

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
- Two evenings in the beautiful spa town of Merano
- Small group size (max 8)



The Route

Day	Start	End	➔	⬆	⬇	Hrs
Arrival	Meran					
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
9	Meran					

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.

“The path is the goal”



four elements
challenge, explore, discover

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.

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 €1650/person

Min: 5 Max: 8



Included:

- ✓ 9 days personalised guided hike & guiding with German and English speaking mountain and travel guide.
- ✓ 9 nights lodging in private mountain guest houses/ hotels
- ✓ 9 x breakfast, 1 x evening meal
- ✓ Transfers within tour - return lift pass on the Meran Hochmuth Bahn & bus journeys in Meran and Pfelders valley
- ✓ Pre-tour information webinar and package (including local information, packing & travel guide)
- ✓ Special trek souvenir
- ✓ Tour photo album

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

- Snacks, lunches, dinners (We will mainly stop along the route for refreshments/ lunch. Dinner is mostly à la carte.
- Drinks
- Personal insurance (travel insurance and personal accident insurance)
- Tips

Travel

Our meeting point is our hotel in downtown Meran. We will send through location information and travel information upon booking.

Getting to Meran

From Munich/ Innsbruck

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

Tolls: Vignette Austria €9.50 (Valid 10 days), Brenner toll (€11/way) both available for purchase in advance

<https://shop.asfinag.at/en> Other motorway tolls in Italy (€6.50/way)

Public transportation

With [Flixbus](#) – Direct Munich (4.5hrs) or Innsbruck (2.2hrs) – Meran €12-18 each way

From Verona

Drive: 2.5hrs Verona – Trento - Meran

Tolls: Motorway tolls

Public transportation

With [Flixbus](#) – Direct Verona (2.5hrs)– Meran €12-15 each way