

EASY TRAILS



For families, older people and people with limited mobility



Unser Naturerbe.

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Weidendom / Willow Dome Visitor Centre

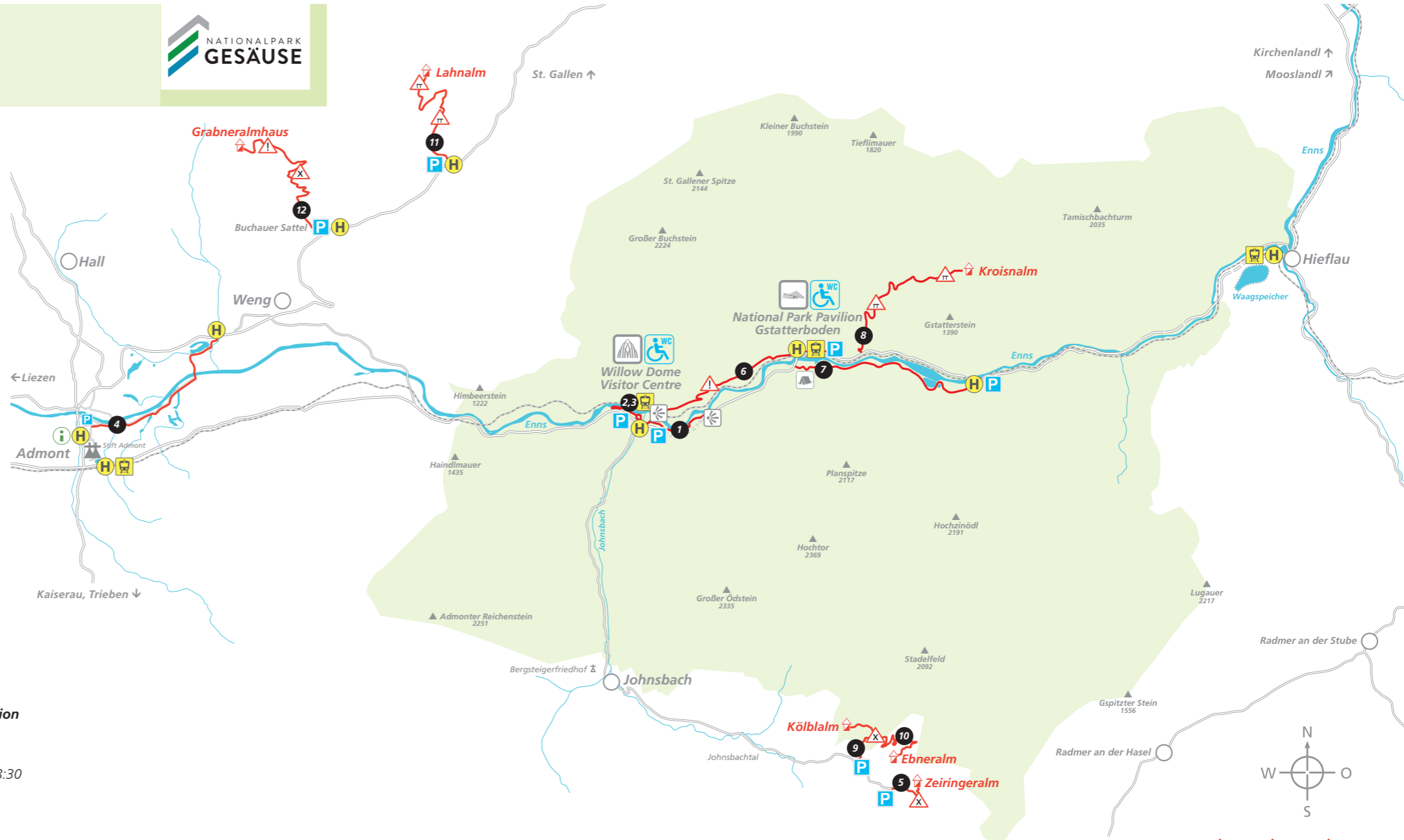
Swiss-Trac Rental Station
 May, June, September: Sat, Sun, Bank Holidays
 10:00 – 18:00
 July, August: Mon – Sun, 10:00 – 18:00
 Winter Season: closed



Gstatterboden National Park Pavilion

Swiss-Trac Rental Station
 May – October: Mon – Sun, 7:30 – 18:30
 Winter Season: closed

Swiss-Trac (Wheelchair with traction device): Please book in advance from info@nationalpark-gesaeuse.at or phone +43/3613/211 60 20



Legend:

P Parking charge in Admont-Gesäuse car park network (€ 7,-/Tag as of 2026). Free parking for disabled visitors on display of a permit.

