

TIROL HUT-TO-HUT TOUR - STUBAI ALPS

15th - 27th July 2006

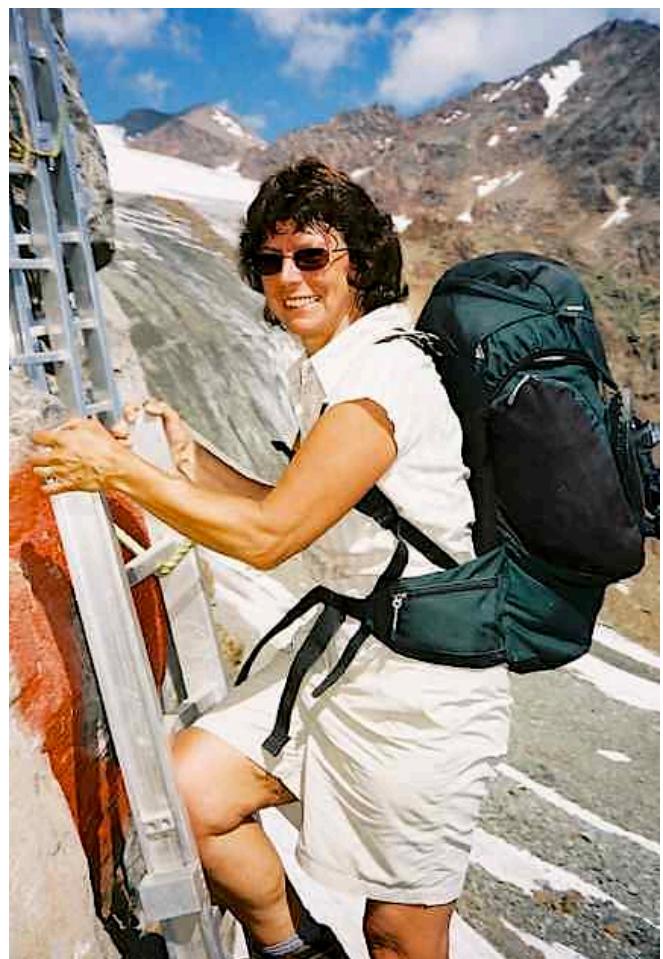
Allan and Lesley Witton, John and Judith Willson, Mark Hesketh, Julie Sheehy, Paul Shufflebottom



The start of the walking: on Kreuz Joch with the limestone Kalkkögel group beyond.



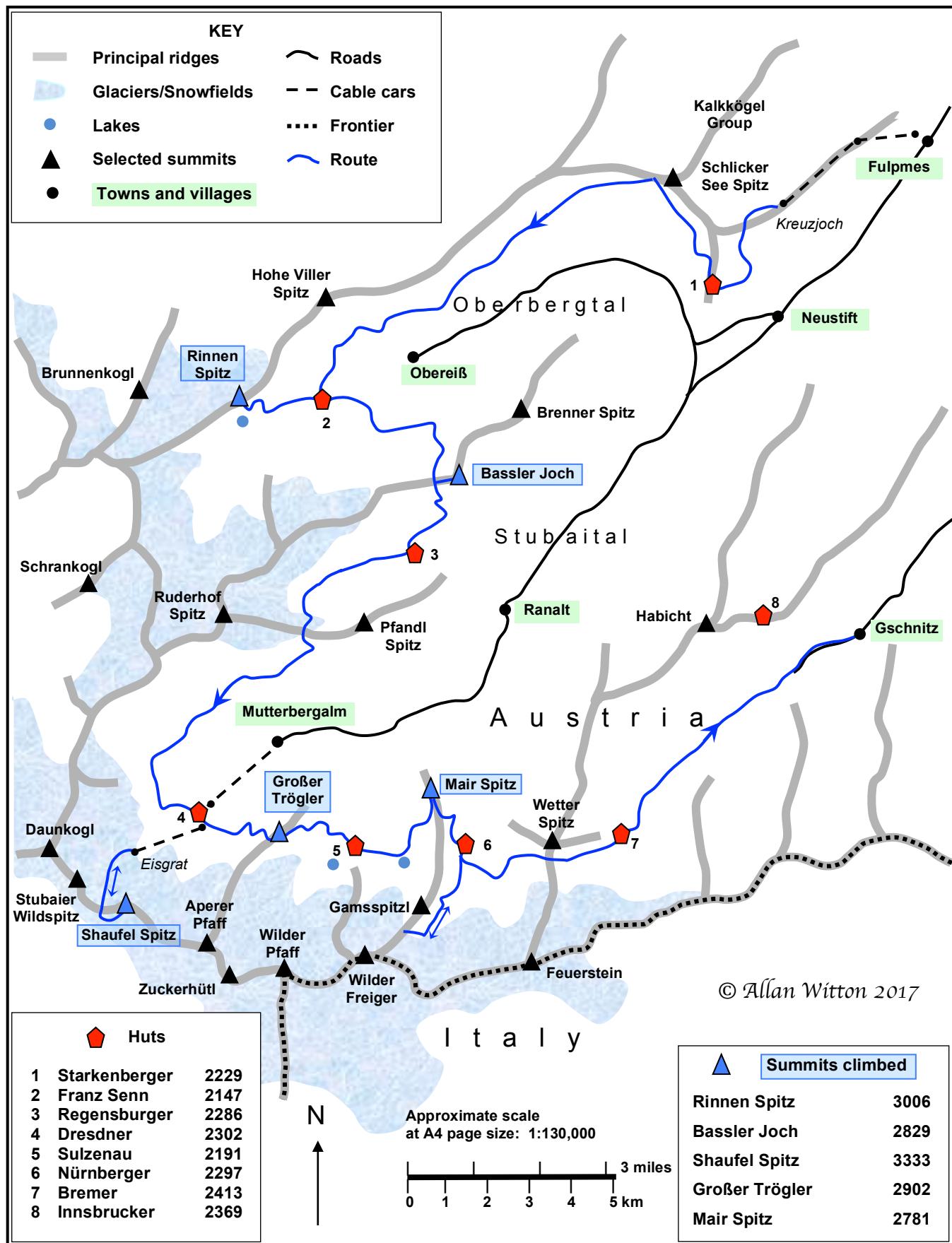
Above the Senn hut en route for Rinnen Spitz.



On the ladder up the rock band below Grabagrubenniede.

SKETCH MAP

As this was the first 'Old Trekkers' Trek' we opted for something simple and straightforward, the 'Stubai Rucksack Route', which is an established hut-to-hut route with a published guidebook, *Trekking in the Stubai Alps* by Allan Hartley (Cicerone 2003). We chose to do it in the reverse direction to the published route in order to avoid the long first day to the Innsbrucker hut and to be able to make use of the Kreuz Joch lift from Fulpmes. We also took the easier option of finishing at Gschnitz, rather than back in Stubaital.



OUTLINE ITINERARY AND WALKING ROUTE SUMMARY

		13 days	2 + 2 half-days travel	6 + 2 half-days trekking	3 day excursions						
July				Height m	Distance km	Ascent m	Descent m	Time	Actual	Guide	Naismith
15	Air/rail	Manchester to Munich	Hotel								
16	Rail/bus Cable car Trek	Munich to Fulpmes Kreuz Joch Starkenburger Hütte	(DAV 57)	2108 2229					4	200	80
17	Trek	Franz Senn Hütte via Seejöch	(OeAV 260)	2147	2518	16	520	600	1-20	1-15	1-10
18	Excursion	Rinnen Spitz from Franz Senn Hütte	(9863 ft)		3006				9	880	880
19	Trek	Regensburger Hütte via Schrimmennieder	(DAV 83)	2286 2706					3-30	4-30	3-15
	Excursion	Bassler Joch			2830	10	740	600	4-15	4-00	3-15
20	Trek	Dresdner Hütte via Grabagrubennieder	(DAV 170)	2302	2880	13	960	940	5-40	6-00	4-10
21	Excursion	From Dresdner Hütte > Eisgrat to Schaufel Spitz	(10,936 ft)	2850	3333	5	490	490	1-45	----	1-50
22	Trek	Sulzenau Hütte via Grober Trögler	(DAV 130)	2191	2902	5	610	720	3-20	3-30	2-00
23	Trek	Nürnberger Hütte via Mairspitz	(DAV 142)	2297	2775	6	650	540	3-30	2-45	2-15
24	Excursion	Gamspitzl south ridge from Nürnberger Hütte	(9940 ft)		3030	7	770	770	3-40	----	2-40
25	Trek	Bremer Hütte via Simmingjöchl	(DAV 69)	2413	2764	7	560	440	3-40	3-30	2-20
26	Trek Bus/rail	Gschnitz Munich	Hotel	1250		9	10	1170	2-10	----	1-50
27	Rail/Air	Munich to Manchester							Naismith daily average		2h-40

Grand Totals:	Distance 91 km 57 miles	Ascent 6390 m 21,000 ft	Descent 7230 m 23,800 ft	Time 38 hours
Daily average:	8.3 km 5.2 miles	580 m 1910 ft	660 m 2160 ft	3h-30

A Trek

is a linear walk from one place to the next with full packs

An Excursion

is a return walk without full packs

Rinnen Spitz

Summits are in bold, 3000 m points are shaded blue

DAV

Deutschen Alpenverein (German Alpine Club) hut, with number of places

OeAV

Oesterreichischen Alpenverein (Austrian Alpine Club) hut, with number of places

Walking Times

Actual: Our walking times, excluding stops

Guide: According to guidebook *Alpenvereinshütten* (the Austrian Alpine Club 'Green hut book')

Naismith: According to Naismith's Rule: 12 minutes/km and 10 metres/minute for ascent

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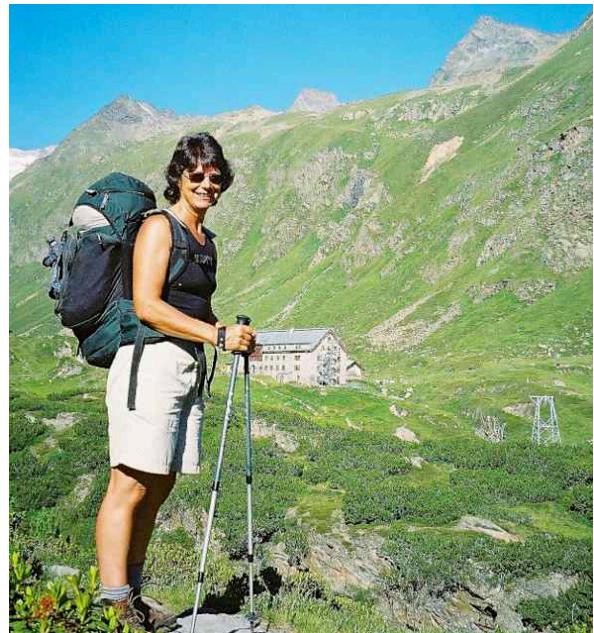
On Rinnen Spitz.



En route to Gamsspitzl.



On the south col of Gamsspitzl.



Leaving the Franz Senn hut.



At Kreuz Joch.



On Rinnen Spitz.

Saturday 15th

Air/rail

Manchester to Munich



Dinner at the Rathaus.

