

## Where the (hiker's) heart sings: Holidays in the Holiday Region Hohe Salve

### Of scenic, picture-perfect alpine pastures and summit tours, culinary delicacies and hidden gems

Gentle trails, secluded paths and meaty summit tours: In the Holiday Region Hohe Salve, holidaymakers' (hiking) hearts sing. The unspoiled alpine pastures and mountain landscapes, the culinary treats along the way and extraordinary destinations make for unforgettable impressions. The Hohe Salve (1,829 m), the most scenic panoramic mountain in the Kitzbühel Alps, offers a multitude of hikes of various levels of difficulty. Those who prefer a more leisurely approach can take the gondola uphill and go for a walk and enjoy the panorama without much effort. The Hohe Salve is part of the SkiWelt Wilder Kaiser – Brixental with its 700 km of signposted hiking trails, 50 lodges and inns. In contrast, Kelchsau is considered an insider tip – an enchanted side valley in which time seems to stand still. The famous pilgrimage site Mariastein and the Hundalm ice and stalactite cave (the only publicly accessible one in all of Western Austria) are further highlights.

### The summit: Lake-hike up to Hohe Salve

Not only the destination is extraordinary, but so is the way there: The lake-hike up to Hohe Salve, apart from water and far-reaching views, has many a surprise in store along the way. Those who want to make a relaxed start set off in Hopfgarten with the gondola and ride up to the intermediate terminus (1,182 m). Maybe a quick refreshment in Berggasthof Tenn Mountain Inn before setting off in earnest? With some luck you'll be served by Christoph Wahrstötter, the famous Skicross-World Cup skier. He is the son of the landlords and helps his parents out during summer. The first stop on the hike is Hohe Salve reservoir, which you'll reach in 45 minutes along a forest road. Children are delighted by the water games, adults by the panorama with the snow-covered peaks of the Hohe Tauern on the horizon. Then it gets steeper. The next gem beckoning is Salvensee and soon the white bellfry of Salvenkirchlein Church comes into sight. The house of worship, the highest-located pilgrimage church in Austria at 1,829 metres, can be reached in a total of 2.5 hours walking time. Well worth taking a look at – before heading for the summit restaurant next door. The "Umadum Stub'n" and the revolving terrace provide 360-degree panoramic views for free to go with your snack. You don't even need to move your head. And then it's just a few steps to the upper terminus to make your way back down back into the valley again in comfort. The lake-hike is one of many [hiking options](#) opening up around Tirol's most scenic panoramic mountain.

### The hidden natural gem: Hiking Paradise Kelchsau

Alpine cabins, cows, rushing streams: There is hardly any other place in the Kitzbühel Alps that is more secluded and pristine than Kelchsau. In this hidden side valley hikers can leave the everyday hustle and bustle behind along fabulous trails. One of the most scenic tours leads across the Wildalmen to [Schafsiedel](#) standing proud at 2,447 metres high. The ideal starting point is Gasthof Wegscheid Inn (1,144 m). The route leads along a mountain stream at first through coniferous forest to New Bamberg Hut (1,756 m). After a quick pit stop continue through the wide, open landscape to Rosswildalm and to Lower Wildalm Lake. Those who like can jump into the cool waters, before the climb up the terraces to Upper Wildalm Lake sap your energy. The panoramic view with the Hohe Tauern in the background is also breathtaking. From here, it's just a few minutes up to the summit of Schafsiedel – and the 7.6 km with 1,300 m difference in altitude are completed. On the way back at the latest you've truly deserved the full range of Tyrolean treats in the New Bamberg Hut. Why not stay here overnight and set off on a new dream tour the next day? For those who prefer taking it much easier, the [Niederkaser Alpine cheese dairy](#) is the perfect destination. From Zwieselbrücke toll station the path winds its way gently uphill through Kurzer Grund and past a reservoir up to where 90 cows are at home. They supply the raw material for tasty unpasteurized cheese, which matures here according to passed down recipes and old traditions. How about an alpine breakfast? There is home-made butter, farmer's cheese and yoghurt,

freshly baked bread from the wood-fired oven, and of course also bacon and jam. Those who are interested in the art of cheesemaking can join a guided tour.

### **Cool tip for hot days: Hundalm ice and stalactite cave**

Even at the height of summer, temperatures are around freezing point: Better take a jacket and cap, if the [Hundalm ice and stalactite cave](#) is your destination for the day. The guided tour takes half an hour and reveals mystical worlds. Ice formations up to seven metres thick grow next to mystical stalactite shapes, which still pose riddles. Equipped with a headlamp and helmet, the tour leads through a narrow gorge down into the interior of the mountain and along steep paths into the maze with its many branches and forks. Always accompanied by a guide from the cave explorer association. The only publicly accessible ice and stalactite cave in Western Austria is a secluded natural gem, which only hikers can get to. The start is in Angerberg, from here it's 6.5 km and 870 m elevation gain up to the cave (1,350 m). A moderately difficult tour, during which not only the destination fascinates. Because you are following a stage of the Tyrolean Eagle's Trail – with remarkable carvings that incite to take photos at the Eagle's nest. Restaurant recommendation: The Buchackeralm with its enchanting mountain panorama, served up for free to go with your snack, dumplings or traditional Tyrolean dessert.

