

The Meran High Route

From vineyards and palm trees to high alpine meadows, snowy passes and glacial landscapes



Highlights

- Eight days along one of the most beautiful trekking circuits in the Alps
- A traverse through picture-book villages, glorious alpine meadows, high alpine passes and panoramas
- An extra day in the Texel group to admire the high peaks and landscape
- Experiencing the delights of South Tyrolean culture, cuisine and hospitality
- Small group size (max 8)



The Route

Day	Start	End	➔	⬆	⬇	Hrs
1	Hochmuth Meran	Gfeis	8km	550m	630m	4
2	Gfeis	Matratz	14km	660m	830m	6
3	Matratz	Innerhütt - Pfelders	16km	800m	450m	6
4	Pfelders – DAY HIKE/REST DAY	Pfelders	8km	900m	900m	3- 5
5	Pfelders	Eishof	15.5km	1200m	800m	7
6	Eishof	Sonnenberg	16.5km	530m	1100m	6
7	Sonnenberg	Nasereithhütte	11km	600m	550m	5
8	Nasereithhütte	Hochmuth Meran	11km	600m	600m	5

“The path is the goal”

As always our goal is to appreciate all the little things along our routes- scenery, culture and the magic of the great outdoors. We will take time out along our journey to rest and sample local delicacies from local farms along our route.

Activity level requirements

Previous hiking experience, steady footing & a head for heights, fitness for walking 5- 7 hours with up to 1000m ascent per day.



four elements
challenge, explore, discover

Accommodation

Accommodation along this route has been selected for its character, traditional atmosphere and scenic location. We mainly are in private guest houses or hotels – sometimes in shared dorms or 3-4 bed rooms. Some with wellness facilities. Bedding and towels are provided everywhere saving us space and weight in our rucksacks.



Cost
From €1295/person

Min: 5 Max: 8

Confirmation and payment:

- Via website booking form
- Booking confirmation, certificate of bond insurance and payment information will be sent on upon registration.

Included:

- ✓ 8 days personalised guided hike & guiding with German and English speaking mountain and travel guide.
- ✓ 8 nights lodging in private mountain guest houses/ hotels
- ✓ 7 x breakfast, 7 x evening meal
- ✓ Transfers within tour - return lift pass on the Meran Hochmuth Bahn & bus journey in Pfelder valley
- ✓ Pre-tour information package (including local information, packing & travel guide)
- ✓ Special 4elements' trek souvenir
- ✓ Tour photo album

Not included (please ask if you need any advice):

- Snacks, lunches (We will mainly stop along the route for refreshments/ lunch)
- Drinks
- Personal insurance (travel insurance and personal accident insurance)
- Tips



Travel

Our meeting point is the Hochmuth Lift station in Dorf Tirol at 12:00 on day 1. <http://www.seilbahn-hochmuth.it/en>

We can organise pick-up from Meran City Centre. Parking at the Hochmuth Bahn is available from €5/day. We will put all participants in touch with one another in the weeks leading up to the tour to coordinate travel together.

Pre-tour accommodation: We organise pre-tour accommodation for the 7th-8th July for anyone who wishes to arrive early. A shared (twin/ double room) costs from €100/ person including breakfast.

Getting to Dorf Tirol from Munich

Drive: 4hrs Munich – Scharnitz – Innsbruck – Brenner – Bolzano – Meran

Tolls: Vignette Austria €9.50 (Valid 10 days), Brenner toll (€10/way) both available for purchase in advance <https://shop.asfinag.at/en> Other motorway tolls in Italy (€6.50/way)



Your guide, Ceri Temple

A British/German outdoor enthusiast who has spent years working and playing in Bavaria, the Alps and Northern Italy. Ceri has a passion for long-distance hiking and the balance being in nature brings to well-being in everyday life –elements of mindfulness and appreciation of the natural world flow through her events. Ceri looks forward to a fun and inspiring journey with you.

