



Lienzer Dolomiten Loop Trail



No.	Starting Point	Destination	Altitude gain	Altitude loss	Km
1	Lienz	Anna Schutzhaus	1,350 m	50 m	17,5 km
2	Anna Schutzhaus	Lienzer Hütte	1,050 m	1,050 m	24,5 km
3	Lienzer Hütte	Hochsteinhütte	1,900m	1,850m	35,5 km
4	Hochsteinhütte	Lienz	1,050 m	2,400 m	34,5 km

This tour covers 4 day stages that start from the East Tyrolean district capital of Lienz and lead into the surrounding mountains. The mountain scenery of East Tyrol is exceptional and marked by two exceptional rock giants: Großglockner Mountain in the east and Großvenediger Mountain in the west. In the south of the province tower the impressive, ragged rocks of the Lienz Dolomites. Stage destinations are different (Alpine Club) huts that not only welcome hikers, but also bikers.

Highlights Again and again one encounters hidden treasures on the Lienzer Dolomiten Loop Trail. Only about 5km from the starting town of Lienz are the worthwhile Roman archeological findings of Aguntum (watch out for the turnoff before Dölsach, Aguntum is about 1km from the cycling trail). The highlight of the second stage is the back of Debanttal Valley, just before Lienzer Hütte. A large, sparse stone pine forest that stretches to the timberline invites with its numerous small brooks that find their way down from the surrounding 3000m-high

mountains. The culture and nature trail there gives an excellent insight into this sensitive ecological system. After the dreamlike natural scenery on Zettersfeld with its larch forests, bikers enjoy a downhill ride to Lienz covering 1,200m of altitude difference. The cultural highlight of day three is a visit of Schloss Bruck castle in Lienz. The castle of the Counts of Görz dates back to the 13th century and is located directly at the MTB-route. This impressive building hosts a museum with paintings by Albin Egger Lienz, probably the most famous son of the town. On the last cycling day one has the opportunity to relax at Lake Tristacher See and to give one's tired legs a break. East Tirol's only bathing lake is located in a fairytale forest and a small lakeside beach with guesthouse invites to a break.

Culinary Delights East Tirol is a part of Tirol that is marked by rural life. Traditional East Tirolean cuisine is based on produce that have always been cultivated there: on the fields of East Tirol these were mostly barley, rye, buckwheat and potatoes. Vegetables, fruit and herbs were cultivated in the private gardens of the farms. Most of the time there was milk in abundance. The combination of these products resulted in a versatile and healthy cuisine. Traditional dishes still served today are for example barley soup or "Schwarzplenten" buckwheat dumplings. The most famous East Tirolean dish is "Schlipfkrapfen" tortellini, pasta dough filled with cream cheese, chives and

potatoes. Amongst meat dishes the lamb specialties are outstanding. On the huts of this tour one is spoilt with different East Tirolean specialties. The host of Anna Schutzhof has a private farm and offers lamb dishes made with meat from the private farm. On Lienzer Hütte one can enjoy delicious "Schlipfkrapfen" tortellini, while the host of Hochsteinhütte has made it even into TV with his "Kaiserschmarrn" (shredded pancakes with raisins and sugar). Lienzer Hütte is a well-known excursion guesthouse and offers a wide range of East Tirolean specialties.

History In the time B.C. East Tirol was part of the Celtic Kingdom. Today there are hardly any traces from this time, but still some names (e.g. Isel – cold river, Kees – snow from the last year) tell of this time. Later on the Romans conquered the Celtic Kingdom of Noricum and built the settlement of Aguntum. At the time of the mass migration in the 7th century Slavs entered the country from the south-east. Some field names still tell of this time. Already in 796 the Innichen Convent (today's Italian Tirol) was built by the Bavarian Duke Tassilo III and after bloody battles he subjected the Slavs to his rule. Later in the Middle Ages the Counts of Görz came into power. After the death of Leonhard, the last Count of Görz, Maximilian I of Austria took over and with him Tirol. The industrial revolution left hardly any traces in this peripheral district. Agriculture was no longer sufficient though to employ all

people, and many had to emigrate or look for alternatives. The building of Pustertalbahnh railways brought a new economic upturn. The first tourists arrived in the district and an economic branch that is still important today became established. Another turning point in the history of (East) Tirol was the separation of the country after WWI into the Austrian North and East Tirol and the Italian South Tirol. Ever since then it has only been possible to get to the capital of Innsbruck by traveling either through the province of Salzburg or through Italy.

