



Lech Headwaters Traverse

Best-Kept Secret

Spectacularly scenic trek to the source of the River Lech. For six unforgettable days, we leave everyday life behind and answer the call of the mountains. At the end of each stage, a warm welcome awaits us at our mountain hut. Delicious regional meals and cosy overnight accommodation complete each day, making this hiking adventure truly memorable.

Quiet mountain trails, crystal-clear alpine lakes, rolling grassy peaks and rugged rocky landscapes alternate throughout the journey. Wildlife enthusiasts will especially enjoy the opportunity to encounter Alpine ibex, chamois, marmots and even golden eagles in their natural habitat.

Requirements

Fitness Level 

The tour includes ascents and descents of up to **1,400 metres** with daily walking times of **7 to 9 hours**, depending on weather conditions, trail conditions and the fitness level of the group. Longer breaks are taken approximately every one to two hours. For tours at altitudes above **3,000 metres**, prior acclimatisation is recommended.

Technical Difficulty 

These routes are predominantly demanding, with a tendency towards difficult mountain trails. The steep and narrow paths partly lead through pathless terrain covered with large boulders. Exposed sections, some of which are secured with fixed steel cables, should present no difficulties for participants. Depending on the weather and snow conditions in the mountains, the terrain can become highly challenging. Sure-footedness, a head for heights and previous mountain hiking experience are essential for this tour.

Tour Itinerary

Day 1: Böldmen – Gemsteltal Valley – Widderstein Hut – Körber Saddle – Lake Körbersee – Berghotel Körbersee (or similar)

After a short equipment check and tour briefing, we travel by bus to Mittelberg/Böldmen. From there, our hike leads through the Gemsteltal Valley to **Widderstein Hut (2,009 m)**. A gentle descent follows across alpine meadows with magnificent views of the Lechquellen Mountains, leading to **Hochtannberg Pass (1,676 m)**. After a well-earned break, we make one final ascent over **Körber Saddle** before reaching the beautiful **Lake Körbersee (1,678 m)**.

Elevation gain: 960 m

Elevation loss: 460 m

Walking time: approx. 5 hours

Day 2: Schröcken – Hochgletscher Alp – Fürggele – Lagerzun – Biberacher Hut

We begin with a descent towards **Schröcken** before climbing via the **Fell Alp**, passing roaring waterfalls on our way to **Hochgletscher Alp** and continuing to **Fürggele Pass (2,145 m)**. From there, a stunning panoramic trail leads us towards **Lagerzun** and finally to **Biberacher Hut (1,846 m)**.

Elevation gain: 800 m

Elevation loss: 650 m

Walking time: approx. 5 hours

Day 3: Lower & Upper Alpschelle – E4 Alpine Trail – Gamsboden – Göppinger Hut

After descending to the Lower Alpschelle in the Großes Walsertal Valley, we continue uphill via the Upper Alpschelle and follow the alpine E4 trail to Upper Gamsboden. From there, we reach Göppinger Hut (2,246 m), our destination for the day.

Elevation gain: 970 m

Elevation loss: 570 m

Walking time: approx. 6 hours

Day 4: Steinmayer Trail – Johannisjoch – Freiburger High Trail – Freiburger Hut

Provided weather conditions are favourable and all participants are sure-footed, we follow the **Steinmayer Trail** across **Johannisjoch Pass (2,152 m)**, enjoying magnificent views over the Lech Headwaters region. From there, we continue along the scenic **Freiburger High Trail** to **Freiburger Hut**, our accommodation for the night.

Alternatively, the route descends first to **Zug**. From there, we follow the Zug Valley alongside the River Lech and its headwaters before ascending to **Freiburger Hut**.

Elevation gain: 400 m

Elevation loss: 700 m

Walking time: approx. 7 hours

Day 5: Steinernes Meer – Gehrenglat – Dalaaser Schütz – Lake Spullersee – Ravensburger Hut

Today we ascend across the rocky plateau known as the Steinernes Meer ("Stone Sea") to Gehrenglat Ridge (2,439 m). This area is home to the largest population of Alpine ibex in the Austrian province of Vorarlberg. From the ridge, we descend along partly steep trails via Dalaaser Schütz to the beautiful Lake Spullersee (1,830 m). A final short climb brings us to Ravensburger Hut (1,947 m), where we spend the night.

Elevation gain: 700 m

Elevation loss: 700 m

Walking time: approx. 6 hours.

Day 6: Stierloch Saddle – Gstuät – Bus Transfer to Hochtannberg Pass – Hochalp Pass – Baad

Our final hiking day begins with an ascent to **Stierloch Saddle**, followed by a scenic traverse to **Gstuät** and on to the village of **Lech**. From there, we take a bus to **Hochtannberg Pass (1,676 m)**. One last rewarding climb leads us to **Hochalp Pass**. After a short break, we begin our final descent through the beautiful **Bärguntal Valley** to **Baad**. A bus transfer then takes us back to **Hirschegg**, marking the end of an unforgettable trekking adventure.

Elevation gain: 470 m

Elevation loss: 1,380 m

Walking time: approx. 7 hours.

