



hohe tauern national park - a journey back to the beginnings



welcome to the national park

The National Park region in East Tyrol is genuine, original and authentic. With an area of 1856 km² it is the largest national park in the Eastern Alps and one of the most fascinating high mountain landscapes on earth.

Our remit is not only to present the national park, but also to ensure the protection, research, education and conservation of animal and plant species as well as cultural landscapes.

My personal recommendation:
Treat yourself to some time out on a guided ranger hike with snowshoes.

Also take a look at the new hohetauernguide and get all the offers of the Hohe Tauern National Park on your mobile phone.

Guided hiking tours with rangers through the Hohe Tauern National Park glistening winter landscape provide plenty of opportunities for recharging your



batteries and regaining your zest for life. Our National Park Rangers convince with special knowledge in natural history and know the features and highlights of the alpine national park through many years of experience.

I cordially invite you to experience the magnificent mountain world of the National Park in the company of our rangers.

Hermann Stotter
National Park Director Tyrol

climate-friendly journey is rewarded

Travelling to East Tyrol by public transport (train or bus) is rewarded. If you take part in a ranger hike, you will receive a **€ 10,- voucher** for the National Park Shop. Simply show your ticket (day ticket, Klima Ticket, etc.) to the ranger.

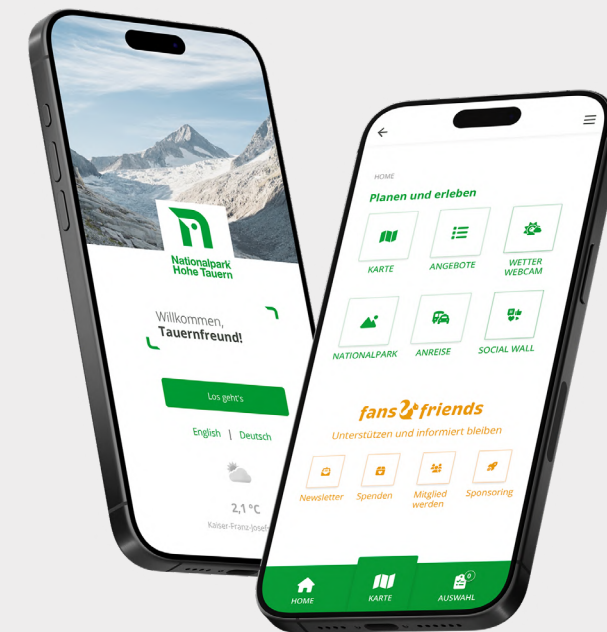
Cash redemption not possible.

your hohetauern|guide

Bring the national park on your smartphone!

- Plan your experiences
- Find themed trails and exhibitions
- Book national park tours with rangers online
- and many more

www.hohetauernguide.at



Keep up to date and play an active role in
shaping the future!
Register now for our newsletter and become
part of our community!



national park offers

more info
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National Park Experience indoor		6 times in East Tyrol	from 24

national park visitor centre matrei

Exhibition "Views of the Tauern – experience the wonder"

Immerse yourself in the living spaces of the Hohe Tauern National Park – the interactive exhibition presents various (experience) habitats in the protected area and inspires to venture outdoors and discover the national park.

Free entry!

Audio-Guide (German, English, Italian)
Costs € 4,-

Guided tours for groups of 10 people or more
Pre-booking required. Costs: Adults € 5,- | Children € 4, -



Special exhibition 2025/26 - The Isel - East Tyrol's mighty glacial river

Opening times Winter
15th December 2025 - 03rd April 2026
Monday to Thursday: 10:00 - 12:00 & 14:00 - 17:00
Friday: 10:00 - 12:00
closed on 24th & 31st December and public holidays



animal world in energy-saving mode

The winters are long and hard in the Hohe Tauern National Park due to the cold and the lack of food. Too many disturbances and interferences can quickly disrupt the sensitive equilibrium that wildlife needs to survive. In winter, wild animals run on a reduced metabolism and live off energy reserves. These reserves are quickly used up if animals need to escape, sapping their energy. Disturbances by people can even lead to their death. Our tour's focus is on the protection of nature and wildlife and this is taken into consideration when our guides are planning the tours.

