

Karnischer Höhenweg

Date: Thu.-Thu. 5–12 August, 2010

Suggested by: Karoline Scharnagl and Hal Turton

Description: Multiday hut-to-hut alpine tour closely following the ridge of the Karnische Alpen; from Sillian to Plöckenpaß (west to east). The Karnische Alpen are situated on the border between Austria and Italy, between the Lienzer Dolomiten and Dolomites. The hike offers great panoramic views to the Dolomites, Großglockner, Großvenediger etc.. The daily stages lead along walkways in alpine and high alpine terrain, offering spectacular mountain views. The route avoids crossing glaciers and rock passages requiring rope to climb. Nevertheless, alpine dangers should not be underestimated and good mountain equipment, stamina, and sure-footedness are necessary in all cases; at each stage it is also necessary to be free from dizziness!

Map(s): Freytag&Berndt WK182 Lienzer Dolomiten-Lesachtal; **or** Kompass WK 47 Lienzer Dolomiten-Lesachtal

Length of activity, elevation and difficulty:

Multiday high-alpine hike; moderate difficulty. Good mountain hiking equipment, stamina, and sure-footedness are necessary. There may be places where it is necessary to use fixed cables installed for protection, and possibly ladders/stairs. It is possible there will be remnants of snow on some of the mountain crossing.

Total distance: approx. 70 km including 2 long days (13-15 km, 7-9 hours of walking) with other days around 4–5 hours. The highest trail point is around 2700 metres, and all huts between 1850 and 2450 metres. See comments below for full information.

Some **optional** peak ascents are suggested:

1. Tscharrknollen from *Obstansersee* (2482m, 2 hours one way, 'light' (leicht));
2. Pfnanspitze (2678m) and Kl. Kinigat (2674m) (option for Gr. Kinigat (2689m)) as an alternative route from *Obstansersee* to *Filmoor-Standschützenhütte* (marked and secured trail, but requiring experience (markierter, versicherter Steig, nur für Geübte)), total time around 4 hours hut-to-hut. The Gr. Kinigat is a Klettersteig, so should only be attempted with appropriate equipment and experience.
- 2a. Alternatively, Pfnanspitze (1:15h one way, 'light' (leicht)) can be done separately from *Obstansersee*, and Kl. Kinigat (1:45h one way) (option for Gr. Kinigat) from *Filmoor-Standschützenhütte*;
3. Porze from *Neue Porzehütte* (2599m, 2:30h one way, A/B Klettersteig (Austriaweg) and should only be attempted with appropriate equipment and experience); and
4. Hochweißstein (Mt. Perabla) (2694m, 'not difficult' (jedoch nicht schwierig) but requires sure-footedness) on the way from *Hochweißsteinhaus* to *Rifugio Calvi* (2:30h return sidetrip or loop).

See comments below for more information.

Meeting time and place: Thursday 5 Aug., 2010 **15:00** Sillian station

Ending time and place: Thursday 12 Aug., 2010 **11:00** Gasthaus Plöckenpaß then to Kötschach station

Public Transportation:

Train: Wien Meidling—Sillian 8:30—14:51 (€ 53:30 without Vorteils card)

Taxi: Sillian—Leckfeldalm (arrive 15:30, then 1.5 hours walk to the hut)

Return:

Taxi: Gasthaus Plöckenpaß—Kötschach

Train: Kötschach—Meidling 13:14—19:28; 15:02—21:28 (change in Villach) (€ 50.90 without Vorteils card)

Driving Instructions:

From Vienna, take the **A2** to Villach; **A10** to Spittal-Millstättersee (exit 139); **B100** to Lienz OR Sillian (leave cars at either). Total distance 498 km (5 hours 14 minutes).

Train from Lienz-Sillian 14:23—14:51; Return: Kötschach—Lienz (or Sillian) 12:12—13:34 (14:08)

Car sharing: To be decided.

Recommended Equipment: See the Equipment list attached.

