four elements
challenge, explore, discover

Walk Across the Alps: Tegernsee – Sterzing
From Germany to Italy: Lakes, cakes, peaks & passes

Highlights

➤ Seven days on a spectacular and lesser-trodden route through the Bavarian Alps, and Austrian Tyrol to the South Tyrolean Pfitsch valley.

➤ A varied tour through alpine pastures, beautiful lakes and swimming opportunities, high alpine valleys, glacial views and summer mountain flora and fauna.

➤ Supping up the best of Bavarian traditions, Tyrolean hospitality and South Tyrol delicacies along the way.

The Route

Day	Start	End	➜	⬆	⬇	Hrs
1	Tegernsee/ Wildbad Kreuth	Blaubergalm	8.1km	920m	164m	4
2	Blaubergalm	Pertisau	16.5km	670m	1000m	6
3	Pertisau	Hochfügen	12.6km	350m	750m	4.5
4	Hochfügen	Rastkogelhütte	7km	950m	300m	4
5	Rastkogelhütte	Schlegeleis Lake	8.9km	360m	956m	3
6	Schlegeleis Lake	St. Jakob	16km	500m	850m	6
7	St. Jakob	Sterzing	17km	100m	650m	5

"The path is the goal"

The aim of this Transalp hike is to relax, disconnect and experience the alpine landscapes, culture and nature along the way. This means we may stop for a swim in a lake, slice of cake, bag a summit or other experience – making the most of what the trail brings us each day. As such the timings above are given as a minimum.

Activity level requirements
Previous hiking experience, steady footing & a head for heights, fitness for walking 4- 6 hours with up to 900m ascent per day.

Accommodation

Accommodation along this route has been selected for its character, traditional atmosphere and scenic location- giving you the full range of experiences- from the traditional Alm (alpine farm) to mountain refuges, comfortable B&Bs to 3/4* hotels with wellness facilities.

Cost
€1650/person
Earlybird offer
€1595*
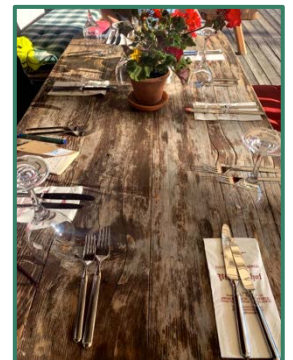*valid on bookings until 31.01.2024

Confirmation and payment:
➢ Via website booking form
➢ Booking confirmation, certificate of bond insurance and payment information will be sent on upon registration.
➢ 20% deposit due upon booking confirmation

Included:
✓ 8 days personalised guided hike & guiding with German and English speaking mountain and travel guide.
✓ 7 nights lodging (3x private room (2-5 bed rooms) - mountain alm/ refuge/ guesthouse with shared bathroom, 4 x 3/4* hotel accommodation / guesthouse with en-suite bathroom- 3 of which with wellness/sauna facilities)
✓ 7 x breakfast, 7 x dinner (mostly 3-course meals)
✓ Complete transportation package (return journey from/ to Munich (Friday 19th & Friday 26th July), all group transfers along the route –see details below)
✓ Pre-tour information package (including local information, packing & travel guide)
✓ Special Transalp hike souvenir
✓ Tour photo album

Not included (please ask if you need any advice):
➢ Lunches (We will mainly stop along the route for refreshments/ lunch)
➢ Drinks
➢ Personal insurance (travel insurance and personal accident insurance)
➢ Tips

Travel & transfers

Our meeting point is Munich Hauptbahnhof and we travel together by train and bus via Tegernsee to our starting point at Wildbad Kreuth.

During the hike there are occasions where we make use of private transfers/ public transport/ infrastructure to hop us through a small section. These journeys are as follows:
- Day 2: Achenwald – Achenkirch (private transfer)
- Day 3: Pertisau – Jenbach- Fügen – Spieljoch (private transfer & cable car)
- Day 5: Melchboden – Mayrhofen – Schlegeleis (bus)

We then return together on the train to Munich Friday on the train from Sterzing to Munich.

Should you wish to make your own travel arrangements to/ from the hike, please let us know upon booking.

Your guide, Ceri Temple

A British/German outdoor enthusiast who has spent years working and playing in Bavaria, the Alps and Northern Italy. Ceri is a state certified hiking guide, International Mountain Leader and outdoor educator. She 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.