

Osttirol  
Dein Bergtirol



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Osttirol Information  
Over 400 km  
of trails in a  
unique natural  
landscape

# Cross country skiing in Osttirol

● [www.osttirol.com](http://www.osttirol.com)

Life as it should be.



< The idyllic valleys of Osttirol, like Defereggental here, invite cross-country skiers to enjoy extensive exploratory tours.



# Nature meets cross-country trail

**Nature experience with full-body training in the Osttirol winter**

There is a sheer unlimited range of sports activities with which you can keep yourself fit in winter in the nature of East Tyrol. Cross-country skiing has a longstanding tradition in East Tyrol and is increasingly enjoyed by winter sports enthusiasts. The Nordic sport strengthens the cardiovascular and immune system, metabolism and breathing. So head out for some cross-country skiing in East Tyrol, which reveals the charm of the region from its multifaceted side. Captivating views of 266 peaks of up to three thousand metres. Glide through a pristine natural and cultivated area.

Discover a variety of regions on cross-country skis: the valleys Defereggental and Lesachtal, Villgratental and Virgental, as well as the Lienz Dolomites region, which await you with over 400 kilometres of trails. What do all the cross-country skiing possibilities in all the valleys and elevations in East Tyrol have in common? High-quality trail maintenance thanks to daily preparation, assured snow due to the altitude or artificial snowmaking, well-priced trail tickets and numerous trail quality seals.

A particularly practical feature for longer routes: public transport in East Tyrol is free for guests with the guest card. Regio buses run hourly to the valleys, while Regio taxis also make more remote destinations accessible. Most of the trails are therefore within easy access by public transport.



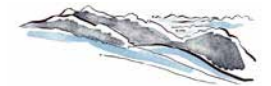
You can find further information and tips on the topic of cross-country skiing here:  
[langlaufen.osttirol.com](http://langlaufen.osttirol.com)



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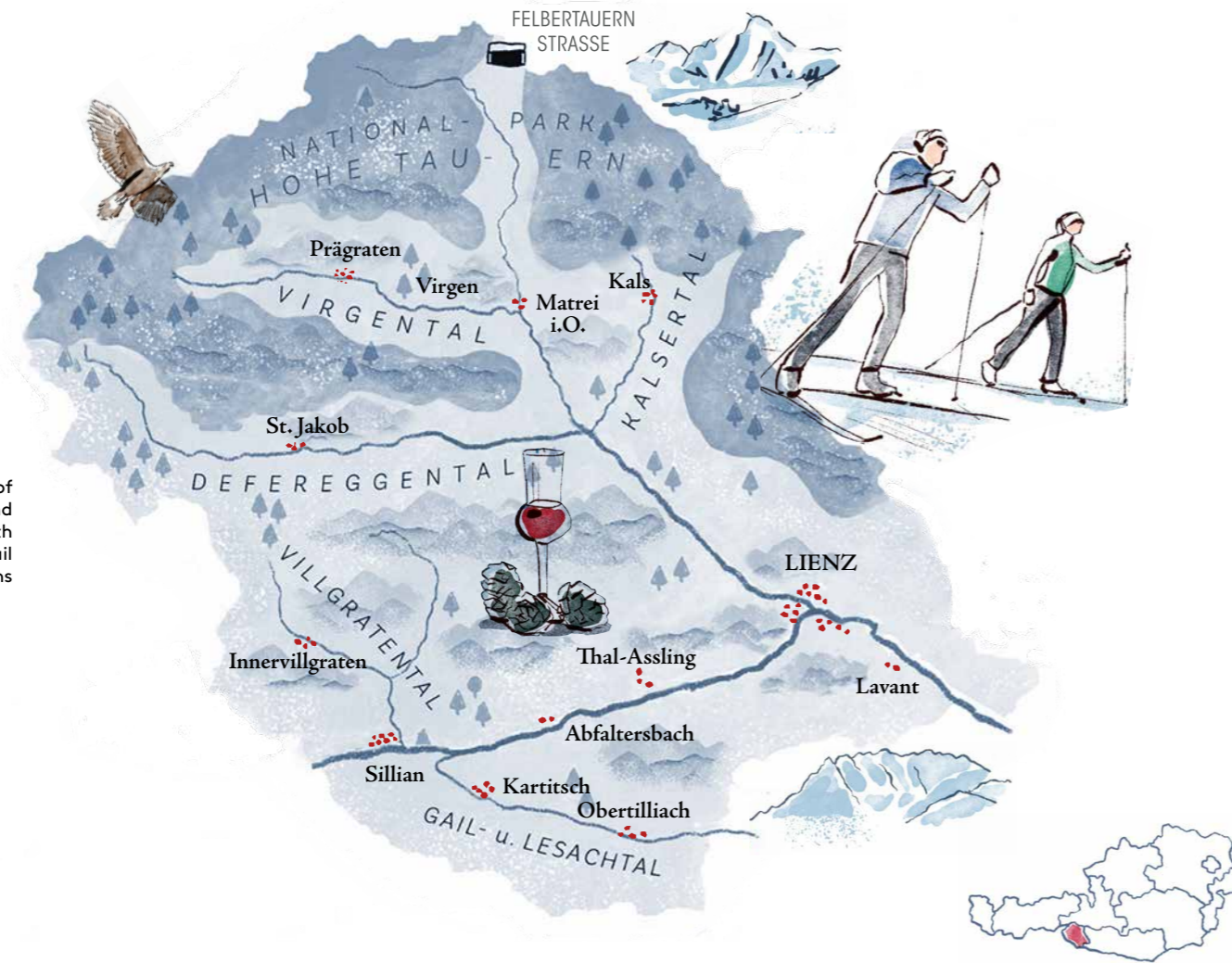
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# One region countless possibilities



