

Tips for hiking

Hiking suggestions with altitude and time statements for the way there and back, entire ascent and distance

Walks and easy hikes

They are mostly in even terrain or lead to an altitude up to 1400 meters. These tours demand no special clothes, shoes or ability.

a) Walks

Gletscherschliff (glacier polished rock)	1.000 m, 40 min, 90m ascent, 1,4 km restaurant, glacier polished rock from the ice-age, ascent over Leutaschklamm
Gröblalm-Kalvarienberg-Laintal	1.000 m, 1 ¼ h, 100m ascent, 3,5 km One level round trail with beautiful overview over Mittenwald and Karwendel.
Kurpark Puit	915 m Nice park at the Kranzberg side. Music pavilion and roofed relaxing area, Boccia lanes and lots of benches. Free entry with guest card.
Kurpark am Burgberg	915- 960 m Located in the south-west of Mittenwald. Park of botanical interest. 66.000 qm with comfortable trails and lots of places to rest and relax. Kneipp-installation, table tennis, chess and ludo games. Free entry with guest card.
Leutaschklamm (gorge)	930 m, 25 min, 1 km Alpine gorge south of Mittenwald, waterfall of 23 m height, easy to reach, usually open from may - october, 9.00 a.m. - 5.00 p.m.
Laintalschlucht (ravine)	980m, 25 min, 70m ascent, 1 km Small waterfall on the way to Lautersee (lake).
Rain-Spazierweg	960 m, ¼ bis 1 ¼ h, 50m ascent Starts close to 'Karwendelbahn' cable car station. Comfortable walk at the bottom of the Karwendel in north and south direction.
Riedboden-Scharnitz- Hoffeld-Mittenwald	2 ½ h, 9 km Almost even walk with several benches and rest areas, Restaurant at 'Sportanlagen Riedboden' and 'Gasthaus an der Grenze'. Way back over 'Hol' on the east side of the river Isar possible.
Tonihof-Buckelwiesen	1.000 m, 1 h, 90m ascent, 4 km Hotel with spectacular panorama view over the Karwendel- Wetterstein- and Ester Mountains. To reach over Partenkirchner Str. or Gröblalm.

b) Easy hikes

Aschauer Alm - Krün - Tonihof,	1000m, 5 h.(round tour), 225m ascent, 16.5 km The round tour leads on the eastside of the Isar to the Aschauer Alm (branch off short before) to Krün, the way back over Hochstraße Tonihof to Mittenwald.
Barmsee-Tonihof-Klais-M'wald	1.000m, 4 h (round tour), 250m ascent, 18 km Easy hike over the 'Buckelwiesen', Tonihof Krün, Barmsee, Grubsee, Klais to M'wald, just small ascents, Therefore particularly suited for seniors and kids (swimming possibility).
Ederkanzel	1.181 m, 1 ¼ h., 170m ascent, 1,8 km Mountain restaurant with beautiful view over four valleys. Shady ascent over the Leutascher Straße and Schießstätte (shooting place) or the Lauterseestraße possible.

Elmau	1.008 m, 2 ½ h, 180m ascent, 7.5 km Cosy day hike over Lauter-, Ferchensee to Gasthof Elmau (Excursion to Elmauer Alm 1.200 m, ½ h). Way back to Schloß Kranzbach (castle) to Klais 2 ½ h. Possibility to take train or bus back to Mittenwald.
Ferchensee (lake)	1.060 m, 1 ½ h, 180m ascent, 3,7 km Swimming or rowing. Beautiful located restaurant. Reachable by various easy hikes. Private bus service from may to october, weatherdepending.
Gebirgsjäger-Ehrenmal (army statue)	1.138 m, 1 ½ h, 230m ascent, 3,5 km Pass Gröblalm and Luttensee. Way further to Wildensee (35 min) possible.
Hoher Kranzberg	1.391 m, 1 ½ h, 480m Aufstieg, 2,5 km Magnificent view over the wreath of mountains all around M'wald. Reachable by St. Anton (chairlift to this point). Shady descent over St. Anton-Lautersee (1 h) or for exercised hikers over Ferchensee in 2 h. Another descent over Wildensee in northern direction (1 ½ h) . Difficult transition across the "kleiner Kranzberg" to Elmau, in 1 ½ h possible. Restaurants at St. Anton, Kranzberg-Gipfelhaus and at all descents.
Isartaler Wanderweg	1.000 m, 3 h, 110m ascent, 12 km M'wald-Gröblalm-Tonihof-Hochstr.-Krün-Wallgau. Recommended also in reverse direction (Bus to Wallgau). Follow sign-posts A2.
Isartaler Rundwanderweg (round tour)	1.088 m, 9 h, 450m ascent, 36 km M'wald-Aschauer Alm-Krün-Wallagu-Panoramaweg- Barnseerundweg-Klais-Elmau-Ferchensee-Lautersee- M'wald. Wonderful panorama. Follow sign-posts A1.
Korbinianhütte	1.200 m, 45 min, 290m ascent, 1 km Restaurant, comfortable hike over Kalvarienberg- Gertraudtafel or the Gröblalm.
Lautersee (lake)	1.014 m, 30 - 45 min, 100m Aufstieg, 2 km Several stop off possibilities. Reachable through Laintal or Kalvarienberg or the driveway. Bathing beach/lido and boat rental. Bus service from may to october.
Leutaschtal (in Austria)	1.024 m, 1 ½ h, 150m ascent, 3 km Reachable through Leutaschkklamm(gorge), Gletscherschliff (glacial polished rock) or by regular street to Leutasch. Don't forget ID-Card or passport.
Partnachklamm (gorge)	800 m, 5 h, 180m ascent, 15 km The most beautiful connection between Garmsch-P. and M'wald. Pass Ferchensee, Lautersee and Elmau. Back with train or bus.
St. Anton	1.280 m, 1 h, 370m ascent, 1.6 km Restaurant. Reachable over Kalvarienberg or the chairlift Descents over Lautersee (1 h), Wildensee (1 h) or Korbinianhütte (40 min) possible.
Waldlehrpfad (Naturlehrpfad) (natural trail)	1.080 m, 2 h, (round tour), 170m ascent, 4 km Eventful and instruktive round tour (60 information boards)
Wiesenhof	1.036 m, 2 h, 150m ascent, 9 km Restaurant at the entry to Hinterautal. Easy walk through Riedboden-Scharnitz (next to the church)
Wildensee	1.136 m, 1 ¼ h, 260m ascent, 3,5 km Restaurant/Pub. Pass Gröblweg and Buchenwald or Luttenseestraße (car/foot). Incredible flora. Opportunity for bathing.

