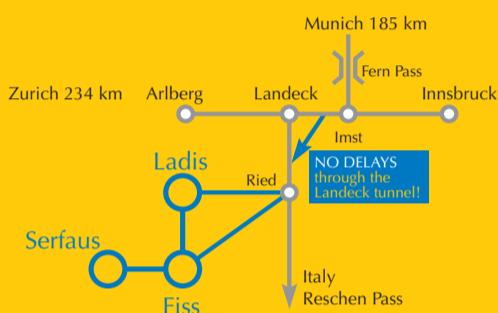




WINTER HIKING. SNOWSHOE HIKING. CROSS-COUNTRY SKIING. WINTER 2022/23. WE ARE FAMILY.®

SERFAUS-FISS-LADIS.AT



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SNOWSHOE HIKING.

General.

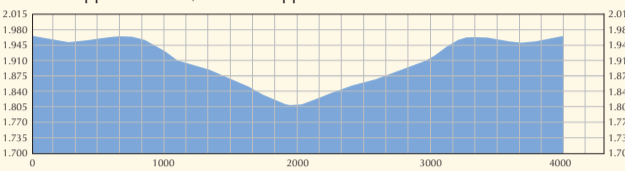
Experience the untouched natural mountain environment in a safe and idyllic way. Snowshoe hiking is becoming increasingly popular and does not require any previous experience – simply set off into the beautiful winter wonderland.

Snowshoe hiking routes. Serfaus.

All of the routes are signposted – featuring the snowshoe symbol and yellow panels. Red & white flags are also attached to the trees. Not all of the routes are prepared following snowfall. Location panels can be found at prominent points.

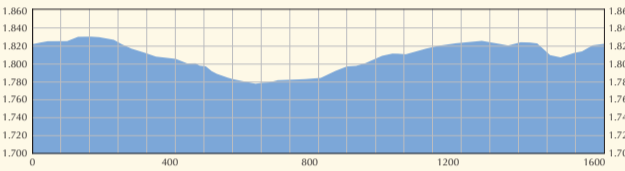
Route SA Alpkopf circular hike

Start out from the information board at the Kölner Haus. Follow the toboggan run along the Kinderschneealm to the wooden cross at the Stierlehhüttelift T-bar lift. Follow the Pirates' Trail through the forest to the open woodland beneath the Alpkopf mountain. On the right-hand edge of the forest, head downhill to 'Oberer Komperdellboden'. Continue downhill until you reach a trail. Cross the trail and when you come to 'Unterer Komperdellboden', bear right through the thin forest until you reach the trail where route SA and route SB meet. Route SA continues along the trail and follows a gentle incline up to the Hög Alm. Cross over the trail here and continue on through the dense forest to 'Oberer Komperdellboden'. Follow the same trail back to the starting point. Length approx. 4 km, walking time: approx. 2 h. Ascent: approx. 240 m, descent: approx. 240 m.



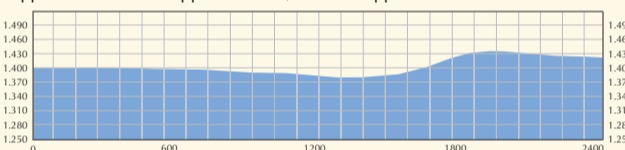
Route SB Ausserhög circular hike

This snowshoe route starts out at the beginning of the cross-country trail between the Seealm Hög and Hög Alm restaurants. Follow the prepared trail past the Hög Alm to the first turn-off (S118). From here, head left downhill to the crossing with route SA. Turn off left from the trail, pass through the opening in the fence, cross through the large clearing (Gallmötz) and on the opposite side, enter the forest again until you reach the hiking trail. Head a few metres downhill along the trail to the first crossing (S 125). From here, head uphill to 'Ausserhög'. Continue on somewhat away from the cross-country trail, through the thin forest towards 'Hög' and back to the start. Length: 1.6 km, walking time: approx. 1 hour. Ascent: approx. 60 m, descent: approx. 60 m.



