



**Feel the heartbeat of the Alps**  
**mountain panorama trail in 5 stages**  
**around the Villgrater Mountains**

## Herz-Ass-Villgratental - a great alpine landscape experience

The route to 50 impressive summits around Villgratental is now signposted. Creating a heart, the 50 impressive summits have lovingly connected the secluded Villgratental since time immemorial. This can only really be seen from a bird's eye view. So nobody gets lost, the legendary 5-Day route, which has up to now been regarded as an insider tip among local people, is now signposted throughout.

For "all and sundry", so to speak. That's what East Tyrol people say about this easy variant, which saves you having to do a few summits and in the evenings always leads you to a comfortable overnight stay Option in the valley. The hard tour which has 5500 meters altitude alone to tackle in the climb, covers some 100 kilometers and has two Alpine inns and three nights in a bivy still remains the territory of the map-readers among you.

The Villgrater mountains connect the two mountaineering villages of Außer- and Innervillgraten in one big heart shape. Although it has always been there, the Villgrater People only discovered their "heart" in the 1980s. "The route was first tackled then -many People celebrated and did this ridge hike together", recalls Ossi Fürhapter from the local tourist office. "And we are now proud of the fact that we can now invite our guests to enjoy this very special experience". Let the uniqueness of the secluded Villgratental take effect on you, one which will last for a long time to come. Meet like-minded people who are conquering the summit too. On the recently set-up Herz-Ass hiking trail.

You get to experience the unique natural surroundings and cultural landscape of Villgratental - Just follow the heart.

♥ **75,6 km Total walking distance**

♥ **5.750 Elevation ascent**

♥ **4.900 Elevation Descent**



## Mountain panorama trail, first-class Hochbelvedere

On the entire ace of hearts  
the hiker is able to,  
the Villgratental in five daily stages  
in a unique natural and cultural landscape  
to circumnavigate.

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# Mobile to your accommodation

## HERZ-ASS WANDERTAXI 2022, Shuttle Service



Täglich vom 1. Juli bis 25. September 2022

von Sillian (MO-SA, Linie 966*)	von Sillian (MO-SA, Linie 966*)	von Sillian (MO-SO, Linie 966*)	von Sillian (MO-SA, Linie 966*)	TÄGLICH
Sillian 07.34	Sillian 07.34	Sillian 09.34	Sillian 07.34	11.34
Heinfels <sup>Ausstieg Außervillgraten</sup> 07.37	Heinfels <sup>Ausstieg Innervillgraten</sup> 07.37	Heinfels <sup>Ausstieg Außervillgraten</sup> 09.37	Heinfels 07.37	11.37
Richtung Volkzeinerhütte (TÄGLICH)	Richtung Unterstaller Alm (TÄGLICH)	Richtung Thurntaler Rast (TÄGLICH)	Richtung Kalkstein (MO-SA, Linie 966*)	TÄGLICH
Innervillgraten 7.40	Außervillgraten 8.25	Innervillgraten 9.40	Außervillgraten 7.41	11.38
Außervillgraten 7.45	Innervillgraten 8.30	Außervillgraten 9.45	Innervillgraten 7.48	11.45
Reiterstube 7.50	Maxer 8.40	Thurntaler Rast 10.00	Maxer 7.53	11.50
Volkzeinerhütte 8.05	Unterstalleralm 8.55		Kalkstein 7.57	11.54
Rückfahrt ab	Rückfahrt ab	Rückfahrt ab	Rückfahrt ab	
Volkzeinerhütte 16.45	Unterstalleralm 16.00	Thurntaler Rast 16.00	Kalkstein 14.45	16.55
Reiterstube 16.55	Maxer 16.10	Außervillgraten 16.15	Maxer 14.50	17.00
Außervillgraten 17.05	Innervillgraten 16.15	Innervillgraten 16.20	Innervillgr. 14.56	17.06
Innervillgraten 17.10	Außervillgraten 16.20		Außervillgr. 15.05	17.15
Anschluss Sillian (Linie 966*) ab Außervillg.	Anschluss Sillian (Linie 966*) ab Innervillg.	Anschluss Sillian (Linie 966*) ab Außervillg.	Anschluss Sillian (Linie 966*) ab Außervillg.	
17.15	17.06	17.15	15.05	17.15

\*Buslinie öffentlicher Verkehr. Diese Buslinie ist mit der Gästekarte kostenlos nutzbar.

**Preis pro Person und Fahrt € 10,00 / Preis mit Gästekarte € 8,00**

**Telefonnummer +43 664 994 507 41**

**Das Wandertaxi fährt nur zu den angegebenen Zeiten und nur gegen Voranmeldung!**

Bestellung für Fahrten am Vormittag müssen bis 18.00 Uhr am Vortag erfolgen, für Fahrten am Nachmittag bis 12.00 Uhr am jeweiligen Fahrtag.

● [www.osttirol.com](http://www.osttirol.com)

Mobility in planning and tour execution is of particular concern to us!

# Herz-Ass Villgratental - Just follow the heart

## Mountain panoramic route, around the Villgrater Mountains

### Trail Ace of Herz-Ass Villgratental

- alpine mountain path in five stages and daily descent into the valley
- 75,6 km total walking distance
- 5830 altitude meters uphill
- 4900 altitude meters downhill
- each "Herz-Ass" stage can also be planned individually
- Individual stages can be combined with one another (without additional descents, a few vertical meters can be saved)

#### Stage 1: Almenweg to Herrgottslärche

- From Ausservillgraten to the Reiterstube
- Over 9 alpine pastures to lofty heights
- 17,7km distance und 1260 altitude meters uphill



#### Stage 2: Via the Salzsteig in the Volkzein

- From the Reiterstube to the Volkzeinerhütte
- Following old tracks
- 13,8km distance und 1200 altitude meters uphill



#### Stage 3: Path of springs and water

- From the Volkzeiner hut to the Unterstalleralm
- On the way to the water spring
- 12,6km distance and 830 altitude meters uphill



## Stage 4: Over the yokes

- From the Unstalleralm to Kalkstein
- Via smuggler and shepherd trails
- 12,6km distance and 1180 altitude meters uphill



## Stage 5: Grenzlandweg to Thurntaler Urban

- From Kalkstein to the Thurntaler
- Parade of the Sesto Dolomites
- 19,0km distance and 1250 altitude meters uphill



## Trail König of Herz-Ass Villgratental - Hochgrabe

- Transgression Hochgrabe from Innervillgraten to Volkzein (Außervillgraten)
- to the queen of Villgrater Berge
- 15,0km distance and 1620 altitude meters uphill



## Trail Ober of Herz-Ass Villgratental

- From Innervillgraten to Reiterstube at Winkeltal (Außervillgraten)
- Hiking trail across Ahornberg and Versellerberg way Nr. 30
- 11,1km distance and 510 altitude meters uphill



## Trail Unter Herz-Ass Villgratental

- Village paths to get to know with themed boards
- two trails, one in Außervillgraten and one in Innervillgraten
- short easy hikes

## Dorfblickweg Außervillgraten

- Themed trail with six stations
- 4,6km distance and 60Hm altitude meters uphill



## Rundweg Gasse Innervillgraten

- Innervillgraten circular route
- 2,2km distance 45Hm altitude meters uphill



Just follow the heart

# Stage 1: Almenweg to Herrgottslärche

## From Ausservillgraten to the Reiterstube

### Walking time 8 hours - moderate hike

- 17,7km walking distance
- 1260 ascent altitude
- 1030 descent altitude
- lowest point: 1260m - Außervillgraten (Start)
- highest point: 2350m - Turn to Sommerwand-Köpfl



### Over 9 alpine pastures to lofty heights

We make it like the great role models of the first ascents and inventors of the Her-Ass Villgratental and climb up the mountain from the village of Ausservillgraten to the ridges of the Tessenberger Alm. The path leads through the battle zone of the high alpine vegetation, past dark spruce and light larch forests, Alpine rose meadows over nine pastures into the Winkeltal. The route connects four mountain peaks with a limitless view over the garden of the giants of East Tyrol, far to Carinthia to Lake Weissensee and into Styria. Below us, the sparsely populated Winkeltal winds up to Volkzein, our hiking destination on the second stage.

### Directions

From the village of Ausservillgraten, the path leads across the "Glinzbrücke" on path 7 (forest path) in a northeasterly direction through dense spruce forest in a few bends to the "Alten Hütte" (1.740m). We continue on path 7a (forest path) through lighter larch forest to the "Rautalm" (1,882m) and on a very beautiful path to the "Schupfalm" (1,910m). On path 14b through species-rich flower meadows to the "Wurzalm" (2,001m). From here you have a wonderful view of the valley to Ausservillgraten and the surrounding mountains. From the Wurzalm the path leads slightly down into the Raucheggbach. From there, a path leads along the tree line, through alpine roses and dwarf larches, over the Enziangrntl to the Kropfkaralm, on which there is a small shepherd's hut, and hike up to the Tilliachalm. This is where the hiking loop to the Sommerwandalm and Herrgottslärche begins. Follow the signs towards Gölbner and Sommerwand-Köpfl and climb up to a height of 2,350m. Now turn left and descend the path to the "Herrgottslärche", this place is also a place of energy. Past the Herrgottslärche it goes to the Sommerwandalm and there descent to the Tilliachalm (2,030m). Descent to Reitersube possible here via forest path or climb. In front of the Reiterstube (1,500m) there is the "Alm-Kneipp-Path Winkeltal" on the right side.