Sunday 16th

Rail/bus
Cable car
Trek

Munich to Fulpmes
Kreuz Joch
Starkenburger Hütte

2108
2229

We took a train to Innsbruck, a bus to Fulpmes and then the two-stage cable car to Kreuz Joch for lunch.



Effortless mountain climbing.



Lunch at Kreuz Joch ...



..... followed by a siesta



..... and some posing in front of Serles.

We then followed the easy path along the limestone ridge, over Sennjoch and round to the Starkenburger hut.





Evening sun on the hut with Habicht (3277 m) and the distant Zuckerhütl (3507) rising above Stubaital.

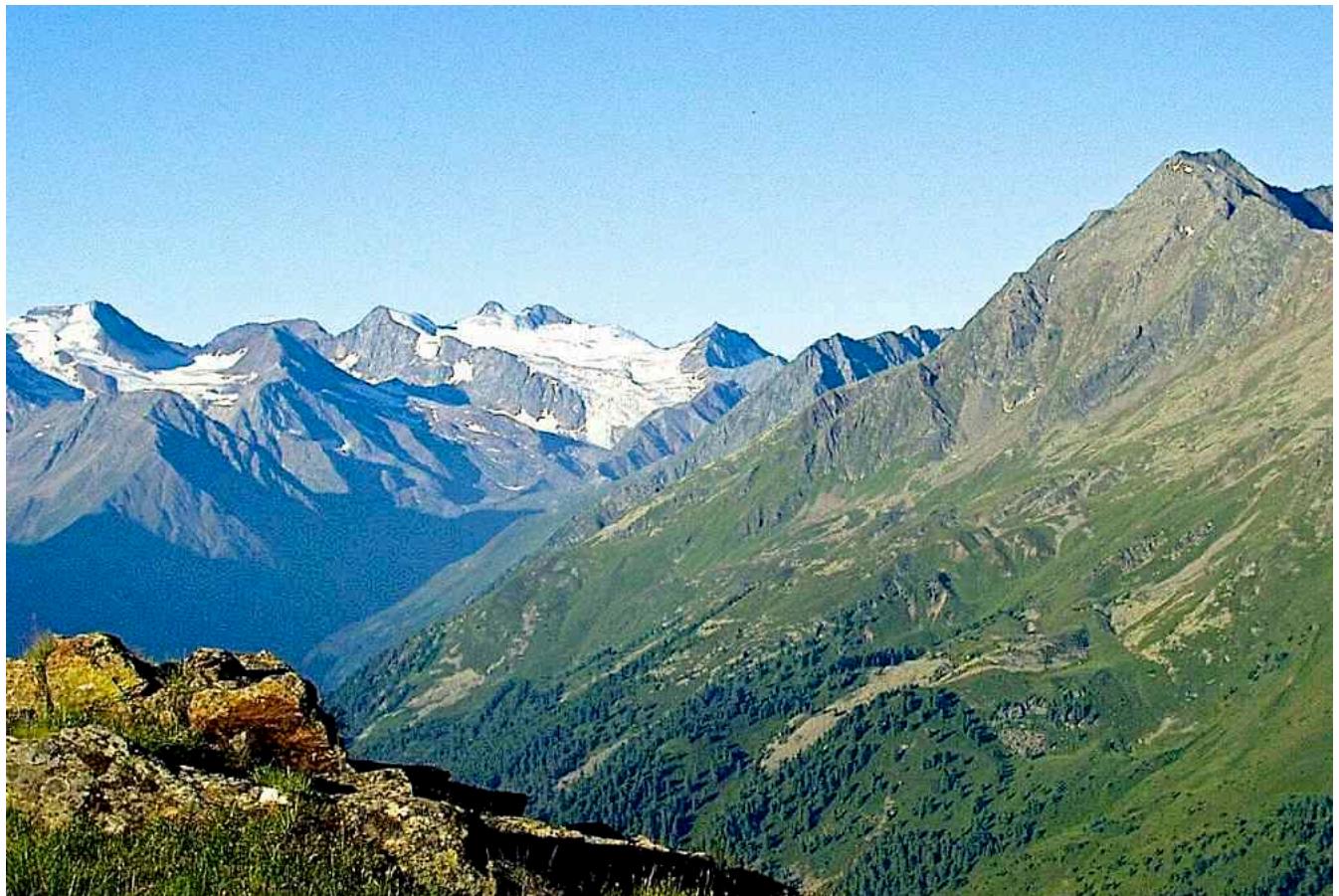


Summary

Distance	4 km
Ascent	200 m
Descent	80 m
Walking time	1h-20

Monday 17th	Trek via	Franz Senn Hütte Seejöch	2147 2518
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Our first full day's trekking was a long but brilliant one. It started with an interesting ascent across scree beneath Schlicker See Spitz to Seejöch, followed by a superb high level traverse of the Franz Senn Weg, along the flanks of Oberbergatal, all done in glorious weather and with wide vistas.



Wilder Freiger (3418), Zuckerhütl (3507) with its Sulzenau glacier, and the closer Brenner Spitz (2877).



Early morning sun on the Starkenburger hut and Habicht (3277).

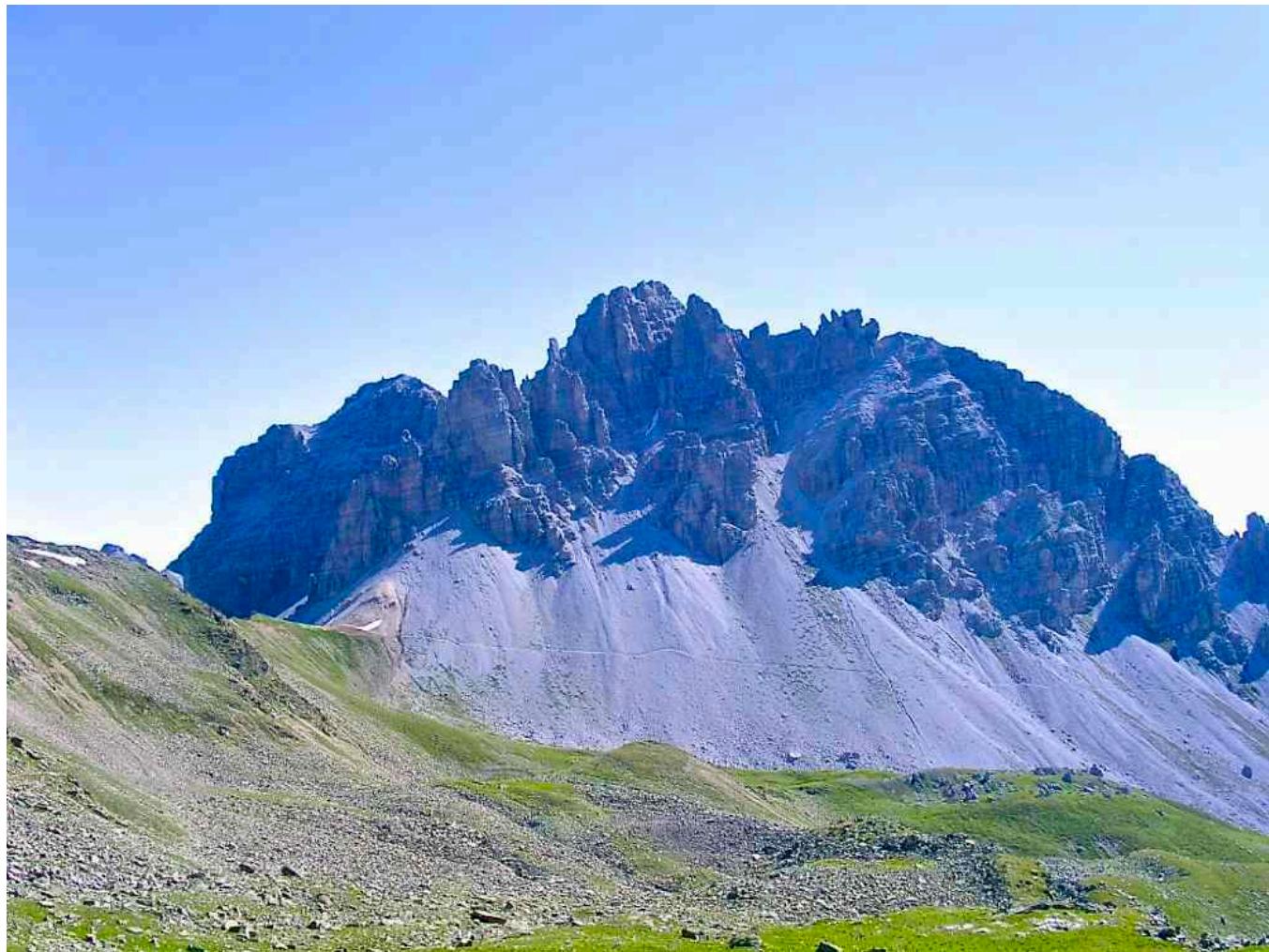
Paul's panorama from above the Starkenberger hut.



View up the length of Oberbergtal, with the Franz Senn hut just above the gorge at the far end.



The path to Seejöch across the scree below the limestone Schlicker See Spitz (2804).



Retrospective view of Schlicker See Spitz.



On the Franz Senn Weg with Oberbergtal below.



The Franz Senn hut comes into view.



The Franz Senn hut (with the Starkenburger hut on the distant green shoulder beyond the far flagpole).

