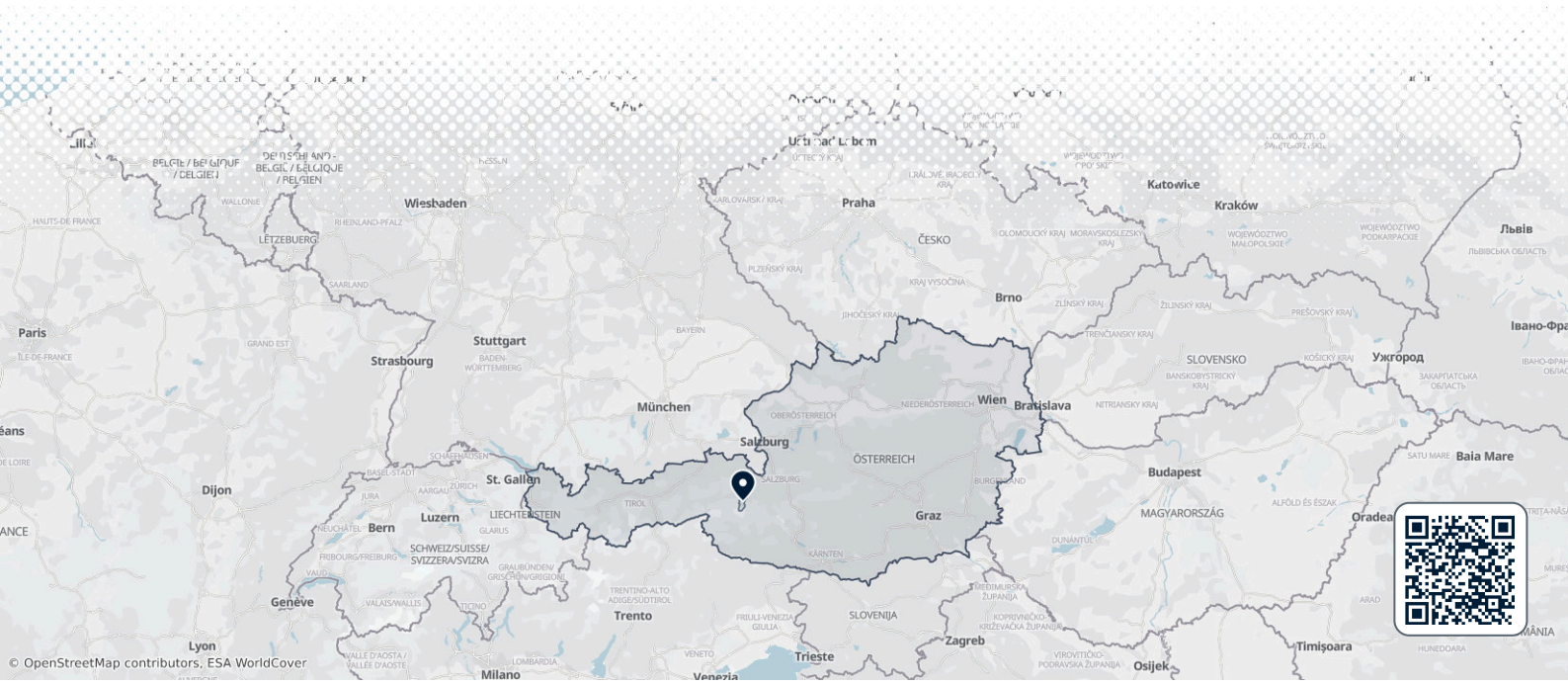


Kaprun

Zell am See · Austria

TRAVEL GUIDE

Tripomatic



Overview

Kaprun is a village in the Salzburg Alps, a short drive from Zell am See. It is the base for the Kitzsteinhorn glacier, which offers skiing almost all year, and for the high alpine reservoirs in the Hohe Tauern National Park.

The village has a small centre and a castle. Together with Zell am See it forms the Europe Sport Region, which makes it a good base for both winter and summer.

