



Hiking

Ellmauhof
FAMILIENRESORT ****SUPERIOR



OUR SUMMER HIKING PROGRAMME

with Oliver our fitness coach and hiking guide

25 May - 3 November 2019

THE ELLMAUHOF FAMILY RESORT

Mondays

10:00 am - 2.00 pm (approx.): Family and taster hike at the head of the valley accompanied by Helmut our activity organiser and Oliver our hiking guide

MEETING POINT:

"NODDY" TRAIN

The head of the Hinterglemm valley with its breath taking scenery STOP IN FRONT OF THE HOTEL will impress both young and old. Surrounded by imposing mountain peaks, delightful hiking trails meander through woods and meadows and across mountain brooks with water as clear as crystal leading to attractions that will inspire the whole family.

Hike description:

On the Ellmauhof "Noddy" train, we'll travel together to Lengau, then take the end-of-valley train to the starting point. On this undemanding hike, we'll cross the Lindlingalm, Saalalm and Osmannalm alpine meadows back to our original starting point. We'll take a short but agreeable break on the Saalalm to enjoy local specialities served within the rustic charm of the alpine lodge there.

The route is also suitable for those with baby buggies and baby carriers.

Duration:

Ascent through 250 metres elevation: approx. 90 minutes
Descent: approx. 60 minutes

Bring along: Your JOKER CARD for the whole family

Tuesdays

9:30 am - 3.00 pm (approx.): Hike to Hacklberger Alm in Hinterglemm

MEETING POINT:

RECEPTION

Today's hike takes us along narrow paths through woodland and a completely unspoiled landscape. Far from the hustle and bustle down in the valley, this unexacting trail leads first towards the Ellmaualm before we take a left turn to Hacklberger Alm.

Our goal, Hacklberger Alm lodge, is serene and restful. You can quite literally sense the bond with nature and the home-made products available here seem to taste of all the vigour of the Alps. A summer time sojourn up in the high meadows just as was once the case. We'll take time to enjoy the magnificent surroundings before we make our way unhurriedly back to our starting point.

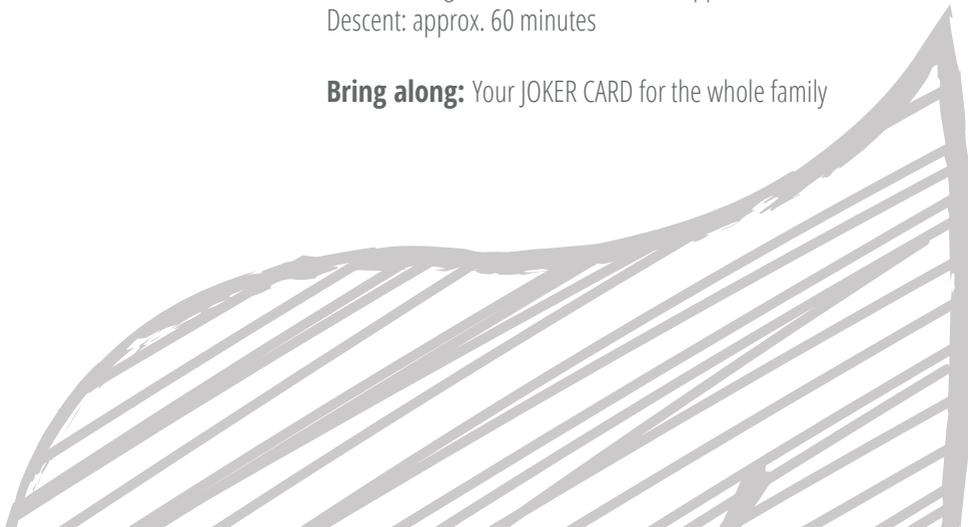
Hike description:

Starting point: Hacklberger Alm car park in "Schwarzachergraben" in Hinterglemm. The trail leads first towards Ellmaualm, across the Huber Hochalm to Hacklberger Alm and then back to the car park.

Of course, the trail can also be walked in the opposite direction.

Duration:

Circular trail : approx. 3.5 hours (including stopover)



Wednesdays

9:30 am - 3.00 pm (approx.): Visit to the Kitzlochklamm gorge in Taxenbach

MEETING POINT:
RECEPTION

We'll travel together to the gorge car park. The Kitzlochklamm gorge is without doubt one of the most impressive ravines in our part of the Alps. The name "Kitzloch" literally translates as "kid hole", because it is here in the heat of summer that the young mountain goats seek out the cool of the gorge and its tunnels. The Rauriser Ache stream has carved its way down through the limestone shale over the millennia, creating the vertical walls of the gorge.