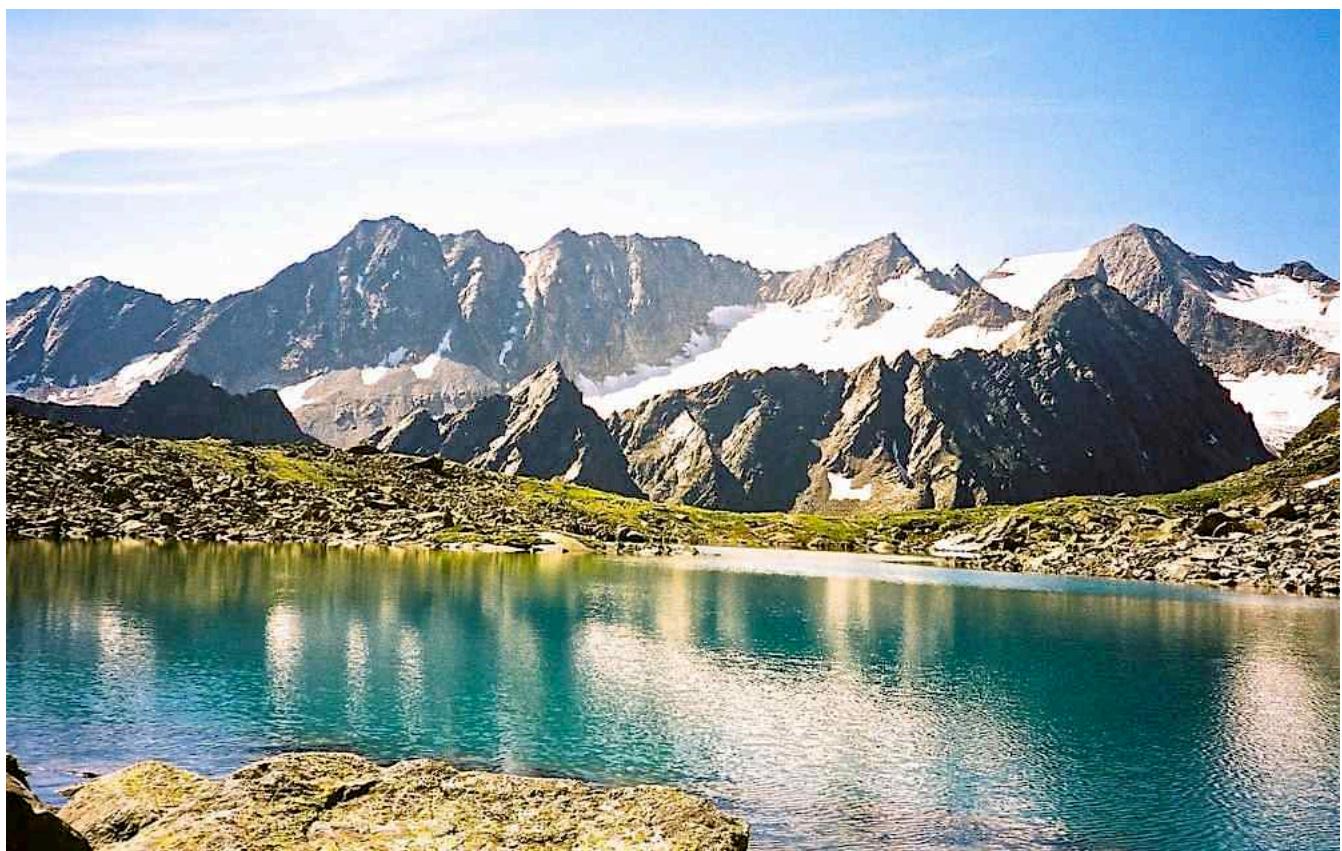
Summary	Distance 16 km	Ascent 520 m	Descent 600 m	Walking time 5h-10
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Tuesday 18th	Excursion and	Rinnen See Rinnen Spitz	2660 3006
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The excursion was splendid walk above the hut to the beautifully situated Rinnen See, followed by quite a challenging scramble with the aid of pegs and fixed cables to Rinnen Spitz.



The path above the Senn hut with the Alpeiner glacier at the head of Oberbergatal, and Rinnen Spitz peeping at the far top right.



The Knoten Spitz – Kräul Spitz ridge and Östlich Seespitz (3416) from Rinnen See.



The steep and rocky path leading to the summit ridge.



The final knife-edge arête (with steel cable assistance) leading to the summit, with Rinnen See, 340 m below.



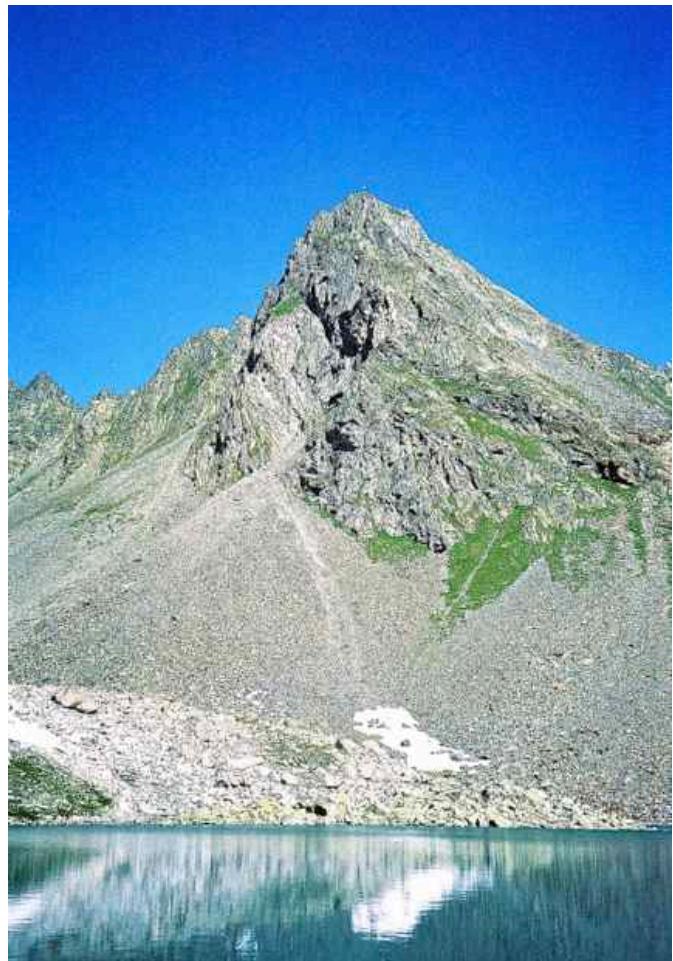
On the summit of Rinnen Spitz with the Lisenser glacier beyond, and Hinter Brunnen Kogl (3325) and Vorder Brunnen Kogl (3304) on the skyline.



Rinnen See and Knoten Spitz from the summit.



Coming down is always harder,
and backwards is best!



Rinnen Spitz from Rinnen See (the reverse of the above photo). The ascent route is the right hand ridge.



Östlich Seespitz (3416) with the Seespitz and Alpeiner Kräul glaciers from Rinnen See.



What a grand day out – with bergsteigeressen (lasagne in this case) to round it off – cheers!

Summary	Distance 9 km	Ascent 880 m	Descent 880 m	Walking time 3h-30
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Wednesday 19th	Trek via Excursion	Regensburger Hütte Schrimmennieder Bassler Joch	2286 2706 2830
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It was a straightforward up-and-down hut-to-hut day - up the col of Schrimmennieder, from where we made the short excursion to the minor summit of Bassler Joch, then a zig-zag path down to the Regensburger hut.

Retrospective view of the Senn hut with the peak of Rinnen Spitz directly above.



Hohe Viller Spitz (3087) across Oberbergatal. The Franz Senn Weg crosses the grassy flanks below its cliffs.





The main Stubai peaks and glaciers beyond the rocky Pfandl Spitz ridge, from the summit of Bassler Joch.

The Regensburger hut is on the lip of the hanging valley of Hochmoos, just above the waterfall.

The following day's col, the Grabagrubennieder, is the low point on right of the Pfandl Spitz ridge.



The Regensburger hut and Habicht (we slept in the wooden shed at the back!)

Summary	Distance 10 km	Ascent 740 m	Descent 600 m	Walking time 4h-15
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Thursday 20th	Trek via	Dresdner Hütte Grabagrubennieder	2302 2880
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It was to be our longest and most challenging day: first a gently rising path up hanging valley of Hochmoos to the Hochmoos glacier, then a steep ascent over snow, a rock band and boulder slopes (with the aid of a steel cable and aluminium ladder) to Grabagrubennieder, followed by a long traverse round the upper reaches of Stubaital with superb views of the main peaks and glaciers of the Stubai Alps.



Sunrise from the Regensburger hut.



Morning tea, with the backdrop of Hochmoos, the Hochmoos glacier, Grabagrubennieder and Ruderhof Spitz (3473).



The flat, green floor of Hochmoos and Grabagrubennieder.



The first leg stop with a view back to the Regensburger hut.



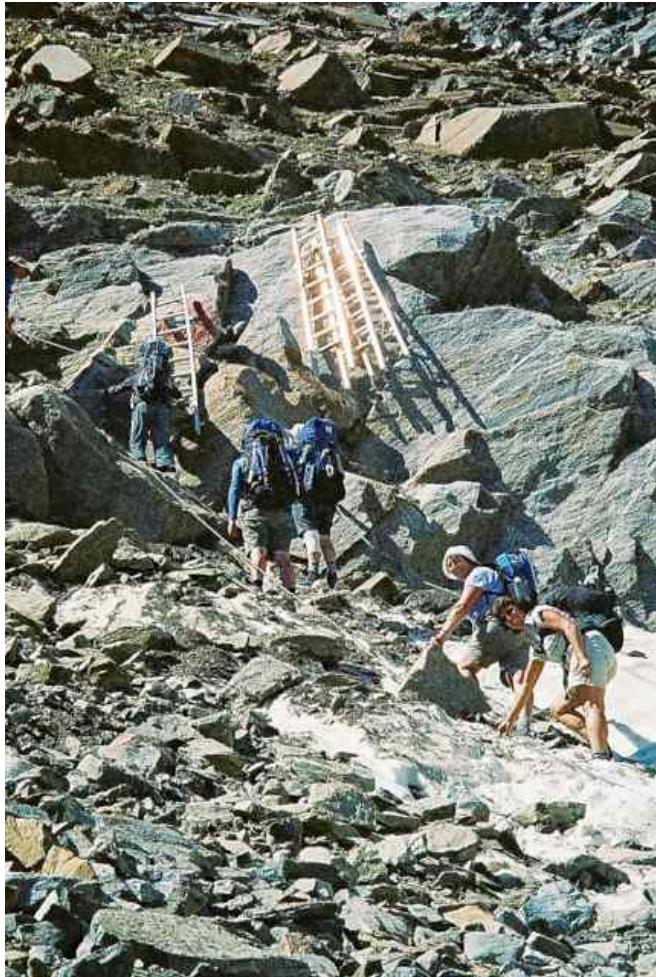
Second leg stop on the rock-strewn Hochmoos glacier.



The snow, scree and rock band to be crossed on the ascent to Grabagrubennieder.



Raring to go!



After the cable-assisted snow climb



.... comes the ladder – just like going up the loft!



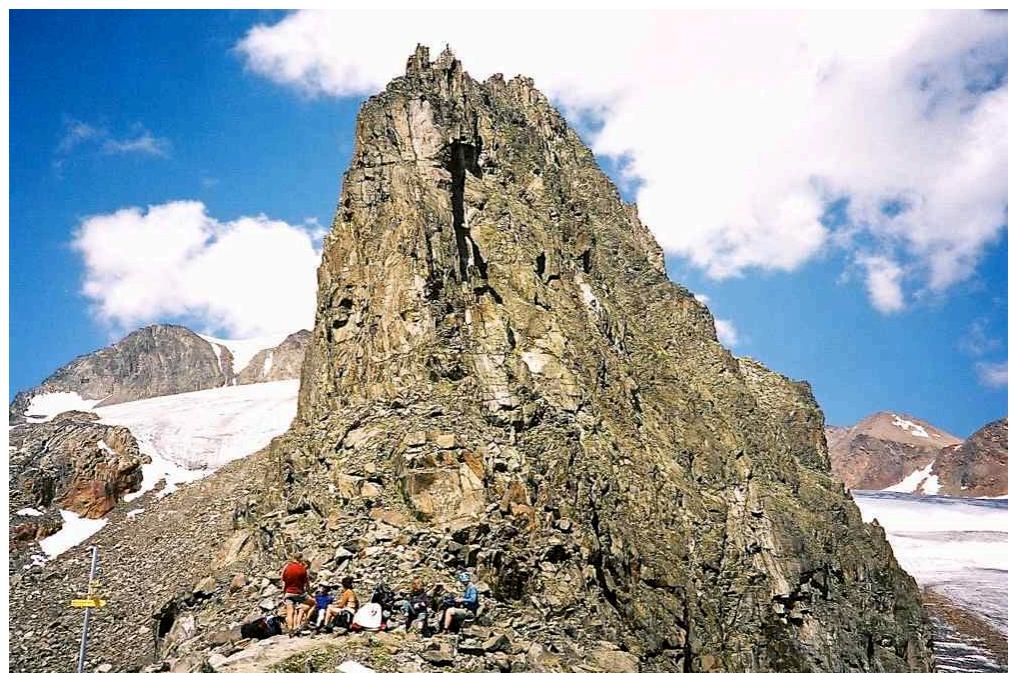
The rocky slopes above the ladder.