Comments:

1. **Registration required: Register** via email to karoline.scharnagl@generali.at and halturton@yahoo.com by **9 July at the latest** so that reservations can be made at the huts. Include your **name, mobile phone(handy) number, email address, OeAV member nr., and if you need or can offer a ride (number of seats available)**. If you are seriously thinking about going on this hike but not yet certain, please register anyway but indicate the percentage of your probability of attending. This will make planning considerably easier.
2. **Membership in Alpenverein required:** OeAV membership or equivalent is required for this trip. If you are not a current member of the OeAV you can easily join online here: www.alpineclubvienna.org/membership.htm
3. Your physical condition must be adequate for a high alpine mountain trip up to 2500-3000 metres elevation.
4. You must have surefootedness, no height phobia, and the ability to negotiate a Klettersteig of A-B difficulty.
5. Attendance at the July 5th meeting is extremely important so that all trip details can be finalized. Participants can meet their fellow hikers and also resolve any remaining questions.
6. There are no mid-day hut stops, so bring food for one meal per day. Bring snacks. The equipment list suggests a minimum of a 1 liter water bottle. If you do not bring an additional Thermos bottle, then you should have a second 1 liter water bottle.
7. On the first day it is planned to catch a taxi from Sillian to Leckfeldalm, substantially reducing the ascent. On the final day, it is planned to take a taxi from Plöckenpaß to Kötschach.
8. Additional information on individual days, including walking time, distance (where known), highest points, peaks and options for early exit from the hike are shown below.

Day	From	To	Trail no.	Km.	Time (hrs)	High point (m)	Daily up/down (m)	Hut alt. (m)	Early exit options (with approx. time) and connections to Villach (and Sillian/Lienz in bold)	Peaks (one-way times from hut in 'To' column)
1	Leckfeldalm (1900m)	Sillianer Hütte (OeAV Sillian)	471	4	1.5	2447	+550/ -0	2447		
2	Sillianer Hütte	Obstansersee-Hütte (OeAV Austria)	403	10	4	2665	+480/ -610	2304		Tscharrknollen, 2482 (2h); Pfannspitze, 2678 (1.15h)
3	Obstansersee-Hütte	Filmoor-Standschützenhütte (OeAV Austria) (incl. Pfannspitze, Kl. Kinigat)	5A/ 160 ..or.. 403	6	4 (3.5 w/o Pfannsp. & Kl. Kinigat along 403)	2689 2498	+550/ -500	2350	Kartitsch (2.5h) (Mo) 640;715;827;1407;1457;1614;1843	Gr. Kinigat, 2689 (1.15h), Kl. Kinigat, 2674 (1.45h)
4	Filmoor-Standschützenhütte	Neue Porzehütte (OeAV Austria)	403	7	4	2350	+150/ -550	1942	Leiten (3.5h) (Di) 630;723;820;1359;1504;1607;1835	Porze, 2599 (A/B Klettersteig, 2.5h)
5	Neue Porzehütte	Hochweißsteinhaus (OeAV Austria)	403	15	8-9	2542	+1125/ -1200	1867	Obertilliach (3h) (Mi) 623;729;815;1353;1509;1603;1830	
6	Hochweißsteinhaus	Rifugio Calvi (incl Mt. Peralba 2694m)	448/ 132	4	5 (2.5 w/o Mt. Peralba)	2694	+830/ -530	2164	St. Lorenzen (3h), (Do/Fr) 600;616;753;1314;1541	Hochweißstein/Mt. Peralba, 2694 (2.5h)
7	Rifugio Calvi	Wolayersee-Hütte (OeAV Austria)	140/ 403	15	7	2164	+1100/ -1300	1959	Cimasappada (3h)*	
8	Wolayersee-Hütte	Gasthaus Plöckenpaß (1215m)	514	9	3	2138	+300/ -1100	1215		
	Approximate total			70			+5100/ -5800			

* a long connection through Italy is possible, but the best option is to walk back to Hochweißsteinhaus (2h) and descend to St. Lorenzen.

Equipment List – Karnishcer Höhenweg Hut-to-Hut 1 Week Hike

Motto: *As little as possible – As much as necessary* We will be carrying everything for ONE week!

