

Inhalt u. Routenübersicht


📄 = Seite, **St.Schw.** = Schitechnische Schwierigkeit, **Ⓜ** = Aufstiegs-Höhenmeter, **Ⓜ** = Abfahrts-Höhenmeter, **⌚** = Zeitaufwand für Aufstieg (in Stunden), **Law.Gef.** = Lawinengefahr, **HRⓂ** = Aufstiegs-Hangrichtung, **HRⓂ** = Abfahrts-Hangrichtung, **b.Zt.** = Beste Befahrungszeit (FW = Frühwinter; HW = Hochwinter; FJ = Frühjahr).

| 📄 | GIPFEL, ABFAHRTEN | St.Schw. | Ⓜ | Ⓜ | ⌚ | Law.Gef. | HRⓂ | HRⓂ | b.Zt. |
|--|------------------------------|------------|-------|-------|---------|----------|--------|---------|-------|
| A Wienerwald | | | | | | | | | |
| 15 | Hoher Lindkogel | I-II | 550 | 550 | 1,5-2 | ★ | N,NW | N,NW | HW |
| B Niederösterreich. Voralpen | | | | | | | | | |
| 16 | Hocheck | I-II | 570 | 570 | 1,5-2 | ★ | N | N | HW |
| 17 | Hainfelder Kirchenberg | II | 480 | 480 | 1,5 | ★ | N | N | HW |
| 18 | Staff | I-II | 420 | 420 | 1-1,5 | ★ | N | N | HW |
| 19 | Sengenebenkogel | I-II | 480 | 480 | 1-1,5 | ★ | N,O | N,O | HW |
| 20 | Hochstaff | I-II | 740 | 740 | 2-2,5 | ★ | SO-NO | SO-NO | HW |
| 21 | Reisalpe | I-III | -900 | -900 | -3 | ★ | N-O | N-O | HW-FJ |
| 23 | Unterberg | Piste | 750 | 650 | 2,5 | ★ | S,O | S,S | HW |
| 25 | Tirolerkogel | II | 850 | 850 | 2,5 | ★-★★ | O,NO | O-N | HW-FJ |
| 27 | Eisenstein | II | 590 | 590 | 1,5 | ★-★★ | S-SO | S-O | HW |
| 27 | Türmitzer Schwarzenberg | I-II | 590 | 590 | 1,5-2 | ★ | S-SO | S-O | HW |
| 29 | Geißenberg | I-II | 600 | 600 | 2 | ★ | O | O | HW |
| 30 | Göller | II bis IV | -800 | -800 | -2,5 | ★-★★★ | N,O,S | N,W,S | HW-FJ |
| 35 | Schnalztein | II | 850 | 850 | 2,5 | ★★ | N,NO | N,NO | HW |
| 36 | Großer Sulzberg | II | 520 | 520 | 1,5-2 | ★★ | S | S | HW |
| 37 | Großer Ötscher | II bis IV | -950 | -950 | 1,5-5 | ★-★★★ | W | NW,S,SO | HW-FJ |
| 41 | Kleiner Ötscher | II bis IV | 500 | 500 | 0,1 | ★★ | N | N,NO | HW-FJ |
| 42 | Perschkogel (Gippel) | II-III | -910 | -910 | -3 | ★-★★ | SO-O | SO,S | HW |
| 43 | Lahnberg | III | 850 | 850 | 2,5 | ★★-★★★ | N-NO | N-NO | HW-FJ |
| 44 | Obersberg | II-III,III | -850 | -850 | 2-2,5 | ★★ | O,SO | O,SO | HW |
| C Schneeberg/Rax-Gebiet | | | | | | | | | |
| 46 | Schneeberg | I bis V | -1500 | -1500 | -5 | ★-★★★ | alle | alle | HW-FJ |
| 64 | Raxalpe | II bis V | -1150 | -1150 | -2,5 | ★-★★★ | alle | alle | HW-FJ |
| D Mürztaler Berge | | | | | | | | | |
| 74 | Schnealpe | II bis IV | -1100 | -1100 | -4,5 | ★-★★★ | alle | alle | HW-FJ |
| 84 | Blahstein | II-III | 800 | 800 | 2-3 | ★ | O,SO,S | O,SO,S | HW |
| 85 | Lachalpe | II-III | 770 | 770 | 2,5-3 | ★★ | O,S,N | O | HW |
| 87 | Großer Königskogel | II-III | 730 | 730 | 2 | ★★ | O,NO | O,NO | HW-FJ |
