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WELCOME TO THE AMMERGAU ALPS NATURE PARK

The Ammergau Alps are Bavaria's largest nature reserve and since 2017 also Germany's youngest nature park. Situated between Zugspitze Mountain and Neuschwanstein Castle in the heart of the Bavarian Alps, visitors find here a pure mountain landscape with cultural treasures.



Ettal with its world-renowned Benedictine Monastery, the over 400 years old brewery and distillery, is one of the major attractions. No more than 7.5 miles from Ettal, you can visit the fantastic gardens of **Linderhof Palace**, one of King Ludwig II dreamlike and unique castles. It is even said that this was the fairy-tale king's favourite castle and it is the only one in which he still lived. Every year his birthday on August 25th will be celebrated with special guided tours and bonfires around Oberammergau on the eve before.

Apropos **Oberammergau**: the Passion Play town is not just popular for its beautiful "Lüftl" fresco paintings and

its world-renowned wood carvers. Today the Passion Play Theatre stages topclass plays and operas every summer. Since 1928, the so called "Pest Spiel" illustrates how the Black Death came to Oberammergau. The play tells the story of the day labourer Kaspar Schisler, who in 1632 amidst the turmoil of the Thirty Years' War worked as a servant for a farmer in Eschenlohe. The daily labourer missed his wife and children dearly and sneaked into the village during a church festival. Come Monday, he was dead and the month of October saw 84 other inhabitants perish. In this desolate situation, the people of Oberammergau made a vow to perform the story of the suffering and death of Jesus Christ every ten years so that God might end their suffering. It is told that since that day, not one inhabitant died from the plague anymore. In the year 1634 the people of Oberammergau then held the first-ever Passion Play. The drama will be staged in the Passion Play Theatre.

For those who are looking for less culture and more silence, the surrounding towns have lots to offer: Unterammergau as a village marked by the fates of the whetstone makers, Saulgrub with its nature beauties such as the Ammer Gap or Bad Bayer-soien and Bad Kohlgrub, the two spa resorts at the northern edge of the Ammergau Alps.

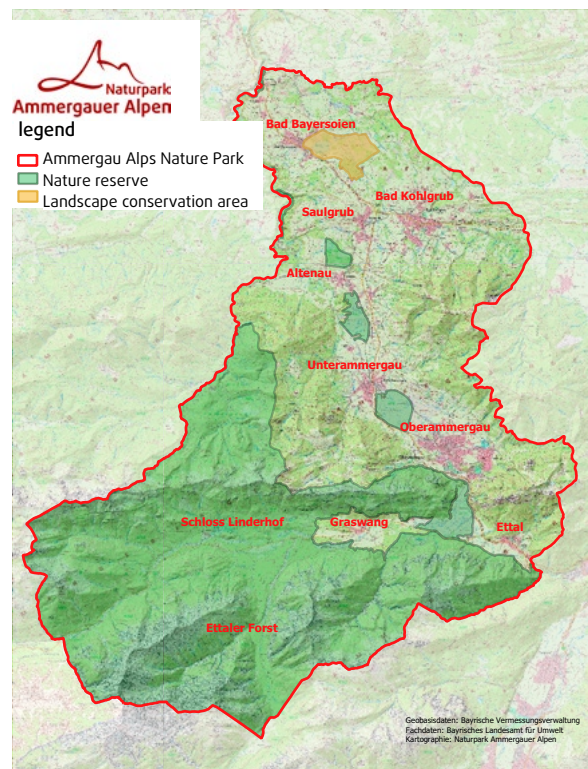


Nature’s healing for your body, mind and soul – that is what these towns stand for.



Our Nature Park

The open air class room “Ammergau Alps Nature Park” comprises 227 km². The syllabus is 365 days in the year of “wood, meadow, river, mountains & moor”. From A as in Ammer Gap to Z as in Zeitberg at the foot of Mount Hörnle. The Nature Park, where you can experience cultural and natural treasures, is situated 90 kilometres south of Munich and has already for decades focussed on sustainability and environmental education. In summer 2017 it finally happened: the Ammergau Alps were declared the youngest nature park of Bavaria.



The Nature-Park-team is committed to carrying out the following tasks:

1. Recreation and sustainable tourism:

Creating environmentally friendly recreation facilities in the wild and the countryside and supporting sustainable touristic development typical for the region.

2. Nature conservation and landscape maintenance:

Protecting and maintaining biological diversity, climate and resources as well as developing the natural and cultural landscapes.

3. Environmental education:

Making it possible to experience the Nature Park and its region as well as instilling a mindset for sustainable development.

4. Regional development:

Promoting sustainable land use, value creation and regional development and strengthening regional identity, attachment to local roots and quality of life.



P.S.: Should you during one of your exploratory tours through the Nature Park find for example a tree blocking a hiking trail or have general questions, praises or critiques, you are welcome to contact the ranger (tel. +49 8822 9227467, info@naturpark-ammergauer-alpen-de).

Thank you for your cooperation!

Places in the Nature Park

The Ammergau Alps Nature Park comprises six Nature Park communities.

Bad Bayersoien

The health and spa resort Bad Bayersoien is situated at the entrance to the Ammergau Alps Nature Park in the southern Pfaffenwinkel region. Romantic, colourful and full of the love of life, that is how

Bad Bayersoien presents itself to visitors as one of the recently classified moor spa centres in Bavaria. Beautiful countryside embedded in flower meadows and moors close to the lake Soier See, the village is a popular holiday destination for all: spa, wellness, active and fitness tourists.



Bad Kohlgrub

Bad Kohlgrub includes seven small hamlets and three upper regions with their impressive farmhouses. There are views from Bad Kohlgrub which could not be more beautiful: a glance in one direc-

tion shows the Alps in their full presence and in the other direction the rolling green mountain foothills with lakes and walking trails. Right in the village, the alpine peat "Bergkiefernhochmoor" is collected, a valuable natural healing substance which is applied, untreated, in the local moor spa centres.



Ettal/Graswang/Linderhof

Approaching Ettal from the south, the small commune is accessible by a winding mountain road. The town itself has few residents and all eyes are automatically drawn to the imposing monastery building, even traveller on a journey through. It is the entrance to a number of cultural treasures and the extraordinary landscape beauty which can be discovered in the three town districts of Ettal, Graswang and Linderhof.



Saulgrub-Altenau-Wurmansau

The commune of Saulgrub with its two village districts Altenau and Wurmansau is embedded in the protected nature reserve of the Ammergau Alps.

As a gateway to the

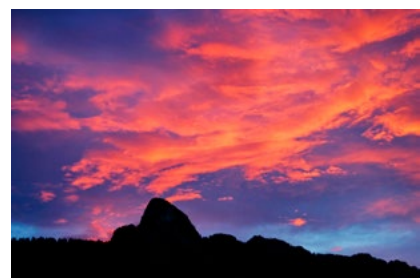
Alps, even long ago since Roman times, Saulgrub is located on an ancient Roman trading route. Today, in these friendly villages, the typical Bavarian vitality and rural cordiality, for which the locals are famous, can be still experienced. Due to the geographical situation, guests have the choice between hilly or smooth tours by foot, bike or cross-country ski.



Oberammergau

A traditional wood carving village, bursting with art and culture enhanced by people with passion, that's Oberammergau. Besides the ancient tradition of wood carving that is also taught in the

Oberammergau wood carving school and the world famous Passion Play, the town is additionally popular for its „Lüftlmalereien“. Framed by the two landmark mountains Kofel and Laber, Oberammergau offers great hiking tours and also a cable car and a chairlift for a dreamlike bird's eye view of the valley.



Unterammergau

Artistically fresco-painted farmhouses set the local scene of Unterammergau and contribute to the atmosphere of the village. Thanks to the large number of self-catering holiday apartments and numerous activities to play like the Steckenberg park, the town is especially suitable for families. For centuries, Unterammergau has been characterized by the handicraft of whetstone making. Guests and little scientists can discover the whetstonemaker history and also search for some whetstones.



give magical experiences

erlebnisse.bayern

Online Voucher



Tourist Information Centres in the Nature Park

Main season: 01 May to 04 October 2020 and 23 December to 05 January 2021

Tourist Information Centre Altenau

Obere Dorfstr. 25
82442 Altenau
Tel.: +49 8845 1881
altenau@ammergauer-alpen.de
Monday: 9:00 am – 12:00 am
Thursday: 1:00 pm – 4:00 pm



Tourist Information Centre Bad Bayersoien

Dorfstr. 45
82435 Bad Bayersoien
Tel.: +49 8845 7030620
bad-bayersoien@ammergauer-alpen.de
Monday – Friday: 9:00 am – 12:00 am and
1:00 pm – 5:00 pm
Saturday: 9:00 am – 12:00 am
(main season)



Tourist Information Centre Bad Kohlgrub

Hauptstr. 27
82433 Bad Kohlgrub
Tel.: +49 8845 74220
bad-kohlgrub@ammergauer-alpen.de
Monday – Friday: 9:00 am - 12:00 am and
1:30 pm - 5:00 pm
Saturday: 9:00 am - 12:00 am
(main season)



Tourist Information Centre Ettal

Ammergauer Str. 9
82488 Ettal
Tel.: +49 8822 923634
ettal@ammergauer-alpen.de
Monday: 9:00 am - 12:00 am
Wednesday: 9:00 am - 12:00 am
(main season)
Thursday: 9:00 am - 12:00 am



Tourist Information Centre Oberammergau

Eugen-Papst-Str. 9
82487 Oberammergau
Tel.: +49 8822 922740
oberammergau@ammergauer-alpen.de
Monday - Friday: 9:00 am - 6:00 pm
Saturday: 9:00 am - 1:00 pm
Sunday: 9:00 am - 1:00 pm
(July - September)



Tourist Information Centre Saulgrub

Kohlgruber Str. 2
82442 Saulgrub
Tel.: +49 8845 1066
saulgrub@ammergauer-alpen.de
Monday: 2:00 pm - 5:00 pm
Wednesday: 9:00 am - 12:00 am
Thursday: 9:00 am - 12:00 am



Tourist Information Centre Unterammergau

Dorfstr. 23
82497 Unterammergau
Tel.: +49 8822 6400
unterammergau@ammergauer-alpen.de
Monday: 2:00 pm - 4:00 pm
Wednesday: 9:00 am - 12:00 am
Friday: 9:00 am - 12:00 am
(main season)



MY FAMILY TIME

Further tips at:

www.ammergauer-alpen.de/en/Hiking-in-Bavaria/Family-walks

Family hikes



Suitable for pushchairs



unsuitable for pushchairs

Wiesmahdweg Oberammergau/Bad Kohlgrub

Distance: 13.1 km  Duration: approx. 4 hrs

Start: car park Wellenberg (Oberammergau)

Finish: Bad Kohlgrub

The Wiesmahd trail leads above Oberammergau to Kohlgrub. Return by bus.



