



Duration of the tour: 2 days
Category: snow shoe tour
Difficulty level: easy / **moderate** / difficult / very difficult / expert

‘Sonnenkopf’

Snow shoe weekend with wellness hotel

During this snow shoe trip we get to experience the unspoiled winter landscape of the ‘Allgäu’ Alps. Thanks to improved designs steeper slopes can now be negotiated. This demanding route, starting in „Bad Hindelang (825 m) takes us past ‘Sonthofener Hof’, the ‘Schnippenkopf’ peak (1.833 m), to ‘Oberstdorf’. We spend the night in the ‘Hotel Sonnenklause****S’.

Region:

Alps of the ‘Allgäu’ area (Germany)

Route proposal:

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

Day 1, Saturday

Meeting point, ‘Berghotel Sonnenklause****S’ at 11:00 a.m.. After checking the equipment we ascend the ‘Sonnenkopf’ peak (1.712 m) with light rucksacks. The effort is soon forgotten, a wonderful view over the foothills of the ‘Allgäu’ Alps opens up. Shortly afterwards we are back at the Hotel. It is possible to swim or take a sauna here. The dinner at the hotel marks the end of a wonderful day.

Hiking time approx. 4 hours, ascent 700 m, descent 700 m.

Day 2, Sunday

The day begins with a hearty breakfast. The hike takes us through ideal snow shoe terrain to the ‘Sonthofner Hörnle’ peak (1.523 m) and the ‘Gernkopf’ peak (1.566 m). Past the ‘Strausbergalpe’ cow pasture (1.227 m) we finally reach the summit station of the ‘Imberger Horn’ cable car, a nice place to stop for refreshments. A bobsled ride takes us down to ‘Hindelang’. From here we have a taxi transfer back to ‘Oberstdorf’, arrival approx. 4:00 p.m.

Hiking time approx. 4 hours, ascent 500 m, descent 200 m.

Required:

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

Equipment:

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, sun-screen, lip salve, a thermos bottle, snacks (power bar, nuts, etc.), indoor shoes or trainers, toilet bag, bathing suit, small first aid.

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

Accommodation:

'Berghotel Sonnenklause****S' (double / triple beds)

Services:

Mountain guide, 1x half pension, 2x taxi, 1x descent with a bobsled, equipment

Additional costs:

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

Participants:

6 – 12 people

Travel to the Berghotel Sonnenklause:

By car via Kempten – Immenstadt – Sonthofen – exit Sonthofen Süd and further on through the small villages direction Oberstdorf. After 750 m behind Altstädten, please follow the sign "zur Sonnenklause". Free parking at the hotel.

If the weather conditions are wintry, you need snow chains.

Extension of stay:

We recommend the Berghotel****S Sonnenklause, www.sonnenklause.de, Tel. 0049 - 8321 - 36 14, if you need accommodation before or after the tour.

OASE AlpinCenter:

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

