



The Tuxer Alps, in the middle of the majestic Tyrolean Mountains, are not only a paradise for nature lovers, but also the „trekking cross“ of important national and international long-distance hiking trails.

On the edge of the Inn Valley lies the Inntal High Trail (Inntåler Höhenweg), created by the Alpenverein Hall in Tirol, embedded in rugged cliffs and beautiful alpine pastures with many clear mountain lakes.

The untouched mountain landscape offers a unique backdrop – always accompanied by fantastic views of the Inn Valley, the Karwendel mountain range, Ötztal Alps, the Central Alps, the Stubai Alps and the Zillertal Alps to the south.

This high-altitude trail in one of the most beautiful regions of the Alps offers everything your heart and soul could desire in six days of mostly moderately difficult stages. The six mountain huts, with their friendly and inviting atmosphere and culinary delights from the region, make hiking even more enjoyable and help you to quickly forget the effort and exertion.

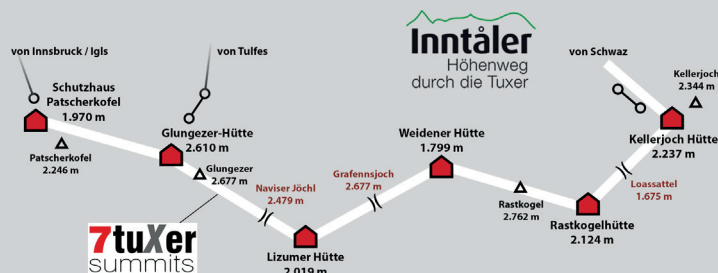
www.inntaler-hoehenweg.com



IN SIX DAYS FROM INNSBRUCK TROUGH THE TUXER ALPS TO THE SILVER TOWN SCHWAZ

Trekking through the Tuxer Alps once in a lifetime

a dream that many people want to fulfill. One of the most beautiful routes, the Inntal High Trail (Inntåler Höhenweg) leads for six days along the 2000 contour line eastwards over the Tyrolean Inn Valley from Innsbruck-Igls through the Tuxer Alps to the Silver Town Schwaz. Between 1,800m and 2,800m, it crosses the untouched mountain world of the tranquil Tuxer Alps.



1ST STAGE: ● MODERATE (SAC-T2)

9,7 km - 3 hrs. 30 min. - ↑ 1.648 hm ↓ 45 hm

Innsbruck/Igls → Schutzhaus Patscherkofel → Glungezer Hut

From Innsbruck-Igls with or without cable car assistance to the Schutzhaus Patscherkofel (1,970 m) and via the Zirbenweg and Glungezer Höhenweg through the Vigartal valley to the Glungezer Hut at 2,610 m.

2ST STAGE: ● DIFFICULT (SAC-T4)

14,8 km - 7 hrs. 30 min. - ↑ 667 hm ↓ 1.258 hm

Glungezer-Hut → „seven tuXer summits“ → Lizumer Hut

From the Glungezer Hut on the Glungezer-Geier-Weg via the "7 tuXer summits" to the Lizumer Hut (2,019 m).

Note: can be bypassed!

3ST STAGE: ● MODERATE (SAC-T2)

12,3 km - 4 hrs. 55 min. - ↑ 654 hm ↓ 876 hm

Lizumer Hut → Grafennsjoch → Weidener Hut

From the Lizumer Hut on the Central Alpine Trail 02A to the Grafennsjoch (Krovenzjoch) and via the Grafennsalm to the Weidener Hut (1,799 m).

4ST STAGE: ● MODERATE (SAC-T3)

12,5 km - 5 hrs. 30 min. - ↑ 993 hm ↓ 672 hm

Weiderner Hut → Rastkogel → Rastkogel Hut

From the Weidener Hut on the Central Alpine Trail 02A via the Nurpensjoch to the Rastkogel and then over the Sidanjoch to the Rastkogel Hut (2,124 m).

5ST STAGE: ● MODERATE (SAC-T3)

13,8 km - 5 hrs. 20 min. - ↑ 838 hm ↓ 724 hm

Rastkogel Hut → Pfundsalm → Kellerjoch Hut

From the Rastkogel Hut over the Sidanjoch, through the Pfundsalm, above Hochfügen and the Loassattel, to the Kellerjoch Hut (2,237 m).

6ST STAGE: ● MODERATE (SAC-T2)

11,2 km - 3 hrs. 20 min. - ↑ 4 hm ↓ 1.696 hm

Kellerjoch Hut → Proxenalm → Silver Town Schwaz

From the Kellerjoch Hut via the Proxenalm to Petrach and via Zintberg to the Silver Town Schwaz.

6 TUXER HUTS

Patscherkofel Schutzhaus (1,970 m), **Glungezer Hut** (2,610 m), **Lizumer Hut** (2,019 m), **Weidener Hut** (1,799 m), **Rastkogel Hut** (2,124 m), **Kellerjoch Hut** (2,237 m)

8 TUXER PEAKS - 8 COLS

Glungezer (2,677 m), **Gamslahnerspitze** (2,681 m), **Kreuzjöchl** (2,575 m), **Kreuzspitze** (2,746 m), **Rosenjoch** (2,796 m), **Grünbergspitze** (2,790 m), **Grafmartspitze** (2,720 m), **Naviser Jöchl** (2,479 m), **Mölsjoch** (2,334 m), **Nördliche Schoberspitze** (2,448 m), **Klammjoch** (2,359 m), **Grafennsjoch** (2,450 m), **Nurpensjoch** (2,525 m), **Rastkogel** (2,762 m), **Sidanjoch** (2,127 m), **Loassattel** (1,675 m)

For „summit collectors“, there is the opportunity to climb 8 additional peaks.



inntaler-hoehenweg.com

alpenverein
hall in tirol

alpenvereinaktiv.com

Das Tourenportal
der Alpenvereine

Publisher and copyright:

Alpenverein Hall in Tirol, 1st Chairman: DI (FH) Romed Giner
Content: Stefanos Rauchegger (2025)

