



WINTER HIKING TRAILS

VALLEY HIKING TRAIL KAPPL – SEE

This varied route takes you through several traditional hamlets along the way. Starting at Kappl Church, the path initially follows the local road through the hamlets of Schmiedsegg, Untermühl, and Platti. Further down the valley, the trail alternates between forest paths and paved sections after the Holdernach junction. You pass through Holdernach, Sesselebene, and Schnatzerau before finally reaching the valley station of the Medrigjochbahn. The tour can also be done in reverse, and if you prefer to hike only one way, you can easily return by bus from either end.

MÜLLERMAHDLEN

The hike begins at the mountain station of the Diasbahn in Kappl. Follow the groomed path below the new pump station along the dam of the new reservoir. After about half an hour, you'll reach the end of the trail and return the same way. This peaceful and leisurely tour is perfect for those who enjoy a relaxed pace. If you like, you can take a short detour around the upper reservoir before starting the main hike – it's worth it, as benches invite you to relax. The route can also be extended via the Sesslad winter hiking trail.

SESSLAD

The hike begins at the mountain station of the Diasbahn in Kappl. First, follow the Müllermahdlen winter hiking trail to Stertabach. From there, cross the snow bridge to the lower Sessladalpe, which is not managed in winter. The Sessladalpe offers a beautiful viewpoint. If you wish, you can take a short detour around the upper reservoir before starting the main hike – it's definitely worth it, as benches invite you to relax.

OBERHAUS

Take the Diasbahn up to 1,830 m and hike back to Kappl via Oberhaus. The route starts by descending along the piste to the toboggan run. At the first junction, turn left and walk through snowy forests to the base of the „Gongall“ double chairlift. From here, continue on the forest path towards Oberhaus and then through the hamlets until you reach Kappl's centre. The hike can also be done in reverse.



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ROTWEGKAPELLE

The winter hiking trail from Kappl village to the Rotweg Chapel is a bit more challenging due to its inclines, but it rewards you with breathtaking views. The trail starts at Kappl's village square. Below the church, head towards Hotel Dorfstadt and the Diasbahn junction. A narrow path on the left leads down to the valley station of the cable car, where you cross the road and the Kohlplatz bridge. The forest path to the Rotweg Chapel begins here, initially steep through the snowy winter landscape. At the top, you'll enjoy a beautiful view of the village and surrounding hamlets.

MITTELSCHULE – KAPPL DORF

The hike starts in the hamlet of Lochau, near the middle school. This winter trail leads through snowy forests, romantic clearings, and past a wildlife feeding area until you reach the Schützenheim, where you can perfectly enjoy the peace and relax. About 500 m after the Schützenheim, cross the bridge and switch sides of the road. Keep left and after about 100 m, take the path towards Platti. Follow the paved road through Untermühl back to Kappl's village centre.

MITTELSCHULE – NEDERLE

The flat path from the Paznaun middle school to Nederle is perfect for a leisurely stroll through Kappl's winter scenery. Starting at the school in the hamlet of Lochau, you walk upstream along the Trisanna, passing the Kappl cable car. You then pass through the hamlets of Höferau and Sinsner Au, until you reach Nederle after the Hotel Höllroah. You can easily return to Kappl village by bus, or you can choose to walk back as well.

More information about the winter hiking trails can be found in the winter hiking guide.

Paznaun – Alpine Moments