Panorama The area surrounding Lienz forms Tirol's largest basin. On the Lienz Dolomiten Loop Trail one cycles anti-clockwise once around the Lienz basin. New views can be enjoyed every single day. From Anna Schutzhaus one enjoys a dreamlike view of Lienz and the Lienz Dolomites. From this quaint hut one can watch the probably most beautiful sunsets of Eastern Tirol. Lienz Hütte, stage destination of day two, lies embedded between the 3,000m-high mountains of Schobergruppe Mountain Range. Just before sunset, when the summits already glisten in orange light, a unique nature spectacle can be enjoyed. The thirst stage leads to the wide slopes of Zettlersfeld above Lienz. From there one enjoys a dreamlike view of Kreuzeckgruppe Mountain Range, the Lienz Dolomites and the South Tirolean mountains. Thanks to its location directly at the crest, Hochsteinhütte offers fantastic views. Schobergruppe Mountain Range, Hohe Tauern Mountain Range and

(Lienz) Dolomites seem to be within reach. Lienz Dolomitenhütte is amidst these impressive mountains. Ragged limestone formations and secluded spots offer repeatedly new perspectives.



Lienz – Anna Schutzhaus

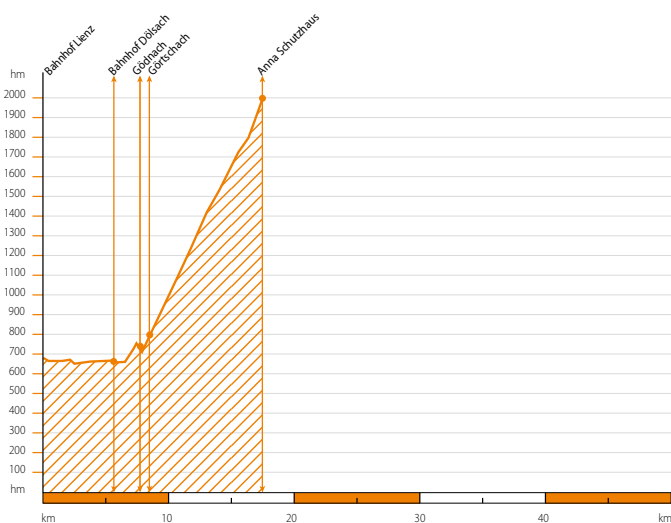
1st Stage



Altitude gain	1,350m
Altitude loss	50m
Highest spot	1,992m
Difficulty	intermediate
Length	17.5km

Routing At the Lienz train station one turns right into the main road. After the bridge across Isel River one turns right into the cycling trail and follows it for about one km to the agricultural college in the district of Peggetz. From now on one follows the green signposts and rides through a built-up area to Drau River. One follows the cycling trail downstream until one turns left towards "Dölsach Zentrum" after about 3.5km. One crosses the railways and turns right into a country lane just before the bridge. After about 500m a concrete footbridge (left) leads across a canal ("Anna Schutzhütte"). After another 500m one crosses the federal road (watch out: dangerous spot!). There the first climb to Dölsach/Gödnach

(Route No. 125) starts. Just before St. Georgenkapelle chapel (740m) one takes a sharp right turn and crosses a wooden bridge to Gödnach. A brief downhill section through the small village follows, before the next climb up Görtschach (760m, 1 hour from Lienz) starts. One follows the "Ederplan" signposts and stays on the forestry road leading to Anna Schutzhaus (1,992m, 3.5 hours from Görtschach). The last 200m of altitude gain are a steep climb. On some sections you have to push your bike.



