



More climbing fun in the Mayrhofen-Hippach holiday region

Training for body & soul!

Climbing is not only great fun, it strengthens muscles, stamina, boosts self-confidence and promotes well-being. Working on the rock and stone also imbues one with strength for everyday life. Fresh-air fanatics and summer athletes are particularly well catered for in the Mayrhofen-Hippach holiday region, as the programme of activities just keeps growing!

ACTION PARADISE #SCHLEGEIS131

The world's first via ferrate to run along a dam wall was officially opened last year. But that's not all the dam wall has to offer! In addition to the two routes graded A/B and C in difficulty, a children's climbing area has also been created. So young climbers from the age of 5 years can let off steam on the children's via ferrate, which is located on the edge of the dam wall, or the children's climbing trail. All the young ones have to be adventurous and possess a good head for heights in order to experience unforgettable climbing sessions in the Zillertal Alps.

After having climbed to the top of the dam wall and relished this exciting experience at the crown of the dam, what could be better than a spectacular return journey to your original starting point? #schlegeis131 abseiling station is one of the many attractions at Schlegeis Reservoir, located at the panorama viewing platform at the top of the dam. Climb 131 metres up, before abseiling 131 metres down - that will get your adrenalin levels going!

The Flying Fox #schlegeis131 was designed for all those who still have some energy left over after all this fun and action. Glide for 600 metres alongside the dam wall at 131 metres above the ground in the midst of the Zillertal Alps - whilst feeling as free as a bird!

„The Wall“ sport climbing route is the perfect challenge for all sports climbers. This climbing route rated 7 in difficulty is a real insider tip for all avid climbers. Due to the curvature of the dam wall, the level of difficulty increases continuously. Starting at level 5, the difficulty level increases to 7+ mid-route as the wall begins to overhang. Those attempting must have mastered the techniques for multi-pitch routes. As a general rule, anyone capable of negotiating routes rated 7 in the climbing hall and is physically fit, will enjoy this climb.

ZIMMEREHEN VIA FERRATE PARADISE

In addition to the Huterlaner, Zimmerehen and Pfeilspitzwand via ferrate, as well as the child-friendly climbing route with high rope course elements, a fifth via ferrate has opened in the climbing area around Gasthaus Zimmerehen. Astegg via ferrate begins where the Pfeilspitzwand route ends and takes climbers up to the alpine valley of Astegg, high above Mayrhofen. The first third of the section leads through a wooded area, the second along a distinctive rock face, before things get really spectacular on the third section: there are two variants for the final, almost 50 metre climb - either the variant rated B/C, or the variant rated D/E for the more experienced climber. A 510 metre long fixed cable connects the 220 metres in uphill elevation along this section. The climb takes around 1.5 hours. The return route leads along a hiking trail and forest path to Mariensteig, before heading back down to the valley.



KNORREN VIA FERRATA ON ACTION MOUNT PENKEN

Special climbing days begin with an ascent with the Penkenbahn cable car, before catching the Kombibahn lift. The trail then heads past the Funsportstation, before heading directly to the Knorren climbing area, where there are two via ferrate climbing routes: Knorren Nadel, which takes around 90 minutes to negotiate and is rated A/B, and the Steinbock via ferrate, which takes around 45 minutes and is rated B/C. Climbing harnesses can be borrowed from the Funsportstation free of charge. If you fancy an equally spectacular journey back down the valley, then why not fly? Experience that inimitable adrenalin kick of a tandem paragliding flight - the breathtaking views will be ample reward for your courage!

Official climbing areas:

- Ewige Jagdgründe (Eternal Hunting Grounds) in Ginzling
- #schlegeis131
- Kaseler Alm in Ginzling
- Fürstein
- Ginzling Forest in Ginzling
- Gschößwand in Mayrhofen
- Knorren on Action Mount Penken
- Himmelsleiter, on the trail to Gasthaus Zimmereben

Via Ferrate:

- Huterlaner via ferrata to Gasthaus Zimmereben
- Pfeilspitz via ferrata to Gasthaus Zimmereben
- Astegg via ferrata from Gasthaus Zimmereben
- Zimmereben via ferrata to Gasthaus Zimmereben
- Child-friendly via ferrata with high rope course elements to Gasthaus Zimmereben
- Knorren via ferrata on Action Mount Penken
- Nasenwand via ferrata in Ginzling
- #Schlegeis131 via ferrata at the dam wall in Ginzling