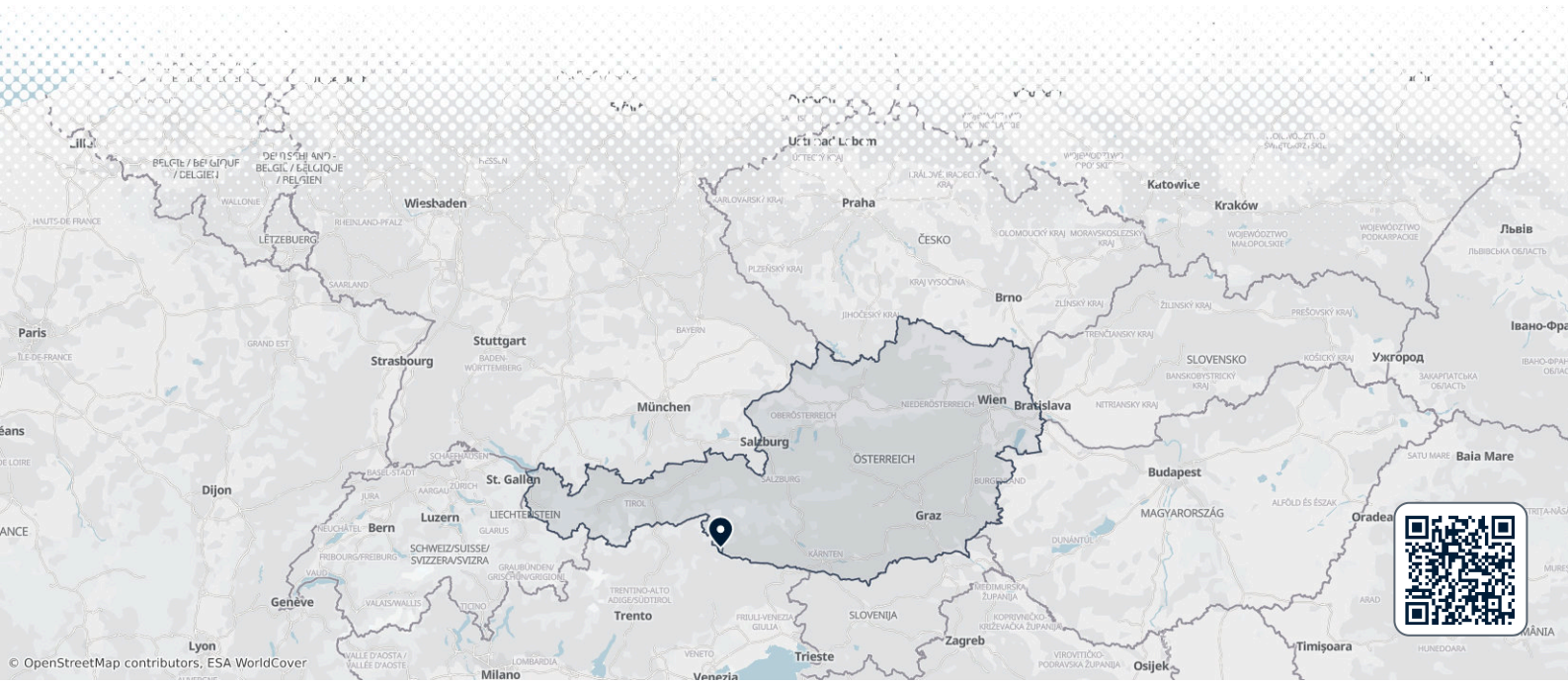


Sillian

Lienz District · Austria

TRAVEL GUIDE

Tripomatic



Overview

Sillian is a village in the Hochpustertal, the upper Puster valley, in East Tyrol. It lies a few kilometres from the Italian border and the Dolomites, with the Carnic Alps to the south and the Villgraten mountains to the north.

The village is small and calm. It suits hikers, cyclists and skiers who want Alpine scenery and quick access to South Tyrol.