Route SC Sonnenroute Moos

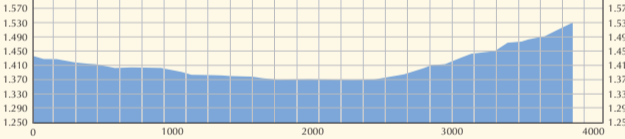
Start out from the cross-country trails in the village of Serfaus. The route starts out following the cross-country trails with several ascents and descents and crosses various sunny slopes above the Inntal valley. Passing the large car park, the route runs over several smaller hills until you reach the 'Lourdes area'. The snowshoe route ends here. The Kreuzfeldweg trail then takes you back to the start or you can take the underground back to Serfaus. Length: approx. 2.4 km, walking time: approx. 2 h. Ascent: approx. 100 m, descent: approx. 80 m.



Snowshoe hiking routes. Fiss, Ladis.

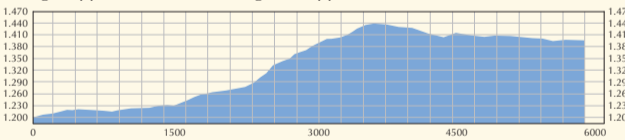
Panorama route FA

Beginner's route for everyone. Start: Josefskapelle chapel (F001), length: approx. 3.8 km



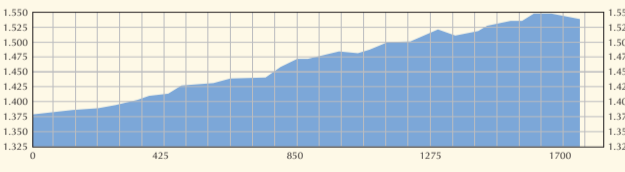
Route LA Neuegg – Obladis

At the castle pond, turn left towards Neuegg and after approx. 300 m, turn right to the Kneipp centre and then on to the Asterhöfe. After a short, steep ascent, we come to a road. Turn right here and after approx. 100 m, head uphill on the left to the viewing tower. Walk back possible via the Herrenweg trail – Obladis – Ladis. Length approx. 5.8 km, walking time approx. 2.5 h.



Route LB Widumsweg trail

The route starts in Obladis. Follow the Herrenweg trail as far as the signpost L021 and turn left. The trail leads in serpentine to Schönegg, where you can enjoy magnificent views on the winter landscape of Ladis. Length: approx. 1.7 km, walking time: approx. 1.5 h.



Guided snowshoe hikes.

SERFAUS

Idyllic hiking tour (incl. snowshoes)
Meeting point: Komperdell 2000m. Lesson duration: 2 hours in the afternoon. Lesson times: 1.30pm - 3.30pm. Minimum of 4 participants. No prior knowledge is necessary. We recommend to bring a drink with you. Cost for ½ day (afternoon): €75.

Registration and information at the Ski School Serfaus. Tel. +43/5476/6268
www.skischule-serfaus.com, info@skischule-serfaus.com

FISS AND LADIS

Afternoon hike
Monday 1.30pm – approx. 3.30pm. Short ascent then descent through the forest and meadows to Fiss. Very charming and varied landscapes. For sporty beginners and nature lovers. Hiking shoes with ankle support or hiking boots required. Drinks may be provided.
€52 (incl. snowshoes and poles, excl. cable car)

Panorama hike

Monday 10am – approx. 3pm. Magnificent walk with views along the tree line with descent to Fiss. Hiking shoes with ankle support or hiking boots and a good level of walking fitness required. Bring a backpack with drinks and snacks with you. €81 (incl. snowshoes and poles, excl. cable car)

Registration and information at the Ski School Fiss-Ladis
Tel. +43/5476/6757, www.skischule-fiss-ladis.at, skischule@fiss-ladis.at

WINTER HIKING.

General.

The snowy mountain world provides walkers and hikers with fascinating views from the sun terrace. The winter hiking trails are prepared. The level of difficulty is heavily dependent on the snow conditions (good footwear!). Please take note of the avalanche warning signs!

The winter hiking trails are marked with magenta coloured poles and signs with a ⚡ on it. Please take care at piste crossings, watch out for skiers.

Serfaus.

1 Matinesweg trail to the Inntalblick (Lovers' Lane) Length: 935 m
Start out from the south-eastern end of the village at the 'Apart Loipe' (start of the cross-country trails). Walking time: approx. 45 min to the Inntalblick panorama platform. From this spot, you can enjoy stunning views over the Inntal valley.

2 Muanesweg trail (Fallmied) Length: 3,509 m
Set out along the Dorfbahnstrasse street towards Fiss. At the 'Parkplatz' underground station (S010), turn off right along hiking trail no. 2. Walking time: approx. 1 h.

