

## The 11 secrets of Kiens:

### Hiking trails with a special touch

#### Following in the tracks of the ancient Romans



**Starting point:** Kiens (782 m) at the tourist office; parking facilities nearby, bus stop.

Cross the main road (state road SS 49), and between the *Gasthof Gatterer* (inn) and the *Sparkasse* bank building head south down to the bridge across the River Rienz. Walk over the bridge and through the railway underpass and now always follow the No 5 blue-and-white trail markers: first walk east for about 300 m, then turn south and proceed on that path until you reach the first houses of Ehrenburg. From there continue on the tarmac road for about 100 m as far as the turn-off for the “*Straße am Römerstein*” (road).

Now proceed in a westerly direction, always following the No 5 blue-and-white markers to the milestone. From there initially keep heading west and subsequently take the track which runs north until you reach the road which runs parallel to the railway lines. From there walk east back to the Rienz bridge and to the starting point.

**Total walking time:** about 1 ½ hours

**Standard:** easy

**Summary:** this walk is especially interesting from a botanical point of view since the vegetation is rich and varied.

#### The castle and the church are always worth a visit

**Starting point:** panoramic board in Ehrenburg; car park near the *Koflerhof*

Head west on the road until you get to the *Gasthof Knapp* (inn), then continue left (south). Shortly after the school building walk north-west on a broad but unsealed road to the castle and then up to the church. Return on the same way to the school building. Now continue on the level asphalt road and then walk down to the *Gasthof Obermair* (inn). From there walk north on the street and after few minutes' walking time you will get back to the starting point.

**Total walking time:** about 45 minutes

**Standard:** easy

**Summary:** leisurely walk to an old church and to a beautiful castle in the shade of venerable trees.

#### Moarhofalm – Grünbachsee Putzenhöhe



**Getting to/from the walk:** via *Kiens - Hofern - Oberhofern - Gelenke* on the provincial road and on the tarred access road to the farmhouses.

**Starting point:** *Gelenke* (1610 m); from there always follow the No 65 red-white-red markers on an alpine path or forestry track to the *Moarhof-Alm* (alpine pasture; 1833 m). Following the same markers, walk to the *Untere* (1943m) and *Obere Grünbach-Alm* (2114 m) and then proceed to the *Grünbach-See* lake (2258 m).

To the west of the lake a trail leads you up to the saddle (the trail is not marked but can be found easily). From the saddle walk up to the cross on the *Putzenhöhe* summit (2438 m) following the markers of the *Pfunderer Höhenweg* high route (red circle with white dot).

From the cross back to the lake retrace the unmarked trail (exercise caution when it is wet!). From the lake descend to the *Untere Grünbach-Alm* on the path used for the ascent. From there walk on the forestry track back to the *Moarhof-Alm* and to the car park.

**Total walking time:** 5 - 6 hours

**Standard:** medium

**Please note:** if there is a risk of thunderstorms, do not ascend to the Putzenhöhe summit (lightning strikes!); in bad weather you should exercise great caution.

**Summary:** interesting tour not least because of the varied fauna and flora.

### Gisser Eck - Rasteiner - Decker - Hitthaler - Neller - Perchner - Kiens - Friesenbichl - St. Sigmund



**Getting to/from the walk:** St. Sigmund, Gisser (parking facilities below the main road)

**Starting point:** *Gisser Eck* (756 m). First follow the No 1 blue-and-white trail markers in a northerly direction for about 100 m on the *Kahler Weg* path, then head east across the bridge and up to the *Rasteiner-Hof* farmhouse (822 m). Continue walking and after the second gate walk north again to the *Decker-Hof* (994 m) and then to the *Hitthaler-Hof* (1036 m) farmhouses. Stick to the No 1 blue-and-white trail markers to the *Neller-Hof* (1015 m) and *Perchner-Hof* (941 m) farmhouses, then follow the No 65 red-and-white trail markers down to *Kiens* (827 m). After the bridge in Kiens the markers change from No 1 blue-and-white to No 2 blue-and-white. Follow them, walking west up to the *Friesenbichl*, on to the *Gatscherhof* and finally back to the *Rasteiner-Hof* and the starting point.

**Total walking time:** a good 4 hours

**Standard:** medium

**Summary:** a hike for all those who are seeking peace and quiet and want to be on their own.

In the summer heat the walk can become somewhat arduous. So don't forget to bring along something to drink and a snack since there is no inn or pub before you reach *Issinger Weiher* (small lake) or Kiens.