This unique natural spectacle, with its many idyllic bays, high craggy cliffs and impressive former hermitage, fascinates both young and old. The hike along the Kitzlochklamm can be supplemented by a visit to the Maria Elend pilgrimage church in Embach or it is possible just to follow the circular trail back to the starting point.

Duration:

Approx. 3 hours (including stopover)

Charge:

Adults	€7.00
Children 6-15 years of age	€4.00

Thursdays

9:30 am - 3.00 pm (approx.): Hike to Forsthofalm in Hinterglemm

MEETING POINT:
RECEPTION

The head of the Hinterglemm valley is particularly spectacular because of the background of mountain peaks. From Ellmauhof, the view extends to the very head of the valley. Our starting point is the car park in Lengau, some 4 km away.

For the initial kilometres, we'll follow a leisurely path through trees across Lindlingalm with all the fantastic attractions round about to the more tranquil Saalalm and on to the very end of the valley. The trail now turns around and meanders along the other side of the valley across the Ossmannalm to the Forsthofalm.

The rustic ambience of the Forsthofalm alpine lodge makes it a popular venue. We'll take a break here to enjoy the home-made specialities and listen to the tales the innkeeper can tell us of earlier times while we take in the magnificent views across the valley as whole.

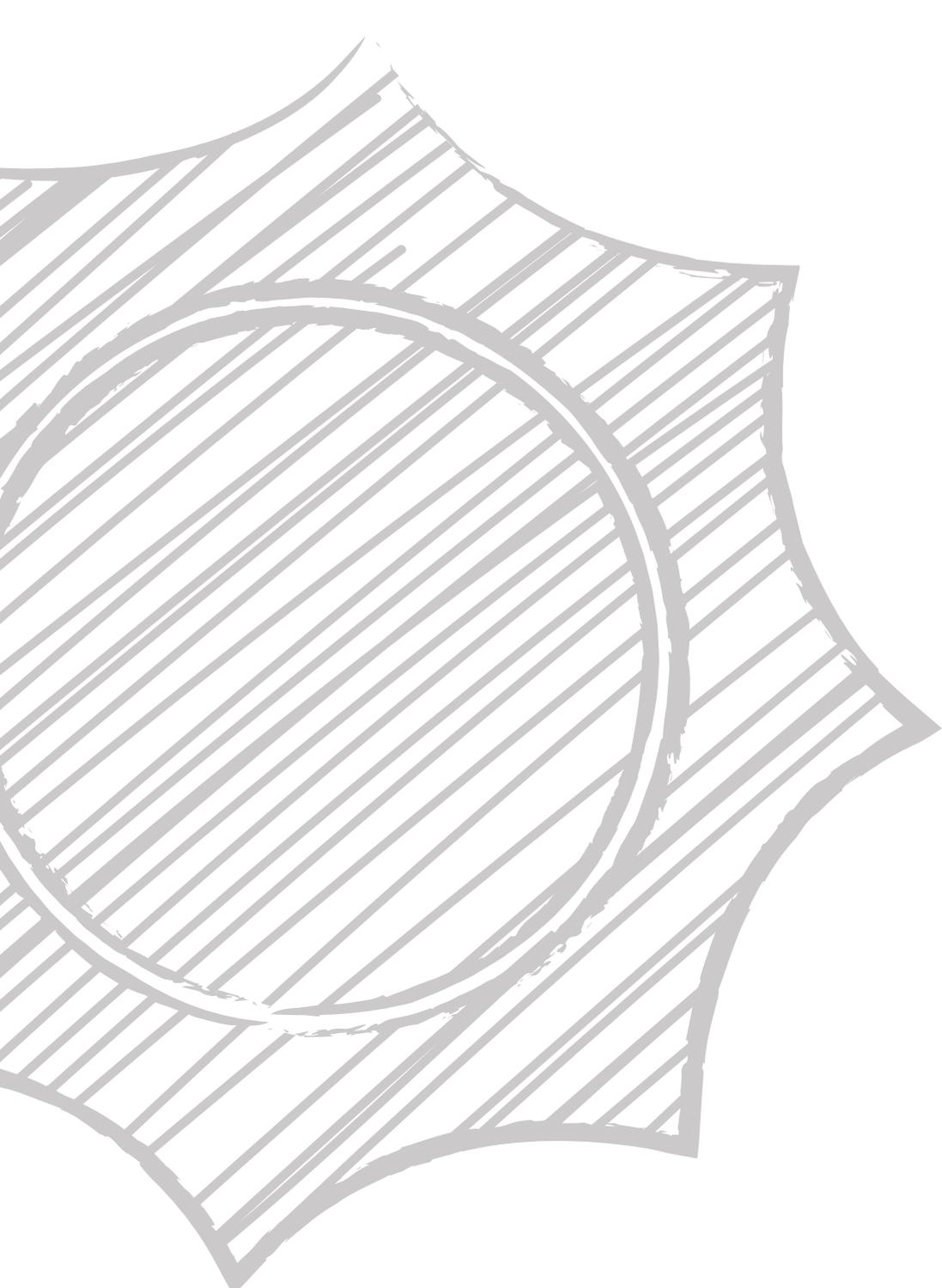
Hike description:

