



## **Rauris Valley: Golden Alpine Pasture Hiking Region**

**The 300 kilometres of hiking trails in the Rauris Valley reveal all the special features of Hohe Tauern National Park. In the five side valleys, 30 serviced alpine huts also invite hikers to stop for a hearty break.**

Following in the footsteps of **pack traders, vultures and gold miners** routes in the **Rauris Valley** lead along **springs and waterfalls**, through windthrow forests and across wide alpine meadows up into the mountains. To stop and refuel, **30 rustic alpine pastures, huts and mountain inns** tempt visitors with typical alpine fare.

### **Alpine pasture tour on the Hohe Tauern Panorama Trail**

Many alpine pastures lie along the **Hohe Tauern Panorama Trail**. On **stages 14 and 15**, the **Rauris Valley** is crossed from Embach in the north to Kolm Saigurn in the south before the route continues across the Gold Mountains into the neighbouring Gastein Valley. Stage 15 promises a particularly special nature experience from Rauris via the old **Bucheoben road** and **idyllic alpine pastures** at the foot of the Gold Mountains Schareck, Hoher Sonnblick and Hocharn to the **Naturfreundehaus Kolm Saigurn** at the valley head. To the left and right of the **Hohe Tauern Panorama Trail**, **rustic alpine pastures** invite hikers to rest, recharge and enjoy the views. And there are always opportunities to branch off into **picturesque side valleys** with charming alpine pasture areas.

### **The most beautiful alpine pastures of the Gold Mountains**

A short and easy hike leads through the flower-filled **Gaisbachtal** near Rauris up to the serviced **Karalm** (1,420 m). There you can not only stop for refreshments, but also buy fine products in the **farm shop**. At the valley entrance near Wörth lies the **Fröstlberg** with further alpine pastures. The hike to the **Lercheggalm** (1,815 m)



impresses with sweeping views of the peaks of the Salzburg Gold Mountains. On the **Kalchkendlalm**, visitors can learn to bake bread with retired teacher **Roswitha Huber**. Another hut tour leads from Bodenhaus in Bucheben past the **Astenschmiede** and via the **Rauriser Urquell** to the beautifully situated **Mitterastenalm** (1,762 m). The route from the Nigggut riding farm up to the **Steinalm** (1,178 m) also promises an exceptional nature experience. Across alpine meadows and stretches of forest, the trail continues to the **Steinbockalm** and **Feldereralm** (1,691 m), offering open views from **Rauris to the Hochkönig**. Another tour leads from the Lenzanger car park in Kolm Saigurn through the **Rauris Virgin Forest** or along the **Rauris Alpine Trail** to the Durchgang alpine pastures in the farthest reaches of the Rauris Valley. The route impresses with ever-present views of the magnificent Hoher Sonnblick (3,106 m) - but also with three rustic refreshment stops at the **Gainschniggalm**, the **Durchgangalm** and the **Filzenalm** (1,776 m).

### With the pack traders across the Tauern

The **Seidlwinkltal** branches off from the main valley near Wörth towards the west. From Roman times onwards, an important transport and trade route ran through the neighbouring Hüttwinkltal, following the Seidlwinklache up to the Mittertörl and onwards to the south. In the Late Middle Ages, **pack traders** transported mainly salt southwards and wine northwards on the backs of their Noriker horses, donkeys or oxen. This summer, every Tuesday there is a **National Park Ranger hike "In the Footsteps of the Pack Traders" (08/07-02/09/25)** from the Mittertörl downhill through the Seidlwinkltal to the **Rauriser Tauernhaus** (1,526 m). The important supply station for people and animals on the arduous pack trails dating back to 1491 has been preserved in its original form, with a blackened alpine parlour and a mighty cauldron over the open fireplace. Those who follow in the footsteps of the pack traders through the Seidlwinkltal today have many more options for a stop along the way: the **Litzelhofalm**, the **Palfner Alm**, the **Gollehenalm** and the **Landgasthaus Weixen** are all located along the route.



## Hiking where the vultures circle

In the **Krumltal**, bearded vultures were released into the wild for the first time almost 40 years ago. Around 30 birds of prey return every year to search for food in this unspoilt Rauris side valley. With a wingspan of almost **three metres**, bearded vultures are the largest birds capable of flight. In size, they even surpass **golden eagles, griffon vultures** and **cinereous vultures**, which also feel at home in this habitat of waterfalls, boulders and alpine pastures. On the "**Kings of the Skies**" nature trail, it is best to always keep binoculars at hand. The trail leads from the **Almgasthaus Lechnerhäusl** through the Krumltal, past the **Kasermundquelle** to the serviced **Bräualm** (1,601 m), where there is a National Park observation station for eagles, griffon vultures and bearded vultures. After refuelling with alpine products from the farm's own agriculture, you can even continue further up to the **Rohrmoosalm**.  
**www.raurisertal.at**

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