3 Waldweg trail to Fiss Length: 2,063 m
Set out along the Dorfbahnstrasse street towards Fiss to the daytime car park (S022). Turn off left along hiking trail no. 3 through the forest to the Waldbahn. From here, follow the pedestrian way to Fiss. Walking time: approx. 1 h.

4 Bifangweg trail (Leithe Wirt) Length: 2,462 m
Start out from alongside the Hotel Bär (S026). Follow trail no. 4 to the crossing (S033) and on along trail no. 9 another 200 m to the Leithe Wirt. Walking time: approx. 1 h.

5 Wiesenberg trail to the Leithe Wirt Length: 1,800 m
Start out next to the Hotel Bär (S026). Flat start with increasing gradients to the Leithe Wirt. Depending on snow conditions partly on piste. Walking time: approx. 1 h.

6 Hög Waldweg trail Length: 5,000 m
From the start of the 'Hög' cross-country trail, the trail leads through the Böldenwald forest around the Michaelskopf to the "sound shower" (play station of the Six Senses Trail, S139). From there, follow hiking trail 12a to the toboggan run. After a short walk on the toboggan run (which out for tobogganers) as far as signpost S096, the trail no. 11 leads you back to Serfaus. Walking time: 1 h 45 min.

7 Madatschenweg trail Length: 1,400 m
Cross the suspension bridge (S088) and follow the short ascent through the St. Zeno area to Madatschen (trail no. 13). Walking time: approx. 45 min.

8 The Enchanted Trail Length: 1,015 m
With the Zeno Brücke bridge (S088) behind us, head up to Apart Pamela (S091). Continue on trail no. 11 to the "Riefengatter" (S092), then follow the signs to the Madatschenweg trail. Walking time: approx. 1 h.

9 Meditation trail to the Hög Family Lights Chapel Length: 450 m
7 sculptures present an artistic presentation of 'Our Father' over the 450 m of the trail. The Hög Family Lights Chapel is a romantic treasure on the eastern banks of the Högsee lake, surrounded by tall trees. The focus is on family in all its many colourful facets. Walking time: approx. 30 min.

CROSS-COUNTRY SKIING.

General.

Definition of a cross-country trail

A generally accessible route intended and suitable for cross-country skiing which is signposted and secured against any atypical dangers, in particular avalanche risk. The routes are generally prepared and monitored. Depending on their type of use, cross-country trails are divided into trails for the classic technique and trails for the freestyle technique.

Definition of a cross-country route

A generally accessible route intended and suitable for cross-country skiers and pedestrians which is signposted and secured against avalanche risk. However the routes are not regularly prepared and monitored. The cross-country route is marked with orange pictograms.

Serfaus cross-country trails	degrees	Classic	Skating
L1 Moosloipe cross-country trail	1	x	x
L2 Matinesloipe cross-country trail	3.1	x	x
L3 Bichloipe cross-country trail	1.3	x	x
L4 Laustalloipe cross-country trail (Komperdell)	2	x	x
L5 Waldloipe cross-country trail (Hög)	2.2	x	x

Fiss cross-country trails

L6 Kleine Wolfselope cross-country trail	1.5	x	x
L7 Große Wolfselope cross-country trail	2.1	x	x
L8 Perdatschloipe cross-country trail	1	x	x
L9 Pahlloipe cross-country trail	1.2	x	x

Cross-country trails in total 30.8 km 15.4 km 15.4 km

Fiss cross-country route

L10 Schöngampalm cross-country route	22.4	x	
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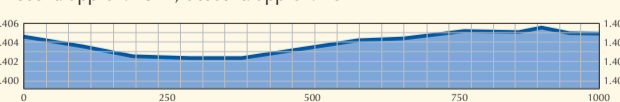
Serfaus cross-country trails.

CROSS-COUNTRY TRAILS IN THE VILLAGE OF SERFAUS

Start and end at the 'Apart Loipe', on the Matinesweg trail, in the south-east area of the village.

