

Magazine for  
**Cyclists, Bikers &  
Hikers.**

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*sup*  
**WELLNESSHOTEL  
SCHWARZBRUNN**  
*Gourmet & Relax*  
[www.schwarzbrunn.at](http://www.schwarzbrunn.at)





## A very special experience.

*Dear guests,*

Welcome to our all-inclusive hiking and mountain-bike friendly establishment!

Distinguished as a "hiking and mountain-bike friendly establishment", we strive to make your visit as enjoyable as possible. Here you can savour the fresh mountain air and nature to the fullest and at the same time take advantage of the complete service of our hotel.

The small brochure which you're holding in your hands summarizes all of the important information for your sporting holiday at our establishment in the middle of the beautiful Karwendel Silver Region.

You still have questions or suggestions? Don't hesitate to come to the reception. Our friendly team of receptionists are at your disposal every day from 7 in the morning to 11 in the evening.

*The Gschwentner family and the entire  
Schwarzbrenn Team wish you an active and  
relaxing holiday!*



## *Holiday in the Karwendel Silver Region*



The Silver Region Karwendel is one of the best holiday destinations for a family holiday or an active holiday in Austria: Mountains, sightseeing and lakes for swimming. A holiday right out of a picture book.

“Silver Region” and “Karwendel” – these two names stand for one of the most exciting holiday areas of Tyrol. The district capital of Schwaz, today a small historical gem, was once one of the largest cities in Austria when silver mining peaked in the Middle Ages. Kaiser Maximilian and the Fugger dynasty resided here, nobility and rich citizens commissioned artistic treasures that are still marvelled at today. The people of Schwaz today are active and outgoing with a sense for art, trends and lifestyle.



### **FAMILY SUMMER HOLIDAY IN THE SILVER REGION: Ready, steady, fun!**

In the Karwendel Silver Region, the little ones are biggest in importance year round. Lots of freedom, nature and experiencing things together - a summer recipe for a fairytale-like children's holiday. The little holiday-makers are well taken care of in the Weer and Stans Family Nest.



The entire child care staff of the Family Nests in Stans and Weer are there for our littlest guests in the Silver Region free of charge (details of the programme and further current information can be found at: [www.familienabenteuer.at](http://www.familienabenteuer.at)).

When the sun is really hot, jump in the water! Into the open-air pool in Jenbach, the family pool in Stans, the new open-air pool in Schwaz or the Weißlahn swimming lake in Terfens.

### **AN ACTIVE NATURE HOLIDAY:**

Make your way, with a leisurely stroll or a pleasant fast paced hike, to the summer nature of the mountains between the Karwendel range and the Tux Alps. Not only can you find family-friendly excursion destinations, such as the Riss valley with the oldest alpine village in Europe and its dairy where you can watch cheese making in progress or the game reserve in Weer with red deer, roe deer and mouflon. Also ambitious, passionate hikers will find a paradise here, where they can prove their sure-footedness on the Loassattel as well as on the hiking trails of the Kellerjoch and the Gilfert with their spectacular mountain vistas. Free guided hiking tours bring our guests to the most beautiful places in the Karwendel Silver Region ([www.karwendel-wanderurlaub.com](http://www.karwendel-wanderurlaub.com)).

For those who prefer the bicycle to the hiking shoes and Nordic walking poles, there's comfortable cruising on the Inn valley bike paths, which the whole family can enjoy – or new challenges await the mountain biker on difficult mountain trails. ([www.mtb-region.at](http://www.mtb-region.at)).

A special highlight for bike fans: The International Schwaz Bicycle Sports Days for all ages with an historic city centre criterium and a marathon in the “Silver City”.

Whether with hiking boots or by bike, at the end of every tour comes the reward of a gorgeous view, deep inner satisfaction and perhaps also a stop in a traditional “alm” or a cosy tavern.

