



Following the Adlerweg trail!

Hiking in the Lechtal Alps on the Lechtal High Trail

Stunning scenery, bizarre rock formations, towering cliffs, cosy mountain huts. This brief description probably sums up this tour best. A varied alpine hike that requires sure-footedness, a head for heights and stamina, taking us past crystal-clear mountain lakes and through what is arguably the most botanically interesting part of the Northern Limestone Alps. The diversity and abundance of the alpine flora is unique, and in the small, well-run huts we'll find a genuine sense of cosiness. The Lechtal High Trail links base huts at altitudes between 2,000 m and 3,000 m. Join us to experience this vibrant region with its distinctive character. For the experienced mountain walker who enjoys easy rock climbing, this is a real dream tour.

Requirements

Fitness



Ascent and descent of up to 1,400 metres in altitude with a maximum walking time of 7 to 9 hours per day, depending on the weather, trail conditions and the group's fitness level. Longer breaks are taken after approximately 1 to 2 hours of walking. For tours at altitudes above 3,000 metres, prior acclimatisation is recommended.

Technical Difficulty



These routes are predominantly challenging, tending towards difficult mountain trails. The steep and narrow paths sometimes lead through pathless terrain strewn with boulders. Exposed sections, which are secured with wire ropes in places, should not pose any problems for you. Depending on the weather and snow conditions in the mountains, the route can become very challenging. Sure-footedness, a head for heights and experience of mountain walking are absolutely essential here.



Tour description

Day 1: Boden – Pfafflar – Galtseitejoch – [Hanauer Hütte](#)

From Boden, the route leads via Pfafflar, initially at a gentle pace and later more steeply, up to the Galtseitejoch at 2,421 m. We descend via the Schlenkerkar to the Hanauer Hut, our first stop on this tour.

Elevation gain: 1,110 m uphill | 530 m downhill Walking time:

approx. 5 h 30 mins

Day 2: Gufelsee – Bittrichsee – Bitterscharte – [Württembergischer Haus](#)

After a hearty breakfast, we'll head up via the Parzinnensee to the Gufelseejoch. Depending on the weather and how we feel, we can climb the Kogelseespitze (2,647 m) across rugged terrain, where we can enjoy the stunning panoramic views. From the Gufelseejoch, we descend to the turquoise-coloured Gufelsee and continue on to the Gufelhütte. The route takes us through a unique landscape of rugged cliffs and green alpine meadows. We follow the path past the Bittrichsee to the Bitterscharte (2,525 m) before reaching the Württembergischer Haus.

Elevation gain: 1,060 m uphill | 760 m downhill Walking time:

approx. 5 h 30 mins

Day 3: Großbergspitze – Seescharte – Unterer Seewisee – [Memminger Hütte](#)

Today's stage takes us from the Württembergischer Haus to the Großbergspitze (2,635 m). Via the Seescharte and past the Unterer Seewisee, we descend to the Memminger Hütte. If we still have enough energy, we can climb the Seekogel (2,412 m) or the Reiser Kogel (2,562 m) and then round off the evening in comfort at the hut.

Elevation gain: 660 m uphill | 630 m downhill Walking

time: approx. 4 hours

Day 4: Parseier Valley – Grießlscharte – [Ansbacher Hut](#)

From the Memminger Hut, we follow the Adlerweg down into the Parseier Valley and from there climb through the quiet and idyllic side of the Langkar up to the Grießlscharte at 2,632 m. The ascent is secured with wire ropes. We cross two more short passes before reaching the Ansbacher Hut.

Elevation gain: 1,100 m uphill | 950 m downhill Walking time:

approx. 7 hours

Day 5: Flarschjoch – Alperschonerjoch – Hinterseejochl – Kaiserjoch – [Leutkircher Hut](#)

Our first ascent takes us to the Flarschjoch, from where we hike along a panoramic trail with magnificent views of the Verwall Group and the Arlberg region. Via the Alperschonerjoch and the Hinterseejochl, we reach the Kaiserjoch. The route is technically challenging and includes three climbing sections of grade 1 difficulty. We'll be using our hands time and again on the beautiful rock. Pathless and narrower sections also make today's stage exciting. Finally, we reach the Leutkircher Hut, where we can refuel for the final day.

Elevation gain: 730m uphill | 860m downhill

Walking time: approx. 06:30 hrs.