You can find an overview of all cross-country trails and an interactive map with information about trail lengths, elevation gains and difficulty levels at: [maps.osttirol.com](http://maps.osttirol.com)



## Nationalpark Region Hohe Tauern Osttirol

Exercise in healthy mountain air, forested areas with deep snow, perfectly prepared trails – the region in the Hohe Tauern national park Osttirol offers a total of over 65 km of trails, both for sporty skaters and dynamic classic skiers. Some of them also have

double tracks and skating tracks. Kals am Großglockner, Virgen and Prägraten am Großvenediger all boast the Tyrolean track quality seal, while the touristic trail quality seal “Cross-country skiing and Nordic fitness” was awarded to

the whole Hohe Tauern national park region Osttirol.

**Tip:** The nighttime trail “Unterfeld” in Prägraten am Großvenediger – a 3.3km stretch illuminated throughout for all cross-country skiing fanatics!



## Lienzer Dolomiten

On the Lienz valley floor, guests can exercise on slightly undulating trails, accompanied by a view of the Dolomites panorama. The Lavant circuit is especially popular – a trail loop – right by the golf course at the foot of the Lienz Do-

lomites, which has snowmaking facilities.

The cross-country skiing sprint held annually in January at the Lienz main square as part of the “Dolomitenlauf” is also legendary.



## Hochpustertal

The trails Pustertalloipe and Grenzlandloipe run through the valley Pustertal – together around 50km. The other half of the Grenzlandloipe leads to Innichen (Italy). Short but excellent is how the 8-km-long Villgratental trail and the 3-km-long Sonnseitenloipe in Innervillgraten could be described. In particular, you can experience the originality of this valley along this route.

Beautiful trail in the alpine region. Between the villages Kartitsch, Obertilliach and Untertilliach and Maria Luggau, more than 60km of perfectly prepared trails await cross-country skiing enthusiasts. Owing to the altitude of between 1200 and 1500 metres, this trail is among those in Tyrol with the most assured snow.

The Grenzlandloipe in the Gailtal and Lesachtal valley in Tyrol is referred to as perhaps the most be-

**Tip:** The cross-country skiing and biathlon centre in Obertilliach of a World Cup standard provides summer training opportunities.