H Bus stops **R** Railway stops **H** Mountain Huts **—** Trails **—** Road **—** Railway line **—** National Park **V** Viewpoint **i** Admont Information Office



1 "LEIERWEG" ACCESSIBLE INTERPRETIVE TRAIL

The "Leierweg" begins at the Weidendom Visitor Centre, where the Swiss-Trac rental station is also located. It follows a hard-surfaced forest path with boardwalks to the bypass around the National Park tunnel. From there, the tarmac path (along the tunnel bypass) climbs to a stunning viewpoint overlooking the Enns River. Along the way, there are several interactive stations for you to experience. These tackle the topic of barriers – for us humans and those in the animal kingdom.



- Trail Grade:** Easy
- Bus Stop:** Gesäuse Bachbrücke/Weidendom
- Car Park:** Weidendom car park
- Outward Route:** approx. 1 hour
- Return Route:** approx. ½ hour
- Distance:** 2,2 km (there and back)
- Vertical Climb:** 30 m
- Trail Surface:** Tarmac, Boardwalk, Hard surface
- Maximum Gradient:** 11 %
- Swiss-Tracs Battery Usage:** approx. 30 %
- Accessible Toilet:** Weidendom Visitor Centre
- Special Features:** Suitable for pushchairs
Can combine with Trails 2 and 3
- Warning:** Watch out for vehicles and bikes

Nature Experience



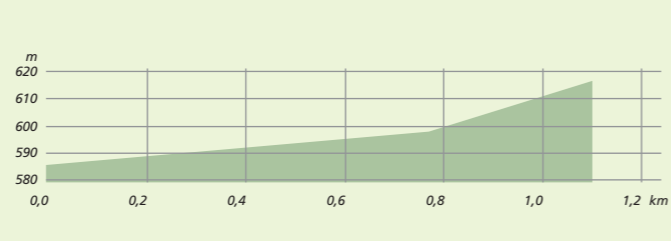
Trail Grade



Views



Route Profile / Distance 1.1km (Outward Route) / Elevation 586 m – 616 m



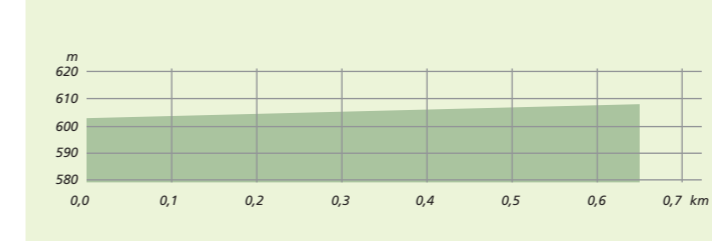
2 "LETTMAIR AU" INTERPRETIVE TRAIL

The "Lettmair Au" interpretive trail begins at the Weidendom Visitor Centre, which also houses the Swiss-Trac rental station. It leads along a hard-surfaced forest path with some boardwalk sections, and offers wonderful views of the Enns River. Along the trail, you can stop at the interactive stations that explore changes in nature.

- Trail Grade:** Easy
- Bus Stop:** Gesäuse Bachbrücke/Weidendom
- Car Park:** Weidendom car park
- Outward Route:** approx. 1 hour
- Return Route:** approx. 1 hour
- Distance:** 1.3 km (there and back)
- Vertical Climb:** 5 m
- Trail Surface:** Boardwalk, Hard surface
- Maximum Gradient:** 3 %
- Swiss-Tracs Battery Usage:** approx. 30 %
- Accessible Toilet:** Weidendom Visitor Centre
- Special Features:** Suitable for pushchairs
Can combine with Trails 1 and 3



