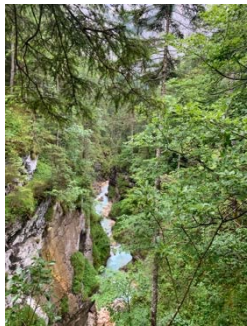


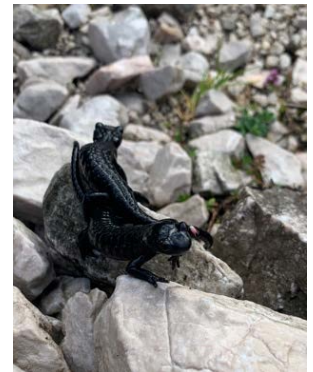
Zugspitze Women's Trek

A Journey and Ascent through the Wild Wetterstein Mountains to Germany's Highest Peak



Highlights

- Reach the summit of Zugspitze at 2962m, Germany's highest peak.
- Three days in spectacular high alpine terrain, untamed nature, and fascinating landscapes.
- Specialised itinerary and guiding for an exclusive blend of adventure and serenity.
- Immerse in authentic local culture, savour regional cuisine, and experience alpine life.
- Small group size (5-8) fostering connections and shared, unforgettable memories.



The Route

Day	Start	End	→	↑	↓	Hrs
1	Garmisch- Partenkirchen	Reintalangerhütte via Partnach Gorge	14km	695m	50m	5-6
3	Reintalangerhütte	Knorrhütte via Zugspitze	10.5km	1600*m	530m	7-8
4	Knorrhütte	Ehrwald via Gatterl	10km	200m	1100m	4-5

"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.

Activity level requirements

This is a **medium difficulty tour**- perfect for hikers with experience in alpine terrain and good fitness. Most of the routes are along RED (Austrian Classification) paths. The last part of the ascent to the Zugspitze is BLACK. An alternative is to take the lift for this section. You should be prepared to walk between 4-8 hrs per day – with the longest days' ascent being a 1600m climb (*1200m if you opt for the lift). The walking pace will be around 300m/hr (ascent).

A real mix of trails – from easy, wider trails to narrower, uneven paths with some exposed sections. Sure-footedness and head for heights are needed, as is stamina for the second day!



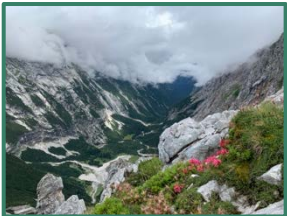
Accommodation

Accommodation along this route has been selected for its character, traditional atmosphere, and scenic location- giving you an authentic alpine experience.

We stay both nights in traditional German Alpine Club huts. Both are rustic and basic yet clean and comfortable, with a warm atmosphere and hearty food.

We sleep in (4-6 bed) shared rooms (not dorms!) There are communal washrooms (separate for men and women) in both huts and a warm shower is available at extra cost.

A hut sleeping bag and small towel are needed for both nights.



Cost
€550/person
Group Size
Min 5. Max 8

Booking and payment:

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

Included:

- ✓ 3 days guided hike with German and English speaking certified international mountain leader and hiking guide
- ✓ 2 nights half board (board, dinner & breakfast) in shared rooms in mountain huts
- ✓ Partnachklamm gorge entrance, Sonnalpin lift descent, private transfer from Ehrwald to Garmisch
- ✓ 1 hour pre-tour webinar to prepare you for the trek & information pack including packing list.
- ✓ Tour photo album
- ✓ Special 4elements' trek souvenir



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

- Lunches, snacks and drinks (bring cash, as many places do not accept card) Approx €30/ day
- Lift ascent from Sonnalpin to Zugspitz (option to bypass the last ascent)
- Personal insurance (travel insurance and personal accident insurance)
- Tips



Travel

Our meeting point is the Olympic Ski Stadium in Garmisch-Partenkirchen.

This is an easy journey with public transport from Munich. Taking the train to Garmisch-Partenkirchen and then the bus 2 towards Klinikum Garmisch.

The exact meeting point and train times from Munich will be communicated with the final information.

Parking is available at the Ski Stadium car park. This costs €5/day (2023).

Your guide, Ceri Temple

A British- German outdoor enthusiast who has spent years working and playing in the Alps- from Germany, through Austria, Switzerland and Italy. Ceri has a passion for mountain sports, experience in winter and summer mountaineering and is a certified Alpine hiking guide, International Mountain Leader and wilderness educator. Ceri loves connecting with others in the great outdoors and the impact of adventuring in nature beyond the trail. She is excited to share this Zugspitze experience with you!