View back down Hochmoos to the Regensburger hut.



On Grabagrubennieder.



The main Stubai peaks:
Wilder Freiger (3418),
Wilder Pfaff (3456),
Zuckerhütl (3507),
Aperer Pfaff (3353),
with the rocky peak of
Grober Trögl (2902)
in front of the glaciers.



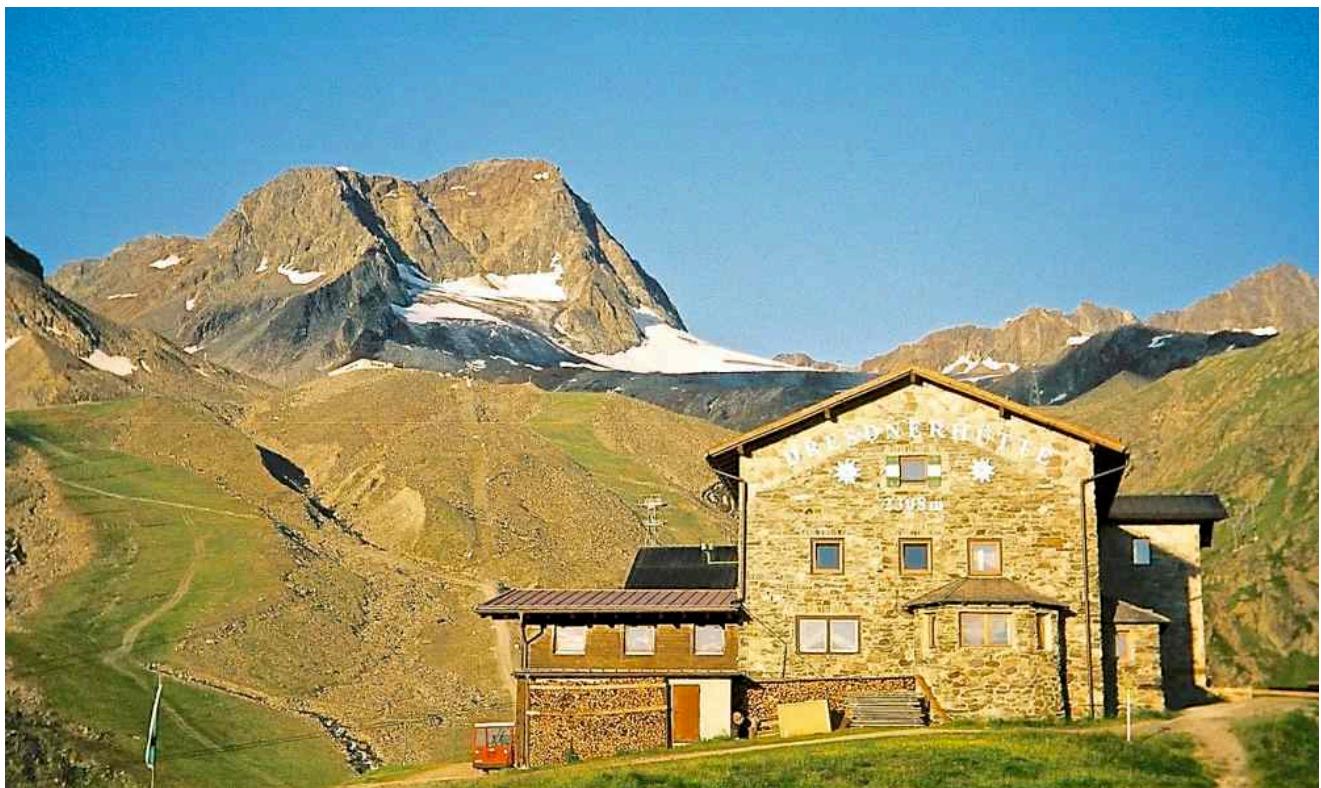
The Dresden hut comes into view, in the bowl below Aperer Pfaff and Schaufel Spitz.



The path round the head of Stubaital, with Schaufel Spitz (3333) and the Schaufel glacier (the following day's excursion for Allan and John), and the conical peaks of Stubaier Wild Spitz (3340) and Daun Kogl (3332).

Summary	Distance 13 km	Ascent 960 m	Descent 940 m	Walking time 5h-40
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It was a rest day for most, with a trip down the cable car and a bus to Neustift for some. Allan and John took the cable car up to Eisgrat at the foot of the Schaufel glacier, then walked up the slushy glacier and scrambled up Schaufel Spitz.



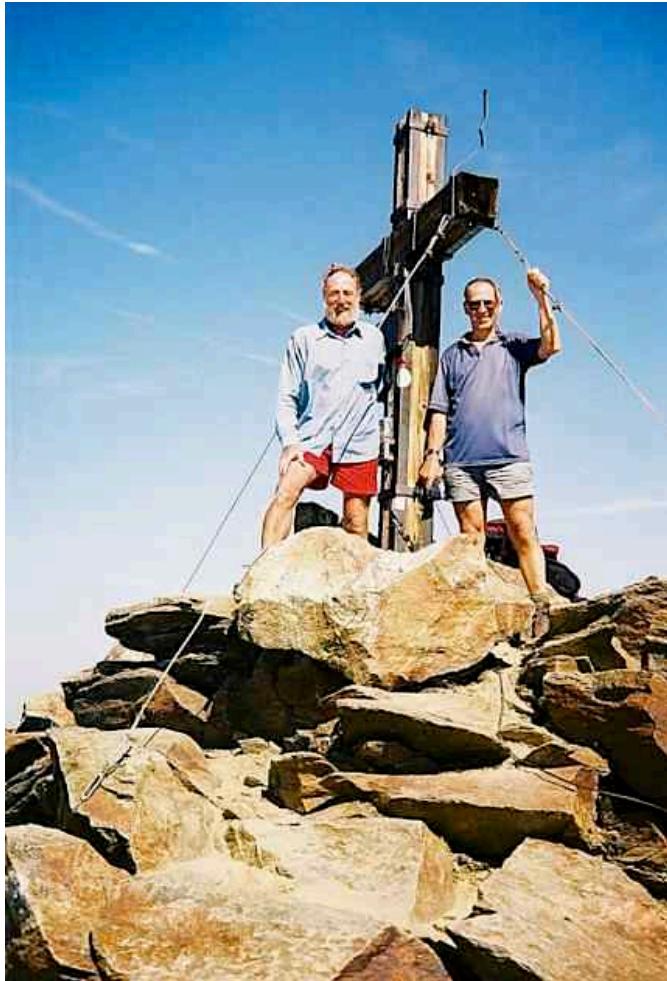
Early morning sun on the Dresdner hut and Schaufel Spitz.



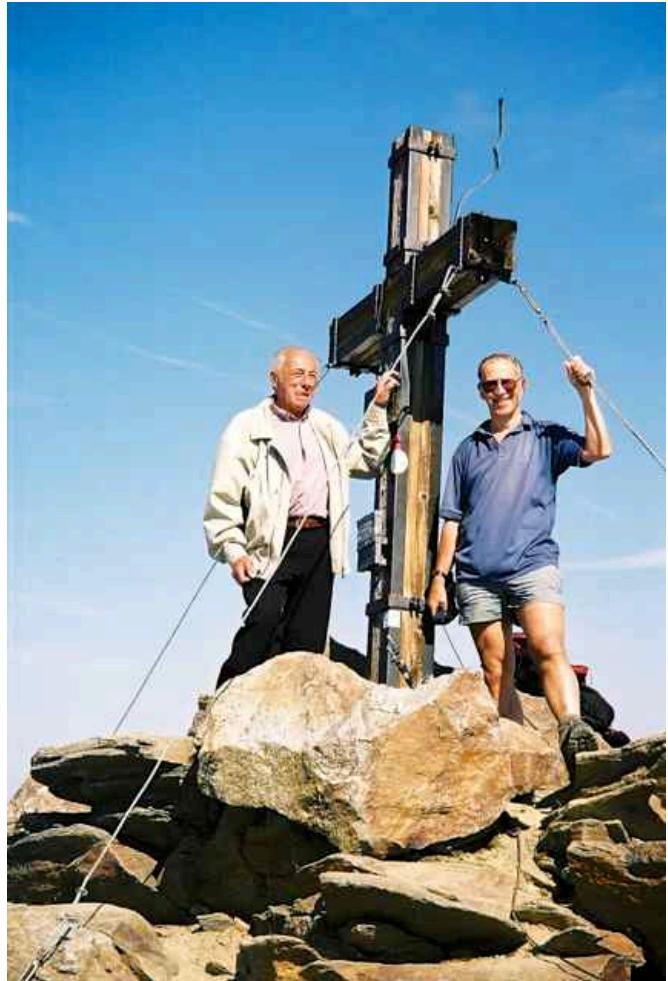
Nearing the top of the Schaufel glacier



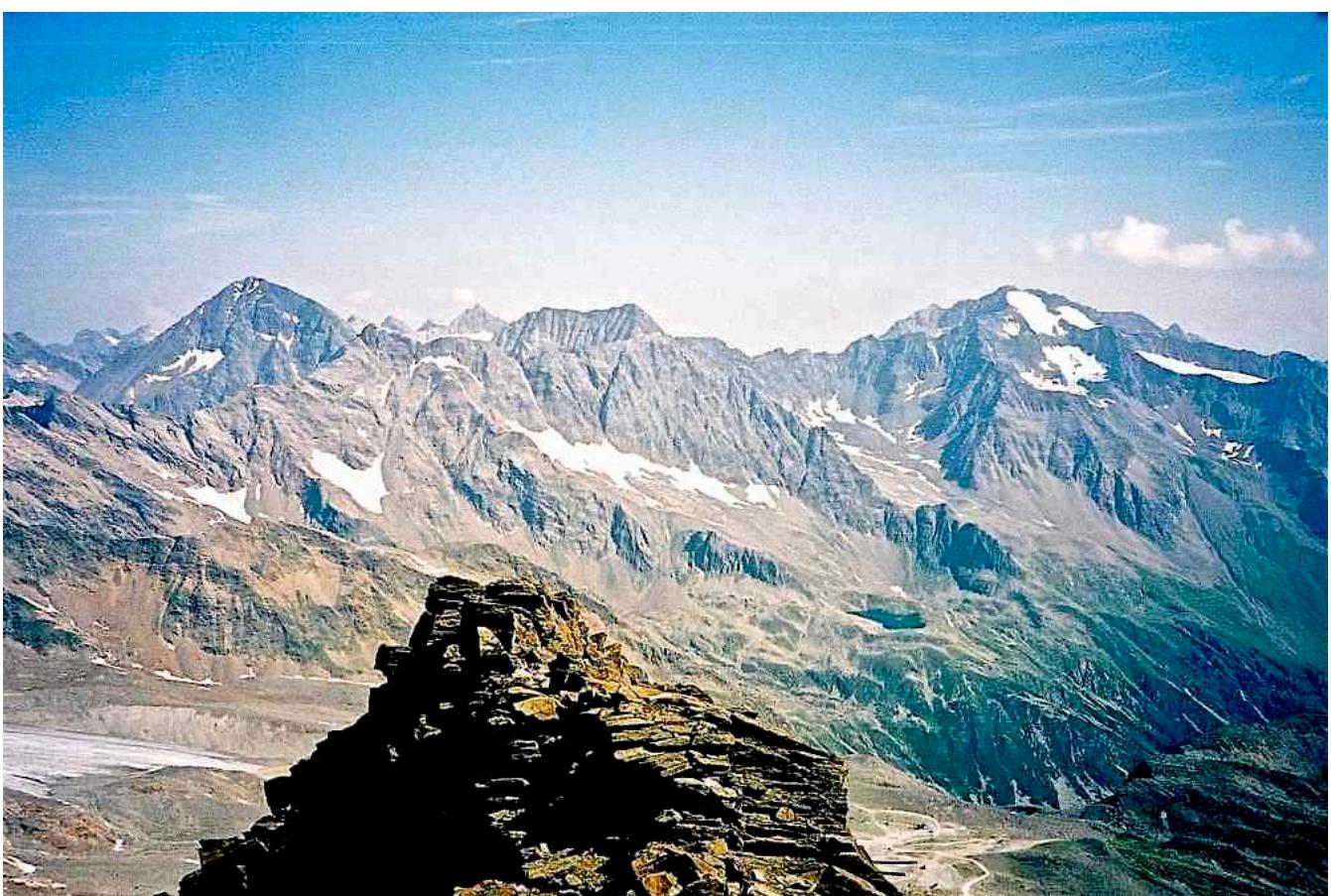
..... with Ruderhof Spitz on the skyline.