Route Profile / Distance 0.65km (Outward Route) / Elevation 603 m – 608 m



Nature Experience



Trail Grade



Views



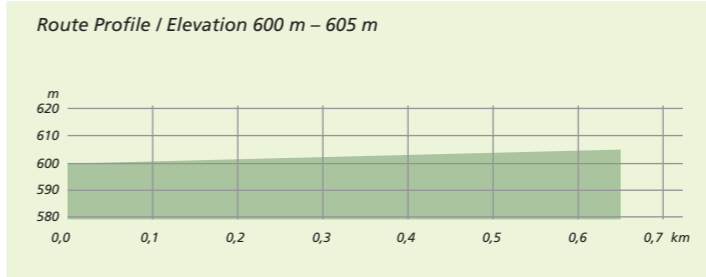


Swiss-Trac (Wheelchair with traction device): Please book in advance from info@nationalpark-gesaeuse.at or phone +43/3613/211 60 20

3 WEIDENDOM / WILLOW DOME VISITOR CENTRE

The area around the Weidendom and the walkable Ecological Footprint consists of hard-surfaced paths with only slight changes in elevation. The Swiss-Trac rental station is located at the Willow Dome Visitor Centre. There are several interactive stations within the area. In addition to the walkable Ecological Footprint maze, give you ideas for how to be more sustainable at home. Throughout the area, you will find peaceful spots with relaxing swings, inviting you to rest and linger.

- Trail Grade:** Easy
- Bus Stop:** Gesäuse Bachbrücke/Weidendom
- Car Park:** Weidendom car park
- Vertical Climb:** 5 m
- Trail Surface:** Hard surface
- Maximum Gradient:** 3 %
- Swiss-Tracs Battery Usage:** approx. 30 %
- Accessible Toilet:** Weidendom Visitor Centre
- Special Features:** Suitable for pushchairs.
The walkable Ecological Footprint is accessible for wheelchair users – an accompanying person is recommended due to the tight curves.
Can combine with Trails 1 and 3.



- Nature Experience**
●●●●●●●●
- Trail Grade**
●●●●●●●●
- Views**
●●●●●●●●

4 ENNSWEG - CYCLE PATH ADMONT/WENG

This path connects Admont with Weng (more precisely, the Grabnerhof restaurant) on a tarmac road (also marked as Enns Cycle Path R7) with a minimal amount of climb. Make sure the children don't miss the playground in Eichelau. The path is also suitable for a walk in winter. You can shorten the trail at any point, as it is a linear route. Please note: Swiss-Trac rentals are not available during the winter months.



- Trail Grade:** Easy
- Bus Stop:** Admont, Dr. Genger Platz
- Car Park:** Volkshaus Admont
- Outward Route:** approx. ¾ hour
- Return Route:** approx. ¾ hour
- Distance:** 4.8 km (there and back)
- Vertical Climb:** 20 m
- Trail Surface:** Tarmac
- Maximum Gradient:** 4 %
- Swiss-Tracs Battery Usage:** approx. 30 %
- Refreshments:** restaurants in Admont
- Special Features:** Suitable for pushchairs
- Warning:** Watch out for vehicles and bikes

Nature Experience



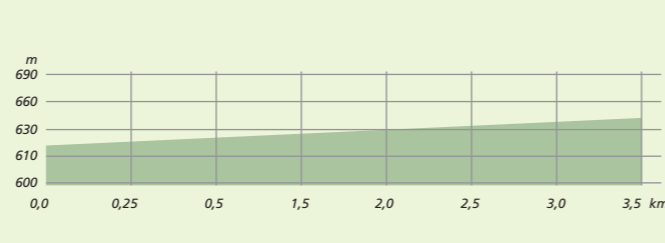
Trail Grade



Views



Route Profile / Distance 2.4 km (Outward Route) / Elevation 614 m – 634 m



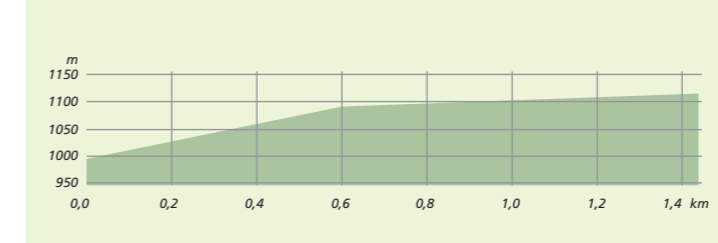
5 ZEIRINGERALM (1.128 m)

The mountain hut is easy to get to via a well-maintained road, meaning you can do the route even when the weather is bad. The starting point is the Ebner car park (or – if you wish to shorten the route – the Gschaidegger car park) in Johnsbach. The trail initially follows a very steep tarmac road, but luckily soon becomes a far less steep access road. Finally, follow the signs to the left to the Zeiringeralm mountain hut, which offers a stunning view. Return via the same route.

