



5-Lakes Hiking Week in East Tyrol

Five lakes, five valleys, five unforgettable days of hiking

This hiking week takes you to the most beautiful mountain lakes in East Tyrol, mostly within the Hohe Tauern National Park – the largest protected area in the Eastern Alps. Every day features a new route with breathtaking views, crystal-clear water and authentic East Tyrolean mountain culture.

Ideal for anyone wishing to combine exercise and nature with comfort and enjoyment. Lienz offers the perfect blend of relaxation, town life and mountain adventure.

Our local female hiking guides are not only familiar with the high-alpine flora and fauna but also possess a wealth of historical knowledge, which they share with you during the hikes.

You are free to spend your time as you wish before and after the hikes; however, there are plenty of options in the 'Sun City' of Lienz. The hotel also has a small wellness area.

Requirements

Terrain: Partly narrow nature trails, which may occasionally be stony or interspersed with roots, but pose no risk of falling. A normal sure-footedness (steady footing) is important. Highest category: T2.

- **Duration:** Approximately 4 to 5 hours' walking time + breaks for lunch and photo sessions
- **Elevation gain:** 300 to 600
- **Downhill route:** Mostly moderately steep along well-maintained hiking trails, rarely along narrow, steeper paths.

Experience: Hiking at 1,500 metres above sea level should be nothing new to you.

Tour description

Mon: Laserzsee – Dolomite backdrop

↑ approx. 700 metres elevation gain / Walking time: approx. 5 hours

We start our week above Lienz; right from the start, we'll enjoy the impressive rocky backdrop of the Lienz Dolomites: from the spectacularly situated Dolomitenhütte, our hike leads steadily uphill to the Karlsbader Hütte (2,260 m). Just behind it lies the idyllic, turquoise-coloured Laserzsee. For the return journey, we can also take the gentle track.

Tue: Grünsee and Schwarzsee – Venediger view

↑ approx. 700 m elevation gain / Walking time: approx. 5.5 hours

This stage is one of the most beautiful in the whole of East Tyrol: from the Felbertauern South Portal, we hike to Grünsee and then on to the actually darker Schwarzsee, right in the heart of the unspoilt high-mountain landscape of the Hohe Tauern National Park. Along the way, we enjoy the impressive view of the Großvenediger.

Wed: Dorfersee – in Kals am Großglockner

↑ approx. 470 m elevation gain / Distance 17.4 km / Walking time: approx. 6 hours

A long but comparatively gentle hike takes us from Kals am Großglockner through the wild Dabaklamm gorge and the wide, historic Dorfertal valley with its alpine pastures to the secluded, emerald-green Kalser Dorfersee. A special day on which we'll learn a great deal about the history of the Hohe Tauern National Park.

THURSDAY: Obersee with a summit reward

↑ approx. 500 m elevation gain / Walking time: approx. 4 hours

We set off from the high-altitude Staller Sattel, right by the Obersee, on our short summit hike, where we'll enjoy the magnificent panorama over the Defereggental valley, the Rieserferner Group and far into South Tyrol. Afterwards, we'll of course take another stroll around the Obersee.

Fri: Winklerner Almsee & Straßkopf

↑ approx. 570 m elevation gain / ↓ approx. 570 m elevation loss / Walking time: approx. 4.5 hours

A fitting end to our week of hiking: from the Roaner Alm car park, we'll hike across gentle alpine pastures to the idyllic Winklerner Almsee. We'll then continue on to the Straßkopf. The summit is technically straightforward and offers an exceptionally sweeping panorama: from the Hohe Tauern via the Schober Group to the Lienz Dolomites. We'll head back via the Winklerner Alm.

Accommodation & Meals

Accommodation

Hotel & Gasthof Gribelehof (or similar accommodation)
The Nothdurfter family
Schloßberg 9–11
A-9900 Lienz

Accommodation in twin rooms; single room supplement €150. Individual bookings are automatically allocated to single rooms.

Meals

Half-board

The group will be accommodated at the Gribelehof or a similar establishment – a hotel or guesthouse in Lienz. The package includes six nights' accommodation with half-board in a twin room. According to the organiser, the hotel has a small wellness area. The time before and after the hikes is free to spend as you wish and can also be used to explore Lienz.

Further information

Important note

During the tour, the advertised itinerary may be subject to changes or adjustments due to weather conditions or local circumstances. The planned itinerary cannot therefore be guaranteed in detail.