Hikes to the huts

All stated mountain hikes should be taken through with consideration. They lead you to an altitude up to 1.800 m, therefore you'll need adequate hiking shoes and clothing, especially raincoat (also when the weather looks nice in the morning). The weather in the mountains can change quickly.

Brunnsteinshütte	1.523 m, 2 h, 620m ascent, ca. 5 km Hut of the DAV (german alpine club) Presumably managed from may 15 - oct. 15, phone: 0172/8909613 Beautiful easy ascent over Hoffeld, wonderful view to Arnspitz- and Wetterstein mountains at steep path to Brunnsteinspitze.
Dammkarhütte	1.667 m, 2 ½ h, 755m ascent, ca. 5.5 km. Private hut. Presumably managed from eastern to oct. 1 st . Easily reachable in fantastic mountain/rock scenery. Start northly of Karwendelbahn (cable car station). More difficult and a little longer, but more beautiful over Ochsenboden (3 h).
Fereinalm	1.410 m, 3 h, 540m ascent, ca. 9 km Hunting hut and mountain hut of DAV. June to sept. 30 th , comfortable ascent over Ferein's Straße or for exercised hiker across the shady Jägersteig (bifurcation Aschauer Alm). One of the most beautiful alps in the Karwendel.
Hochlandhütte	1.623 m, 2 ½ h, 750m ascent, ca. 6 km Hut of DAV, presumably managed june 1 st - oct. 15 th . Phone: 0161/282271 Beautiful, alternative hike for the whole family and sportive seniors. Easiest ascent over 'Untere Kälberalm'.
Mittenwalder Hütte	1.518 m, 1 h, 600m ascent, ca. 4 km DAV hut. Presumably managed may 15 th - oct. 15 th . Tel.: 0172/8558877 Easy, paying ascent, except a short passage (50m) which is saved with hand rope. Start close to Karwendelbahn station.
Pleisenhütte	1.757 m, 3 h from Scharnitz, 810m ascent, ca. 8km Private hut, presumably managed may/june - oct., left time open saturdays/sundays. Recommendable, easy hike on forest trail with wonderful view over the tyrolian mountains. Start at the church in Scharnitz.
Schachen (restaurant and hunting castle)	1.866 m, 4 ½ h - 5 h, 1000m ascent, ca. 14.5 km Restaurant and hut of König Ludwig and botanic alpine garden. Presumably managed june - oct., phone: 08821/2996 Guided tours through castle at: 11.00 a.m and 2.00 p.m. Alpine garden open june - sept. 7.00 a.m. - 6.00 p.m. Easy hike across Lautersee, Bannholzerweg and Wettersteinalm. (Wettersteinalm open june - sept.)
Soiernhaus	1.611 m 3 ½ h (from Krün), 900m ascent, ca. 10 km DAV hut, presumably managed may 15 th - oct. 15 th Phone: 08825/1429 (after 6 p.m.) or 0172/5465858 Long but comfortable ascent over Fischbachalm and Hundstall. Experienced hikers can take the alternative trail over Lakaiensteig.

All DAV huts offer sleeping possibilities. Please make reservations in advance during high season.

Any other information about huts, opining hours/days, trails, 2-day trip possibilities etc. can be asked at the tourist-information office.