When to visit

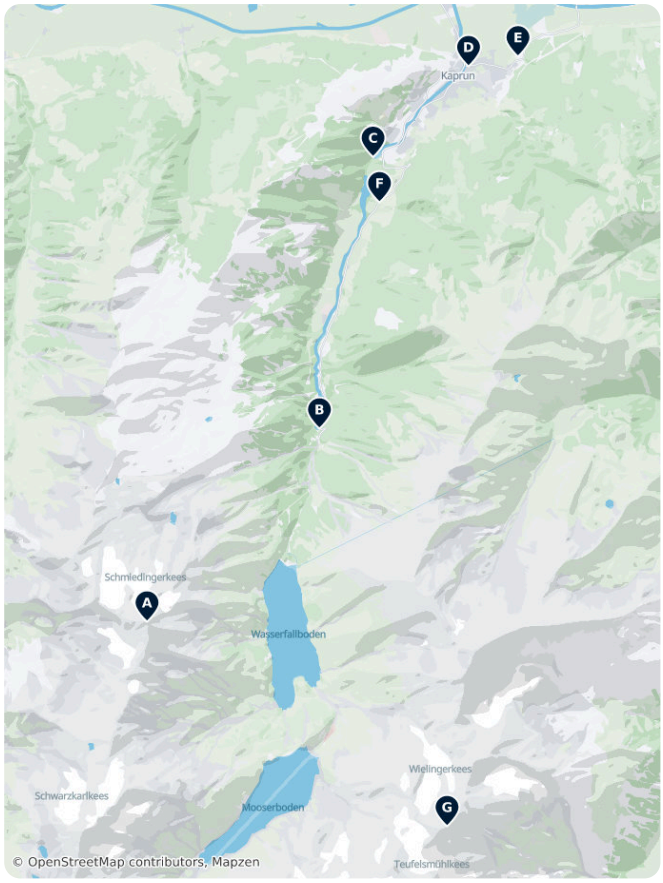
December to April is ski season, and the glacier is open for skiing nearly all year. June to September is best for hiking and for the high alpine lakes. April–May and October–November are quieter. Winters are cold and snowy.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Good Good for skiing	3° / 8° Feels like -1°	-5° / -14°	14 rainy days · Dry air · Calm winds
February	Good Good for skiing	4° / 11° Feels like 0°	-4° / -14°	13 rainy days · Dry air · Calm winds
March	Fair Fair for skiing	8° / 16° Feels like 5°	-1° / -10°	16 rainy days · Dry air · Calm winds
April	Fair Fair for cycling	13° / 22°	3° / -4°	15 rainy days · Dry air · Calm winds
May	Fair Fair for hiking	18° / 25°	7° / 2°	21 rainy days · Dry air · Calm winds
June	Fair Fair for hiking	22° / 29°	12° / 6°	21 rainy days · Dry air · Calm winds
July	Fair Fair for cycling	23° / 30°	13° / 8°	22 rainy days · Calm winds
August	Fair Fair for cycling	23° / 30°	13° / 9°	20 rainy days · Calm winds
September	Good Good for hiking	19° / 26°	9° / 4°	16 rainy days · Dry air · Calm winds
October	Good Good for cycling	15° / 22°	6° / -1°	14 rainy days · Dry air · Calm winds
November	Fair Fair for cycling	8° / 17°	1° / -8°	14 rainy days · Dry air · Calm winds
December	Good Good for skiing	4° / 10° Feels like 0°	-4° / -13°	14 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Kitzsteinhorn is a 3,203 m peak with a glacier ski area. A cable car and tunnel lift reach the top station at about 3,000 m, with views and a summit platform.
- B Kaprun High Altitude Storage Lakes are reservoirs high in the mountains, reached by a road and a funicular. The dams were a major project built after World War II.
- C Sigmund Thun-Klamm is a gorge with wooden walkways above a rushing stream.
- D Kaprun is the village centre.
- E Burg Kaprun is a medieval castle above the village.
- F Kapruner Ache is the glacial river that flows through the valley.
- G Großes Wiesbachhorn is a high peak in the Glockner group, for experienced alpine hikers.