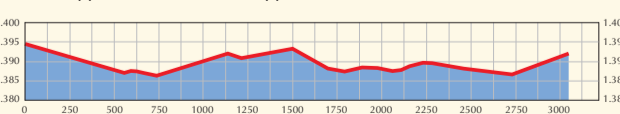
Moosloipe cross-country trail L1 Classic & Skating

Easy circular route for cross-country beginners. Total length: 1 km, level of difficulty: easy = blue Ascent: approx. 15 m, descent: approx. 16 m



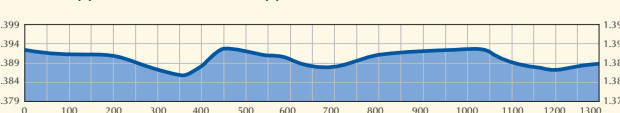
Matinesloipe cross-country trail L2 Classic & Skating

Varied circular route – technical cross-country trail Total length: 3.1 km, level of difficulty: moderate difficulty = red Ascent: approx. 52 m, descent: approx. 52 m



Bichloipe cross-country trail L3 Classic & Skating

Total length: 1.3 km, level of difficulty: moderate difficulty = red Ascent: approx. 33 m, descent: approx. 35 m



Signpost sample: Winterwanderweg 3.5 km 1

10 Ausserhög winter hiking trail Length: 1,265 m
From the mid station of the Alpkopfbahn, the trail initially runs along the banks of the Högsee lake and through the forest to Ausserhög. Following the Six Senses Trail, you get back to the Högsee lake. Walking time: approx. 45 min.

Högsee circular hike Length: 700 m
Starting from the Alpkopfbahn mid station, the cleared winter hiking trail (suitable for baby buggies) leads around the Högsee lake with stunning panoramic view. Walking time: approx. 30 min.

Finesweg trail to Fiss (illuminated pedestrian way) Length: 1,832 m
Dorfbahnstrasse street towards Fiss. Just behind the Parkcafé (S022) head right, along a gentle downhill section, past the Waldbahn cable car and along the pedestrian way to Fiss. Walking time: approx. 45 min.

Alpmromenade trail Length: 1,460 m
From the Komperdellbahn mid station to the Kölner Haus and on to the Schalber Alm. Along the banks of the reservoir pond to the Cervosa Alm and back to the Kinderschneealm or with the conveyor belt to the Kölner Haus. Walking time: approx. 45 min.

Panorama Enjoyment Trail (Komperdell – Sunliner) (Panorama-Genussweg)
Start from the mid station of the Komperdellbahn. Between Komperdell and the Sunliner top station is a pavilion with music to relax and unwind! Please note the avalanche warning signs! Walking time: approx. 1.5 h. Length: 3,543 m.

Pirates' Trail (Piratweg) Length: 2,160 m
The circular trail starts out behind the 'Stierlehhüttelift'. A leisurely hiking trail through the forest and around the Alpkopf with no significant change in altitude. A beautiful forest clearing with magnificent views and benches where you can relax. Walking time: approx. 1 h.

Family Trail (Familienweg) Length: 3,950 m
This hiking trail runs from the Sunliner top station through the Beutelwald forest to Serfaus. Follow the Waldweg trail to get back to Fiss. Walking time: approx. 1 h.

Six Senses trail Length: 5,740 m
See, hear, feel, smell, taste and experience illusions. Stop off for a refreshment break at the restaurants Hög Alm, Seealm Hög and Madatschen. Start: beneath the Kinderschneealm, walking time: 3.5 – 4 h.

Königsleitheweg trail to the Leithe Wirt Length: 1,514 m
From the Sunliner top station, follow the Family Trail to the big crossing (S051) and onwards, following the signs for the Königsleitheweg through the forest to the Leithe Wirt. Walking time: approx. 30 min.

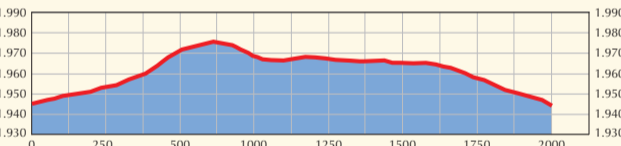
Waalweg trail to the Leithe Wirt Length: 1,817 m
From the mid station of the Komperdellbahn, follow the signs for the Panorama Enjoyment Trail to the crossing behind the Planseggbahn chair lift (S082). On the Waalweg trail and on to the Leithe Wirt. Walking time: approx. 45 min.

Thaleweg trail Length: 1,164 m
The trail runs from the Leithe Wirt (below the bottom station of the Königsleithebahn chair lift) to the Mittelalpbahn station. At the side of the descent, you come to the first houses on the Dorfbahnstrasse street and back to the bottom stations of the cable cars to Serfaus. Walking time: approx. 30 min.

