Walking and Hiking in Tirol

Emergency app Tirolean
Mountain Rescue Service
There is a lot to learn about mountain climbing and that takes time!

Just like skiing, initial climbing experiences should be made in flatter terrain. First steps should be taken on hiking trails.

**Hiking trail:** easy, wide, in valley areas and adjacent forests  
**For:** beginners and walkers  
**Requirements:** sports shoes and weather appropriate clothing

Only after establishing adequate fitness levels, should you go one-step further and attempt red-rated mountain trails. You should bear in mind that physical fitness, sureness of foot and a good head for heights is not something that can be achieved from one day to the next, but is developed with time and practise along various mountain trails.

**Moderately difficult mountain trail:** often narrow, steep, exposed in places, you may need to use your hands to help balance in some sections.  
**For:** surefooted and experienced hikers  
**Requirements:** good physical condition, alpine experience and mountain equipment  
There is also a lot to learn about hiking a blackrated mountain trail, and this too takes time. The same applies here: practise makes perfect.

**Difficult mountain trail:** mostly narrow, steep, very exposed, long sections secured with rope or cable, climbing passages.  
**For:** those with a good head for heights, surefooted and experienced alpine climbers  
**Requirements:** very good physical condition, alpine experience and mountain equipment, including alpine safety gear, good weather conditions. This terrain is not suitable for everyone.

**Alpine route:** Exposed, unmarked trails and unsecured terrain, or on glaciers  
**For:** those with a good head for heights, surefooted and experienced alpine climbers  
**Requirements:** excellent physical condition, comprehensive alpine experience, alpine climbing gear, safety and orienteering aids, good weather conditions

Take your time and make sure you come home safe and sound.

*Source: Österreichischer Alpenverein*

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*www.tyrol.com*
Keep in mind

Planning a hike

• Detailed planning of the hike in advance (gather information about the destination and the group)
• Check the weather forecast and take into account the current weather conditions
• Adapt the hike and the destination according to your skills; groups should always base their planning on the abilities of the weakest member

Tips and information

• Continuously check your position
• Be aware of Alpine dangers (falling rocks, danger of avalanches, weather)
• Equipment: telescopic umbrella, hiking sticks, bonnet and gloves
• Hikers should follow the layer system (several thin layers rather than one thick garment)

Equipment

• Outdoor clothing suitable for the weather conditions (good shoes, waterproof and breathable clothing)
• Food (e.g. fruits, muesli bars, wholemeal bread) and drinks (carry enough liquid)
• First-aid kit
• Mobile phone with fully charged battery
• Hiking map and guide
• Sun protection (sun cream and glasses, hat)
• Bivouac sack

First aid

• First-aid kit
• Mobile phone with fully charged battery and charger

Emergency numbers

• 140: Mountain rescue service – Alpine emergency
• 112: European emergency number (works with any mobile phone & all available networks)

No coverage?
If there is no reception and in dead spots, no emergency calls can be made. → Go to an area with better reception and dial 112 regularly.
Euro emergency: Access to all available networks if 112 is dialled after switching on the phone instead of entering the PIN or by using the SOS emergency function.

Reporting an accident

• Who is reporting / call-back number?
• What is the exact location of the accident?
• What has happened?
• How many people are injured?

Emergency app Tiroleans Mountain Rescue Service
Smart phone users can install the new emergency app provided by the Tiroleans Mountain Rescue Service. It helps making an emergency call and transmits one’s location.

Emergency app Tiroleans Mountain Rescue Service

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Packing Checklist for one day

Centre/back
- Bivouac sack
- First aid kit
- Gloves and warm hat
- Headlamp

Front
- Snack
- Drink Bottle
- Sun protection (sun cream, sunglasses, cap, etc.)

Top Pocket
- Hiking map
- Blister plasters
- Fully charged mobile phone (emergency phone numbers: mountain rescue 140, European emergency service 112)
- Pocket knife
- Cash

Bottom
- Spare T-Shirt
- Rain jacket
- Fleece jacket
- Optional (depending on weather): waterproof trousers and small umbrella
1. Getting fit in the mountains
Hiking is an endurance sport. It makes the heart and circulation work, which requires you to be healthy and to realistically assess your fitness. Try not to rush and walk at a tempo where nobody in the group gets out of breath.

2. Careful planning
Hiking maps, guide books, the internet and experts can inform you about the length, height difference, difficulty and current conditions of a hike. You should always choose which hiking trails you will take according to the skills of the group. Pay particular attention to the weather forecast because wind, rain and cold increase the risk of an accident.

3. Complete equipment
Make sure you have the right equipment for the hike you are taking and that your rucksack is not too heavy. Protection from the rain, cold and sun should always be packed in your rucksack, as should a first-aid kit and a mobile phone (European emergency number 112). Maps and GPS will help you find your way.

4. Appropriate footwear
Good hiking boots protect and provide relief to your feet and improve your footing. When choosing a pair of shoes, make sure that they fit perfectly, have non-slip soles, are waterproof, and that they are light.

5. Sure footing is key
Falls as a result of slipping or tripping are the most common cause of accidents. Make sure that you do not lose your footing or concentration because you are going too fast or are tired. Also watch out for falling rocks: by walking carefully you avoid loosening rocks.

6. Stay on marked paths
In areas without any signs there is an increased risk that hikers will lose their way, will fall or that rocks will fall. Avoid short cuts and go back to the last point you recognise if you stray from the path. Steep old snow fields are often underestimated and very dangerous as one can easily slip.

7. Regular breaks
Regular rest helps hikers to recover, enjoy the landscape, and makes the hike more sociable. You need to eat and drink to sustain your concentration and energy levels. Energy drinks are ideal for quenching your thirst. Cereal bars, dried fruit and biscuits will satisfy your hunger while walking.

8. Responsibility for children
Discovering the landscape in a fun and varied way is very important for children. In passages where there is a risk of falling, an adult can only look after one child. Very difficult hikes, which require long periods of concentration, are not suitable for children.

9. Small groups
Small groups are more flexible and allow members to help each other. Tell everyone in your group your end destination, route, and return route. Stay together in your group. Attention to those hiking alone: even minor incidents can require serious emergency assistance.

10. Respect for nature and the environment
To protect the natural mountain areas, do not leave rubbish behind, stay on the paths, do not disturb wild animals or livestock, do not touch the plants, and respect protected areas. Take public transport or use carpooling to get to your destination. © Club Arc Alpin, 2012