

Walking in the Austrian Lake District



Trip style:
Guided Walking Holidays

Destination:
📍 Austria

Walking Grade
1, 4 & 6

Carbon Footprint:
🌳 490kg CO2

Holiday Overview

Adored for its staggeringly beautiful alpine scenery, the UNESCO-listed Salzkammergut region is also known as Austria's Lake District. It offers wonderful walks through mountain foothills and along woodland trails, all set against a backdrop of snow-covered peaks and crystalline lakes. Perfect for those wanting to combine walking with visits to some of the region's cultural and historic highlights, this exceptional holiday includes visiting the spa town of Bad Ischl, riding the cable car up Katrin Alp, and walking alongside Lake Halstatt. You'll also have a free day to explore the striking city of Salzburg or the rustic market town of St Wolfgang.

WHAT YOU'LL LOVE

- Discovering the Salzkammergut region, a designated 2024 European Capital of Culture
- Admiring crisp alpine peaks and glittering lakes
- Visiting the spa town of Bad Ischl and riding the cable car up Katrin Alp
- Walking the Traun Trail and alongside beautiful Lake Halstatt
- Taking the Krippenstein cable car for a trail overlooking the Dachstein plateau
- Staying at a charming hotel in the market town of Bad Goisern

WHAT'S INCLUDED

- A choice of two walks a day with experienced local leaders
- HF Holidays Tour Manager
- 7 nights' accommodation in Bad Goisern
- 7 breakfasts & 7 dinners
- In-destination transport using local public transport
- Return flights from London including baggage and transfers

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Day 1 Arrival and transfer from Salzburg to Bad Goisern

Upon arrival in Salzburg, you'll be transferred to the picturesque town of Bad Goisern, nestled in the heart of the Austrian Alps. Take some time to settle into your accommodation before a welcome meeting with your local guide that will focus on the adventure ahead.

Day 2 Katrin Alps & Seven Lakes View

Option 1 - Bad Ischl to Katrin Summit

Distance: 2 miles (3 km)

Total Ascent: 650 feet (200m)

Total Descent: 600 feet (180m)

Our first full day starts with a scenic local train ride to Bad Ischl, followed by a short stroll through town to the valley station of the Katrin cable car. This charming, historic lift carries us up to the Katrin nature reserve. We'll enjoy an easy walk around the Feuerkogel, Austria's sunniest high plateau, pausing to take in views over the Traun Valley. Back at the mountain station, we'll make our way up to the summit of Mount Katrin, celebrated for its wide-ranging panoramas of the surrounding lakes and the Dachstein Alps. Later, we'll return to the mountain station to ride the cable car back down to Bad Ischl.

Option 2 - Seven Lakes View and Elferkogel

Distance: 5.5 miles (9 km)

Total Ascent: 2,370 feet (720m)

Total Descent: 2,370 feet (720m)

We'll take the cable car up to the mountain station, then follow a rewarding route through mountain forest trails and across former ski slopes to the summit of Mount Katrin. From here, the famous Seven Lakes View offers a real "stop-you-in-your-tracks" moment. We'll continue on to the peaks of Elferkogel and Hainzen before returning to Bad Ischl by cable car.

Day 3 Traun River Trails

Option 1 - Traun River to Hallstatt

Distance: 7 miles (11.5 k)

Total Ascent: 200 feet (60m)

Total Descent: 120 feet (40m)

Setting off directly from our hotel in Bad Goisern, we'll follow the River Traun as it winds towards Untersee. Our trail takes us through a mix of meadow and woodland, finishing at Hallstatt train station. From here, we'll take the ferry across to the centre of Hallstatt, then return to Bad Goisern by local bus.

Option 2 - Koppentraun River to Lake Hallstatt

Distance: 13.7 miles (22 km)

Total Ascent: 660 feet (201m)

Total Descent: 1,076 feet (328m)

Our longer walk begins with a local train ride from Bad Goisern to Bad Aussee. The route leads along the Koppentraun River to Obertraun, following the east bank trail to Lake Hallstatt. The return journey is by train from Steeg to Bad Goisern.

Day 4 Free day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include:

Bad Ischl

Just 15 minutes by train from our accommodation sits the spa town of Bad Ischl. Rich in salt mining history, it was once the favourite holiday hotspot for the rulers of the Hapsburg Empire. Visit the summer home of Emperor Franz Joseph I with a trip to the Imperial Villa, stroll down the shop-lined Pfargasse, or savour delicious Austrian treats at the Zauner Café and Cake Shop.

Salzburg

Salzburg is the historic Austrian city best known as the birthplace of Mozart and the shooting location for The Sound of Music. This spectacular city is dominated by castles, churches, and palaces. Among its most visited sites are the Hohensalzburg Fortress, the Mozart museums, the Getreidegasse, and the Hellbrunn Palace. You can get there by train and bus in approximately 1.5 hours from Bad Goisern.

