



E5 Alpine Crossing for Solo Travellers

... together from Oberstdorf to Merano along the tried-and-tested section of the long-distance footpath.

For all solo travellers who wish to set off across the Alps in a group of like-minded people, following the **E5 from Oberstdorf to Merano**. Together, we'll enjoy the beauty of the mountains on our tried-and-tested route along the E5 long-distance hiking trail. Starting from the northern edge of the Alps – the Allgäu and Lechtal Alps – our route takes us high up into the wilds of the Ötztal glacier region, across the Similaun Pass into Italy and into the picturesque Schnalstal valley, the home of Reinhold Messner. We'll be hiking mainly off the beaten track, away from the overcrowded main route, and enjoying the many benefits of our tried-and-tested itinerary, which has been a favourite for years and offers, above all, greater peace and tranquillity.

Nothing now stands in the way of an enjoyable hike and the great experience of the E5 from Oberstdorf to Merano.

Requirements

Fitness 

Ascents and descents of up to 1,200 metres in altitude, with a maximum walking time of 4 to 6 hours per day, depending on the weather, the condition of the trail and the group's fitness. Longer breaks are taken after around 1 to 2 hours of walking

Skills 

You will mainly be walking on moderately difficult mountain trails, which are mostly narrow and steep. The sections, which are occasionally rocky and exposed, are well secured with wire ropes and may occasionally require you to use your hands. Depending on the weather and snow conditions in the mountains, the ground may be slippery. For these tours, you should already have some hiking experience and be sure-footed and not prone to vertigo.

Tour description

Day 1: Hirschegg – Oberstdorf – Spielmannsau – Sperrbachtobel – [Kemptner Hütte](#)

We set off from Hirschegg by bus to Oberstdorf. After another short transfer to Spielmannsau, we set off along the original E5 route. We can have our rucksacks transported to the Kemptner Hütte via the luggage lift, allowing us to hike, completely unburdened, first up to a small chapel at the so-called 'Knie'. From here, the route leads through the Sperrbachtobel up to the Kemptner Hütte.

Elevation gain: 870 m

Walking time: approx. 3 hours

Day 2: Mädelejoch – Holzgau – Boden – [Hanauer Hütte](#)

From the Kemptner Hütte, we first climb up to the Mädelejoch. From there, we have a fantastic view down into the Oberstdorf valley floor on one side and across to the Tyrolean mountains on the other. From here, we continue past the Upper and Lower Rossgumpenalpe through the Höhlenbach Valley down to Holzgau. After a break, we take a taxi from there and travel through the Lech Valley towards Hahntennjoch to Boden. We then continue on foot through the Bsclabsertal to the Hanauer Hut. After about 45 minutes' walk, we reach a goods cable car which allows us to have our rucksacks transported up to the Hanauer Hut. We then climb up to the hut, where we'll take a well-deserved break.

Elevation gain: 800m uphill | 950m downhill

Walking time: approx. 6 hours 30 mins.

Day 3: Dremelscharte – Steinseehütte – Alfutz – Zams – Zammer Alm

Early in the morning, we make our way up through the Östliche Dremelscharte. After the descent, we reach the Steinsee at 2,222 m, where we can take a break and even have a swim. From there, it's just a short walk to the Steinseehütte, where we'll rest before continuing our descent to the Alfutzalm at 1,261 m. From the Alfutzalm, we'll take a taxi to the valley station of the Rifentalbahn in Zams. We'll then take the chairlift up to the beautifully situated Zammer Alm.

Elevation gain: 580 m uphill | 1,200 m downhill

Walking time: approx. 6 h 30 mins

Day 4: Venetberg – Piller Moor – Wennis – Mittelberg – [Braunschweiger Hütte](#)

After breakfast, we begin our ascent towards the summit of the Venet. The route takes us across lush mountain meadows to the Gogles Alm, where we continue our hike after a short break. We descend along a picturesque path to the impressive Piller Moor nature reserve. After a taxi transfer to the Pitztal valley, we continue along an easy path to the Gletscherstube, where we enjoy our lunch. A goods cableway transports our rucksacks. From there, the route takes us past thundering waterfalls and steep paths until the view opens up onto the Mittelbergferner glacier, with the imposing Wildspitze in the background. Finally, we reach the Braunschweiger Hütte at an altitude of 2,759 m.

Elevation gain: 1,410 m uphill | 660 m downhill

Walking time: approx. 7 hours.

Day 5: Pitztaler Jöchl – Panorama – Höhenweg – Vent, [Berghotel Gstrein](#) or similar.