| 88 | Großer Proles | II | 700 | 700 | 2-2,5 | ★ | O,NO | O,NO | HW |
| 89 | Wildalpe | -II-III | 660 | 660 | 2 | ★★ | alle | alle | HW-FJ |
| 91 | Spielkogel, Roßkogel | II | 870 | 870 | 2-4 | ★ | NW,W | NW,SW | HW-FJ |
| 92 | Hohes Waxeneck | II-III | 730 | 730 | 2,5 | ★-★★ | N | N | HW |
| 94 | Kreuzschober | I-II | -750 | -750 | -2,5 | ★ | S,O | S,O | HW |
| 96 | Veitschalpe | II bis V | -1080 | -1080 | 2-4 | ★★-★★★ | N,W,S | N,W,S | HW-FJ |
| 104 | Rauschkogel, Turntaler Kogel | -II-III | -700 | -700 | 2-2,5 | ★-★★ | S,SW | S,SW | HW-FJ |
| E Fischbacher Alpen | | | | | | | | | |
| 106 | Stuhleck, Pretul | -II-III | -950 | -950 | 0,5-3,5 | ★-★★ | alle | S,N,NW | HW-FJ |
| 111 | Ebenschlag | I-II | 800 | 800 | 2,5 | ★ | NW,W | NW,W | HW |
| F Mariazerer Berge | | | | | | | | | |
| 113 | Hoher Student, Haselspitz | II | 650 | 650 | 2,5 | ★ | N-W | N-W | HW-FJ |
| 114 | Tonion | II | 830 | 830 | 2,5 | ★ | N,NW | N,NW | HW |
| 115 | Großer Zellerhut | II-III | 760 | 760 | 2,5 | ★★ | N,NO | N,NO | HW-FJ |
| G Hochschwabgruppe / Hochschwabgebiet | | | | | | | | | |
| 117 | Hochstadl, Hochtürnach | I-II-IV | -1290 | -1290 | -4,5 | ★-★★ | alle | alle | HW-FJ |
| 119 | Zeller Staritzen (Zinken) | I-II | 780 | 780 | 3 | ★ | S-O | S-O | HW-FJ |

|  | GIPFEL, ABFAHRTEN | St.Schw. | ÖHm | UHm | ⊙ | Law.Gef. | HRO | HRO | b.Zt. |
|--|---------------------------------|------------|-------|-------|---------|----------|--------|---------|-------|
| 120 | Hochschwab (Gschöderer-Kar) | II-III | 1320 | 1320 | 3,5-4 | ** | N,N,O | N,N,O | HW-FJ |
| 122 | Ringkamp (von Norden) | II-III | 1480 | 1480 | 5 | ** | N,NW | N,NW | FJ |
| 123 | Großer Grießstein (Lang-Eibel) | II-III | 1400 | 1400 | 4-4,5 | ***-*** | SO-N | SO-N | FJ |
| 125 | Buchberg | I-II | 720 | 720 | 2,5-3 | * | W-O | O-W | HW-FJ |
| 126 | Hochanger | II | 540 | 540 | 1,5-2 | * | N,NW | N,NW | HW |
| 127 | Krautgartenkogel, Hochweichel | -III | 1000 | 1000 | 3 | ***-*** | S,O | S,O | FJ |
| 128 | Hochschwab (über die Dullwitz) | II | 1340 | 1340 | 4,5-5 | ** | O,S | O,S | HW-FJ |
| 131 | Ringkamp, Hutkogel (Dullwitz) | II | 1210 | 1210 | 4-4,5 | ** | O,S | O,S | HW-FJ |
| 132 | Fölkogel, Fölzstein | III | 1250 | 1250 | 3,5-4 | ** | S,O | O,S | FJ |
| 133 | Karlhochkogel | II-III | 1250 | 1250 | 3,5-4 | ***-*** | S-O | SO-SW | FJ |
| 134 | Hochwart, Zägelkogel | II bis IV | -1400 | -1400 | 4-4,5 | ***-*** | S,O,W | S,SO,SW | FJ |
| 137 | Hint. Polster, Buchbergkogel | II-III | 1250 | 1250 | 2,5-4 | ** | S,O,NW | S,O,NW | HW-FJ |
| 139 | Lamingegg, TAC-Spitze | II-III | -790 | -790 | 2-2,5 | ** | S,O,W | S,O,W | HW-FJ |