### **The jewel: Pilgrimage Church Mariastein**

A couple of farmhouses and cows – that's pretty much all there is in the smallest village in the Holiday Region Hohe Salve. And, of course, taverns with tradition. Because on a rock in Mariastein towers one of the most famous pilgrimage sites in Austria. First there was a castle, which then became a church and since the late Middle Ages a pilgrimage site. Particularly worth seeing: the picture of the Virgin Mary with miraculous powers from the mid-15th century. [Mariastein](#) is considered a true power place, which pilgrims already discovered centuries ago on the Way of St. James. The chapel in the 42-metre-high tower can be reached along 150 steps. The former Hall of Knights is now a Castle Museum. The most important exhibits are the former Tyrolean state regalia, the archducal hat and the sceptre, which count among the state's most precious treasures and were once donated by local ruler Maximilian III. Right beside: Sacral items from gold and silver, clothing, swords and other everyday items used by the nobility in times past. And, of course, pilgrimage panels. The most scenic route to Mariastein pilgrimage church is a relaxing one: From Angerberg through the wide, gently rising plain the walk takes about one hour through the wide, secluded landscape with its forested hills and lush, green meadows, where everything still seems to be right with the world. But you can also get there by car.

### **Splendid views indeed: Hiking along the AT Walk**

Hiking further to discover new things. Not only the landscape, but also the people here. And maybe even yourself a little bit. That is the Kitzbühel Alps Trail, [KAT Walk](#) in short – a scenic long-distance hiking trail through the Kitzbühel Alps. The Alpine-variant leads in six stages through the untouched side of the popular holiday region and runs from Hopfgarten via Kelchsau, Windautal Valley to Aschau, continuing to Kitzbühel and St. Johann in Tirol all the way to the finish at St. Ulrich am Pillersee. 160 kilometres and 6,350 metres difference in altitude with ever-changing views and insights. Those who like to take it more easy, choose the beginner's or connoisseur's option with three stages each. Since summer 2021, the KAT Walk also has a family option available – with highlights along the way to boost motivation. Thanks to the low-priced all-round carefree package with luggage transport, hikers can focus fully on themselves and their impressions.

### **Holiday Region Hohe Salve**

The Holiday Region Hohe Salve links the town and countryside. Wörgl with 14,000 inhabitants, shopping facilities, restaurants and cafés is considered the gateway of the Kitzbühel Alps. The towns of Hopfgarten, Itter, Kelchsau, Angath, Angerberg, Mariastein and Kirchbichl each have their own charm – with rural structures and lots of romanticism in unspoiled nature, beautiful taverns and churches.

### **Time out for the car**

The Kitzbühel Alps are pioneers in matters of mobility. The four holiday regions Hohe Salve, Brixental, St. Johann in Tirol and Pillerseetal have set new standards together with their mobility concept. Thus, the Kitzbüheler Alpen Card (guest card) automatically also serves as a train and urban railway ticket for the local transport with frequent departures. On the 66 km route between Wörgl and Hochfilzen with its 18 stations, some 60 regional and urban trains run daily. Those who check in electronically before setting off on their holiday, enjoy free transport already when making their way here from Wörgl. Also included are the Regio and City buses of the holiday region Hohe Salve – and that not only in the near vicinity, but all the way across to Kitzbühel.

**Summer activity program:** From a yoga-session on the Kleine Salve to an adventurous donkey ride all the way to a day on the farm for the whole family. The region's summer activity program beckons daily with multifaceted options. Register online at [www.hohe-salve.com](http://www.hohe-salve.com) or in the info offices of the Holiday Region Hohe Salve.

## **A new destination beckons every day: The Holiday Region**

### **Hohe Salve fascinates bikers, cyclists and connoisseurs**

**180 kilometres of routes through picture-perfect landscapes, perfect infrastructure, culinary highlights along the way – what more do you need for holiday bliss?**

The Holiday Region Hohe Salve has been setting superlatives for years: The first e-roadbike-region in the world, and together with the neighbouring Kaiser Mountains the largest e-bike-region, impresses with perfect infrastructure. From bike-transport with mountain cableways, train and bus to cycling-friendly accommodation, exemplary signposting and routing all the way to guided tours, training options and test-centres, modern service-, rental- and battery-replacement stations as well as top-events for whizzes. All this in the picture-perfect scenery of the Kitzbühel Alps, from which the Hohe Salve (1,829 m) stands out. Be it road bike routes, gentle paths for bicycle touring or meaty trails: The choice is huge and every route is its own reward. Because in the Holiday Region Hohe Salve it was passionate experts who established the network with heart and mind. Out and about: Lodges and inns with excellent cooking time and again. A route network spanning more than 180 kilometres leads past river courses and up to summits, long-distance cycle paths not included. Whether to set off with or without electric engine is left for everyone to decide for themselves.