CROSS-COUNTRY TRAILS AT KOMPERDELL

The cross-country panorama board is situated directly at the exit of the Komperdellbahn cable car. The start of the Laustalloipe L4 cross-country trail and practice trails is at the Laustalbah chair lift bottom station (Schalber Alm).

Laustalloipe cross-country trail L4 Classic & Skating
From the start, follow a gentle incline towards Laustal valley until you reach a bend in the route. Beautiful descents on the plateau beneath the Lazid slope. Take care when crossing the ski descents. Please take note of the avalanche warning signs! Total length: 2 km. Level of difficulty: moderate difficulty = red. Ascent: approx. 35 m, descent: approx. 37 m

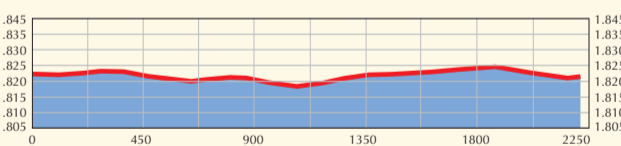


HÖG CROSS-COUNTRY TRAIL

The start is out between the restaurants Seealm Hög and Hög Alm.

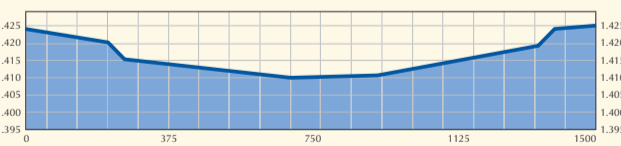
Waldloipe cross-country trail L5 Classic & Skating

The trail starts out and ends at the start of the 'Hög' cross-country trail. A magnificent circular route with a few gentle inclines and descents through a fairy-tale forest. This cross-country trail can also be shortened to make an easier circular route for beginners. Total length: 2.2 km, level of difficulty: moderate difficulty = red. Ascent: approx. 60 m, descent: approx. 63 m

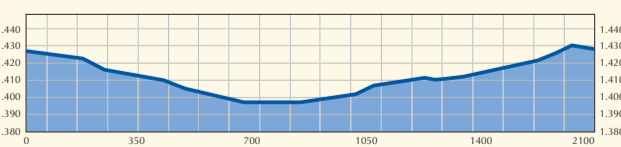


Fiss cross-country trails.

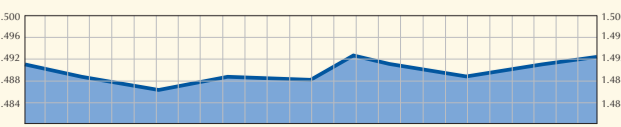
Kleine Wolfselope cross-country trail L7 (illuminated) Classic & Skating
Start: Josefskapelle chapel (F001). Total length: 1.5 km, level of difficulty: easy = blue Ascent: approx. 29 m, descent: approx. 26 m



Große Wolfselope cross-country trail L7 Classic & Skating
Start: Josefskapelle chapel (F001). Slightly extended circular route for beginners. Total length: 2.1 km, level of difficulty: easy = blue Ascent: approx. 45 m, descent: approx. 42 m



Perdatschloipe cross-country trail L8 Classic & Skating
Start: Sonnenbahn mid station (below Berta's Kindervilla). Very well suited as a practice cross-country trail. Total length: 1 km, level of difficulty: easy = blue Ascent: approx. 16 m, descent: approx. 16 m



Fiss.

1 Seeweg trail Length: 2,416 m
Start out at the Josefskapelle chapel (F001) in the direction of Wolfsee lake. Turn right at signpost F002 across the snow-covered meadows to signpost F223. Head left uphill to the Wolfsee lake. On the hiking trail back to Fiss. Walking time: approx. 40 min.

2 Wiesenberg trail to Ladis Length: 2,352 m
Start out at the Josefskapelle chapel (F001). Hike past the Wolfsee lake to Berta's Indian Village. Cross the slope below it and hike to the Weiberkessl and then on to Ladis. Walking time: approx. 1 h.

3 Hiking trail to Obladis Length: 3,307 m
From the village centre (L006), follow a south-westerly direction uphill to the 'Razil' area and continue on towards Fiss. At the slope, head right towards the 'Weiberkessl' restaurant and slightly above, cross the slope on the left to Berta's Indianarena. Then continue on parallel to the cross-country trails to Fiss. Walking time: approx. 1 h.