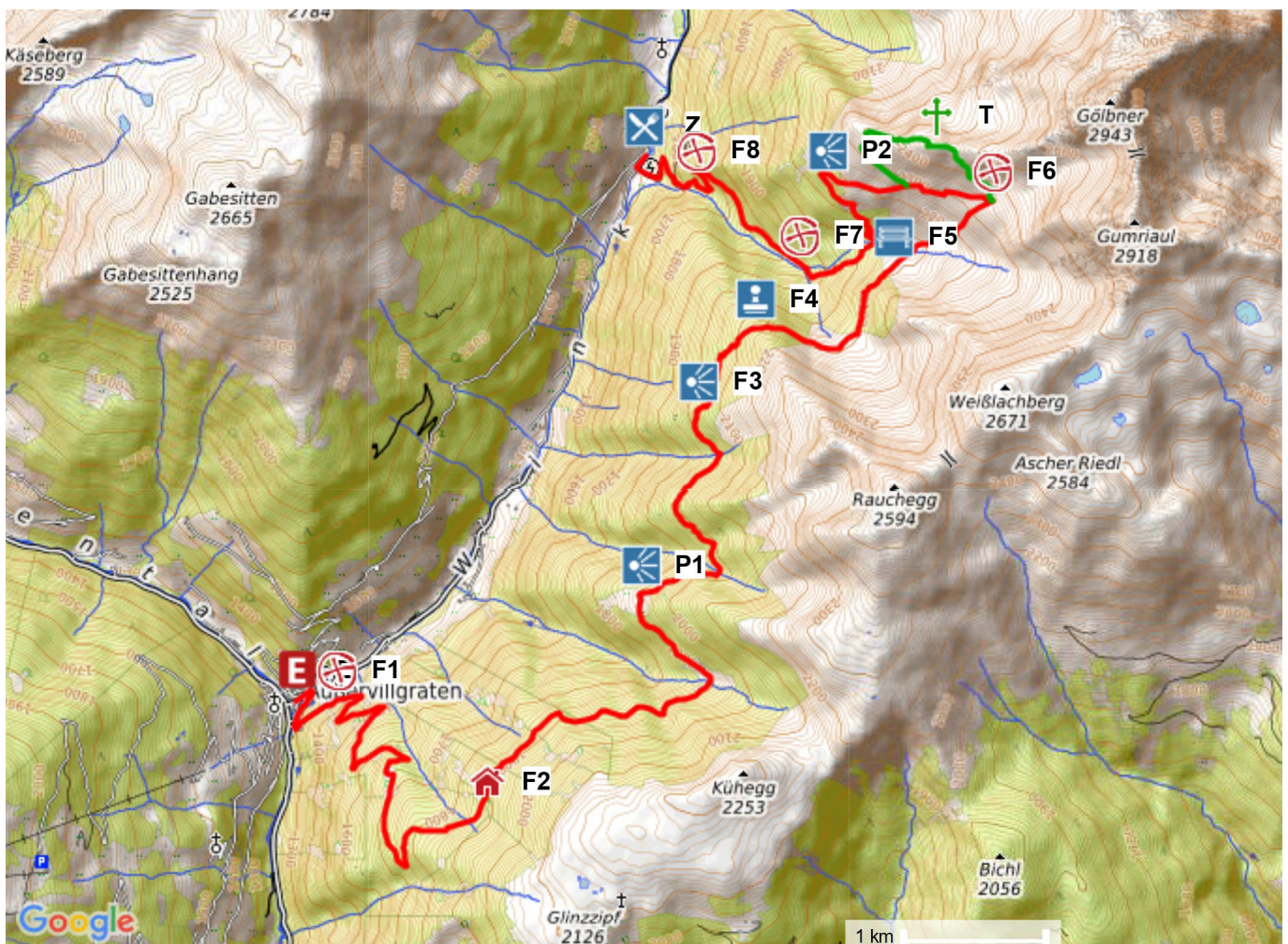
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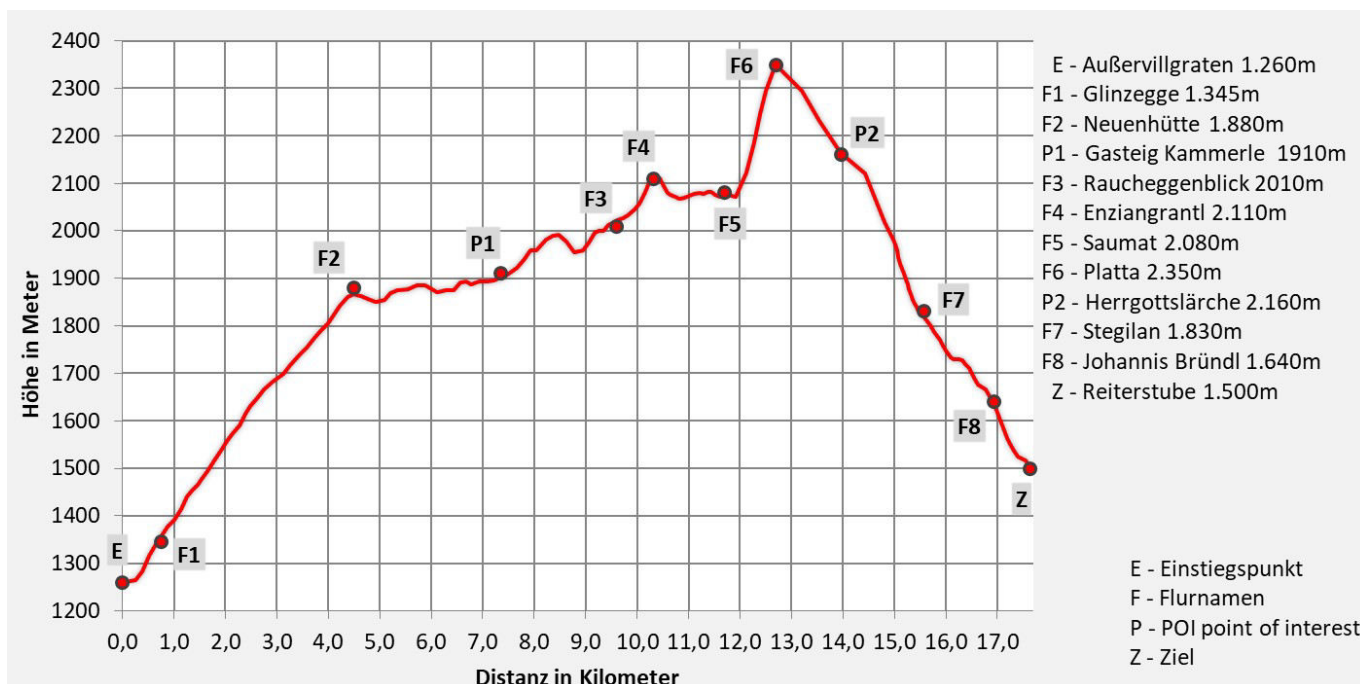
✓  **Tour POI:**

- ✓  E - Außervillgraten 1.286m
- ✓  F1 - Glinzeggele 1.345m
- ✓  F2 - Neuenhütte 1.880m
- ✓  P1 - Gasteig Kammerle 1.910m
- ✓  F3 - Raucheggenblick 2.010m
- ✓  F4 - Enziangrantl 2.110m
- ✓  F5 - Saumat 2.080m
- ✓  F6 - Platta 2.350m
- ✓  T - Sommerwand Köpfl 2.500m
- ✓  P2 - Herrgottslärche 2.160m
- ✓  F7 - Ban Stegilan 1830m
- ✓  F8 - Johannis Bründl 1.640m
- ✓  Z - Reiterstube 1.500m

✓  **Routen:**

- ✓  Almenweg zur Herrgottslärche
- ✓  Trumpfvariante Sommerwand Köpfl





## Trump card variant:

- additional climb to Sommerwand-Köpfl auf 2500m
- moderate mountain tour - 9 hours walking time
- 18,9km walking distance
- 1410 ascent altitude
- 1170 descent altitude
- lowest point: 1260m - Außervillgraten (Start)
- highest point: 2500m - Sommerwand-Köpfl



Start Außervillgraten



Start Außervillgraten



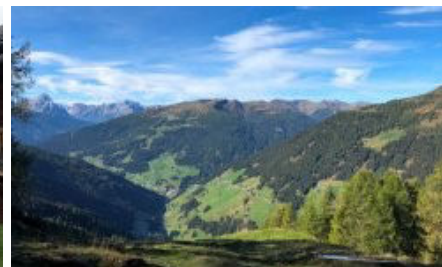
Gasteig Kammerle



Gasteig Kammerle



Wurzalm



Enziangrantl



Sommerwandstall



Sommerwandstall



Herrgottslärche



Herrgottslärche



Herrgottslärche



Sommerwand Köpfl, Trumpf-Variante

## Contact details snack station Reiterstube:

no overnight accommodation  
Phone: +43 (0)4843 / 5188  
Email: [info@reiterstube.at](mailto:info@reiterstube.at)  
Internet: [www.reiterstube.at](http://www.reiterstube.at)

## Stage 2: Via the Salzsteig in the Volkzein

### From the Reiterstube to the Volkzeinerhütte

#### Walking time 7 hours - moderate hiking

- 13,8km walking distance
- 1200 ascent altitude
- 850 descent altitude
- lowest point: 1500m - Reiterstube (Start)
- highest point: 2583m - Villgrater Joch (Hofer Kreuz)



#### Following old tracks

It wasn't always as lonely as today. We follow the Salzsteig in the Winkeltal, which leads up to 2,583 m via the Villgrater Joch to Hopfgarten. We leave the high valley and climb over the Brunnalm up to lofty heights to the Hofer Kreuz. In between there are spectacular views of Poseidon's spear, the Sichelspitze, the Defereggental, the Kristeinertal. At some point the Gölbner summit cross shows up, ancient cattle pens from stone walls tell of wild animals, of shepherds and their herds, who spent the summer here a long time ago. At the top there is a view to the south and north and the great mountain personalities of the Eastern Alps, the Großvenediger, the Großglockner and many more show themselves in all their glory. The trump card in the game is the summit of the Regenstein (2,891 m).

#### Directions



From the Reiterstube into the valley on the left side, passing the Mooshofalm 1530m. The Niederbruggeralm 1600m is passed on the left side of the stream until the road towards Volkzein is reached again. There at the Brunneralm 1630m, the path 58 shows the way up. First the Unterarnalm is reached, then the Oberarnalm at 1960m. The path leads uphill from the Upper Arnkaser to the Bodenhütte. Along the marking no. 323, an old cattle trail leads us up over a medium-sized lawn flank and we reach the signposts after a short log valley. At the signpost we follow the marking no. 23 to the Mitterberg and from here the path no. 24 to the Hoferalm. A bit after the Hoferalm, the way points right up to the Villgrater Joch at 2583m (Hofer Kreuz). The same descent from Hofer Kreuz and a tablet on a Steinmann point to the Volkzeiner Hütte (No. 324). Following path no. 324, we come up slightly to a cattle pen made of stones and later on a slope shoulder. Behind it spreads a wonderful terrace floor, on which we reach the Leisacheralm. Descending over alpine pastures and meadows, we can already see the alpine pastures of Volkzein down in the valley, with accommodation in the Volkzeinerhütte.