Tips and code of conduct in the countryside

- Stay on marked trails in forests
- Avoid the edges of forests, groups of trees and shrubs and single trees or snow-free areas, as they are often safe areas and hiding places for wild animals.
- Respect and give a wide berth to "wildlife protection zones" and feeding areas.
- Never approach animals: move out of their way or give the animals time to retreat.
- Keep dogs on a lead.

snowshoe hikes in the national park

Untouched and snowy winter landscapes, loose powder snow, peace and quiet and solitude await snowshoe hikers on their tours through the Hohe Tauern National Park. Experience, discover, observe and hike with us through the jagged valleys of the national park and marvel at the survival strategies of the animal and plant world. Enjoy a day with us immersed in nature without stress or frenzy.

rangers in the tyrol hohe tauern national park



Matthias Berger



Ruth Bstieler



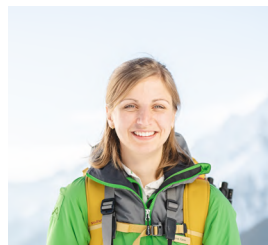
Christoph Dietmaier



Brigitte Eckle



Elisabeth Fladerer



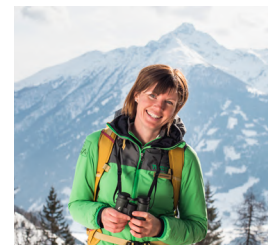
Caroline Führer



Eva Maria Klaunzer



Armin Kollreider



Maria Mattersberger



Matthias Mühlburger



Andreas Rofner



Sophie Thaler



Carola Trojer



Simon Zeiner

Our rangers have specialist knowledge about nature studies, wildlife and landscape, making them the perfect companion for your national park experience in East Tyrol.

rent a ranger

Exclusively for you, your family, company excursions or group trips

We plan an unforgettable tour for you in the heart of the Hohe Tauern National Park.

We offer

- Nature watch & nature education
- One- or multi-day programmes, adapted to age, group and condition
- Presentations on special topics
- Regional insider tips
- Incentive, team building and group travel offers

Rent a Ranger offers in winter:

Day and half-day hikes (e.g. winterhikes, Nature-Watch tours, phototours, wildlife observations).

All tours are bookable in English on request.

Costs for your private and personal ranger € 270,- per day

TIP

Rent a Ranger as a special present

Exploring nature with the best equipment

Activities in the "wilderness" of the National Park require good and functional equipment. "Meindl" mountain boots are the perfect companion for your feet to safely tackle rough terrain and trails in the Hohe Tauern.

Supported by:



information about our guided tours

Equipment

- Mountain boots with good tread (winterproof)
- Outdoor clothing (including hat and gloves)
- Sun protection
- Backpack with drinks and snacks
- hiking / ski poles

Guided tours*

Group size: 5 up to 12 people

Registration required until 5 pm the previous day

Special tours and group offers on request

* Subject to change depending on weather conditions.

Costs for guided tours according to program

Snowshoes are included

Nature Watch Adults: € 22,- / Children 6 to 14 years: € 15,-

Rent a Ranger

For your individual experience. See page 11 for more information.

Your benefits



Spend the night at one of our national park partners and receive a guided ranger tour for free or at a reduced price.

Booking

at hohetauern.at - Experience - Tours



For organisational reasons, registration via our booking tool is required!

Information about the programs is available from the visitor service of the Hohe Tauern National Park in Tyrol:

+43 4875 5161-10,

nationalparkservice.tirol@hohetauern.at

nature watch - tracks in the snow



On snowshoes in the kingdom of ibex, chamois, eagle and bearded vulture.