Kolbensattel Oberammergau

Distance: 5.2 km  Duration: approx. 2.5 - 3 hrs

Start/Finish: car park Kolben-chairlift

At the top, the restaurant Kolbensattelhütte invites you to rest and have a bite to eat and an adventure playground to romp around. Return is either on foot, with the chairlift or with the Alpine Coaster.



Ammer Gap Scheibum Saulgrub

Distance: 2.4 km  Duration: approx. 1 hr

Start/Finish: Acheleschwaig (Saulgrub)

From the Achele near Saulgrub the trail leads to the 600 m long Ammer Gap through the rocks which has been a conservation area since 1949. In summer, the cold waters offer a welcome cooling off.



Long trail around the lake o Bad Bayersoien

Distance: 3.8 km o Duration: approx. 1 hr

Start/Finish: Rott Memorial in the town centre of Bad Bayersoien, past the Sun Dial Park in the direction of the spa area to lake Soier See.



During the walk you can stop at the Fischerhäusl for a bite to eat and a little rest.

Playgrounds

Altenau: Kochelstr. 15

Bad Bayersoien: Köchelstr. 3

Bad Kohlgrub: Waldschlucht 134, next to the sports ground

Oberammergau: at Rainerweg, next to the school

Saulgrub: Schmiedgasse 1

Unterammergau: Nikolaus-Huber-Str.



Themed trails & educational trails

Educational bird trail o Bad Bayersoien

Distance: 2.4 km o Duration: approx. 45 minutes

Start/Finish: Lake Soier See, car park at the Panoramaweg (northern seaside)



At six stations you learn everything about the bird world at the lake Soier See. In the Tourist Information Centre and the Fischerhäusl Bad Bayersoien you can borrow a TING-pen free of charge (20.00 € deposit). With its help the birds will sing at various stations.

Barefoot course at the lake Soier See o Bad Bayersoien

Distance: 1.8 km o Duration: approx. 30 minutes

Start/Finish: car park Fischerhäusl

The barefoot course leads once around the lake Soier See. At various stations, you can barefooted feel pebbles, fine sand, hard-edged bark mulch or cool wetness.

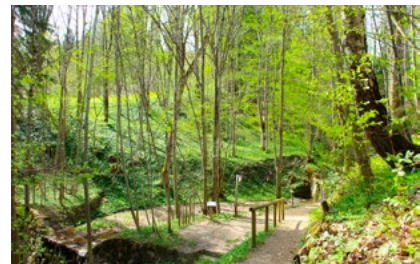


Timberland trail o Bad Kohlgrub

Distance: 2.8 km o Duration: approx. 1 hr

Start/Finish: car park Hörnle valley station

The trail leads through the Ludwig Gorge in Bad Kohlgrub. On your way, you will discover rare ferns, mosses and different tree types. Several play and rest stations help to experience the wood. The trail is complemented by the Locandy-App for an interactive wood experience.



Educational moor trail o Bad Kohlgrub

Distance: 1.5 km o Duration: approx. 30 minutes

Start/Finish: St. Rochus Chapel, car park civic amenity site

The information board explains how the peat has developed and what can be made from it. You can also see the excavator with which it is still extracted today.

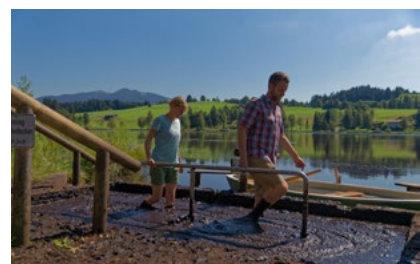


Educational moor trail o Bad Bayersoien

Distance: 1.1 km o Duration: approx. 30 minutes

Start/Finish: car park Kirmesauer Straße

At several stations you learn everything about the origin and importance of the moor.



Adventure trail Bergwald o Ettal

Distance: 3.2 km o Duration: approx. 1 hr

Start/Finish: car park at the cemetery in Ettal

Themes as for instance forest and water, animals of the forest, encounter with a tree, "Who am I - tree identification" are waiting at 12 stations to be discovered by you.



Grotto trail, the puzzle trail o Oberammergau

Distance: 1.9 km o Duration: approx. 1 hr

Start/Finish: hikers' car park on the Kofelauweg

From the Döttenbichl in the direction of the new cemetery, the grotto trail leads along the Kofel to a shell-shaped cave with several rock carvings.

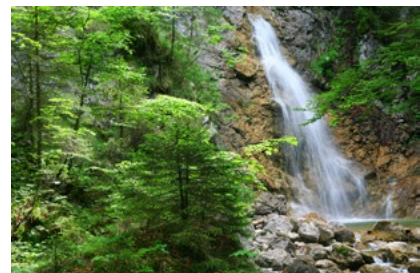


Grinding Mill Gorge o Unterammergau

Distance: 1.5 km o Duration: approx. 1 hr

Start/Finish: car park Pürschling Unterammergau

Short hike through the Grinding Mill Gorge with many infos about the tradition-steeped whetstone production in Unterammergau.



Action packed leisure facilities in the Nature Park

Alpine Coaster o Oberammergau

The world's longest, all-weather toboggan run with a modern magnetic brake system. At a maximum speed of 40 km/h, you will cover 73 curves and an altitude drop of 400 metres back into the valley. Children from the age of 8 are allowed to toboggan on their own.



Kolbensattel
Kreislainenweg
82487 Oberammergau

Bikepark o Oberammergau

Trail diversity is the motto. In addition to the "Ghost Flowtrail" and the Jumphline, there are numerous naturally created trails for all levels of difficulty. The race-proven downhill trail "Fichtenschreck" is certainly another highlight of the park with its exhilarating atmosphere.



Bikepark Oberammergau
Kreislainenweg
82487 Oberammergau

Klettern o Wurmansau

In bad weather the 300 m² large Boulder Hall in Wurmansau is a good alternative with its own children's section.



Boulderhalle im Ammertaler Hof
Alte Römerstr. 10
82442 Wurmansau

Adventure mountain Steckenberg o Unterammergau

At the adventure mountain, a summer toboggan run, a fun park with a lot of playing equipment and a petting zoo with sheep, alpacas and goats are waiting for you.

Erlebnisberg Steckenberg
Liftweg 1
82497 Unterammergau



Bathing indoors and outdoors

You will not be short of bathing fun in the Nature Park area of the Ammergau Alps.

“Soier See” o Bad Bayersoien

The lake in Bad Bayersoien, the “Soier See”, is considered to be one of the warmest bathing lakes of Southern Bavaria. At the south side of the lake, ideal for bathing, you will find a large sunbathing lawn with kiosk, boat rental and parking lots.



Adventure Pool WellenBerg o Oberammergau

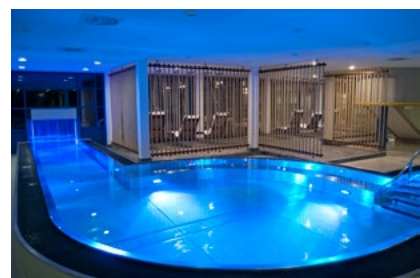
In the indoor area of the WellenBerg, two water slides provide real fun. For the little swimmers, a children’s paddling pool and a playing area are available. Bubbling massages in the adventure pool of the swimming bath invite you to relax.

Erlebnisbad Wellenberg
Himmelreich 52
82487 Oberammergau



Opening times WellenBerg:

Bath and sauna daily 10:00 am - 9:00 pm
(24. Dec. & 31. Dec from 4.00 pm closed)



Excursion destinations in the surrounding area

Open air museum Glentleiten o Großweil

At the Glentleiten you will discover around 60 historic houses, mills and alpine buildings. In addition, various animals are living there such as horses, cows and sheep. For families there are special offers and a large playground near the museum restaurant.



about 32 km
from
Oberammergau

Freilichtmuseum Glentleiten
An der Glentleiten 4
82439 Großweil

Main and State Stud Farm Schwaiganger o Ohlstadt

Schwaiganger is one of the few remaining state stud farms in Germany. Today it is home to approximately 350 horses. The calendar of events with stallion presentation, tournaments, stud farm shows and guided tours makes Schwaiganger an excursion destination for all animal lovers.



about 30 km
from
Oberammergau

Haupt- und Landesgestüt Schwaiganger
Schwaiganger 1
82441 Ohlstadt

Schongau Fairytale Wood ◦ Schongau

At 12 fairytale stations, a small house is dedicated to one of the best known fairytales of the Grimm brothers. Between the stations there are animal reserves; rabbits, guinea pigs, ponies with pony rides and other animals inhabit the area.

Schongauer Märchenwald
Dießener Str. 6
86956 Schongau



about 31 km
from
Oberammergau

Boat trips on the lake Staffelsee ◦ Seehausen

Visit the 7.7 km² lake Staffelsee and its seven islands in Seehausen with an impressive boat ride. Enjoy the view of the magnificent alpine panorama during a trip with the MS-Seehausen. Daily from May – October: 10:30 am – 5:30 pm
Landing stages: Seehausen, Achele, Uffing
Info: Tel. +49 8841 1080



about 25 km
from
Oberammergau

Climbing Forest ◦ Garmisch-Partenkirchen

The Climbing Forest Garmisch-Partenkirchen attracts young and old with 13 courses and a total of 123 climbing elements. Also open in bad weather.

Kletterwald Garmisch-Partenkirchen
Wankbahnstraße 3
82467 Garmisch-Partenkirchen

about 20 km
from
Oberammergau

Alpspix o Garmisch-Partenkirchen

You will find the AlpspiX just above the summit station of the Alpstiz lift. At the glazed ends of the approximately 25 meters long viewing platforms you will enjoy an unrestricted far-reaching and deep-sweeping view of the Zugspitze and the Alpstiz north face.