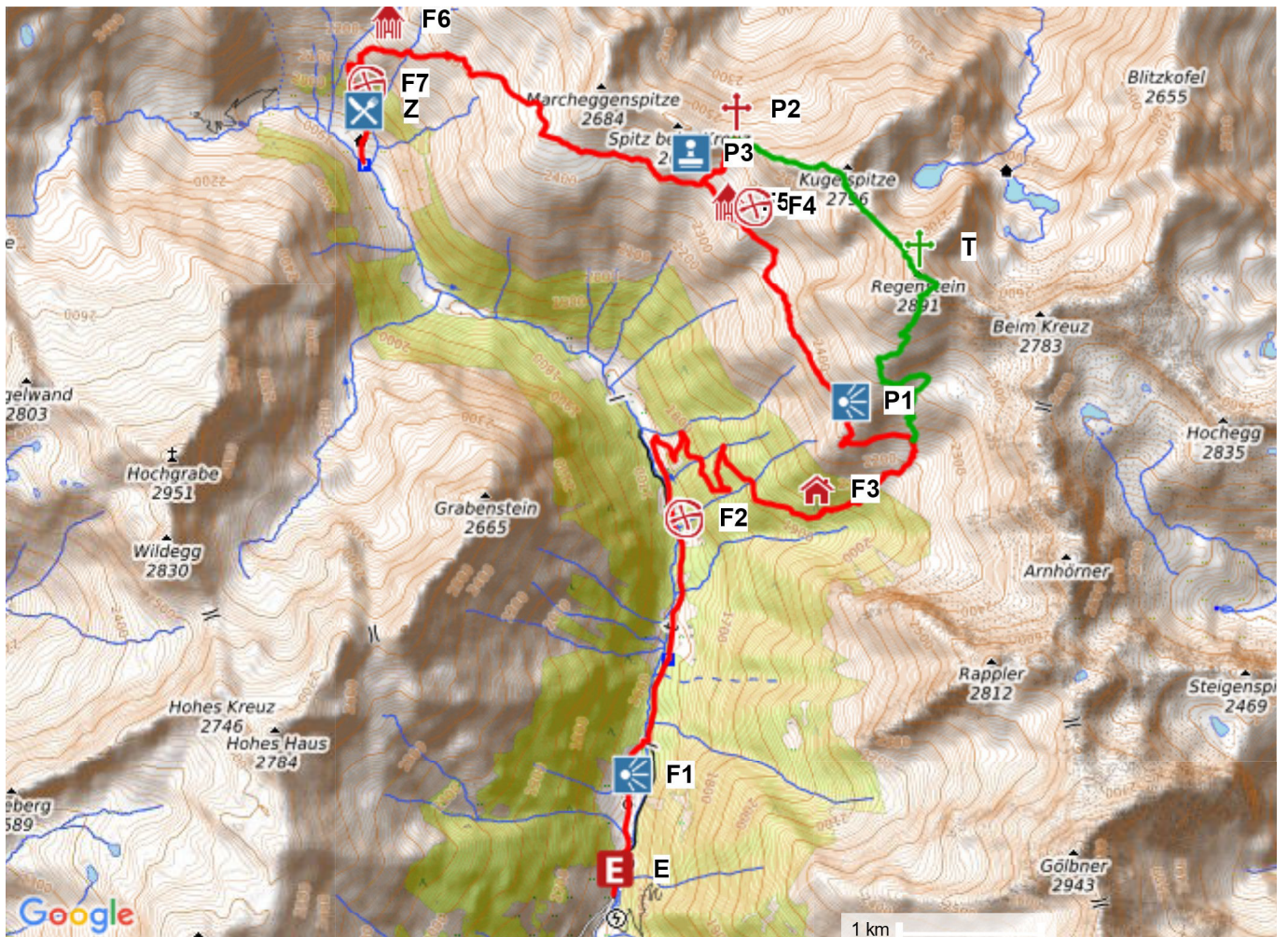
✓  **Tour:**

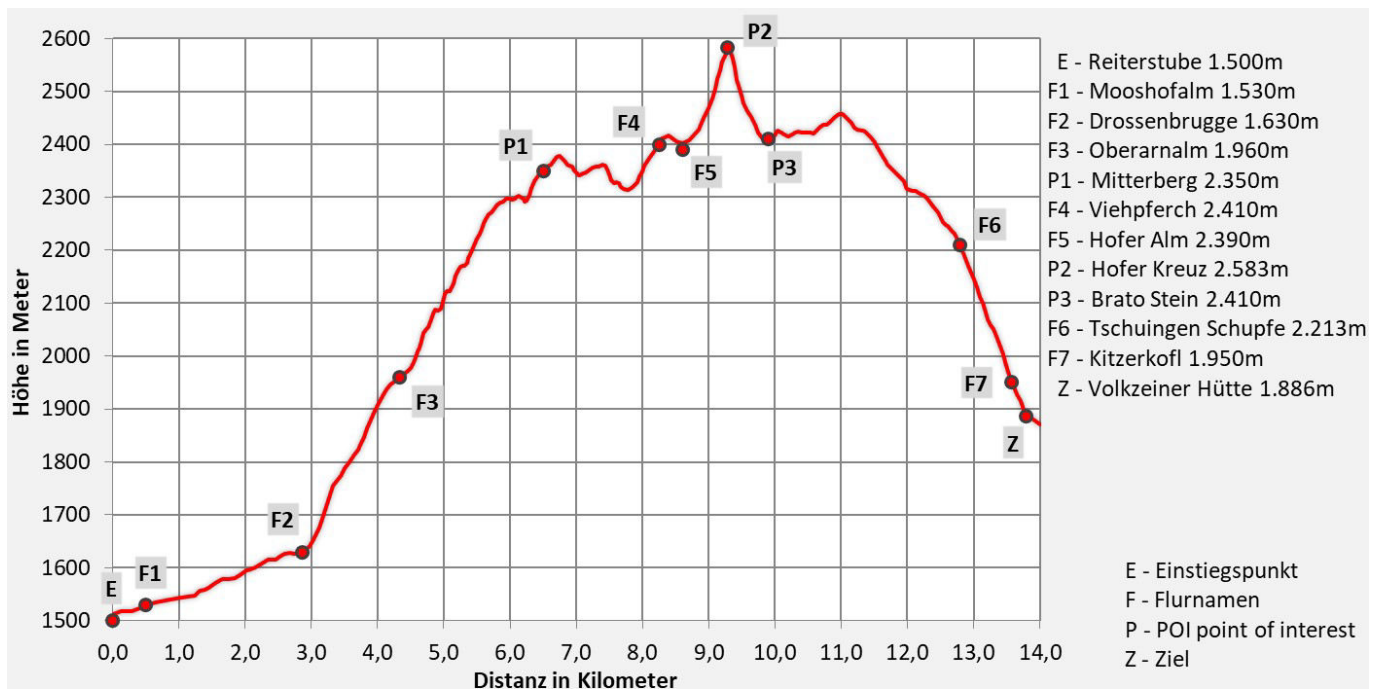
✓  **Tour POI:**

- ✓  E - Reiterstube 1.500m
- ✓  F1 - Mooshofalm mit Kapelle 1.530m
- ✓  F2 - Drossenbrugge 1.630m
- ✓  F3 - Oberarnalm 1.960m
- ✓  T - Regenstein 2.891m
- ✓  P1 -Mitterberg 2.350m
- ✓  F4 - Viehpferch 2.410m
- ✓  F5 - Hoferalm 2.390m
- ✓  P2 - Hofer Kreuz 2.583m (Villgrater Joch)
- ✓  P3 - Brate Stan 2.410m
- ✓  F6 - Tschuingen Schupfe 2.213m
- ✓  F7 - Kitzerkofl 1.950m
- ✓  Z - Volkzeinerhütte 1.886m

✓  **Routen:**

- ✓  Über den Salzsteig in das Volkz
- ✓  Trumfvariante Regenstein





## Trump card variant:

- additional hike to Regenstein 2891m
- difficult hike 9 hours
- only for "experienced" with rope insurance when descending Regenstein towards Hofer Kreuz
- 14,4km walking distance
- 1460 ascent altitude
- 1100 descent altitude
- lowest point: 1500m - Reiterstube (Start)
- highest point: 2891m - Regenstein

This tour extension can also be extended as an alpine mountain tour with ascent to the Regenstein 2891m. Follow the marking towards Regenstein. The descent from Regenstein towards Hofer Kreuz is only for experienced skiers, this passage is provided with rope insurance twice (green)



Drossenbrugge



Arnalm



Mitterberg



Arnhörner



Hofer Alm



Hofer Kreuz



Leisacher Alm



Leisacher Alm



Volkzein



Volkzein



Lackenkammern



Regenstein, Trumpf-Variante

## Contact Volkzeiner Hütte:

Tel.: +43 (0) 664 / 9888800  
Email: [tonianton@a1.net](mailto:tonianton@a1.net)  
Internet: [www.volkzeinerhütte.at](http://www.volkzeinerhütte.at)

## Stage 3: Path of springs and water

### From the Volkzeiner hut to the Unterstalleralm

#### Walking time 6 hours - moderate hiking

- 12,6km walking distance
- 830 ascent altitude
- 1000 descent altitude
- lowest point: 1673m - Unterstaller Alm (Ziel)
- highest point: 2680m - near Arntaler-Lenke 2655m



#### On the way to the water spring

Our first goal on this stage is the legendary Schrentebachboden, an alpine pasture and spring landscape at approx. 2.380 m above sea level, where a roaring mountain stream begins spectacularly. On the way over the Arntaler Lenke you should take a little detour to the fabulous Goldtrögele at 2.630 m and to Degensee (2.720 m). A completely new view opens up at the Lenke, the Dolomites are tentative for the first time and in the north the Großglockner says goodbye to us - path of springs and water.

#### Directions

Our hike begins at the Volkzeiner Hütte (1.886m). We follow the alpine path to the Raineralm, then on to the Heinkaralm (approx. 2.100m). From here you follow trail no.19 (Tyrolean jubilee path) past the waterfall to the Schrentebachboden (approx. 2.380m) - a wild, mossy meadow between rock and water. From this high-alpine terrace, past the barren remains of a former shepherd's hut, we climb a rocky lawn rib and, keeping slightly to the left, we come to a green carbody with an elongated pool (approx a path branches off to Falkamsee, approx. 20 min, which is always a worthwhile destination and invites you to take a break). Follow trail no. 326 in an easterly direction across a flat trough valley and through countless rivulets and later ascending over rocks to the Arntaler Lenke (Volkzeinerlenke, 2.655m). From here we have a nice look back into the Winkeltal and in front of us is the Arntal, in which we descend, following path no. 326, to the place "Beim Garten". From there it goes over the alpine path through sparse larch forest and alpine roses (Zetten) directly to the steep rock faces of the almost 3.000 meter high Rotspitze (2.956m) and the Weißspitze, the highest mountain in the Villgrater Joch Hochpustertal (2.962m), the kings of our mountains, along to the worth seeing Almendorf Oberstalleralm. From the pasture we follow the asphalted mountain road down to the Unterstalleralm. With overnight accommodation in the Gutwenger alpine hut. Or you can continue climbing to the Schwarzsee and spend the night in the bivouac hut.





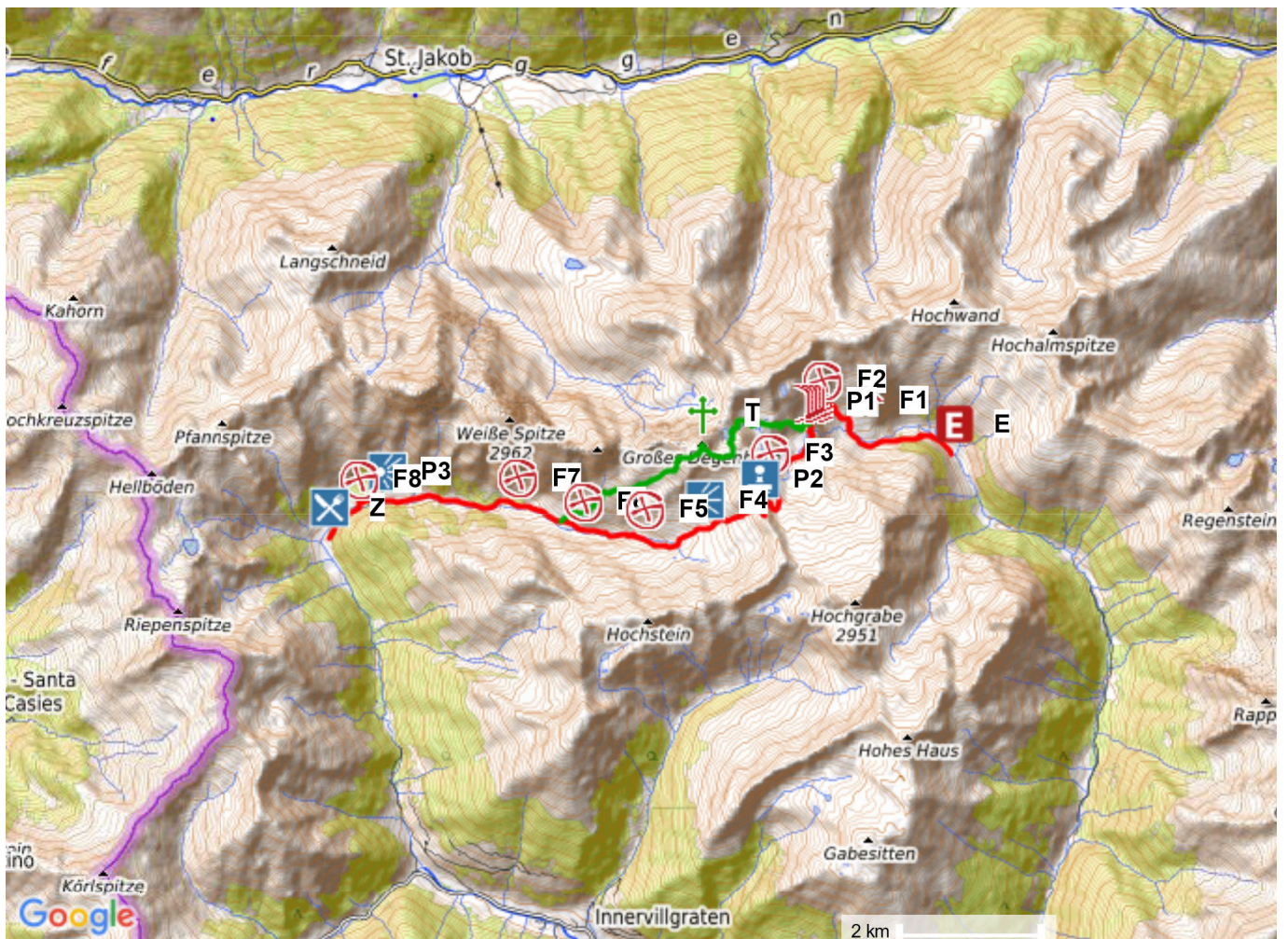
✓  Tour:

✓  Tour POI:

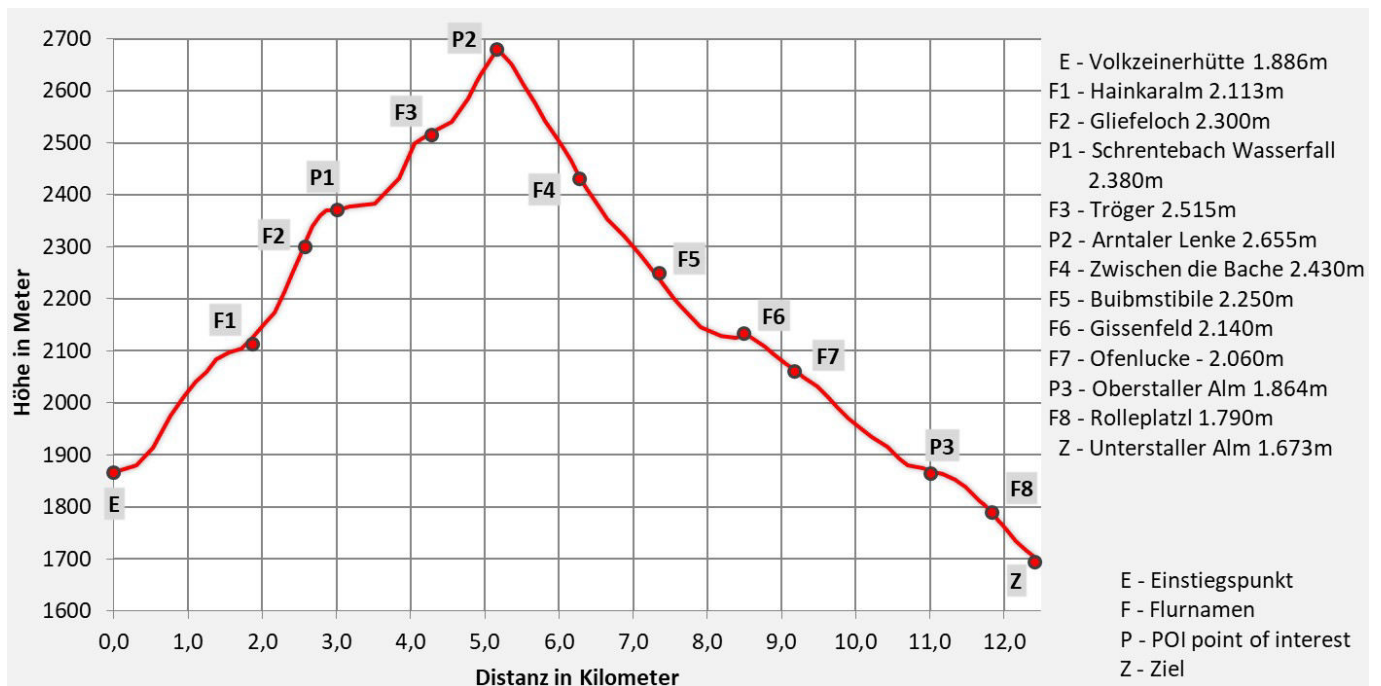
- ✓  E - Volkzeinerhütte 1.870m
- ✓  F1 - Heinkaralm 2.113m
- ✓  F2 - Griefeloch 2.300m
- ✓  P1 - Schrentebach Wasserfall 2.380m
- ✓  T - Großes Degenhorn 2.946m
- ✓  F3 - Tröger 2.515m
- ✓  P2 - Arntaler Lenke 2.655m
- ✓  F4 - Zwischen die Bache 2.430m
- ✓  F5 - Bulbmstibile 2.250m
- ✓  F6 - Gissenfeld 2.140m
- ✓  F7 - Ofenlucke 2.060m
- ✓  P3 - Oberstalleralm 1.864m
- ✓  F8 - Rolleplatzl 1.790m
- ✓  Z - Unterstalleralm 1.673m

✓  Routen:

- ✓  Weg der Quellen und des Wassers
- ✓  Trumpfvariante Degenhorn



Kartendaten: © OpenStreetMap-Mitwirkende, SRTM | Kartendarstellung: © OpenTopoMap (CC-BY-SA)



## Trump card variant:

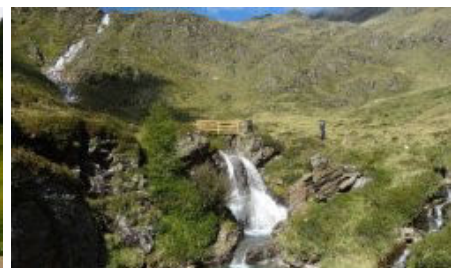
- additional ascent Großen Degenhorn 2946m
- difficult hiking 8 hours
- 12,4km walking distance
- 1075 ascent altitude
- 1250 descent altitude
- lowest point: 1673m - Unterstaller Alm (endpoint)
- highest point: 2946m - Großes Degenhorn



Volkzein



Reineralm



Heinkarmalm



Schrentebachboden



Schrentebachboden



Tröger



Arntaler Lenke



Beim Garten



Oberstalleralm



Oberstalleralm



Unterstalleralm



Unterstalleralm



Unterstalleralm



Unterstalleralm



Klapfbachwasserfall



Degensee, Trumpf-Variante

## Contact details snack station Unterstalleralm:

no overnight accommodation

Tel.: +39 348 3969799

Email: [unterstalleralm@gmx.at](mailto:unterstalleralm@gmx.at)

Internet: [blog.osttirol.com/reisetipps/unterstaller-alm](http://blog.osttirol.com/reisetipps/unterstaller-alm)

## Stage 4: Over the yokes

### From the Unstalleralm to Kalkstein

#### Walking time 6 hours - moderate hiking

- 12,6km walking distance
- 1180 ascent altitude
- 1210 descent altitude
- lowest point: 1639m - Badl Alm, Kalkstein (endpoint)
- highest point: 2644m - Heimwaldjöchl



#### Via smuggler and shepherd trails

For centuries, well-tended mountain meadows, along old shepherd and cattle paths with strange field names, the hiker reaches a rocky and rugged mountain landscape before reaching the first yoke, right in the middle like a dark pearl, the Schwarzsee, a place to stay. If you have bypassed or exceeded the Riepenspitze (2.774 m), a wide view opens up over the Heimwaldjöchle (2.644 m) to the south, to South Tyrol and its famous Dolomites, which accompany the hike from here to the end. Here, too, we follow ancient shepherds', hiking and smuggling trails, which tell that people used to travel not up in the valley but high up in the mountains - over the yokes. The personal trump card in the game is the 2.774 m high Riepenspitze.

#### Directions



Our hike takes us from the Unterstalleralm to the Oberstalleralm (1864m). The Bärentalerwald is adjoined by large meadows with a slight incline, via which we arrive at a signpost to the Schwarzsee, which then leads us to marking No. 15a. From here, slightly ascending over mountain meadows and with a beautiful view through the Arntal, we reach the Elplanschupfe after a short hike. Then the path leads us over two ditches past a haystack and along the stream to the Schwarzsee, which rests in a deep rock trough (according to legend, a silver treasure is hidden at the lake bottom). On the northern shore of Lake Schwarzsee, the marker no. 12 leads us over gentle terrain into gorges and gullies and over ridges on the east side of the Riepenspitze in serpentines up to the Heimwaldjöchl (2,644m). From here, the trail descends through broadly scattered rock debris and overgrown moraines to the thin Köflerbachl. Later we come to a small and a large stone man, who stand there like guards. We cross the lawn slopes along the eastern edge of the Geilspitze and arrive at the Kalksteiner Jöchle (2,325m). The Kalksteiner Törl deserves a longer rest in every respect: All around us is a colorful alpine flora that should delight the botanist's heart, and the view over mountains and valleys is exquisitely beautiful (Roßtal, Gsieser Tal, etc.). Descent over soft meadow grass into the Roßtal via the hiking trail and further along the alpine path to Kalkstein, with overnight accommodation in the Alpenpension Bad Kalkstein.