Essentials-required

- | | |
|--|--|
| <input type="checkbox"/> Hiking Map: F&B WK 182 <u>OR</u> Kompass WK 47 in waterproof sleeve | <input type="checkbox"/> Compass (know how to use it with a map) |
| <input type="checkbox"/> LED Headlamp or LED Flashlight + spare batteries | <input type="checkbox"/> Pocket knife or multi-tool |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Emergency bivy sack, plastic (Space Blanket®) |
| <input type="checkbox"/> Sunblock crème min. SPF 30 (higher better) | <input type="checkbox"/> Toilet paper and/or pocket tissues |
| <input type="checkbox"/> Sunblock Lip balm SPF 30 or SPF 45 | <input type="checkbox"/> Personal First Aid kit (see below) |
| <input type="checkbox"/> Blister prevention Compeed®, Spenco® or moleskin | <input type="checkbox"/> Membership card OeAV (or other – ask trip leader) |
| <input type="checkbox"/> Drinking-water bottle minimum 1 l. (2- 1 l better) | <input type="checkbox"/> |

Personal First Aid kit to contain all required medications, spare contact lenses, etc.

Footwear

- | | |
|---|---|
| <input type="checkbox"/> Hiking boots (suitable for high alpine trekking) | <input type="checkbox"/> Gaiters, full length, waterproof |
| <input type="checkbox"/> Socks + spares (Coolmax® mixture <u>opt.</u>) | <input type="checkbox"/> Wicking liner socks <u>opt.</u> |

Outerwear

- | | |
|--|---|
| <input type="checkbox"/> Mountaineering jacket (for cold, wind & rain) | <input type="checkbox"/> Fleece stocking cap (Mütze) |
| <input type="checkbox"/> Wide-brim Hat (for sun & rain) | <input type="checkbox"/> Cap baseball type <u>opt.</u> |
| <input type="checkbox"/> Gloves suitable for wire-rope cables | <input type="checkbox"/> Gloves, fleece with waterproof shell |
| <input type="checkbox"/> Rainwear poncho <u>opt.</u> | <input type="checkbox"/> Rain pants |

Hiking Clothing

- | | |
|--|--|
| <input type="checkbox"/> Mountaineering pants (jeans are NOT suitable) | <input type="checkbox"/> Spare mountaineering pants <u>opt.</u> |
| <input type="checkbox"/> Fleece jacket | <input type="checkbox"/> Fleece pullover light wt. <u>opt.</u> |
| <input type="checkbox"/> Fleece vest <u>opt.</u> | <input type="checkbox"/> Shirts/blouses (<u>opt.</u> functional material) |
| <input type="checkbox"/> Underwear (<u>opt.</u> functional material) | <input type="checkbox"/> Neck shawl <u>opt.</u> |

For the Hut

- | | |
|---|---|
| <input type="checkbox"/> Sleeping liner (“Hüttenschlafsack”) Required! | <input type="checkbox"/> Hut shoes |
| <input type="checkbox"/> Hut clothes (lightweight training outfit or similar) | <input type="checkbox"/> Bag w/ Personal Toiletries |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Travel alarm <u>opt.</u> |
| <input type="checkbox"/> Money Required! (huts generally don't accept cards) | <input type="checkbox"/> |

Other stuff

- | | |
|--|---|
| <input type="checkbox"/> Backpack min.30l maybe bigger (w/rain cover) | <input type="checkbox"/> Trekking poles (recommended) |
| <input type="checkbox"/> Backpack-very small & light for shorter hikes (<u>opt.</u>) | <input type="checkbox"/> Thermos bottle <u>opt.</u> (in lieu of one of the 1l bottles) |
| <input type="checkbox"/> Container with daily lunch and snacks | <input type="checkbox"/> Cell phone, <u>opt.</u> |
| <input type="checkbox"/> Camera with extra film/memory cards & batteries!!! | <input type="checkbox"/> Reading material <u>opt.</u> |
| <input type="checkbox"/> Binoculars <u>opt.</u> | <input type="checkbox"/> Notebook & pencil <u>opt.</u> |
| <input type="checkbox"/> Addresses for sending postcards <u>opt.</u> | <input type="checkbox"/> Songbook <u>opt.</u> |
| <input type="checkbox"/> Travel clothes for the trip to & from the hike | <input type="checkbox"/> GPS receiver (<u>opt.</u>) compass still required! |
| <input type="checkbox"/> Route description—we will provide to each person | <input type="checkbox"/> Equipment for Klettersteig (<u>opt.</u>), incl. harness, helmet, carabiners/slings (or Klettersteig set) |
| <input type="checkbox"/> | <input type="checkbox"/> |