4 Waldweg trail to Schöngampalm Length: 11,487 m
Start at the end of "Fiss saw" (end of Sägegasse street F013). Ascent to Berta's Kindervilla, then the trail runs parallel to the cross-country route through the winter woods to the Schöngampalm restaurant. Walking time: 3 1/2 h. Watch out for cross-country skiers. Attention: Please note the way back – no pedestrian transport with the Almbahn possible.

4a Hiking trail to the Frommes-Alp Length: 3,900 m
Start: End of the Sägegasse (F013), along trail no. 4, turn off at Rabuschl (F025) onto trail no. 6. Walking time: 1.5 hours.

4b Gedirgweg trail to Fiss Length: 2,000 m | walking time: approx. 1 h
The trail starts just beneath the Kuh Alm Fiss restaurant. From there, follow the signs via the Gedirgween meadows to Fiss.

10 Fiss Energy & Senses Trail (Fisser Kraft- und Sinnesweg)
From the Schönjochbahn mid station (Steinegg), the trail runs past the entrance portal of the Fiss Energy & Senses Trail. At the turn-off (F057), follow the trail to Kuh Alm Fiss or trail no. 9 and Animal Nature Trail (Tierlehweg) to the Frommes-Alp. Walking time: to the Kuh Alm Fiss 1h (3,200 m); to the Frommes-Alp 1 1/2 h (3,500 m).

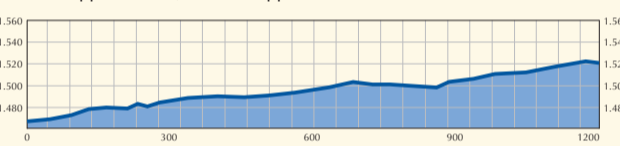
13 Waldweg trail to Serfaus Length: 2,063 m | walking time: 1 hour.
The trail to Serfaus starts directly at the umbrella bar at the Waldbahn.

13a Hiking trail via Fallmied to Serfaus Length: 3,300 m
The pedestrian way towards Serfaus starts out from parking area of the cable cars (Fissmed medical centre). At the turn-off, switch onto the (S015) Fallmiedstraße street and head for the Fallmied settlement (S014). Follow the Muanesweg trail no. 2 towards Serfaus. Walking time: 1 hour.

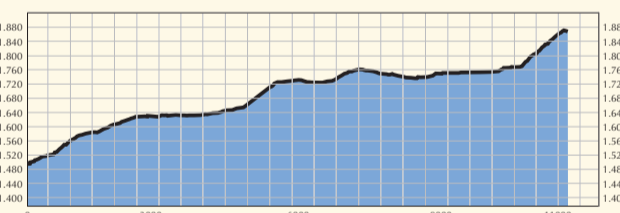
Panorama Enjoyment Trail (Möseralm – Sunliner) (Panorama-Genussweg)
Cross the slope above the Möseralmbahn cable car (bottom station of the Fisser Flieger). Then the trail leads you through the forest, past the relaxation stop, to the top station of the Sunliner cable car. Walking time: 30 min. Length: 1,037 m.

Hiking trail to the Schönjöchl Length: 714 m
From the Schönjochbahn top station to Schönjöchl, take the slope no. 20 (walk at the edge of the slope and watch out for skiers). Walking time: approx. 20 min.

Pahlloipe cross-country trail L9 (to the start of L8 and L10) Classic & Skating
Total length: 1.2 km, level of difficulty: easy = blue Ascent: approx. 50 m, descent: approx. 4 m



Schöngampalm cross-country route L10 Skating
Start: Mid station of the Sonnenbahn cable car (outside Berta's Kindervilla). The route follows gentle ascents and lengthy glides through the forest to the Schöngampalm and along the same route back. Beware of walkers! Total length (there and back): 22.4 km, level of difficulty: difficult = black Ascent: approx. 580 m, descent: approx. 210 m