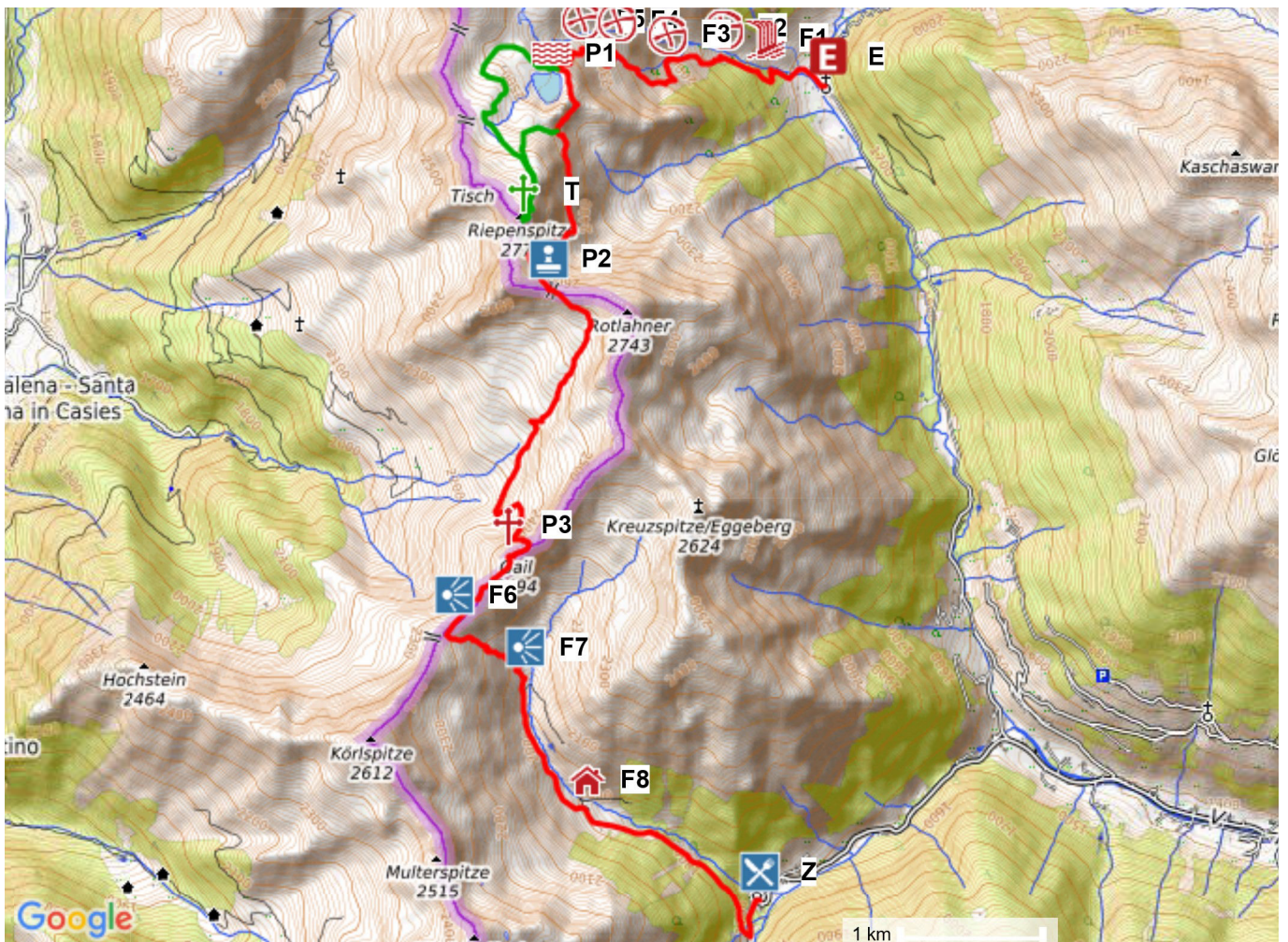
✓  **Tour:**

✓  **Tour POI:**

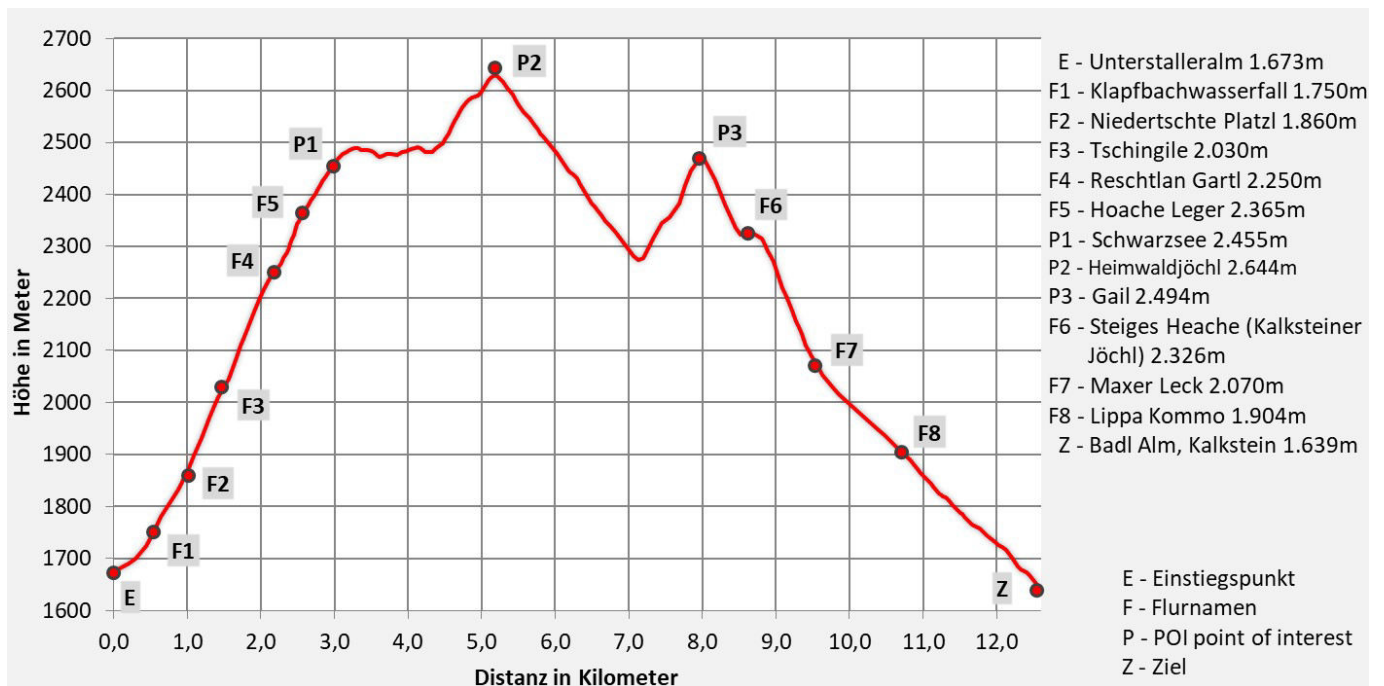
- ✓  E - Unterstalleralm 1.673m
- ✓  F1 - Klapfbach Wasserfall 1.750m
- ✓  F2 - Niederes Platzl 1.860m
- ✓  F3 - Tschingile 2.030m
- ✓  F4 - Reschtlan Gartl 2.250m
- ✓  F5 - Hoache Leger 2.365m
- ✓  P1 - Schwarzsee 2.455m
- ✓  T - Riepenspitze 2.774m
- ✓  P2 - Heimwaldjöchl 2.644m
- ✓  P3 - Gailspitze 2.494m
- ✓  F6 - Staiges Heache 2.326m (Kalksteiner Jöchl)
- ✓  F7 - Maxer Lek 2.070m
- ✓  F8 - Lippa Kommo 1.904m
- ✓  Z - Badl Alm, Kalkstein 1.639m

✓  **Routen:**

- ✓  Über die Jöcher
- ✓  Trumpfvariante Riepenspitze



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## Trump card variant:

- additional ascent to Riepenspitze 2774m
- difficult hiking 8 hours, pathless transgression from Riepenspitze to Heimwaldjöchl
- 13,4km walking distance
- 1340 ascent altitude
- 1370 descent altitude
- lowest point: 1639m - Badl Alm, Kalkstein (endpoint)
- highest point: 2744m - Riepenspitze



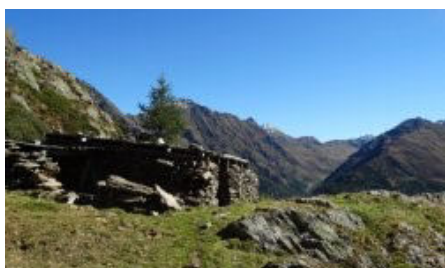
Unterstalleralm, Blick zur Riepenalm



Unterstalleralm, Klapfbachwasserfall



Reschtlangartl



Reschtlangartl



Schwarzsee



Biwakschachteln beim Schwarzsee



Stanemandl



Gailspitze



Steiges Heache



Steiges Heache



Rosstal



Kalkstein

## Contact details inn Badl Alm Kalkstein:

no overnight accommodation  
Phone.: +43 / 4843 20026  
Email: [info@badl-alm.at](mailto:info@badl-alm.at)  
Internet: [www.badl-alm.at](http://www.badl-alm.at)

## Contact details Alpenpension Bad Kalkstein:

Phone.: +43 4843 5346  
Email: [badl@utanet.at](mailto:badl@utanet.at)

# Stage 5: Grenzlandweg to Thurntaler Urban

## From Kalkstein to the Thurntaler

**Walking time 9 hours - moderate hiking, Descent to Innervillgraten or Außervillgraten possible.**

- 19,0km walking distance to Gadein 2090m, Thurntaler
- 1250Hm ascent altitude
- 810 descent altitude
- lowest point: 1639m - Badl-Alm, Kalkstein (startpoint)
- highest point: 2663m - Toblacher Pfannhorn



## Parade of the Sesto Dolomites

After a wonderful ascent through the Alfental valley, past beautiful alpine huts and flower-strewn meadows, they ascend in all their glory, the Sexten Dolomites and their famous Three Peaks. They are the undisputed stars of this stage and make you forget that there was once a hotly contested border, the remnants of which still stand out as a reminder in the landscape. The view from the Toblacher Pfannhorn (2.663 m) represents a high point of the Herz-Ass Villgratental and reveals much older traces in the landscape, a geological seam zone of continents, the collision of the African and European plates, along which the Pustertal valley today runs far down moves to the Vintschgau. The personal trump card is a detour to Lake Thurntaler and the Parggenspitze (2.323 m) with the "Jugendkreuz".

### Descent options:

- a. over the "Tafine" from the Astatzsattel to Innervillgraten
- b. via Sennersteig and road to Ausservillgraten
- c. at the Gadein mountain station, take the cablecar to Sillian
- d. from Thurntaler Rast pick-up by Herz-Ass Villgratental hiking taxi

## Directions

Our hike takes us on the path no. 13 through the Roßtal past alpine pastures to the Maxer Leck (indication). We leave the alpine path there and climb on path no.13a over soft meadow grass to the Kalksteinerjöchl (2.325m), where the "Bonner Höhenweg" path also joins. We now follow the Bonner Höhenweg No. 12, leisurely go south to the Bürglerslenke and then, following a slightly ascending path, reach the Pfanntörl (2.508 m national border). From the Pfanntörl we reach the Toblacher Pfannhorn (2.663m) on the rocky ridge and see the Sexten Dolomites in all their glory. Here you also have the opportunity to spend the night in the Bonnerhütte. Following the Bonner Höhenweg past old military bunkers from the First World War, we reach the Marchkinkele (2.546m). Along the old military road we come to the Hochrast (2.436m). A worthwhile destination, less than 15 minutes from the "Schwarzflecken" (legend), lies the Thurntaler See and the Thurntaler Jugendkreuz (Parggenspitze 2.323m). From here over gentle pastures to the Astatzsattel (2.295m). Here there is the possibility to descend to Innervillgraten. For this purpose, the ridge is left again and descend on the Villgrater side (path no. 4) through forests and meadows to the Tafinalm (1,906m). Continue through the Tafin valley past the Lanzlilans Schupfe jetty and through the Oberhofertal to Innervillgraten. However, the route continues along the Tiroler Jubiläumsweg "Around the Thurntaler", so we continue descending to the east and arrive in alpine meadows to the Sillianeralm (Ausseralm) with a view of the Sexten sundial and over the Puster Valley with the Lienzer Dolomites and the Carnic ridge. From there, the path leads us to the mountain restaurant Gadein.






At the Gadein mountain station, you can take the cablecar down to Sillian. Otherwise, the hiking tour can be continued via the path to the Thurmtaler Rast, at the end you have the opportunity to spend the night again, or the Herz-Ass hiking taxi can pick you up there with a reservation. The last descent is now about 500m following the street, you will reach a sign (Sennersteig Ausservillgraten), which will delight us over alpine pastures and through larch and spruce forests with a beautiful view down into the Pustertal Valley and over the Carnic main ridge and the Villgrater mountains. Very soon we will come back to the road "Thurmtaler Bergstraße", which we will follow past beautifully situated mountain farms with a view down to Außervillgraten. The hiking tour is thus completed.

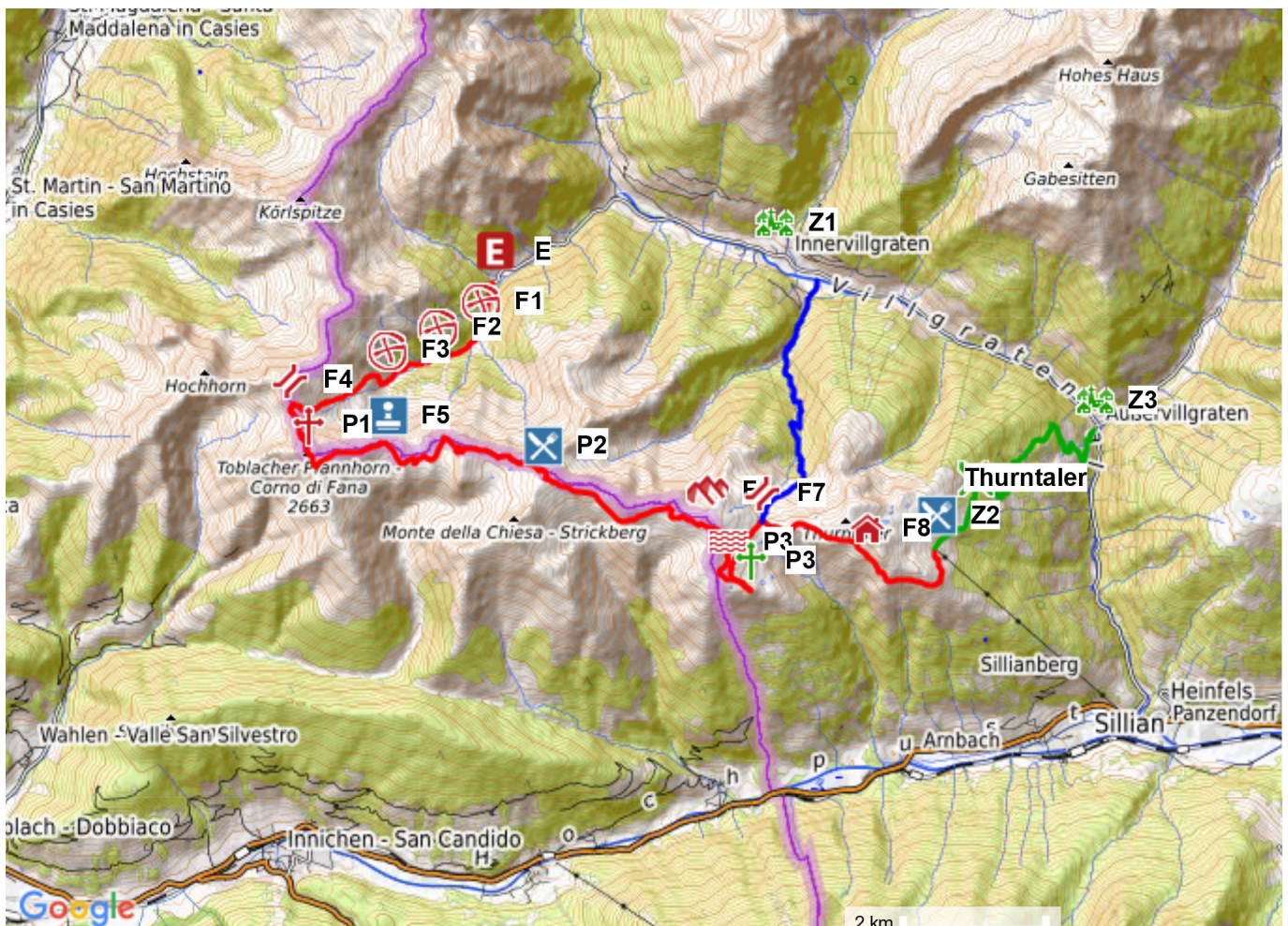
✓  Tour:

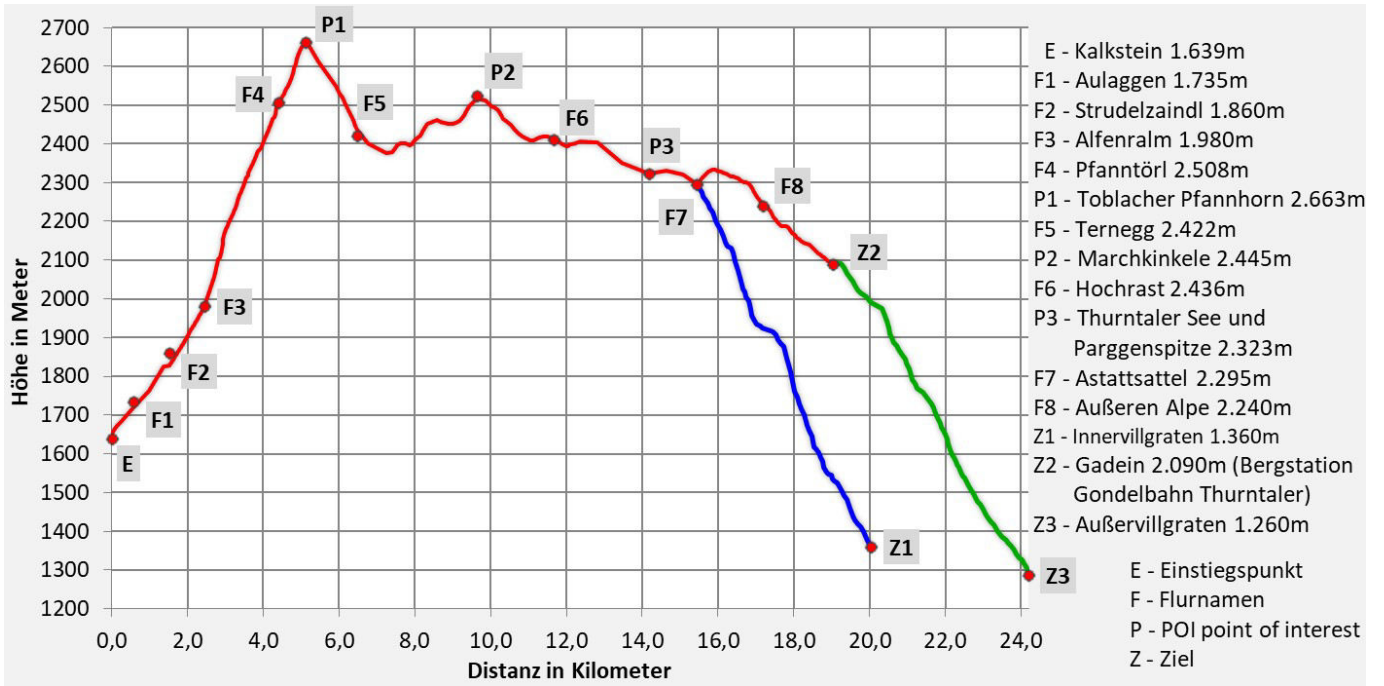
✓  Tour POI:

- ✓  E - Kalkstein 1.639m
- ✓  F1 - Aulaggen 1.735m
- ✓  F2 - Strudlzaindl 1.860m
- ✓  F3 - Geiregge 2.015m
- ✓  F4 - Pfanntörl 2.508m
- ✓  P1 - Toblacher Pfannhorn 2.663m
- ✓  F5 - Ternegg 2.422m
- ✓  P2 - Marchkinkele 2.545m
- ✓  P2 - Marchhütte 2.530m
- ✓  F6 - Hochrast 2.436m
- ✓  P3 - Thurntaler See 2.340m
- ✓  P3 - Parggenspitze 2.323m (Jugendkreuz)
- ✓  F7 - Astattstadel 2.295m
- ✓  Z1 - Innervillgraten 1.402m
- ✓  F8 - Aussere Alpe 2.240m
- ✓  Z2 - Gadein 2.090m
- ✓  Thurntaler Rast 1.978m
- ✓  Z3 - Außervillgraten 1.286m

✓  Routen:

- ✓  Grenzlandweg zum Thurntaler Urban
- ✓  Abstieg Innervillgraten
- ✓  Abstieg Außervillgraten





Alfenalm



Alfenalm



Blick ins Marchental



Ruschletalm



Blick nach Kalkstein



Parade der Sextner Dolomiten



Parggenspitze mit Zwölferkofel



Almhütte bei der Hochrast



bei der Hochrast



Aussere Alpe



Thurntaler Wiesen



Thurntaler Rast

## Contact details Bonnerhütte:

Phone: +39 / 3409428264  
Email: [info@bonnerhuetten.it](mailto:info@bonnerhuetten.it)  
Internet: [www.bonnerhuetten.it](http://www.bonnerhuetten.it)

## Contact details Thurntaler Rast:

Phone: +43 (0)4843 5243  
Email: [info@thurntaler-rast.at](mailto:info@thurntaler-rast.at)  
Internet: [www.thurntaler-rast.at](http://www.thurntaler-rast.at)

# Trail König of Herz-Ass Villgratental - Hochgrabe

## Transgression Hochgrabe from Innervillgraten to Volkzein (Außervillgraten)

**Walking time around 7 hours - moderate hiking**

- 15,0km Walking distance
- 1620Hm ascent altitude
- 1130 descent altitude
- lowest point: 1.402m - Innervillgraten (Start)
- highest point:: 2.951m - Hochgrabe



### King's way - to the queen of Villgrater Berge

After a lonely ascent through the Einattal valley, past beautiful alpine huts, it goes steeply up to the Eggenwand Schipfl 2.200m, the seven lakes are distributed at an altitude of 2.530m. Now over steep mountain flanks, later over the northeast ridge to the queen of the Villgrater mountains - the Hochgrabe 2.951m.


The descent over the Wilden Platten, past the Goldtrögele 2.630m and to the Schrentebach Boden 2.380m. The Schrentebach falls deeply over a rock step into the Heinkar. Nice descent and out of the valley to the Volkzeiner Hütte 1.886m.

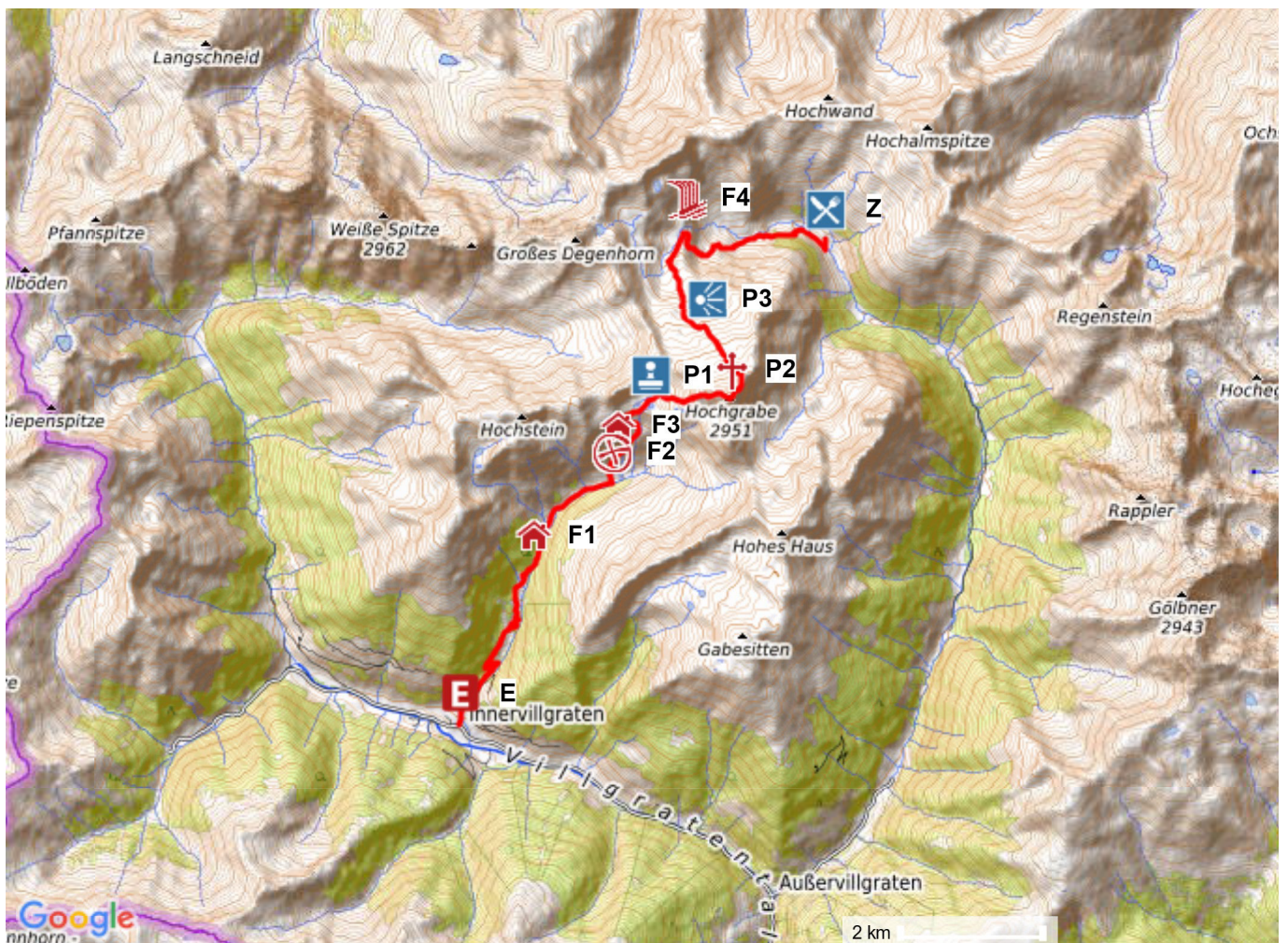
✓  **Tour:**

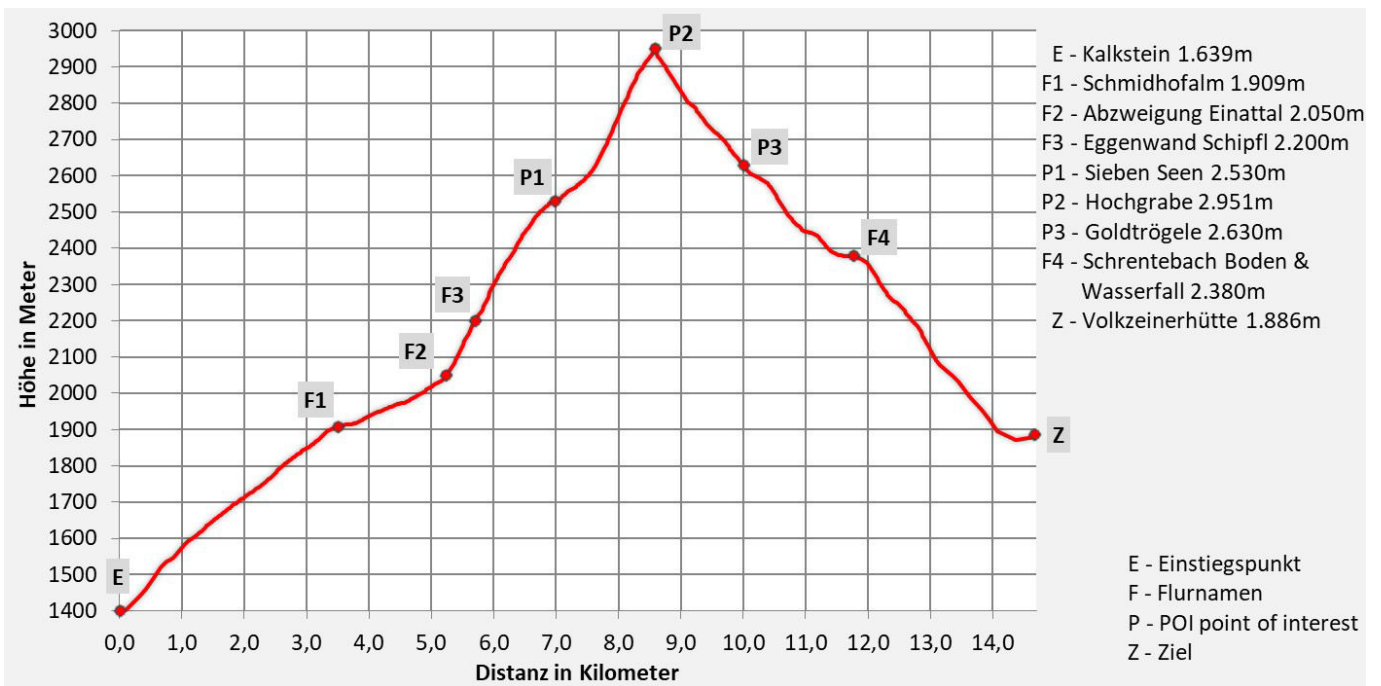
✓  **Tour POI:**

- ✓  E - Innervillgraten 1.402m
- ✓  F1 - Schmidhofalm 1.909m
- ✓  F2 - Einattal 2.050m
- ✓  F3 - Eggenwand Schipfl 2.200m
- ✓  P1 - Sieben Seen 2.530m
- ✓  P2 - Hochgrabe 2.951m
- ✓  P3 - Goldtrögele 2.630m
- ✓  F4 - Schrentebach Boden & Wasserfall 2.380m
- ✓  Z - Volkzeinerhütte 1.886m

