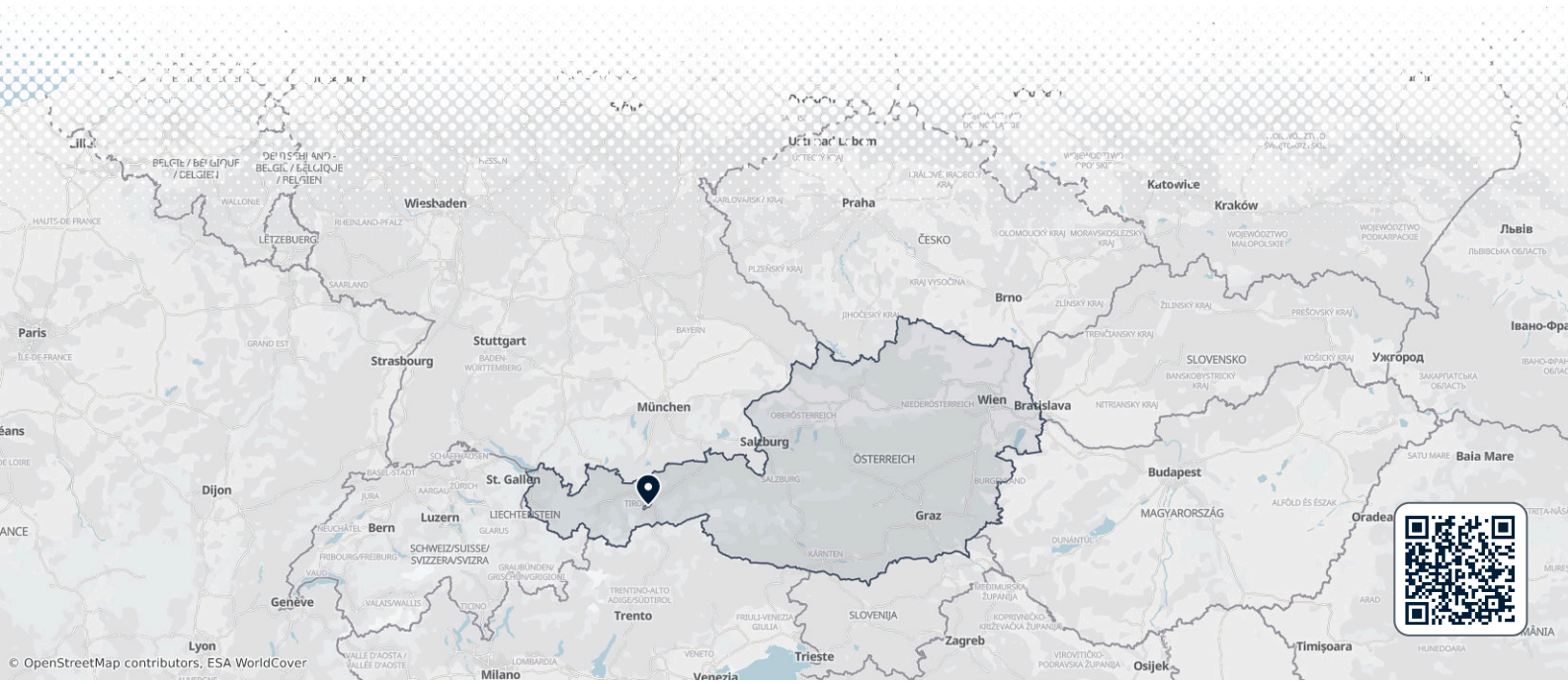


Telfes im Stubai

Tyrol · Austria

TRAVEL GUIDE

Tripomatic



Overview

Telfes im Stubai is a village at the start of the Stubai valley, about 15 km from Innsbruck. It sits on a sunny terrace above the valley floor, with the limestone Kalkkögel peaks to the north and the Stubai Alps to the south.

The village is quiet and has a local feel. It suits walkers who want easy access to the mountains and to Innsbruck.