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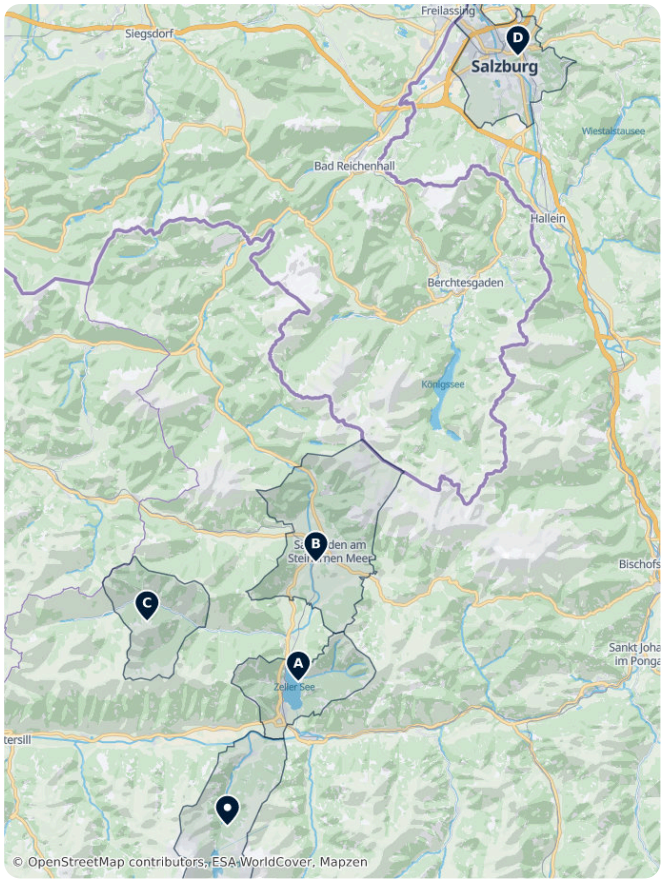
What to experience

- Ski the Kitzsteinhorn glacier.
- Visit the high alpine reservoirs.
- Walk through the Sigmund Thun gorge.
- Hike a mountain trail from the valley.
- Swim in Lake Zell in summer.

Day trips

- A Zell am See is a lake town, about 15 minutes by bus or car.
- B Saalfelden is about 30 minutes by car.
- C Saalbach is a big ski and bike area, about 40 minutes by car.
- D Salzburg is about 1 hour 15 minutes by car.
- The Grossglockner High Alpine Road is about 45 minutes away by car in summer.
- Krimml Waterfalls are about 1 hour away by car.



Where to explore

- Zell am See is the closest preferred town, with train links.

Getting there

- By air: Salzburg Airport is about 1 hour 15 minutes away by car. Innsbruck and Munich are alternatives.
- By train: The closest station is Zell am See, about 15 minutes away by bus. Salzburg to Zell am See takes about 1 hour 30 minutes. Check times on ÖBB.
- By car: Take the A10 motorway and the B311 road via Zell am See.

Getting around

The village is small. Buses link Kaprun with Zell am See and the glacier lifts. Ski buses run in winter. Summer guest cards often include cable cars and public transport.

Getting around on foot & by bike

WALKABILITY

Moderate

The village is compact, but the sights are in the mountains and need a bus or cable car.

CYCLING INFRASTRUCTURE

Moderate

The valley paths are easy, while mountain routes are steep.

Driving

A car is helpful for the Grossglockner road and nearby valleys. Winter tyres or chains are required in snow. The high alpine road to the reservoirs has a toll. Motorways in Austria need a vignette.

Food & drink

Salzburg-region food includes *Kasnocken*, cheese dumplings, and *Kaiserschmarrn*. Mountain huts serve simple dishes. Dairy farms sell alpine cheese.

What to eat & drink

DINNER

Wiener Schnitzel
A thin, breaded and pan-fried veal cutlet, traditionally served with potato salad or parsley potatoes and a wedge of lemon.

Tafelspitz
Boiled beef in broth, served with roast potatoes and a sauce of apples and horseradish — a favourite of Emperor Franz Joseph.

Viennese Goulash · Wiener Saftgulasch
A rich beef stew slow-cooked with onions and paprika, typically served with a bread dumpling or bread roll.

