

OUR HIKINGTIME IN THE HEART OF THE CARINTHIAN NOCKBERGE MOUNTAINS

Sanfte Kuppen, saftige Almwiesen und erhabene Weibliche - beim Wandern im UNESCO Biosphärenpark Kärntner Nockberge nehmen wir uns ZEIT, in eine unberührte Naturlandschaft einzutauchen. Der wohlkumme Duft der Zirbe liegt hier in der Luft, ihre ätherischen Öle wirken gesundheitsfördernd und beruhigend. Ein Grund, warum sich Töchter mit Liebe der Verarbeitung dieses Holzes widmen. In den Nockbergen begegnen wir auch dem **Speck** - eine geschützte Heilpflanze, deren besondere Gattung nur hier zu finden ist. Die Einheimischen stellen bei der Volksfesttragung 1980 die Weichen für die Gründung eines Biosphärenparks. Gemeinsam mit dem Salzburger Lungau ist er heute der größte Biosphärenpark Österreichs.

Gentle hillsops, lush alpine meadows and sublime views - when hiking in the UNESCO Biosphere Reserve Carinthian Nockberge, we take TIME to immerse ourselves in an untouched natural landscape, with the soothing scent of Swiss stone pine in the air. Its essential oils have a health-promoting and calming effect. One reason why carpenters dedicate themselves to working with this wood. In the Nockberge we also come across **Speck** - a protected medicinal plant species (in the Germanic language found here. The locals set the course for the establishment of a biosphere reserve in the 1980 referendum. Together with Salzburg's Lungau region, it is now the largest biosphere reserve in Austria.

Here we take TIME to immerse ourselves in the fascinating alpine world of the UNESCO Biosphere Reserve Carinthian Nockberge. How about a guided hike? Our biosphere park rangers or trained hiking guides provide insights into the mysterious flora and fauna and tell exciting stories about the land and its people.

www.biosphaerenparknockberge.at
www.bergwanderfuhrer.info

Pflege der Wanderwege | Maintenance of the hiking trails
Wir bitten, die Warningschilder an den Rad- und Wanderwegen (Hinweis auf Forstarbeiten / saisonale Pflegemaßnahmen) zu beachten. Im Winter sind die Wege auf eigene Gefahr befahr- und begänglich.

Please observe the warning signs on the cycle and hiking trails (information on forestry work / seasonal maintenance measures). In winter, the paths can be used and walked on at your own risk.

Servicecenter der österreichischen Bundesbahnen
Service centre of the Austrian Federal Railways, ÖBB
T: +43 51 517 17 | www.oebb.at

Postbus Kundenbüro | Bus lines „Postbus“
T: +43 51 517 17 | www.postbus.at

Kärntner Linien | Public Transport in Carinthia
T: +43 55 59 50 50 | www.kaelntnerlinien.at

ÖFFENTLICHER VERKEHR | PUBLIC TRANSPORT

Sonnenschein CARD
Eine Karte - unendlich viele Möglichkeiten. Mit der Sonnenschein Card wird Ihnen von Montag bis Sonntag ein spannendes Urlaubsprogramm geboten. Erhältlich ab der ersten Übernachtung in einem Partnerbetrieb.

One card - endless possibilities. The Sonnenschein Card offers you an exciting vacation program from Monday to Sunday. Available from the first overnight stay in a partner establishment.

BAD KLEINKIRCHHEIM BERGBAHNEN
• Biosphärenparkbahn Brunnach
• Kaserbahnbahn
www.badkleinkirchheim.com

GOLDBECK BERGBAHNEN
www.sportberggoldbeck.com

BERGBAHNEN TURRACHER HÖHE
www.turachahoeh.at/de/sommer/bergbahnen

BUTLERCARD
Bei einem Sommeraufenthalt in einem der 20 Butler-Betriebe auf der Turmacher Höhe, an exklusiver VIP-Service inklusive - mit Ermäßigungen auf Bike-Tageskarten, geführte Touren, Wanderungen mit Bergführer, Begleiter und Livin.

