

The Blue Land around Lake Staffelsee is rich in nature's spectacles, which can be seen and felt in the most varied ways. From biological excursions, guided walks and bike tours to gentle strolls, you have all the possibilities to leave behind the daily grind and allow free rein to all your senses.

## Murnau Moor



The nature reserve Murnau Moor reveals itself best during biological excursions. Our guides show you wonderful meadows, thriving with orchids and gentians, and explain to you the geological development, botanic particularities, the rich biodiversity and aspects of nature conservation.

**Guided tour through the Moor with Uli Klein**  
tel. 08841/8080, Uli Klein organizes slide shows about the Murnauer Moor, as well.

**Guided tour through the Moor with Dr. Helmut Hermann**  
max. 30 participants, foreign language English  
special dates and groups upon request

**Contact:** Dr. Helmut Hermann, Alpenvorland Natouristik GmbH  
Schießstattsiedlung 17, 82362 Weilheim, tel. 0881/41 74 74, fax 0881/41 74 75,  
alpenvorland-natouristik@t-online.de, [www.alpenvorland-natouristik.de](http://www.alpenvorland-natouristik.de)

The 12 km long Moor loop trail is one of the most beautiful hiking trails in the Blue Land with a scenic view of the Zugspitze. Starting point is the chapel of St. George, also named „Ähndl“, next to the restaurant of the same name. The first part of the trail leads through the lower Moor along the Ramsach creek. Here grow irises, globe flowers, various kinds of orchids, gentians and stalk-less gentians, bird's eye primroses and tall cotton grass. A very beautiful area is the „Lange Filz“, a still intact sphagnum bog in the North-West. Here survive, among other plants, bog rosemary, various berries and the carnivorous sun-dew.

The Murnau Moor spreads south of Murnau to Eschenlohe and west to Grafenaschau. In terms of its terrain and unspoiledness, its different landscapes and its animal and plant world- it is unique in Central Europe. Many animals and plants, threatened by extinction, still find a safe habitat here. With an area of approx. 35 km², and with the nature reserve covering 23,55 km², it is today the **most important and most original Moor area of the whole Northern pre-Alpine country**.

### Guided tours through the Moor

**Contact:** Tourist-Information Murnau  
Ms Birgit Girg, tel. 08841/61 41-12  
fax 08841/61 41-21, [girg@murnau.de](mailto:girg@murnau.de)

**May - September**  
9.00 am, duration approx. 3 hours

**June to September**  
every thursday, 9.30 am  
duration 3 - 5 hours



**Moor loop trail**

## Ways, Lakes & Mountains

In cooperation with local guides, regular guided walks, hiking and mountain trips, are organized in Murnau in summer, e.g. on the Jochberg with a great view to the magnificent valley of the Loisach and to the Kochel Moors or through the Partnach Gorge at Garmisch-Partenkirchen. Special dates for groups always possible.

**Contact:** Tourist-Information Murnau, Ms Birgit Girg, Kohlgruber Str. 1, 82418 Murnau, tel. 08841/61 41-12, fax 08841/61 41-21, [girg@murnau.de](mailto:girg@murnau.de)

Discover wild seasonal herbs, wild vegetables and edible blossoms whilst leisurely hiking through the foothills of the Alps right on the doorstep of Murnau. Afterwards, relax and enjoy a WellVital speciality Menu seasoned and flavoured with the variety of those wild growing plants in the Restaurant Stern in the village of Seehausen. An even more intensive herb experience is offered by the „Murnau Wild Herb Days“. This is a three-day seminar including herb treats and snacks, herb menus and a variety of recipes for you to enrich your culinary pallet.

**Dates:** April to October upon request, duration 2.00 pm - 8.30 pm

**Contact:** Elfriede Courtenay, nature and landscape guide, herb educationalist, Jochbergweg 3 82418 Murnau, tel. 08841/792 29, [eg.courtenay@t-online.de](mailto:eg.courtenay@t-online.de), [www.courtenay.de](http://www.courtenay.de)

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In the Murnau walking-trail map, you will find a total of twelve scenic loop trails. On the Staffelsee loop trail (20 km) and the Riegsee loop trail (13 km), you can walk around both of the Murnau lakes. Beautiful lookout points are along the Höhlmühle loop trail (6 km) and the Drachenstich loop trail (4 km), as well.