Car park :

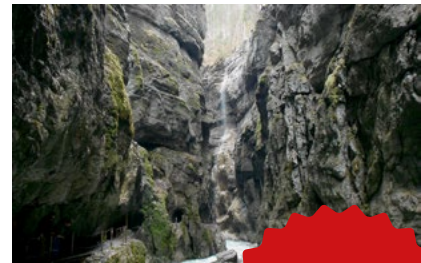
Kreuzeckbahn
Am Kreuzeckbahnhof 1
82467 Garmisch-Partenkirchen

Alpstizbahn
An der Kandahar 13
82491 Grainau

about 23 km
from
Oberammergau

Partnach Gorge o Garmisch-Partenkirchen

The Partnach Gorge was declared a natural monument in 1912 and has since been a tourist highlight in Garmisch-Partenkirchen. It is ideally suited for a short excursion. Car parking is provided at the ski stadium in Garmisch-Partenkirchen (Karl-und Martin-Neuner Platz, 82467 Garmisch-Partenkirchen). You will reach the Gorge after a 20 minutes walk.



about 23 km
from
Oberammergau



Arts and crafts
handmade in
Ammergau Alps Nature Park

Bad weather programme

Living Workshop o Oberammergau

In the Living Workshop, you will gain an insight into the folk art of the region. Woodcarvers, potters, artisans painting and gilding sculptures as well as reverse-glass painters, who work with traditional techniques from 100 years ago. The artists allow people to look over their shoulders when working.

Lebende Werkstatt
Ludwig-Thoma-Str. 10
82487 Oberammergau



Reptile House o Oberammergau

During a visit to the Reptile House you will gain an insight into the biodiversity of this exotic animal world. Amongst others serpents, lizards, turtles, poison dart frogs and spiders are here at home.

Reptilienhaus Oberammergau
Lüftmalereck 5
82487 Oberammergau



Cinema Heimgarten o Oberammergau

Tasty popcorn, a big screen and a thrilling film – does sound good! The small cinema Heimgarten offers current films for the whole family – mostly in the afternoon.

Heimgarten Kino Oberammergau
Sankt-Lukas-Str. 11
82487 Oberammergau



Show Dairy Ettal o Ettal

During a presentation in the show dairy you follow the production process from milk to golden yellow cheese through a large window front. In addition, you learn more about the connection between nature protection, agriculture and food production.

Schaukäserei Ettal
Mandlweg 1
82488 Ettal



Farmer Sepp's Fairytale Stage o Uffing

Farmer Sepp is Josef Taffertshofer: a farmer and teller of fairytales. Every year he transforms stories from books he has written himself into stage plays which are then performed at the Blaslhof.

Bauer Sepps Märchenbühne, Blaslhof,
Kalkofen 10
82449 Schöffau bei Uffing am Staffelsee



NATURAL ATTRACTIONS

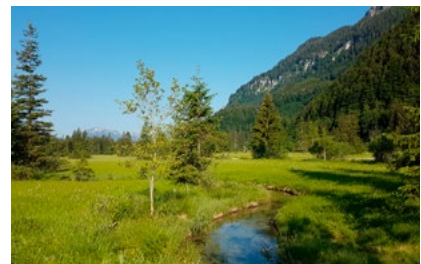
Ammer Gap Scheibum o Saulgrub

Over thousands of years, the Ammer near Saulgrub has cut an impressive gap into the rocks and has already been a designated conservation area since 1953. The Scheibum forms part of the Ammergau Alps meditation path and is seen as a place offering tranquillity and energy.



Ammer Springs o Oberammergau/Ettal

The Ammer springs are in the nature conservation area of the Ettal Weidmoos between Oberammergau and Ettal. Here you will find mainly water of the Linder, which further to the West in the Graswang valley drains away, resurfacing in the form of multiple, inverted-pot-shape springs (Topfquellen). One of the pot-springs is easily accessible via the visitor platform so that you can observe the rising air bubbles. This pot-spring is located on the meditation path in the Weidmoos.



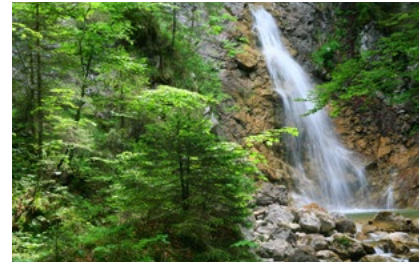
Lake "Soier See" o Bad Bayersoien

The little lake in Bad Bayersoien very quickly warms up and is not overcrowded even in the height of summer. In addition, the moor water is good for the body. The lake contains healthy humic substances which are formed in the surrounding moor.



Grinding Mill Gorge o Unterammergau

Through the gorge above Unterammergau flows the Schleifmühlenlaine which is fed by the brooks from Pürschling, Teufelstättkopf and Schartenköpfel. In the 500 m long gorge the brook forms several pools and waterfalls which can be reached via a secured footpath.



Rock slide area „Im Gsott“ o bei Bad Kohlgrub






This area, which because of the strong landslides at the Reißberg already catches the eye from afar, is widely known, specifically due to the variety of different vegetation units within a small area and its high biodiversity.



Explanation of trail signage

The signage in the entire hiking region was carried out according to the specifications of the German and Austrian Alpine Association (DAV/ÖAV). In the following the structure of a signpost is explained:

- **Valley routes** - Wide, easy to walk trails close to the valley without fall hazard (the risk of falling from a height).
- **Simple mountain trails** - predominantly narrow, can be steep and do not include any passages with fall hazard.
- **Mountain trails of medium difficulty** - predominantly narrow, often steep and can include passages with fall hazard. They may also have in addition short, secured passages.
- **Difficult mountain trails** - narrow, often steep and include fall hazard. In addition, they have an increased number of secured hiking passages and/or simple climbing sections which require the use of hands. **Surefootedness and a head for heights are absolutely necessary!**

level of difficulty	Destination	Height above sea-level	pictograms	Walking time	DAV trail number
●	Brunnenkopf	1.718 m	  	1 ¾ h	231
●	Große Klammspitz	1.924 m	 	2 ½ h	231
●	Hennenkopf	1.769 m		2 ½ h	

EF-0066 DAV Sektion Bergland



AMMERGAU ALPS ACTIVITY HOLIDAYS

Eco-friendly out and about in summer

The attraction of mountain sport is to a large extent determined by the experience of Nature. Hikers, mountaineers and cyclists are therefore mostly out and about in particularly precious natural environments and sensitive ecosystems. By following the tips below you respect the nature and environment of the largest continuous nature conservation area of Bavaria, the Ammergau Alps, when hiking and mountaineering.



Free access right – As a general rule, an access right to the open countryside applies in the Alps: “For the purpose of recreation, access to the open fields at one’s own risk is allowed”.

Restricted access right in protected areas – The access right can be restricted in protected areas (nature conservation areas of the Ammergau Alps) with a “Wegegebot” which restricts access to certain paths or roads. In conservation areas, you should therefore keep to the marked routes.

Outside of conservation areas you should also **stay on paths and roads**. Off paths and roads, hikers cause considerable unrest amongst wild animals.

Use marked routes – especially in wood and moor areas. This is more comfortable and also in line with a well-thought-out guidance through ecologically sensitive areas.

Avoid shortcuts – Depending on the geological subsoil and slope gradient, little shortcuts at road bends can develop an erosion gully and eventually a large

area of land degradation. This can locally lead to an endangering of hiking trails or even to their destruction.

Take your litter home – Not leaving any litter behind should be a matter of course. Please also take any compostable food remains back into the valley, as the biological decomposition advances much more slowly under mountain conditions!

Spare plants – Rather take photos of plants instead of picking them. This is a contribution to the protection of species, and the next walker can also enjoy their splendour.

Show consideration for each other – When you are out and about with your bicycle, remember that pedestrians have always right of way. Avoid narrow paths at “peak times” such as bank holidays and weekends.

Watch out when crossing alpine meadows – Your crossing of alpine meadows can worry cattle. You should take particular care where mothers are raising their young! Animals can react aggressively to a dog.

Close pasture gates – after crossing a mountain pasture please close the gate again. An open pasture gate can put the grazing animals in serious danger.

Do not enter meadows and fields – after crossing a mountain pasture please close the pasture gate again. An open pasture gate can put the grazing animals in serious danger.

Keep dogs on the lead – In conservation areas dogs should be kept on the lead.

Source: Deutscher Alpenverein e.V., www.alpenverein.de

Recommended hiking tours

Ammergauer Wiesmahd Trail ◦ Oberammergau/Bad Kohlgrub

A part of the hiking trail is also known as Altherrenweg and is situated on the sunny side of the Ammertal. It allows a continuous walk between Bad Kohlgrub and Oberammergau, through the meadows and pastures at the foot of Aufacker and Hörnle.



En route the trail also offers the Romanshöhe as a stop for refreshment.

Difficulty: easy ◦ Duration: approx. 4:00 hrs ◦ Distance: 13,1 km ◦ ↑↓: 209 hm

Start / Destination: car park Wellenberg Oberammergau / Haus des Gastes Bad Kohlgrub

Through the Graswang Valley to the Palace ◦ Ettal

The start of the hike is the Ettal Mill. The continuously flat hike leads you first through the idyllic Weidmoos, then past the Ammer springs and on to Graswang. Via a forest road you will reach the Linderhof Palace.



Difficulty: easy ◦ Duration: approx. 5:00 hrs ◦ Distance: 21,2 km ◦ ↑↓: 320 hm

Start / Destination: Ettaler Mühle

Ammergau Alps Meditation Trail ◦ Steingaden

Across the Ammergau Alps runs a long-distance trail of 87 km from the Wieskirche to the Linderhof Castle. The meditation path is the perfect combination of undisturbed nature and picturesque cultural treasures.



