

Paznaun High Route: nine stages through Tyrol's mountains

The Paznaun High Route leads in nine varied stages through the mountain landscapes of Paznaun and connects the villages of See, Kappl, Ischgl and Galtür. Over 130 kilometres and more than 11,000 metres in altitude, hikers experience an impressive range of landscapes – from green alpine meadows and dense forests to high alpine rocky regions. Overnight accommodation in mountain lodges and descent options to the valley villages offer flexibility for multi-day tours or stage hikes.

Due to the alpine conditions, this circular tour requires a good level of fitness, surefootedness and stamina. However, the high-altitude trail is a unique experience for anyone who wants to discover the diversity of the Tyrolean mountains. The route encompasses mountain ranges and landscapes that offer unique views of the imposing peaks of the Silvretta, Verwall and Samnaun mountains. Each stage has its own special highlights and ranges from green alpine meadows to rocky peaks and glaciers.

Hiking in the high mountains

The Paznaun High Route begins and ends in See and can be walked either as a complete circular hike or in individual stages. Each stage has its own characteristics and takes hikers to altitudes between 1,400 and over 2,800 metres. The routes are well signposted, making it easy to find your way around. However, due to the alpine terrain, some of which runs along narrow and steep paths, the trail is only suitable for experienced mountain hikers.

Nine stages with a varied landscape

The high-altitude trail is divided into nine different stages, which take between 4 and 8 hours on average. The stages lead across alpine meadows, through dense forests and along impressive mountain lakes, always accompanied by views of the surrounding mountain peaks and the Paznaun. Particularly impressive sections include stage 3 from Kappl to Ischgl, crossing the border into Switzerland, or stage 9, which offers breathtaking panoramic views of the valley and the surrounding mountain range between Kappl and See. Many sections also offer the opportunity to observe wildlife, as the area is home to marmots, chamois and numerous bird species.

Refreshments and overnight accommodation

There are numerous mountain lodges and mountain pastures along the Paznaun High Route that are ideal for breaks and overnight stays. These include the Ascher Hütte, the Friedrichshafener Hütte, the Darmstädter Hütte, the Niederelbehütte and the Edmund-Graf-Hütte, which offer traditional Tyrolean cuisine as well as overnight accommodation. Here, hikers have the opportunity to relax, enjoy regional

specialities and experience alpine nature up close. Almost all stages can also be reached from the valley and can be hiked individually or in combination with other stages.

The Paznaun High Route is accessible between June and September, as the high alpine areas are difficult to access in the remaining months due to snow and ice.

Further information at [Paznaun High Route – hiking bliss in Tyrol | Region Paznaun – Ischgl](#).

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