When to visit

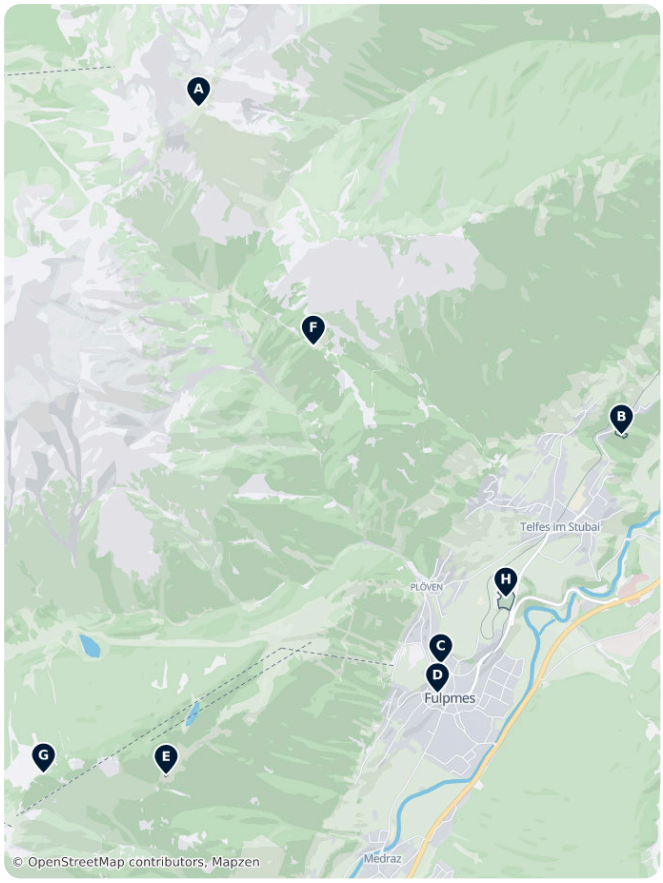
June to October is best for hiking. The mountain huts are open in summer and autumn. Winter is for snow walking and skiing at nearby areas, and the Stubai Glacier is further up the valley.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	2° / 7° Feels like -2°	-7° / -15°	13 rainy days · Dry air · Calm winds
February	Great Great for skiing	3° / 8° Feels like -1°	-6° / -15°	Dry air · Calm winds
March	Fair Fair for skiing	6° / 14° Feels like 3°	-3° / -11°	14 rainy days · Dry air · Calm winds
April	Fair Fair for hiking	12° / 20°	2° / -6°	16 rainy days · Dry air · Calm winds
May	Fair Fair for sightseeing	17° / 24°	7° / 2°	22 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	22° / 28°	11° / 5°	21 rainy days · Dry air · Calm winds
July	Good Good for sightseeing	23° / 28°	13° / 7°	22 rainy days · Calm winds
August	Fair Fair for sightseeing	23° / 28°	13° / 8°	21 rainy days · Calm winds
September	Good Good for sightseeing	19° / 25°	9° / 3°	16 rainy days · Dry air · Calm winds
October	Good Good for hiking	14° / 21°	5° / -2°	14 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	8° / 15°	0° / -9°	14 rainy days · Dry air · Calm winds
December	Good Good for skiing	3° / 8° Feels like -1°	-5° / -14°	13 rainy days · Dry air · Calm winds

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

Top sights

- A Saile (Nockspitze) is a peak above Innsbruck, climbed on a long mountain day.
- B Greifvogelpark Telfes is a bird of prey park with flying displays.
- C Schmiedemuseum shows the smithing tradition of the Stubai valley.
- D Tiroler Krippenmuseum shows nativity scenes from Tyrol.
- E Galtalm and F Pfarrachalm are mountain huts on walking routes.
- The Alpenklubscharte and the Steingrubenkogel are high points for experienced hikers.
- G Aussichtsplattform Stubaiblick is a viewpoint over the valley.
- H StuBay is a pool and leisure facility in the valley.