Tour Details

Accommodation

During the tour, we stay either in shared dormitories or multi-bed rooms in mountain huts. All huts provide washroom facilities, and some also offer showers.

In guesthouses and hotels, accommodation is provided in double or multi-bed rooms with private or shared bathroom facilities. Solo travellers are accommodated in same-sex shared rooms. Unfortunately, single rooms are not available.

Meals

The tour includes generous **half-board** throughout your stay. Vegetarian meals are available upon request if notified at the time of booking, or no later than two weeks before departure.

Along the route there are frequent opportunities to stop at mountain huts and restaurants, or you may order a packed lunch (available at an additional cost) each morning. Therefore, you only need to bring sufficient drinking water and a small snack, such as an energy bar, on the first day. Your guide will provide daily information about catering options during the tour.

Additional Information

Important Notice

The planned itinerary may be adjusted due to weather conditions or local circumstances. For safety reasons, the published route cannot be guaranteed in every detail.

Accessibility

This tour is **not suitable for people with reduced mobility**.

Helpful Advice

From many years of experience, we know that a week-long mountain trek represents a significant challenge for many hikers. Interest in alpine trekking tours has grown considerably in recent years, but mountain guides often find that participants underestimate the physical and technical demands involved. If you have never completed a multi-day mountain hike before, we strongly recommend joining one of our three-day introductory tours first. Acclimatisation before the tour is also advisable.

Frequently Asked Questions

What happens if the weather is bad?

We follow the principle that *"There is no such thing as bad weather—only unsuitable clothing."* Equipped with appropriate waterproof gear, we continue hiking even in rain or light snow. If weather or safety conditions make a planned stage impossible, your guide will organise a suitable alternative route.

When is the best time for this tour?

The ideal season for this trek is from **mid-June until the end of September**. At the beginning and end of the season, snowfields may still be present, and snowfall is possible in the mountains at any time—even during summer.

What level of experience is required?

A week-long alpine trek is physically demanding. We hike on well-maintained mountain trails that are often steep, rocky, uneven or slippery. If you already have hiking experience, good endurance, sure-footedness and are comfortable with heights, you will thoroughly enjoy this tour. If you have never completed a multi-day mountain hike before, we recommend one of our introductory three-day tours as preparation.

What if I have to leave the tour early?

If you have to abandon the tour and incur additional expenses (such as taxi transfers or hotel accommodation), these costs cannot be reimbursed. We therefore strongly recommend taking out travel insurance that also covers trip interruption.

What equipment do I need?

The equipment list contains everything required for the tour. Particular attention should be paid to your hiking boots. They should provide ankle support and meet at least **Category B/C** standards. Good grip, stability and overall condition are essential. Older boots often suffer from sole separation, so investing in a reliable new pair is highly recommended.

Where will we stay?

Accommodation is provided in shared dormitories or multi-bed rooms in mountain huts, and in double or shared rooms in guesthouses or hotels. Individual room requests cannot be guaranteed.

What meals are included?

Generous half-board is included throughout the tour. Vegetarian meals are available on request. During the hike there are frequent opportunities to stop for refreshments or to purchase a packed lunch. Your guide will advise you each day.

What if I have dietary requirements?

Special diets such as vegan, gluten-free or lactose-free meals can generally be accommodated in hotels and guesthouses. In mountain huts, however, special dietary requirements can only be met to a limited extent, so participants should make their own arrangements where necessary.

Maps

We recommend using the following map for this tour: **Kompass Hiking Map WK 33 – Arlberg & Verwall Group (Scale 1:50,000)**

Alternatively, popular hiking apps such as **Outdooractive**, **Alpenvereinaktiv**, or **PeakFinder** provide excellent navigation support throughout the route.

Getting There & Parking

Arrival by Public Transport

The meeting point is easily accessible by public transport within the Kleinwalsertal Valley. If you arrive the day before and stay overnight in Kleinwalsertal, you can conveniently take the local bus to the meeting point. Please allow sufficient travel time to ensure you arrive punctually.

Arrival by Car

From **Kempten (Allgäu)**, follow the **B19** to **Oberstdorf**. At the roundabout, turn right towards **Kleinwalsertal** onto the **B201** and continue to **Hirschegg**, opposite the **Walserhaus Tourist Information Centre**.

Parking

Parking is available at the Mountain School's car park for **€5.00 per day** (advance registration required). If you have reserved a parking space, we recommend first parking temporarily in one of the nearby short-term parking areas and bringing your luggage to the meeting point. Once the group is complete, the guide will accompany everyone to the designated parking area.

Arrival by Train & Bus

There are excellent rail connections to **Oberstdorf**, with connecting public bus services (Line 1) to **Hirschegg**, bus stop **Walserhaus**.

Travel Insurance

When booking your tour, we strongly recommend purchasing **trip cancellation insurance**, for example through **Allianz**.

The tour operator cannot be held liable for disruptions caused by weather conditions, transport failures, or other circumstances beyond its control.

In addition, we recommend that every participant has:

- Personal liability insurance
- Personal accident insurance
- International travel 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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