

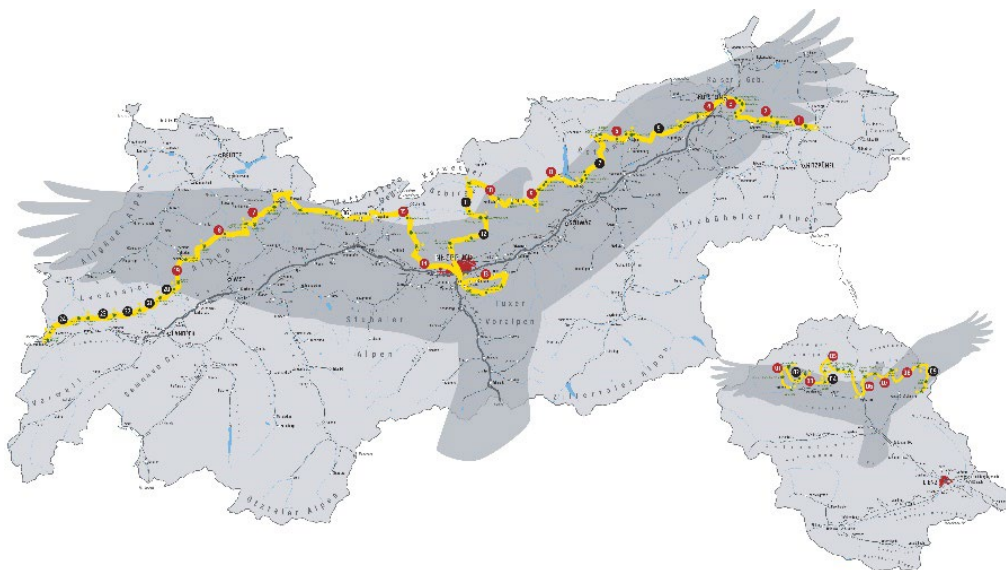
LONG-DISTANCE HIKING ON THE WINGS OF AN EAGLE: 20 YEARS EAGLE WALK TIROL

The Eagle Walk in Tirol has enthralled mountain enthusiasts for the past two decades. Set amidst the imposing mountain world of Tirol, this unique long-distance hiking trail offers a challenging route, impressive scenery and some unforgettable encounters with nature. In celebration of its 20th anniversary, a special focus is once again being placed on the Eagle Walk's extraordinary features and the sheer fascination of long-distance hiking.

Key facts about the Eagle Walk

- 426 kilometres in overall length
- 33-day stages (1 easy, 20 moderately difficult, 12 challenging)
- 30,000 uphill metres, 28,000 downhill metres
- 7 mountain ranges through North and East Tirol
- 75 places to stop for refreshments and accommodation along the route
- Highest point: 2,848 metres above sea level (Gradötzscharte on Stage 7 in East Tirol)

More interesting facts and figures about the Eagle Trail can be found under <https://presse.tirol.at/en/eagle-walk-in-numbers/258811>



Long-distance hiking trail with symbolic significance

The Eagle Walk is named after the majestic national symbol of Tirol, which represents freedom, power and foresight. The route itself – from St. Johann in Tirol in the east to St. Anton am Arlberg in the west – is reminiscent of an eagle’s silhouette with its wings outstretched. Unlike many European long-distance hiking trails, which often meander from north to south over mountains and valleys, The Eagle Walk, for the most part, follows a consistent line from east to west (North Tirol) and west to east (East Tirol). This route offers breathtaking “eagle’s-eye” views: spectacular vistas of deep valleys, rugged rock faces and sweeping mountain panoramas. Those embarking on this alpine trail will require courage, strength and stamina – and will be rewarded with unparalleled perspectives and impressions.

With a total length of 330 kilometres in North Tirol (24 stages) and 96 kilometres in East Tirol (9 stages), the Eagle Walk traverses some of the most impressive mountain ranges in Tirol: the Kaiser Mountains, Brandenberg Alps, Karwendel Mountains, Tux Alps, Wetterstein Mountains, Lechtal Alps and Hohe Tauern. A route that combines alpine challenges with cultural highlights and showcases the diversity of Tirol’s topography and geography.

