



Golden Autumn in the Rauris Valley The Slow Travel Insider Tip

When the Rauris Valley transforms into its “golden autumn”, nature glows in magnificent colours: rich red, warm yellow and bright orange compete with the deep blue sky. There is an almost magical clarity in the air, letting your gaze wander far out into the mountain world - and opening the senses to the many delights of this season: delicious specialities at rustic alpine huts, cosy autumn festivals, the scent of freshly baked farmhouse bread, savoury bacon and homemade cheese.

The 30-kilometre-long Rauris Valley in Hohe Tauern National Park now shows itself from its very finest side. In the five pristine side valleys, autumn stages its great play of colours. In the Rauris Virgin Forest, deep-red blueberry bushes glow among old fallen spruces and Swiss pines, while honey-yellow larches rise like torches. High above it all, the eternal white of the Sonnblick glaciers shines. Those joining a guided excursion experience this spectacle even more intensely - and perhaps even the majestic birds of prey in the “Valley of Vultures” (03.+10.+17.+24.09.25). Bearded vultures, griffon vultures and golden eagles circle here against the clear autumn sky, as graceful as they are powerful.

The Seidlwinkltal also attracts visitors with its incredible blaze of colour. Along historic pack and pilgrimage trails or the Water Information Trail, hikers encounter not only nature, but also history. “Meet a Ranger” is the motto when hikers in the Seidlwinkltal, Krumltal or Kolm Saigurn learn national park secrets first-hand along the way. An experience of special intensity is the red deer rut in the Hüttwinkltal (25.09.25): when dusk falls and the roaring of the stags echoes through the valleys, you can feel the primal life of the mountains with every fibre of your being.

Larch Gold, Glacier White and Sky Blue

Those who want to head higher can easily reach the 1,800-metre mark with the Rauriser Hochalmbahn cable car (until 26.10.25) - and with it an autumn panorama that takes your breath away. Crystal-clear visibility opens up views of the Hohe Tauern and the Salzburg Limestone Alps, while powerful eagles and falcons demonstrate their flying skills against a flawless blue sky at the Bird of Prey Observatory. A spectacle that gives you goosebumps.

Herb walks to the Gollehenalm in the Seidlwinkltal are a treat for all the senses, while children dive into fairytale worlds on the legend hike in Kolm Saigurn. At the end of the Hüttwinkltal, ruined tunnels, miners’ houses and workshops recall the valley’s former gold-mining wealth. On the Tauerngold Adventure Trail, visitors follow the miners’ traces up to the edge of the Sonnblick Glacier at 2,350 metres, where history, nature and silence merge and the magic of the Rauris Valley is especially tangible.



Harvest Festival Season in the Rauris Valley

With September, the Valley of Gold enters a time of gratitude, abundance and celebration. The Harvest Festival season brings together tradition and joie de vivre. At the large Harvest Festival (14.09.25), the market street turns into a stage of local heritage: Rauris horse riders, whip crackers, historic festival floats, people dressed festively in dirndls and lederhosen - a vivid picture of centuries-old culture. Musicians play, dance groups bring lively energy, and craftspeople such as woodcarvers, woodturners and beekeepers demonstrate their skills.

At the farmers' stalls, the true treasures of the region await: savoury Pinzgau bacon, fresh cheese, golden honey and crispy Bauernkrapfen pastries. Visitors can also taste to their heart's content at the Rauris Delicacies Market (04.+11.09.25) in Voglmaierpark. The festive finale is the church harvest thanksgiving celebration (28.09.25), when a ceremonial procession fills the market street and the "culinary Harvest Festival season" comes to a close with music, prayer and community.

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