### **Further information:**

**Karwendel Silver Region  
Münchnerstrasse 11  
A-6130 Silberstadt Schwaz  
Telephone 0043.5242.63240  
[www.silberregion-karwendel.at](http://www.silberregion-karwendel.at)**

## The mountain is calling.



### Selections from the SILVERcard programme:

Monday:	9:00 am	Spectacular hike of Loassattel-Gamstein with a gorgeous view of the Alps
	10:00 am	Guided Nordic walking tour in Stans
	8:30 pm	Romantic lantern-hike through the Wolfsklamm in Stans
Tuesday:	9:00 am	Guided hike of Bärenrast-Stellenalm
	5:00 pm	Challenging Nordic walking tour in Schwaz/Pillberg
Wednesday:	8:55 am	Excursion by coach to the "Großer Ahornboden" natural monument with opportunities for hiking
Thursday:	9:00 am	Guided hike of Nonsalm-Gilfert
Friday:	9:00 am	Guided hike to the Kellerjoch
	3:00 pm	Discovery hike through the "Schwazer Silberwald" (Schwaz Silver Forest)
	4:00 pm	A pleasant family bicycle tour through the Karwendel Silver Region



## All bicycle specialties at a glance

**Bicycle depot:** We have a locked and secure room for the complimentary storage of your privately-owned bicycles. Please contact the reception for more information.

**Bicycle racks:** Bicycle racks are located at the main entrance.

**Bike washing station:** Next to the hotel, on the car park, we have our own bicycle washing area with a water hose. If you need rags, towels, or anything similar, please contact the reception.

**Complimentary use:** At the reception you can obtain rucksacks, children's or adults' helmets, and of course also children's and adults' city bikes and mountain bikes. The bicycles are regularly inspected and maintained by our own bicycle specialist.

**Repair service:** Our hotel employs its own bicycle specialist who can perform simple repairs on the spot. We also maintain a small repair kit including an air pump for all common valve types, a puncture repair kit, and all basic bicycle tools. Please contact the reception if you require this service.

**For a change of pace – a hiking experience:** One of the most lovely ravines in the Alps, the Wolfsklamm, can be reached in just 5 minutes on foot from the hotel. Access is free of charge for our guests with a room card at any time during opening hours.

### The following bicycle repair shops are located in the vicinity:

(Please arrange an appointment in advance. Our reception team would be happy to arrange this for you.)

Vomp (approx. 2 km)	<b>2-Rad-Sailer</b>	Mo – Fr: 7 am – 7 pm, Sa: 8 am – 2 pm, Closed Sundays Tel. 05242 – 621 00   <a href="http://www.2radsailer.at">www.2radsailer.at</a>
Schwaz (approx. 1.5 km)	<b>Pro Bike</b>	Repair, hiring and sales   Tu – Fr: 9 am – 12:30 pm and 2 pm – 6:30 pm, Sa: 9 am – 4 pm Tel. 05242 – 666 61   <a href="http://www.probike.at">www.probike.at</a>
	<b>Hervis</b>	Mo – Fr: 8:30 am – 7 pm, Sa: 8:30 am – 6 pm, Sunday closed Tel. 05242 – 72246   <a href="http://www.hervis.at">www.hervis.at</a>
	<b>Schrottenbaum</b>	Repair and sales   Tel. 05242 – 62695
	<b>2 Rad Center Danler</b>	Repair and sales   Tel. 05242 – 62408   <a href="http://www.2radcenter.at">www.2radcenter.at</a>
Jenbach (approx. 4 km)	<b>Spielradl</b>	Mo – Fr: 9 am – 12 pm and 2:30 pm – 6 pm, Sa: 9 am – 12 pm Repair and sales   Tel: 05244 – 63839   <a href="http://www.spielradl.at">www.spielradl.at</a>



# Enjoy an active lifestyle.

## Bicycle tours

A small selection from the many opportunities at all levels of difficulty:

### Mountain biking in the Karwendel Challenging but rewarding: on the Stanser Joch

**Route:** Stans – Durach – Stanser Almen – Stanser Joch – Stanser Almen – Durach – Stans

Distance: 13.4 km  
Elevation: 1535 m  
Duration: 3 hours



#### Description:

From the Laurentius church, follow the signs “Stanser Joch“ in the direction of Heuberg. It’s a leisurely ride only as far as Durach above Stans. From that point on, the inclines become more challenging and the trail surface gravel becomes increasingly rough; the inviting fountain at the “Stanser Niederleger“ offers a welcome and necessary rest. Beginning around June it’s possible to ride on further to the “Hochleger“. Further up beyond Hochleger you’ll find narrow hairpin bends with some rocky outcroppings right up to the avalanche barriers. Those wishing to enter their names in the summit register at 2120 m at the summit cross rebuilt in 2006, still have to hike up to the summit (~100 m higher).

From the mountains of the Tuxer Alps you can recognize – especially in winter – the “Stanser Zwerg“, a contour of cliffs and forest edges resembling a dwarf with a long stocking cap.