#### **Leisure cycling**

Even if the Holiday Region Hohe Salve is among Austria's best-known cycling destinations: It doesn't always have to be a hard mountain tour. Because the landscape is wide, enchanted with gentle side valleys and true insider tips. How about the Salven bike circuit (53.1 kilometres, 676 metres difference in altitude)? It leads around Hohe Salve, the most scenic panoramic mountain in the Kitzbühel Alps. The start and finish is the village square in Itter. Moderate climbs and lots of inns, the perfect family outing. Also especially appealing is Kelchsau, one of the enchanted valleys accessible from Hopfgarten. The valley branches out once more at the end: Through Langer Grund the way leads to Tiefentalalm. This 500-year-old restaurant is one of the oldest still preserved in Tirol and serves up traditional treats. The way through Kurzer Grund leads to Niederkaseralm: Stop off, relax, watch the cheesemaking and, of course, taste some.

#### **Mountainbiking**

Then bicycle up to the mountain and the inns – in the Holiday Region Hohe Salve this comes as naturally as going for a walk elsewhere. You can do it almost anywhere. Forest roads, steep paths, trails – the infrastructure is perfect, the choice huge. Those who tackle the Hohe Salve can save their energy on the first section and relax by taking the gondola from Hopfgarten up to the intermediate terminus. Tip: Via Salvensee and Filzalmsee Lakes back down to Elmau and via Söll and Itter back to Hopfgarten (43 kilometres distance, 950 metres difference in altitude). Maybe to Haagalm next day? Past Hopfgarten swimming lake head for Kelchsau up to the idyllic destination and across Penningberg sunny plateau back to the starting point again. The tour (25.7 kilometres, 938 metres difference in altitude) is technically challenging, but rewards with wonderful views.

#### **Road racing**

The wide network of roads and trails winding through the varied landscape with its gentle grassy hills, wild streams and pretty villages, offers optimal conditions for road cyclists. Tailwind is available as required: Because the Holiday Region Hohe Salve has been established as the world's first e-roadbike-region since 2013. In the test-centres in Wörgl and in Angerberg, e-roadbikes of the **vivax drive brand are** available for rent – for optimal training as well as to offer support during steeper climbs. Those who cycle through the wide valley landscapes while enjoying the view of the summits of the Kitzbühel Alps, have chosen the gentler variant anyway. A classic is the Reintaler-Lake-Circuit. It leads from Wörgl past Angath and the famous pilgrimage site of Mariastein (well worth a stop) via the Reintaler Lakes to Rattenberg and back again: 50.4 kilometres, 452 metres difference in altitude, can easily be completed in 3

hours. A more challenging tour is the one around Wilder Kaiser, the locals' favourite mountain (92.7 kilometres, 593 metres difference in altitude). Or how about the Gerlos Circuit (174.8 km, 2,303 m difference in altitude)? Your effort will be rewarded with extraordinary views of the glaciers of the Zillertal Alps and Hohe Tauern.

### **Along the Inn at leisure**

520 kilometres route and only 1,500 metres difference in altitude: The Inn Cycle Path, which leads along the river from its source in Engadin to its mouth in Passau, is the ideal choice for families and connoisseurs. Those who just want to sample one stage at first, can follow the signs from Wörgl via Kirchbichl to Kufstein. Or in the other direction to Strass im Zillertal.

### **On the KAT Bike through the Kitzbühel Alps**

Just pedal off and let the beautiful scenery beguile you: That's the concept of the KAT Bike, which leads from Hopfgarten all the way over to Pillerseetal straight through the Kitzbühel Alps. In 3 days, with up to 170 kilometres route and 6,000 metres difference in altitude in the wild variant across the summits. But there are also gentler options, which can be chosen spontaneously and according to your form on the day. Minor matters such as hotels, luggage and dinner will be taken care of by others. Various all-round carefree packages are available to choose from.

### **EldoRADO Bike & Run Festival**

On 7/8 May, peaceful Angerberg is transformed into a "Mountain-Mekka" for the fourth time: Bikers and trail runners line up for the start and compete in various categories. Those who compete in both disciplines and choose the toughest tour in each, compete for the title of top athlete in the combined category. 33 kilometres and 900 metres difference in altitude on the mountainbike, 26 kilometres and 1,600 metres difference in altitude with running shoes – a hefty programme.

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