## Defereggental

For Nordic fans, there are around 60km of various types of trail in the valley Defereggental: those who are seeking challenges and want to put their fitness to the test will find what they are looking for on the Feistriz trail. Sun worshippers will be delighted

with the “Sonnenloipe” in Defereggental. Those for whom the day does not have enough hours can hone their technique during the evening hours on the three-kilometre-long illuminated trail at St. Jakob i. Def. towards Maria Hilf.



## Historical wooden sheds and a world-class biathlon centre

The tyrolean valley Lesachtal is one of the most beautiful high-altitude valleys in Europe, with an authentic and unique natural and cultivated landscape. In the mountaineering village Obertilliach, the cross-country skiing and biathlon centre is often the venue for competitions.

The "Dolomitenlauf" has been held here in January for many years, one of the most well-known popular cross-country skiing races in the German-spea-

king region and part of the Worldloppet series. The cross-country skiing season starts early here at 1450 metres above sea level. If temperatures allow it, the spreading of snow reserves from the previous winter already starts at the beginning/middle of November. Up to 50km of different trails are available for cross-country skiing fans. The Grenzlandloipe trail from Kartitsch via Obertilliach and Untertilliach to neighbouring Maria Luggau in Carinthia is among the most beautiful trails in the Alpine region with assured snow.

Along the Grenzlandloipe below the magical village Obertilliach in the valley Lesachtal.

- ▮ Difficulty
  - ❄ Snow making
  - ↔ Route length
  - ↑▲ Uphill altitude meters
- Loipe = cross-country ski trail



# Go out and explore

Whether it's fast-paced, romantic or challenging – the varied trails offer the perfect tour for any cross-country skiing enthusiast. Here is a selection of the top spots.

### Grenzlandloipe trail

The Grenzlandloipe trail connects the valleys Gailtal and Lesachtal (Osttirol) with Carinthia and is considered to be one of the most beautiful and varied trails in Osttirol. An extensive cross-country tour that can be shortened as required.

Start: Kartitsch

- ▮ difficult
- ❄ no
- ↔ 25.7 km
- ↑▲ 239 hm





The idyllic trails along the Lienz valley floor, with the Lienz Dolomites as a backdrop.

## Cross-country skiing at the foot of the wildly romantic Dolomites

In Cross-country skiers can have run all around Lienz on almost 60 kilometres of trails with a breathtaking panorama of the Dolomites.

The trail Dolomitenloipe was the original cradle of the Dolomitenlauf competition and connects Lienz with Nikolsdorf, where a further two circuits on the sunny side entice you. In Levant, not far from Lienz, there is an 8-kilometre-long circuit trail with snowmaking facilities – situated right by the Dolomites Golf Resort. Where golfers tee off in summer, there is a fabulous winter landscape in winter that invites you to enjoy various tranquil cross-country skiing circuits very close to the Lienz Dolomites.



### Lavant circuit trail

The trail is situated 8 km from Lienz on the site of the Dolomites golf course. The trail will potentially be extended into the village.

**Start:** Dolomitengolf course, Lavant

easy yes  
8 km 60 hm




### Villgratental trail

After a slight ascent, the trail runs with easy to medium difficulty descents and ascents across open fields towards Pranausiedlung. After the turnaround at Graferhöfe, it runs through a romantic forest and open territory back to the village centre.

**Start:** Innervillgraten

moderate no  
8 km 250 hm


## On cross-country skis through a pristine natural and cultivated landscape

As set your own pace. In the valley Defereggental with a wealth of snow, winter sports enthusiasts will find a true winter wonderland. There are 10 different trails in the Defereggental – the valley of water and myths. 7 of them are situated around St. Jakob: 3 short and sharp circuits and 4 generous trails between 5 and 13 kilometres.

Those who would like to explore the most original archetypal high valleys of the Alps on cross-country skis will find what they are looking for in Villgratental. A valley without any ascent aids, brimming with character, pride and history. The 8-kilometre-long trail runs directly from Innervillgraten to Kalkstein, partly along the Villgraten stream. The unique natural and cultivated landscape makes the skiing circuit fly by.

