Trans Tyrol Trek

Trip Code: TIR

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		7



HIGHLIGHTS

- Enjoy some of the best Alpine hiking along balcony paths and through impressive gorges
- Experience breath-taking scenery walking through the Wetterstein and Karwendel mountain ranges
- Staying in charming mountain hotels and cabins with warm and welcoming hospitality
- Explore Bavaria's remote Schachen Castle, standing proud in a spectacular mountain setting

AT A GLANCE

- 6 days trekking
- Max altitude - 2500 metres
- Join at Garmisch-Partenkirchen, End in Innsbruck

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The beautiful Trans Tyrol trail (also known as the Tirolerweg), crosses from Germany to Austria through two stunning mountain ranges, the Bavarian Alps and the Tyrol linking the towns of Garmisch in Bavaria and Innsbruck in Austria. This fantastic mountain journey on foot includes impressive gorges and incredible balcony trails and several good walking day of 6 hours and over. We cross the Karwendel National Park and visit Schachen Castle – which is only accessible by foot and is said to be in one of Bavaria's most spectacular alpine settings. We complete the journey with a stunning walk down to the Innsbrucker valley. We stay in basic mountain huts and wonderful country hotels, giving a true feel of the mountains with a little added comfort. Breath in the fresh mountain air, see the pretty alpine flowers and take time to soak in the stunning panoramic views as you walk along this delightful trail – it's a true walkers paradise.

Is this holiday for you?

This is a well-established walking holiday, mainly on good trails. The average distance covered during each day's walk is around 12 kilometres and there is a fair amount of ascent and descent. The trail is demanding at times and requires previous hiking experience and a good level of fitness. Luggage support on all but 3 of the nights, which means you only need to carry a medium sized rucksack for items you might need during the course of the day.

Itinerary

Version:

Holiday Information

What's Included

- An IML qualified leader
- All accommodation as described
- Meals as described in the Meal Plan
- Baggage transfers on all nights except for 2

What's not Included

- Travel Insurance
- Lunches
- Visa fees (if applicable)
- Airport transfers
- Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

There are no group transfers for this trip, the group will meet at the group hotel in Garmisch-Partenkirchen.

The most convenient airport is either Munich or Innsbruck.

The welcome meeting at your accommodation will be at 7pm followed by the evening meal.

If you have any problems on arrival please contact your leader (exact details will be sent prior to departure).

Meal Plan

All meals are included except for lunches. Lunches can be easily purchased from supermarkets, bakeries or your accommodation along the way.
We do recommend you bring a few additional trail bars and snacks with you (not chocolate as it can melt) - these can of course also be purchased along the way, but it is sometimes nice to have your favourite hill food with you.

All meals are included from dinner on Day 1 to Breakfast on Day 8 - except for lunches. Lunches can be easily purchased from supermarkets, bakeries or your accommodation along the way.
We do recommend you bring a few additional trail bars and snacks with you (not chocolate as it can melt) - these can of course also be purchased along the way, but it is sometimes nice to have your favourite hill food with you.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

When in the towns and villages all tap water is drinkable. In mountain huts there is usually not a sustainable drinking water supply. Water in plastic bottles is brought in to the hut. All huts have a recycling point. If you have to purchase water in plastic bottles please buy the largest bottle you can so as to use less plastic. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water if you can fill from a local stream. Bottled water is not provided. We do not encourage the purchasing of single use plastic bottles. Local authorities are working to find solutions to using plastic water bottles in huts. We monitor the situation carefully for updates.

As might be expected, the food available in restaurants and hotels in Germany and Austria is excellent. Continental breakfasts and evening meals are provided by our accommodation. Lunch and additional snacks can be purchased from the huts or supermarkets when in the valley.

Accommodation

During this trip the group will spend 4 nights in comfortable hotels and 3 nights in mountain huts with bedding provided. Where we can, we will book couples in twin rooms. Other travellers will be accommodated in same sex twin or triple rooms, which may be with shared bathrooms.
In the mountain huts the accommodation will be in non-segregated, dormitories. In most mountain huts, washing facilities are very limited - there are sometimes showers available for an additional cost.

Group Leader & Support Staff

The group will be led by an experienced and qualified mountain leader.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

The package price includes all accommodation, guiding, and all meals except lunches. You should also make an allowance for additional snacks, drinks etc. Beer, wine and soft drinks are available every night. Approximately 300 Euros should adequately cover typical personal spending requirements.

Baggage Allowance

On this point-to-point trip you will have luggage support on all but 2 of the nights, which means your bags are transferred each day to the next accommodation and you only need to carry a small/medium sized rucksack (30 - 35 litres) for items you might need during the course of the day. On the nights you are in the mountain huts, you will need to carry just a few extra items in your rucksack.

As your luggage will be moved along the route by taxi we ask that you keep the weight to a maximum of 15kgs, and one bag per person. Many of the taxi companies who move your bags impose a 15kg limit and restrict the number of bags simply because they have to unload and reload the vehicle many times each day. If you take more than one bag you may be asked to pay a supplement. Also with regard to weight be aware that you may have to carry your luggage to your bedroom, which may involve climbing several flights of stairs as not all hotels have elevators. Luggage on wheels is generally a good idea.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise regime leading up to your trip. Running and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

We run this trip during the summer months, when you are most likely to experience good, stable weather with pleasant daytime temperatures averaging around 21°C. It can be cool in the evenings particularly at the high mountain huts, where temperatures can drop close to freezing overnight. Mountainous areas do generate their own micro climates, and rain and occasionally even stormy weather cannot be ruled out. You should be prepared for all eventualities.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots
- Socks

- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Waterproof jacket
- Thermal gloves
- Warm and waterproof gloves or mittens
- Sunhat
- Warm hat
- Sunglasses
- Daypack 30 - 35 litres should be sufficient
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial hand wash
- Sheet sleeping bag (for use in the mountain huts)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium),

painkillers, plasters and blister treatment.

The following items are optional:

- Travel shoes / Trainers
- Gaiters
- Spare laces
- Shorts
- Shirts (e.g. T-shirts)
- Thermal baselayer - leggings
- Swimwear (sauna/hot tub may be available)
- Trekking poles (highly recommended)
- Insect repellant
- Camera
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)
- Ear plugs (for the mountain huts - especially if you are not the one snoring)

Note

We request that you keep the weight of your main baggage to less than 15kgs for the baggage transfers.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Garmisch-Partenkirchen. Innsbruck or Munich are the nearest airports.

Why Choose KE

Why KE

Experience the wild scenery of the Tyrol on this challenging but simply stunning trek, staying in mountain huts as well as valley based hotels we are able to fully take in the vast beauty of the higher mountains but also have a little comfort.. and a shower! Our leaders are specially selected for their enthusiasm and their extensive knowledge of the Tyrol, meaning we can also learn all about the flora, fauna and geology of the area as we walk.

Please Note This document was downloaded on 17/11/2026 and the trip is subject to change