Murnau is an ideal starting point for bike tours (family-, mountain bike and racing-cycle tours) to the surroundings with many sights (→ Bavarian Highlights). All bike tours are listed in the biking-tour map.

One of the most beautiful walking trails in Upper Bavaria is the Kottmüllerallee from the Münter-House to the Murnau Moor. For further informations and proposals for outings please contact the Tourist-Information Murnau.

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Our local guides organize bike tours in the lake district around Murnau, past many a small pond, through forests and the Moor. Special dates for groups always possible. During a round trip through the Murnau Moor or the Kochel Moors, you discover the beauty of nature, appearing right in front of your eyes. Particularly worthwhile and refreshing on hot days, are excursions to the Kuhflucht Waterfalls.

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**Guided walks**

**Herbal tours**



**Walking an hiking trails**



**Guided bike tours**



**Staffelsee**

The Staffelsee with a surface of 766 ha and a shoreline of 18 km is - as one of the warmest lakes of Upper Bavaria - a popular swimming area. Its water is mild, with a high Moor content, and warms up fast. Regular purity readings guarantee a good quality of the water. The western part of the lake is protected by law. The seven isles give it this special character. In winter, ice-skaters, ice hockey-players and Bavarian curling teams enjoy its huge ice cover.

East of the Staffelsee, at a distance of approx. 2 km, you find the Riegsee, another warm swimming area with excellent quality of water.

**Riegsee**

The Froschhauser See lies directly next to the Riegsee, only separated by one road. Of all three Murnau lakes, it has got the highest Moor content.

**Froschhauser See**

To the south of Murnau, the **Heimgarten** (1790 m), also, offers a scenic view. The summit is accessible only by foot. The ascent takes approx. 2 1/2 hours and starts in Ohlstadt. After 1 1/2 hours, you get to the Bärenfleckhütte, after another 60 minutes; there is a restaurant on the peak. From the Heimgarten, a ridge walk for the experienced leads in 1 1/2 hours to the Herzogstand (1731 m), Herzogstandhaus and station (→ A - Z, mountain railways).

You can walk up the mountains of Heimgarten and **Herzogstand** or use the modern cable railway, and then enjoy the beautiful view of the Bavarian foothills of the Alps, from the lakes Kochel- and Walchensee to the Starnbergersee, on clear days even to Munich, and in the other direction, of the magnificent Alps and the Zugspitze, the highest mountain in Germany.



**Mountains with a scenic view**

The ascent to the **Hintere Hörnle** (1,548 m, 1 1/2 hours) begins in Grafenaschau at the South-West end of the nature reserve Murnau Moor. It is an easy walk up to three different summits (Vorderes, Mittleres and Hinteres Hörnle). From Bad Kohlgrub, a double chairlift takes you to the Hörnlehütte (→ A - Z, mountain railways).



## Nature paradise river Loisach

The artist town of Murnau is usually associated with the protected area of the Murnau Moor and its three surrounding bathing lakes: Lake Staffelsee, Lake Riegsee and Lake Froschsee. What is less commonly known is that the river Loisach winds itself through the South of Murnau. Between the towns of Griesen and Garmisch-Partenkirchen, the 120 km long mountain river turns into a real wild water Eldorado, after the village of Eschenlohe the river Loisach quiets down and provides perfect rafting conditions. Those who are not prepared for a cold, crystal water dip have the alternative of enjoying the beautiful river landscape from one of the numerous biking trails. One of these well sign-posted trails leads evenly upstream for about 30 km either from Murnau to Garmisch-Partenkirchen or from Großweil via Kochel to Benediktbeuern.

Canoe, kayak, rafting and rubber dinghy tours between Mount Zugspitze and Lake Kochelsee → Active & Creative