A new feature in the forthcoming winter is the 3-kilometre-long trail on the sunny side of the valley, which runs directly from the town centre along the valley floor and enjoys a wealth of sunshine.

## An insider tip in Osttirol – cross-country skiing at the foot of Großvenediger

5 trails with a total of over 20 kilometres and the Tyrolean trail quality seal will delight beginners as well as professional cross-country skiers in Prägraten in the valley Virgental. The cross-country skiing experience has assured snow due to the altitude and snowmaking facilities. Furthermore, the region is still a hidden gem!

The trail along the Isel runs through a picturesque hoar frost

forest. Those who want to avoid the freshness along the glacier river can enjoy the winter sun on the panoramic trail in Ströden.

The view of the icy giants of Mauerental is unique and invites you to enjoy various circuits on the extensive fields at the end of the valley. It is even possible to go cross-country skiing in the evenings in Prägraten – on the illuminated circuit Blusenrunde from 16.00 to 21.00.

Passing rustic huts along the route in the quiet Virgental



### Bobojach trail

The Bobojach trail in Prägraten am Großvenediger offers varied ascents and descents and is a physical challenge for every ambitious cross-country skier, past rustic chalets along the stretch in the quiet valley Virgental.

Start: Recreation center Bobojach

↑ difficult ❄ no  
↔ 5.1 km ↑ 80 hm





# Higher, further, healthier

## The unique trails at altitude in Osttirol

While cross-country skiing in the valley is already optimal for the heart and circulation, the training effect increases at altitude. The air at altitude supports the formation of red blood cells, raises the oxygen content of the blood. This effect is like natural doping and is often used by top sportspeople for training. In addition, the sun at altitude has a positive effect on the body: more infrared light boosts the circulation, the air is free from allergens, the colour spectrum is more magnificent and the views therefore more intense.

In the mountaineer and winter hiker village Kartitsch, this effect unfolds along a 10-kilometre-long, optimally prepared trail on the sunny plateau of the mountain. At 1820 to 1950 metres above sea level, classical cross-country skiers and skaters will find optimally prepared conditions. You can access the trail by lift or with a transfer. Winter sports enthusiasts can get to the

Staller Sattel altitude trail in Defereggental (2000m) by ski bus. No matter whether classical or skating style, cross-country skiers can enjoy the 6-kilometre-long circuit with an impressive view of the Osttirolean Defereggental or Antholztal in the immediately adjoining South Tyrol.

The altitude trail at Golzentipp in Obertilliach is 5 kilometres long and is conveniently accessible by cable car. The trail has sporty ascents and descents and is primarily suitable for skaters. The view from below the Golzentipp peak is magnificent, in any case: Großglockner and Hohe Tauern in the north, the Lienz Dolomites and Lesachtal in the east, the Carnic Alps in the south and west, along with the Sextner Dolomites and Villgrater mountains. It is simply full-body training with a nature experience.



Not just taking care of your health but also great fun.



### Dorfberg altitude trail

The Dorfberg altitude trail is situated at 1820 to 1950 metres and is a great option for pursuing cross-country skiing. This trail can also be called a panoramic trail. Payable transfer to the trail available at T. +43 4848 20 054.

**Start:** Dorfberg lift

moderate no  
↔ 10 km ↑ 250 hm



### Golzentipp altitude trail

This trail runs through treeless terrain along the agricultural path from the peak station of the cable car to the mountain meadows below the Golzentipp peak. Wonderful view in all directions! Due to the triple crossing of the piste, it is only recommended for skaters!

**Start:** Golzentipp cable car

moderate no  
↔ 5 km ↑ 160 hm



### Obersee trail

The circular cropped Obersee trail starts at the turnaround area of the ski bus and runs towards Staller Sattel. The trail runs along the shores of Obersee to Oberseehütte and back to the panorama panel by the car park.