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Anna Schutzhaus – Lienzer Hütte

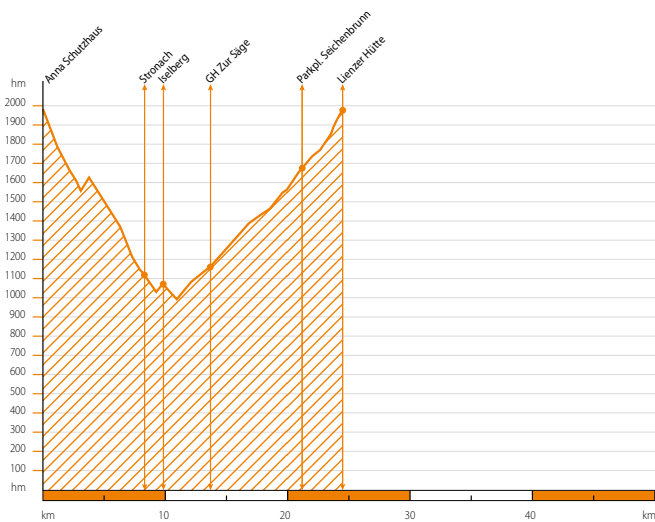
2nd Stage



Altitude gain	1,050m
Altitude loss	1,050m
Highest spot	1,974m
Difficulty	intermediate
Length	24.5km

Routing From Anna Schutzhaus one follows the route of the previous day downhill and continues on the wider forestry trail to the “Iselsberg Zwischenbergen” junction on an altitude of 1,570m. There one rides towards “Iselsberg” and conquers 60m of altitude difference on a bad forestry trail to a bend. Then one rides downhill to Stronach (1,106m). From there the road is asphalt covered and after a couple of hundred meters one gets to the federal road. Follow the federal road uphill for about 500m, before turning left into an asphalt road at the “Iselsberg” town sign. The slightly descending and then level trail leads past Möserhof farm and into Debanttal valley. One rides on a gravel road again and follows the “Lienzer

Hütte” signposts. Just before “Zur Säge” guesthouse (1,143m, 1.5 hours from Anna Schutzhaus) one crosses Debantbach brook. On the road into the valley the route leads to Lienzer Hütte (1,974m, 2.5 hours from “Zur Säge” guesthouse).



Accommodation

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Lienzer Hütte – Hochsteinhütte

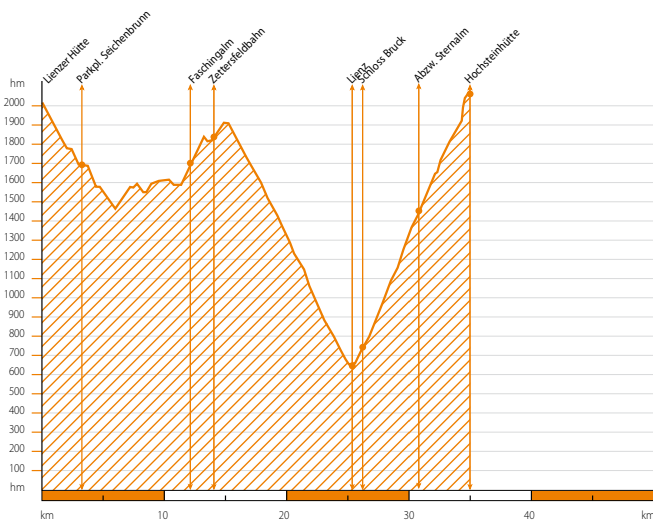
3rd Stage



Altitude gain	1,900m
Altitude loss	1,850m
Highest spot	2,025m
Difficulty	difficult
Length	35.5km