When to visit

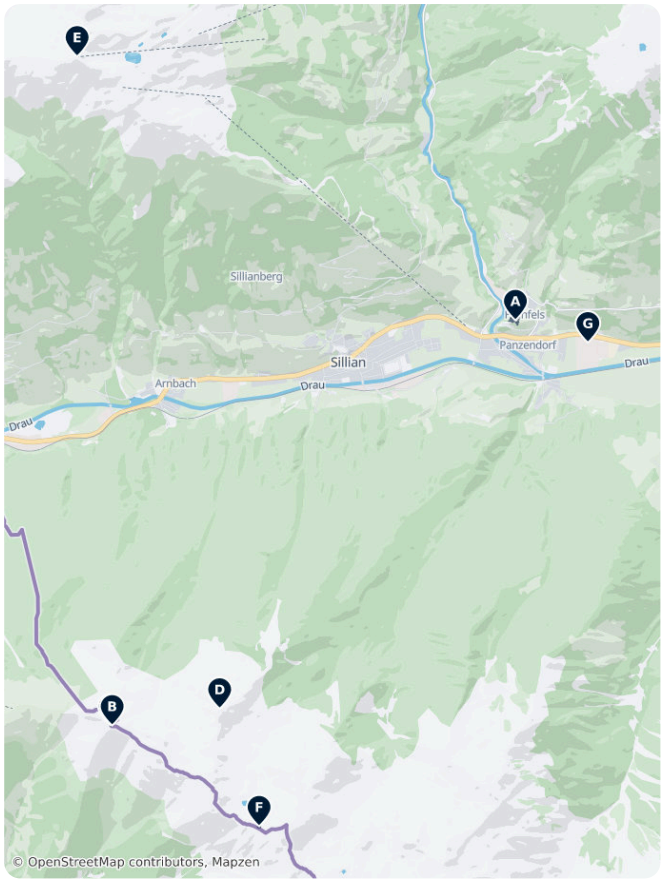
June to October is best for hiking and cycling. The Helm mountain is a popular summer and winter peak. Winter has skiing at the Sillian ski area and cross-country trails in the valley.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	1° / 6° Feels like -3°	-7° / -16°	Dry air · Calm winds
February	Great Great for skiing	3° / 9° Feels like -1°	-6° / -17°	Dry air · Calm winds
March	Good Good for skiing	7° / 14° Feels like 3°	-2° / -11°	Dry air · Calm winds
April	Fair Fair for cycling	11° / 18°	2° / -4°	14 rainy days · Dry air · Calm winds
May	Fair Fair for cycling	16° / 22°	7° / 1°	20 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	21° / 27°	11° / 5°	20 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	23° / 28°	13° / 7°	21 rainy days · Dry air · Calm winds
August	Good Good for sightseeing	22° / 28°	13° / 7°	19 rainy days · Calm winds
September	Good Good for sightseeing	18° / 24°	9° / 2°	15 rainy days · Dry air · Calm winds
October	Good Good for cycling	14° / 20°	5° / -1°	12 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	7° / 14°	0° / -9°	12 rainy days · Dry air · Calm winds
December	Great Great for skiing	3° / 8° Feels like -1°	-5° / -14°	Dry air · Calm winds

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

Top sights

- A Museum Burg Heinfels is a medieval castle ruin above the village, now a museum.
- B Helm - Monte Elmo is the mountain above Sillian, with a cable car and views of the Dolomites.
- C Helmhaus is a mountain hut near the summit.
- D Heimkehrerkreuz is a memorial cross on the Helm.
- E Thurntaler is a peak for a long hike.
- F Sillianer Hütte is a hut on the Carnic Alps high-level route.
- G Loacker Museum is a small museum in the village.



