



<b>Duration of the tour:</b>	<b>6 days</b>
<b>Category:</b>	hike / haute route / <b>via ferrata</b> / alpine course
<b>Difficulty level:</b>	easy / moderate / <b>difficult</b> / <b>very difficult</b> / expert

## Summits and 'Klettersteig' of the 'Allgäu'

### Journey on airy trails

During this combined hiking and klettersteig week, we climb the most beautiful and famous klettersteig routes of the 'Allgäu' Alps. The 'Mindelheimer' klettersteig, 'Biberkopf' peak, 'Hohes Licht' peak, 'Mädelegabel' peak, 'Heilbronner' trail, 'Hindelanger' klettersteig and 'Großer Daumen' peak are the destinations. This is an exciting route that will surely challenge everyone of us.

#### Definition 'Klettersteig':

Cable protected trail / climbing route / via ferrata

#### Region:

Alps of the 'Allgäu' area (Germany, Austria)

#### Day 1, Sunday

Our meeting point is at 9:00 a.m. at the OASE AlpinCenter. We take the bus to the 'Little Walser' valley (1.100 m). Ascent through the 'Wilden' valley to the 'Fiderepass' hut (2.067 m). In the afternoon it is possible to ascend the 'Hammer-Spitze' peak (2.170 m).

**Hiking time approx. 4 hours, ascent 1.100 m, descent 200 m.**

#### Day 2, Monday

On the famous 'Mindelheimer' klettersteig we make our way to the 'Mindelheimer' hut (2.056 m), via the 'Kemptener Kopf' peak (2.191 m). Our hosts Centa and Jochen will delight us with specialities of the 'Allgäu'.

**Hiking time approx. 6 hours, ascent 550 m, descent 450 m.**

#### Day 3, Tuesday

Via the 'Schrofen' pass we reach the 'Biberalp' cow pasture, from there we climb the 'Biberkopf' peak (2.599 m). The descent takes us via the 'Hochrappenkopf' peak (2.425 m) to the 'Rappen lake' hut (2.091 m) our today's destination.

**Hiking time approx. 8 hours, ascent 1.100 m, descent 1.200 m.**

### Day 4, Wednesday

Today we follow the 'Heilbronner' trail to the 'Kemptner' hut (1.846 m). Along the way it is possible to climb the 'Hohes Licht' peak (2.651 m), and the 'Mädelegabel' peak (2.645 m).

**Hiking time approx. 8 hours, ascent 1.000 m, descent 1.200 m.**

### Day 5, Thursday

Today we have to start very early since we have to complete the longest leg of the week. After crossing the 'Fürschießer' saddle (2.207 m) and the 'Märzle' we reach the 'Kreuzeck' (2.376 m) and the 'Rauheck' peak (2.384 m). The descent to the 'Eis' lake (1.827 m) takes us to a wonderful spot for a well earned rest. Then the trail passes the 'Wildenfeld' huts to the 'Himmeleck' pass (2.007 m) and continues to the 'Laufbacher Eck' Col (2.178 m). Although this route uses lots of energy most of the journey is now done and we will soon reach the 'Edmund-Probst-House' (1.927 m).

**Hiking time approx. 9 hours, ascent 1.250 m, descent 1.250 m.**

### Day 6, Friday

Ascent to the 'Nebelhorn' peak (2.224 m). Via the 'Hindelanger' klettersteig we reach the 'Großen Daumen' peak (2.280 m). The trail back to the 'Edmund-Probst-House' passes the 'Koblat'. Descent from here with the gondola to 'Oberstdorf', arriving there at about 4:00 p.m. From there you can either commence your homeward journey or you are welcome to stay a little longer in 'Oberstdorf'.

**Hiking time approx. 7 hours, ascent 400 m, descent 500 m.**

**After this week the ascent of the Trettach peak (2.595 m) or the Höfats (2.258 m) as day tour is possible .**

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### Required:

Mountain experience, good health, a very good physical condition, a sure foot, no fear of heights and enough physical en-durance for day trips with up to 9 hours hiking time.

### Equipment:

Hiking shoes with good grip, 2 pairs of socks, comfortable pants, shorts, pullover or jacket, protective wear against wind and rain (Gore-Tex), underwear with climate function, a change of underwear (stored in a plastic bag), rucksack approx. 35 litre (a maximum weight of 8 kg is recommended). Special advice: you can protect your equipment with a plastic bag inside your rucksack, or use a rucksack cover. Light leather gloves, cap (against sun and cold), sunglasses, sunscreen, lip salve, a water bottle, snacks (power bar, nuts, etc.), indoor shoes or trainers, sleeping bag liner (available at the first hut for € 15,-), toilet bag, small towel, first aid, identity card, collapsible poles if required.

**Special climbing equipment** (climbing harness, helmet, 'klettersteig' climbing-set, etc.) if at hand please bring these along. This equipment can also be provided to you (free of charge).

### Accommodation:

Mountain huts (dormitory, shared accommodation)

### Services:

Mountain guide, 5x half pension, 1x bus transfer, 1x cable car, equipment

### Additional costs:

We recommend € 25,- per day for meals, drinks, extra provisions, etc.

### Participants:

4 – 8 people