During a summer stay at one of the 20 Butler accommodations on Turmacher Höhe, an exclusive VIP service is included - with discounts on bike day passes, guided tours, hikes with a mountain guide, archery sessions, and more.

Die neue ZEITpass App jetzt aktivieren!

WANDER-REGELN

➤ Trage immer festes Schuhwerk und bequeme Kleidung.
➤ Informiere dich vorab über die Streckenbeschaffenheit und das Wetter.
➤ Verlasse niemals den markierten Weg und halte dich an die Wegweise.
➤ Nimm ausreichend zu trinken und Proviant mit.
➤ Höre auf deinen Körper und schone dich, wenn du müde wirst.
➤ Überlasse die Natur so, wie sie vorfinden und lass sie sammeln Müll auf.
➤ Respektiere die Anwohner und ihre Privatsphäre.
➤ Halte Rücksicht auf andere Wanderer und passe dein Tempo an.
➤ Vermeide unnötige Geräusche und störe keine Tiere.
➤ Verwende bei Bedarf Wanderstöcke oder andere Hilfsmittel.

10 VERHALTENSGEDELN für den Umgang mit Weidewieh

1. Kontakt zum Weidewieh vermeiden, Tiere nicht füttern, sicheren Abstand halten
2. Ruhig verhalten, Weidewieh nicht erschrecken
3. Mutterkühe beschützen ihre Kälber, Begegnung von Mutterkühen und Hunden vermeiden
4. Hunde immer unter Kontrolle halten und an der kurzen Leine führen, Tieren ein Angriff abzuwehren und sich zurückziehen
5. Wanderwege auf Almen und Wiesen nicht verlassen
6. Wenn Weidewieh den Weg versperrt, mit möglichst großem Abstand umgehen
7. Bei Herannahen von Weidewieh: Ruhe bleiben, den Tieren ausweichen, aber nicht den Rücken zukehren
8. Schon bei ersten Anzeichen von Unruhe der Tiere Weidewieh wieder verlassen
9. Zukunne beachten, falls es ein Tor gibt, dieses nutzen, danach wieder schließen und Weide zügig queren
10. Den arbeitenden Menschen, der Natur und den Tieren mit Respekt begegnen

10 RULES OF BEHAVIOUR for dealing with grazing livestock

1. Avoid contact with grazing livestock, do not feed animals, keep a safe distance
2. Behave calmly, do not frighten grazing cattle
3. Mother cows protect their calves, avoid encounters between mother cows and dogs
4. Always keep dogs under control and on a short lead. If an attack is foreseeable, put them on a lead immediately
5. Do not leave hiking trails on mountain pastures and meadows
6. If grazing cattle block the path, keep as far away as possible
7. When approaching grazing livestock, stay calm, avoid the animals, but do not turn your back on them
8. Leave the grazing area quickly at the first sign of restlessness of the animals
9. Pay attention to fences. If there is a gate, use it, then close it again and cross the pasture quickly
10. Treat working people, nature and animals with respect

WANDERUNG VOM HEIDI-HOTEL FALKERTSEE ZUM GLOCKENHÜTTE

Startpunkt | Starting point: Falkertsee
Zielpunkt | Destination: Falkertsee
Höhenmeter | Altitude metres: ~ 439 m
➤ **Weglänge | Trail length:** 8,7 km, Gehzeit | Walking time: 2 h 30 min

Wegbeschreibung | Route description:
Vom Falkertsee lake, follow hiking trail 1591 through the Sonntagstal valley up to the Falkertscharte. We change to hiking trail 109 heading north to the Falkert (2.308 m). Passing the Spitzlhorn mountain station, the route leads to the Hundsfeldscharte and back to the starting point via hiking trail 3 in a north-easterly direction.

The hike starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.

The tour starts at the public lake and runs through the vacation valley of Maltischacher See in the direction of TrippelGUT. Walk through the vineyards along the Slow Trail to the Maltersdorferhof and on to the village of Maltersdorf. Here, stay on the municipal road in the direction of St. Martin and turn left towards Hoch St. Paul and the Zingelsberg. From Zingelsberg, the route leads back through the village of Maltischach to the lake. If you want to stay longer, you can make a detour to St. Sittich and visit the Filia Church in St. Sittich. The paths are marked red-white-red.