### Ehrenburg - Kienberg - Montal - Runggen - Kreuzweg – Ehrenburg



**Starting point:** Ehrenburg (806 m) at the panoramic board; car park next to the *Koflerhof*. First walk south on the road through the village for about 500 m as far as the *Gasthof Obermair* (inn) and on to the bridge over the *Moarbach* stream. Cross the bridge and then follow the No 10 B red-and-white trail markers up to the *Golser-Höfe* (987 m) and the *Brandter-Hof* (1077 m) farmhouses. Now proceed on the road until you get to the next big bend. At the bend walk east (No 10 B red-and-white) through the wood down to the *Rainer-Hof* above the hamlet of *Runggen* (937 m); continue south-west to *Montal* (860 m). Walk for about 50 m east on the main road and then on the No 10 red-and-white marked trail back to *Runggen* (861 m). Finally proceed on a tarred road as far as the first bend and then head west (No 10 A red-and-white markers) back to Ehrenburg.

**Total walking time:** a good 4 hours

**Standard:** medium

**Summary:** nice walk offering plenty of variety for all those who enjoy quiet walks.

We recommend taking along something to eat and drink since there is no possibility to stop at an inn or pub.

### Kiens - Mühlen – Schöneck Castle - Haselried - Pfaffensteig - Pfalzen - Irenberg - Kiens



**Starting point:** Kiens (835 m); car park near the fire brigade building (835 m).

The No 1 blue-and-white marked path starts behind the fire brigade building. Follow it until you get to the crossroads near *Issinger Weiher* (small lake). From there walk north-west along the road up to *Mühlen*. About 100 m west of the *Gasthof Schöneck* (inn) you'll encounter a very rare spruce tree (*peicea excelsa*), which is a natural monument. Here you go to the other side of the road and follow the

marked track which runs along the river as far as a metal bridge. Cross the bridge and walk up to *Schöneck Castle* (1058 m), following the No 7 red-and-white markers; then walk via the access road down to the river (1028 m), via the other access road up again to the *Baustadel-Hof* farmhouse (1035 m) and on to *Haselried* (1016 m). About 50 m above the church of Haselried take the fork onto the *Pfaffensteig* path and follow it in an easterly direction until you reach the *Panorama-Steig* track (yellow board with red dot). Walk down this trail and then follow the old *Issing* road (No 8 red-and-white markers) as far as the school building in *Pfalzen* (1020 m). Continue walking through the *Unterdorf* (lower part of the village) until you get to the sports grounds (1005 m) and from there follow the No 8 red-and-white trail markers to the *Jausenstation Irenberg* (hiker's inn; 1031 m). Finally head west down to Kiens.

**Total walking time:** 4 - 5 hours

**Standard:** easy-medium

**Summary:** interesting walk for nature lovers because of the rich and varied flora.

### Ellen - Kreuzner-Hof - Astjoch - Pluner-Hütte - Rastner-Hütte – Kreuzner



**Getting to/from the walk:** Kiens - Ehrenburg - Ellen - Kreuzner-Hof

**Starting point:** Kreuzner-Hof (farmhouse; 1481 m); parking facilities available.

Start above the farmhouse and walk uphill in a westerly direction, following the No 67 red-white-red markers, and pass the *Jausenstation Walder-Alm* (hiker's inn). Walk outside the fence until you reach the forestry track which takes you to the *Kaser-Hütte* (mountain hut). Pass the hut on the left and walk on to a tarn (2108 m). Continue north-west up to the *Astjoch* (2194 m). From there head west down to the broad alpine track (No 67 red-and-white markers). Follow this almost level track until you get to the *Pluner-Hütte* (Berggasthof *Starkenfeld* - mountain inn; 1963 m). Proceed for roughly another 100 m, and then the No 67 B red-white-red marked trail branches off north to the *Rastner Hütte* (mountain hut). From there first continue walking east, through a gate, on a narrow path which leads you past the mountain huts to the edge of the woods, then continue south-east until you get to the broad mountain pasture track (no markers up to this point!). Now follow the No 67 B red-white-red markers (the *Lofar-Alm* is situated on the right) on a broad track down to the *Moas-Alm* (alpine pasture; 1801 m), and after the stream (1727 m) walk along the forestry track back to the starting point.

