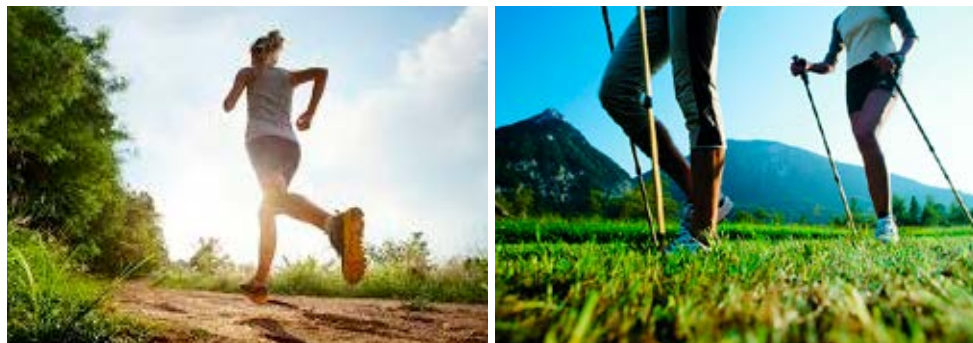


RUNNING & NORDIC WALKING

Fitness Park

In St. Johann-Pongau there is a fitness park along the Salzach with a total of **7 running trails and Nordic walking routes**. The starting point is on the one hand, the power plant Plankenau with the **fitness course for strengthening and stretching exercises**, on the other hand, the vocational school. At the entry points panorama boards are set up with height diagram, length, difficulty and type of route.



For our guests:

You are welcome to borrow our Nordic Walking poles.
Please ask at the Berghof reception!



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HIKING TIPS

HIKING · BIKING · RUNNING & NORDIC WALKING



HIKING TIPS

Jägersee and Tappenkarsee

Travel time: 25 min from Berghof /Alpendorf, about 30 km

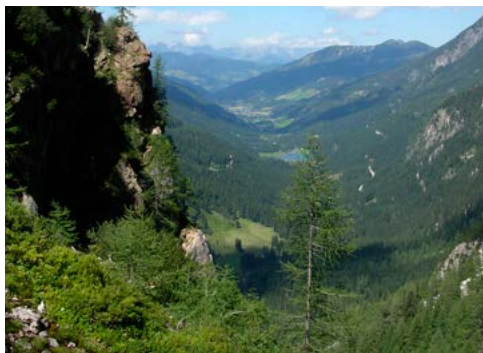
Direction: Take the state road 163 to Wagrain, where you turn right towards Kleinarl. Drive through Kleinarl and stay on the road. Then you come to the Jägersee.

Jägersee

Beautiful, flat walk around the lake. Also, a stopover on the way at a quaint inn offers itself. There is also the opportunity to turn a boat round.

Tappenkarsee

Beautiful hike from Jägersee to Tappenkarsee, a unique mountain lake. Duration of the trip: Walking time to the Tappenkarsee between 1 hour 20 minutes and 2 hours. 750 meters in altitude.



Mitterfeldalm Hochkönig / Hochkeil

Travel time 25 min from Berghof / Alpendorf, about 30 km. Driving over the highway 311, exit at Bischofshofen. Continue straight towards Mühlbach. The first street in Mühlbach right to the Arthur House. There you can find a parking lot.

Mitterfeldalm

Beautiful hike.

Approx. 150 meters in altitude. Walking to the pasture between 45 and 60 minutes.



BIKING TRIPS

Whether with family or alone, it features never be bored.

Whether young or old: there are numerous ways in which you are able to get to know what Salzburg has to offer. A special attraction is also the 160-mile-long fabulous "Tauernradweg". Divided into stages, this is a very special experience. Exact cycling guide and the most important information available at the Berghof reception.



For our guests:

We offer the option of top bikes to borrow for free!
Please ask at reception.

AROUND ALPENDORF



Mühleben-trail

Walking time: approx. 4 ½ hours

Following from the Alpine village of the road over Oberforstthof and Ötzmooshof, Urlpoint. Then the left, flat track slightly uphill to Mühleben. From there, continue on to the mountain trail Buchau to Wagrain. The route 11 following on Kreistenalm and Sternhof back to Alpendorf.

Zederberghof

Walking time: approx. 1 hour

Starting point is Alpendorf. The street at Oberforstthof over, then turn left after 400 m and the roadway to Zederberghof along.

Panoramic Circuit

Walking time: approx. 1 ½ hours

Starting point is Alpine village. The road up past the Oberforstthof until the junction Weitenmoos. From Weitenmoos turn right at the same height on to the Alpenhof. Back to the alpine village on the “toboggan run”.

Brandalm

Walking time: approx. 2 hours

By car to the AGIP petrol station (exit St. Johann Salzburg). Rising slightly from Palfnerdörf right of Palfnergrabens the supply road No. 16 on Guggenbichl to the all year managed Brandalm.

Hahnbaum Trail

Walking time: approx. 2 ½ hours

Starting point Waldschwimmbad St. Johann. On the left side to the Waldschwimmbad by slightly rising over the valley inn (at the sign Hahnbaum-Alm) You can follow the road or turn right over the bridge.

Sonntagskogel

Walking time: approx. 1 ½ hours

Ascent by cable car (also walking distance possible) to Obergass-Alm. Slight increase over Buchau hut over Gernkogel. From the Gernkogel-Alm take the left road at the same height on to climb to Sonntagskogel.

Mooslehenalm - Igltalalm

Walking time: approx. 2 ½ – 3 hours

By car until shortly before Grossarl (Schied) pass over Pension Unterviehaus to the barriers (Angerwald). From there the service road on the left Igltalalm branching off to Mooslehenalm. Back on Holzlehen to the barriers.



GROSSARL VALLEY

Only 20 minutes drivetime from the alpine village is the Grossarl valley.

Numerous traditional and family-run alpine huts invite you to enjoy and feel well. Our information brochure on the mountain pastures in Grossarl is available at the reception.

