

# THE ADLERWEG

The Eagle's Way across the Austrian Tyrol

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The Adlerweg (Eagle's Way) is an excellently waymarked 300km path that traverses the length of the Austrian state of Tyrol from St. Johann in the east to St. Anton in the west. This guide gives detailed route descriptions to the Adlerweg's 23 principal stages, as well as its 6 easier low-level alternatives and 8 more difficult high-level alpine variants through the Lechtal Alps. Strong walkers could complete the route in two weeks.

Each stage is graded for difficulty but even the most difficult are accessible to most experienced walkers, and no special equipment is required. The route is also well served by good quality, well-positioned mountain accommodation and refreshment opportunities.

Named the eagle's way due to its appearance on the map (outspread wings reaching to either side of Tyrol and Innsbruck in the middle as the head), the Adlerweg is a beautiful long-distance path that is relatively new and becoming ever more popular.

## Key marketing points

- Well waymarked and maintained, the variants of this mountain route can make it as easy or challenging as desired
- The Austrian Tyrol attracts millions of visitors every year, many of whom walk and climb
- The first English language guide to the route

## About the author

Since taking up walking 20 years ago, Mike Wells has walked most of the recognised long-distance paths in the UK as well as many paths throughout Europe. He first visited Tyrol as a tour group organiser in 1999 and has returned there every year since. This is his first guide for Cicerone.

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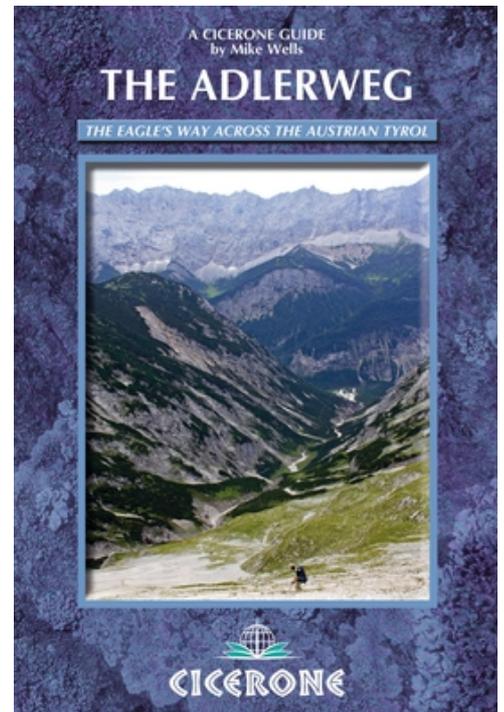
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