Difficulty: easy ◦ Duration: 25:30 hrs ◦ Distance: 87,5 km ◦ ↑↓: ca. 2000 hm

Start / Destination: Wieskirche Steingaden / Linderhof Palace in the Graswang Valley

Peak Hiking Trail

Over approximately 200 km, the peak hiking trail leads you through the diversity of the Zugspitz Region. Here, where Bavaria is "spitze" (superb), a varied circular hiking trail has been put together, which connects the unique natural and cultural landscapes of the Zugspitz Region. Further information at: www.spitzenwanderweg.de



Trip Planner

You will find additional hiking trails in the Ammergau Alps Trip App or on the website of the Ammergau Alps. In the app and on the website, precise details of all trails are available. The basis of the app is a zoomable, topographical map on a scale of 1:25.000. The maps are available online and offline and serve also to determine positions on location. This app can be obtained free of charge in the App Store for Android and Apple smart phones.

www.ammergauer-alpen.de/en/Media/Touren



Test centre Best of Wandern

The Ammergau Alps Nature Park includes the test centre Best of Wandern. There you can seek advice during your vacation and rent free of charge the latest outdoor equipment from binoculars to



hiking backpacks. This service is offered irrespective of whether you walk on your own or in a group or whether an individual person or several people are making use of this offer. The maximum renting period are two days. When renting, a deposit of 50.00 € and the identity card are required.

Kur- und Tourist-Information
Dorfstr. 45
82435 Bad Bayersoien
Tel. +49 8845 7030620

Sportzentrale Papistock
Bahnhofstr. 6a
82487 Oberammergau
Tel. +49 8822 4178

Recommended cycling tours

You can best experience the vast expanses of the Ammergau Alps Nature Park during a summery cycling tour. Approximately 500 km of cycle trails are “decorated” with cultural treasures by the wayside.

Cycling Tour – Ettal Monastery and Linderhof Palace ○ Oberammergau

During this leisurely tour you experience two cultural highlights of the Ammergau Alps Nature Park and enjoy in addition the tranquillity and seclusion of the Graswang Valley. A visit to Ettal Monastery and the dreamlike gardens of Linderhof Castle should of course not be missing from your holiday itinerary. Those interested will get a better insight into the life of the fairytale king Ludwig II with a guided tour.

Start / Destination: Tourist Information Centre Oberammergau

Difficulty: medium ○ Route identification: yellow-blue cycle signage for Ammergau Alps circular tours ○ Distance: 30,7 km ○ Duration: 2:25 hrs



Cycling Tour – Altenau Valley Route ○ Oberammergau

Starting at the centre of Ammergau you cycle through the Pulvermoos along the Ammer in the direction of Oberammergau. From there you join the cycle path to Altenau and Unternogg. On arrival in Unternogg the route leads through Scherenau near Unterammergau back to Oberammergau

Start / Destination: Tourist-Information Oberammergau ○

Difficulty: easy ○ Distance: 19 km ○ Duration: 1:40 hrs



Wieskirche Circular Tour o Altenau

The “pilgrimage church of the flagellated Saviour on the Wies”, which became a UNESCO world heritage site in 1983, is one of the most famous Rococo churches of the world and is always worth a visit. You can reach the Wieskirche from all places in the Ammergau Alps by almost continuously flat cycle and forest routes.



Start / Destination: village pond, Altenau

Difficulty: easy o Route identification: Route identification o Distance: 25,6 km
o Duration: 2:00 hrs

Geizenmoos Cycling Tour o Bad Bayersoien

Past the lake Soier See, through the “Geizenmoos” up to the lakes Vorder- and Hinterkehr. On arrival in Bad Kohlgrub, you cycle past the Rochus chapel to Saulgrub und back again to Bad Bayersoien.



Start / Destination: Spa and Tourist Information Centre Bad Bayersoien

Difficulty: easy o Route identification: yellow-blue cycle signage for Ammergau Alps cycle tours o Distance: 12,8 km o Duration: approx. 1:00 hrs



You will find further cycle tours in the Ammergau Alps Tours app or on our website at:

www.ammergauer-alpen.de/en/Summer-vacation/Cycling

Cycling



Bicycle and e-bike rental

2Radstadl Wurmansau

Alte Römerstr. 28a
Tel.: +49 8845 757463
www.2radstadl-wurmansau.de
Bike service and rental of cycles, no
e-bike rental

Radstall Bad Bayersoien

Gschwendt 19
Tel.: +49 8867 7139977
www.radstall.com

Only bike service, no rental

Sportzentrale Papistock

Oberammergau
Bahnhofstr. 6a
Tel.: +49 8822 4178
www.sportzentrale-papistock.de
No bike service, only rental of regular
bicycles, child trailers, e-bikes and
e-MTBs

Radsport Lang

Oberammergau
Rottenbacher Str. 16
Tel.: +49 8822 1004
www.radlang.de
Only bike service

Radl Reiser

Oberammergau
Tobias Reiser
Himmelreich 23
Tel.: +49 152 52004417
www.radlreiser.de
Only bike service

E-Bike Rental Tourist Information

Kur- und Touristinfo Bad Kohlgrub
Hauptstr. 27, Tel.: +49 8845 74220

Kur- und Touristinfo Bad Bayersoien


Dorfstr. 45, Tel.: +49 8845 7030620



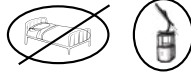


Alpine pasture and mountain inns

Kolbensattelhütte o Oberammergau

 : car park Kolbensattel – 1:00 hr

Tel. +49 8822 12222

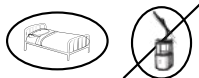


www.kolbensattel.de

Brunnenkopfhütte o Linderhof

 : car park Schloss Linderhof – 1:45 hrs

Tel. +49 175 6540155

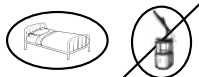


www.brunnenkopfhuette.de

Pürschlinghaus o Unterammergau


 : car park Schleifmühle – 2:00 hrs

Tel. +49 8822 3567

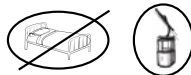


www.august-schuster-haus.de

Laberhaus o Oberammergau

 : car park Laber-Bergbahn – 2:30 hrs

Tel. +49 8822 4280

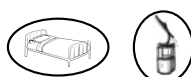


www.laber-bergbahn.de

Hörnlehütte o Bad Kohlgrub

 : car park Hörnle Schwebbahn – 1:15 Std.

Tel. +49 8845 229



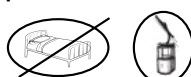
www.hoernlebahn.de

Hörnlealm o Bad Kohlgrub

 : Parkplatz Hörnle Schwebbahn – 1:45 Std.

20 min walk to the alpine pasture

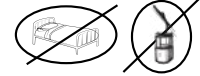
Tel. +49 172 7051731



Romanshöhe o Oberammergau

 : car park Wellenberg – 0:45 hrs


Tel. +49 173 9873296



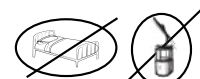
www.oberammergau-land.com/

romanshoehe

Soila Alm o Oberammergau

 : car park Laberbergbahn – 1:30 hrs

Tel. +49 173 9873296

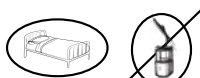


www.soila-alm.de

Kenzenhütte o Graswang/Linderhof

 : car park Scheinberg – 2:45 hrs

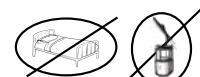
Tel. +49 8368 390



www.berggasthof-kenzenhuette.de

Ammerwald-Alm o Connecting road between Linderhof and Reutte

Tel. +43 5672 63695



LEGEND


 : Walking time

 : Overnight stay

 : Cable car

Mountain rail- and cableways

Laber-Bergbahn o Oberammergau


 : Laberhaus

Tel. +49 8822 4770

www.laber-bergbahn.de



Kolbensesselbahn o Oberammergau

 : Kolbensattelhütte


Abfahrt mit dem Alpine Coaster möglich

Tel. +49 8822 4760

www.kolbensattel.de

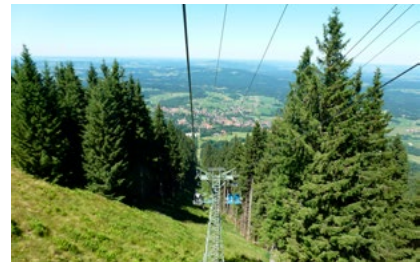


Hörnle Schwebebahn o Bad Kohlgrub

 : Hörnlehütte

Tel. +49 8845 592

www.hoernlebahn.de



Mountain rail- and cableways in the surrounding area

Wankbahn o Garmisch-Partenkirchen

Wankbahnstr. 2,
82467 Garmisch-Partenkirchen
Tel. +49 8821 7970
www.zugspitze.de/wank

Zahnradbahn Zugspitze o

Garmisch-Partenkirchen

Olympiastr. 27,
82467 Garmisch-Partenkirchen
Tel. +49 8821 7970
www.zugspitze.de/zahnradbahn

Seilbahn Zugspitze o Grainau

Am Eibsee 6, 82491 Grainau
Tel. + 49 8821 7970
www.zugspitze.de/seilbahn

Herzogstandbahn o Walchensee

Am Tanneneck 6, 82432 Walchensee
Tel. +49 8858 236
www.herzogstandbahn.de

Buchenbergbahn o Buching

Füssener Str. 19, 87642 Buching
Tel. +49 8362 98360
www.buchenbergbahn.de

Breitenbergbahn o Pfronten

Tiroler Str. 176, 87459 Pfronten
Tel. +49 8363 5820
www.breitenbergbahn.de

Tegelbergbahn o Schwangau

Tegelbergstr. 33, 87645 Schwangau
Tel. +49 8362 98360
www.tegelbergbahn.de



Climbing areas

The grippable limestone of the pre-alpine landscape offers diverse climbing opportunities of varying character in all grades of difficulty.

- Falkenwand
- Zahn
- Kraxntrager
- Frauenwasserl
- Bärenhöhle
- Schaffelberg
- Kofel Friedhofswand
- Kofel Grottenwand
- Kofel Marxersteig
- Kofel Südwand
- Ettaler Mandl

Climbing and nature conservation

With approximately 300 square kilometers, the Ammergebirge is the second largest nature conservation area in Germany. Many rare animals and plants find refuge here. The areas Zahn, Kofel, Frauenwasserl and Falkenwand are located within the nature conservation region, all the others are in close proximity. In order to preserve this unique natural landscape, certain rules must be observed.

TIP

More detailed information about the climbing areas at:
www.ammergauer-alpen.de/en
Book guided climbing courses at erlebnisse.bayern

Online Voucher



Climbing



The basic prerequisites comprise here as elsewhere:

- everybody takes his litter back home
- no closed roads are entered by car
- noise level is categorically kept at a minimum
- intelligent parking
- eco-friendly driving to a destination
- respect breeding periods of birds

If rock closures are ignored, as for instance at the "Nasser Ritz", total closures will be inevitable in order to protect the wild life. If you are looking for further tips or current infos in connection with this topic, go to www.dav-felsinfo.de
An occasional word to the more heedless climbers amongst the climbing fraternity would therefore not come amiss, so that in future all can still have a great time on and in the rocks.