**Start:** Staller Sattel car park

moderate no  
↔ 5.9 km ↑ 170 hm





< Every participant in this cult sports event is already a winner.



19–21 January 2024

Find out more and register now at: [www.dolomitensport.at](http://www.dolomitensport.at)



## The unique cult event

Since 1970, cross-country enthusiasts from all around the world have pilgrimaged to Lienz in mid-January, because the international Dolomitenlauf is on the programme. As part of the worldwide Worldloppet series, it is on a par with classics such as the Vasaloppet in Sweden or Birkebeinerrennet in Norway.

This legendary cross-country skiing marathon with 2500 participants is the largest cross-country skiing event in Austria and is also a spectacle for spectators—with numerous side events for an enthusiastic public.

ability, taste and age. And all of this in an impressive natural setting! Over the course of the three-day event, a total of six different races with varying distances and degrees of difficulty are held.

No matter whether you are a professional, amateur or leisurely sports-person – there is the right and suitably challenging competition here for every

Alongside the centrepiece, the big “Dolomitenlauf” on Sunday, especially the “Dolomitensprint” on Friday evening is a sports highlight and a major social spectacle.







# Recharge your batteries

During your cross-country skiing holiday, you can focus on the essentials: cross-country skiing. Your hosts will take care of everything else. In Osttirol, there are hotels and accommodation set up especially for cross-country skiers, where the friendly staff will be happy to help you with information about trails and equipment.



You can find information about all the cross-country skiing accommodation and services here.

Get trail plan or current weather forecast from the information desk, or chat with the hosts about the best routes in the region. Then you can head straight out onto the trail – the quality-tested cross-country skiing enterprises are at the most 3 kilometres from the nearest access to a trail.

And when you return in the evening after a tiring day of cross-country skiing, a laundry and drying services is of course available for your skiing clothing.

## Dolomiti Nordic Ski partner enterprises

The hosts of the Dolomiti Nordic Ski Hotels are mostly enthusiastic cross-country skiers themselves. They therefore know not only what cross-country skiers want and need but also where the most beautiful trails are in the Dolomites and valuable insider information. You are in good hands here!



# The allround carefree package

Find out  
more and  
book right  
away!

## Cross-Country Skiing Safari Osttirol - 3 days



**Inclusive services 3 nights:**  
3 nights  
3 days cross-country skiing pass for Osttirol

**Price examples:**  
Hotel \*\*\*\*\* with half board from € 450,00  
Hotel \*\*\*\* with half board from € 270,00  
Hotel \*\*\* with half board from € 225,00  
Guesthouse without stars / \*\* / \*\*\*  
with breakfast from € 183,00  
Private room with breakfast from € 150,00  
Apartment without board from € 175,00

## Cross-Country Skiing Safari Osttirol - 7 days



**Inclusive services 7 nights:**  
7 nights  
7 days cross-country skiing pass for Osttirol

**Price examples:**  
Hotel \*\*\*\*\* with half board from € 1025,00  
Hotel \*\*\*\* with half board from € 605,00  
Hotel \*\*\* with half board from € 500,00  
Guesthouse with half board from € 430,00  
Guesthouse without stars / \*\* / \*\*\*  
with breakfast from € 402,00  
Private room with breakfast from € 325,00  
Apartment without board from € 350,00



# Good to know



## Dolomiti NordicSki

Dolomiti NordicSki, Europe's largest cross-country skiing carousel with 1300 kilometres of trails in ten regions, presents itself as attractive and varied with magnificent tours amidst the Dolomites. Cross-country skiers can download the GPS data for all the trails before the start of winter.

[www.dolomitinordicski.com](http://www.dolomitinordicski.com)



## Fees

Information about the current cross-country skiing fees and cross-country skiing ticket sales points can be found here:



## Free Bus

Ski buses in Osttirol can be used free of charge with a valid cross-country ski pass or a guest card.