- Trail Grade:** Easy
- Bus Stop:** None
- Car Park:** Ebner car park or if shortening the Trail Gschaidegger car park
- Outward Route:** approx. 1 hour
- Return Route:** approx. ½ hour
- Distance:** 2.9 km (there and back)
- Vertical Climb:** 140 m
- Trail Surface:** Tarmac, Crushed stone
- Maximum Gradient:** 15 %
- Swiss-Tracs Battery Usage:** approx. 60 %
- Refreshments:** Zeiringeralm
- Accessible Toilet:** Nearest at Kölblwirt restaurant in Johnsbach
- Warning:** Watch out for vehicles and bikes



Route Profile / Distance 1.45 km (Outward Route) / Elevation 988 m – 1128 m



Nature Experience



Trail Grade



Views



Please use **public transport** whenever possible.
For example, Gstatterboden is easy to reach by bus and train.



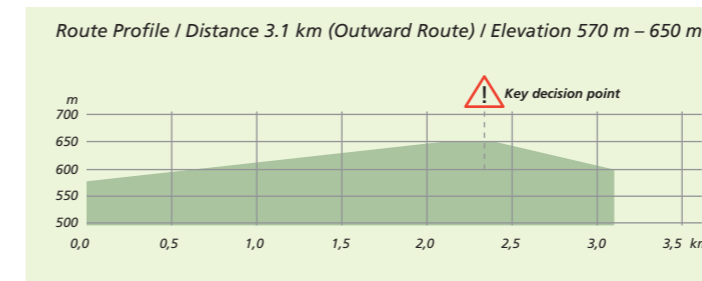
6 RAUCHBODENWEG

From the National Park Pavilion car park (rental station for Swiss-Tracs), follow the road to the start of the Rauchbodenweg trail. There is a steep section at the beginning. For people with pushchairs or wheelchairs, the key decision point is crossing a stream, which can be particularly difficult after heavy rainfall. However, even if you turn back here, you will have taken in amazing views along the trail. For wheelchair users, the tour ends at Johnsbach train station, as wheelchairs are not permitted to cross the tracks.

- Trail Grade:** Moderate
- Bus Stop:** Gstatterboden in the National Park car park Gstatterboden National Park Pavilion
- Outward Route:** approx. 2 hours
- Return Route:** approx. 2 hours
- Distance:** 6.2 km (there and back)
- Vertical Climb:** 80 m
- Trail Surface:** Forest Road
- Maximum Gradient:** 12 %
- Swiss-Tracs Battery Usage:** approx. 80 %
- Trail Base:** Gstatterboden National Park Pavilion
- Accessible Toilet:** Gstatterboden National Park Pavilion
- Special Features:** Only suitable for all-terrain stroller
- Warning:** Watch out for vehicles and bikes



Key decision point



- Nature Experience**
●●●●●
- Trail Grade**
●●●●●
- Views**
●●●●●

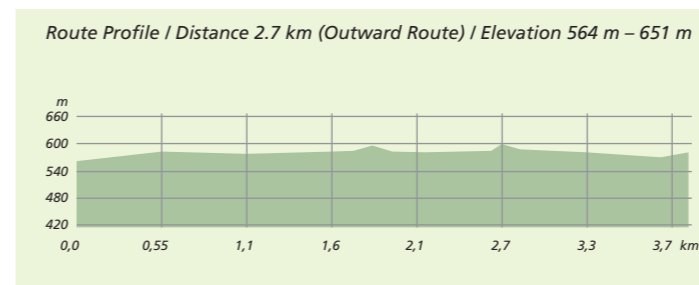
You can book
National Park Rangers
for personal tours.
Ask about
'Book yourself a Guide'



7 ENNSBODENWEG

The trail starts at the Forstgarten campsite in the heart of the Gesäuse National Park. The trail leads past the forest gate on a crushed-stone road to the Kummerbrücke bridge. The forest floor, dense vegetation, and crossings are a challenge, you are rewarded with views of the River Enns and the imposing north faces of the Hochtorggruppe mountain range. Below the Planspitze mountain peak, wonder at the enormous boulders from the 2001 rockfall. Finally, from the Hieflau power station reservoir, there's a beautiful view of the Großer Buchstein mountain before reaching the trail's finish at the Kummerbrücke car park. Return to the campsite on the same route.