On Schaufel Spitz, at 3333 m (10,936 feet)
the highest point we reached.



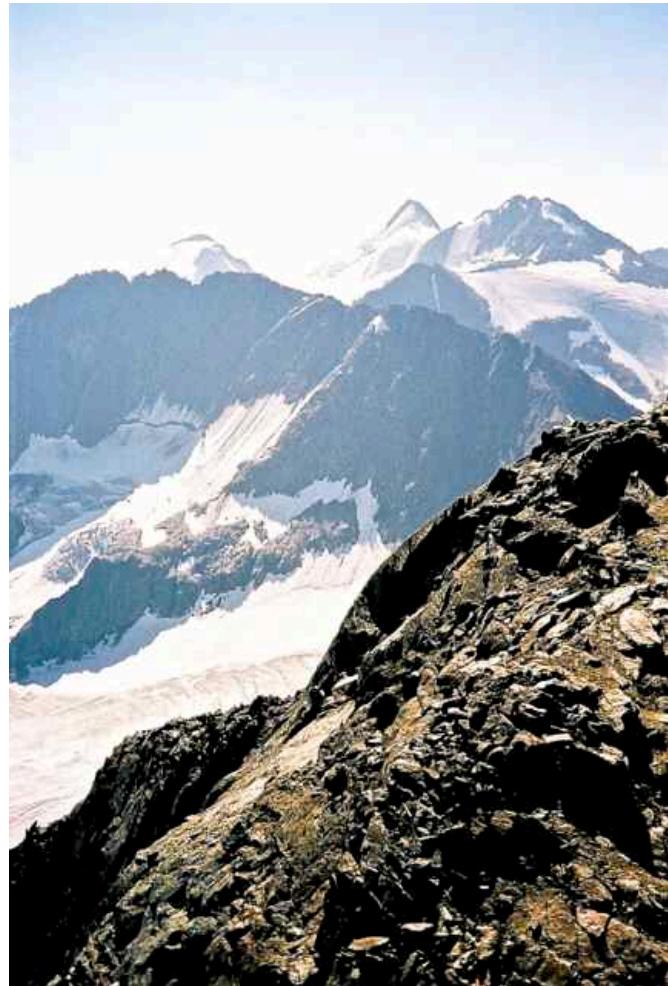
John with Herr Schmidt (who climbed the peak to celebrate
his 72nd birthday, and who has 2 artificial knee joints!)



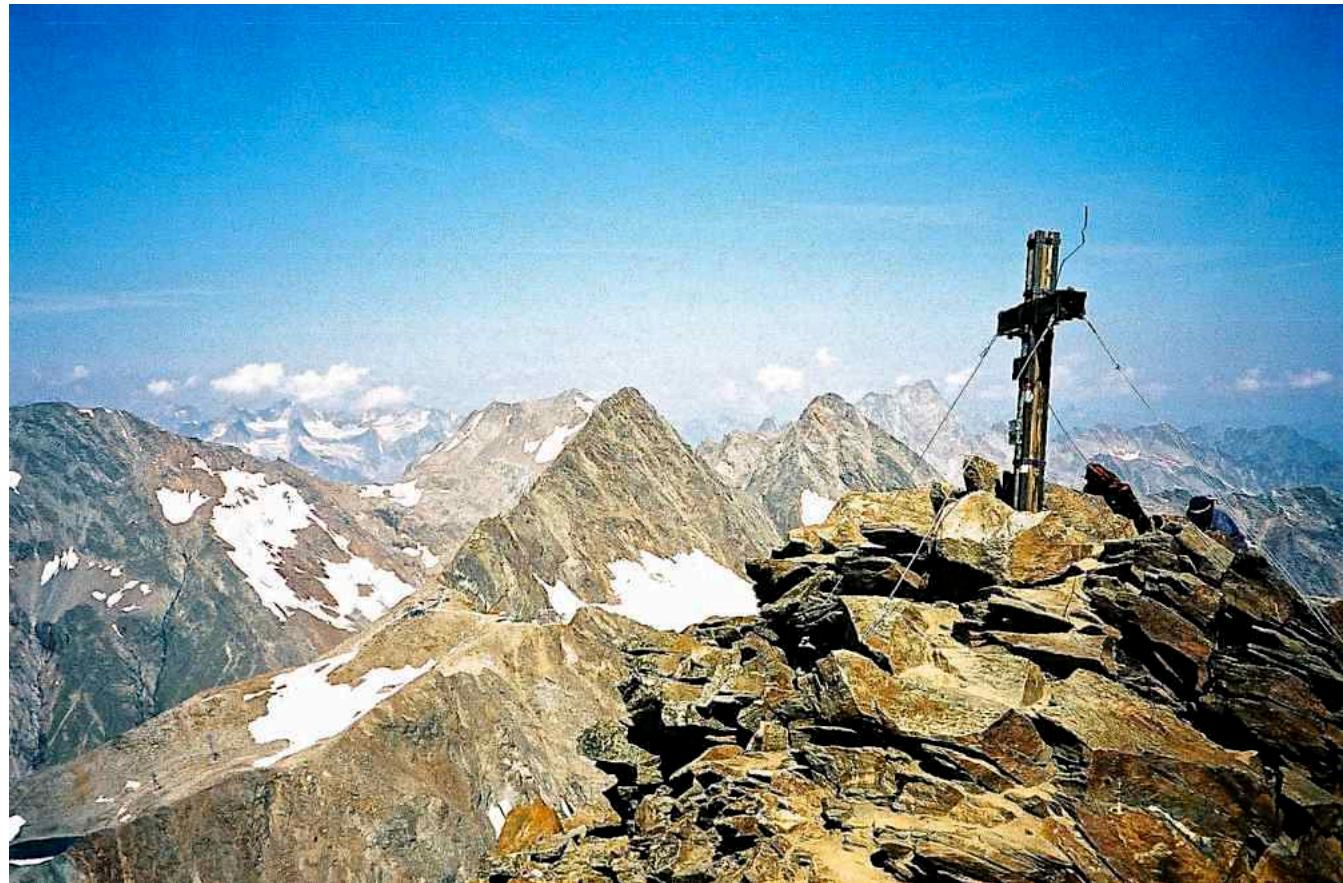
View north over the head of Stubaital to Schrankogl (3497) and Ruderhof Spitz (3474).



Ruderhof Spitz and the Dresden hut below the chair lifts.



View east along the ridge to Zuckerhütl.



View west past the conical peaks of Stubai Wild Spitz (3340) and Daun Kogl (3332) to the distant Ötztal Alps.



Lesley and Judith joined us at the Eisgrat restaurant for coffee and cake.



Farewell dinner at the Dresdner hut as Mark and Julie head off to visit friends in Germany the following day.

Summary	Distance 5 km	Ascent 490 m	Descent 490 m	Walking time 1h-45
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Saturday 22nd	Trek	Sulzenau Hütte via Großer Trögler	2191 2902
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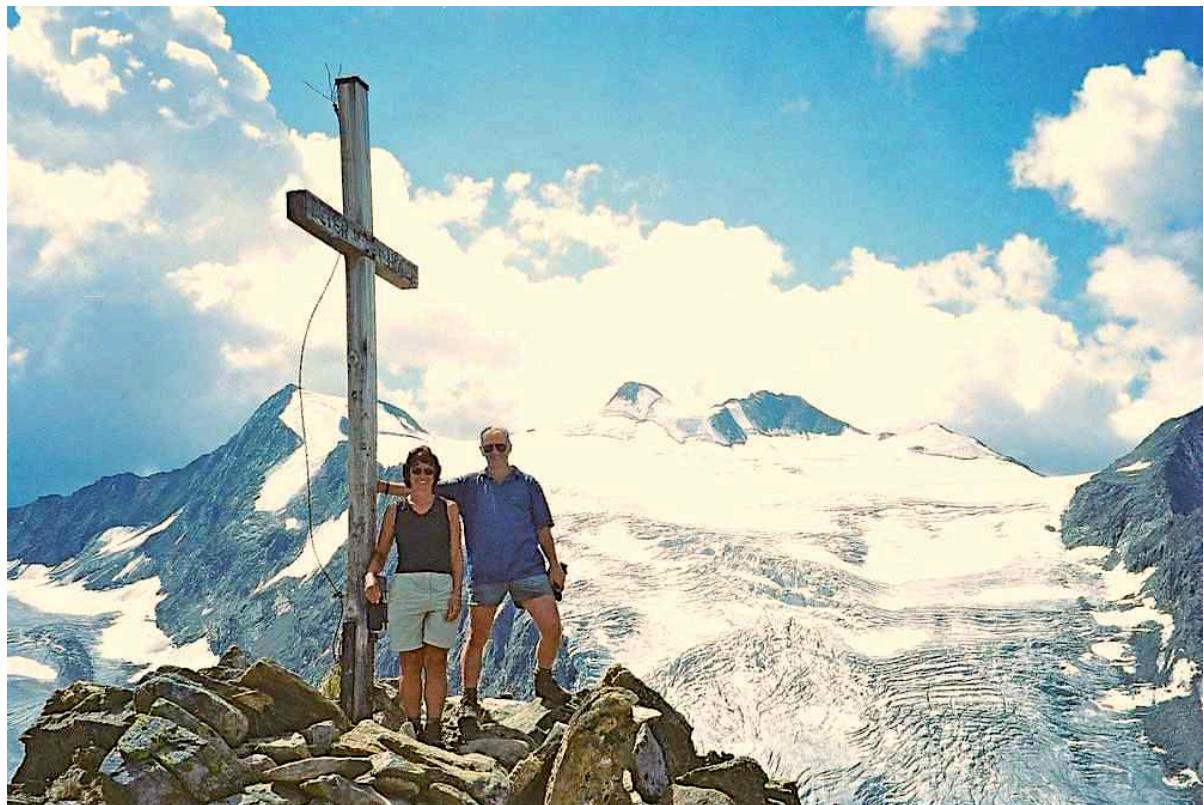
It was another simple up and down hut-to-hut day with spectacular views - very steeply up a zig-zag path to Großer Trögler, then an aided scramble along its east ridge and down to the Sulzenau hut.