History & development of the Eagle Walk

Inspiration for the Eagle Walk arose from the desire to make it possible to experience Tirol in its entirety while hiking. Since its establishment in 2005, it has rapidly developed into one of Europe’s most outstanding long-distance hiking trails. By 2007, the network of trails had been expanded to a total of 127 stages by connecting the southern valleys with regional routes (“Eagle Walk feathers”). Restructuring in 2015 led to the current, more concise route and was accompanied by some thematic fine-tuning that helped clarify the experience the trail offers and its target group, thus enabling a much clearer market positioning. Special highlights – in addition to the “eagle’s-eye” views – are the alpine stories that accompany each stage, offering fascinating insights into the history and iconic features of the respective mountain ranges. These stories can be read online, or in book form in the mountain huts along the route – a literary companion that makes the trail even more rewarding.

“The Eagle Walk is our flagship long-distance hiking trail and, 20 years after its creation, it embodies Tirolean alpine identity and the successful networking of regional hiking opportunities more than ever,” explains Karin Seiler, Managing Director of Tirol Werbung. “It traverses our entire region and allows locals and visitors alike to experience the mountains in all their diversity. The 33 stages offer stunning panoramas, passing through a wide range of natural environments, revealing a diverse animal and plant kingdom. And the mountain huts and farms along the way provide a welcome opportunity to stop for refreshments and recharge flagging energy levels.”

The eagle – king of the Tirolean mountains

With a little luck, hikers may even catch a glimpse of a majestic golden eagle in the wild along the Eagle Walk – a sight that would hardly have been possible over 100 years ago, as their population in Austria had been severely depleted at that time. Nowadays, these birds of prey are once again native to every Tirolean valley. The Karwendel Mountains are in fact home to one of the highest populations of eagles in the entire alpine region. With their impressive

wingspan of up to 2.4 metres and hunting speeds of up to 300 km/h, they glide high above the heads of hikers, reminding them of the significance of the Eagle Walk's symbolic name.

Special anniversary year offers

To commemorate the Eagle Walk's 20th anniversary, regions along the route are placing an increased focus on the trail and have come up with an array of special offers that invite people to hike and explore. Hikers can look forward to exclusive anniversary promotions: from summer 2025, the Tiroler Zugspitz Arena will be marking the occasion with a newly built "Eagle Walk photo point." The mountain huts en-route will be treating visitors to special Eagle Walk dishes. The "Eagle Walk Challenge" in St. Anton am Arlberg is yet another highlight – walkers who complete it will have their efforts rewarded with an anniversary goody bag.

The Eagle Walk's environmentally friendly accessibility is also worth mentioning: thanks to the well-developed network of public transport, many stages of the long-distance hiking trail are well connected and allow for a comfortable and convenient journey by bus and train.

Long distance hiking is a growing trend

Long-distance hiking has enjoyed ever-increasing popularity in recent years. In 2024, 90 % of Tirolean summer guests chose hiking as their main holiday activity. In 2017, 30 % of German and 18 % of Austrian hikers took part in long-distance hiking and the trend continues unabated to this day. Many regions have seen a surge in demand and now offer a wide range of long-distance hiking options. People are attracted to the combination of sporting challenge, the opportunity to take time to unwind and enjoy a powerful reconnection with nature. Long-distance hiking is particularly popular with the younger generation – a development that is also reflected in the increasing number of long-distance hiking trails in recent years. The Eagle Walk is a pioneering route that has paved the way for many other long-distance hiking trails in Tirol.

Recommended links

- [Comprehensive information about the Eagle Walk Tirol](#)
- [Other long distance hiking trails in Tirol](#)
- The exclusive Eagle Walk starter pack with tour guide is available at www.tirol-shop.com/geschenke/adlerweg-starterpaket-klein.html.

With its 34 regional associations, **Tirol** is one of the leading holiday destinations in the Alps. Tirolean tourism is characterised by almost 200 years of history and various pioneering achievements. Summer and winter guests alike appreciate the alpine mountain landscape and nature, the high quality of service and infrastructure, as well as the welcoming hospitality. Based in Innsbruck, Tirol Werbung GmbH is part of the Lebensraum Tirol Holding GmbH group of companies and serves as the provincial tourism marketing organisation, working towards positioning Tirol as the most sought-after and spiritually energising location in the alpine world.

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