Set off towards the Pitztaler Jöchl (2,995 m), approx. 1 hour's descent to the Rettenbachferner. After a short break, we'll take a taxi to the Tiefenbachferner. From the car park, we'll continue along the Venter Panoramaweg to Vent – stopping for a break at the Weißkarsee on the way.

Elevation gain: 400 m uphill | 1,250 m downhill

Walking time: approx. 6 hours.

Day 6: Martin-Busch Hut – Similaun Hut – Merano, [City Hotel Merano](#) or similar.

After breakfast, we'll hike to the Martin-Busch Hut, where we'll take a short break. We'll then continue on to the Similaun Hut, where we'll enjoy our first lunch in Italy at an altitude of 3,018 metres. We then descend into the Schnalstal valley, where a taxi transfer is already waiting to take us to Merano. We'll round off the evening in the cosy warmth of this Mediterranean Alpine town.

Elevation gain: 1,100 m uphill | 1,300 m downhill

Walking time: approx. 7 hours

Day 7: Return journey to Hirschegg

Return transfer to the Kleinwalsertal – arrival in the Kleinwalsertal at approx. 2.00 pm

We cannot accept any liability for **loss of or damage to** luggage during transport. Although we handle all items of luggage with care, damage or loss cannot be entirely ruled out. We recommend that you take out luggage insurance.

Accommodation & Meals

Accommodation

In the huts, we are accommodated in dormitories or shared rooms. All huts have washrooms; some also offer shower facilities.

At guesthouses or hotels, we'll be staying in twin or shared rooms with en-suite shower and toilet; in some cases, there are communal showers and toilets on each floor. Solo travellers will be accommodated with others of the same sex. Single rooms are not available.

Meals

We'll be provided with generous meals (half-board) at our accommodation. Vegetarian meals are also available (please specify when booking, at least 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.

Further information

Important note

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

No refund for unused return transfers:

As this is a package holiday, no refund can be given for a return transfer that has not been used. For your own return transfer on a different day, please contact the following providers:

For return journeys from Thursday to Sunday:

Schmid GmbH – Busreisen, Nauders 551 · A-6543 Nauders; Tel: +43 664 1217050, info@bus-tirol.at, www.schmid-nauders.com

or return journeys on other days:

Bus Prenner KG d. Prenner Elmar & Co., Kaschonstr. 3 · I-39027 St. Valentin (BZ); Tel: +39 335 543 8690, bus@prenner.it, www.prenner.it

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 hikers. In recent years, demand has increased enormously, particularly for Alpine crossings. Unfortunately, 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 a three-day tour as a taster to help you get started. It's a good idea to acclimatise beforehand on 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 tour 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, for the most part, not prone to vertigo, 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 preparation to give it a go and get a feel for it. If you realise that crossing the Alps is not for you, you have the option to cancel the tour free of charge in the week following the course, provided it has already been booked.

* Should you actually have to cut your 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 boots must come up over 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 mountain huts in dormitories or shared rooms, or in hotels or inns in double 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, we often come across inviting places to stop for refreshments, or we can have a packed lunch (at an additional cost) prepared for us. Therefore, it is sufficient if you bring enough to drink and a small snack for in between meals 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. When crossing the Alps, you can often also buy food in the valley.

Maps

Kompass maps: Lechtal Alps/Hornbach Range No. 24; Ötztal Alps/Ötztal-Pitztal No. 43, 1:50,000, or using popular map apps such as Outdooractive, Alpenvereinaktiv or PeakFinder

Getting there & parking

The meeting point for your tour is easily accessible by public transport within the Kleinwalsertal valley. If you arrive the day before and are staying in the Kleinwalsertal, you can travel comfortably by bus from there to the meeting point. Please allow plenty of time to arrive at the meeting point on time.

By car

From Kempten (Allgäu), take the B 19 to Oberstdorf – at the roundabout, turn right towards Kleinwalsertal then follow the B 12 until you reach Hirschegg, opposite the Walserhaus/Tourist Information Office.

Parking:

You're welcome to park your car in the car parks at the Bergschule Kleinwalsertal for €5.00 per day, subject to booking. If you've booked a parking space, we recommend first obtaining a free short-stay parking ticket from one of the surrounding car parks and making your way to the meeting point with your luggage. Once the group is complete, you'll drive to the car park together with the guide.

Train and bus

There are good train connections to Oberstdorf, with a connection to the public bus network (Line 1) to Hirschegg – get off at the Walserhaus stop.

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 all participants take out third-party liability, accident and international health insurance.

Training Plan

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)
- plank for 1 minute

Email: contact@soermland-outdoor.com
Phone or WA: +49-172-541 2116 (DE, EN, IT)
or +46-70-8355353 (SV, EN, DK, NO)