Two legs and already high above the Dresden hut.



Zuckerhütl and the Sulzenau glacier come into view.



On the summit of Großer Trögler with Wider Pfaff and Zuckerhütl above the Sulzenau glacier.



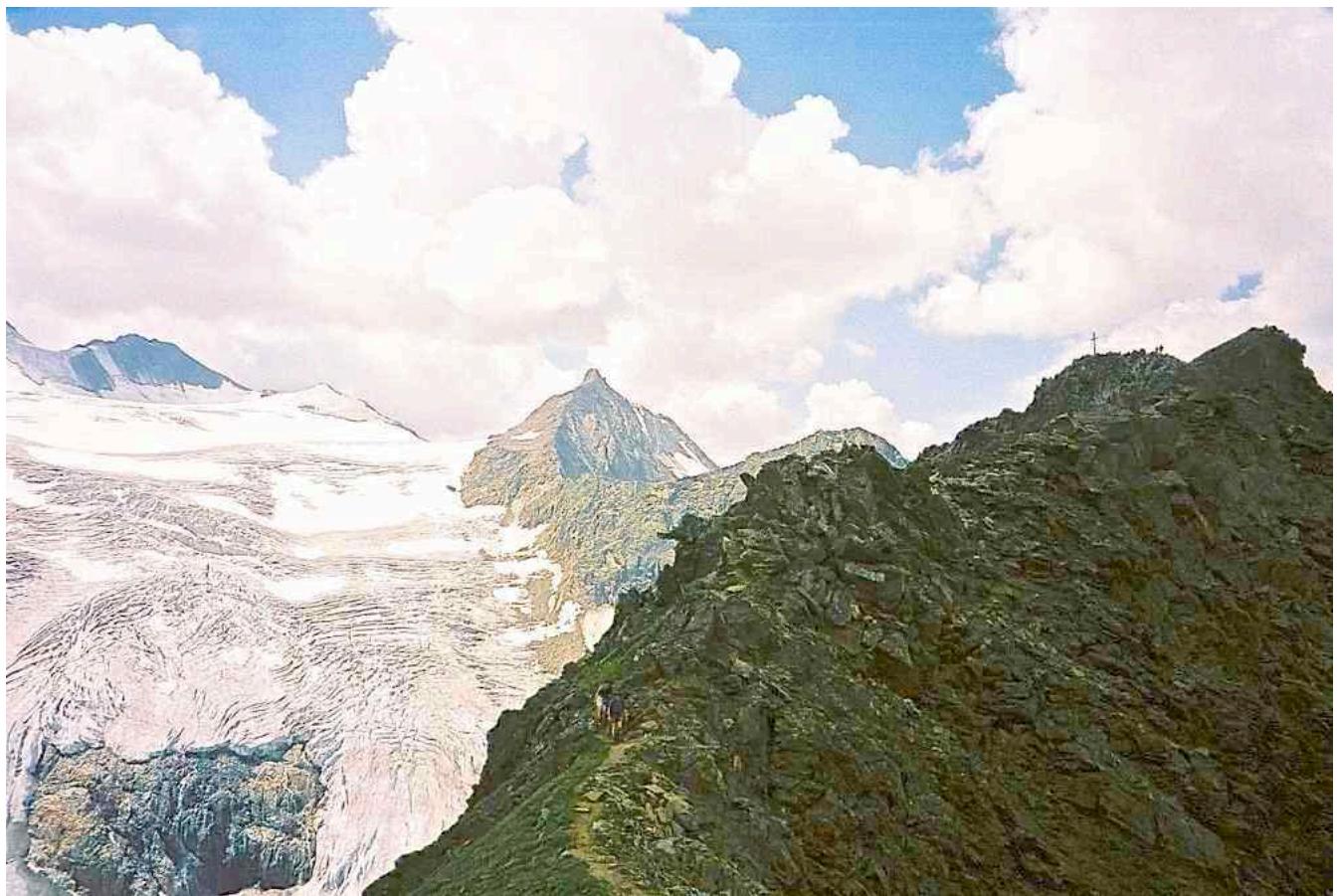
Wider Pfaff, Zuckerhütl and Aperer Pfaff



View down to the Sulzenau hut.



The tricky scramble down the east ridge of Großer Trögler



View over Blaue Lacke (which is green!) the Sulzenau hut and the more distant Grünausee (which is blue!) to the conical peak of Innere Wetter Spitz and the glaciated Feuerstein.



The final descent off the ridge to the hut.



Summary	Distance 5 km	Ascent 610 m	Descent 720 m	Walking time 3h-20
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Sunday 23rd

**Trek
via**

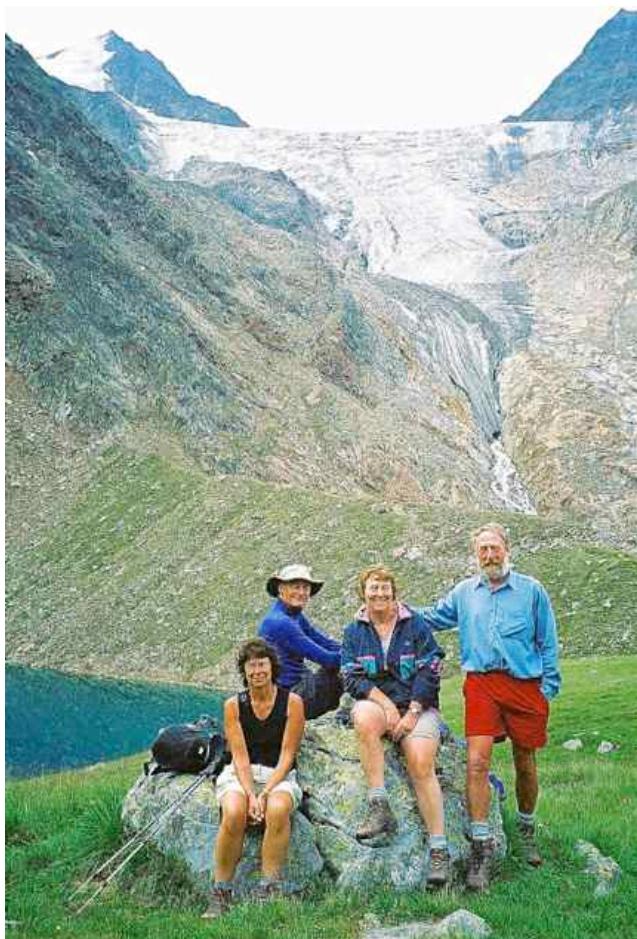
**Nürnberger Hütte
Mairspitz**

**2297
2775**

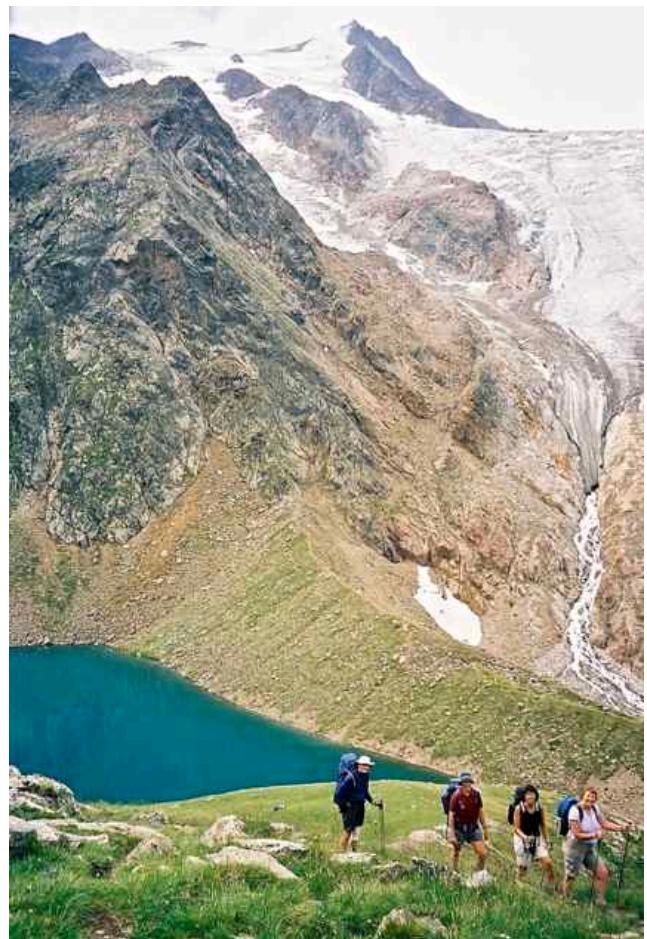
It was another short day of steeply up, bag a peak and down the other side, this time in rather cloudier conditions.



Setting off from the Sulzenau hut.



Wilder Freiger, the Wider Freiger glacier and Grünausee.



Onward and upward.



Retrospective view over the Sulzenau hut with Grober Trögler above, and Aperer Pfaff above the Sulzenau glacier.



Misty on the top of Mairspitz.



Coffee and cake at the Nürnberger hut.

Summary	Distance 6 km	Ascent 650 m	Descent 540 m	Walking time 3h-30
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We made the spectacular excursion to the south col of Gamsspitzl, on the shoulder of Wilder Freiger and overlooking its glacier.



Just above the Nürnberger hut.



An easy snow slope to cross on the ascent, with Feuerstein (3268) and the upper Grübl glacier across the valley.



The final ice and rock slope leading up to the South Col.



On the South Col with Wilder Freiger and its glacier.



