers could get hurt. Places where there are loose stones and danger of stone fall should be crossed quickly, one at a time, without stopping.
6. How to behave around animals on alpine pastures: Do not irritate cows, calves, sheep, horses etc., but act calmly and do not show fear. Do not leave the paths and maintain a distance when you pass by the animals.
7. Dogs MUST be kept on a lead. Dogs are not allowed to chase grazing animals, especially mother cows will protect their young aggressively. If a grazing animal should attack your dog, let go of the lead for your own safety.
8. If the weather changes, if it gets foggy, if the path is too difficult or in a bad condition, then you should turn back. There is no shame in it, it's a sign of good sense.
9. If there is an accident, keep calm. In some cases you will be able to help yourself. If not, you should try to attract attention using your mobile phone or by shouting, using light signals or waving large items of clothing. An injured person should not be left alone, if at all possible.
10. The mountains are there for everybody. Helping to conserve them and keep them clean is every hiker's duty. Take rubbish back down with you, so that the fauna and flora can be preserved.

**Alpine emergency number (works only in Austria!): 140**

**International emergency number: 112**

*Source: UIAA/AVÖ, Additions: OEAV*



Cividale with devil's bridge.

## Contact addresses

### Carinthia

#### Holiday Information

Völkermarkter Ring 21–23  
A-9020 Klagenfurt am Wörthersee  
Tel.: +43 463 3000  
E-mail: [info@kaernten.at](mailto:info@kaernten.at)  
[www.visitcarinthia.at](http://www.visitcarinthia.at)



### Slovenia

#### Holiday Information

Dimičeva ulica 13  
SI-1000 Ljubljana  
Tel.: +386 1 589 8550  
E-mail: [info@slovenia.info](mailto:info@slovenia.info)  
[www.slovenia.info](http://www.slovenia.info)



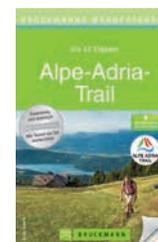
### Friuli-Venezia Giulia

#### Holiday Information

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I-33052 Cervignano del Friuli (UD)  
Tel.: +39 0431 387130  
E-mail: [info@promoturismofvg.it](mailto:info@promoturismofvg.it)  
[www.promoturismo.fvg.it](http://www.promoturismo.fvg.it)



## Hiking guides



**Bruckmann**  
**Wanderführer**  
**(hiking guide)**  
168 pages, € 12.99 (D)



**Rother**  
**Wanderführer**  
**(hiking guide)**  
144 pages, € 14.90 (D)



**Bratt**  
**Trekking Guide**  
320 pages, £ 14.99 (EN)

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Public Information of Slovenia, the Surveying and Mapping Authority of the Republic of Slovenia

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- Professional tour folder
- Trail Hotline
- Individual planning and booking also possible online
- Carefully compiled and practical hiking packages
- Better safe than sorry: All hiking offers are covered by Directive (EU) 2015/2302 on package travel and linked travel arrangements. In most cases this protects travellers against unforeseen circumstances.

Further information:  
[www.alpe-adria-trail.com/de/service/buchungcenter](http://www.alpe-adria-trail.com/de/service/buchungcenter)

### Alpe-Adria-Trail Booking Centre Carinthia

Trail Angels  
Obervellach 15, A-9821 Obervellach  
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E-mail: [info@alpe-adria-trail.com](mailto:info@alpe-adria-trail.com)

### Alpe-Adria-Trail Booking Centre Friuli-Venezia Giulia

Consorzio Tarvisiano  
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Tel.: +39 0428 2392  
E-mail: [consorzio@tarvisiano.org](mailto:consorzio@tarvisiano.org)

### Alpe-Adria-Trail Booking Centre Slovenia

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Rupa 17, SI-5230 Bovec  
Tel.: +386 5 30 29 643  
E-mail: [booking@alpe-adria-trail.si](mailto:booking@alpe-adria-trail.si)

Boka Waterfall near Bovec.

[www.alpe-adria-trail.com](http://www.alpe-adria-trail.com)



# FROM THE GLACIER TO THE SEA

Hiking in the Garden of Eden



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When preparing for a hike along the Alpe-Adria-Trail, we recommend you to have a look at the detailed stage descriptions at [www.alpe-adria-trail.com](http://www.alpe-adria-trail.com). All stages are described in detail, together with **exact directions, information on how to get there** (privately or by public transport) as well as **safety guidelines and special tips** for each stage. Specialised hiking establishments (hotels, guesthouses, etc.) and catering establishments (refuges, inns, restaurants, etc.) are also listed for each stage. Each stage can, of course, also be loaded as a **GPS track** (GPX, KML format). Lots of pictures, videos, altitude profiles and great 360° panoramic photos round off the interactive presentation at [www.alpe-adria-trail.com](http://www.alpe-adria-trail.com)



## ALPE-ADRIA-TRAIL APP



An ideal tour planner for at home or to accompany you along the trail. Free for iPhone and Android!

## ALPE-ADRIA-TRAIL & SOCIAL MEDIA



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