



Duration of the tour: 6 days
Category: snow shoe tour
Difficulty level: easy / **moderate** / difficult / very difficult / expert

‘Wellness’ week

Day hikes around Oberstdorf

This week focus is to convey to you the simplicity and fascination of snow shoeing, on snowy trails in the dormant winter nature. All this without missing all the amenities and comfort of a wellness hotel.

Region:

‘Allgäu’ Alps (Germany), Kleinwalsertal (Austria)

Route proposal:

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

Day 1, Sunday

Meeting point ‘Waldhotel am Christlessee^{***S}’ at 2:00 pm. Welcome and introduction.

Day 2, Monday

Acclimatization trip in the ‘Trettach’ valley. We start right at the ‘Waldhotel’ (930 m) on the flats to get used to snow shoes. Following a transceiver introduction and practice, we hike to the ‘Spielmannsau’ (1.002 m) mountain guest house. In the afternoon it is possible to swim or take a sauna in the hotels’ spa.

Hiking time approx. 4 hours, ascent 150 m, descent 150 m.

Day 3, Tuesday

Day hike in the ‘Stillach’ valley. With the bus or on foot we get to ‘Stillach’ valley. From here we ascend to the ‘Söllereck’ via the ‘Freiberg’ lake and the ‘Hochleite’. Here we get to enjoy a well deserved lunch break. A leisurely descent takes down to the base station of the ‘Söllereck’ gondola. Optional: descent with a mini bobsled. We continue on back to the hotel on snow shoes over snowy meadows to ‘Oberstdorf’. Finally, we return by bus to the hotel.

Hiking time approx. 6 hours, ascent 600 m, descent 700 m.

Day 4, Wednesday

Wellness- or spare day, stroll through Oberstdorf. It depends on the weather and can be changed accordingly.

Day 5, Thursday

Day hike 'Hoher Ifen Gottesacker'. With the bus to the 'Auen' hut and ascent with the chair lift. We start our tour with the ascent to the 'Hahnenkopf' peak (2.229 m), from here we have an imposing view to the 'Bregenzer Wald' and the 'Allgäu' mountains. Finally we have a wonderful snow shoe hike over the 'Gottesacker' plateau.

Hiking time approx. 5 hours, ascent 300 m, descent 1.000 m.

Day 6, Friday

Day hike to 'Gerstruben'. The final hiking day starts once more right at the hotel. We pass the 'Christlessee' and ascend to 'Gerstruben'. If there is low avalanche risk it is even possible to reach the quiet 'Dietersbach' valley. From there you can either commence your homeward journey or you are welcome to stay longer in the 'Allgäu'.

Hiking time approx. 5 hours, ascent 400 m, descent 400 m.

Required:

Mountain experience is advantageous, good health, moderate physical condition, a sure foot and enough physical endurance for day trips with up to 6 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. 25 litre (a maximum weight of 3 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:

Hotel***^S (double rooms)

Services:

Mountain guide, 5x half pension, lunch boxes, cable car tickets, equipment

Additional costs:

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

Participants:

6 – 12 people

Travel to Oberstdorf:

Take advantage of the good train connections to Oberstdorf. See hotel brochure for additional information.

Extension of stay:

We recommend the 'Waldhotel am Christlessee', Telephone (Germany) 0049 – 83 22 - 60 80, www.vdk-waldhotel-am-christlessee.de, for those requiring accommodation before or after the tour.