*“Am Stanser Joch sitzt a Zwerg, sein großer Kopf ist mitten am Berg, er schaut weit übers Tal, siecht alls überall.“*

“Upon the Stanser Joch sits a dwarf. His giant head is in the middle of the mountain and he looks far over the valley, sees everything everywhere”

#### Special features:

Very challenging vertical incline with a lovely view from the Stanser Joch, coarse gravel trail.

### Biking Tyrol Inn Valley tour lite (Schwaz – Vomp – Terfens)

**Route:** Stans – Schwaz – Vomp – Vomperbach – Terfens – Schwaz – Stans

Distance: 13.9 km  
Elevation: 140 m  
Duration: 2 hours  
Family-friendly



#### Description:

This short family-friendly tour in the nearby area affords riders relaxation and an impression of the Karwendel Silver Region; gentle inclines, limited traffic.

The village of Vomp, known for its wellsprings and fountains, is indeed rich in water – and not just any water: the water of the Stupbach spring (Haag-Bründl) at the Gasthof Karwendelrast on the way to Vomperloch is said to be “dextrorotatory water” and have healing properties for the body and soul.

A special tip in Vomp: visit the Kreuzbichl chapel. In Terfens, deep within the only large continuous pine forest in the lower Inn valley, you’ll find the “Planet trail”, which is marked with scale models of the planets in realistic detail. After a quick jump in the Badesees Weißlahn, a lake for swimming in Terfens, the trail leads through the fields of Schwaz back to the departure point. Here you can expect headwinds, particularly in the late afternoon.

#### Special features:

An enjoyable Tyrol valley tour on paved paths surrounded by mountains.

<http://www.silberregion-karwendel.at/mountainbikeurlaub>

## *All hiking-specialities at a glance*

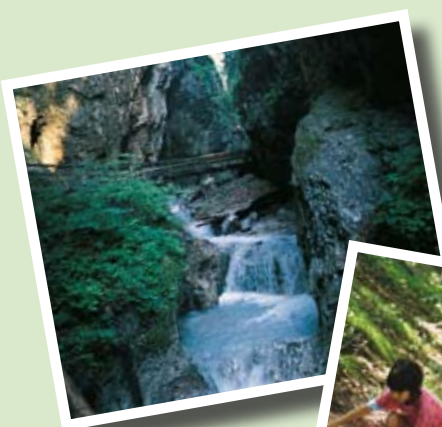
**Free access to the Wolfsklamm:** The Wolfsklamm is one of the most lovely ravines in the Alps and the entrance to the ravine can be reached in just 5 minutes on foot from the hotel. Our guests can visit this exceptional natural wonder at any time during opening hours free of charge.

**Guided hikes:** In the course of our weekly programme we offer you 5 guided hikes as well as several guided Nordic walking tours, on which you can become acquainted with the spectacular variety of the Karwendel Silver Region.

**Complimentary use:** At the reception we provide you with complimentary rucksacks, telescope poles, weather protection, drinking bottles and many other useful items.

**Regional hiking guide:** The Karwendel Silver Region has compiled its own hiking guide with the 37 most beautiful routes. This is available to you at no extra charge along with the corresponding hiking map at the reception or the information office.

**A bike tour for a change of pace:** Over the course of our weekly programme you also have the opportunity to join a family bicycle tour or to explore the region on your own. At the reception you may obtain rucksacks, children's or adults' helmets, and of course also children's and adults' city bikes and mountain bikes. The bicycles are regularly inspected and maintained by our own bicycle specialist. We offer all these services to you free of charge.



# Feel the power of the mountains.

## Hiking tours

Two recommendations from our rich palette of hiking opportunities:

### Stallenalm from Stans (mountainpasture)

**Location:** Stans  
**Difficulty:** red (moderate)  
**Family-Friendly:** yes  
**Suitable for prams:** no  
**Length:** 13 km  
**Elevation:** 800 m  
**Duration:** 5 hours



#### Route:

Stans swimming pool –  
Weng – Bauhof – "Bärenrast" – Stallenalm – Stans

#### Description of the hiking trail:

Departure point is the swimming pool in the centre of the village. After the first few metres incline on an asphalt street, the trail continues pleasantly alongside a peaceful burbling brook to Weng.