3 SEEN AUF EINEN STREICH

NÖCKBERGE-TRAIL

ALPE-ADRIA-TRAIL

SLOW TRAIL MALTSCHECHER SEE

GIPFELWANDERUNG RINSENNOCK

Startpunkt | Starting point: Turmacher See
Zielpunkt | Destination: Turmacher See
Höhenmeter | Altitude metres: ~ 172 m
➤ **Weglänge | Trail length:** 7,6 km, Gehzeit | Walking time: 2 h

Wegbeschreibung | Route description:
Seitlich nach Bergseen? Diese stillt der 3-Seen-Weg auf der Turmacher Höhe auf knapp 1.800 Meter Seehöhe. Wir wandern auf dem gut beschützten Weg vom Turmacher See nach Süden zum idyllischen Grünsee und weiter zum Schwarzen. Von dort geht es zurück zum Ausgangspunkt. Interessante Themenfelder machen die Wanderung einmal mehr zum kurzweiligen Erlebnis. Hier nehmen wir uns ZEIT, Kräfteplätze inmitten der Natur zu entdecken.

A craving for mountain lakes? The 3-lake trail on the Turmacher Höhe at almost 1,800 meters above sea level satisfies this craving. We hike along the well-signposted trail from Turmacher See southwards to the idyllic Grünsee and on to Schwarzen. From there we return to the starting point. Interesting themed boards once again make the hike an entertaining experience. Here we take TIME to discover places of power in the midst of nature.

Here we take TIME to discover places of power in the midst of nature. The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

Here we take TIME to discover places of power in the midst of nature. The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

Here we take TIME to discover places of power in the midst of nature. The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

Here we take TIME to discover places of power in the midst of nature. The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

Here we take TIME to discover places of power in the midst of nature. The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

Startpunkt | Starting point: Heiligenbut am Fuße des Großglockners & Zielpunkt | Destination: Mugga am Adriatischen Meer
Höhenmeter | Altitude metres: ~ 100 km
➤ **Weglänge | Length of path:** ~ 126 km

Wegbeschreibung | Route description:
Der Weitwanderweg verbindet die drei Regionen Kärnten, Slowenien und Friuli-Venezia Giulia auf insgesamt 43 Etappen à 17 km. Er führt vom Fuße des höchsten Berges Österreichs, des Großglockners, durch drei Länder - Österreich, Italien, Slowenien - bis an die Adria nach Mugga. Die Vielfalt auf der Südseite der Alpen, ihre gemeinsame Geschichte und der kulturelle Reichtum des Alpen-Adria-Raums sind am Alpe-Adria-Trail stetige Begleiter.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