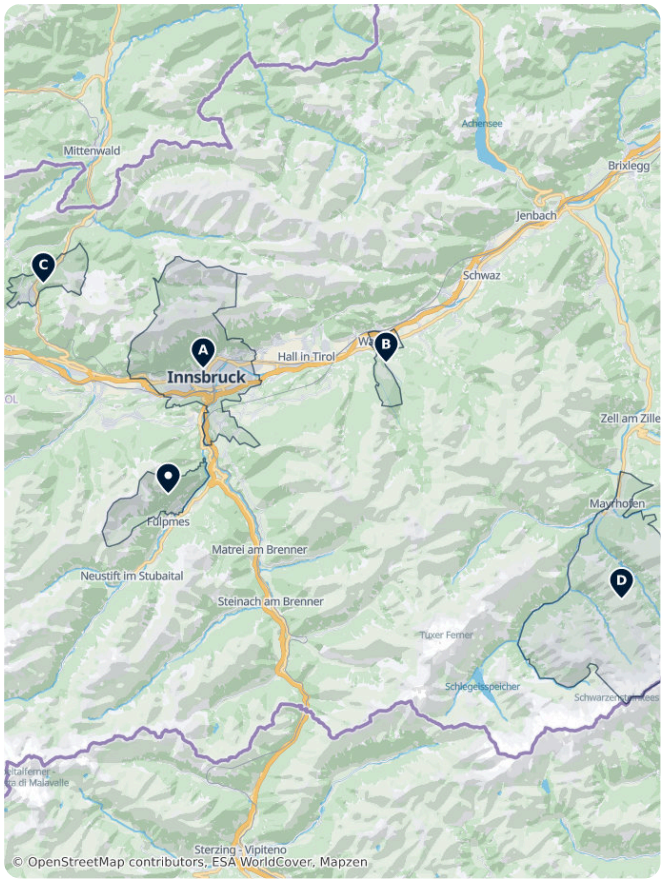
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What to experience

- Hike to a mountain hut.
- Take the tram to Innsbruck.
- Watch a bird of prey show.
- Visit a smithing museum.
- Ski at the Stubai Glacier.

Day trips

- A Innsbruck is about 20 minutes away by car or by tram.
- B Wattens is about 35 minutes away by car.
- C Seefeld in Tirol is about 40 minutes away by car.
- D Mayrhofen is about 1 hour away by car.
- The Stubai Glacier is about 40 minutes away by car.



Where to explore

- Innsbruck is the nearest preferred destination.
- Seefeld in Tirol and Mayrhofen are the other Tyrol options nearby.

Getting there

- By air: Innsbruck Airport is about 25 minutes away by car. Munich is about 2 hours.
- By train: Take a train to Innsbruck, then the Stubaitalbahn tram towards Fulpmes. Check times on ÖBB.
- By car: Leave the A13 Brenner motorway at Innsbruck-Süd and follow the road into the Stubai valley.

Getting around

The village is small and mostly walkable. The tram and local buses run through the valley. A car helps for trailheads and the glacier.

Getting around on foot & by bike

WALKABILITY

Moderate

The village is small and sits on a slope, with paths to the huts.

CYCLING INFRASTRUCTURE

Moderate

Roads in the Stubai valley climb steadily, and mountain bike routes lead into the hills.

Driving

A car helps for the glacier and trailheads. The valley road is busy on winter weekends. Winter tyres or chains are required in snow. Motorways in Austria need a vignette.

Food & drink

Tyrolean food includes *Tiroler Gröstl*, fried potatoes with meat and egg, *Kaspressknödel*, cheese dumplings in broth, and *Kaiserschmarrn*, a sweet shredded pancake. Mountain 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

Telfes is very safe. On high routes, watch the weather and check conditions. Tap water is clean and safe to drink. The emergency number is 112. The mountain rescue number is 140.

History

Telfes has been a farming village on the Stubai terrace for centuries. The valley was known for iron and for tool smiths, a tradition that still shapes local crafts. Tourism came with the Stubai tram and the glacier, while the village remains small.

Country facts

Quick practical facts for Austria at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY

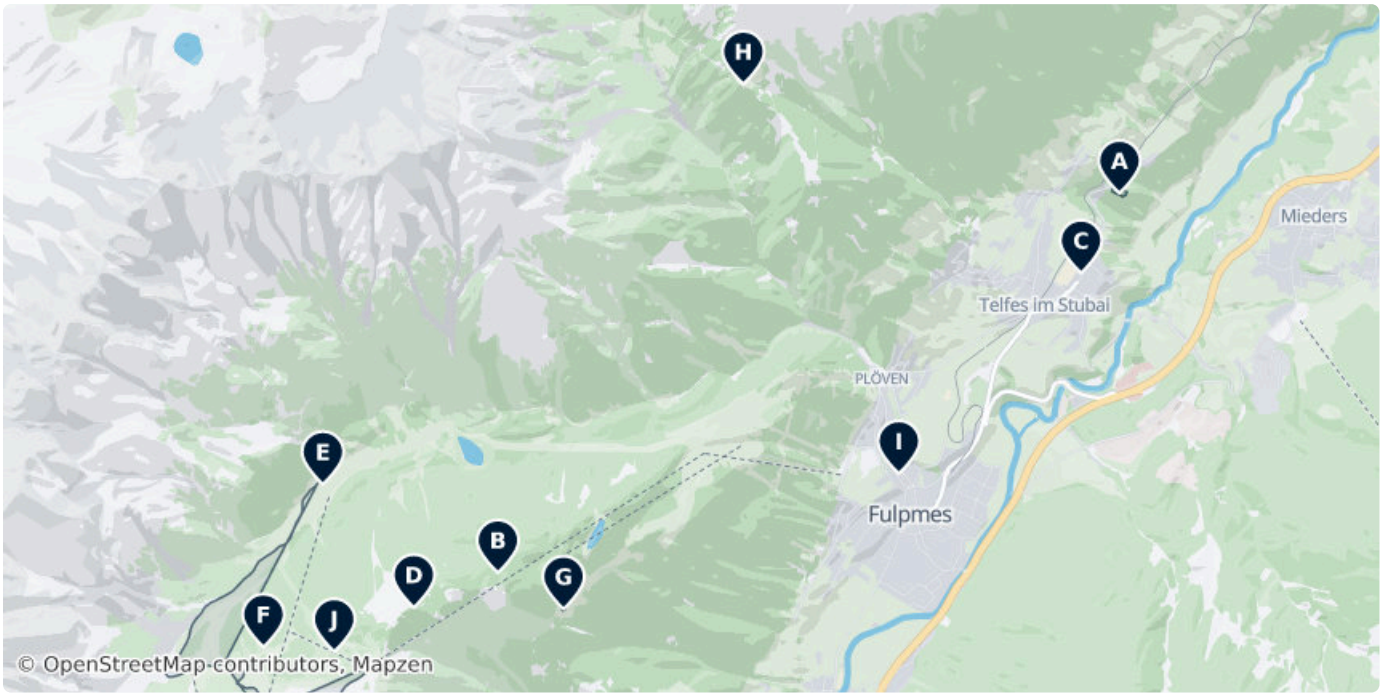
Type C / Type F
230 V · 50 Hz

LANGUAGES
German

TAP WATER
Safe to drink

Telfes im Stubai Essentials

Telfes im Stubai serves as the gateway to the Kalkkögel mountains, often called the North Tyrolean Dolomites. This collection highlights the Schlick 2000 alpine area, including the Stubaiblick viewing platform at 2,160 meters and the Schlicker Alm. Cultural sites include the 18th-century Baroque parish church of St. Pancras and the Schmiedemuseum, which documents the local history of ironworking. Outdoor activities range from falconry displays at the Greifvogelpark to mountaincart descents and high-altitude hiking between traditional alpine huts like the Galtalm and Pfarrachalm.



A Greifvogelpark Telfes

Bird of prey center featuring daily flight demonstrations of eagles, owls, and falcons in an open-air alpine setting.

6165, Austria (47.17047, 11.36569)

Mo–Su 11:00–17:00



B Schlick 2000

Alpine resort located in a five-kilometer valley basin between the Kalkkögel mountains and the Stubai Valley, used for skiing and hiking.

6166, Austria (47.15000, 11.31636)

stubai.at/skigebiete/schlick2000/skigebiet/



C Pfarrkirche zum Hl. Pankratius

Late Baroque parish church built between 1734 and 1739, featuring ornate interior frescoes and dedicated to Saint Pancras.

32a Telfes, Telfes im Stubai 6165, Austria (47.16617, 11.36263)

dioezese-innsbruck.at/telfes



E Schlicker Alm

Mountain inn situated at 1,643 meters above sea level, offering traditional Tyrolean cuisine and lodging in the heart of the Schlick.

137 Schlick, 6165, Austria (47.15478, 11.30247)

schlickeralm.at, +43 5225 62409

G Galtalm

Traditional alpine hut at 1,750 meters, accessible via forest trails and known for its views across the Stubai mountain range.

Galtalm 1, 6166 Fulpmes, AT (47.14805, 11.32157)

galtalm.at

D Aussichtsplattform Stubaiblick

High-altitude viewing platform at 2,160 meters providing panoramic views of the Stubai Alps and the rugged Kalkkögel peaks.

(47.14814, 11.30969)

F Mountaincarts Schlick 2000

Gravity-powered three-wheeled carts available for downhill rides along a designated track from the Froneben middle station.

(47.14600, 11.29775)

H Pfarrachalm

High-altitude alpine pasture at 1,740 meters, serving as a base for hikers with views toward the Serles mountain.