- Trail Grade:** Moderate
- Bus Stop:** Gstatterboden or Kummerbrücke
- Car Park:** car park Wegmacher opposite campsite Forstgarten
- Outward Route:** approx. 2 hours
- Return Route:** approx. 2 hours
- Distance:** 2.7 km (there)
- Vertical Climb:** 40 m
- Trail Surface:** abandoned forest road
- Maximum Gradient:** 8 %
- Swiss-Tracs Battery Usage:** approx. 40 %
- Refreshments:** Gstatterboden National Park Pavilion
May – October, Tel.: +43 (0)3611 21102
- Accessible Toilet:** Gstatterboden National Park Pavilion
- Warning:** Watch out for bikes
All-terrain stroller required!
Not suitable for wheelchair or Swiss-Trac access!



- Nature Experience**
●●●●●
- Trail Grade**
●●●●●
- Views**
●●●●●

8

KROISNALM (886 m)

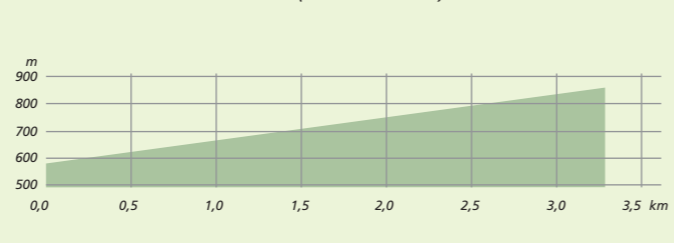
This trail starts at the water sports enthusiasts' holding area at Weißenbachl. Unfortunately parking is not allowed here. The forest road is accessible to wheelchairs with traction devices (Swiss Tracs), and even the steeper sections can be managed with assistance. You can get past the forest gate halfway along the route, and the field gate by the mountain hut doesn't pose a significant obstacle. If no one is at the hut, drinks are available in the fountain in front of it (cash box next to it). Those without a wheelchair can start the tour in Gstatterboden and follow the first part of the Hochscheiben mountain bike trail from there (not accessible for wheelchairs).



- Tip:** The Kroisalm mountain hut is the lowest one on the Niederscheibenalm mountain
- Trail Grade:** Moderate
- Bus Stop:** Gstatterboden in the National Park car park Gstatterboden National Park Pavilion
- Outward Route:** approx. 2 hours
- Return Route:** approx. 1 ½ hours
- Distance:** 6.5 km (there and back)
- Vertical Climb:** 290 m
- Trail Surface:** Forest Road
- Maximum Gradient:** 17 %
- Swiss-Tracs Battery Usage:** approx. 70 %
- Refreshments:** Kroisalm mountain hut
- Accessible Toilet:** Gstatterboden National Park Pavilion
- Warning:** Watch out for vehicles and bikes

Nature Experience**Trail Grade****Views**

Route Profile / Distance 3.25 km (Outward Route) / Elevation 582 m – 886 m



9

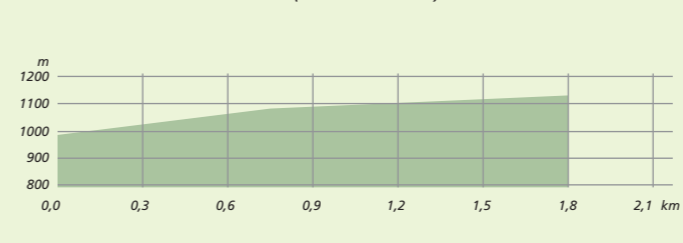
KÖLBLALM (1.127 m)

The route starts at the Ebner car park in the upper Johnsbachtal and leads through the fascinating and steep Teufelsklamm (Devil's Gorge) to the Kölblalm mountain hut. The gorge is only secured with a simple railing (take care on the descent). The return route is either through the gorge again, or, if energy and time allow, you can add on Tour 10 (Ebneralm) halfway down. This over 900-year-old hut was formerly a dairy and is now run as an alpine pasture. It is one of the oldest alpine pastures in Styria.

