

Long-distance hiking on the trail of the Blue Gentian

31 stages, 120 Alpine huts, 350 kilometres of hiking trails, special people, memorable encounters

Whoever embarks on the "Trail of the Blue Gentian", finds happiness directly along the way: in 120 Alpine huts, with overnights in the hay or when eating Pongauer delicacies. In doing so, the Salzburger Almenweg (Salzburger Alpine Trail) and its hut people always tell stories of happiness and of a supposedly long lost world.

The popular looping hiking trail leads right through the Salzburg Pongau region with its famous holiday areas such as the Salzburger Sportwelt, Tennengebirge, Grossarl Valley, the Gastein Valley, the Hochkönig holiday region, the Salzburger Sun Terrace and Obertauern. There are 25 towns in Salzburg's Pongau region and they're all valley locations of the Salzburg Alpine Trail: from anywhere, hikers can head into the 350 kilometre long hiking trails and also descend again into a valley. There are 120 Alpine huts along the way in which you can rest or spend the night. Hikers can, but don't have to, head back into the valley. Whoever longs for a longer break from their daily routine simply remains up above in this summer Alpine meadow world with its people, animals and stories.

31 stages for all those who want to hike and climb mountains

The stages are varied and at different difficulty levels and are, to 90 percent, at over 1,000 metres above sea level. Many of them are suitable for families with children as well as for beginners. Others are reserved for experienced mountain enthusiasts and summiteers. In any case, the Salzburger Almenweg is a trail for all those who prefer the mountains. The shortest stage is only five kilometres long and can be completed in about 90 minutes. Trained hikers need up to nine hours walking time for the most demanding stages with 21 kilometres. In addition, stages can be combined with an additional summit tour: such as on the 2,941 metre high Hochkönig. On the well-designed website www.salzburger-almenweg.at, also "food connoisseurs", "herbalists" and "panorama freaks" find exactly those stages and mountain huts, which best meet their needs. Additionally, there are numerous variant proposals for individual route planning.

With the whole family on the "Trail of the Blue Gentian"

The Salzburger Almenweg is well marked: the blue flower of the Gentian shows the route through the mountains. A special incentive, especially for children, is collecting hiking stamps.

The "bronze hiking pin" is awarded from the first stage. The stamp collection book is available in all tourist association offices in the valleys.

The family-friendly stages include the Stage No. 27 to Moosalm in Filzmoos which has a petting Zoo and children's playground. For even more variety for the whole family, there are entertaining themed trails such as the "Alles Alm" Trail in Obertauern, "Flori's Adventure Trail" in Flachau or the two adventure mountains "Geisterberg" in St. Johann-Alpendorf and "Wagrains Grafenberg" in Wagrain. Dogs are also welcome on the Salzburger Almenweg: simply ask the hut owners for the huts in which you can sleep overnight with your dogs. In the Arthurhaus on the Hochkönig (Stage No.2), there is a playground complete with swimming pool and obstacle course for dogs.

As a guest of the Pongauer Alpine herdsmen

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You can milk, sing, yodel, make cheese and sometimes even do magic: the locals on the Salzburger Alpine pastures are very special hosts and excellent storytellers. They know when the best time to observe chamois is, they know the weather signs and tell the most beautiful myths and legends. To listen to them, means to immerse yourself in a long since vanished, Alpine farmers' world: they know the past and are sometimes great philosophers, but do not ignore the future. To go with them and get to know their working day is an earthy experience. Because the Alpine pasture is not just a cliché: it is an ancient cultural landscape which still exists today, because there are committed people who love to uphold the traditions and to make them a real living experience for guests and hikers from all over the world. Particularly rustic huts are the Tauernkarleitenalm in Obertauern with its over one hundred year old Smoking Kitchen, the 150 year old Präau Hochalm in Dorfgastein with its 'Honeymoon Suite', and the Aussteigerkammerln and the Weissalm with their open fire places in Großarl.

Cuisine, herbs and places of power

Whoever hikes, gets hungry, too: what luck then that it is tradition on the Salzburger Almenweg to feed hikers with delicacies. The cow's milk is processed right on the spot and with handed-down methods into spicy grey cheese, mountain farmer's mozzarella or dough cheese. Mostly the bread is also baked right on the mountain; syrup is made from wild herbs or Elderberry while Schnapps is made from Rowan berries or Pine cones. The bacon comes from the farm's pig and the farmer's doughnuts are baked in clarified butter. In Großarlital hikers are inducted into the "Großarlitaler Mountain Secrets": in each mountain hut there is a special dish such as Kasnocken (cheese noodles) or Bauernbrat (farmer's roast).

On numerous Alpine pastures, delicious herbs from the garden or the surrounding meadows enrich the dishes: such as on the Kräuteralmen on the Hochkönig. Special products such as herbal salt, blueberry vinegar or hay milk soap are produced on the Bürglalm, the Pronebenalm or the Dientalm. In Filzmoos, "Places of Energy Hikes" invite you to pause and reflect: 16 places of energy have their special powers to help you switch off and recharge your batteries.

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We will gladly support you in organising and performing individual research on site by prior arrangement.