MY CULTURE TIME

The best known sights in the Ammergau Alps Nature Park include:

Ettal monastery and its basilica

As redemption of a vow because of his safe return to Bavaria, Emperor Ludwig the Bavarian founded the Benedictine monastery, which still exists today. The religious vow foundation had practical purposes, such as securing transport routes, developing the area and establishing a foundation for knights and their wives. The church was completed in 1370 after 40 years of construction. After secularisation in 1803, Ettal revived monastic life again in 1900. During a guided tour through the basilica or the brewery museum and the distillery, one can have a look inside the monastery.



Kloster Ettal
Kaiser-Ludwig-Platz 1
82488 Ettal
Tel. +49 8822 740
www.kloster-ettal.de

Linderhof Palace

Linderhof Palace is the smallest of the three castles of King Ludwig II and the only one that was completed during his lifetime. It is considered the favourite castle of the „fairy-tale king“, where he stayed by far the most. The park combines motifs from the French and the Italian Baroque gardens and the English landscape garden. The castle can be visited as part of a regular guided tour (English), and the park is free to the public.



Schloss Linderhof
Linderhof 12
82488 Ettal
Tel. +49 8822 92030
www.schlosslinderhof.de

Passionplay Theatre Oberammergau

In 1634 the vow was fulfilled on a simple wooden scaffold in the cemetery. In 1830 the stage moved to the place of today's Passion Play Theatre, in 1890 a new stage was built there. In 1900 a covered auditorium and an open-air stage were built with an iron scaffold construction with six high arches, and in 1930 the stage was given its present form. The Passion Play Theatre can be visited on guided tours.



Passionstheater Oberammergau
Othmar-Weis-Straße 1
82487 Oberammergau
Tel. +49 8822 9458888
www.passionstheater.de

House of Pontius Pilate

The 18th-century house owns its name to the impressive perspective frescoes by the fresco artist Franz Seraph Zwinck. It is probably the most famous house in Oberammergau and houses the "Living Workstudio", where craftsmen can be observed at work.



Pilatushaus Oberammergau
Ludwig-Thoma-Str. 10
82467 Oberammergau
Tel. +49 8822 949511
www.oberammergaumuseum.de

Crucifixion Group Monument

Out of gratitude for the private special performance of the Passion Play in 1871, King Ludwig II donated this imposing marble monument to the Passion Players. It was made by Munich sculptor Professor Halbig.

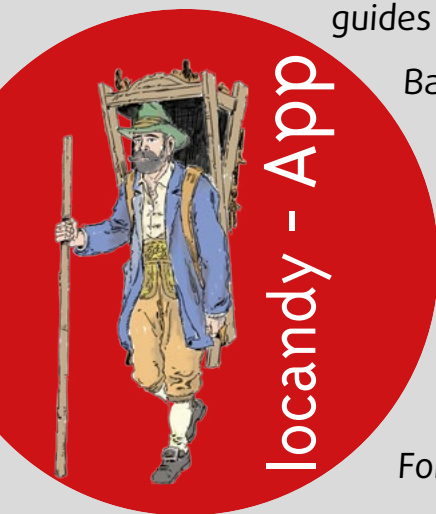


Kreuzigungsgruppe Oberammergau
König-Ludwig-Str. 44
82487 Oberammergau

Discover sights interactively (only in German)

The Locandy-App is the interactive tour guide for the Nature Park region. It is easily downloaded in the App or Play Store. With the next step the travel guides for Oberammergau, Ettal, Unterammergau, Bad Kohlgrub und Bad Bayersoien can be loaded into the App.

The special feature: Like a local guide, the App accompanies you through the place and plays back informative audio contributions in front of the sights. What has been learned will be tested in various entertaining quizzes.



For further information about our sights use the QR-code or go to www.ammergauer-alpen.de/en/Cultural-pleasurez



Museums

Oberammergau Museum

Why are there so many woodcarvers in Oberammergau? The answer lies in the museum. There you find jumping jacks, animal figures, toys and machine-produced, hand-finished objects.

Dorfstr. 8
82487 Oberammergau
Tel. +49 8822 94136
www.oberammergaumuseum.de



Passion Play Theatre Oberammergau

The history of the Passion theatre – during regular guided tours you will learn more about the world-famous, round-arched open air theatre.

Othmar-Weis-Str. 1
82487 Oberammergau
Tel. +49 8822 9458833
www.passionstheater.de



Brewery Museum Ettal

Experience a fascinating time travel during a guided tour through the chequered history of brewing in a museum of over 500 m².

Klosterstr. 6
82488 Ettal
Tel. +49 8822 746450
www.klosterbrauerei-ettal.de



Distillery Ettal

The monks of the Ettal Monastery mix and experiment with herbs and plants from the region to produce fine liqueurs. Which ingredients brother Vitalis uses for the liqueur, remains a strict secret hidden behind monastery walls.

Klosterstr. 6
82488 Ettal
Tel. +49 8822 746450
www.kloster-ettal.de



Village Museum Unterammergau

In the Unterammergau village museum, the following subjects are the focus of permanent exhibitions: whetstone making, forestry, agriculture, textile processing, archaeology and local history.

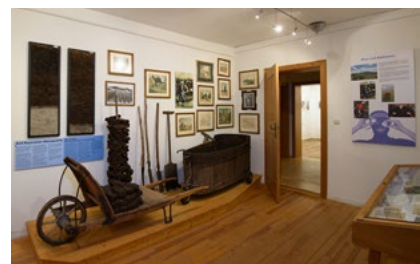
Dorfplatz 77
82497 Unterammergau
Tel. +49 8822 6400



Museum in the Bierlinghouse in Bad Bayersoien

The Bierlings were a family of merchants from Bayersoien. They held the office of salt factor. Their former store is today a local history museum with the focus on the life and work of the Bierling family, the "Mößmer collection" – a collection of religious art – as well as on agricultural, artisan and domestic utensils.

Dorfstr. 46
82435 Bad Bayersoien
Tel. +49 8845 7030620



HEALTH

Alpine peat "Bergkiefernhochmoor"

The alpine peat "Bergkiefernhochmoor" from the Nature Park region in the Ammergau Alps is a recognized natural remedy. It is cut and directly administered in the spa facilities of the mud spas Bad Bayersoien and Bad Kohlgrub.



The thick-flowing full mud-baths are something really special. As a health remedy the bath-mud is administered in cases of rheumatism, gout and arthrosis etc. The constituents of the bath-mud have a positive effect on the female hormone balance. The bath-mud is therefore also employed to treat gynaecological complaints (menopause) and in dealing with childlessness.

What you should also know

- For all those who would like to experience the effect of the natural remedy Bergkiefernhochmoor, "tasters" or mud packs are recommended.
- Mud applications are administered in the bath sections of the spa facilities in Bad Bayersoien and Bad Kohlgrub. Guests not staying in one of these establishments can also make an appointment there. Mud baths are offered on Monday, Wednesday and Friday mornings.
- We can recommend the individual offers of these establishments as well as the "mud packs". These arrangements combine mud applications and other services for a mud therapy lasting one, two or three weeks.
- Due to the intensive effect of the alpine Bergkiefernhochmoor baths, it is necessary to visit a spa doctor before the mud application.



TIP

Anyone who has always wanted to know where the Bergkiefernhochnochmoor comes from can experience it in the summer months from June – September at the “peat cutting show”. The meeting place is the peat works, every Monday from 6:00 pm onwards.

More detailed information is available at the Tourist Information Centre Bad Bayersoien or by phone, tel. +49 8845 7030620

Spa doctors

- Dr. med. Erika Bruss-Jahl
Fallerstr. 12, 82433 Bad Kohlgrub
Tel. +49 8845 9322
- Dr. Franziska Fehle-Friedel
Kirmesauer Str. 19,
82435 Bad Bayersoien
Tel. +49 8845 120
- Dr. med. Gerhard Friedl
Dorfstr. 46
82435 Bad Bayersoien
Tel. +46 8845 7576470
- Dr. med. Thomas Autenrieth
Kohlgruber Str. 2a, 82442 Saulgrub
Tel. +49 8845 616
- Dr. med. Ingeborg Franke
St.-Martin-Str. 10,
82433 Bad Kohlgrub
Tel. +49 8845 703020
- Dr. med. Josef Lang
Murnauer Str. 2,
82433 Bad Kohlgrub
Tel. +49 8845 74740

Courses & seminars

At events.ammergau-alps.com/region you will find all events in the Nature Park region. Under the category "health/wellness" are listed all Yoga-courses, hikes, Pilates courses and much more.



TIPP

Book selected health offers directly online at erlebnisse.bayern

Online Voucher



TRADITIONAL EVENTS IN THE AMMERGAU ALPS NATURE PARK



Corpus Christi Procession

The Corpus Christi Procession takes place on the Thursday after Trinity Sunday (on the 60th day after Easter Sunday). The Thursday as a fixed date is closely connected with Maundy Thursday and the associated introduction of the Eucharist by Jesus Christ.



Charcoal Burner Days o Bad Kohlgrub

Here the visitors are given an unforgettable insight into the work of the charcoal burner and charcoal production. Between the ignition of the charcoal stack and the “harvest”, a comprehensive festive programme with entertainment is offered.



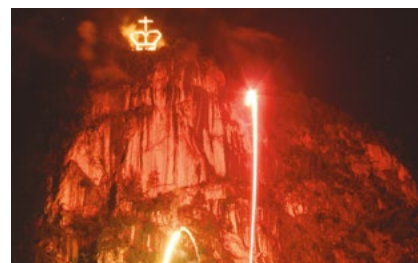
Midsummer Bonfire o Bad Bayersoien

Traditional bonfire (Johannifeuer) at the lake Soier See. Accompanied by music, the event creates a very attractive spectacle.



King Ludwig Bonfire o Oberammergau

The King Ludwig Bonfire is a traditional bonfire display which takes place annually on the 24th August, the eve before the birthday of King Ludwig II.



König-Ludwig-Night ○ Linderhof

On the 25th August, the birthday of King Ludwig is commemorated in Linderhof Palace and park. In addition to special guided tours through the Linderhof Palace and gardens the event also includes musical performances in honour of the King.