Equipped with binoculars and spotting scope we are following the tracks of wild animals. Moving through the snow, your Ranger will expertly spot wildlife and captivate you with their in-depth specialist knowledge of the native plants and animals and the telltale signs of their activity in the remote and often untouched winter landscape of the National Park.



nature watch tour offers

WILD survival artists in Kals am Großglockner

Mondays, 15.12.2025 - 16.03.2026

Fridays, 19.12.2025 - 20.03.2026

9:30 - 13:30

Meeting point: Infopoint Glocknerwinkel (Lucknerhaus)

Searching for traces in the Deferegggen Valley

Tuesdays, 16.12.2025 - 30.12.2025

Wednesday, 07.01.2026

Tuesdays, 13.01.2026 - 17.03.2026

09:45 - 14:00

Meeting point: Tourist information St. Jakob i. Def.
(Attention, from the meeting point an individual journey to the starting point is necessary. For tours on the Staller Sattel, you can also travel by public transport.)



Experience our tours with Swarovski Optik binoculars for an impressive observation of the animal world.

Magical natural treasures in the Matri Tauern Valley

Thursday, 18.12.2025, Monday, 22.12.2025 & Friday,

02.01.2026

Thursdays, 08.01.2026 - 19.03.2026

9:30 - 13:30

Meeting point: Matrier Tauernhaus

Tour information

Level of difficulty: easy - moderate

Rental of the latest models of
Swarovski Optik binoculars: € 5 per tour.
Further information on request!





winter magic on the sunny balcony of Prägraten

Winter hiking on the newly created Bichl winter hiking trail

This ranger hike begins when the low winter sun bathes the 'sun balcony of Prägraten' in golden light. Right at the start, the unspoiled hamlet of Bichl enchants visitors with its traditional farms. From here, the hike continues at a leisurely pace through the so-called 'Lärchweiden' (larch pastures), a centuries-old cultural landscape that creates a unique atmosphere in the snow. Along the way, the rangers share fascinating facts about the flora and fauna and explain how the individual organisms have ingeniously adapted to these harsh conditions. With a little luck, you can observe native songbirds 'feeding' at the bird feeder.