Drive to Lengau car park, hike across Lindlingalm to Saalalm, Ossmannalm and to Forstalm with stopover. We'll then take the forest path back to our starting point.

Duration:

Circular trail : approx. 3.5 hours (including stopover)





Fridays

9:30 am - 3.00 pm (approx.): **Hike to Reiteralm (elevation 1554 m.a.s.l.)**

MEETING POINT:

RECEPTION

Our walk today will take us on a splendid hike along the sunny side of the Glemm valley. Our destination is the impressive Reiteralm. The family-run alpine lodge here with its extensive sun terrace is a favourite of tourists and locals thanks to the home-cooked dishes it offers garnished with fresh herbs from its alpine garden.

Directly next door to the lodge is a large playground with barefoot trail, while we'll also be paying a visit to the medicinal herb trail. Here detailed descriptions introduce young and old visitors to more than 80 plants indigenous to the alpine region.

Hike description:

We'll be hiking from Ellmauhof into the valley along the untaxing trail towards Saalbach. The trail will take us across Seigalm to the popular Reiteralm.

After taking a short break, we'll take a look at the carefully nurtured herb garden and then take the Pfefferweg through the centre of Hinterglemm back to Ellmauhof.

Depending on the wishes and ability of the group, we can also take a detour and climb up to the peak of the Reiterkogel.

Behind Reiteralm, the path leads upwards past the Wetterkreuz reservoir. We'll soon reach the Wetterkreuz at an approx. elevation of 1660 m.a.s.l.; from here, a footpath takes us left to the Reiterkogel, at 1818 m.a.s.l., where absolutely breathtaking views await us.

Alternatively, the Reiterkogel cable car can be used for the ascent or descent. there is no charge for use by holders of a JOKER CARD. The trail as far as Reiteralm is suitable for those with baby buggies and baby carriers.

Duration:

Ascent through 500 metres elevation to Reiteralm:
approx. 2.5 hours Descent approx 1.5 hours

Bring along: Your JOKER CARD for the whole family

Dear guests

You'll find our shoe room in the cellar.

You can use the locker with your room number here to store your sport and hiking shoes.

WHAT YOU'LL NEED WHEN HIKING:

Stout footwear (ankle-high alpine or hiking boots)

Sun protection (sunglasses, head covering, sunscreen, etc.)

Waterproofs (jacket and trousers)

Enough to drink

A change of clothing (T-shirt, etc.)

Trekking poles (if you like)

And bring along any important medication you may need

Please also don't forget to bring your JOKER CARD for the whole family on hikes in case we need to use any of the lifts.

Details of hikes may vary depending on weather conditions and other factors.

Our fitness coach and hiking guide Oliver is there to offer advice at any time

and will decide when and whether hikes are feasible

on the basis of his extensive experience and detailed knowledge of the area.

He is a state-licensed mountain guide and there is nothing he enjoys more than showing visitors the hidden treasures of our alpine world.

We look forward to making sure you enjoy plenty of summer fun here with us in our crystal-clear mountain air!

The Schwabl family, Oliver our hiking guide and the whole Ellmauhof team

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You take part in all activities at your own risk.

We reserve the right to make changes to our activity programme.