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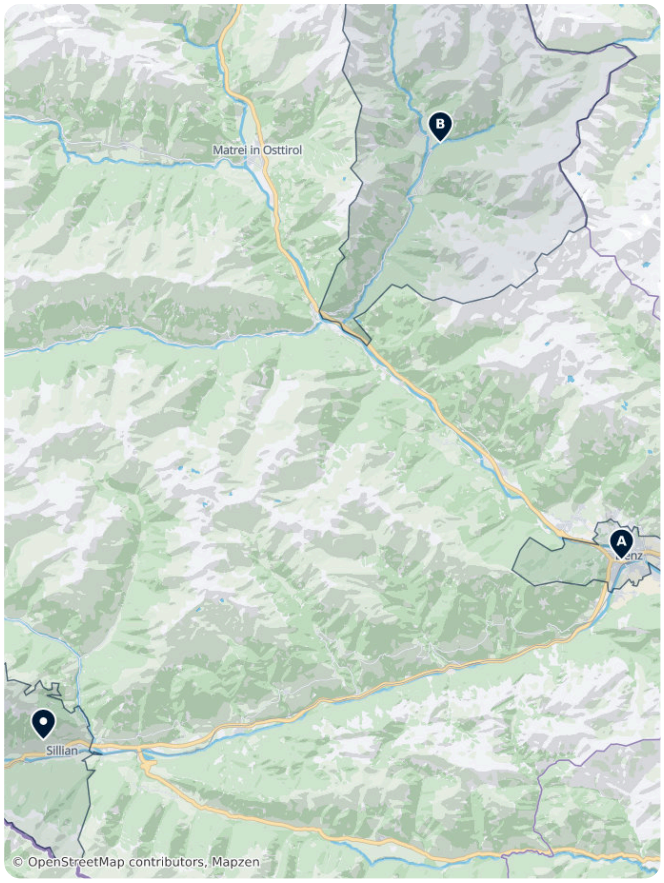
What to experience

- Ride the cable car up the Helm.
- Hike on the Carnic main ridge.
- Cycle the Drau path.
- Visit the castle museum.
- Cross the border to the Dolomites.

Day trips

- A Lienz is about 35 minutes away by car or by train.
- B Kals am Großglockner is about 50 minutes away by car.
- Innichen and Sexten in the South Tyrol Dolomites are about 10 to 20 minutes away by car.
- Lake Braies is about 40 minutes away by car.
- Cortina d'Ampezzo is about 1 hour away by car.



Where to explore

- Kals am Großglockner is the nearest preferred destination.
- Lienz is the nearest town.

Getting there

- By air: Innsbruck Airport is about 2 hours away by car. Salzburg is about 2 hours 30 minutes.
- By train: Regional trains run along the Drau valley from Lienz to Sillian and on to Innichen. Check times on ÖBB.
- By car: Take the road along the Drau valley from Lienz, or from South Tyrol over the border at Arnbach.

Getting around

The village is walkable. A cable car leads up the Helm, and regional buses and trains serve the valley. A car helps for the wider area.

Getting around on foot & by bike

WALKABILITY

Moderate

The village is small, and the castle sits on a hill above it.

CYCLING INFRASTRUCTURE

High

The Drau cycle path runs through the Hochpustertal, and mountain bike routes climb into the hills.

Driving

A car helps for the Dolomites. Roads are quiet in the valley. Winter tyres or chains are required in snow. Motorways in Austria need a vignette, and Italy has its own road rules.

Food & drink

East Tyrolean food shows South Tyrolean and Italian influence. Look for *Schlutzkrapfen*, filled pasta, *Kaspressknödel*, cheese dumplings in broth, and *Strauben*, fried batter. Huts serve simple, hearty meals.

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

Sillian is very safe. Watch the weather on high routes. Tap water is clean and safe to drink. The emergency number is 112. The mountain rescue number is 140.

History

Sillian sits on an old route along the Drau valley, between the Alps and the Dolomites. The castle above the village guarded this crossing. Border changes in the 20th century set the line to South Tyrol, and the village remains a quiet gateway to both regions.