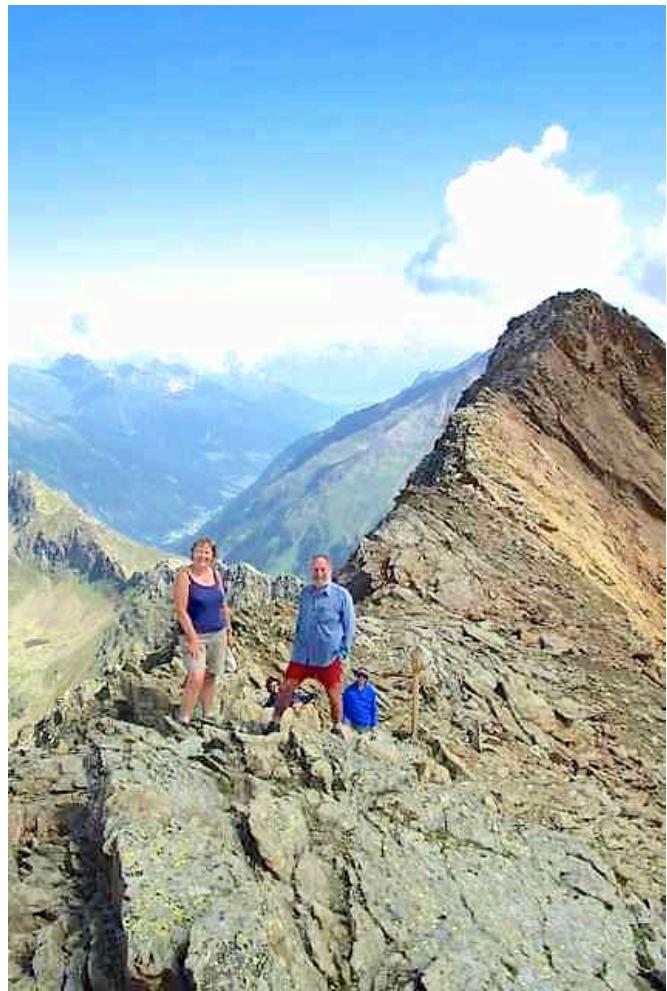
View north-east to Außere and Innere Wetter Spitz (3070, 3055) and the following day's rocky col, Simmingjöchl.

Unfortunately the narrow ridge leading from the col to the summit of Gamspitzl (an ascent of only about 20 m) is too broken and exposed to attempt safely. Also, continuing the route to the summit of Wilder Freiger looked a little tricky, and we judged would take us too long, so we were happy to make the South Col our objective.



Wider Freiger (3418) and the Wilder Freiger glacier.





View north along the ridge to Gamsspitzl (3052), and over Stubaital to the distant Kalkkögel group where we started.



Feuerstein and its glaciers.



A Tortoiseshell butterfly on Moss Campion (*Silene acaulis*) and Mossy Saxifrage (*Saxifraga bryoides*) at 2600 m.



Picturesque leg-stop on the way down, with the two Wetter Spitz peaks and the distant Habicht.



Arriving back down at the hut.



Another great excursion followed by bergsteigeressen – spaghetti bolognese on this occasion.

Summary	Distance 7 km	Ascent 770 m	Descent 770 m	Walking time 3h-40
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Tuesday 25th

**Trek
via**

**Bremer Hütte
Simmingjöchl**

**2413
2764**

Our final mountain day was a varied crossing of the rocky col of Simmingjöchl, including about eight peg and steel cable assisted rock climbs, traverses and descents over rock bands.



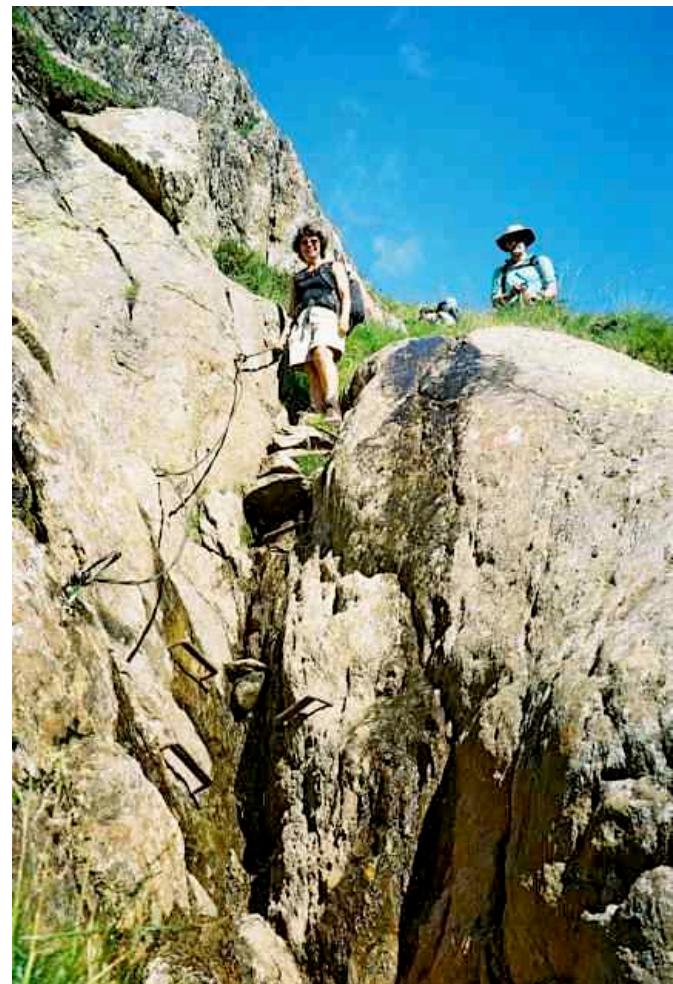
After tidying our bunkroom ...



... and a breakfast of muesli and teewasser ...



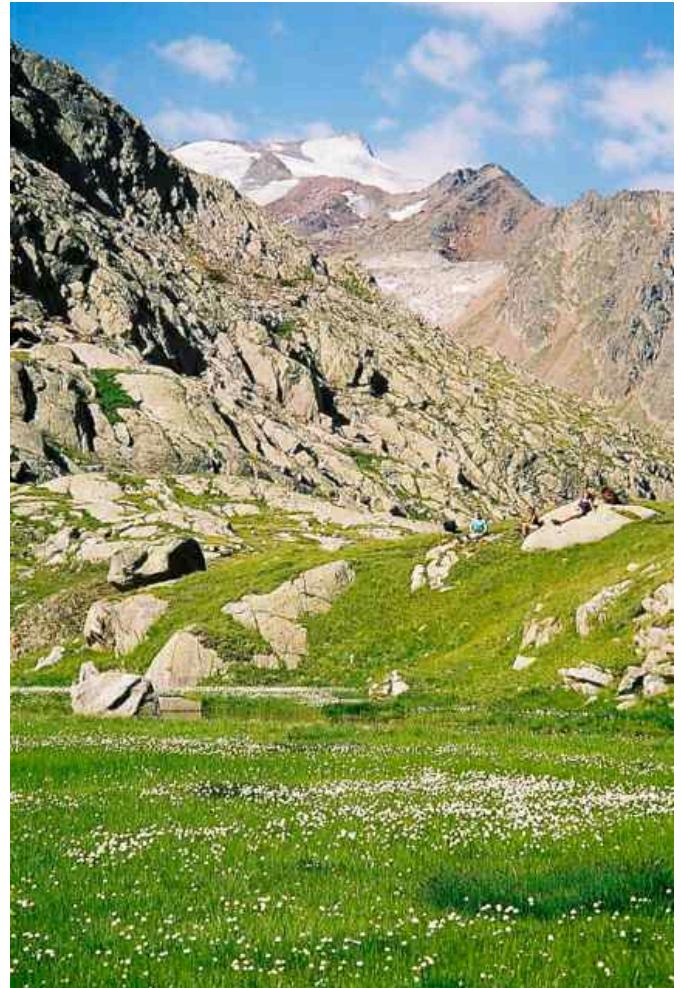
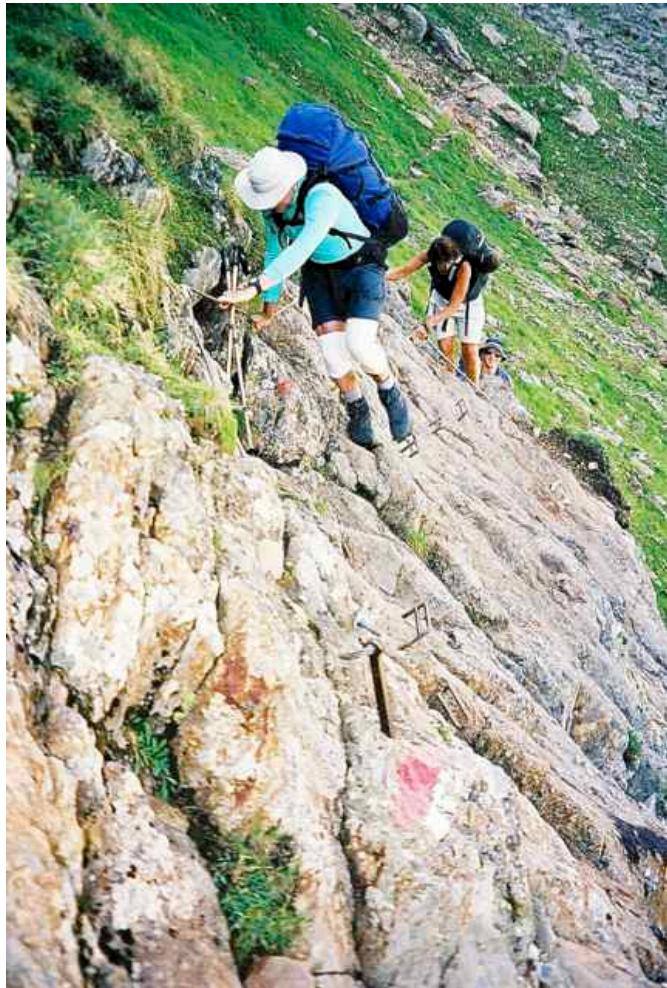
... we're ready to set off.



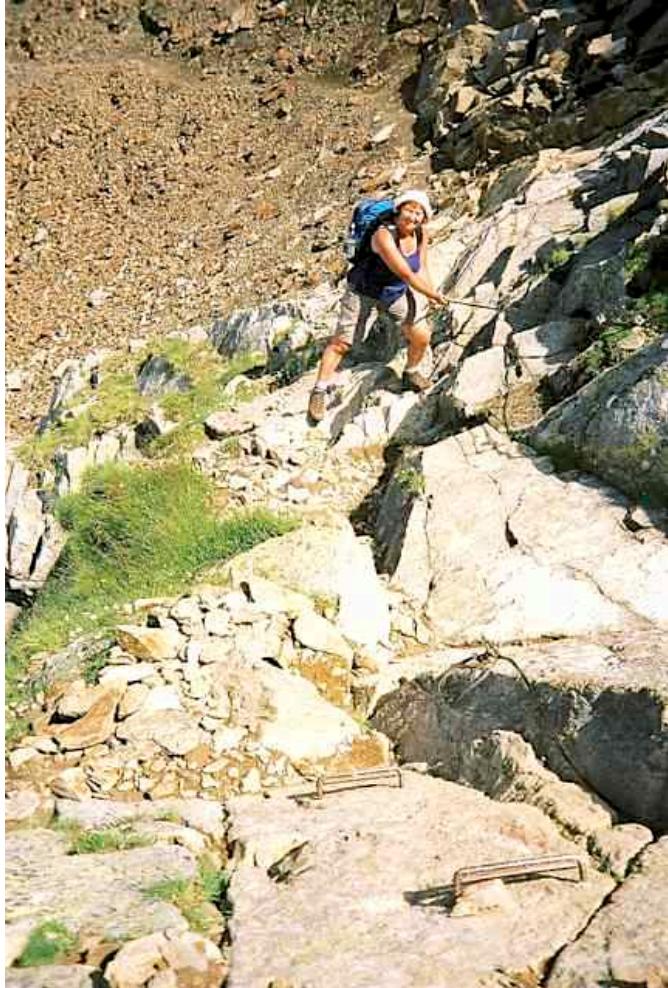
The first peg and cable section was a descent below the hut ...