Following the direction sign "Stallenalm", the trail leads past a farmhouse (Bauhof) and continues to the "Bärenrast" (where the last bear in northern Tyrol was slain). On the right side you'll see the St. Georgenberg Monastery, perched imposingly on a cliff. The hike goes on a slight upward slope to the alpine pasture of the Stallenalm. During the second half of the hike the formidable rock faces of the Karwendel mountains already begin to tower above you left and right in giant granite cliffs. You can often see chamois here. During the summer months the Stallenalm is open and offers hikers small snacks and drinks. This hike is considered a secret tip for the hiking holidaymaker in search of some peace and tranquillity. The hike can also be done with families, depending upon the stamina of the children.

#### Special features:

Particularly the second half of the hike is captivating for its exceptional panorama. Chamois can often be seen.

### Lamsenjoch hut from Stans

**Location:** Stans  
**Difficulty:** black (difficult)  
**Family-friendly:** no  
**Suitable for prams:** no  
**Length:** 20 km  
**Altitude:** 1400 m  
**Duration:** 7 hours



#### Route:

Stans – Weng – Bauhof –  
Bärenrast – Stallenalm – Lamsenjoch hut and retour

#### Description of the hiking trail:

To Stallenalm see the description on the left.

From Stallenalm follow the direction signs either on a steep hiking road or a coarse gravel mountain road to the Lamsenjoch hut (refreshments).

This climb takes approximately an additional 2 hours. Due to its length, this hike is not suitable for families.



#### Special features:

The breathtaking panoramic views of the mountains as well as the comfortable huts compensate for the long climb.

## *Cyclist & hiker services*

- **Pick-up service:** Our chauffeur will be happy to pick you up and bring you to your desired departure point, free of charge or for a small additional charge, depending upon the distance. More information is available at the reception.
- **Child care:** If your children are still too small to join you on your tour, we have a good alternative for you during holiday periods: the "Family Nest" offers a continuous, varied entertainment programme for children between the ages of 3 and 12, Mondays through Fridays from 08.30 am to 10 pm. The children are in good hands with certified professional care givers. Meals are also provided.
- **Tour descriptions & maps:** Our staff at the reception and in the information office (open Mondays through Fridays from 8 am to 12 noon) are available for any questions relating to tours, day-trip destinations, hotel services, etc. Wide-ranging maps and other materials relating to routes throughout the region are available. Please don't hesitate to stop by.
- **Laundry service:** In the closet in your room are a laundry list and a laundry sack. Please fill in this list and either leave it with the full laundry bag in your room for the chambermaid before 10 am or drop both off directly at the reception. We offer a laundry service Mondays through Fridays within 24 hours, on weekends within 48 hours.
- **Wellness:** After a strenuous outing, our 1300 m<sup>2</sup> wellness area invites you to relax with saunas, an indoor swimming pool and whirlpool. Our saunas and the indoor swimming pool are open Mondays through Saturdays from 7 am to 10 pm and Sundays from 7 am to 7 pm. Weather permitting, our guests can also take advantage of the neighbouring Stans open-air swimming pool with their room key at no extra charge. The pool is open on weekdays from 10 am to 6 pm and on the weekend from 9 am to 7 pm.
- **Weather information:** At breakfast each day you will receive the current weather report with the morning post. For more detailed information, please contact the reception.



**A vital treat.**



## *Gastronomy for cyclists & hikers*

### ■ Active breakfast (7 am – 10 am)

A balanced breakfast is especially important for athletes. For that reason our extensive breakfast buffet offers a perfect start to the day with local products, fruit and daily freshly pressed juices.

### ■ Tasty snacks to take away

Naturally we also provide for adequate provisions during your tours. We'll gladly take your order at the reception or in the restaurant the evening before for a lunch packet to take away. You'll get through the day well supplied with drinks, fruit, bread rolls, and a sweet surprise. Throughout the day at the reception we provide you with fresh apples and our excellent mineral water.

### ■ Vital buffet (12 pm– 5 pm)

If you should happen to take a break during the day or simply return early from your tour, our food service team will indulge you with a varied wellness lunch buffet and afternoon snack with homemade pastries.

### ■ Athlete's menu (6.30 pm – 9 pm)

Regional dishes and products are especially important to our food service team. In the evening we serve you a well-balanced, high-carbohydrate 4-5 course dinner with a variety of main courses to choose from, created using local products from growers and breeders in the surrounding region.

### ■ All Inclusive Superior

- Welcome cocktail
- Gala dinner on Sunday
- Drinks throughout the day until 10 pm
- Top quality cappuccino, espresso, latte macchiato, tea from 7 am to 10 pm
- Choose your favourite wine daily from our extensive wine selection for dinner (0.7 litre bottle of wine for 2 guests)



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