

SÖLDEN
PULSATING PART



- Information Restaurant Gaislachkogel Gondola Mountain gondola Shuttle Bus stop Parking Hut, serviced Hut, serviced, offering overnight stays Doctor 007 007 ELEMENTS Timmelsjoch High Alpine Road Top Mountain Crosspoint Camping W-LAN Climbing garden Community Places Ötztal Water Strider Trail Hiking trail moderate Hiking trail difficult Forest road Hike & Bike trail



OUR
MUST
HIKES

Due to over 300 km of marked hiking trails, it's difficult to make a choice. But someone has to do the job, so here are our top 4 hiking routes.



All hiking options in Sölden can be found via QR code

FAUNA & FLORA TO GO
NATURE EXPLORATION TRAIL

Middle station – Hühnersteign – Gampe Thaya & Gampe Alm – Hochsölden – Maria's Alm – descent to Sölden

EASY 9.8 KM 3:10 H 110 HM 938 HM

DISCOVER THE OLD ANEW
GAISLACH LOOP

Ascent Zentrum Shuttle – Unterwald – up to Stiegele – hiking trail to Sonneck and further via Gaislachalm into Silbertal – descent past the ancient Gaislach Farms to Bodeneegg, from there to Zwieselstein through Kühntrain Gorge to Sölden or with the regular (hiking) bus

MODERATE 10.6 KM 3:50 H 609 HM 593 HM

TO THE FULL
SCHWARZSEE LAKE

Glacier bus to the toll station - hike to the base station of Langeggbahn - ascent to Rotkogelhütte - hike to Rotkogel – followed by a detour to Schwarzsee - descent again on Langeggbahn and along the hiking trail back to Sölden

MODERATE 6.9 KM 3:00 H 290 HM 968 HM

TO SÖLDEN'S BORDERS
PERLER SEE LAKE

Ascent on Giggjoch gondola – descent on foot or lift ride to Hochsölden on Rotkogelbahn – Dr. Bachmann Weg towards Peerler See – Peerler See lake – descent to Hochwald – back to Sölden via Granstein / Leite

MODERATE 12.4 KM 5:00 H 570 HM 1.310 HM



Mountaincarts

WE'RE OPEN:
COMMUNITY
PLACES

Come together: chilling and barbecuing together. Meet new people. Or just hang out, take a deep breath and let the sun shine on your belly. Our public and consumption-free community areas offer exactly all this and more.

- Moosersteegle barbecue area
- Stallwiesalm platform
- Waalweg hammocks
- Bartiges Bödele chill area
- Schwarzsee lake
- Pump Track Rolling



Moosersteegle BBQ site

TIMETABLE

NEXT
STOP:
YOU!

We won't leave anyone behind: Sölden's public transport lines are well developed and run at short intervals. Transport is free for holders of a valid Summer Card. By the way: the hiking busses in Sölden's Silent Part are also included on presentation of the Card.



The current bus timetable is available here via QR code.



OUTSIDE
THE BOX:

AWAY FROM HIKE &
BIKE ROUTES

Working out is all right, but you should always keep the balance between tension and relaxation. That's where our relaxed leisure time tips come in handy.



Find more leisure time tips via QR code.

- Mountaincarts, Sölden
- 007 ELEMENTS, Gaislachkogel/Sölden
- 360° adventure world, Sölden center
- AQUA DOME – Tirol Therme Längenfeld
- AREA 47 at the entrance to Ötztal
- Lake Piburger See, Oetz
- Hohe Mut Alm, Gurgl
- Kunstweg Barteb'ne, Vent
- Geocaching throughout Ötztal



007 ELEMENTS

FOLLOW US FOR MORE
HEARTBEAT MOMENTS!

SOELEDEN HEARTBEATOFHEALPS



SÖLDEN SILENT PART



GOOD TO KNOW

- This ist the way:
- Our marked summer hiking trails feature yellow orientation boards, winter hiking trails are in pink.

- Friendly Reminder:
Wild camping is not permitted in the Sölden region and the entire Ötztal!

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OUR MUST HIKES

CLOSE TO THE WATERS WAALWEG MOOSERSTEGLE

Information Sölden – Windau –
Waalweg trail to Windachtal –
Granbichl

EASY

↔ 4.1 KM ⌚ 1:45 H
↑ 265 HM ↓ 265 HM

SÖLDEN'S SILENT PART HUT HOPPING

Hochstubaithütte (3.174m) –
Hildesheimer Hütte (2.899 m) –
Siegerlandhütte (2.710 m) –
Gasthaus Hochfirst (1.860m) –
Brunnenkogelhaus (2.738 m)

DIFFICULT ↔ 42.5 KM ⌚ 17:30 H
↑ 3.485 HM ↓ 3.464 HM

SÖLDEN'S SILENT PART PASTURE HOPPING

Kleble Alm (2015 m) – junction Fiegl's
Hütte/Seekarsee to Fiegl's Hütte (1956 m) –
Jägers Notweg – Brunnenbergalm (1972 m)

TIP: Take the comfortable hiking bus to
Stallwiesalm or Kleblealm!

MODERATE ↔ 10.7 KM ⌚ 4:15 H
↑ 740 HM ↓ 1.145 HM

HEART PEAKS OF SÖLDEN



GAISLACHKOGL, 3058 m

A mountain brimming with adventures: if you have always wanted to stand „on top“ of a 3000-meter peak, but don't fancy the climb, Gaislachkogel is the ideal place for you. The gondola takes you comfortably to the middle station, where the FALCON à la carte restaurant or the self-service Market Restaurant invite you to a culinary stop before the gondola takes you to the top. Up there, the 007 ELEMENTS James Bond Adventure World, the ice Q gourmet restaurant and the heart-shaped lake promise wow moments.
TIP: Empty the mobile phone memory before you set out!

EASY

SÖLDENKOGL, 2902 m

Home is where the mountains are: it's not a surprise that the locals have chosen Söldenkogel as one of their landmarks, as the almost 3000 meter high summit is one of the most fabulous panoramic mountains in the immediate vicinity. Superb views are the reward for the moderately difficult ascent.

MODERATE ↔ 8.2 KM ⌚ 3:50 H
↑ 930 HM ↓ 930 HM

NEDERKOGL, 3163 m

Natural landmark: majestic Nederkogel towers over 3000 meters above Sölden's south. When entering the village, the view of the mountain offers both locals and visitors heartbeat moments and a feeling of being at home. TIP: On hot days, it's worth making a detour to Nedersee mountain lake on the descent, truly refreshing moments are guaranteed.

DIFFICULT ↔ 11.2 KM ⌚ 5:15 H
↑ 1.516 HM ↓ 1.516 HM

GRIESKOGL, 2914 m

A peak that has everything. It is also challenging. The mountain tour to Grieskogel is multifaceted and demanding: Giggijoch gondola takes you directly from Sölden up to over 2200 meters in comfort. Then you hike on colorful alpine meadows before the ascent to the 2914 meter high summit leads through rocky terrain.

DIFFICULT ↔ 5.4 KM ⌚ 2:25 H
↑ 636 HM ↓ 636 HM

HOW TO ..

HAVE THE BEST TIME IN SÖLDEN?

Make the most of your stay in Sölden: our expert locals will tell you which activities, pleasant moments, places and activities should not be missing on your bucket list.



Scan QR code,
register and get the
Sölden Bucket List!



SÖLDEN.
HEARTBEAT
OF THE ALPS.