| 141 | Hochturm (Trenchtling) | II bis III | -1060 | -1060 | 3-3,5 | ***-*** | O,S | S,O | FJ |
| 142 | Hochschwab-Längsüberschr. | II | - | - | - | ** | alle | alle | FJ |
| H Eisenerzer Alpen | | | | | | | | | |
| 143 | Gößeck, Grießkogel | III | 1320 | 1320 | 3,5-4 | *** | SO,S | S,SO | FJ |
| 144 | Eisene. Reichenstein, Hohe Lins | III | -1330 | -1330 | 4 | *** | S,SW | S,SW | FJ |
| 145 | Stadelstein (von Süden) | II | 1120 | 1120 | 3-3,5 | ** | SO,O | O,SO | HW-FJ |
| 147 | Wildfeld (von Süden) | II | 1020 | 1020 | 3 | ** | S,SW,O | O,S,SW | HW-FJ |
| 148 | Kaiserschild, Kaiserwart | III | 1480 | 1480 | 4-5 | ***-*** | N | N | HW-FJ |
| 150 | Donnersalpe | I-II | 570 | 570 | 1,5 | * | S,O | O,S | HW |
| 151 | Hohe Lins, Stadelstein (v. N.) | -III | 1170 | 1170 | 2-3 | ** | W,N,O | W,N,O | HW-FJ |
| 152 | Wildfeld, Kragelschinken | II-III | -1030 | -1030 | -3,5 | ** | NW-NO | NW-NO | HW-FJ |
| 153 | Plöschkogel | II | 860 | 860 | 2,5 | ** | N-NO | N-NO | HW-FJ |
| 154 | Zeiritzkampel | III(IV) | 1170 | 1170 | 3,5-4 | ** | N,NW | N,NW | HW-FJ |
| 156 | Lahnerleitenspitze, Hinkareck | II-III | -1070 | -1070 | -4 | ***-*** | NO-NW | NO-NW | HW-FJ |
| 157 | Gscheideggkogel (Radmertal) | II | 830 | 830 | 2,5 | * | O,NO | O,NO | HW-FJ |
| 157 | Leobner (von Süden) | II-III | 1200 | 1200 | 3-3,5 | ** | S | S | HW-FJ |
| 158 | Leobner (Johnsbachtal) | II | 1020 | 1020 | 3-3,5 | ** | N-O | N-O | HW-FJ |
| 158 | Gscheideggkogel (Johnsbacht.) | II | 770 | 770 | 2,5 | * | N-W | N-W | HW-FJ |
| 161 | Blaseneck | III | -1100 | -1100 | 3-3,5 | ** | O,N,W | O,N,W | HW-FJ |
| 161 | Sonntagkogel | III | 980 | 980 | 3-3,5 | *** | N,NO | N,NO | HW-FJ |
| I Ennstaler Alpen | | | | | | | | | |
| 164 | Festkogel | III | 1400 | 1400 | 4,5 | ***-*** | S-O | S-O | FJ |
| 166 | Gsuchmauer, Stadelfeldschneid | -III | -1230 | -1230 | 3,5-5 | ** | W,N,S | W,N,S | HW-FJ |
| 168 | Lugauer (von Norden) | II-III | 1700 | 1700 | 6 | ** | N-SW | N-SW | HW-FJ |
| 168 | Lugauer (aus dem Johnsbachtal) | II-III | 1600 | 1600 | 5 | ** | W-SW | W-SW | HW-FJ |
| 170 | Gsuchmauer (Gsuchkar) | II-III | 1600 | 1600 | 4,5-5 | ** | O,N | O,N | HW-FJ |
| 171 | Tamischbachturm | -II-III | 1460 | 1460 | 4-4,5 | ** | S,SW | S,SW | HW-FJ |
| 173 | Grabnerstein | II-III | 990 | 990 | 3 | ** | S,SO | S,SO | HW-FJ |
| 174 | Kreuzmauer | III | 1350 | 1350 | 4 | ***-*** | S,SO | S,SO | FJ |
| 175 | Scheiblingstein | II-III | -1460 | -1460 | 3,5-4,5 | ** | S-W | S-W | HW-FJ |
| 176 | Pleschberg | II | 970 | 970 | 3 | * | O-N | O-N | HW-FJ |
| 177 | Großer Pyhrgas | -IV | 1200 | 1200 | 3,5 | ***-*** | S-NW | W-SW | FJ |
