

1. Schnaderhüpfel vom aufrechten Gang (3:02) (trad.)
(Hans und Vroni Falkinger, voc.)
2. Rainbow (3:41) (Mudshurko)
3. December Blues (3:01) (standard, Dita Lasser)
(Dita Lasser, guit.)
4. Call It A Day (5:13) (Mudshurko)
5. The Flight Of The Nylon Pad (11:28) (Mudshurko)
6. Reinhold Messner trifft den Yeti und spricht mit ihm (8:48) (Mudshurko)
(Peco, voc)
7. Der Jaga is z'ruck im Toi (4:01) (Mudshurko)
(Hans Falkinger, voice)
8. Old Iron, Young Blood (3:05) (Lasser / Steinbeck)
(Moritz Steinbeck, guit. Dita Lasser, e-bass)
9. Alpenvollmilchschokolade (2:09) (Mudshurko)
10. Der Teifi (2:16) (Mudshurko)
11. Ciao, Ciao (1:39) (standard)
(Doris Singer, Harmonica)
12. Listen (3:10) (F. Hofer)
(Fredl Hofer, ac.guit., voc.)
13. Backache - part 1 (1:55) (F. Hofer)
(Fredl Hofer, ac.guit., voc.)
14. Oimduidler (2:20) (F. Hofer)
(Fredl Hofer, ac.guit.)
15. Monday Child (Backache - part 2) (2:17) (F. Hofer)
(Fredl Hofer, ac.guit., voc.)
16. My Bird (3:51) (Charlie Parker / Mudshurko)
17. Bye, Bye, Bad Ischl (1:47) (trad.)