6165 Telfes im Stubai, AT (47.17635, 11.33584)

I Schmiedemuseum

Local history museum focused on the tradition of blacksmithing and iron tool production in the Stubai Valley.

(47.15535, 11.34817)

fulpmes.gv.at/Schmiedemuseum

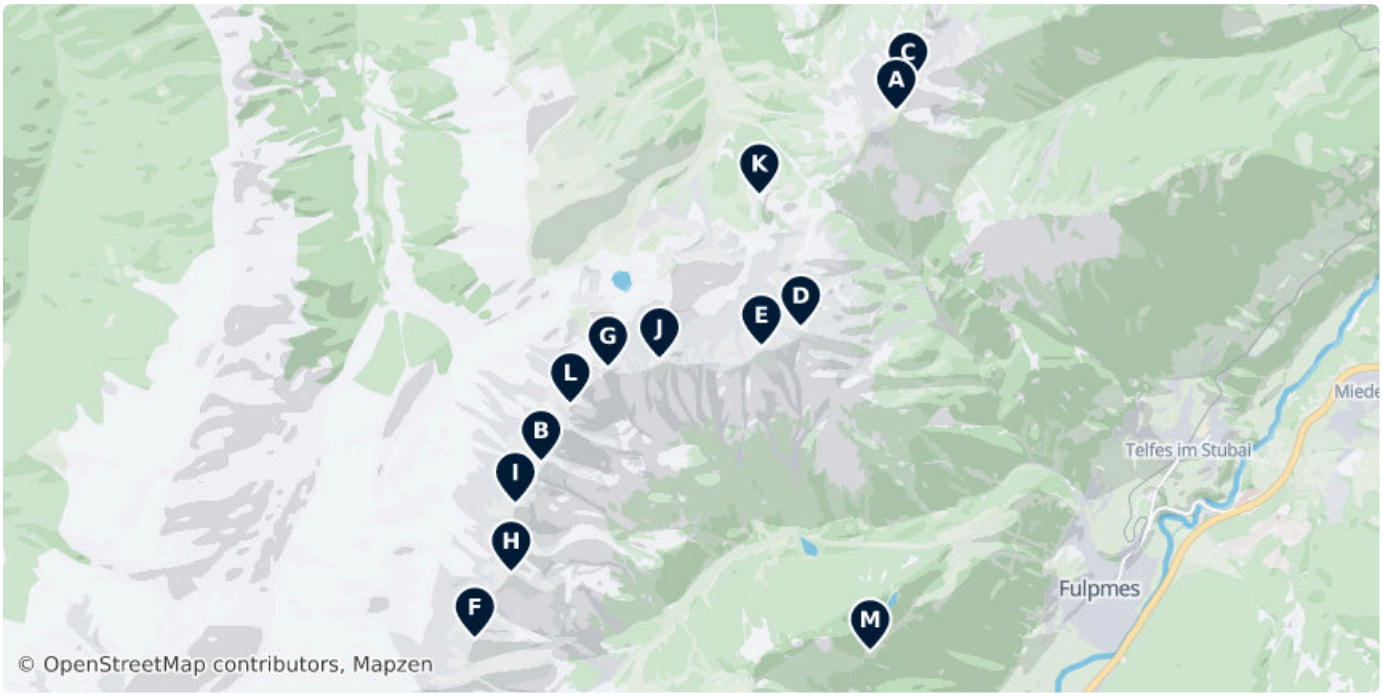
J Panoramabahn

Cable car providing transport to the upper reaches of the Schlick 2000 area, connecting the middle station to the mountain ridges.

6165, Austria (47.14575, 11.30337)

Alpine Peaks & Viewpoints

This collection highlights the dramatic peaks of the Kalkkögel and Stubai Alps, often referred to as the 'Dolomites of North Tyrol' due to their jagged limestone formations. The list includes prominent summits like the 2,404-meter Saile, known for its panoramic views of Innsbruck and the Inn Valley, and the technical 2,700-meter Große Ochsenwand. Alongside these rugged ridges, the Galtalm provides a traditional mountain hut experience at 1,680 meters, serving as a key waypoint for hikers exploring the Schlick area.





A Saile (Nockspitze)

A 2,404-meter peak southwest of Innsbruck featuring a broad, grassy summit plateau with extensive views over the Inn Valley.

6091, Austria (47.19207, 11.32472)



B Steingrubenkogel

A 2,633-meter limestone peak within the Kalkkögel range, often accessed by climbers via the Alpenklub-Scharte.