**Total walking time:** 4 - 5 hours

**Standard:** medium

**Summary:** beautiful and varied mountain tour.

### St. Sigmund - Kahler - Aichner - Falkensteiner - Guggen - Langloacher - Schifferegger - St. Sigmund



**Getting to/from the walk:** Kiens - St. Sigmund

**Starting point:** church square in St. Sigmund (parking facilities available)

Set out above the church (823 m) and follow the No 9 blue-and-white trail markers on the "*Im Peuren*" road in an easterly direction until you get to the *Kahler-Hof* (farmhouse; 822 m). From behind the farmhouse ascend north-west on a moderately steep path (No 10 blue-and-white markers) to the *Aichner-Hof* (farmhouse; 1016 m). From there proceed to the *Falkensteiner-Hof* (farmhouse; 1115 m) on the tarmac road. At the big bend (1160 m), about 500 m after the farmhouse, walk straight on (No 3 red-and-white trail markers) across the wooded slope to the *Guggen-Hof* (farmhouse; 1166 m). From there head north-west up to the crossroads (about 500 m). Pass the big granite rock (1160 m) there and follow the No 7 red-and-white trail markers down to the *Langloacher-Hof* (a new farmhouse), continue for about 100 m until you reach a small clearing. At the clearing head east down to the *Schifferegger-Hof* (farmhouse). Finally follow the No 10 blue-and-white markers back to the starting point.

**Total walking time:** 3 - 4 hours

**Standard:** medium

**Summary:** walk through beautiful countryside to remote farmhouses. It is especially interesting from a botanical point of view and can be undertaken from early spring to late autumn.

### Terenten - Winnebachtal - Tiefrastrenhütte - Hofalm – Terenten



**Getting to/from the walk:** *Terenten* (1210 m), *Winnebach-Tal* valley

**Starting point:** car park in the *Winnebachtal* valley (1425 m)

Walk into the valley following the No 23 red-white-red trail markers. At the station of the goods lift hike upwards in a north-westerly direction along an alpine track. After about an hour's walking time leave that track and proceed in a north-westerly direction up to the run-down *Huber-Alm* (mountain hut; 1912 m). From there mount a short very steep stretch; then, above the waterfall, walk on the almost level path to the *Tiefrastrer-Alm* (alpine pasture; 2028 m). Walk straight on and via the steep stepped path up to the *Tiefrastrer-Hütte* (mountain hut; 2308 m).

On the way back, initially walk down towards the *Tiefrastrer-Alm* again, and about 50 m before the hut proceed in a north-easterly direction, following the *Pfunderer Höhenweg* high route (markers: red circle with white dot) across a scree slope.

After about 500 m you will encounter the turn-off for the *Hofalm* alpine pasture (No 5 C red-and-white trail markers). Walk down this track heading south-east, across the slope (exercise **caution** if it is wet) to the *Hof-Alm* (alpine pasture; 2092 m) and from there via the pasture access road (No 29 red-white-red route markings) down to the valley. Now follow the No 23 red-white-red route markings again back to the starting point.

**Please note:** the *Tiefrastrerhütte* (mountain hut) is open from 20 May to 1 November. Telephone: 0474/554999 – general emergency number: 118.

**Total walking time:** 5 - 6 hours

**Standard:** medium-hard

**Summary:** this tour is interesting from a geological point of view, but also recommended for its fauna and flora.

### Platten - Sambock - Pfunderer Höhenweg - Plattner Seen - Plattner-Alm – Platten



**Getting to/from the walk:** via *Pfalzen* (1022 m) - *Platten* (*Jausenstation Lechnerhof* – hiker's inn; 1586 m)

**Starting point:** *Jausenstation Lechnerhof* (hiker's inn) - parking facilities available

Ascend along the access road to the *Tierstaller-Hof* (farmhouse; 1638 m). Then always follow the No 66 A red-white-red route markings, traverse the pasture and walk up to the edge of the woods. From there proceed partly on the old mule track, partly on the forestry track as far as the *Jägerhütte* (hunter's lodge at 1962 m). From there follow the No 66 red-white-red route markings on a fairly steep track up to the *Platte* (2175 m) and over the wide ridge to the summit of the *Sambock* (2396 m). Now follow the trail markers of the *Pfunderer Höhenweg* high route (red circle with white dot) northwards: initially on the narrow track, then across rocks and rough terrain (which is partly exposed) down to the saddle (2365 m – here you will encounter the No 68 red-white-red route markings which come from the east). Now hike up to the next peak and down again to the next saddle. There you'll meet the No 67 red-white-red route markings which take you down to the *Plattner Seen* (lakes; 2258 m), on to the *Plattner Alm* (alpine pasture) and finally along the access road back to the starting point.

**Variante:** at the first saddle walk over the stone bank and head down to the lakes (unmarked!). There you'll meet the No 67 red-white-red route markings, which take you back to the starting point.