Wednesday, 17.12.2025 & Tuesday, 23.12.2025
Wednesdays, 31.12. - 11.03.2026

11:45 - 16:00 Uhr

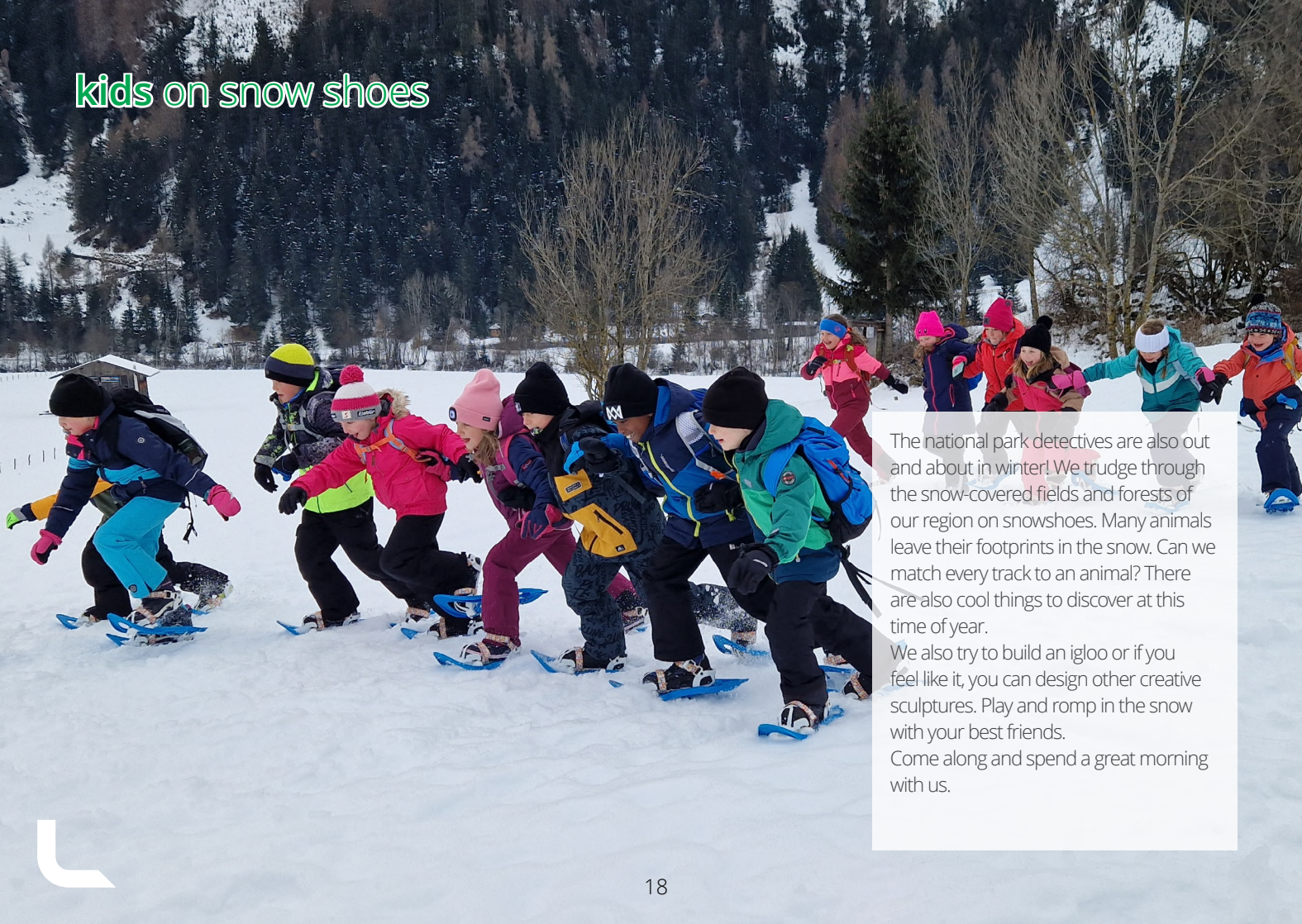
meeting point: Tourist information Prägraten
 (Attention, from the meeting point an individual journey to the starting point is necessary.)



The hike takes place without snowshoes on a winter hiking trail.

NEW

kids on snow shoes



The national park detectives are also out and about in winter! We trudge through the snow-covered fields and forests of our region on snowshoes. Many animals leave their footprints in the snow. Can we match every track to an animal? There are also cool things to discover at this time of year.

We also try to build an igloo or if you feel like it, you can design other creative sculptures. Play and romp in the snow with your best friends. Come along and spend a great morning with us.

Dates:

christmas holidays:

Tuesday, 30.12.2025

Friday, 02.01.2026

Monday, 05.01.2026

semester break:

Monday, 09.02.2026

Friday, 13.02.2026

meeting point: will be announced upon registration depending on snow conditions

Start: 09:00 a.m.

Costs: € 15,-
including snow shoes

Information & registration

Nationalparkhaus Mautrei

+43 4875 51 61 10



tell stories with pictures

Multivision shows with pictures, film sequences and stories about the region. Immerse yourself and be carried away into the fascinating world of the Hohe Tauern National Park.

Lectures and presentations on various topics within the national park (glaciers, the life of a ranger, fauna and flora...)

On request

Duration: ca. 45 Min.

Costs: € 100,-

Bookable for hotels, groups, business trips, ...



**If you don't
come to the
mountain,
we'll bring
the mountain
to you.**

Become a member of *fans&friends* – starting at just € 12 per year, you'll contribute to the preservation of endangered species and alpine habitats in the Hohe Tauern National Park. As a Family member, you'll receive a cuddly National Park stuffed animal as a thank you – so you can stay close to the mountains, even when you're not in nature. By the way, it also makes the perfect gift!

Fan: € 12 Friend: € 60 Family: € 120



**Nationalpark
Hohe Tauern**

fans & friends



Alpine shelters in the Hohe Tauern National Park are also open in winter for tours in the high mountains.