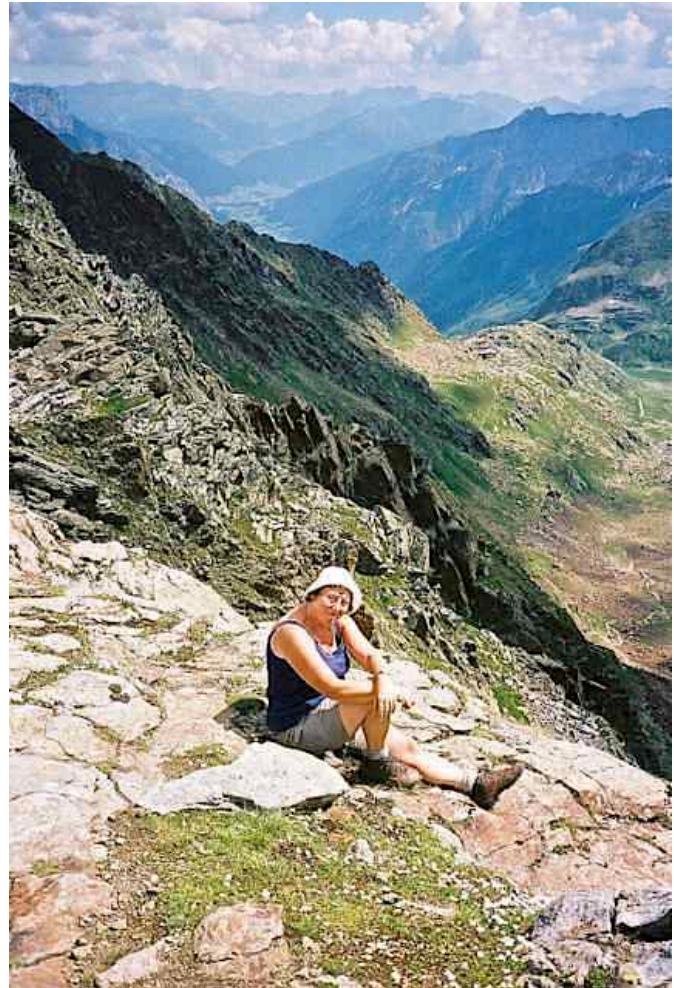
..... the second was across the valley from the Nürnberg hut.



Second leg stop with Wilder Freiger on the skyline and the Gamsspitzl ridge below it.



The final ascent to Simmingjöchl.



On Simmingjöchl with a view down to the Bremer hut and the distant Gschnitztal.



The Bremer hut.



Habicht, the vertical cliffs of Kirdach Spitz, and Gschnitztal from the Bremer hut.

Our bunk room with the emergency escape rope!



Our final (and best) bergsteigeressen, sausage goulash.

Summary

Distance	7 km
Ascent	560 m
Descent	440 m
Walking time	3h-40

Wednesday 26th**Trek
Travel****Gschnitz
Munich****1250**

A long descent took us down into Gschnitztal, and to the end of the walking at the village of Gschnitz, from where we took a bus to Innsbruck and train to Munich.



Rural Gschnitztal.



The first tarmac in almost 60 miles of walking.

Summary

Distance 9 km

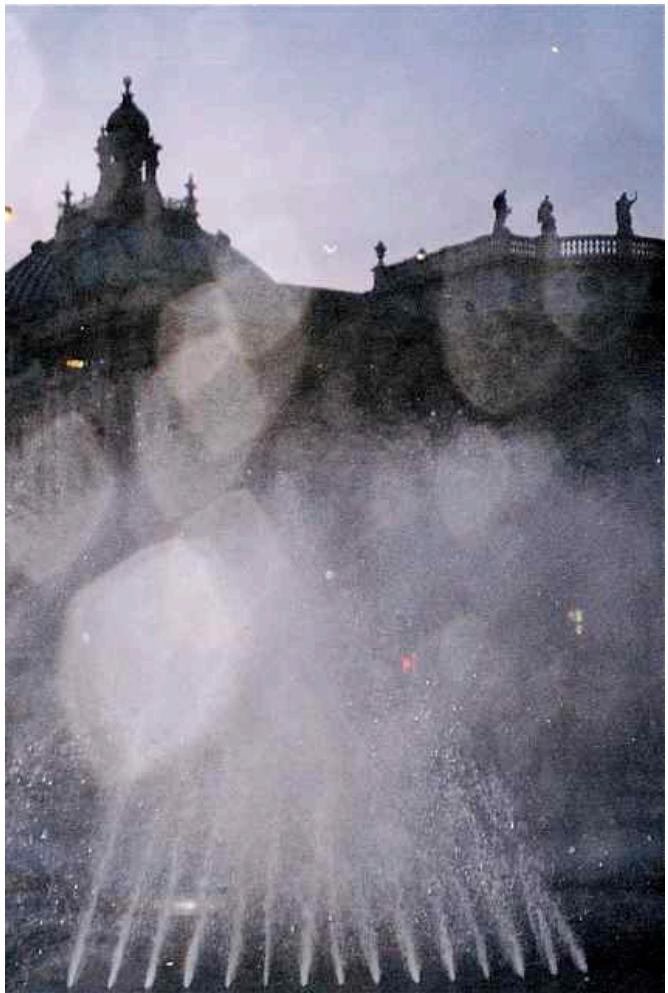
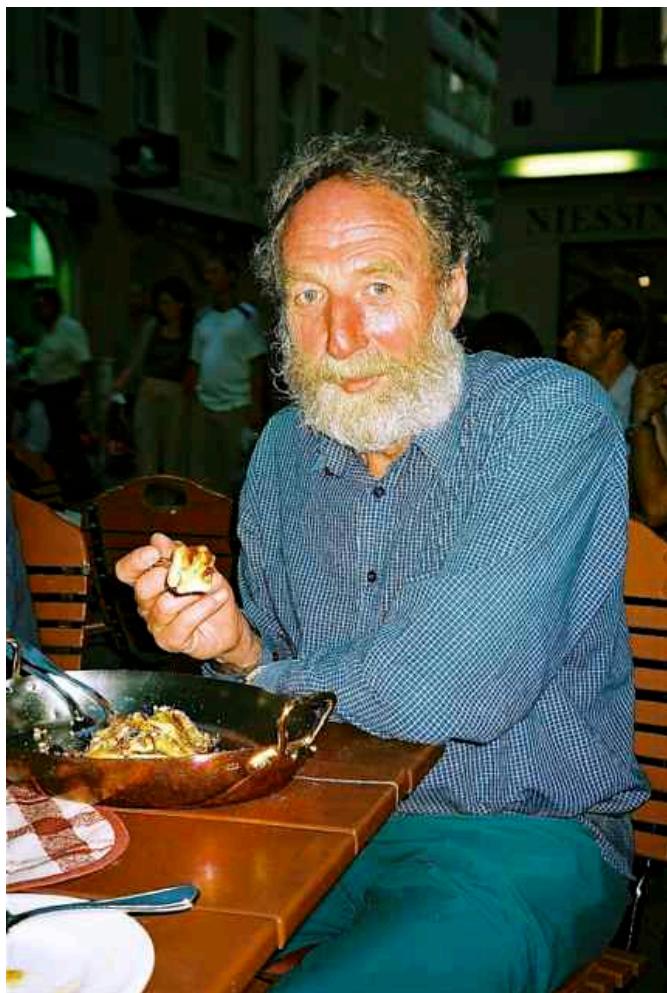
Ascent 10 m

Descent 1170 m

Walking time: 2h-10



Reunion with Mark and Julie in Munich.



MAPS

	Scale	Sheet	
Freytag & Berndt Wanderkarte	1:50,000	241	Innsbruck - Stubai - Sellrain - Brenner
Kompass Wanderkarte	1:50,000	83	Stubai Alpen - Serleskamm
Alpenvereinskarte	1:25,000	31/1	Stubai Alpen - Hochstubai
		31/2	Stubai Alpen - Sellrain

Both of the 1:50,000 maps cover the whole of our route and have huts and paths clearly marked. The Freytag & Berndt map has rather clearer cartography and gives a good overall view of the area, though it doesn't have a great deal of topographical detail. Both are fine for general planning and following the route on easy paths.

The two Alpenvereinkarten sheets cover the whole route except for short sections at the beginning and end. They generally have clear and accurate detail and are ideal for precise navigation.

GUIDES

This list includes guides I have referred to over the years of organising Treks in Austria from 1985 to 2013.

Walking in Austria

Kev Reynolds

Cicerone

2009

This is a comprehensive and detailed guide to day-walks and multi-day tours in 10 of Austria's main mountain groups. In the section on the Stubai, Route 28 *The Stubai Höhenweg* (7 - 9 days) covers a similar route to ours.

Walking in The Alps

Kev Reynolds

Cicerone

2005 (2nd edition)

This marvelous book is a comprehensive and inspirational guide to all the main mountain areas of the Alps. It is a must-read for anyone interested in the Alps and alpine walking. Each section has a summary of several multi-day tours with brief outline details and sketch maps.

Die Alpenvereinshütten Band 1 Ostalpen

OAV

2005 (9th edition)

This is the Austrian Alpine Club 'Green Hut Book' which gives full details of the huts (including contact details), together with times for hut-to-hut walks and for ascents to nearby peaks (though no route details). It is essential reading for planning any hut-to-hut tour in Austria.

Hut-to-Hut in the Stubai Alps

Allan Hartley

Cicerone

2003 (2nd edition)

This readable and well-illustrated guide describes in some detail two hut-to-hut tours in the Stubai. *The Stubai Rucksack Route* is the tour on which our route was based, with variations at the beginning and the end, and we chose to do it in the opposite direction.

Stubai Alps and South Tirol

Jeff Williams

West Col

1991

This is a comprehensive and detailed guide to walks, scrambles and climbs throughout the Stubai range.

Walking Austria's Alps

Jonathan Hurdle

Cordee

1988

This describes eleven multi-day hut-to-hut tours. Tour 5 includes our route from the Nürnberger hut to the Franz Senn hut, and then continues to Langenfeld in the Ötztal.

Mountain Walking in Austria

Cecil Davies

Cicerone

1986

This describes a few day walks, and some extended tours in eighteen of Austria's mountain groups. Those in the Stubai cover several sections of our route.

TRAVEL AND ACCOMMODATION

Organisational details such as transport links, cable cars and details of the huts are not included as they are readily available online.

I produced the first illustrated version of a 2006 log in the autumn of that year as single A4 pages in Word using full size images, and then printed and bound it. The total size for all 41 pages was 170 MB.

This version, with the addition of a digital sketch map, a detailed route summary and some extra images, was produced in 2017 on an Apple iMac using Word for Mac 2011, with iPhoto and Preview for editing the images. Most of the images were taken by Lesley and me, but thanks to John, Paul and Mark for theirs that I have used. John's and our original images were taken on film, with digital versions produced at the time of processing. Paul and Mark's were taken on digital cameras.

The images used are low resolution versions which still display fairly well at A4 page size. The average size of the 126 images is about 70 kB, giving a total file size of about 9.6 MB.

Thanks to Dave Shaw who identified the flowers. **ZZZ**