Day 6: Bodenalp – Lech or Kaisers

Our final day takes us down to Bodenalp and on out of the valley to Kaisers. A taxi takes us back to the starting point. Alternatively, we have the option of hiking on to the Stuttgarter Hut and then on to Zürs (approx. 800 m more ascent & 650 m more descent). Here too, a taxi takes us back to the starting point.

Elevation gain: 50m uphill | 940m downhill Walking time:

approx. 3 hours

Accommodation & meals

Accommodation

In the huts, we'll be staying in dormitories or shared rooms. All huts have washrooms, and some also have shower facilities.

Meals

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

Accommodation arrangements for early arrival

[Lechtal Tourism](#),

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Further information

Important note

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

Note for people with reduced mobility

This programme is not suitable for people with reduced mobility.

Good advice is free!

We know from experience that a week-long tour in the mountains is a major challenge for many hikers. Unfortunately, our mountain guides frequently 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 hiking in the mountains, we recommend one of our three-day tours 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 snowfields. 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 hikers. We'll be walking on **good mountain paths**. The paths are often steep or rocky, sometimes earthy and also slippery. If you already have 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. If you have not yet undertaken a multi-day trek in the mountains, we recommend **one of our three-day tours** as a **way** to get a taste of what it's like and familiarise yourself with the terrain.

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

* In the **equipment list**, you'll find everything you need for your tour. You should pay particular attention to your hiking boots. **The upper of the boots must extend 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 is not necessarily suitable for a tour lasting several days. With old boots, it is common for the sole to come away. That is why it is particularly worth investing in a new pair of boots.

* We'll be staying in **huts in dormitories** or **shared rooms**, and in **hotels** or **guesthouses** in **twin** or **shared rooms**. Please understand that we cannot accommodate individual booking requests.

* 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 journey when you set off on 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.

Maps

Kompass Map No. 24 Lechtal Alps, Hornbach Range, Alpine Club Map 3/3 Lechtal Alps, Parseierspitz, or using popular map apps such as Outdooractive, Alpenvereinaktiv or PeakFinder.

Getting there & parking

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

Car

Travelling from Ulm (A7):

Option 1: Ulm (A7) – Füssen border tunnel – Reutte – Lechtal

Option 2: Ulm (A7) – Oy/Mittelberg exit – Oberjoch – Tannheimer Valley – Weißenbach – Lechtal



Travelling from Switzerland:

Take the A1 towards Dornbirn – continue along Bödelestraße to Warth and then take the B198 into the Lech Valley. Alternatively, in summer, take the A1/E60 and S16 via Langen a.A./Klösterle and Lech a.A., continuing on to Warth and Steeg in the Lech Valley.

Parking:

Hanauer Hütte in Boden. There is a paybox where you can insert the relevant amount (€3.00 per day). There are no checks. The parking fee is voluntary.

Train and bus

If travelling by train, the nearby stations at Reutte and Füssen are recommended. International stations are available at Imst, Garmisch, Innsbruck and Munich (in summer, Langen am Arlberg and St. Anton).

Travel insurance

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

Training Plan

Recommended Preparation for Your Tour

With the right preparation, you will be able to enjoy your mountain adventure to the fullest. Picture your dream tour—the motivation will come naturally. To help you prepare, we have developed the following training programme. We recommend completing **at least three different training sessions per week over several months** before the start of your tour.

Endurance Training

- 30 minutes of stair climbing, step machine or cross trainer
- 60 minutes of brisk walking, jogging or cycling outdoors (recommended for hiking and via ferrata tours)
- 90 minutes of brisk walking, jogging or cycling outdoors (recommended for climbing and alpine mountaineering tours)

Balance & Sure-footedness

- Walk on your tiptoes for 10 minutes
- Stand on the balls of your feet on the edge of a step (both one-legged and two-legged)
- 10 minutes of balance board or balance ball exercises
- Practise balancing along a kerb
- Jump from stone to stone (or between paving slabs) to improve coordination and foot placement

Upper Body and Arm Strength (Using light dumbbells or water bottles (0.5–1 kg):

- 30 arm curls
- 30 overhead presses with lateral raises
- 5 push-ups (gradually increase to 20 repetitions)
- 5 reverse push-ups (gradually increase to 20 repetitions)
- Hold a forearm plank for 1 minute

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