



**Duration of the tour:** 7 days

**Category:** hike / haute route / via ferrata / alpine course

**Difficulty level:** easy / **moderate** / difficult / very difficult / expert

## 1. Part of the European Hiking Route E5 From Oberstdorf to Meran

This beautiful trail is frequently used and leads along the classic European hiking route E5 from Germany via Austria to Italy. The attractions of this tour are the variety and contrast of the countryside and vegetation, which we pass through hiking from North to South during one week. Meadows in bloom and grassy mountains in the Allgäu Alps, fantastic views around the jagged peaks in the Lech valley Alps, endless glaciers, the enormous mountains of the Ötz valley and finally the southern climate of Meran makes this hike very popular and attractive.

### Region:

Alps of the 'Allgäu' area, Alps of the 'Lech valley' area, Alps of the 'Ötz valley' area, South Tyrol (Germany, Austria, Italy)

### Day 1, Sunday

Meeting point is at 11:00 a.m. at the OASE AlpinCenter. We begin with a bus trip to 'Spielmannsau' (1.002 m) and ascend through the wild 'Sperrbachtobel' to the 'Kemptner' hut (1.846 m) (transport of the rucksack).

**Hiking time approx. 3 hours, ascent 850 m.**

### Day 2, Monday

From the 'Kemptner' hut there is a good mountain path to the 'Mädelejoch' (1.974 m), on the border between Germany and Austria. The view there opens out to the 'Lechtaler' Alps. We then descend steeply to the 'Rossgumpfen' hut and along the 'Höhenbach' valley to 'Holzgau', which is situated in the Lech valley (1.070 m). After lunch in a restaurant we continue by bus to the romantic landscape of the 'Madau' valley (1.400 m). There we send the rucksacks on a goods only cable car. Without our rucksacks we reach the 'Memminger' hut (2.242 m) more easily, taking 2½ hours. After dinner we hope to enjoy a wonderful sunset on the nearby 'Seekogel'.

**Hiking time approx. 6 hours, ascent 950 m, descent 850 m.**

### Day 3, Tuesday

Starting early we soon reach the 'Seescharte' (2.664 m). After walking along the 'Lochbach' valley and via the 'Zammer Hole' we arrive in time for lunch at Zams (800 m), which is

situated in the 'Inn' valley. The descent to the Inn valley is very long and steep, so for comfort and speed we will take the Venet cable car up to Krah mountain (2.208 m). A transport of rucksacks is possible from Zams to the 'Larcheralm' hut. After lunch in the mountain top restaurant we will make our way to the cosy 'Larcher' or 'Galflun' hut (1.860 m), 2 hours away on a panorama trail.

**Hiking time approx. 9 hours, ascent 450 m, descent 2.100 m.**

### Day 4, Wednesday

We start the day with a gentle descent to 'Wenns' (976 m) situated in the 'Pitz' valley, where we will enjoy more wonderful scenery. From there we continue by bus along the Pitz valley to 'Mittelberg' (1.734 m) arriving there after half an hour, in time for lunch in the 'Gletscherstube' chalet. In the afternoon we ascend to the 'Braunschweiger' hut (2.760 m). Once again we are able to send our rucksacks on the goods only cable car.

**Hiking time approx. 5 hours, ascent 1.000 m, descent 900 m.**

### Day 5, Thursday

From the 'Braunschweiger' hut we hike eastwards up via the 'Rettenbach' (2.988 m) or the 'Pitztaler' Col (2.998 m), depending on the conditions, to the 'Rettenbach' glacier. From this point there is a marvellous view of the majestic peaks in the Ötz valley. Finally we take the bus to the 'Tiefenbach' side, where the beautifully built panorama trail continues to Vent in the 'Ötz' valley. That night we will stay in an hotel\*\*\*-\*\*\*\* (depending on the availability) with sauna and pool.

**Hiking time approx. 6 hours, ascent 300 m, descent 1.100 m.**

### Day 6, Friday

From 'Vent' we have a gentle hike via the 'Nieder' valley to the 'Martin Busch' hut (2527 m). Transport of the rucksack. After a short break we will continue to the 'Similaun' hut (3.019 m), situated at the 'Nieder' Col on the border between Austria and Italy. Near the hut is the place where 'Ötzi, Homo Tyrolensis' was found. After lunch we continue via the 'Tiesen' valley to 'Obervernagt' which is in the 'Schnals' valley (1.690 m). After a short and steep descent the trail levels out taking us through wonderful meadows and farms. These farms are several hundred years old, family operated in the traditional methods of the region. Finally we reach the 'Vernagt' Reservoir. We will continue our journey by bus via the 'Vinschgau' to Meran. That night we stay in an hotel\*\*\*, where we enjoy our last evening over a comfortable dinner.

**Hiking time approx. 7 hours, ascent 1.100 m, descent 1.200 m.**

### Day 7, Saturday

After breakfast we will begin our journey back by bus via the 'Etsch' valley to the 'Reschen' pass and then via 'Landeck' back to 'Oberstdorf', arriving back at about 2:00 p.m. From there you can either commence your homeward journey or you are welcome to stay longer in the 'Allgäu'.

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### Required:

Good health, mountain experience is advantageous, average physical condition, a sure foot, enough physical endurance 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 clothing against wind and rain (Gore-Tex), functional underwear, 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. Gloves, cap (against sun and cold), sunglasses, sunscreen, lip salve, a water bottle, snacks (dried fruits, nuts, etc.), indoor shoes or trainers, sleeping bag liner (available at the first hut for € 15,-), toilet bag, bathing suit, small towel,

first aid, head lamp, identity card, collapsible poles. You don't need an extra rucksack during the rucksack transports. You receive a lightweight bottle carrier.

### **Accommodation:**

Hotels (shared accommodation), mountain huts (dormitory)

### **Services:**

Mountain guide, 6x half pension, 4x bus transfer, 2x taxi, 1x cable car, 5x transport of the rucksack, bottle carrier from Deuter

### **Special service:**

Transport of additional luggage from Oberstdorf to Meran is included. You can leave one extra bag in the office, which will be send to Meran by bus.

### **Additional costs:**

We recommend approx. € 25.- per day 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 a 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 the tourist information centre in Oberstdorf if you need accommodation before or after the tour. Tel.: (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. The office is attended 1 hour before the tour starts.

### **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 .

**Tel.:** 0049 - 83 22 - 8000 980

**Online:** [www.oase-alpin.com](http://www.oase-alpin.com)

**Fax:** 0049 - 83 22 - 8000 98-19

**E-Mail:** [bergschule@oase-alpin.de](mailto:bergschule@oase-alpin.de)

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

**Personal notes:**

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