Country facts

Quick practical facts for Austria at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY

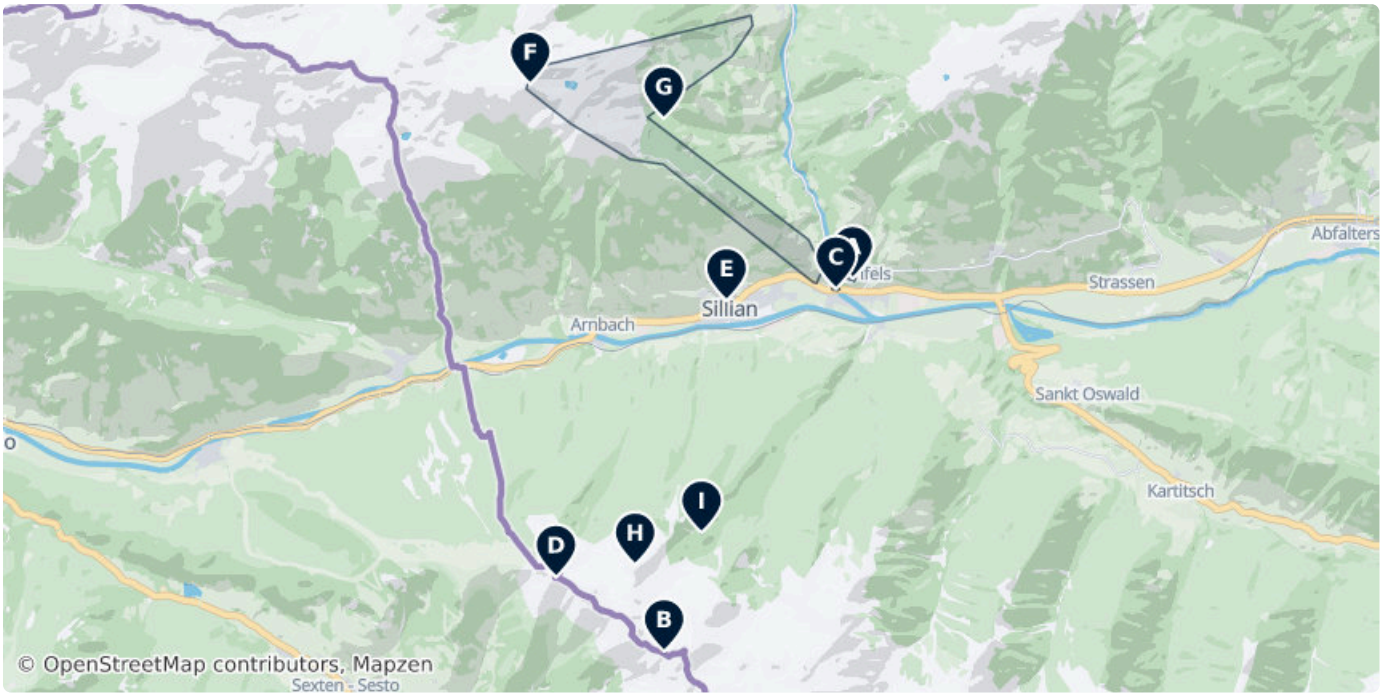
Type C / Type F
230 V · 50 Hz

LANGUAGES
German

TAP WATER
Safe to drink

Sillian Essentials

Sillian, located in the High Puster Valley, is defined by its medieval heritage and high-altitude terrain. The 13th-century Heinfels Castle and the 18th-century Punbrugge wooden bridge highlight the area's historical architecture. For outdoor enthusiasts, the Carnic Ridge provides access to the Sillianer Hütte and panoramic peaks like Helm and Thurntaler. The region also features the Hochpustertal ski area, offering over 20 kilometers of groomed runs and a base for winter sports.





A Heinfels Castle

Burg Heinfels is a castle in Heinfels, Tyrol, Austria.