[gratisbus.osttirol.com](http://gratisbus.osttirol.com)



## Rental & Service

### Hochpustertal

Sport Sunny 2000  
T. +43 4842 6919

[www.sunny-2000.com](http://www.sunny-2000.com)

Nordic Racing Center  
Sport Auer  
T. +43 664 32564522

[www.sport-auer.com](http://www.sport-auer.com)

Albert's Sportartikelverleih  
T. +43 664 8712434

Sport Schett  
T. +43 660 4909245

### NationalparkRegion

Sport Steiner  
Pattergasse 5, Matri  
T. +43 4875 6711  
[www.sportsteiner.at](http://www.sportsteiner.at)

Sport 2000, Matri  
Europastraße 20, Matri  
T. +43 4875 6581121  
[www.sport2000.at/wibmer](http://www.sport2000.at/wibmer)

Sport Michl  
Großdorf 64, Kals a. Gr.  
T. +43 4876 8434  
[www.sportmichl.at](http://www.sportmichl.at)

Alpinsport Gratz  
Talstation Kals a. Gr./Großdorf  
T. +43 4876 22114 500  
Gradonna Mountain Resort  
T. +43 4876 22114 520  
[www.sport-gratz.com](http://www.sport-gratz.com)

Skiverleih Hannes  
St. Andrä 45b, Prägraten a.G.  
T. +43 699 17 19 56 22  
[www.ski-verleih-hannes.at](http://www.ski-verleih-hannes.at)  
[www.intersport-troger.at](http://www.intersport-troger.at)  
[ferienhaus-troger.com](http://ferienhaus-troger.com)

### Defereggental

Sport2000 Passler  
T. +43 4873 520333  
[www.sport-passler.at](http://www.sport-passler.at)

Intersport Troger  
Dorfzentrum St. Jakob  
T. +43 4873 5290  
[www.intersport-troger.at](http://www.intersport-troger.at)

Intersport Skihütte  
Talstation Brunnalm  
T. +43 664 3555800  
[www.intersport-troger.at](http://www.intersport-troger.at)

Skiverleih Troger Katrin  
T. +43 650 6002454  
[ferienhaus-troger.com](http://ferienhaus-troger.com)

### Lienzer Dolomiten

Joachim's Skishop  
T. +43 4852 68541  
[www.joachims-skishop.at](http://www.joachims-skishop.at)

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Subject to changes and errors.



## Cross country ski schools

### Hochpustertal

Wintersportschule  
Hochpustertal  
Innervillgraten 146, Villgratental  
T. +43 664 5732189  
[www.wintersportschule.at](http://www.wintersportschule.at)

White Element  
PustertalerStr 45, Sillian  
T. +43 664 4668798  
[www.white-element.at](http://www.white-element.at)

Skischule Obertilliach  
Obertilliach 7, Obertilliach  
T. +43 664 1523608  
[schischuleobertilliach.com](http://schischuleobertilliach.com)

**NationalparkRegion**  
Skischule Kals am Großglockner  
T. +43 664 129 40 47  
[www.skischulekals.com](http://www.skischulekals.com)

Skischule Matri/Goldried  
T. +43 4875 6080  
[www.schischulematri.at](http://www.schischulematri.at)

Skischule Grossglockner  
T. +43 676 303 57 56  
[skischule-grossglockner.at](http://skischule-grossglockner.at)

### Defereggental

Langlaufschule  
Defereggental  
Oberrotte 44, St. Jakob i.Def.  
T. +43 650 321 56 36  
[langlaufschule-defereggental.at](http://langlaufschule-defereggental.at)

Schneesportschule  
Defereggental St. Jakob KG  
Unterrotte 133, St. Jakob i.Def.  
T. +43 4873 200 31  
[info@schneesportschule-stjakob.at](mailto:info@schneesportschule-stjakob.at)  
[schneesportschule-stJakob.at](http://schneesportschule-stJakob.at)

Ski- & Snowboardschule  
Martin Gasser  
T. +43 664 5055464  
[www.skischule-stjakob.at](http://www.skischule-stjakob.at)

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[langlaufen.osttirol.com](http://langlaufen.osttirol.com)