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Seefeld

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3 INNOVATIVE TRAILS ON BRUNSKOPF MOUNTAIN

Hiking on the new “mountain promenades”

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HIKING ON THE 3 NEW PROMENADES

The Olympiaregion Seefeld looks forward to presenting to you three fantastic new trails that come together to form a star on the summit of Brunschkopf Mountain.

The starting points of the three trails are the villages of Seefeld, Leutasch and Mösern, and each walking trail is devoted to a specific theme.

1. The 'SEEFELD SKI TRAIL' focuses on the cultural and



historical development of the sport of skiing (cross-country, ski jumping and Alpine skiing). Starting at the Seekirchl chapel stadium, some parts of the route lead along former cross-country competition

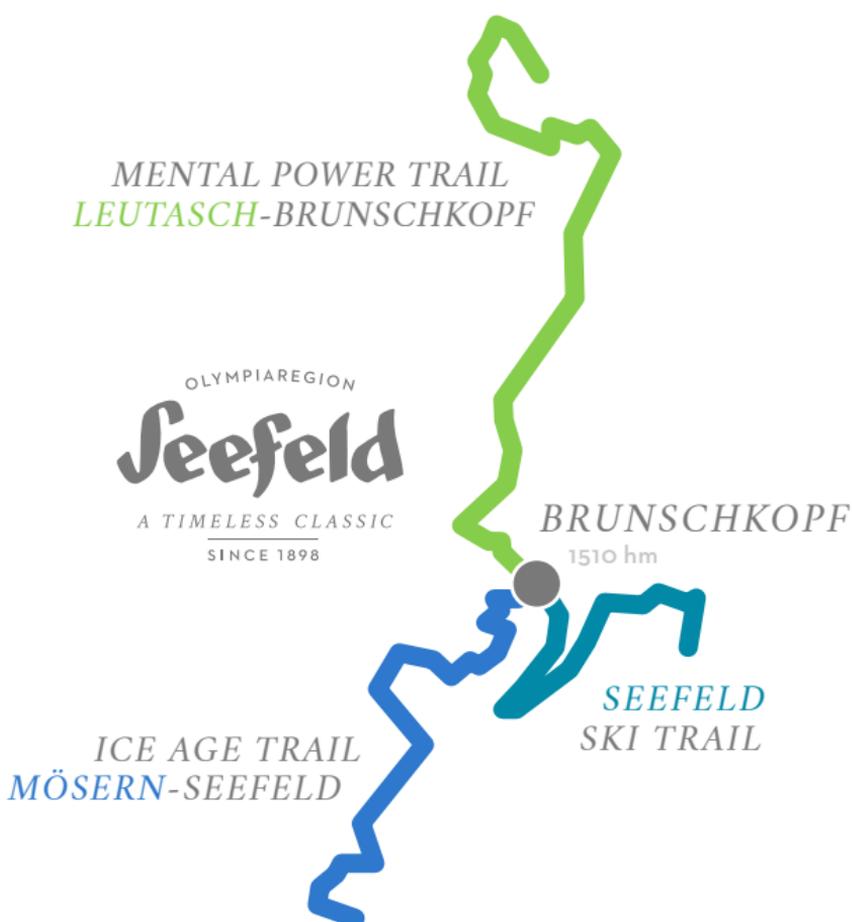
trails from the Olympic Games. There are 10 interesting stops offering information and activities. Walkers can practice their diagonal stride, do special strength exercises or operate a hand crank projector with old skiing pictures. Children can enjoy a fun fitness course with skiing exercises.

2. The 'ICE AGE TRAIL', which begins in Mösern, focuses



on the landscape formation of the Seefeld high plateau by the glaciers in the last ice age. Discover some fascinating revelations - just like when the ice age glaciers melted. Some of the 10 stations have

been set up at already-existing viewpoints on Brunschkopf Mountain. The old presentation boards have been replaced by modern, newly designed information elements. Besides the information points the trail also offers you the opportunity to participate in fun yet educational activities such as the cascade game, the stone press or the glacier pressure game.



3. The 'MENTAL POWER TRAIL', which starts in Leutasch-



Weidach, involves the longest ascent to the summit of Brunschkopf Mountain, namely 5 km. The concept and the staging are very much in keeping with the current trend of our time: In accordance with the

famous quote, the path, in this case, is quite literally, your destination because this is a path to your inner self, which, according to Nobel Peace Prize winner Dag Hammarskjöld, is the most difficult path. A total of 12 stops along the way, with innovative yet inviting seating, offer idyllic spots in which to find peace.

The three paths come together and end on the summit of Brunschkopf Mountain. Guests and locals alike can experience the positive effects of the energy-boosting mountain landscape and unique scenic spots set amid breathtaking natural surroundings, culminating in a 270° view of the Olympiaregion Seefeld and its surrounding mountain ranges.