Panzendorf 1, 9919 Heinfels (46.75108, 12.43972)

burg-heinfels.com

B Sillianer Hütte

High-altitude mountain refuge on the Carnic Ridge at 2,447 meters. It serves as a key stop on the Karnischer Höhenweg trail, offering views of the Sexten Dolomites.

182, 9920 Sillian, AT (46.70607, 12.40649)

sillianerhuette.at, +43 664 5323802



C Punbrugge

A historic covered wooden bridge spanning the Villgratenbach. Built in 1781, it is one of the most significant late-baroque timber structures in the Alpine region.

81a Panzendorf, Heinfels 9919, Austria (46.74982, 12.43675)

heinfels.at/index.php



D Helm - Monte Elmo

The Helm is a mountain in the Puster Valley in South Tyrol, Italy.

9920, Austria (46.71504, 12.38745)



E Pfarrkirche Mariä Himmelfahrt

Baroque-style Roman Catholic parish church featuring a distinctive tower. The interior houses ornate altars and frescoes typical of Tyrolean ecclesiastical architecture.

(46.74841, 12.41749)

F Thurntaler

A 2,404-meter peak in the Villgraten Mountains. It functions as the central point for the local ski resort and offers a 360-degree panorama of the Dolomites and Hohe Tauern.

9920, Austria (46.77452, 12.38291)

G Sillian - Hochpustertal

Family-oriented ski resort featuring 22 kilometers of slopes. The terrain extends up to 2,400 meters, providing reliable snow conditions for skiing and snowboarding.

(Unnamed Road), 9920, Austria (46.77035, 12.40644)

hochpustertal-ski.at

H Heimkehrerkreuz

A memorial summit cross located on the Carnic Ridge. It serves as a viewpoint overlooking the Puster Valley and the surrounding peaks of the Sexten Dolomites.

(46.71654, 12.40138)

Leckfeldalm

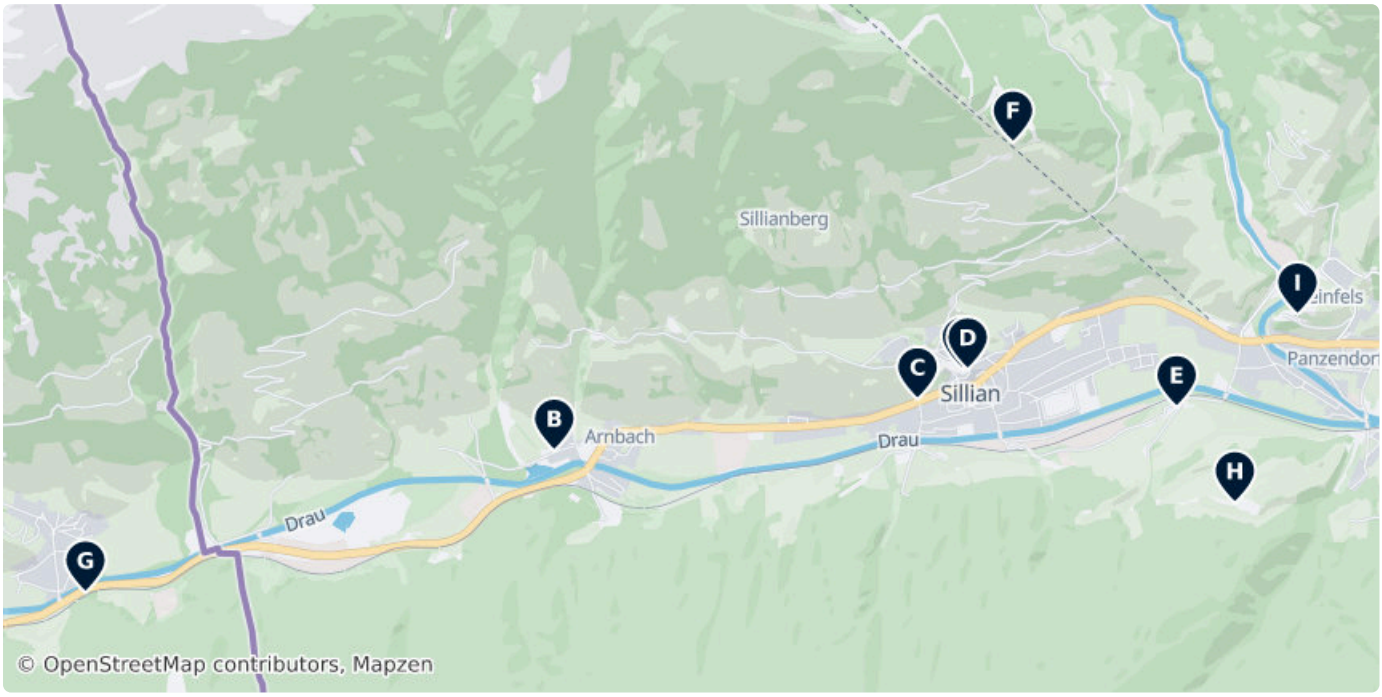
An alpine hut and pasture situated at 1,900 meters. It is a traditional base for hikers ascending to the Carnic High Trail and the Sillianer Hütte.