Leonhard Ride ○ Unterammergau

The Leonhard Ride, a procession on horseback, takes place annually on the last weekend in October in Unterammergau in honour of the Holy Leonhard of Limoges.



Winter Balloon Days ○ Bad Kohlgrub

Every year the Winter Balloon Days take place in Bad Kohlgrub: During the last week in December and the beginning of January - at the turn of the year - this is the only event of this type in the German alpine region.



Book a balloon ride directly online at www.erlebnisse.bayern

Star walk ○ Oberammergau/Ettal/Graswang

Every year on New Year's Eve locals and guests, accompanied by singers and musicians, walk through Oberammergau, Ettal and Graswang carrying a large, illuminated star. This custom differs from the "star singers" who in other locations, mostly on the eve of Epiphany on 6th January, go singing from house to house.



Current events and future event information can be found at events.ammergau-alps.com/region

FREE BUS AND RAIL TRAVEL

In the Ammergau Alps Nature Park you can leave your car safely behind, as all places in the surrounding area can easily be reached by bus or rail.

Your journeys are free of charge, if you are in possession of an electronic guest card or KÖNIGSCARD!

The validity area comprises the regional bus in the complete Niederlassungsgebiet West and the train line from Oberammergau to Murnau as well as from Garmisch-Partenkirchen to Uffing. In Bad Kohlgrub the local line Reindl can be used free of charge.

The card is valid from 12:00 am on the day of arrival to 12:00 am on the day of departure.



Free bus & train



Additional information about timetables, rail networks and usage conditions at www.ammergauer-alpen.de/en

 create account

 download app



validate driving licence



drive

ECarsharing in the Ammergau Alps Nature Park
BECAUSE WE LOVE OUR HOMELAND.

CO₂-FREE MOBILITY

<https://ammer-loisach-energie.moqo.de>

E-Carsharing



MY WINTER TIME

Tobogganing

Unterammergau

- Toboggan run at Pürschling (forest road)

Ascent a good 2 hours up to the August-Schuster-Haus

Car park above the ski centre at the Steckenberg

The alternative for proficient tobogganists with sport toboggans

- Natural toboggan run at the Scherenauer Straße in Unterammergau

Length 1.100 m, Information at www.wsv-unterammergau.de

Bad Kohlgrub

- Toboggan run at the Hörnle (forest road)

Ascent with the Hörnle chairlift possible

Length 4.5 km

Toboggan rental on site

Daily 9:00 am to 4:00 pm (depending on the weather)

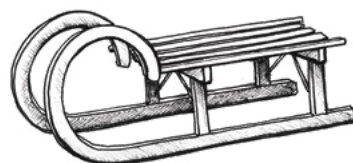
Information at www.hoernlebahn.de

Oberammergau

- Tobogganing at the Kolbenalm lift

Length approximately 600 m

Information at www.kolbenalm.de



Equipment rental

Bad Kohlgrub

Skischule Bad Kohlgrub

Stickelsgrabenstraße
Ski rental at the Tannenbank lift next
to the Hörnle cable car
Tel. +49 8845 75181 (ab 17 Uhr)
Mobil. +49 152 28744570
www.skischulebadkohlgrub.de

Skiverleih Leonhard Kratz

Hauptstr. 13 (Ortszentrum)
82433 Bad Kohlgrub
Tel. +49 8845 630

Oberammergau

Sporthaus Mühlstrasser

Alpinski – cross-country ski – snow-
board – toboggan – snowshoes
Theaterstr. 2 (am Dorfplatz)
82487 Oberammergau
Tel. +49 8822 93044
Mobil. +49 174 2054277

Sportzentrale Papistock

Oberammergau

Alpinski – cross-country ski – snow-
board – snowshoes – Tourenski with
skins – Tourenski shoes
Bahnhofstr. 6a
82487 Oberammergau
Tel. +49 8822 4178
Rental in the shop as well as at the
SnowPark

INTERSPORT-Rent

Direct at the Kolben chairlift
Ski – snowboard – toboggan
Mobil. +49 174 2054277

Unterammergau

Info SkischuleSnow&Fun

Steckenberg Unterammergau
Tel. +49 8822 216824
Mobil. +49 173 3822162
www.skisnow-fun.de

Bad Bayersoien

Tourist Information Centre

Cross-country ski rental - toboggan
Dorfstr. 45
82435 Bad Bayersoien
Telefon +49 8845 703062-0



Ski-schools

Bad Kohlgrub

Oliver Schlichting
Gehmweg 3
82433 Bad Kohlgrub
Tel. +49 8845 75181 (ab 17 Uhr)
Mobil +49 152 28744570
www.skischulebadkohlgrub.de

Oberammergau

Skischule Ammertal

Bahnhofstr. 6a
82487 Unterammergau
Tel. +49 8822 4178
www.sportzentrale-papistock.de

Aktivskischule Peter Frey

In the valley station of the chairlift of the AktivArena at the Kolben
Tel. +49 8846 1700
Mobil +49 171 1971517
www.snowsportplus.de

Unterammergau

Skischule Snow&Fun Steckenberg

Unterammergau
Tel. +49 8822 216824
Mobil +49 173 3822162
www.skisnow-fun.de

Skiing areas

Skigebiet Laber

- 1 gondola lift
 - 2.5 km unprepared descent
 - altitude 874 m – 1684 m
- !!!! Be sure to heed the avalanche report!!!!
- Laber Bergbahn Oberammergau
Ludwig-Lang-Straße 59
82487 Oberammergau
Tel. +49 8822 4770
www.laber-bergbahn.de

AktivArena am Kolben

- 1 chairlift, 7 draglifts
- 7 km ski pistes
- Altitude: 874 m – 1276 m

Kolbensesselbahn Oberammergau

Kreislainenweg 1
82487 Oberammergau
Tel. +49 8822 4760
www.kolbensattel.de

Snowpark Oberammergau

Funpark für Snowboarder und Freeskier
Bahnhofstr. 6a
82487 Oberammergau
Tel. +49 8822 4178
www.snowpark-oberammergau.de

Skigebiet Steckenberg

- 7 draglifts
 - 7 km pistes
 - Altitude: 830 m – 1100 m
- Skizentrum Steckenberg
Unterammergau
Liftweg 1
82497 Unterammergau
Tel. +49 8822 4027
info@steckenberg.de
www.steckenberg.de

Skigebiet Hörnle

- 1 chairlift, 2 draglifts
 - 3.5 km pistes
 - Altitude: 900 m – 1400 m
- Hörnlebahn Bad Kohlgrub
Fallerstraße 14
82433 Bad Kohlgrub
Tel. +49 8845 592
www.hoernlebahn.de

Ski tours - hiking

Suggested tours

Hörnle

Popular piste tour with possible stop at the Hörnlehütte.

Ascent: 2:30 hrs ○ ↑↓: 470 hm ○ Difficulty: easy

Start: Valley station Tannenbank lift/Hörnle cable car

Car park: Valle station Tannenbank lift: Indicated car park for tour hikers.

At the Hörnlehütte long hut evenings take place daily until 22:00 o'clock.

Warm kitchen until 19:00 o'clock.

Kolbensattel

The ski piste tour at the Kolbensattel became well known as the first snow-covered ski tour pistes of Germany. A dedicated, snow-covered ascent track is provided at the edge of the ski pistes for tour hikers.

Ascent: 1:00 hr ○ ↑↓: 420 hm ○ Difficulty: easy

Start and finish: valley station Kolben chairlift, Oberammergau

Car park: Valley station Kolben chairlift, Oberammergau

A folklore evening every Tuesday, Wednesday and Thursday from 7 pm – 11 pm.

Laber

Ski tour with comfortable ascent and spectacular ski descent.

Ascent: 3:00 hrs ○ ↑↓: 753 hm

Difficulty: medium

Start and finish: car park Laber cable car



Scheinberg

Scenic and easy ski tour in the Graswang valley.

Ascent: 2:30 hrs ○ ↑↓: 950 hm ○ Difficulty: easy

Start and end point: Scheinberg car park in the Graswang valley

Car park: Behind Linderhof there is a large car park at the right for hikers.

You find detailed information and maps at: www.ammergauer-alpen.de/en/Winter-vacation/Skitours

Ski tours



DAV Eco-friendly ski mountaineering

By observing the following tips you show consideration for the nature and environment of the Ammergau Alps:

- **Observe** the regulations of **protected and closed areas** (see DAV maps), respect in particular animals and plants, avoid noise.
- **Take account of signs, advice and route recommendations** of the DAV project “Eco -friendly Ski Mountaineering”.
- **Recognize habitats:** avoid as far as possible wild animals, only observe them from a distance, circumvent feeding stations, take dogs on a lead.
- In the depth of **winter avoid summits, mountain backs and ridges** before **10 am and after 4 pm**.
- In **forest** regions and at the forest border **stay on the usual ski routes**, forest and hiking trails. **Keep a distance** from groups of trees and bushes.
- **Treat with care reforestations** and **young forests**.
- **Make the journey to your destination eco-friendly:** travel with public transport or form car pools, use indicated car parks, do not block any access.
- **Choose a stay of several days** rather than planning frequent day tours, make **use of the local gastronomic offers**.
- Plan tours with guides and maps carrying the DAV-quality seal “Eco-friendly ski tours/winter tours” and find out about the nature and culture of your destination.
- Follow the rules for ski tours on ski pistes.



Cross-country skiing

Suggested tours

Graswang round trip ◦ Ettal ◦ circular trail

Snow-assured cross-country ski trail (Loipe) and longest circular trail in the Ammergau Alps. Trail all around Graswand and to the Ettal Mill

Distance: 12 km ◦ Duration: 1:20 hrs ◦ ↑↓: 128 hm ◦ Difficulty: medium

Type: classic/skating

Start and finish: Ettal Mill, Ettal

Car park: Ettal mill, Ettal

Large Rochus round trip ◦ Bad Kohlgrub ◦ circular trail

Long Loipe between Bad Kohlgrub and the lake Soier See near Bad Bayersoien.

Distance: 10,2 km ◦ Duration: 1:00 hrs ◦ ↑↓: 86 hm ◦ Difficulty: medium

Type: classic/skating

Start and finish: car park Wertstoffhof/Festplatz, Bad Kohlgrub

Car park: Wertstoffhof/Festplatz, Bad Kohlgrub

Scherenau round trip ◦ Unterammergau ◦ circular trail

Short Loipe between Unterammergau and the hamlet of Scherenau in an idyllic alpine landscape.