**Please note:** avoid peaks and ridges if there is a risk of thunderstorms. If it is wet, exercise great caution.

**Total walking time:** 5 - 6 hours

**Standard:** hard

**Summary:** wonderful panoramic mountain. It is a fairytale-like hike especially when the alpine roses are in bloom. **Eidechsspitze - Kompfosseen - Tiefrasten Hütte –**

**Astnerberg Alm - Alpenrosensteig - Terenten (demanding alpine tour)**



**Getting to/from the walk:** Kiens - Hofern - Terenten

**Starting point:** car park in the village centre of Terenten (1220m). Walk along the main road and follow the "Erdpyramiden" (earth pyramids) signpost (No 2 red-and-white trail markers) until you get to the wooden bridge. Cross the bridge and then follow the No 22 red-white-red trail markers up to the *Hansen-Hof* (farmhouse; 1330 m); proceed to the *Raffalt-Alm* (1732 m) and *Engl-Alm* (1826 m). From there climb up steeply to the *Kompfos-Alm* (alpine pasture; 2181 m). Here the No 8 K red-and-white trail branches off to the *Kompfosseen* lakes. If you want to ascend the peak, stay on the No 22 red-white-red marked path and climb the steep double bends up to the saddle and then head south up to the cross on the summit of the *Eidechsspitze* (2738 m). Walk back down to the saddle and then proceed in a north-westerly direction along the marked track (exercise great caution when traversing the snow fields) to another saddle (2630 m) and then walk north-east on rough yet almost level terrain and grassy alpine meadows as far as the *Kompfos-Scharte* (watch out: the trail is very steep in some spots!). After the *Kompfos-Scharte* (2452 m) follow the No 23 red-white-red route markings: initially gently ascending, subsequently descending, as far as the *Tiefrasten-Hütte* (mountain hut; 2312 m). After the refuge first follow the trail markers of the *Pfunderer Höhenweg* high route (red circle with white dot) as far as the *Tiefrasten-Alm* (2028 m) and then follow the No 23 red-white-red trail markers down to the valley. At the *Moar-Hütte* (mountain hut), somewhat below the *Astnerberg-Alm* (1570 m), fork south-west and first follow the No 8 red-and-white trail markers along a gently ascending forestry track and then on the *Alpenrosensteig* track which sharply climbs to the *Latsch-Hütte* (mountain hut; 1797 m); finally proceed on almost level terrain to the *Gols-Alm* (1744 m). From there (No 8 A red-and-white trail markers) descend along the wide forestry track until you are above the *Flitsch-Hof* farmhouse (1435 m). Now descend south following the No 2 red-and-white marked path: first on a narrow track and afterwards on the access road to the farmhouse as far as the *Oberleitner-Hof* (farmhouse) and on to the village.

**Total walking time:** 10 - 11 hours

**Standard:** hard

**Difficulties:** demanding alpine tour which requires good shape, stamina and mountaineering experience. Take along some food and something to drink.

**Safety:** it is not advisable to undertake this tour in bad weather. If there is a risk of thunderstorms, you are strongly advised to quit the tour immediately.

**Please note:** the *Tiefrastenhütte* (mountain hut) is open from 20 May to 1 November. Tel. 0474/554999.

**Summary:** rewarding alpine tour in the remote Pfunders mountains.

#### **Variante:**

**1)** From the *Engl-Alm* (1826 m) follow the No 8 red-and-white trail markers, via the *Alpenrosensteig* track to the *Gols-Alm* (1714 m), on to the *Latsch-Hütte* (mountain hut; 1797 m) and down to the *Astnerberg-Alm* (1610 m). From there proceed along the *Winnebachtal* valley (No 8 red-and-white trail markers) until you reach the *Alpegger-Hof* (farmhouse), and from there follow the No 1 red-and-white trail markers back to the car park.

**2)** From the *Kompfos-Hütte* (mountain hut; 2181 m) follow the No 8 K red-white-red route markings up to the *Kompfos-Seen* (lakes; 2442 m) and return on the same way.

**3)** From the *Kompfos-Hütte* (mountain hut; 2181 m) walk along trail No 8 K up to the big *Kompfos-See* (lake; 2442 m), on to the *Kompfos-Scharte* (2452 m) and from there follow the No 23 red-white-red route markings as far as the *Tiefrasten-Hütte* (mountain hut; 2312 m).

**4)** From the *Moar-Hütte* (mountain hut; 1570 m) follow the No 23 red-white-red route markings until you reach the *Alpegger-Hof* (farmhouse; 1317 m) and then walk along the No 1 red-and-white marked path back to the village.

**5)** From the *Kompfos-Hütte* (mountain hut; 2181 m) walk along the No 8 K red-white-red marked trail to the *Moser Alm* (alpine pasture; 1875 m), continue following the No 8 B red-and-white trail markers to the *Hansleitner-Hof* (farmhouse; 1452 m). From there follow the No 1 red-and-white trail markers to the *Jochler-Hof* (1421 m), then the No 1 B red-and-white trail markers to the *Gasthaus Hohenbichl* (inn) and finally follow the No 1 A markers back to Terenten.

**Detailed tour descriptions are available at the Kiens tourist office.**