In many places, ski tourism and nature conservation are not in harmony. East Tyrol shows that it can be done differently. With its 266 three-thousand-metre peaks, the region is a paradise for ski mountaineers. To make sure it stays that way, snow lovers, outdoor enthusiasts, mountaineers, but also children and young people are made aware of the need to treat nature with care.

Further information on the project:
bergwelt-miteinander.at



Into the offside! Ski tours in Osttirol

Worthwhile destinations with the three-thousand metre peaks and the impressive natural landscape in the Hohe Tauern National Park are an absolute treat for touring aces. Accompanied by certified mountain guides, some of the quietest alpine pastures and most striking peaks are climbed in the face of the Großglockner, Großvenediger and co. Experienced ski tourers take on a special challenge: the Hoch Tirol ski route. On this extremely demanding high-mountain traverse, more than 18,000 metres in altitude and 140 kilometres are covered in six days. In Osttirol, people have always been aware of their responsibility towards nature - especially when it comes to ski touring. The potential of gentle tourism structures is demonstrated with special offers as part of the project „Experience the Mountain World of Tyrol Together“, in cooperation with the Hohe Tauern National Park.

Information at skitouren.osttirol.com

● www.osttirol.com

national park experience indoor

National Park Visitor Centre Matrei i. O.

The interactive exhibition "**Views of the Tauern – experience the wonder**" and the special exhibition 2025/26 "**The Isel - East Tyrol's mighty glacial river**" extend over 5 floors.

Details page 7.

Welcome | Benvenuti
Willkommen im Nationalpark



Nationalpark
Hohe Tauern

Nationalpark
Hohe Tauern

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National Park welcome area - district capital Lienz

You can admire the natural jewels of the protected area, in the district capital of Lienz.

Place: Tourism office Lienz

Beyond time - Virgen

The Virgen landscape is an ancient cultural space uniting space and time. Six individuals look into the past and future.

Opening hours:

Daily from 8:00 - 18:00
08.12.2025 - 06.04.2026

Place: Tourism office Virgen

Under the spell of the Grossglockner - Kals am G.

Experience the highest mountain in Austria up close.

Opening hours:

Fridays from 9:00 - 12:00 & 14:00 - 17:00
05.12.2025 - 10.04.2026
(closed on holidays)
Groups on request, subject to charge.

Place: Glocknerhaus, Kals am G.

Time travel Deferegggen - St. Jakob i. Def.

In this show, our visitors are taken on a journey from the ice age through the Millennia to the history of mining in the valley and travelling trade in the valley.

Opening hours:

Monday - Friday, 10:00 - 18:00
& on request at the municipal office

Place: Music Pavilion, St. Jakob i. D.

The Swiss Stone Pine - Deferegggen Valley

Everything revolves around the Queen of the Alps - the Swiss stone pine.

Opening hours:

Monday - Friday, 8:00 - 18:00,
and on request at the tourism office Deferegggen Valley

Place: Handlhaus, St. Jakob i. D.



The Swiss Stone Pine

NATIONAL
PARKS
AUSTRIA

*Nichts berührt uns
wie das Unberührte.*

Supported by the federal government, the federal provinces and the European Union

Federal Ministry
Agriculture and Forestry, Climate
and Environmental Protection,
Regions and Water Management
Republic of Austria

WIR leben Land
Common Agricultural Policy Austria

Co-Funded by the
European Union

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So delicious - quality-certified National Park regional products

You can see, smell and feel the National Park, but above all: you can taste it! Would you like a piece of the National Park to take home? Gourmets can savour the quality-certified specialist products from the National Park region literally melt on their tongue. Because when it says “Hohe Tauern National Park Regional Product” on the outside, genuine authentic taste is what you find inside. The products are manufactured in East Tyrol and at least 50% of the raw materials used come from the National Park region.