✓  **Routen:**

- ✓  Königsweg der Herz-Ass Villgratental





Start Innervillgraten



Zustieg Einattal



Schmidhofalm im Einattal



Einattal von der Eggenwand



Eggenwand Schipfl



Sieben Seen



Königin Hochgrabe



Wilde Platte



Goldtrögele



Schrentebachboden



Schrentebachwasserfall



kurz vor Volkzein

## Contact details Volkzeiner Hütte:

Phone: +43 (0) 664 / 9888800  
Email: [tonianton@a1.net](mailto:tonianton@a1.net)  
Internet: [www.volkzeinerhütte.at](http://www.volkzeinerhütte.at)

## Contact details Gasthaus Raiffeisen:

Tel.: +43 4843 5318  
Email: [gh.raiffeisen@aon.at](mailto:gh.raiffeisen@aon.at)  
Internet: [www.gh-raiffeisen.com](http://www.gh-raiffeisen.com)



# Trail "Ober" of Herz-Ass Villgratental

## From Innervillgraten to Reiterstube at Winkeltal (Außervillgraten)

### Walking time about 4 hours - moderate hike

- 11,1km walking distance
- 510 ascent altitude
- 1130 descent altitude
- lowest point: 1.402m - Innervillgraten (Start)
- highest point: 1.810m - Luchbach



### **Oberweg of Herz-Ass Villgratental - Hiking trail across Ahornberg and Versellerberg way Nr. 30**

From the center of Innervillgraten 1.402m (car park) past the Gasthaus Raiffeisen over the Einetbach bridge, then along the paved road to the first junction, here up to the Kofelerhof 1.505m. From there on the forest path of the Ahornberg to Grafenbach 1.630m. Now a short stretch on a narrow forest path, then again on a forest path, past beautiful meadows and then up to the highest point of the hike when crossing the Luchbach 1.820m. From here down to the Feichtlkreuz 1.680m, then flat over the Versellerberg to the asphalt road. Here again uphill and past Oberwurzen 1.710m and the Genoveva chapel to Bachlehen 1.673m. Finally down into the Winkeltal to the Reiterstube 1.500m in Außervillgraten.


The special thing about this trail are the beautiful viewpoints of the two towns of Innervillgraten and Außervillgraten. The route can also be walked in the opposite direction from Reiterstube.

✓  Tour:

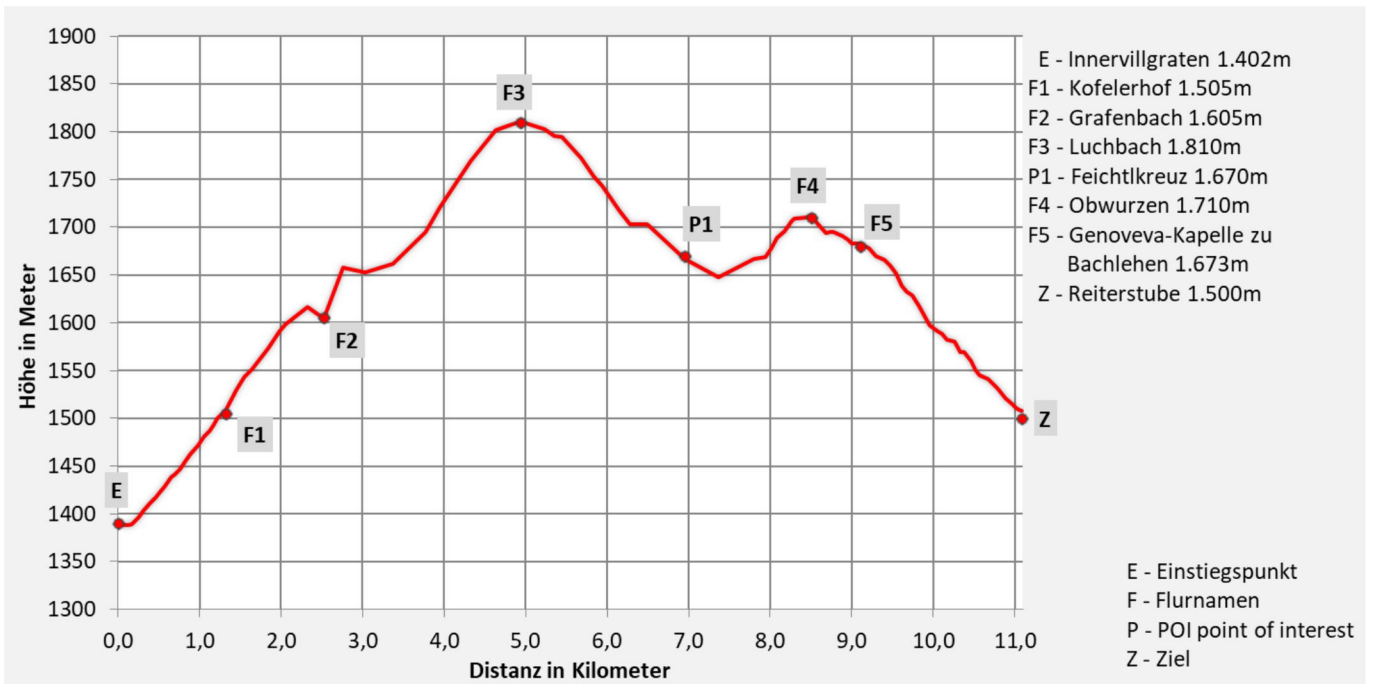
✓  Tour POI:

- ✓  E - Innervillgraten 1.402m
- ✓  F1 - Kofelerhof 1.505m
- ✓  F2 - Grafenbach 1.605m
- ✓  F3 - Luchbach 1.810m
- ✓  Hochfeichtl 1.660m
- ✓  P1 - Feichtlkreuz 1.670m
- ✓  F4 - Obwurzen 1.710m
- ✓  F5 - Geneveva-Kapelle zu Bachlehen 1.673m
- ✓  Z - Reiterstube 1.500m

✓  Routen:

- ✓  Oberweg der Herz-Ass Villgratental





kurz nach dem Start in Innervillgraten



Kofelerhof am Ahornberg



Wegkreuz beim Grafenbach



Wiesenweg



Feichtlkreuz am Versellerberg



Geneveva-Kapelle zu Bachlehen am Versellerberg



Abstieg ins Winkeltal vom Versellerberg



bei der Reiterstube im Winkeltal



bei der Reiterstube im Winkeltal



bei der Reiterstube im Winkeltal



Alm Kneipp im Winkeltal



Alm Kneipp im Winkeltal

## Contact details Reiterstube:

Phone: +43 (0)4843 / 5188  
Email: [info@reiterstube.at](mailto:info@reiterstube.at)  
Internet: [www.reiterstube.at](http://www.reiterstube.at)

## Kontakt Daten Gasthaus Raiffeisen:

Phone: +43 4843 5318  
Email: [gh.raiffeisen@aon.at](mailto:gh.raiffeisen@aon.at)  
Internet: [www.gh-raiffeisen.com](http://www.gh-raiffeisen.com)

# Trail "Unter" village view path of Herz-Ass Villgratental

## Village view path to get to know with themed boards from the village center in Außervillgraten

### Walking time about 2 hours - easy hike

- 4,6km walking distance
- 60 ascent altitude
- 60 descent altitude
- lowest point: 1.125m - Center Village Außervillgraten (Start)
- highest point: 1.300m - Unterfelden



### Dorfblickweg Außervillgraten - Themed hike

- Herpfen
- Pfarrkirche St. Gertraud
- Holzkultur
- Maler Ernst Schrom
- Mühlen
- Bäuerliche Architektur

The starting point is the village square in Außervillgraten, approx. 50 m towards Landestrasse. Turn right after the bridge and cross the street. Walk along the sidewalk, then on the left we see the "Krumer Herpfe" with the theme board of the same name. After 50 m turn left and walk along the street towards "Niederbrugger Stüberl". Turn right towards the church, we see the themed board with the description of the Außervillgrater parish church "St. Gertraud".

Continue down the Gemeindestraße, turn right at the intersection and walk approx. 100 m along the sidewalk. On the left there is a signposted bridge on which we cross the Villgrater Bach. Then turn left again and follow the riverside path. Past the Walder carpentry shop and then the children's playground is on the left. From the playground, the entire route is in the forest. After two pasture gates there is a small fish pond on the right. The "Herzplatzl" with the theme board "Wood culture" is also on the right-hand side.

After approx. 10 minutes there is a decommissioned sawmill on the right-hand side. At the end of a short ascent, the path leads back into the forest and to the last themed board, where the famous painter Ernst Schromm is described. After a short rest we go back to the starting point via the same path.

Another highlight is the "Glinze" view of the village. We walk towards Winkeltal, past the Gasthof Perfler we cross the Winkeltalbach at the first bridge on the right. From there you can already see the "Mills" panel. Further on in the direction of "Glinze" or the route of the Ass of Hearts Stage 1, after 150 m you will find the "Rural Architecture" panel. The Dorfblickweg now ends here. The village view "Glinze" is particularly recommended in the late afternoon, as you can watch the sunset here.

There is enough seating along the way to enjoy a nice evening stroll.