Routing From Lienzer Hütte one cycles initially some 6km out of the valley, past Seichenbrunn car park to the "Lienz Faschingalm" junction. The forestry trail continues straight on the right side of the valley and slightly ascends to a bend of an asphalt road. Climb this road uphill to Faschingalm pasture and continue to the base station of a chairlift. From there one continues on a gravel road uphill, rides through a sparse larch forest and past some mountain huts to the junction of a country lane at an altitude of 1,785m. Follow this initially steep and later one level road towards "Zettersfeld Zentrum, 104". Past Gasthof Bidner and Zettersfeld lift the trail continues to the asphalt road which leads you up to an

altitude of 1,880m and continues downhill to Lienz (altitude loss: 1,200m, 2.5 hours from Lienzer Hütte). Once there one rides through Beda Weber Gasse lane, across Isel River and turns right just after the church. Shortly afterwards one crosses the federal road (attention!) to the car park of Hochstein lift. From there one follows the signposts 103 or 121 respectively. The course continues now slightly ascending past Schloss Bruck castle and after a few bends one gets to a junction at an altitude of 1,430m (1.75 hours from Lienz). If you've had enough, you can continue straight and gets to Sternalm (1,505m) after about 1km (limited number of beds). If you've still got enough stamina you can take a right turn



(121) and ride to Hochsteinhütte (2,025m, 1.75 hours). The last 150m of altitude gain are conquered along steep Russenpath.

Accommodations

Hochsteinhütte

Tel +43.664.9116656

www.hochsteinhuette.at

Attention: In 2009 Hochsteinhütte is renovated. It is serviced during summer, but no overnight accommodation is available.

Sternalm

Tel +43.4852.65265

(East Tirol Tourist Board)

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Hochsteinhütte– Lienzer Dolomitenhütte – Lienz

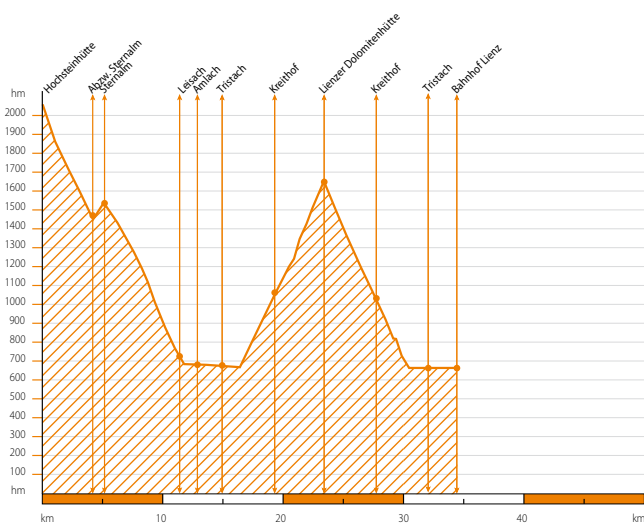
4th Stage



Altitude gain	1,050m
Altitude loss	2,400m
Highest spot	2,025m
Difficulty	intermediate
Length	34.5km

Routing From Hochsteinhütte one initially follows the route of the previous day and rides downhill to the Sternalm (1,430m) junction. There one takes a right turn and after about 0.25 hours one gets to Sternalm pasture (1,505m). Ride downhill on the well-developed forestry trail (No. 103) to Leisach until you get to the federal road down in the valley. Follow the road out of the valley for 200m until you get to the town sign of “Leisach”. There you take a right turn towards “Naturlehrpfad Amlach”. Cross Drausteg footbridge and continue straight to Dolomitenwaldschenke guesthouse. Keep to the left and follow the asphalt road through Amlach. At the end of the village the route continues straight to Tristach

(45min from Sternalm). Once you get to the main road follow it for about 700m to the sports ground. There you take a right turn and then a left turn to the natural toboggan run. The steep trail leads partly along the toboggan run uphill to Kreithof (1,050m). Alternatively you can ride up the parallel running, less steep asphalt road. At the end of the toboggan run at Kreithof you change to the toll road up Lienzer Dolomitenhütte (1,616m, 2.75 hours from Tristach). Having enjoyed a rest stop you ride back on the same route to Tristach. If you want to enjoy a refreshing bath in the Lake Tristach, you have to ride back on the asphalt road and take a left turn to the lake at an altitude of 810m (500m away). In Tristach you continue



on the main road towards Lienz for a short while. The route to the centre then continues on the cycling trail parallel to the road. One more time the route crosses Isel River to the left and after about 400m on the main road one gets to the train station (1 hour from Dolomitenhütte).

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