Available here: Bauernladen Virgen Farm Shop, Lienz Market, Hofladen Peischlerwirt Farm Shop, Sotla's Tauernladen, Regiomat Nußdorf-Debant, Gaimberg & Matrei, Deferegger Machlkammer Craft Shop, Kalsertaler Genusschitte, Halbfurter's Hofladele, Mühstättler butchers, online stores of producers, direct marketing from the farm, East Tyrolean food retailers with a regional focus

Foto: Andergassen

Foto: Berggasthaus Gollnied

Foto: Peter Huber

**NATUR
ERLEBEN.
IM EINKLANG**

OFFIZIELLER
Nationalpark
Hohe Tauern
PARTNER

SLOW TRAVEL - WINTER HOLIDAYS IN A NATIONALPARK PARTNER ACCOMODATION

Trudge through fresh powder snow, breathe in the pure mountain air, and experience nature with all your senses – enjoy the East Tyrolean mountain winter in our National Park Partner Businesses! Here, a love of nature is a top priority! In our family-run businesses, you can expect warm hospitality and personal tips for the best excursions. Whether it's slopes, hiking trails, or hidden gems – our hosts know their way around and will help you get the most out of your stay. Your advantage: free ranger hike included! We focus on regional products and treating nature with respect, because our home is worth it. Enjoy your nature-oriented vacation in the largest protected area in the Alps!

www.nationalpark-partnerbetriebe.at

experience the high alpine national park



Mountain guide offices in the East Tyrol National Park region

Venediger mountain guides www.venediger-bergfuehrer.at

Virger mountain guides www.virgenalpin.at

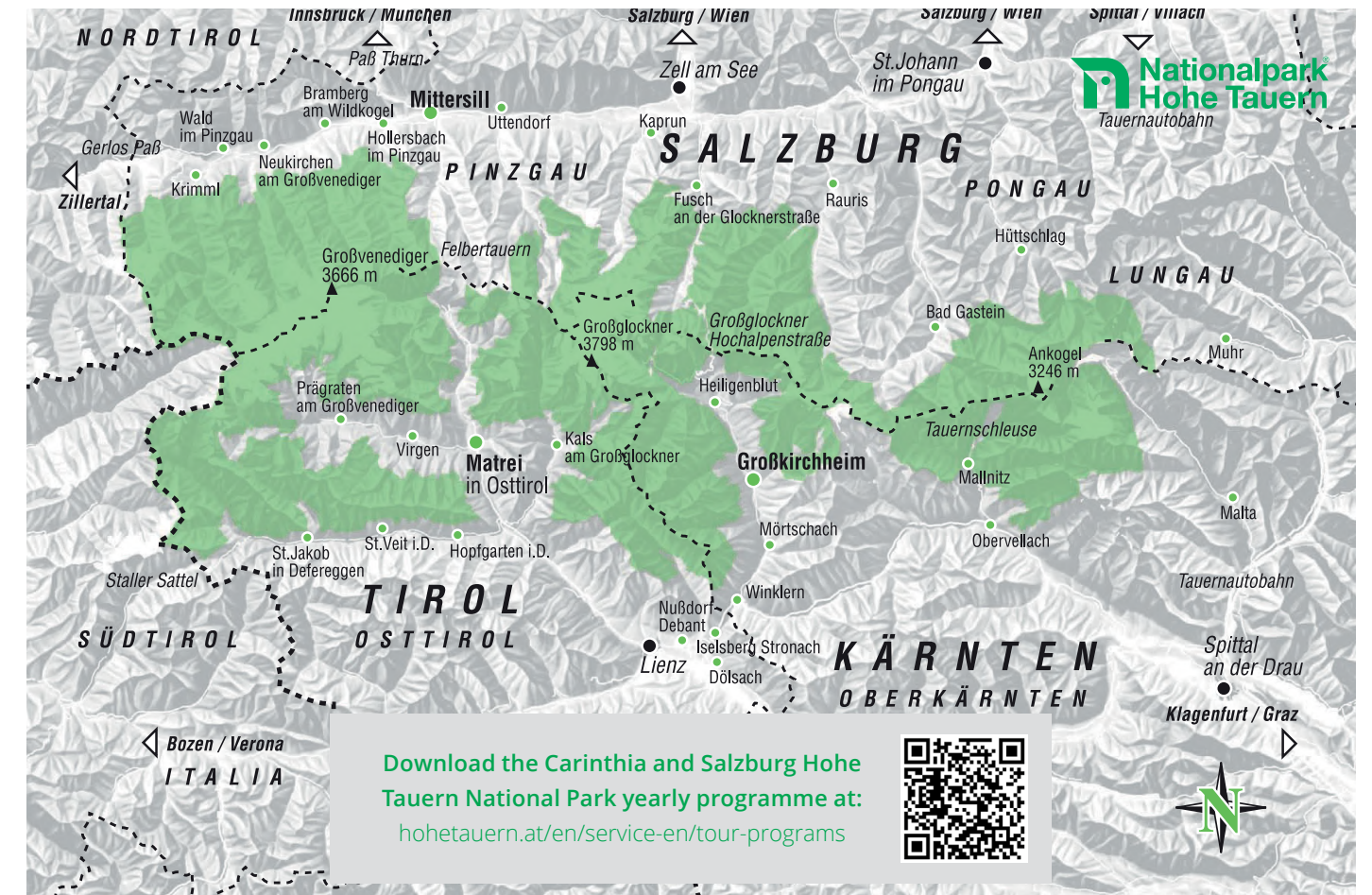
Mountain guide office Matrei www.bergfuehrer-matrei.at