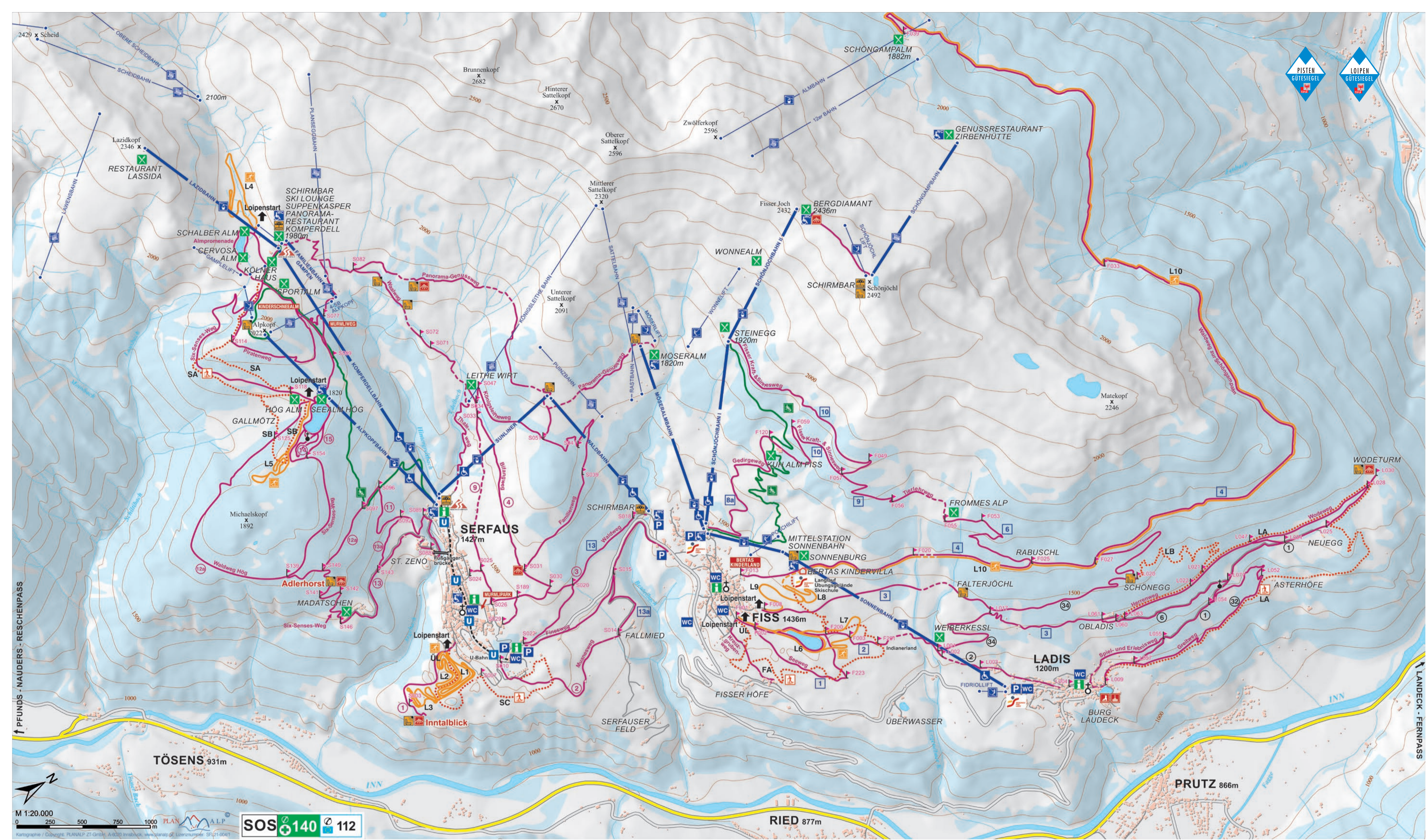
Ladis cross-country trails.

The Schöngampalm cross-country route L10 and Perdatschloipe cross-country trail L8

are best reached from Ladis using the Sonnenbahn cable car. The Schöngampalm cross-country route starts out just beneath the mid station, outside Berta's Kindervilla (see altitude profile Schöngampalm cross-country route L10). The Perdatschloipe cross-country trail L8 starts out just beneath Berta's Kindervilla.

Cross-country courses.

Registration and information directly at the ski schools.
Ski School Serfaus:
Tel. +43/5476/6268, www.skischule-serfaus.com, info@skischule-serfaus.com
Ski School F



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- | | | | | | |
|---------------------|-----------------------|------------------------------|--------------------------------------|-----------------|----------------|
| Winter hiking trail | Toboggan run | Information | Car parking lot | Ice rink | Feel-good stop |
| Piste crossing | Snowshoe hiking route | Restaurant | Underground | Ice stock sport | Umbrella bar |
| Cross-country trail | Signpost | Ski School Serfaus office | Public toilet | Viewpoint | |
| Piste crossing | | Ski School Fiss-Ladis office | Barrier-free - wheelchair accessible | | |
| | | | Handicapped accessible toilet | | |