- Trail Grade:** Moderate
- Bus Stop:** None
- Car Park:** Ebner car park
- Outward Route:** approx. 1 ½ hours
- Return Route:** approx. ¾ hour
- Distance:** 3.6 km (there and back)
- Vertical Climb:** 140 m
- Trail Surface:** Forest Road
- Maximum Gradient:** 16 %
- Swiss-Tracs Battery Usage:** approx. 40 %
- Refreshments:** Kölblalm mountain hut
- Accessible Toilet:** Kölblwirt restaurant in Johnsbach
- Special Features:** You can combine with Trail 10
- Warning:** Watch out for vehicles and bikes



Route Profile / Distance 1.8 km (Outward Route) / Elevation 988 m – 1127 m

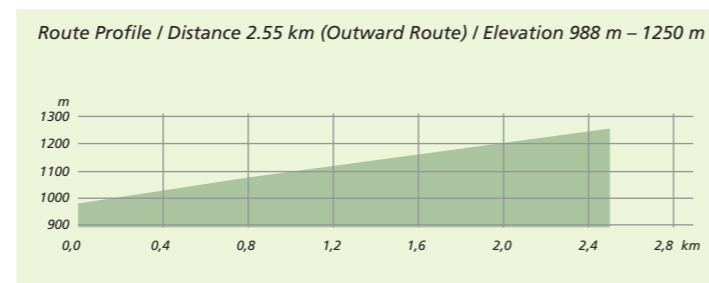
**Nature Experience****Trail Grade****Views**

10 EBNERALM (1.250 m)

First, follow the path from the Ebner car park through the steep Teufelsklamm gorge (caution: only protected with a basic hand rail). Then, take the signposted forest road up the hairpin bends to the mountain hut. You have two options here: either return through the gorge or, halfway down, if you still have the energy and time, you can add on Trail 8 (Kölblalm). The idyllically situated Ebneralm mountain hut offers a magnificent view of the Johnsbach valley.



Trail Grade:	Moderate
Bus Stop:	None
Car Park:	Ebner car park
Climb:	approx. 2 ½ hours
Descent:	approx. 1 ½ hours
Distance:	5.1 km (there and back)
Vertical Climb:	260 m
Trail Surface:	Forest Road
Maximum Gradient:	16 %
Swiss-Tracs Battery Usage:	approx. 80 %
Refreshments:	Ebneralm mountain hut
Accessible Toilet:	Nearest at Kölblwirt restaurant in Johnsbach.
Warning:	Watch out for vehicles and bikes



Nature Experience



Trail Grade



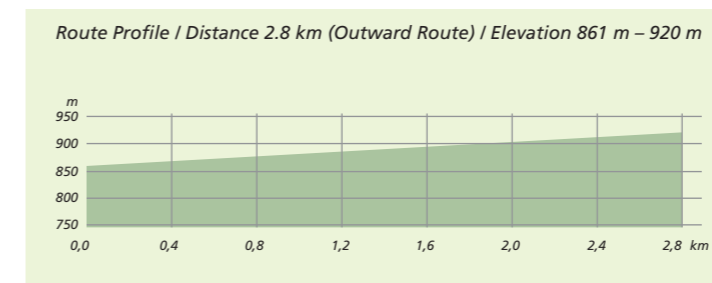
Views



11 LAHNALM (920 m)

The trail begins at the Lahnalm car park on the main road and leads up to the hut on hard-surfaced forest roads. The route winds through a dense, enchanting forest. Enjoy the frequent and fantastic views of the surrounding Buchstein mountain group and the eastern Haller Mauern mountains. The Lahnalm mountain hut has been run by the Schermerhof in Hall farm for over 100 years.

Trail Grade:	Moderate
Bus Stop:	Buchau bei Admont
Car Park:	Lahnalm car park
Climb:	approx. 1 ½ hours
Descent:	approx. ¾ - 1 hour
Distance:	5.1 km (there and back)
Vertical Climb:	135 m
Trail Surface:	Forest Road
Maximum Gradient:	12 %
Swiss-Tracs Battery Usage:	approx. 70 %
Refreshments:	Lahnalm mountain hut
Accessible Toilet:	at ground level but not accessible to wheelchairs
Special Features:	culinary specialties from the Schermerhof in Hall farm
Warning:	Watch out for vehicles and bikes



Nature Experience



Trail Grade



Views



12 GRABNERALM (1.390 m)

This is the most challenging tour, and we recommend getting used to the Swiss-Trac on an easier trail before attempting this one. The starting point is the car park 500 meters past the Buchauer Sattel car park near the „Tonner“ farm, not the Buchauer Sattel car park itself. The route climbs steadily uphill, following the forest road. You will soon cross a hiking trail, which also partially follows the forest road. After about 1 ½ hours, you will reach a fork in the path marked „Left to Grabneralm“ – but wheelchair and Swiss-Trac users should continue straight ahead on the forest road. Finally, the route leads across the wide alpine meadow to the Grabneralm, passing the goat cheesemaker



