The E5 Alpine Crossing - Oberstdorf to Merano

Trip Code: SGE5

Version:

WALK & TREK	SELF-GUIDED	6 MODERATE

HIGHLIGHTS

- Experience the most beautiful stages of the E5 long distance trail
- Walk in three countries in just one week: Germany, Austria & Italy
- Cross the highest and longest foot suspension bridge in Austria

- Admire the diverse flora and fauna in ever-changing mountain environments
- Hotel upgrade option available, to 4* hotels with spa

AT A GLANCE

- 6 days trekking
- Max altitude 2,996m
- Thursday and Sunday departures
- Thursday Saturday and Sunday departures in July and August
- Suitable for 2+ travellers
- Join at Oberstdorf / End in Merano

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Spanning Western Europe from the Atlantic Coast to the Adriatic Sea, the full length of the epic E5 long-distance hiking trail begins at Pointe du Raz in France and ends in Venice; along the way crossing the magnificent Alps of Switzerland, Germany, Austria and Italy. On this one week self-guided holiday, you will hike the most spectacular (and indeed the most challenging) section of this classic route through three countries: starting in Oberstdorf in the southernmost tip of Germany, you will traverse majestic mountain ranges across Austria, and hike over the Tyrolean Alps to reach Merano in Italy.

This is a route that will immerse you into breath taking and changeable landscapes of dramatic valleys, high passes, roaring waterfalls and idyllic pastures. Surrounded by jagged peaks and snow-capped summits, you will truly feel at the heart of the Alpine landscape. Over the week you will be embraced by warm Alpine hospitality in family-run 3* & 4* hotels, and with daily luggage transfers taken care of, you can undertake this fantastic long-distance trek carrying just your day pack, and enjoy the trans-Alpine journey at your own pace.

WHY NOT TREAT YOURSELF TO A HOTEL UPGRADE?

On this trip we are pleased to offer you the opportunity to upgrade your accommodation to 4* hotels with spa facilities. Perfect if you are looking to treat yourself for a special occasion, or simply prefer to travel with a little more luxury and comfort.

Is this holiday for you?

This classic Alpine trekking holiday is ideal for active and experienced hikers who are looking for their next long-distance challenge on foot. This is a sustained trek in an Alpine environment, covering an average of 14km each day and with up to 1,490m ascent/descent in a day. You will be hiking for around 6 hours each day on average. You must have a high level of fitness, surefootedness and a good head for heights. The terrain is varied, including forest trails, steep paths across meadows, rough rocky tracks, and loose scree slopes. There are sections on narrow paths with chain or cable handrails for additional

support, which can be difficult for those suffering from vertigo. Experience of hiking in mountainous terrain is a must for this trip. The route is well-signposted but a good knowledge of map reading would stand you in good stead, particularly in changeable conditions. Occasionally in the early season you may come across patches of late snow which will need careful navigation. For safety in the high mountains, this trip is suitable for groups of 2 or more travellers.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- One original Lechweg cheese per person from the Sojer organic dairy farm in Steeg
- Train journey from St Anton to Landeck (Day 4)
- Cable car ascent to Venet (Day 4)
- Cable car descent from Hirzer (Day 7)
- Welcome briefing
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Oberstdorf
- Travel from Merano
- Visas (if applicable)
- Tourist taxes may apply and are usually under €5 per person per night
- Some meals as described in the Meal Plan
- Public transport as per itinerary (allow approx. €10 per person)
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Oberstdorf, Germany and ends in Merano, Italy. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for the start of this trip is Munich Airport with many departures from UK regional airports.

From Munich Airport, it typically takes around 3 hours to reach Oberstdorf by train, with one change at Munich Central Station.

At the end of the trip, you can return from Merano to Munich Airport with Flixbus via Innsbruck (journey time approx. 7 hours 15 minutes).

Alternatively, the closest airports to Merano are Verona or Venice Marco Polo. If you are flying out of Verona, you can take the train from Merano via Bolzano to Verona Porto Nuova station, from where you can take the shuttle bus to the airport. To reach Venice Marco Polo, continue on the train to Venezia Mestre railway station from where you can pick up the shuttle bus to the airport.