| 178 | Lahnerkogel | III | 890 | 890 | 2,5-3 | ** | W | W | FW-FJ |
| 179 | Kleiner Pyhrgas | II-IV | 1000 | 1000 | 3,5-4 | ** | NW,W | NW,W | FJ |
| 181 | Hexenturm, Natterriegel | -III-IV | -1480 | -1480 | 5 | ***-*** | N,NO | N,NO | FJ |
| 182 | Großes Maierleck | -II-III | 1180 | 1180 | 3,5 | ** | S,SO,O | S,SO,O | HW-FJ |
| 183 | Hochkogel (Gamsstein) | II-III | 1200 | 1200 | 3,5 | ***-*** | S-O | S-O | HW-FJ |
| 184 | Riffel, Kalbling | -III-IV | -710 | -710 | 2 | ***-*** | S-N | S,SW | FJ |
| J Glein- und Packalpe | | | | | | | | | |
| 185 | Steinplan | I-II | -890 | -890 | 2-3 | * | W-S | S,SW | HW |
| 186 | Lenzmoarkogel, Speikkogel | -II-III | -960 | -960 | 2,5-3 | ** | W-S | W-S | HW-FJ |

|  GIPFEL, ABFAHRTEN | St.Schw. | ÖHm | ÜHm | ⊙ | Law.Gef. | HRO | HRO | b.Zt. |
|--|------------|-------|-------|---------|----------|--------|---------|-------|
| 187 Ameringkogel, Größenberg | -II-III | -1010 | -1010 | 3-3,5 | ★-★★ | W-SW | W,SW,S | HW-FJ |
| K Seetaler Alpen | | | | | | | | |
| 188 Zirbitzkogel | II | 780 | 780 | 2-2,5 | ★-★★ | NO,N | NO,N | HW-FJ |
| L Seckauer Tauern | | | | | | | | |
| 190 Lamprechthöhe, Hochalm | II | -1040 | -1040 | 3-3,5 | ★-★★ | S-O | S,SO | HW-FJ |
| 190 Seckauer Zinken | II-III | 1470 | 1470 | 4-5 | ★★ | S | S,SW,SO | HW-FJ |
| 190 Schwaigerhöhe | II-III | 1290 | 1290 | 4 | ★★ | S | S-SO | HW-FJ |
| 192 Maierangerkogel | -III | 1240 | 1240 | 4 | ★★ | S,SW | SO-W | HW-FJ |
| 194 Hochreichart, Brandstätterkg. | -III | -1260 | -1260 | 4-4,5 | ★★-★★★ | S,SO | S-W | FJ |
| M Gaaler Tauern | | | | | | | | |
| 195 Pletzen | II | 1250 | 1250 | 4 | ★-★★ | S,SO | SO | HW-FJ |
| 197 Kleiner u. Großer Ringkogel | -II-III | -1080 | -1080 | 3-3,5 | ★★ | SO-SW | SW-O | HW-FJ |
| 198 Lahneck, Glaneck | II | -1090 | -1090 | 3-5,4 | ★★ | O-S | S-O | HW-FJ |
| 199 Amachkogel,Kesseleck,Lärchkog. | -III-IV | -1230 | -1230 | -4 | ★★-★★★ | SW-NW | S-NW | FJ |
| 201 Schleifeck, Lärchkogel | -III | -1200 | -1200 | 3-3,5 | ★★-★★★ | W,SW | SW-NW | FJ |
| N Triebener Tauern | | | | | | | | |
| 202 Hochleitenspitze | II (III) | -1180 | -1180 | 3,5-4,5 | ★★ | NW,W | W,NW | HW-FJ |
| 203 Zwölferköpfl, Kersch kern | III | -1010 | -1010 | 3 | ★★-★★★ | NO,N | N,NO | HW-FJ |
| 203 Schwarzkogel, Lattenberg | II-III | -810 | -810 | 2,5 | ★★ | N-O | N-O | HW-FJ |
| 204 Himmeleck, Griebmoarkogel | II-III | -970 | -970 | 3 | ★★-★★★ | O,NO | O,NO | HW-FJ |
| 206 Silberling, Großer Schober | -II-III | -800 | -800 | 2-2,5 | ★★ | SO-SW | SO-SW | HW-FJ |
| 207 Kreuzkogel, Triebenkogel | -II-III | -950 | -950 | 3 | ★★ | NO-N | NO-N | HW-FJ |
| 209 Gr. Griebstein, Sonntagskogel | -III | -1220 | -1220 | 3,5-4 | ★★ | N,W,O | NO-W | HW-FJ |
