Meraner Höhenweg 2026
Friday 28th August – Friday 4th September

four elements
challenge, explore, discover

The Meran High Route – Women's Trek

High alpine trails, wildlife, panoramas and South Tyrolean flavours – an epic alpine experience!

Highlights

- **Eight unforgettable days** on one of the most beautiful trekking circuits in the Alps
- **Journey through picturesque mountain villages, alpine meadows and panoramic high passes**
- **Extra day in the Texel Group Nature Park** to savour stunning views and peaceful mountain moments
- **Immerse yourself in South Tyrolean culture** — sample its celebrated cuisine, fine wines and warm hospitality
- **Explore the elegant spa town of Merano**
- **Small group experience (max 8 guests)** for a friendly, personal adventure

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

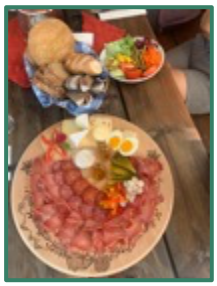
Activity level requirements
Previous hiking experience, steady footing & a head for heights, fitness for walking 5- 7 hours with up to 1000m ascent per day.

"The path is the goal"

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.



Included:

- ✓ 8 days personalised guided hike & guiding with German and English speaking mountain and travel guide
- ✓ 7 nights lodging in private mountain guest houses/ hotels
- ✓ 7 x breakfast, 1 x evening meal
- ✓ Transfers within tour - return lift pass on the Meran Hochmuth Bahn & bus journeys in Meran and Pfelder 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):

- ➢ Pre and post – trek accommodation – available upon booking
- ➢ 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 either the pre- trek accommodation in downtown Meran (Thursday 27th August) or at the Hochmuth Bahn (Friday 28th August). 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 €15-30 each way

From Verona

Drive: 2.5hrs Verona – Trento - Meran
Tolls: Motorway tolls
Public transportation
With Flixbus – Direct Verona (2.5hrs)– Meran from €15 each way