If you wish to return to Oberstdorf from Merano, the train journey takes approximately 8 hours, with 3 changes. We can also arrange a shared transfer from a central location in Merano to Oberstdorf, please contact our sales team for a quote. A minimum of 2 passengers is required for this transfer.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Your lunch supplies can be purchased before you set off on your hike, or it may also be possible to have lunch at one of the mountain huts along the way. You should carry some cash if you plan to take your lunch at mountain huts, as they are not able to take card payments at huts. Evening meals can be taken at your hotel restaurant or at a local restaurant in town.

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

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

One of the great things about this trip is being able to delve into the subtle cultural influences in the local cuisine as you travel through the three countries of Germany, Austria and Italy. The abundance of Alpine pastures lends itself to dairy farming and cheese production – on this holiday we have even included a sample of the organic Lechweg cheese for you to enjoy. Utilising regional produce, you can expect the menu to contain plenty of meat and dairy, with hearty and filling fare involving tender roasted or braised meats served with dumplings, potatoes or noodles. There is also plenty of variety, from the German inspired delicacies of South Tyrol such as Speckknödel, Gröstl and Apfelstrudel, to typically Italian pasta dishes.

Accommodation

On this holiday you will stay in carefully selected 3* & 4* hotels, each chosen to showcase the wonderful traditional Alpine hospitality of the three countries you will walk through in just one week. All hotels offer comfortable double or twin rooms, typically with Austrian style twin beds (two beds within one bed frame and separate bedding), varied breakfast buffets to fuel you each morning, and WiFi connectivity for sharing those stunning holiday snaps. Nestled in picturesque valleys and surrounded by idyllic mountain landscapes, each family-run establishment makes for a lovely space for you to rest and relax at the end of each day. Many also offer pool or wellness facilities - just the ticket to soothe your muscles after a good day of trekking.

It is possible to arrange additional nights accommodation if you would like to extend your stay in Oberstdorf or Merano. Please speak to one of our sales team for further details.

WHY NOT TREAT YOURSELF TO A HOTEL UPGRADE?

On this trip we are pleased to offer you the opportunity to upgrade your accommodation to charming Alpine-style hotels of 4* standard, all with spa and wellness facilities. Perfect if you are looking to treat yourself for a special occasion, or simply prefer to travel with a little more luxury. Offering a warm and welcoming atmosphere together with a high standard of service, upgrading your accommodation is a fantastic way to enjoy your holiday in style and rejuvenate after each fantastic day of trekking on the E5 Alpine Crossing. Rooms at these hotels are also typically on a double or "Austrian twin" basis, with complimentary WiFi available throughout.

Please speak to one of our sales team to find out more. Please note that hotels are subject to availability and an alternative of a similar standard may be offered.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. Luggage with wheels may be useful for this holiday. We ask that you please ensure your luggage is under 20kg and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials such as waterproofs, etc with you.

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

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 5-6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

This trip is offered during the summer months, when you are most likely to experience good, stable weather with pleasant daytime temperatures between 11°C to 25°C on average. It can be somewhat cooler in the evenings. The weather is usually stable during the hiking season between July and September, but mountainous areas do generate their own weather systems, and rain and 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.

Books

Cicerone Guide: Across the Eastern Alps: The E5 - Gillian Price

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

- Hiking boots with good grip soles
- Functional base layer
- T-shirts

- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Gloves
- Rucksack (approx. 30 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

- Walking poles
- Micro spikes (in case snowy or icy conditions are encountered)
- Your self-guided route notes

Land Only Information

Please note our 'from price' listed is based on 4 persons on double or twin occupancy, however this trip is suitable for groups of 2 or more travellers, contact our sales team for a quote.

This trip is available for departures on Thursday and Sundays throughout the dates listed. Additionally, Saturday departures are also available in July and August.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

Experience this classic long-distance Alpine trek with just a daypack and the flexibility of walking at your own pace. At the end of each day, you can look forward to superb Alpine hospitality and a comfortable space to rest at each of our hand-picked selection of 3* & 4* hotels.Additionally, an optional upgrade is available to 4* hotels with spa facilities, if you like to enjoy your trekking holidays with a touch more luxury.

Please Note This document was downloaded on 21/09/2026 and the trip is subject to change