| 210 Gamskögel, Hochleitenspitze | -III | -1190 | -1190 | 3,4-4 | ★★ | N-O | N-O | HW-FJ |
| 212 Speikleitensberg, Krugkoppe | II-III | -930 | -930 | 3 | ★★ | NO-NW | NW-NO | HW-FJ |
| 213 Kersch kern, Goldkogel | II-III | -1030 | -1030 | 3 | ★★ | NW-S | NW-S | HW-FJ |
| 214 Lattenberg | -III | 820 | 820 | 2,5-3 | ★★ | N-W | W-NW | HW-FJ |
| O Rottenmanner Tauern | | | | | | | | |
| 215 Hochhaide | III | -1560 | -1560 | 5-6 | ★★★ | N,NW | N,NW | FJ |
| 216 Großer Bösenstein, Gr. Rube | II bis III | -780 | -780 | 1,5-2,5 | ★★ | O-S | O-S | HW-FJ |
| 218 Bruderkogel, Schüttnerkogel | -III | -1070 | -1070 | 3 | ★★ | O-N | O-N | HW-FJ |
| 220 Hochgrößen | -III | 1170 | 1170 | 3,5-4 | ★★ | N,NW | N-W(SO) | HW-FJ |
| 222 Schüttlg.,Horninger Z.,Schafzähne | -II-III | -1000 | -1000 | 2-3 | ★★ | SW-N | SW-N | HW-FJ |
| 223 Wirtsspitz (Stillgraben) | II-III | 980 | 980 | 3 | ★★ | SW-N | SW-N | HW-FJ |
| 223 Seekoppe | II-III | -1140 | -1140 | 3-3,5 | ★-★★ | N-SO,S | N-SO,S | HW-FJ |
| 225 Hochretelstein | III | 1050 | 1050 | 3,5 | ★★-★★★ | SO,S | S-O | HW-FJ |
| 227 Brennkogel, Seitnerzinken | II | -1000 | -1000 | 2-3,5 | ★★-★★ | NW-SO | N-W | HW-FJ |
| 228 Schattnerzinken, Hochschwung | -III | -1080 | -1080 | 3-3,5 | ★★ | N-W | N-SW | HW-FJ |
| 229 Regenkarspitze, Zinkenkogel | II-III | -1070 | -1070 | 3,5-4 | ★-★★ | NW-S | NW-S | HW-FJ |
| 230 Hochschwung (von Süden) | II-III | 1000 | 1000 | 3 | ★★-★★★ | S,SW | S,SW | FJ |
| 232 Schattnerzinken (von Süden) | -III | 910 | 910 | 3 | ★★-★★★ | S-SW | S-SW | FJ |
| 232 Seitnerzinken,Schrattnerkg.(v. S) | -III | -920 | -920 | 3,5 | ★★-★★★ | SO-SW | SO-SW | FJ |
| P Wölzer Tauern | | | | | | | | |
| 233 Hohenwart | -III-IV | 1060 | 1060 | 3,5-4 | ★★-★★★ | N-O | N-O | FJ |
| 234 Großhansl,Kleinhansl,Jaurisk. | -III | -1020 | -1020 | 2,5-3,5 | ★★ | NW-NO | NW-NO | HW-FJ |
| 236 Breiteckkoppe, Schönfeldspitz | II-III | -900 | -900 | 3-3,5 | ★★ | NO-S | NO-S | HW-FJ |
| 238 Großhansl, Scharnitzfeld | -III | -1130 | -1130 | 3,5 | ★★ | S-O | NO-S | HW-FJ |
| 238 Kleinhansl, Jauriskampel | II | -1040 | -1040 | 3 | ★★ | O-S | O-S | HW-FJ |
| 239 Scharnitzfeld, Hühnerkogel | -III | -1100 | -1100 | 3,5 | ★★ | N-SO | N-SO | HW-FJ |
| 239 Kühlnbrein, Steineck | II-III | -1080 | -1080 | 3,5 | ★★ | N-SO | N-SO | HW-FJ |
| 240 Sandlerkogel (von Osten) | II | 1110 | 1110 | 3,5 | ★-★★ | NO,O | O,NO | HW-FJ |
| 241 Gumpeneck | II | -1280 | -1280 | 3,5-4 | ★★ | N,NW | N,NW | HW-FJ |
| 241 Plöschmützzinken, Lämmertörl | II-III | -1110 | -1110 | 3-3,5 | ★★★ | N,NO | N,NO | FJ |