✓  **Tour:**

✓  **Tour POI:**

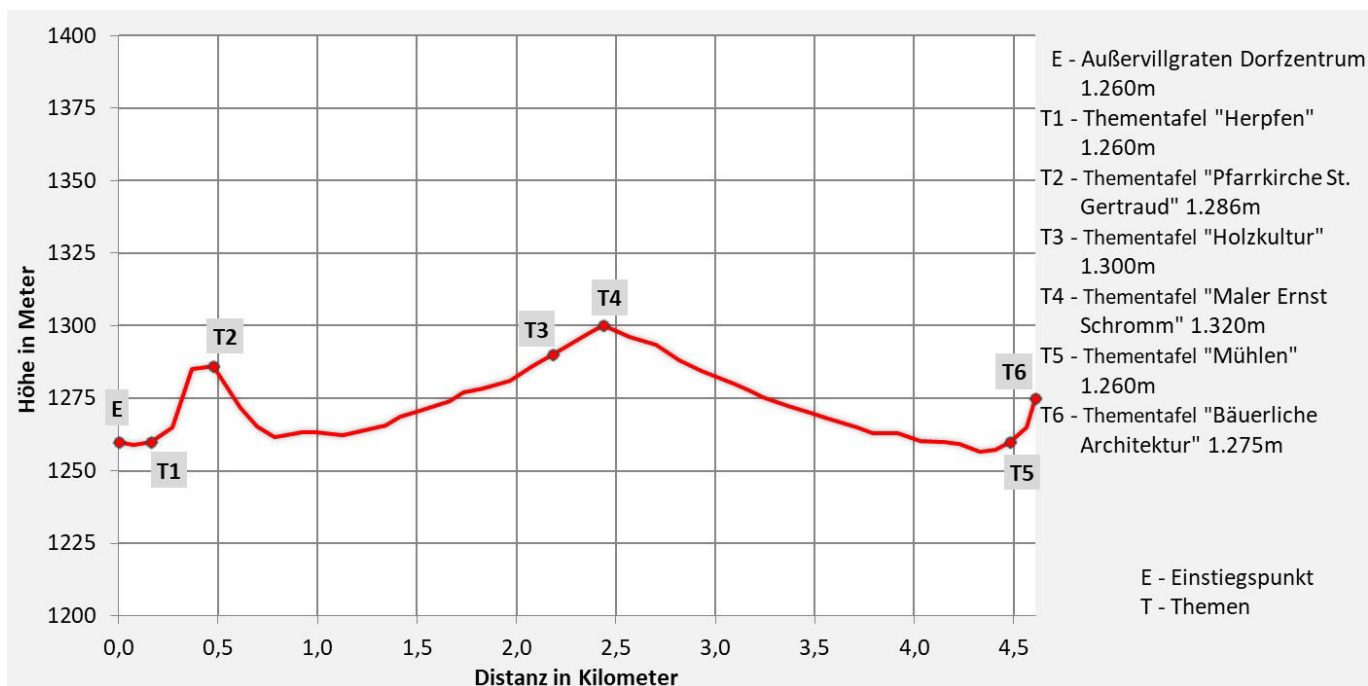
- ✓  E - Dorfplatz Außervillgraten 1.260m
- ✓  T1 - Thementafel "Herpfen" 1.260m
- ✓  T2 - Thementafel "Pfarrkirche St. Gertraud" 1.286m
- ✓  T3 - Thementafel "Holzkultur" 1.290m
- ✓  T4 - Thementafel "Maler Ernst Schrom" 1.300m
- ✓  T5 - Thementafel "Mühlen" 1.260m
- ✓  T6 - Thementafel "Bäuerliche Architektur" 1.275m

✓  **Routen:**

- ✓  Dorfblickweg Außervillgraten



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Ortseingang Außervillgraten



Dorfzentrum Außervillgraten



Thementafel "Herpfen"



Wegkreuz bei der Krumer Herpfe



Blick zur Pfarrkirche St. Gertraud



Blick ins Dorf vom Niederbruggerhof



Thementafel "Pfarrkirche St. Gertraud"



Uferbegleitweg ins Unterfelden Fischteich



Thementafel Holzkultur



Uferbegleitweg ins Unterfelden



Thementafel "Ernst Schrom"



Thementafel "Ernst Schrom"



Uferbegleitweg Unterfelden



Uferbegleitweg Unterfelden



Uferbegleitweg ins Unterfelden



Thementafel "Mühlen"



Thementafel "Bäuerliche Architektur"



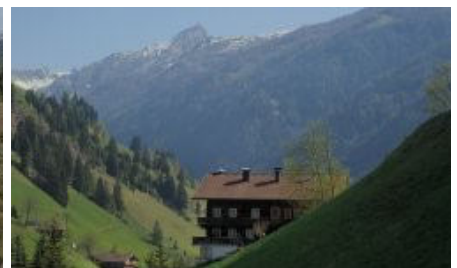
Thementafel "Bäuerliche Architektur"



Blick zum Bodenhof



bei der Glinze Blick ins Dorf



bei der Glinze Blick zum Rappler



# Trail "Unter" village view path of Herz-Ass Villgratental

## Village view path to get to know from the village center in Innervillgraten

### Walking time about 1 hours - easy hike

- 2,2km walking distance
- 45 ascent altitude
- 45 descent altitude
- lowest point: 1.365m - Villgrater Natur
- highest point: 1.425m - Wiedemair Höfe



### Innervillgraten alley route


The starting point is the Gasthof Raiffeisen car park. We walk past the tourist office in the direction of Einathtal, after 250 m we turn left at the "Wiedemair Höfe" and between the centuries-old stone walls we enjoy the view of the parish church Innervillgraten. From the "Schmidhofer Höfen" we cross the L273 as well as the Villgrater Bach and turn left there and walk between Talbach and the Prantersiedlung out of the valley. We walk along the waterway to Villgrater Natur and cross the Villgrater Bach on the left. Past the building yard and the fire station, we now cross Landestraße L273 and the Einathtalbach again, where we then walk parallel to Schmiede Steidl or Gasthof Raiffeisen. At the Steidl smithy we turn left and come back to the starting point.

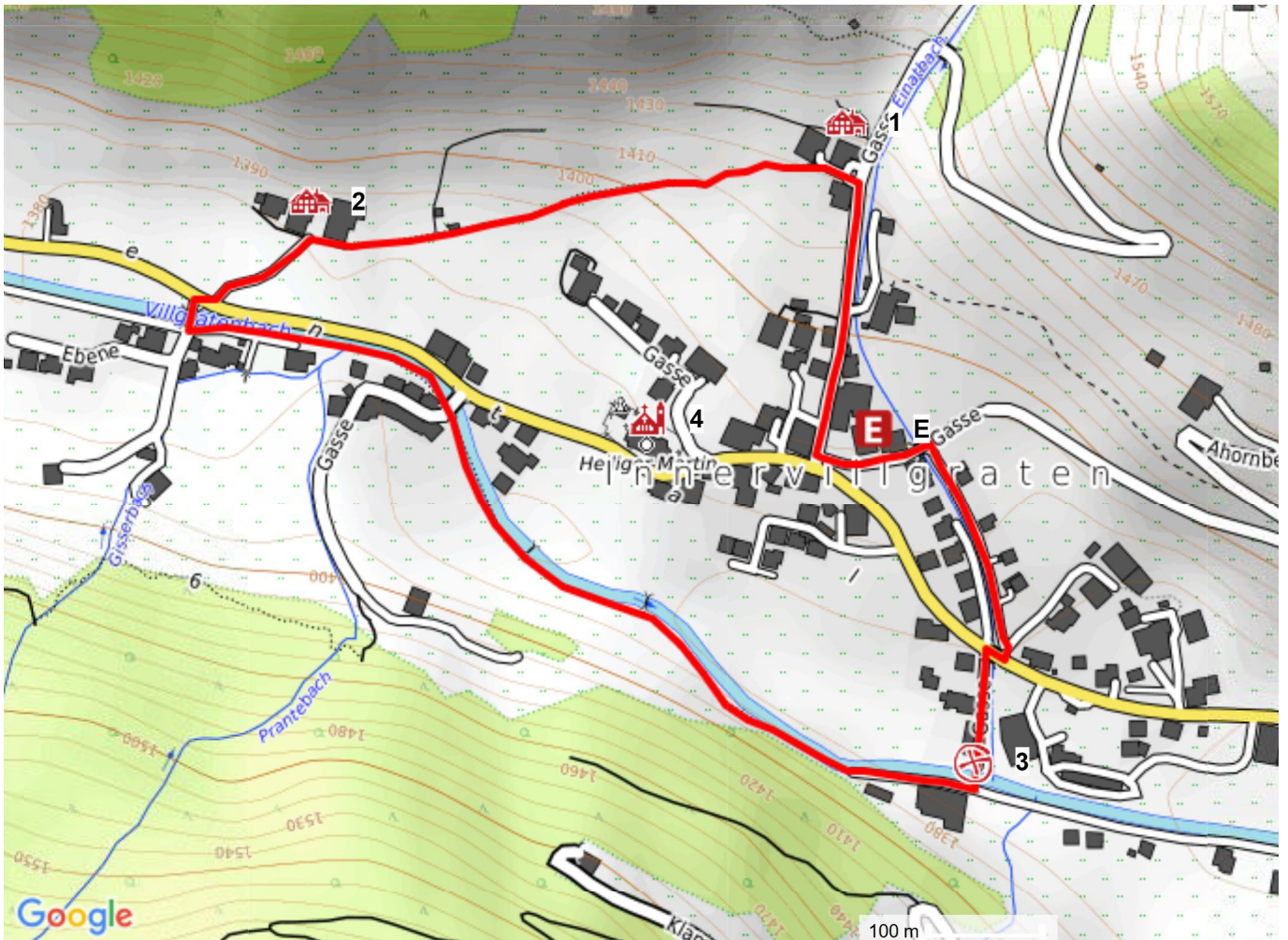
 **Tour:**

 **Tour POI:**

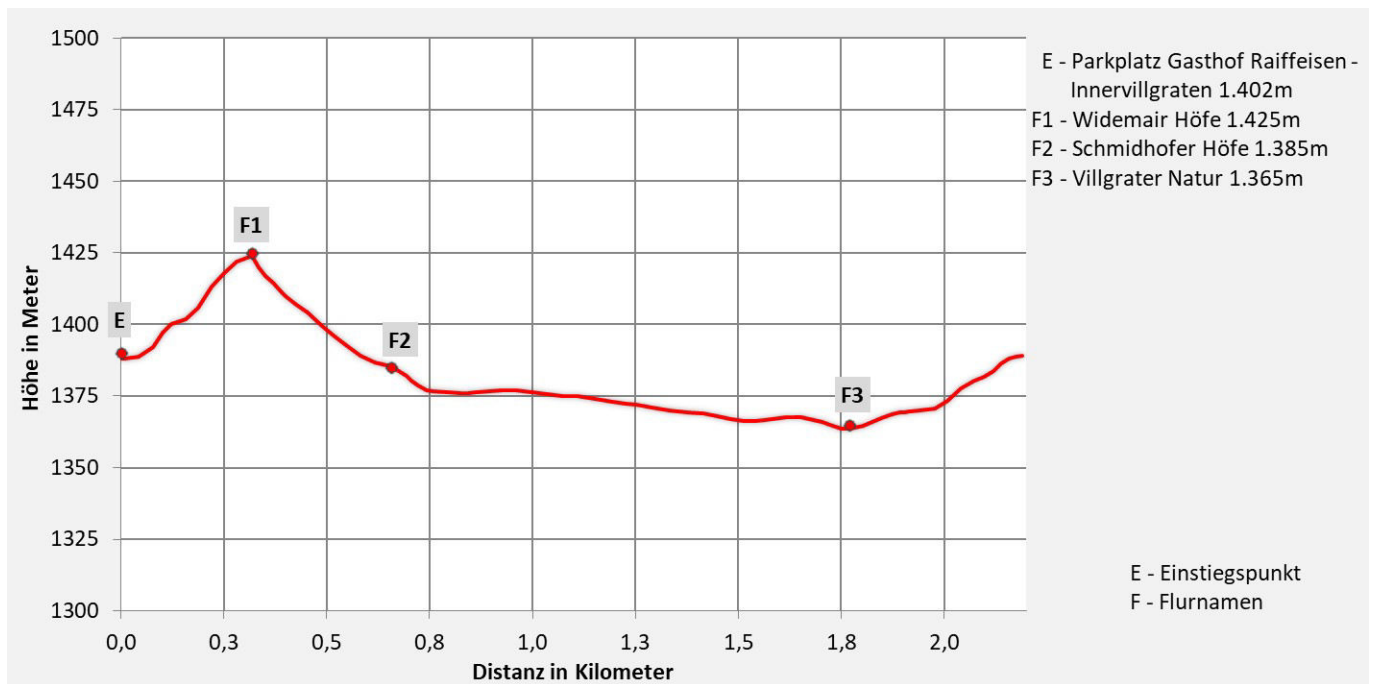
-  E - Gasthof Raiffeisen 1.390m
-  1 - Widemair Höfe 1.425m
-  2 - Schmidhofer Höfe 1.385m
-  3 - Villgrater Natur 1.365m
-  4 - Pfarrkirche St. Martin 1.402m

 **Routen:**

-  Rundweg Gasse



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Vom Ahornberg Blick zum Dorfzentrum Innervillgraten



Gasthof Raiffeisen



Blick zur Pfarrkirche St. Martin



Gasthof Raiffeisen