SEEFELD SKI TRAIL

DISCOVER THE WORLD OF NORDIC SKI SPORTS...

Boasting no fewer than 10 interesting stops, the Seefeld Ski Trail leads from Seefeld Seekirchl to the summit of Brunschopf Mountain. Hikers follow the cultural and historical development of Nordic skiing in chronological order, starting with the FIS championships in 1933, both Olympic Games (1964 & 1976), the 1985 World Championships and many others beside, all the way to the presentation of the 2019 Nordic World Championships on the summit.



STOPS OF INTEREST

- The beginnings of Nordic skiing
- Olympic Games 1964
- Olympic Games 1976
- Crank projector with historical pictures
- The farmer of the Olympiaregion Seefeld
- 1985 World Championships
- Martin Tauber
- Toni Seelos
- Ski-jumping and the development of the ski jump record at the Seefeld ski jump as a trail
- Modern-day skiing
- The winners' podium

HIKING TIME: approx. 2 - 2 1/2 hours

ROUTE: Seefeld-Seekirchl - Hörmannweg to Köhlerbödele - Brunschkopf- high-altitude trail to the Blattsteig track - Blattsteig track via the clearing on the southern slopes of Brunschkopf Mountain



Besides the historical showpieces the stations also offer exercise elements relating to cross-country and Alpine skiing. Children can enjoy the specially constructed, ski-themed fitness course, which is set approximately half way along the trail.



ICE AGE TRAIL MÖSERN-SEEFELD

EXPERIENCE THE ICE AGE / THE FASCINATION OF THE ICE AGE

The Ice Age Trail in Mösern showcases the effects of the ice age on the landscape formation of the Seefeld high plateau. Viewing points offer information presentations and interactive elements as well as 3-D simulations in order to explain such phenomena as glaciation, glacier power, ice height, glacial runoff, glacial polish, foundlings etc. The 3 existing viewpoints on Brunschkopf Mountain offer a supreme view of the Olympiaregion and do an excellent job of showing the glacier's work over almost 1 million years.



STOPS OF INTEREST

- Glacier water, glacial river
- Glacial halt, kettle holes
- Glacial transport
- Glacial stream - prehistoric rivers under the glacier
- Glacial power
- Glacier workshop
- Glacier pressure
- Glacial change
- Glacier grotto
- Glacial polish

HIKING TIME: approx. 2 - 2,5 hours

ROUTE: Mösern - Lake Möserer See - Hintereben, track nr. 60 - branch (left, track nr. 61) up to Möserer Höhe - Panoramatrail to the Brunschkopf mountain



10 stops of interest have been created, starting at the ascent path from Mösern to the Möserer See lake and following the ice-age development chronologically all the way to the end point at the summit of Brunschkopf Mountain.



MENTAL POWER TRAIL LEUTASCH-BRUNSCHKOPF

Experience a hike to your own inner self on the Mental Power Trail in Leutasch-Brunschkopf - the ultimate well-being for your mind and your soul as the basis for physical health. The trail from Leutasch-Weidach leads through the glorious Fludertal Valley to Wildmoosalm and on to the summit of Brunschkopf Mountain.

The Mental Power Trail offers peace and tranquility: you can slow down your pace, escape the hectic speed of everyday life, recharge your batteries and gather strength from the unique natural beauty of the Seefeld plateau.



HIKING TIME: approx. 3 - 3,5 hours

ROUTE: Information office in Leutasch Weidach - direction Oberweidach, branch Wildmoos - lift Kreithlift - track to the local state road - Fludertal Valley - Kaserwald Forest - Wildmoosalm - Blattsteig - track Brunschkopf Mountain

Hiking through the meadow valleys, the forests and the high plateaus, stopping at the resting points to observe, listen and enjoy the silence, give you the chance to discover your own, individual inner balance. The stopping points are located at selected positions each with their own unique energy-giving properties. The 4 elements - fire, earth, water and air - also play a key role. After all they have, since time immemorial, formed the basis for a healthy, happy life, providing the ideal requisites for invigorating exercise and optimum performance.



The 12 stops have been designed as energy-giving places of peace with creative and innovative seating. Each place of spiritual energy is marked with a wooden flag that indicates both the topic of the station and the spiritual exercise.



STOPS OF INTEREST

- Place of strength for consciousness and grounding
- The gaze into the distance - the power of perception
- Relax, generate - the power of order
- The power of colours
- The power of wellbeing and warmth
- The power of polarity
- The power of the centre - balance within imbalance
- The power of peace and life forces
- The power of the 4 elements
- The power of reversal, the power of farewells
- The power of overcoming
- Achieving the summit - reaching for the sky



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