| 243 Mölbegg, Edelweißspitze | -II-III | -820 | -820 | 2-2,5 | ★★ | W,SW | W | HW-FJ |

|  | GIPFEL, ABFAHRTEN | St.Schw. | ÖHm | UHm | ⊖ | Law.Gef. | HRO | HRO | b.Zt. |
|--|-------------------------------------|------------|-------|--------|---------|----------|------------------|------------|-------|
| 244 | Lämmertörlk., Möbnakopf | II-III | -1100 | -1100 | -3,5 | ** | O,NO | O-N | HW-FJ |
| 245 | Großes Bärneck, Silberkarspitz | II-III | -1100 | -1100 | -3,5 | ** | N | N-NO | HW-FJ |
| 246 | Hochwart | II-III | 1240 | 1240 | 4 | ** | N,NO | N,NO | HW-FJ |
| 248 | Hochweberspitze | II-III | 1310 | 1310 | 5-5,5 | ** | NW,N | NW,N | FJ |
| 248 | Hühnerck, Karlspitze, Schreinl | -II-III | 1200 | 1200 | 0,5-3,5 | ** | N-W | N-W | HW-FJ |
| 250 | Karlspitze, Hintergullingspitz | -II-III | -540 | ab 540 | 1,5 | ** | alle | alle | HW-FJ |
| 250 | Plannerseekarsp., Hochrettelstein | -III | -700 | -700 | 1,5-2,5 | ** | S-SW | S-SW | HW-FJ |
| 253 | Schiebeck, Sandlerkg., Steineck | -III | -970 | -970 | 3,5-4 | ***-*** | SW-SO | SO-W | FJ |
| 253 | Hühnerkg., Kühlbrein, Steineck | -III | -1040 | -1040 | 3 | ***-*** | S-SW | SO-W | FJ |
| 255 | Langhauseck, Stangeneck | II-III | -1170 | -1170 | 3-3,5 | ** | NO-SO | NO-O | HW-FJ |
| 256 | Wölzer Schoberspitze, Gstoder | -IV | -1300 | -1300 | 5-6 | ** | alle | S-SO, N, W | FJ |
| 258 | Greim, Sandkogel | II | -830 | -830 | 1,5-2,5 | ** | S-O | S-O | HW-FJ |
| 258 | Rettlkirchspitze | III | 1430 | 1430 | 5 | ** | S,SW | S,SW | FJ |
| Q Schladminger Tauern + Murauer Berge | | | | | | | | | |
| 260 | Schöderkogel | II-III | -1230 | -1230 | 4,5-5 | ** | O,SO | O,SO | FJ |
| 261 | Deneck, Sauofen | II-III | -1060 | 1060 | 3,5-4 | ** | O-S | O-S | FJ |
| 263 | Schafdach | II-III | -1020 | -1020 | -3,5 | ***-*** | S-W | S-W | FJ |
| 263 | Gr.Knallstein, Schönwetter, Badst. | -III-IV | -1400 | 1400 | 3-5,5 | *-*** | S-NO, N | S-NO, N | FJ |
| 265 | Gstoder (Murauer Berge) | II | -900 | -900 | 2,5-3 | ** | alle | alle | HW |
| 266 | Feldeck | II-III | 1130 | 1130 | 3,5-4 | ** | S,SW | S,SW | HW-FJ |
| 268 | Aarfeld, Rupprechtseck, Lahneck | -III | -1220 | -1220 | 3,5-4 | ***-*** | W,SW,OW,SW,O | FJ | |
| 269 | Tockneralm | II | -1040 | -1040 | 3 | ** | S | S | HW-FJ |
| 270 | Preber | II-III | 1230 | 1230 | 4 | ** | S | S | FJ |
| 271 | Spateck, Dromeisspitze | -III-IV | -1300 | -1300 | 4,5 | ** | NO, O, S | NO, O, S | HW-FJ |
| 272 | Schöneck | III | 1300 | 1300 | 5-5,5 | ***-*** | NW-NONW | NO | FJ |
| 273 | Wasserfallspitze | III | 1480 | 1480 | 5-6 | ***-*** | N,NO | N,NO | FJ |
| 274 | Gumma | II | 1120 | 1120 | 3 | ** | S-O | S-O | HW-FJ |
| 274 | Gengsitsch | II | 1080 | 1080 | 3 | ** | S-O | S-O | HW-FJ |