Strobl on Lake Wolfgang

Less than 40 minutes away, Strobl is the departure point for boat rides across Lake Wolfgang to St Wolfgang where you can have a coffee break at the famous Café Weisses Rössl. Alternatively, take the cogwheel railway up to Mount Schafberg and try one of the many walking routes.

Day 5 Lake Nussen & Bad Ischl

Option 1 - Lake Nussen

Distance: 8.5 miles (14km)

Total Ascent: 1,050 feet (330m)

Total Descent: 1,050 feet (330m)

After taking the train to Bad Ischl, we'll climb through shady woodland to beautiful Lake Nussen, set within a protected nature reserve. Our route then leads on to the atmospheric ruins of Wildenstein Castle, dating back to the 11th–12th century. We'll descend back to our starting point in the centre of Bad Ischl.

Option 2 - The Brine Trail

Distance: 13 miles (20.5 km)

Total Ascent: 1,650 feet (500m)

Total Descent: 1,650 feet (500m)

We'll begin as in Option 1, heading towards Lake Nussen and passing the Wildenstein ruins. From here, we'll join the Brine Trail, regarded as one of Austria's finest walks. Expect fragrant forests, open fields, and a wonderful sense of history as we follow this classic route all the way back to our hotel in Bad Goisern.

Day 6 Dachstein Mountains

Option 1 - Krippenstein, Hirzkarsee & Gjaid Alm

Distance: 5 miles (8 km)

Total Ascent: 197 feet (60m)

Total Descent: 1,066 feet (325m)

Day four of our trip takes us through the spectacular Dachstein Mountains on a popular circular trail at over 2000 m altitude. Leaving Bad Goisern we'll take the bus to the valley station in Obertraun (510 m). We'll ride the Dachstein Krippenstein cable car to over 1,600 metres in altitude and overlook the incredibly wide Dachstein plateau.

From Krippenstein (2,100 m), a well-maintained path leads over hilly terrain to the Dachstein Shark, an impressive 8m long sculpture piece. Climb inside and admire the beautiful landscape through its mouth – a unique perspective. We'll continue to Heilbronner Cross, past the Hirzkarsee to Krippeneck, before a short path takes us to the sunny terrace of the Gjaid Alm. We'll return to the valley via cable car.

Option 2 - Krippenstein & UNESCO World Heritage Landscapes

Distance: 6.2 miles (10 km)

Total Ascent: 801 feet (244m)

Total Descent: 801 feet (244m)

This walk will lead us through the magnificent landscape of the Dachstein/Hallstatt-Salzkammergut region which has been declared a UNESCO World Heritage Site. After the ascent with the Krippenstein cable car, we'll walk along a wide path to the nearby Gjaidalm (1,738 m). We'll pick up our trail here and head in a south-westerly direction across the karst terrain, on through the Bärengasse to the Wiesberghaus, before returning and descending again via the Krippenstein cable car.

Day 7 Legendary Trails & Valleys

Option 1 - Ewige Wand Trail

Distance: 6.8 miles (11 km)

Total Ascent: 2,165 feet (660m)

Total Descent: 2,165 feet (660m)

The longer option starts from Bad Goisern and walks via Feuerbachgasse and Höllgraben to Rathluckenhütte. From here, a legendary trail leads us to the Ewige Wand, an impressive path blasted out of the rock, offering spectacular views across the valley to the Dachstein.

Option 2 - Traunreiter Trail to Jochwand

Distance: 10.6 miles (17 km)

Total Ascent: 1,204 feet (367m)

Total Descent: 1,204 feet (367m)

Leaving the hotel, we'll follow the River Traun towards Weissenbach along the Traunreiter Trail. The walk continues through a light-filled forest of beech trees to the Jochwand, offering beautiful views over the valley of Bad Goisern to Lake Hallstatt and the surrounding mountains.

Day 8 Departure

Transfer to the airport for your flight home.

Daily Walk Options



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.

**Moderate walking grade 6**

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9–10 miles (15–16km) with around 1,500ft (460m) of ascent.

Accommodation

Hotel Goisererhof, Bad Goisern

Located in the heart of the Austrian market town of Bad Goisern, the three-star Hotel Goisererhof has been welcoming guests since 1870. There's a warm and inviting reception area and comfortable en-suite guest rooms that provide all the modern luxuries you could ever need for a relaxing stay. You'll also find a restaurant serving regional and international cuisine as well as a spa area with a sauna, herbal steam bath, and relaxation room. Free Wi-Fi is available in the lounge and restaurant.

Vaccinations & health

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passports & visas

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

Essential information

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Italian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

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- Rubbish bags
 - Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

Joining instructions (with Flights)

With flights

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [This email address is being protected from spambots. You need JavaScript enabled to view it.](#)

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining instructions (without Flights)

Without flights

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

*Subject to availability

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

Tripnote validity

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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