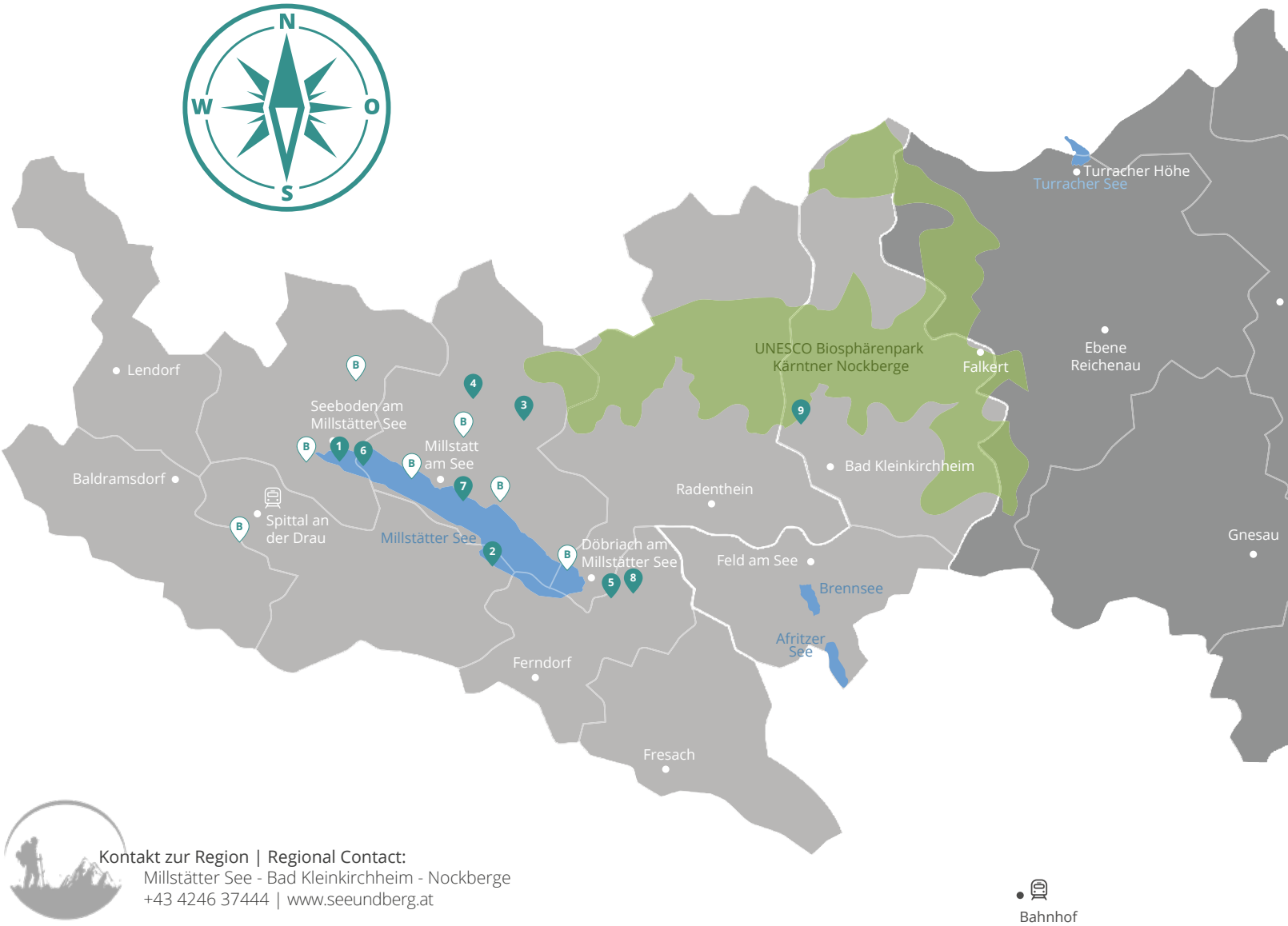
The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.



Startpunkt | Starting point: Heiligenbut am Fuße des Großglockners & Zielpunkt | Destination: Mugga am Adriatischen Meer
Höhenmeter | Altitude metres: ~ 100 km
➤ **Weglänge | Length of path:** ~ 126 km

Wegbeschreibung | Route description:
Der Weitwanderweg verbindet die drei Regionen Kärnten, Slowenien und Friuli-Venezia Giulia auf insgesamt 43 Etappen à 17 km. Er führt vom Fuße des höchsten Berges Österreichs, des Großglockners, durch drei Länder - Österreich, Italien, Slowenien - bis an die Adria nach Mugga. Die Vielfalt auf der Südseite der Alpen, ihre gemeinsame Geschichte und der kulturelle Reichtum des Alpen-Adria-Raums sind am Alpe-Adria-Trail stetige Begleiter.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.

The long-distance hiking trail connects the three regions of Carinthia, Slovenia and Friuli-Venezia Giulia over a total of 43 stages of 17 kilometres each. It leads from the foot of Austria's highest mountain, the Grossglockner, through three countries - Austria, Italy and Slovenia - to the Adriatic Sea in Muglia. The diversity on the southern side of the Alps, their shared history and the cultural richness of the Alps-Adriatic region are constant companions on the Alpe-Adria-Trail.