

Trans Tyrol Trek

Trip Code: TIR

Version: TIR Trans Tyrol Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



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

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

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Dinners
- 3 nights Mountain Hut / Refuge

[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. Breathe 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

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DAY 1

Meet at the group hotel in Garmisch-Partenkirchen.

Meet at the group hotel in Garmisch-Partenkirchen. Airport transfers are not included.

In the evening, our guide will brief us on the journey ahead.

For many centuries the towns were two separate communities, Partenkirchen and Garmisch, and still retain their own identities. Partenkirchen was on the trade route from Venice to Augsburg and is mentioned in AD15. Garmisch was first mentioned some 800 years later. However, in 1935 Adolf Hitler forced the mayors to combine the two market towns in anticipation of the 1936 Winter Olympics. Today the town is often referred to as simply Garmisch, much to the dismay of Partenkirchen's residents! The holiday begins with the dinner at the hotel.

Meals: **D**



Accommodation
Hotel

DAY 2

The Höllental Gorge and the Zugspitze.

A truly spectacular first day of hiking. We begin with an ascent of the impressive Höllentalklamm, which translates as 'Hell Valley Gorge'. The route follows the thundering river via a series of tunnels and walkways hewn from the rockface. In 1900 the local alpine club had the idea to create the route to shorten the walk to the Zugspitze, the highest mountain in Germany, at 2962m. After four years of hard labour it was possible to climb through the gorge. Once out of the Höllentalklamm we reach the Höllentalanger Hütte which has stunning views of the Zugspitze north face. Here we have a true Bavarian lunch before the final ascent along a high balcony trail to the Hupfleitenjoch, a high pass. The trail clings to the mountainside and at times is exposed, but always with a handrail when required. At the end of the day we spend the night on the mountain at Kreuzeck.

No access to main luggage.

Meals: **B D**



Accommodation
Mountain Hut / Refuge



Ascent
1245M



Descent
380M



Time
6-7 hrs walking








Distance
11KM

DAY 3

Kreuzeck to Schachenhaus Hut.

Today we leave our mountain hut and head out along the Bernadeinsteig trail. This is a lovely path which begins by traversing the eastern slopes of the mighty Alpspitze. The summit of the Alpspitze which sits at 2628m has a distinctive pyramidal peak which is the symbol of Garmisch-Partenkirchen. It is one of the best known and most attractive mountains in this part of the world, and is predominantly formed from Wetterstein limestone. We turn a shoulder just at the treeline and then it's a decent descent as we make our way to the Bockhütte. This hut is in a great position beside the Partnach river, and makes a lovely coffee stop or early lunch. The history of the hut can be traced back 300 years, and is closely linked to the gazing laws of the area which date back to 1408. Once we have refuelled we have a steep climb up through the Oberreintal, which sections of narrow balcony trails and rocky steps. Once above the trees the views are very special, and eventually we pop out at the viewpoint above Castle Schachen. This was King Ludwig II's mountain cabin which sits just above our accommodation at Schachenhaus. It is no surprise that the King decided to build his cabin on this spot, the views are incredible! No access to main luggage.

Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 905M		Descent 700M		Time 5 - 6 hrs walking
	Distance 11KM						

DAY 4

Schachenhaus Hut, Germany to Leutasch Valley, Austria.

To view the sunrise in these mountains is spectacular and we recommend you rise early to witness it! This is a spectacular day, and we begin with a steady climb up the ridge line behind the hut. At all times you are surrounded by limestone spires and peaks as you make your way to the Meilerhütte, at 2366m. The hut sits right on the frontier between Germany and Austria and is great for a coffee stop. From here it's downhill for the rest of the day as we enter what feels like a remote valley, and descend on trails that are sometimes loose and rocky. At all times we are surrounded by sculpted limestone ridges on the skyline. The descent into Leutasch is sustained, but we are heading for a comfortable hotel and a gorgeous Austrian village which makes up one of the 26 hamlets that create the municipality of Leutasch.