Trail Grade:	Strenuous
Bus Stop:	Buchau bei Admont
Car Park:	500 m after the Buchauer Sattel by „Tonner“ farm
Climb:	approx. 2 ½ hours
Descent:	approx. 1 ½ hours
Distance:	10.8 km (there and back)
Vertical Climb:	520 m
Trail Surface:	forest road
Maximum Gradient:	15 %
Swiss-Tracs Battery Usage:	approx. 90 %
Refreshments:	Grabneralm mountain hut
Accessible Toilet:	Not available
Warning:	Watch out for vehicles and bikes

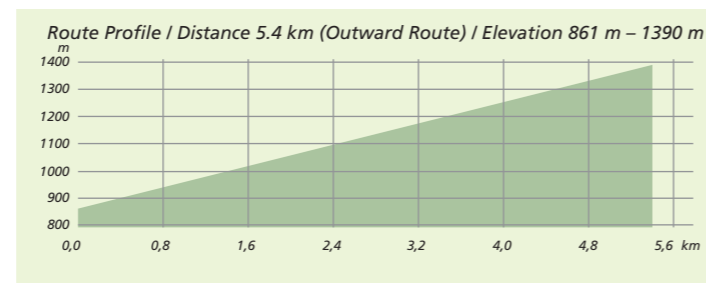
Nature Experience



Trail Grade



Views



NOTES ON USING THE SWISS-TRAC:

- All trails presented in this trail guide are undertaken at your own risk. The Gesäuse National Park accepts no liability.
- All routes have been tested with Swiss-Tracs. We can't comment regarding other powered or self-propelled wheelchairs.
- If you are new to using the Swiss-Trac, we recommend first trying one of the introductory trails around the Willow Dome Visitor Centre to familiarise yourself with the device. We recommend being accompanied on all tours.
- Swiss-Trac users must have a companion on the moderate and strenuous tours.
- None of the toilets in mountain huts are wheelchair accessible. Wheelchair-accessible toilets are available at the Gasthof Kölblwirt restaurant in Johnsbach, at the Willow Dome Visitor Centre, and at the National Park Pavilion in Gstatterboden.
- When climbing and on longer tours, it is recommended to ride the Swiss-Trac in first gear to conserve battery power and prevent wheel spin.
- Energy consumption on descents is very low, so it's not a problem if you've almost reached the specified battery level by the time you reach the mountain hut or the highest point of the tour.
- In the Gesäuse National Park, you are in alpine terrain where it can get surprisingly cold, even in summer. Therefore, warm clothing, rain gear, and a blanket are recommended, especially for tours in the forest and on higher alpine pastures.
- After storms, trails can be difficult to do. Therefore, you should wait 1-2 days after rain until the forest floor has dried out, otherwise the wheels may spin easily on climbs, and you may have to cross streams in some places.
- Cattle grids present a challenge. However, you can get over these with momentum and/or assistance from your companion.
- You may encounter bicycle or motor vehicle traffic on forest roads.

Arrival: Please arrive using public transport whenever possible. There is a parking charge in the Admont-Gesäuse car park network (€ 7,-/day as of 2026). Free parking for disabled visitors on display of a permit.

This brochure was compiled by Petra Sterl and Florian Bossert. We would like to extend our sincere thanks to Susanne Wölger, Gudrun Steiner, Marie Berger, and Anna Ollmann for testing the individual tours and for their many helpful tips.

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EASY TRAILS



For families, older people and people with limited mobility

Swiss-Trac info and booking:

Infobüro Admont

Hauptstraße 35

A-8911 Admont

Tel: +43 3613 211 60 20

info@nationalpark-gesaeuse.at

www.nationalpark-gesaeuse.at

Swiss-Trac (Wheelchair with traction device): Please book in advance by contacting info@nationalpark-gesaeuse.at or phone +43/3613/211 60 20

Opening times:

Year-round Mo – Fr: 9:00 – 15:00

Longer opening times in summer – scan the QR-Code:



Emergency:

Fire **122**

Police **133**

Ambulance **144**

Mountain Rescue **140**