SNACKS & STREET FOOD

Käsekrainer
A grilled pork sausage studded with melty cheese, a classic order at Vienna's ubiquitous Würstelstand (sausage stands).

Sausage Stand Snack · Würstel vom Würstelstand
Grilled or boiled sausages (Bratwurst, Frankfurter, Bosna) served with mustard, bread and a pickle from street kiosks.

SWEETS & DESSERTS

Apfelstrudel
Thin pastry rolled around spiced apples, raisins and breadcrumbs, usually served warm with vanilla sauce or cream.

Sachertorte
A dense chocolate cake with a thin layer of apricot jam under a dark chocolate glaze, famously served with unsweetened whipped cream.

Kaiserschmarrn
A fluffy shredded pancake caramelised with sugar and dusted with icing sugar, served with plum or apple compote.

Marillenknödel
Apricot dumplings wrapped in potato or quark dough, rolled in buttery breadcrumbs — a Wachau and Viennese summer specialty.

DRINKS

Viennese Melange · Wiener Melange
The signature Viennese coffee: espresso topped with steamed milk and milk foam, the centrepiece of coffeehouse culture.

Grüner Veltliner
Austria's flagship crisp, peppery white wine, widely poured in Vienna's Heuriger (wine taverns).

Sturm
A cloudy, lightly alcoholic partially-fermented grape must, available only for a few weeks in autumn.

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Safety & health

Kaprun is safe. Glacier and high-alpine weather changes quickly. Altitude can cause headaches for some visitors. Tap water is clean and safe to drink. The emergency number is 112. The mountain rescue number is 140.

History

Kaprun was a quiet farming village until the 1930s, when work began on the high alpine hydroelectric plant. The reservoirs were completed after World War II and brought visitors. The Kitzsteinhorn glacier lifts opened in the 1960s.

Country facts

Quick practical facts for Austria at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY

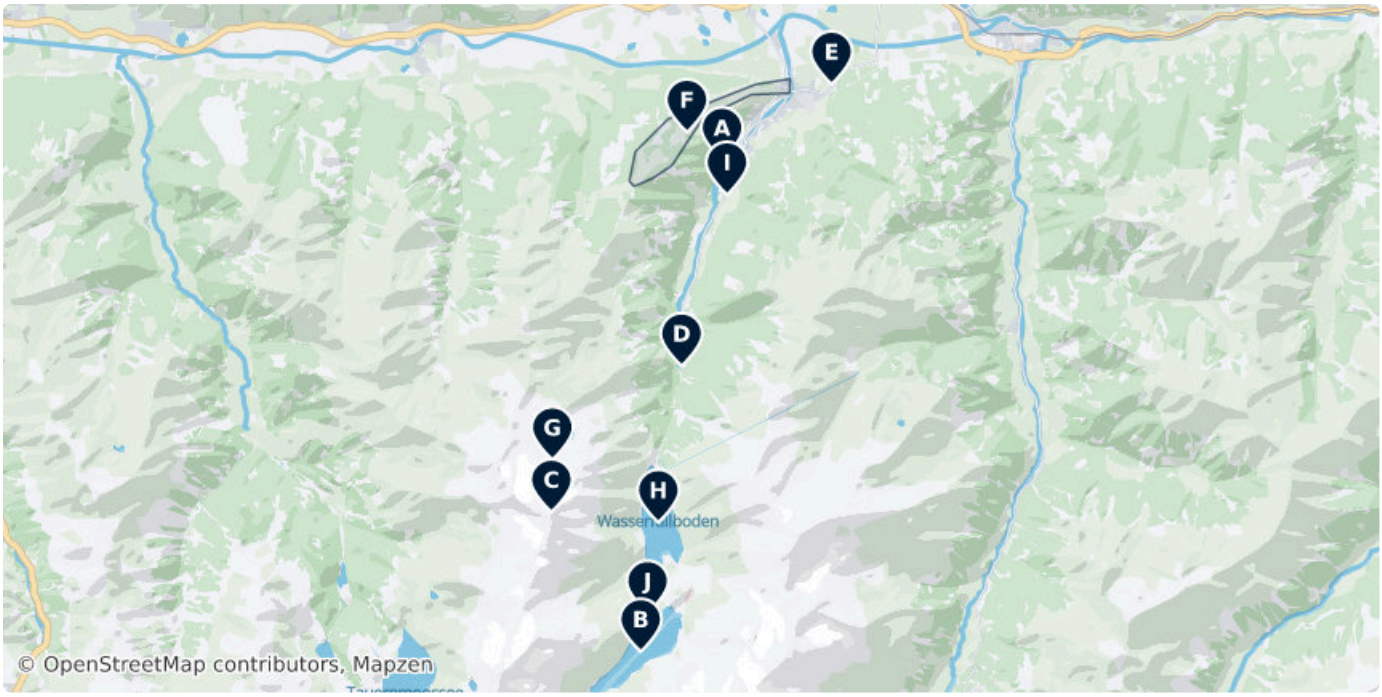
Type C / Type F
230 V · 50 Hz

LANGUAGES
German

TAP WATER
Safe to drink

Kaprun Essentials

Kaprun's landscape is defined by the Kitzsteinhorn glacier, reaching 3,029 meters, and the engineering feat of the Mooserboden and Wasserfallboden high-altitude reservoirs. The region features the 320-meter-long Sigmund Thun-Klamm gorge, carved by glacial meltwater, and the 12th-century Burg Kaprun fortress. For recreation, the Maiskogel mountain provides accessible trails and skiing, while the Gipfelbahn cable car connects visitors to the Top of Salzburg panoramic platform.





A Sigmund Thun Klamm Gorge

A narrow gorge created by a mountain river is a real nature marvel. Enjoy a little bit of adrenalin while walking the wooden foothpath!

5710, Austria (47.25905, 12.73829)

+43 50313 23201



B Mooserboden

High-altitude reservoir situated at 2,040 meters above sea level. It features a massive double-arch dam wall and offers guided tours into the interior of the dam structure.

5710, Austria (47.15985, 12.71406)



C Kitzsteinhorn

The Kitzsteinhorn is a mountain in the High Tauern range of the Central Eastern Alps in Austria.

5723, Austria (47.18804, 12.68750)



D Kaprun High Altitude Storage Lakes

Take a hike around these water reservoirs and enjoy the panoramic view of the surroundings. You can also tour one of the dams.

95 Kesselfallstraße, 5710, Austria (47.21756, 12.72623)



E Burg Kaprun

12th-century medieval fortress built on a rocky outcrop. The castle serves as a venue for cultural events and features a Romanesque east tower and a late Gothic courtyard.

55 Schloßstraße, 5710, Austria (47.27440, 12.77085)

Mo–We 16:00+

burg-kaprun.at

F Maiskogel

Family-oriented mountain offering winter skiing and summer hiking trails. It is home to the Maisi Flitzer, a year-round alpine coaster reaching speeds up to 40 kilometers per hour.

(Unnamed Road), 5710, Austria (47.26470, 12.72786)

maiskogel.at/de/winter/ski-board/der-familienberg.html



G Glacial Aerial Tramway Kaprun III

The Glacial Aerial Tramway Kaprun III is the third section of the aerial tramway on the Kitzsteinhorn mountain at Kaprun, Austria.

5710, Austria (47.19860, 12.68778)



H Wasserfallboden

Lower reservoir of the Kaprun high-mountain power plant system, located at 1,672 meters. It is surrounded by the peaks of the Hohe Tauern and serves as a component of local hydroelectric power generation.

5710, Austria (47.18595, 12.71933)



I Kaprun High Mountains Reservoir

Reservoir built for the purpose of creating a renewable energy resource. Visit the multimedia centre and enjoy the scenery and falls.

Klammseeweg 4, 5710, Austria (47.25212, 12.73974)

verbund.com/tm/de/, +43 50313 23201

J Fotopoint Kaprun

Designated scenic viewpoint overlooking the Mooserboden dam and the surrounding Alpine landscape.

20 Mooserbodenstraße, 5710, Austria (47.16754, 12.71612)

kaprun.it-wms.com/archive/archive.php

DATA SOURCES

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