

Accessible Hiking Trails in Austria

Hiking with a wheelchair, or walker, with painful knees or other impairments poses a challenge to many. But it doesn't have to. Across Austria, a growing number of trails have been specifically designed to comfortably walk, roll or ride on, making mountain adventures more inclusive than ever.

From smooth, wheelchair-friendly pathways to specially equipped facilities, these adaptations ensure that everyone, regardless of their physical abilities, can enjoy the joys of hiking and nature exploration, experiencing breathtaking alpine vistas, lush forests, and peaceful lakes, all without the usual barriers that might once have kept them from the outdoors.

Hiking on wheels in Vorarlberg

Hiking enthusiasts will find [barrier-free trails in Vorarlberg](#) all the way from Lake Constance to the mountain regions. The valley plains and high plateaus are particularly suitable. The Vorarlberg Tourismus website lists 30 appropriate hikes, ranging from the trail at Lake Constance (6,3 km / 3,9 mi) to the Bregenzerwälder Kulturweg (4 km / 2,5 mi) in Andelsbuch to the Bahnweg (7,6 km / 4,7 mi) in the Inner Montafon. Further up, the cable cars all have barrier-free access and there's usually a restaurant at the summit to enjoy the view. Accessible accommodation can be found in all six holiday regions of the country.

Alpine experiences in Tirol's Kaunertal Valley

"Accessible holidays with no ifs or buts" – is the goal of the [Kaunertal Valley](#). Wheelchair users and people with mobility impairments can comfortably explore the landscapes around the information centre Naturparkhaus Kaunergrat by using marked hiking trails. The wetlands, a natural monument called Piller Moor, with its educational moor trail is easily accessible, too, thanks to numerous footbridges. Visitors take the Karlesjoch cable car all the way up to the areas of "eternal ice." At the mountain top station, the fully accessible viewing platform at an altitude of 3,108 metres offers a spectacular three-country view.

There are also rent-free "Swiss-Tracs" available. With these traction devices, wheelchair users can master steeper forest paths and even visit some alpine pastures and the Adlerblick viewing platform high above Feichten. Just like a pram, a "Swiss-Trac" may be transported in cable cars.

Mountain and water tours with views of the Dachstein

[Freizeit-PSO \(Freizeit Para-Special Outdoorsports\)](#) is a group of specially trained guides who design accessible holiday programmes and experiences in the Schladming-Dachstein Region. Whether hiking, diving, rafting, riding, horse-drawn carriage riding or climbing - the specialists make it happen.

In addition to individually bookable programmes, Freizeit-PSO also offer summer package deals. This could be a multi-adventure holiday, a wheelchair week, or a hiking week for comfort seekers. If you want to go on a hike by yourself, choose from the numerous accessible trails: particularly suitable ones are the 8,5 km (5,3 mi) loop around Lake Schwarzsee, the 7,5 km (4,7 mi) Wilde Wasser theme trail or the 2,4 km (1,5 mi) Bankerlweg trail.

Accessible hiking and a barrier-free fitness park in the Alpbach Valley

The Alpbach Valley has made great efforts in making its natural beauty [accessible to everyone](#). Several hiking trails have been adapted for people with disabilities, especially around the village of Alpbach and the nearby lake. The accessible paths around Lake Reintal are especially popular. There's also a fully accessible movement park at the lake, featuring five fitness stations as well as an accessible playground for children with specially designed slides, a carousel, a wheelchair course, and more.

Nature and lake experiences for all in Carinthia

Emerald green lakes, forest soils, herbal meadows, and endless views: the landscapes in Carinthia offer the perfect break from busy everyday life. To ensure that everyone gets the chance to indulge in nature, Carinthia has introduced a number of [barrier-free nature experience trails](#). Highlights include trails along the shores of Lake Millstättersee and through Lake Weissensee Nature Park. There's also a picturesque leisurely walk from Lake Wörthersee to the very centre of Klagenfurt.