6095, Austria (47.16347, 11.28211)



C Saile (Nockspitze) Vorgipfel

The 2,365-meter secondary summit of the Saile mountain.

6162, Austria (47.19428, 11.32613)

D Ampferstein

A 2,556-meter mountain serving as the eastern cornerstone of the Kalkkögel range.

6094, Austria (47.17444, 11.31326)

E Marchreisenspitze

The Marchreisenspitze, at 2,620 m, is the fifth highest summit of the Kalkkögel in the Stubai Alps.

6094, Austria (47.17286, 11.30854)

F Riepenwand

Standing at 2,774 meters, this is one of the highest limestone peaks in the Stubai Alps, characterized by steep rock faces.

6095, Austria (47.14906, 11.27415)

G Hochtennspitze

A 2,549-meter peak in the Kalkkögel, situated along the ridge between the Schlicker Scharte and the Hoadl.

6094, Austria (47.17116, 11.29012)

H Große Ochsenwand

A 2,700-meter peak famous for hosting the Schlicker via ferrata, a challenging fixed-rope climbing route.

6095, Austria (47.15445, 11.27852)

I Kleine Ochsenwand

A 2,553-meter limestone summit located in the northern section of the Kalkkögel range.

6095, Austria (47.16005, 11.27902)

J Malgrubenspitze

A 2,571-meter peak situated between the Marchreisenspitze and the Hochtennspitze.

6094, Austria (47.17184, 11.29631)

K Schneiderspitze

A 2,156-meter peak positioned north of the Ampferstein, overlooking the Axamer Lizum terrain.

6094, Austria (47.18521, 11.30829)

L Schlicker Zinnen

A 2,578-meter jagged rock massif in the Kalkkögel, popular for technical alpine climbing.

6095, Austria (47.16816, 11.28561)

M Galtalm

Traditional mountain hut and restaurant at 1,680 meters, accessible via hiking trails from Fulpmes and Neustift.

(47.14805, 11.32157)

galtalm.at

Alpine Adventures & Chapels

This collection explores the rugged Kalkkögel mountains and the religious heritage of Telfes im Stubai. It features challenging via ferratas like the Große Ochsenwand, known for its steep limestone faces and difficulty ratings up to C/D. Complementing these alpine routes are traditional Catholic sites, including the Schutzengelkapelle and the historic Totenkapelle in Telfes. These locations showcase the exposed ridges of the Kreuzjoch alongside quiet hamlets like Plöven, offering a perspective on both the natural terrain and local spiritual traditions of the Stubai Valley.



A Klettersteig Große Ochsenwand

Challenging via ferrata in the Kalkkögel range with a difficulty rating of C/D.
The route features steep limestone sections and significant exposure.

(47.15375, 11.27986)

B Klettersteig Steingrubenkogel

Alpine via ferrata with a difficulty rating of C. Requires a strenuous approach through steep mountain terrain in the Kalkkögel massif.

(47.16130, 11.28131)

C Gratklettersteig Kreuzjoch

Ridge-line via ferrata with a difficulty rating of C, offering exposed climbing sections near the Kreuzjoch summit.

(47.14224, 11.30450)

D Gratklettersteig Kreuzjoch

Moderate ridge-line via ferrata with a difficulty rating of B, suitable for climbers transitioning to technical alpine terrain.

(47.14193, 11.30363)

E Kreuzjoch-Klettersteig Ost

Difficult eastern via ferrata route with a D rating, characterized by demanding vertical climbs and athletic sections.

(47.14169, 11.30328)

F Schutzengelkapelle

Traditional Catholic chapel dedicated to the Guardian Angel, located within the alpine landscape near the Schlick 2000 area.

137 Schlick, 6165, Austria (47.15464, 11.30157)

G Plöven-Kapelle

Local Catholic chapel situated in the hamlet of Plöven, featuring traditional Tyrolean religious architecture.

11 Plöven, Telfes im Stubai 6165, Austria (47.16098, 11.34729)

H Alte Totenkapelle

Historic mortuary chapel located in Telfes im Stubai, serving as a site for traditional funeral rites.

144a Telfes, Telfes im Stubai 6165, Austria (47.16603, 11.36223)

I Totenkapelle

Catholic mortuary chapel in Telfes im Stubai used for local mourning and religious services.

37a Telfes, Telfes im Stubai 6165, Austria (47.16643, 11.36249)

DATA SOURCES

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