| 276 | Zechnerkarspitze | II | 1120 | 1120 | 3,5 | ** | S,SO | S,SO | HW-FJ |
| 277 | Kleines Gurpitscheck | II | 1260 | 1260 | 4 | ** | O,NO | O,NO | HW-FJ |
| R Radstädter Tauern | | | | | | | | | |
| 278 | Schwarzeck | II | 1400 | 1400 | 5-6 | ** | O-N | O-N | HW-FJ |
| 278 | Viertleck | -III | 1100 | 1100 | 3-3,5 | ** | O,NO | O,NO | HW-FJ |
| 280 | Kl. Pleißingkeil, Kesselkopf | II | -1150 | 1150 | 3-3,5 | ** | N | N | HW-FJ |
| 280 | Spazeck, Spirzinger | -III | -790 | -790 | 0,5-2,5 | ** | N-O, S | N-O, S | HW-FJ |
| 281 | Klockerin (Glöcknerin) | III | 780 | 780 | 2,5 | ***-*** | N,NW | N,NW | FJ |
| 282 | Mosermandl, Windischkopf | -IV | -1340 | -1340 | 4-6 | ***-*** | SO-SW | SO-SW | FJ |
| 284 | Kl.Mosermandl, Schliererspitz | -III-IV | -1200 | -1200 | 3,5-4 | ***-*** | S-NO | S-NO | FJ |
| 284 | Schöpfung | II(III) | 800 | 800 | 2,5-3 | ** | NO(S) | NO(S) | HW-FJ |
| 285 | Taferlnock, Stampferwd., Aignerhöhe | -III | -1040 | -1040 | 2,5-3,5 | ** | SW-NW | SW-NW | HW-FJ |
| 286 | Gebreinspitze, Labspitze | II | -880 | -880 | 3 | ** | SW, W | SW, W | HW-FJ |
| 287 | Weißbeck, Felskarspitze | II-III(IV) | -1370 | -1370 | 3,5-5 | ***-*** | O-N | O-N | FJ |
| 287 | Seeköpfl, Silberplatten | -III | -1170 | -1170 | 2,5-4 | ***-*** | O-N | N-O | FJ |
| 290 | Balonspitze, Wabenspitze | -III | -1290 | -1290 | 3-4 | ** | N-O | N-O | HW-FJ |
| 291 | Lackenkogel | II-III | 1130 | 1130 | 3-3,5 | * | N, NW, ON, NW, O | HW | |
| S Sengengebirge | | | | | | | | | |
| 292 | Hoher Nock | II-III | -1380 | -1380 | 4-5 | ***-*** | S | S | FJ |
| T Totes Gebirge | | | | | | | | | |
| 293 | Angerkogel | -III | -1220 | -1220 | 1,5-5 | * | NO, O | NO, O | HW-FJ |
| 295 | Pyhner Kampl (Loigistal) | II-III | 400 | 400 | 2,5-3 | ** | S, O, NW | N, NO | HW-FJ |
| 295 | Rote Wand, Stubwieswipfel | II | -500 | -500 | 1,5-2 | ** | NO-NW | NO-NW | HW-FJ |
| 299 | Warscheneck | II-IV | 1580 | 1580 | 4,5-5 | ** | N | N | HW-FJ |
| 300 | Wildalm | II | -1150 | -1150 | 3-3,5 | * | N | N | HW-FJ |
| 302 | Gr. Priel, Dietlbüheln (Diethölle) | II-III | -1950 | -1950 | 2,5-5 | ***-*** | alle | alle | FJ |

|  | GIPFEL, ABFAHRTEN | St.Schw. | ÖHm | UHM | ⊙ | Law.Gef. | HRO | HRO | b.Zt. |
|--|----------------------------------|-----------|-------|-------|---------|----------|--------|--------|-------|
| 302 | Gr.Priel,Schermberg(Umfahrung) | II-III | 1800 | 1800 | 7-8 | ***-*** | alle | alle | FJ |
| 305 | Kleiner Priel | III | 1550 | 1550 | 4-5 | ** | S,SO | S,SO | FJ |
| 306 | Großer Brieglersberg (Sigistal) | II-III | 1420 | 1420 | 4,5-5 | ** | NO,O,S | NO,O,S | FJ |