Kalser Großglockner mountain guides www.bergfuehrer-kals.at

Mountain guides Defereggental www.bergfuehrer-stjakob.at

Ostalpen guides www.ostalpenguides.at

Tiroler Bergsportführer, Sekt. Osttirol (allg.) www.berg-osttirol.at



Download the Carinthia and Salzburg Hohe Tauern National Park yearly programme at:
hohetauern.at/en/service-en/tour-programs





 Share your personal nationalpark moment on Instagram.

#nationalparkhohetauern
#myosttirol

looking ahead summer 2026

As soon as the marmots awake from their hibernation, the National Park Rangers once again get ready for the spring and summer tours.

Many sanctuaries in the high mountain national park can only be discovered in summer. The ranger team looks forward to accompanying you on nature watch tours, glacier hikes, alpine hikes and much more in the national park.

TIP

Highlights for little explorers & families:

- Forest Wildlife Camps in the Oberhauser swiss pine forest
- Little National Park detectives Programs from 4-12 years
- themed trails
- guided family hikes



Forest Wildlife Camps for kids in the Oberhauser swiss pine forest

SHARE YOUR NATIONAL PARK MOMENT WITH US!



Information on National Park partner accommodation in East Tyrol:

www.nationalpark-partnerbetriebe.at

Information on the East Tyrol region:

nationalpark.osttirol.com

Travelling by car



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Phone: +43 (0) 4875 / 5161-10

E-Mail: nationalparkservice.tirol@hohetauern.at

www.hohetauern.at

Travelling by train



Editor: Simon Zeiner & Ruth Bstieler, NPHT Tyrol; Design: Simon Zeiner, NPHT Tyrol
Photos: Mathäus Gartner (2, 7, 9, 10, 14, 15, 16, 19), Robert Pupeter (4), Ramona Waldner (3, 10, 11, 12, 31), Martin Lugger (7, 10, 30, 31), Stefan Leitner (title, 16, 17, 19), Emanuel Egger (10, 14, 20), Florian Jurgeit (24), H. Marek (8, 17) Alexander Müller (30, 31), Gunther Gressmann (22, 30), Hannah Assil (30), Tom Specht (30), Berg im Bild (28), Verena Rainer (18, 19), Zeiner (10); Karte: NPHT (29)

Print: Oberdruck GmbH, 9991 Dölsach
Programme subject to change. Despite due diligence, typographical and printing errors cannot be ruled out. Date: November 2025