181a, 9920 Sillian, AT (46.72039, 12.41308)

leckfeldalm.at, +43 664 3412813

Historic Churches & Chapels

Sillian's religious landscape is defined by the prominent Pfarrkirche Mariä Himmelfahrt, a deanery parish church showcasing Baroque and Gothic influences. The surrounding area features diverse sacred structures, including the Loretokapelle and various dedicated chapels like the Annakapelle. These sites range from central town landmarks to secluded mountain shrines, reflecting the region's long-standing Roman Catholic traditions and Alpine architectural styles found throughout the East Tyrolean Puster Valley.





A Pfarrkirche Mariä Himmelfahrt

A Baroque deanery parish church with a Gothic core, situated in a prominent position in the upper part of Sillian-Markt.

(46.74841, 12.41749)

B Filialkirche zum Leidenden Heiland

A Roman Catholic branch church dedicated to the Suffering Savior, located on the western side of the municipality.

34b Arnbach, Arnbach 9920, Austria (46.74483, 12.39149)

C Kapelle zu unserem Herrn im Elend

A small Roman Catholic chapel centrally located within the village of Sillian.

135 Sillian, Sillian 9920, Austria (46.74708, 12.41467)

D Annakapelle

A Roman Catholic chapel dedicated to Saint Anne, situated in close proximity to the main parish church.

14 Sillian, 9920, Austria (46.74838, 12.41786)

E Kapelle zur Schmerzhaften Muttergottes

A Roman Catholic chapel dedicated to the Sorrowful Mother of God.

154 Sillian, 9920, Austria (46.74673, 12.43119)

F St. Ulrich Gedenkstätte

A memorial chapel dedicated to Saint Ulrich, located on the mountain slopes overlooking the valley.

12a Sillianberg, 9920, Austria (46.75829, 12.42076)

G Loretokapelle

A Roman Catholic chapel modeled after the Holy House of Loreto, situated near the village of Arnbach.

Via Prato alla Drava, 39038, Italy (46.73864, 12.36158)

H Kapelle zur Heiligen Familie

A Roman Catholic chapel dedicated to the Holy Family.

39 Panzendorf, 9919, Austria (46.74255, 12.43491)

I St. Peter

A Roman Catholic church located in the eastern district of the Sillian municipality.

2 Panzendorf, 9919, Austria (46.75078, 12.43890)

DATA SOURCES

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- Helm - Monte Elmo — "Casermetta Monte Elmo" by Llorenzi, CC BY-SA 3.0
- Pfarrkirche Mariä Himmelfahrt — "Sillian in Osttirol (Österreich), Blick Richtung Osten (Lienzer Dolomiten)" by nawerwohl02, CC BY-SA 3.0
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