



**Duration of the tour:** 7 days  
**Category:** snow shoe tour  
**Difficulty level:** easy / moderate / difficult / **very difficult** / expert

## Snow shoe 'Transalp'

### Across the Alps from 'Oberstdorf' to South Tyrol

On foot from 'Oberstdorf' to South Tyrol – and why not in the winter for a change. On snow shoes we get to discover the famous winter landscape from the 'Allgäu' to South Tyrol. On the way we cross 6 different mountain ranges in 4 countries. Cosy inns and hotels provide excellent comfort and add to the experience.

#### Region:

'Allgäu' Alps, 'Lech' valley Alps, 'Montafon' group, 'Silvretta' group, 'Engadin' area, South Tyrol (Germany, Austria, Switzerland, Italy)

#### Route proposal:

The choice of the route depends on the snow conditions and can be changed accordingly.

#### Day 1, Sunday

Meeting point is at the OASE AlpinCenter at 10:00 a.m. After receiving equipment, we take the bus to the 'Auen' hut (1.275 m) in the 'Kleinwalser' valley. Walking slowly we start our tour and reach via the 'Melköde' the 'Schwarzwasser' hut (1.620 m). In the afternoon we can practise the use of the avalanche transceiver.

**Hiking time approx. 3 hours, ascent 350 m.**

#### Day 2, Monday

This morning the 'Steinmandl' peak (1.981 m) is on our program. Over a marked ridge we reach the summit and have a wonderful view to the south. After a short descent we reach the 'Hornbach' house, where we have time for a long break, before we continue down to the village of 'Schoppornau'. After a short bus trip it is only one more hour to our today's destination, the Hotel 'Körpersee'. Hiking time approx. 6 hours, ↑ 450 m, ↓ 1.150 m.

**Hiking time approx. 6 hours, ascent 450 m, descent 1.150 m.**

#### Day 3, Tuesday

Via 'Auenfeld' we reach the famous winter resort of 'Lech'. A short bus ride takes us to the 'Flexenpass' (1.773 m). We use the cable car 'Sonnenkopf' to save a few vertical meters. A wonderful and gentle ascent takes us to the 'Mutt' Col. Already from the summit cross we can see our destination, the 'Kristberg' inn.

**Hiking time approx. 6 hours, ascent 300 m, descent 900 m.**

### **Day 4, Wednesday**

A leisurely descent takes us down to the 'Silber' valley in the 'Montafon'. By bus we get to 'Partenen' (1.051 m), and finally by cable car we reach the 'Vermunt' reservoir (1.747 m). A magnificent view of the famous 'Silvretta' summits awaits us here. From here we reach 'Bieler Höhe' (2.036 m), via the 'Madlener House'. After a long lunch break our route leads through the 'Paznaun' valley to the village of 'Galtür' (1.582 m).

**Hiking time approx. 7 hours, ascent 300 m, descent 950 m.**

### **Day 5, Thursday**

On route we pass the resort of 'Ischgl' (1.376 m) with many ski lifts. Soon we will be back in a secluded winter landscape and via the mellow 'Fimber' valley we reach the 'Heidelberger' hut (2.264 m), where we spend the night.

**Hiking time approx. 5 hours, ascent 900 m.**

### **Day 6, Friday**

Today we reach the 'Unterengadin' valley. After an early start from the 'Heidelberger' hut the route leads us past 'Piz Tasana' peak, the 'Val Laver' valley and finally to 'Vna' (1.243 m). In the afternoon a horse carriage takes us to the 'Val S-charl' and to the guesthouse 'Mayor'. The rest of the afternoon we get to relax.

**Hiking time approx. 7 hours, ascent 700 m, descent 1.600 m.**

### **Day 7, Saturday**

The remote crossing of the 'S-charl' Col (2.251 m) into the 'Val d'Avigna' is the remaining leg of this snow shoe journey. Directly at the pass we cross the Swiss-Italian border. Past secluded cow pastures, the route finally leads to 'Taufers', where we can enjoy our last afternoon over a delicious cake. A bus takes us back to 'Oberstdorf', arrival at approx 8:00 p.m..

**Hiking time approx. 6 hours, ascent 450 m, descent 950 m.**

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### **Required:**

Good health, mountain experience, snow shoeing experience, a very good physical condition, a sure foot, no fear of heights and enough physical endurance for day trips with up to 7 hours hiking time.

### **Equipment:**

Snow shoes, trekking shoes with good grip, 2 pairs of trekking socks, warm pants, eventual gaiters, 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. 2 pairs of warm gloves, hat (against sun and cold), sunglasses, sunscreen, lip salve, a thermos bottle, snacks (power bar, nuts, etc.), indoor shoes or trainers, sleeping bag liner, toilet bag, small towel, first aid, identity card.

**Special equipment** like avalanche transceiver and extendible ski poles are provided (free of charge).

### **Accommodation:**

Hut (dormitory); Inns, hotels (shared accommodation)

**Services:**

Mountain guide, 6x half pension, 6x bus transport, 2x cable car ticket, 1x horse carriage transport, equipment

**Additional costs:**

It is advised that € 25,- per day is set aside for drinks, extra provisions, etc.

**Participants:**

6 – 12 people

**Travel to Oberstdorf:**

Take advantage of the good train connections to Oberstdorf. If you drive by car: we recommend local parking opportunities, at € 5,00 per day (in coins) (for the maximum duration of 7 days), underground parking is available at the skating stadium and costs up to 7 days € 35,-. Payable at the counter at the skating stadium.

**Extension of stay:**

We advise you to contact tourist information in Oberstdorf if you need accommodation before or after the tour. Telephone (Germany) 00 49 - 83 22 – 700 – 412, [www.oberstdorf.de](http://www.oberstdorf.de)

**OASE AlpinCenter:**

The OASE AlpinCenter is adjacent to the train station in Oberstdorf, opposite platform 1.

**Information and booking:**

For further details please contact us directly from:

<b>June – September:</b>	Monday – Friday <b>9 – 12 hours</b> and <b>14 – 18 hours</b>
<b>October – Mai:</b>	Monday – Friday <b>9 – 12 hours</b>

If the office is unattended please leave a message, we call you back .

<b>Tel.:</b> 0049 - 83 22 - 8000 980	<b>Online:</b> <a href="http://www.oase-alpin.com">www.oase-alpin.com</a>
<b>Fax:</b> 0049 - 83 22 - 8000 98-19	<b>E-Mail:</b> <a href="mailto:bergschule@oase-alpin.de">bergschule@oase-alpin.de</a>

*You will find dates and prices on our website.*



**Personal notes:**

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**Personal notes:**

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