| 306 | Wassertal, Turmtal | III-IV | -1500 | -1500 | 5-6 | ***-*** | O-SO | O-SO | FJ |
| 308 | Totes Gebirge-Überschreitung | I-III | 2500 | 3200 | - | ***-*** | alle | alle | FJ |
| 309 | Großes Tragl, Roßkg., Almkg. | -II-III | -970 | -970 | 3,5-4 | ** | S-O | SO-W,S | HW-FJ |
| 313 | Kampl | I-II | -900 | -900 | 2,5-3 | * | N-W(O) | N-W(O) | HW-FJ |
| 314 | Ausseer Zinken | II | 1050 | 1050 | 4 | * | O-S | O-S | HW-FJ |
| 315 | Schwarzmooskg.,Bräuningsz. | I-II | -300 | -1050 | 1,5-2 | ***-*** | S | S(N-W) | HW-FJ |
| 316 | Elm | II-III | 1430 | 1430 | 4-5 | ** | S-SW | S-SW | FJ |
| 318 | Salzofen, Wildgössl | II-III | 1350 | 1350 | 5-6 | ***-*** | S | S | FJ |
| U Oberösterr. Voralpen | | | | | | | | | |
| 319 | Almkogel | II | 1000 | 1000 | 3-3,5 | ** | O-SO | O-SO | HW-FJ |
| 320 | Burgspitz | II | 1000 | 1000 | 3-3,5 | ** | NO-O | O-NO | HW-FJ |
| 321 | Schwarzkg.,Wasserklotz,Schafkg. | II | -700 | -700 | 1,5-2,5 | * | S-N | S-N | HW-FJ |
| 323 | Kasberg | I-II | 1200 | 1200 | 3,5-4 | *-** | O,S | O,S | HW |
| V Dachsteingebirge | | | | | | | | | |
| 324 | Hoher Dachstein-Südseite | -III | -450 | -1500 | 0,5-2 | *-*** | NW,N | O-S | HW-FJ |
| 329 | Dachstein-Überquerungen | I-II | -320 | -2400 | 1,5-2 | * | W | N | HW-FJ |
| 331 | Hoher Dachstein-Nordseite | II | -1150 | -2300 | 4-5 | * | N | N | HW-FJ |
| 336 | Eiskarlschneid, Windlegerscharte | -III | -1290 | -1290 | 2-4 | *-*** | S-W,SO | S-W,SO | HW-FJ |
| W Gosaukamm | | | | | | | | | |
| 337 | Leckkogel | II-III | -860 | -860 | 2,5-3 | ** | SO,S | SO,S | HW-FJ |
| 338 | Angerstein (Weitscharte),Weitkar | II-III | -1160 | -1160 | 3-3,5 | ** | NO | N | FJ |
| 340 | Hintere Seekarwand | II | 920 | 920 | 3 | * | W | W | HW-FJ |
| 340 | Strichkogel | II | 1200 | 1200 | 3,5-4 | * | S-W | S-W | HW-FJ |
| 341 | Hochkalmberg | II | 1110 | 1110 | 3,5 | * | N,W,S | N,W,S | HW-FJ |
| X Osterhorngruppe | | | | | | | | | |
| 342 | Gamsfeld, Braunedl(kogel) | -III-IV | -1210 | -1210 | 3,5-4 | ***-*** | S-W | SO-SW | FJ |
| 344 | Regenspitze | II | 930 | 930 | 2,5-3 | *-** | N-W | W-N | HW |
| 344 | Hoher Zinken,Königsberger Horn | II | -960 | -960 | 2,5-3 | ** | N-W | N-W | HW |
| Y Bad Ischler Berge | | | | | | | | | |
| 346 | Hohe Schrott, Predigtkogel | II | -1460 | -1460 | 3-5 | *-** | S-W | S-W | HW |
| 347 | Schönberg (Wildenkogel) | II | 1450 | 1450 | 4,5 | * | SW | SW | FJ |
| 348 | Weißhorn | I-II | 1100 | 1100 | 3-3,5 | * | N | N | HW-FJ |
| Z Höllengebirge | | | | | | | | | |
| 349 | Großer Höllkogel | I-II | 350 | -1400 | 2 | * | NO,O | NO,O | HW-FJ |
| 349 | Höllengebirge-Überschreitung | I-II(III) | 600 | 1350 | 6-7 | *-*** | W-N | N | FJ |