



E5 – Crossing the Alps independently

No guide – a completely personalised trip to Merano, staying overnight in cosy guesthouses!

You've already gained some experience on a few mountain hikes and feel confident enough to hike using GPS data. If so, our self-guided Alpine crossing is the perfect tour for you. On this self-guided tour from Oberstdorf to Merano, you'll be **hiking without a mountain guide**; you set the pace and can plan your day's itinerary yourself.

The great thing about this option is that you'll be following the E5 long-distance hiking trail, experiencing nature up close whilst enjoying the **comfort of the guesthouses in the valley**. You'll carry your own luggage, though. If the weather isn't on your side, you can alternatively cover the stages by taxi or public transport.

You hike – we'll take care of planning and organising your self-guided tour. The GPS data and further tour information will be provided to you around two months before the tour starts. Please familiarise yourself with how to use the GPS data and the Komoot app.

If you have any questions about the tour, please feel free to contact us at any time.

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: Arrival – Bärgunttal – Hochalppass – Hochkrumbach – [Hotel Jägeralpe](#)

First, take the bus or your car to the small village of Baad at the end of the Kleinwalsertal valley. This is where the tour begins, following a gentle, slightly uphill path through the romantic Bärgunttal valley. The path soon becomes steeper. You'll head beyond the tree line. At the Hochalppass, you'll be treated to your first breathtaking panoramic view. This is followed by the descent towards Hochkrumbach to your first destination, the Hotel Jägeralpe. If you'd like, you can make use of the spa facilities and relax there.

Elevation gain: 715m uphill | 348m downhill

Walking time: approx. 4 hours

Day 2: Kaisertal – Kaiserjochhaus – Pettneu – [Arlberg Boutique Hotel](#)

First, take a bus or taxi to the Edelweißhaus stop. This is where your ascent to the Kaiserjochhaus begins. After a well-deserved rest, the descent to Pettneu follows, with views of the Lechtal Alps throughout.

Elevation gain: 850m uphill | 1,150m downhill

Walking time: approx. 6 hours

Day 3: Zams – Venet – Wennis – Mittelberg – [Haus Bergheim, Pitztal](#)

You'll start with a transfer to Zams. Take the chairlift up to the beautifully situated Zammer Alm. The route takes you via the Gogles Alm to the Larcheralp (1,814 m), where you can treat yourself to a short break before descending to Wennis via the old alpine path. Take the bus to Tieflehn in the Pitztal, where your accommodation is located.

Elevation gain: 150 m uphill | 1,300 m downhill

Walking time: approx. 4 h 30 mins

Day 4: Braunschweiger Hütte – Pitztaler Jöchl – Sölden Glacier – Vent – [Berghotel Gasthof Gstrein](#)

The bus takes you from Tieflehn to Mittelberg. From here, the route continues on foot past the Gletscherstube before the ascent to the Braunschweiger Hut begins. Following a steadily ascending path with numerous hairpin bends, you'll reach the hut at 2,759 m. Here you can recharge your batteries with a long break before setting off towards the Pitztaler Jöchl (2,995 m) or via the Rettenbachjoch (2,990 m).

Here, the view of the Ötztal mountains invites you to linger. It's not far from here to the valley station of the glacier cable car. A transfer takes you down to Vent.

Elevation gain: 1,300 m uphill | 400 m downhill

Walking time: approx. 7 hours

Day 5: Martin-Busch Hut – Similaun Hut – Merano, [City Hotel Merano](#) or similar.

After breakfast, you'll set off along a leisurely, gently ascending path to the Martin-Busch Hut. Here you can treat yourself to a break before continuing your hike to the Similaun Hut at 3,018 m. Having reached today's highest point, you can recharge your batteries for the descent into the Schnalstal valley. After a leisurely stop for refreshments at the Vernagt Reservoir, the bus will take you to Merano. After checking in at the hotel, you can round off the tour in comfort in the warmth of this Mediterranean Alpine town at a restaurant of your choice. (Dinner is not included in the package.)

Elevation gain: 1,180 m uphill | 1,350 m downhill

Walking time: approx. 7 hours

Day 6: Individual journey home

After breakfast, you can set off on your self-organised return journey. For your individual journey home, we recommend the bus company Prenner. If you'd like to stay a little longer in Merano or the surrounding area, it's best to arrange your accommodation in good time.

Accommodation & Meals

Accommodation

You will be staying in guesthouses or hotels. These are usually twin rooms. If you are travelling in small groups, triple rooms or two-bedroom flats with a shared bathroom may also be available. Single rooms are only available on request, subject to availability, and usually at very short notice. A corresponding surcharge applies. Unfortunately, we cannot always guarantee an en-suite bathroom for every single room.

Meals

You will be provided with generous meals (half-board) at your accommodation. Vegetarian meals are also available (please specify when booking; last-minute changes cannot be accommodated). Along the way, you'll often find inviting places to stop for a bite to eat, or you can have a packed lunch prepared for you in the morning (at an additional cost). Therefore, it's sufficient to bring enough to drink for the start of the tour and a small snack (energy bar) for in between meals.

Further information

Important note:

During the tour, weather conditions or regional changes may necessitate deviations from or adjustments to the advertised itinerary. We are therefore unable to guarantee the planned itinerary in detail. We will provide you with details of the alternatives for bad-weather days, along with precise information and GPS data, approximately two months before the tour begins. Please feel free to contact us at any time if you have any questions about the tour.

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. No visa is required 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 cross-Alpine treks. Unfortunately, mountain guides frequently find that not everyone is adequately prepared and that the demands of such a trek are underestimated. Regrettably, some hikers then have to cut their tour short. If you haven't yet undertaken a multi-day trek 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. This particular self-guided tour, in particular, requires experience in the mountains and the use of GPS data.

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

How to get there & parking

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

Car

By car from Kempten (Allgäu) on the B 19 to Oberstdorf – turn right at the roundabout towards Kleinwalsertal on the B 12 – follow the road to the end of the valley to Baad.

Parking:

paid car park in Baad/Kleinwalsertal or, alternatively, in Oberstdorf

Train and bus

There are good train connections to Oberstdorf with a link to the public bus network (Line 1) to Baad – get off at the Baad 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, train 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

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

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