Meals: **B D**

	Accommodation Hotel		Ascent 565M		Descent 1315M		Time 6 - 7 hrs walking		Distance 11KM
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DAY 5

Leutasch to Mittenwald

From the Leutasch valley we hike over to the beautiful Bavarian village of Mittenwald as we re-enter Germany where we will spend the night. Today begins with a steep forest track which certainly stretches the calf muscles, until it levels off at the Hoher Sattel, a gentle pass where various trails meet. Here we start our day proper with a traversing trail which climbs steadily across the mountainside. This trail will definitely keep you focused as there are sections with exposure, and you may find you are also using your hands with some brief scrambling. What we would call a true Alpine hike that will be enjoyed by those who love to feel they are truly in the mountains. We eventually pass the Arnspitzhütte which is a small unstaffed bivouac hut which is useful for a rest or lunch stop. After the hut the trail becomes easier and follows a magnificent ridge line offering views all the way back to the Zugspitze which we saw on the first day. We are then descending to our overnight stop at Mittenwald. The village is known for its colourful painted houses and its violin-making history. It is also known for the pink 18th-century church of St. Peter and St. Paul Church which has beautiful frescoes.

Meals: **B D**

	Accommodation Hotel		Ascent 1010M		Descent 1205M		Time 7 - 8 hrs walking		Distance 15KM
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DAY 6

Mittenwald to Hallerangeralm.

We have an easy ride to begin with today, as we take a taxi up to Isar-Ursprung, the source of the River Isar, and here we begin our hike which takes us first to Kasternalm, a popular lunch destination, which is the end of the public road. We are now on the Adlerweg, the Eagle's Way, as we head deeper into the mountains. The Adlerweg is a new route set up by the local tourism authority to show the best of the region, and we follow it today to the beautiful situation Hallerangeralm hut. On the way we pass meadows with livestock grazing, and overall this is a more mellow day, though the cart track after Kasternalm is steep! We aim to reach our hut around lunchtime and you can then choose to relax on the sun loungers on the terrace or join your guide for an ascent of the Sunntigerspitze with a summit at 2321m which offers spectacular views of the Karwendel range. If the weather is good this is well worth the extra effort knowing that you will return to this gorgeous hut for good food and perhaps a beer! The statistics below include the summit of the Sunntigerspitze, otherwise the day has 547m less of ascent and descent, and 5km less in terms of distance.

No access to main luggage.


Meals: **B D**

	Accommodation Mountain Hut / Refuge		Ascent 1195M		Descent 595M		Time 6 - 7 hours walking
	Distance 12KM						

DAY 7**Hallerangeralm to Innsbruck.**

Today is our final day of hiking and early morning we leave the lovely meadows of the Hallngeralm as we head for our first pass, or joch, at Lafatscher at 2081m. Once over the pass its down and around to a high traversing line across rocky terrain on a balcony trail to the spectacular Stempeljoch. Once through the pass we continue not the Adlerweg towards the Pfeishütte where we will aim to have a break. The terrain today feels wild, rough and rocky, and you are definitely 'in the mountains'. The Pfeishütte sits on high ground at the end of the Samertal valley in the middle of the southern Karwendel range at 1,922m, and is surrounded by the majestic peaks of Rumer Spitze, Stempeljochspitze, and Bachofenspitze to name just a few. From here we will meet the day hikers coming up from Innsbruck and it is often a shock to suddenly be in amongst the crowds, but you cannot blame them for hiking to this destination because it is simply stunning. After lunch we make our way along the Goetheweg trail to the Top of Innsbruck, and the highest viewing point of the 2300m Hafelekar. Then we literally 'drop' into Innsbruck on the cable car, and we have arrived at our destination. The city of Innsbruck is the capital of the Tirol, and the 5th largest city in Austria. It is a beautiful place to spend some time, and you might want to consider an extra day at the end of your trip to explore.

Meals: **B D**

	Accommodation Hotel		Ascent 1120M		Descent 595M		Time 6 - 7 hrs walking		Distance 14KM
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DAY 8**Departure Day.**

Your holiday ends after breakfast. Airport transfers are not included.

Meals: **B**

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.

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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

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.

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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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 repellent
- 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.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

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 15/05/2024 and the trip is subject to change