Note for people with reduced mobility

This programme is not suitable for people with reduced mobility.

Entry and visas

To enter Italy, you will need a valid identity card or passport. There is no visa requirement for travellers from the EU.

Good advice doesn't cost a fortune!

We know from experience that a week-long trek in the mountains is a major challenge for many walkers. In recent years, demand has increased enormously, particularly for Alpine crossings. Unfortunately, mountain guides repeatedly find that not everyone is adequately prepared and that the demands of such a tour are underestimated. If you haven't yet spent several days in the mountains, we recommend a three-day tour as a taster to help you prepare. It's a good idea to acclimatise beforehand for any tour.

Answers to frequently asked questions!

True to the saying 'There's no such thing as bad weather, only bad clothing', our **rain-proof kit** ensures that neither rain nor snow can dampen our enjoyment of hiking. Should the tour or stage be unable to go ahead as planned for safety reasons, the guide will find an alternative.

The **best time** for a multi-day hike is between mid-June and the end of September. At the start and end of the season, we may have to expect patches of snow. In the mountains, **snowfall** is **always** possible, even during the summer months.

A week-long trek in the mountains is a **major challenge** for many walkers. We'll be walking along **good mountain paths**. The paths are often steep or rocky, and sometimes earthy and slippery. If you already have some hiking experience and the necessary stamina, are **sure-footed** (able to walk confidently on uneven, stony and unpaved paths) and have **no fear of heights**, you'll thoroughly enjoy the tour.

Should you actually have to **cut a tour short** and incur additional costs as a result (taxi transfers, extra nights' accommodation, etc.), these costs will not be reimbursed (see Globo Alpin's Terms and Conditions). We therefore strongly recommend taking out **travel insurance** that also covers the cancellation of a tour.

In the **equipment list**, you'll find everything you need for your hike. You should pay particular attention to your hiking boots. **The upper of the boots must come above the ankles; category B/C** is recommended. A good tread pattern, stability and the condition of the boots are important. A comfortable pair of hiking boots isn't necessarily suitable for a multi-day hike. With old boots, it's common for the sole to come away. That's why it's particularly worth investing in a new pair of boots.

We'll be provided with generous meals (**half-board**) at our accommodation. Vegetarian meals are also available (please specify when booking). Along the way, there are often inviting **places to stop for refreshments**, or you can have a **packed lunch** prepared for you (at an additional cost). Therefore, it is sufficient to bring enough to drink and a small snack for the start of the tour. Your guide will provide further information on the following days' walks.

Food intolerances or special dietary requirements (e.g. vegan diet, gluten or lactose intolerance) are generally not a problem when staying in a hotel or guesthouse. In mountain huts, however, special meals are only available to a limited extent. You should make your own arrangements for this.

Getting there & parking

The meeting point for your tour is easy to reach by car or on public transport. Please allow plenty of time to arrive at the meeting point on time.

Travel insurance

When making a binding booking, we recommend taking out travel cancellation insurance, e.g. with Allianz. Disruptions to services caused by the weather, rail cancellations or other factors beyond the organiser's control are not subject to recourse. We also recommend that every participant takes out third-party liability, accident and international health insurance.

Training plan

RECOMMENDED PREPARATION FOR YOUR TOURS

With the right preparation, you can enjoy the tours to the full. Just picture your dream tour, and the motivation will come naturally. As a little incentive, we've put together a training plan for you here. With these endurance sessions and technical exercises, you can prepare for your adventure in the mountains. At least 3 training sessions per week over several months.

Endurance:

- 30 minutes of stair climbing, stepper or cross-trainer

- 60 minutes of walking, jogging or cycling in the countryside (hiking and high-altitude trails)

- 90 minutes of walking, jogging or cycling in the countryside (climbing and high-altitude hikes)

Sure-footedness and balance:

- 10 minutes of walking on tiptoes

- 10 minutes standing on the balls of your feet on the edge of a staircase (on one leg, on both legs)

- 10 minutes on a balance ball

- Balancing on the kerb

- Hopping from stone to stone (stone hopping)

Arm strength (using a dumbbell or water bottle weighing 0.5–1 kg):

- 30 x push-ups

- 30 x overhead presses and lateral raises

- 5 x push-ups (increase to 20)

- 5 x reverse push-ups (increase to 20)

- 1 minute forearm plank

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