Distance: 3,2 km ◦ Duration: 0:20 hrs ◦ ↑↓: 40 hm ◦ Difficulty: easy

Type: classic/skating

Start and finish: Eschfeld, Unterammergau

Car park: Pürschling, Unterammergau

Lake round trip ◦ Bad Bayersoien ◦ circular trail

Dreamlike Loipe all around the lake Soier See near Bad Bayersoien.

Distance: 4,4 km ◦ Duration: 0:30 hrs ◦ ↑↓: 13 hm ◦ Difficulty: easy

Type: Classic/skating

Start and finish: Seeweg Bad Bayersoien

Car park: Seeweg, Bad Bayersoien



Cross-country ski-schools

Skischule Ammertal o Sportzentrale Papistock

Bahnhofstr. 6a

82487 Oberammergau

Tel. Sportzentrale +49 8822 4178

Tel. Skischule +49 8822 4499

(only during the winter season)

info@sportzentrale-papistock.de

www.sportzentrale-papistock.de



You can find further information on cross-country skiing at :

www.ammergauer-alpen.de/en/Winter-vacation/Cross-country-skiing

NORDIC OBERAMMERGAU o Christine Milz

Schaffelbergstr. 4a

82487 Oberammergau

Tel. +49 8822 9359192 oder

+49 179 4517749

info@nordic-oberammergau.de

www.nordic-oberammergau.de

Cross country skiing



GERMANY'S BIGGEST CROSS-COUNTRY SKIING RACE EVERY YEAR ON THE FIRST WEEKEND IN FEBRUARY



KÖNIG
EST. 1968
LUDWIG LAUF

www.koenig-ludwig-lauf.com

KLL



Snowshoe hikes

Suggested tours

Großer Aufacker o Oberammergau

Snowshoe hike from Oberammergau on to the top of the Großer Aufacker and back via the Romanshöhe.

Distance: 10,8 km o Duration: 3:00 hrs o

↑↓: 648 hm o Difficulty: medium

Start and finish: car park at the Wellenberg



Hinteres Hörnle o Bad Kohlgrub

Classic tour to the panoramic mountain of Bad Kohlgrub

Distance: 7,9 km o Duration: 4:30 Std. o

↑↓: 756 hm o

Difficulty: easy

Start and finish: car park Tannenbank lift, Bad Kohlgrub

Pürschlinghaus o Unterammergau

Out and about on snowshoes in the hunting grounds of the fairytale king.

Distance: 10 km o Duration: ca. 4 Std. o

↑↓: 668 hm o

Difficulty: easy

Start and finish: car park Pürschling, Unterammergau

Please choose the right equipment:

- Warm, breathable clothing
- Suitable shoes (mountain boots)
- Gaiters or snowtrousers
- Drinks and snacks

You will find detailed information and maps at

www.ammergauer-alpen.de/en/Winter-vacation/Snowshoeing

Snowshoe hikes



For anybody who would rather join an experienced guide during a snowshoe hike, several individual offers are available in the Ammergau Alps.

Under good snow conditions Oberammergau, Bad Kohlgrub and Bad Bayersoien offer from the end of December to the beginning of March guided snowshoe hikes. You find more details in the events calendar of the local Tourist Information Centre or on the homepage of the Ammergauer Alpen GmbH

www.ammergauer-alpen.de

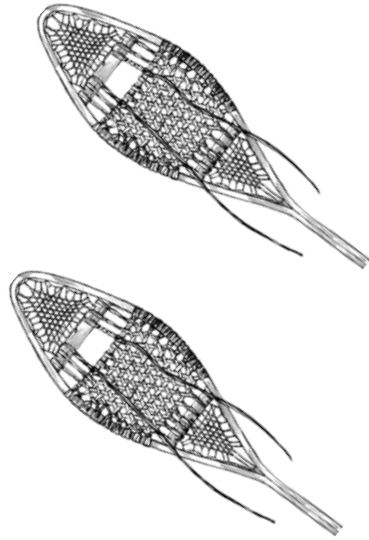
Snowshoe rental

Best of Wandern Testcenter Bad Bayersoien

Dorfstr. 45
82435 Bad Bayersoien
Tel. +49 8845 7030620
(free of charge)

Sportzentrale Papistock

Bahnhofstr. 6a
82487 Oberammergau
Tel. +49 8822 4178



Imprint

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Internet: www.ammergauer-alpen.de
Editing, Concept: Elisabeth Frank, Julia Sporer,
Thomas Opfermann

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CULINARY & REGIONAL PRODUCTS

The Ammergau Alps Nature Park region is rich in regional products. For this reason, the Ammergau Alps Regional Marketing Department has set itself the task of supporting regional producers. Regional products can be marked with the white-blue rhombus, the seal for "Top quality from Upper Bavaria - recommended by Ammergauer Alpen GmbH". The labelling is based on criteria drawn up by an expert committee.



The number of certified products is growing steadily, so far certified:

FOOD PRODUCTS: bakery products from local bakers, honey, jams, milk & dairy products from the show dairy in Ettal, game

NONFOOD PRODUCTS: handicrafts, care products, natural remedy alpine peat "Bergkiefernhochmoor"

Detailed information about the regional products:

www.ammergauer-alpen.de/en/Regional/Regional-products

Regional products



The show dairy in Ettal is a model company for regional marketing. Here you can watch the cheese makers at work and buy and taste regional products.



Another opportunity to taste regional specialities is a visit to the gastronomers in the region:

www.ammergauer-alpen.de/en/Media/Gastronomy

Gastronomy



EMERGENCY NUMBERS

Rescue service, fire brigade: 112
Police: 110
Poison emergency call: (089) 19240
Mountain rescue: 112
Emergency doctor: 116 117



General practitioners

Oberammergau

Dr. med. Caroline Fischer
Tel. +49 8822 4475
Dr. med. Frank Schneider
Tel. +49 8822 914292

Dr. med. Christian Beck
Tel. +49 8822 4244
Dr. med. Markus Bühner
Tel. +49 8822 3518

Unterammergau

Dr. med. Julia Albert

Tel. +49 8822 7255

Saulgrub

Dr. med. Thomas Autenrieth

Tel. +49 8845 616

Bad Kohlgrub

Dr. med. Erika Bruss-Jahl
Dr. med. Ingeborg Franke
Dr. med. Josef Lang

Tel. +49 8845 9322
Tel. +49 8845 703020
Tel. +49 8845 74740

Bad Bayersoien

Dr. Sybille Novoa-Lill
Tel. +49 8845 120
Dr. med. Franziska Fehle-Friedel
Tel. +49 8845 12500

Dr. med. Manfred Ludwig
Tel. +49 8845 120
Dr. med. Gerhard Friedl
Tel. +49 8845 7576470

Dentists

Oberammergau

Dr. med. dent. Siegfried Biermeier
Tel. +49 8822 4714
Dr. med. dent. Raimund Fussy
Tel. +49 8822 4243
Dr. med. dent. Steffen Zopf
Tel. +49 8822 4927

Unterammergau

Dr. med. dent. Julia Zott
Tel. +49 8822 813

Bad Kohlgrub

Drs. med. dent.
Toni and Maximilian Sonntag
Tel. +49 8845 605

Veterinarians

Oberammergau

Dr. Josef Köpf
Tel. +49 8822 233

Bad Kohlgrub

Dr. med. vet. Dorina Lux
Tel. +49 152 03031718

GENERAL INFORMATION

A

Air ports

Air port Munich
Nordallee 25, 85356 München

Air port Memmingen
Flughafen Memmingen GmbH
Am Flughafen 42, 87766 Memmingerberg

Air port Innsbruck
Fürstenweg 18, 6020 Innsbruck, Österreich

B

Bakeries

Bäckerei Komm Ammergauer Str. 7, 82488 Ettal	Tel. +49 8822 3494
Bäckerei Aurhammer Schnitzlergasse 11, 82487 Oberammergau	Tel. +49 8822 945300
Bäckerei Brandmeier Steinbachergasse 15, 82487 Oberammergau	Tel. +49 8845 935077
Bäckerei Komm Schnitzlergasse 2, 82487 Oberammergau	Tel. +49 8822 945300
Bäckerei Aurhammer In der Weide 2, 82497 Unterammergau	Tel. +49 8822 9494727
Bäckerei Spanner Dorfstr. 20, 82497 Unterammergau	Tel. +49 8822 3571
Bäckerei Brauchle Obere Dorfstr. 14, 82442 Altenau	Tel. +49 8845 340
Bäckerei Brandmeier St.-Martin-Str. 5, 82433 Bad Kohlgrub	Tel. +49 8845 757707
Bäckerei Brandmeier Dorfstr. 40, 82435 Bad Bayersoien	Tel +49 8845 9436

Banks

Sparkasse Bad Kohlgrub St.-Martin-Str. 2, 82433 Bad Kohlgrub	Tel. +49 8821 707-0
VR-Bank Bad Kohlgrub Hauptstr. 3, 82433 Bad Kohlgrub,	Tel. +49 8821 733-0

Raiffeisenbank Bad Bayersoien Dorfstr. 36, 82435 Bad Bayersoien	Tel.: +49 8845 74450
Sparkasse Oberland Dorfstraße 49, 82435 Bad Bayersoien	Tel.: +49 881 641-650
SB-Center Ettal Kaiser-Ludwig-Platz 2, 82488 Ettal	Tel.: +49 8821 7070
Sparkasse Oberammergau Dorfstr. 23, 82487 Oberammergau	Tel. +49 8821 707-0
VR-Bank Oberammergau Bahnhofstr. 24, 82487 Oberammergau	Tel.: +49 8822 92110
Sparkasse Unterammergau Dorfstr. 23, 82497 Unterammergau	Tel. +49 8821 7070
VR-Bank Saulgrub Beim V-Markt , 82442 Saulgrub	Tel. +49 8821 733-0

Bicycle rental & repair

See bicycle and e-bike rental and repair, page 30

Boat rental

You can rent rowing boats at the Fischerhäusl situated directly at the lake Soier See from 1st May onwards. (Mondays closed)

Contact:

Christian Patrzek

Seeweg 104 ½, 82435 Bad Bayersoien Tel. + 49 8845 7572338

Butchers

Metzgerei Christian Gerold

Sternplatz, 82487 Oberammergau Tel. +49 8822 3545

Metzgerei Georg Gerold

Verlegergasse 1, 82487 Oberammergau Tel. +49 8822 3535

C

Chemists

Drogeriemarkt Müller
Zur Lok 5, 82487 Oberammergau
Mon -Sat 8:30 am - 8:00 pm

Tel. +49 8822 9359110

Churches & Chapels

Parish church St. Anton
Obere Dorfstr. 23, 82442 Altenau

Chapel on the Kappellenberg
Eckweg 1a, 82435 Bad Bayersoien

Parish Church St. Georg
Brandstatt 4, 82435 Bad Bayersoien

Village Church St. Martin
St. Martin-Str. 1, 82433 Bad Kohlgrub

Protestant Church
Badstrasse, 82433 Bad Kohlgrub

Chapel St. Rochus
St. Rochusstrasse, 82433 Bad Kohlgrub

Monastery Ettal
Kaiser-Ludwig-Platz 1, 82488 Ettal

Catholic Church Maria Schutz
Untere Dorfstr. 6, 82488 Graswang

Evangelical Lutheran Church of the Cross
Theaterstr. 10, 82487 Oberammergau

Catholic Church St. Peter and Paul
Frühmessergasse 1, 82487 Oberammergau
St. Gregor Kapelle
Ludwig-Lang-Str. 59B, 82487 Oberammergau

Fatima Chapel
Höhenweg 3, 82442 Saulgrub

Parish Church St. Franziskus
Höhenweg 1, 82442 Saulgrub

Filial Church Holy Blood
Kappel 1, 82497 Unterammergau



Parish association Bad Kohlgrub
(Bad Bayersoien, Altenau, Saulgrub)
Hauptstrasse 21
82433 Bad Kohlgrub
Tel.: +49 8845 703040

Evangelical Lutheran Parish Office
Oberammergau
Theaterstr. 10
82487 Oberammergau
Tel. +49 88 22 93030

Catholic parish St. Peter and Paul
Herkulan-Schwaiger-Gasse 5
82487 Oberammergau
Tel.: +49 8822 92290

Catholic Parish Office
St. Nikolaus Unterammergau
Pfarrgasse 2
82497 Unterammergau
Tel.: +49 88 22 3590

Catholic Church St. Nikolaus
Pfarrgasse 2, 82497 Unterammergau

Chapel St. Joseph
Alte Römerstr. 16, 82442 Wurmansau

Cinema

Heimgartenkino
St. Lukas Str. 11, 82487 Oberammergau Tel. +49 8822 4960

Griesbräu Kino
Obermarkt 37, 82418 Murnau Tel. +49 8841 5175

D

Delicatessen Stores

Feinkost Frank
Hauptstr. 35, 82433 Bad Kohlgrub Tel. +49 8845 290
Mon - Fri 7:30 am - 12:30 pm, 2:30 pm - 6:00 pm
Sat 7:30 am - 12:30 pm

Drycleaning

Mode Kraus
Hauptstr. 36, 82433 Bad Kohlgrub Tel. +49 8845 302

Off-licence Krüger
Dorfstraße 59, 82435 Bad Bayersoien

F

Farm shops

Gut Acheleschwaig
Acheleschwaig 2, 82442 Saulgrub
simon.b.fischer@web.de

Haserhof Bad Bayersoien
Filzweg 6, 82435 Bad Bayersoien Tel. +49 8845 8262
info@haserhof.de

Fishing

Sport fishing is permitted at the lake Soier See. Each fisher, however, requires a national fishing license from his residence authority as well as a fishing permit from the local permit issuing office.

Fishing season: 16th April to 31st October

G

Gastronomy

www.ammergau-alpen.de/en/Media/Gastronomy



Ice skating/bavarian curling

Ice rink Bad Bayersoien
Dorfstraße 74, 82435 Bad Bayersoien
sprayed surface for curling

Ice rink Ettal
Ettaler Mill 1, 82488 Ettal

Ice rink Oberammergau
Malensteinweg (next to the youth hostel), 82487 Oberammergau
Mo - Sun 2:00 pm - 5:00 pm
Skates can be rented if required.

L

Libraries

Library Bad Kohlgrub
In the building of the Kurparkrestaurant
Hauptstr. 27 a, 82433 Bad Kohlgrub,
Mo 4:00 pm - 6:30 pm, Wed 4:00 pm - 6:00 pm

Tel. +49 8845 749029

Library Bad Bayersoien
Dorfstr. 44, 82435 Bad Bayersoien
Mo 5:00 pm - 6:00 pm
Wed 5:00 pm - 6:00 pm

Tel. +49 8845 7030620

Library Ettal
im Rathaus
Ammergau Straße 8, 82488 Ettal
Mon - Fri 8:00 am - 12:00 am

Tel. +49 8822 3534

Library Oberammergau
Schulweg 6, 82487 Oberammergau
Mon 5:00 pm - 8:00 pm
Wed 3:00 pm - 6:00 pm
Fri 5:00 pm - 8:00 pm

Tel. +49 8822 9226652

Library Unterammergau

In the townhall

Dorfstraße 23, 82497 Unterammergau

Tel. +49 8822 7021

May– September: Mon – Fri 5:00 pm - 7:00 pm

October – April: Mon – Fri 4:00 pm - 6:00 pm

M

Mountain rescue

Mountain rescue Oberammergau

An der Knableite, 82487 Oberammergau

oberammergau@bergwacht-bayern.de

Tel. +49 8822 6333

Mountain rescue Bad Kohlgrub

Kaltenbachstr. 4, 82433 Bad Kohlgrub

Head of operations mountain rescue Ammertal

Tel. +49 172 8223517

Head of operations mountain rescue Ammertal

Tel. +49 172 5314841

O

Online Shop

In the online-shop of the Ammergau Alps you can buy regional products and souvenirs from the Ammergau Alps Nature Park.



Optics/Photography

Barbara Edenhofer

Hauptstr. 4, 82433 Bad Kohlgrub

info@sehenswert.optik.de

Tel. +49 8845 7033717

Optik Foto Hageneier

Dorfstr. 17 a, 82487 Oberammergau

info@optik-hageneier.de

Tel. +49 8822 4127

P

Pharmacies

Stern-Apotheke-Oberammergau

Dorfstr. 5, 82487 Oberammergau

Tel. +49 8822 3540

Kofel-Apotheke-Oberammergau

Ettaler Str. 12, 82487 Oberammergau

Tel. +49 8822 6664

Kur-Apotheke-Bad Kohlgrub

Hauptstr. 35, 82433 Bad Kohlgrub

Tel. +49 8845 317

Post offices

Post office branch Bad Kohlgrub
Hauptstr. 27, 82433 Bad Kohlgrub
Mon – Fri 2:30 pm - 5:30 pm
Sat 10:00 am - 1:00 pm

Post office branch Oberammergau
Ammergauer Getränkemarkt
Rottenbucher Str. 13, 82487 Oberammergau Tel. +49 8822 9359155

Post collecting point, village store Bad Bayersoien
Dorfstr. 42, 82435 Bad Bayersoien Tel. +49 8845 4449630
Mon, Thu & Fri 7:00 am – 12:30 pm 3:00 pm – 6:00 pm
Tue, Wed, Sat 7:00 am – 12:30 pm

Post collecting point Mühlstrasser Oberammergau
Theaterstr. 2, 82487 Oberammergau Tel. +49 8822 93044
Mon – Fri 9:00 am – 6:00 pm
Sat 9:00 am – 4:00 pm

S

Sauna

Das Johannesbad –
Medical Spa und Vitalrefugium Bad Kohlgrub Tel. +49 8845 840
Adventure pool Wellenberg Oberammergau Tel. +49 8822 92360
Gesundheitszentrum Sebaldus Bad Kohlgrub Tel. +49 8845 7000
Hotel am Wiesenhang Bad Kohlgrub Tel. +49 8845 74700
Kur- und Vitalhotel Sonnen Bad Kohlgrub Tel. +49 8845 74770
Kur- und Vitalhotel Waldruh Bad Kohlgrub Tel. +49 8845 7400
Kurbad St. Martin Bad Kohlgrub Tel. +49 8845 74720
Parkhotel am Soier See Bad Bayersoien Tel. +49 8845 120

Supermarkets

Edeka Oberammergau
Rottenbucher Str. 9, 82487 Oberammergau
Mon – Sat 7:00 am – 8:00 pm

Lidl
Zur Lok 6, 82487 Oberammergau
Mon - Sat 7:00 am - 8:00 pm

Netto Marken-Discount
Zur Lok 3, 82487 Oberammergau
Mon - Sat 7:00 am - 8:00 pm

V-Markt

Moosgasse 11, 82487 Oberammergau

Mon – Fri 8:00 am - 8:00 pm,

Sat 7:30 am – 8:00 pm

Tel. + 49 8822 935714

V-Markt Saulgrub

Am Mühlbach 1, 82442 Saulgrub

Mon – Fri 8:00 am – 7:00 pm

Saturday 7:30 am – 7:00 pm

Tel. +49 8845 315

Dorfladen Bad Bayersoien

Dorfstr. 42, 82435 Bad Bayersoien

Mo, Thu & Fri 7:00 am - 12:30 pm 3.00 pm - 6:00 pm

Tue, Wed, Sat 7:00 am - 12:30 pm

Tel. +49 8845 4449630

T

Taxi companies

Taxi Richter

Ludwig-Thoma-Str. 7, 82487 Oberammergau

Tel. +49 8822 94294

Taxi Jürgen Schmidt

Herrenpoint 42, 82487 Oberammergau

Tel. +49 8822 216940

Mobil +49 173 9641155

Taxi Götz

Rottstr. 30, 82487 Oberammergau

Tel. +49 8822 94440

Taxi Tschiche

Herrnpoint 19, 82487 Oberammergau

Tel. +49 8822 94440

W

WIFI places in the region:

- Spa and Tourist Information Centre Bad Bayersoien
- Fischerhäusl at the lake Soier See Bad Bayersoien
- Spa and Tourist Information Centre Bad Kohlgrub
- Tourist Information Centre Ettal
- Tourist Information Centre Oberammergau, Ammergauer Haus