

Requirements for alpine hiking tours

Fitness



Ascent and descent of up to 800 metres in altitude with a maximum walking time of 3 to 5 hours per day, depending on the weather, the condition of the trail and the group's fitness level. Longer breaks are taken after approximately 1 to 2 hours of walking.



Ascent and descent of up to 1,200 metres in altitude with a maximum walking time of 4 to 6 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.



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.



Ascent and descent of more than 1,400 metres in altitude with a maximum walking time of 10 hours per day, depending on the weather, trail conditions and the group's fitness level. Prior acclimatisation is recommended for tours at altitudes above 3,000 metres.

Technical details



You will be walking on easy mountain paths. These are mostly narrow and, in places, steep. Depending on the weather, the terrain may occasionally be slippery. You do not necessarily need to have previous mountain experience, nor do you need to have a head for heights. However, we do require sure-footedness on all mountain hikes. This tour is suitable for fit beginners.



You will mainly be walking on moderately difficult mountain trails, which are mostly narrow and steep. The occasional rocky and exposed sections are well secured with wire ropes and may require the use of your hands from time to time. 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, as well as being sure-footed and not prone to vertigo.



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 hiking are absolutely essential here.



You will mainly be hiking on difficult alpine mountain trails. There are frequent exposed sections, some of which are secured with wire ropes. You have experience in alpine mountaineering and are sure-footed and have a head for heights, even in rugged and boulder-strewn terrain, on scree slopes and across large snowfields. Depending on the weather, the demands may be even greater.
