



EN

LONG-DISTANCE HIKING ON THE E5 IN THE "TYROL" EUROPEAN REGION

FIND YOUR IDEAL ROUTE





The E5 is a European long-distance hiking trail that shows its particular strength in the European region of Tyrol by connecting different cultures as well as diverse landscapes and habitats. Here, the majestic high mountains meet gentle valleys, extensive high alpine pastures, and the foothills of the Alps.

TYROL - SOUTH TYROL - TRENTINO







OVERVIEW OF THE “TYROL” EURO- PEAN REGION

The most exciting stages of the E5 run within the European region of Tyrol. Find your own stages in North, South, and Welschtirol (Trentino).

TO THE STAGES

STAGES

STAGE 1

📍 SPIELMANNSAU → HOLZGAU

+ Duration: 6.30 h + Length: 13,50 km
+ Ascent: 1.009 HM + Descent: 898 HM

STAGE 2

📍 BACH → MEMMINGER HUT

+ Duration: 2.25 h + Length: 3,6 km
+ Ascent: 805 HM + Descent: 1 HM

STAGE 3

📍 MEMMINGER HUT → ZAMS

+ Duration: 6.45 h + Length: 13,6 km
+ Ascent: 395 HM + Descent: 1.865 HM

STAGE 4

📍 ZAMS → GLANDER PEAK → WENNS

+ Duration: 11.30 h + Length: 19,40 km
+ Ascent: 1.799 HM + Descent: 1.575 HM

STAGE 5

📍 MITTELBERG → RETTEBACH SKI RESORT

TO THE TOLL STATION:

+ Duration: 7.00 h + Length: 13,80 km
+ Ascent: 1.271 HM + Descent: 975 HM

TO THE SKI RESORT:

+ Duration: 5.30 h + Length: 8,40 km
+ Ascent: 1.263 HM + Descent: 322 HM

STAGE 6

📍 SÖLDEN → ZWIESELSTEIN

+ Duration: 5.30 h + Length: 12,40 km
+ Ascent: 775 HM + Descent: 663 HM

STAGE 7

📍 **ZWIESELSTEIN → MOOS IN PASSEIER**

+ Duration: 8.45 h

+ Length: 20,9 km

+ Ascent: 1.040 HM

+ Descent: 1.483 HM

STAGE 8

📍 **MOOS IN PASSEIER → PFANDLER ALM**

+ Duration: 6.30 h

+ Length: 15,3 km

+ Ascent: 989 HM

+ Descent: 682 HM

STAGE 9

📍 **PFANDLER ALM → HIRZERHÜTTE**

+ Duration: 4.00 h

+ Length: 7,4 km

+ Ascent: 868 HM

+ Descent: 210 HM

STAGE 10

📍 **HIRZERHÜTTE → MERAN 2000**

+ Duration: 5.45 h

+ Length: 10,4 km

+ Ascent: 823 HM

+ Descent: 845 HM

STAGE 11

📍 **MERAN 2000 → JENESIEN**

+ Duration: 6.30 h

+ Length: 21,8 km

+ Ascent: 370 HM

+ Descent: 1.258 HM

STAGE 12

📍 **JENESIEN → DEUTSCHNOFEN**

+ Duration: 9.30 h

+ Length: 23,6 km

+ Ascent: 1.360 HM

+ Descent: 1.068 HM

STAGE 13

📍 **DEUTSCHNOFEN → OBERRADEIN**

+ Duration: 4.15 h

+ Length: 12,4 km

+ Ascent: 564 HM

+ Descent: 368 HM

STAGE 14

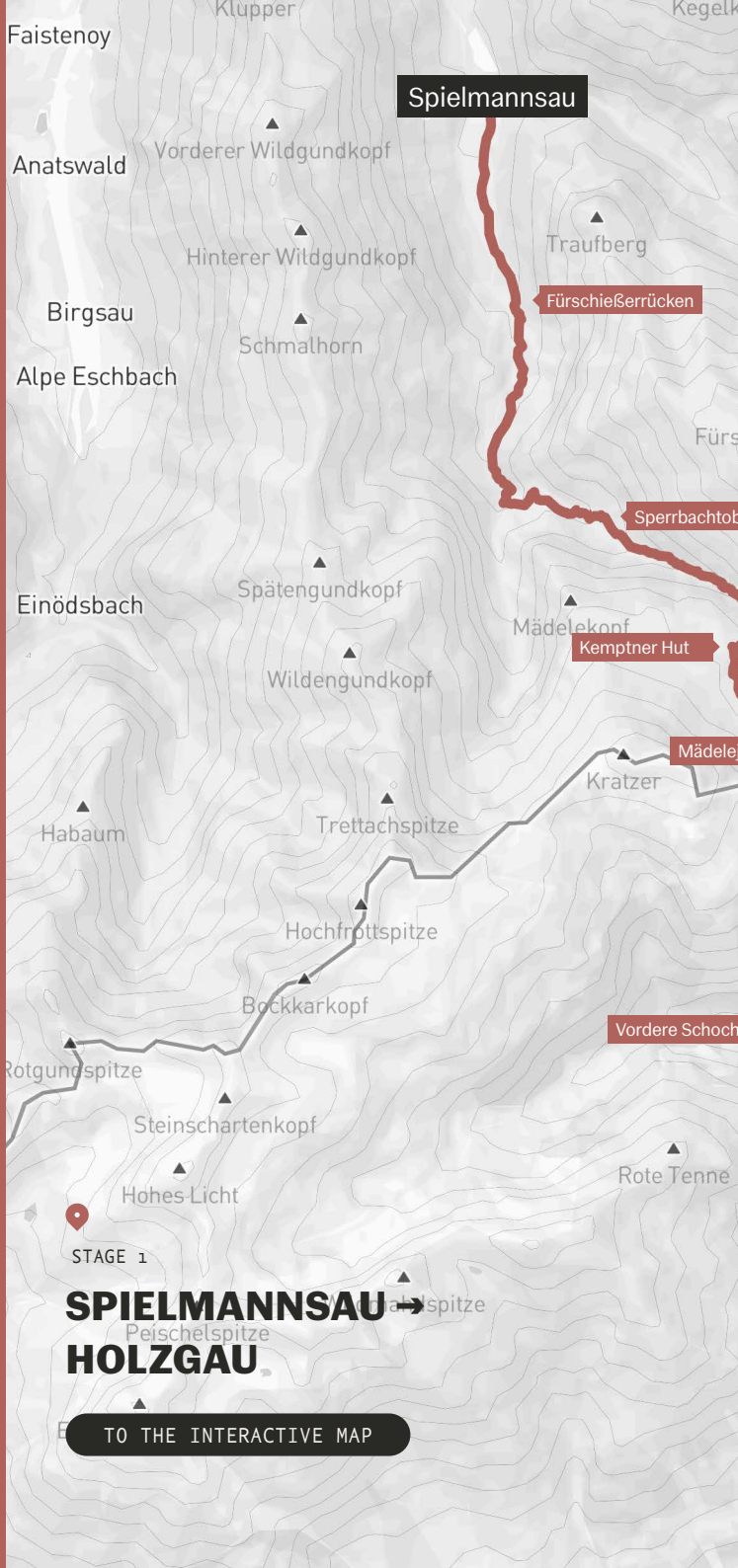
📍 **OBERRADEIN → GFRILL**

+ Duration: 7.15 h

+ Length: 20,1 km

+ Ascent: 846 HM

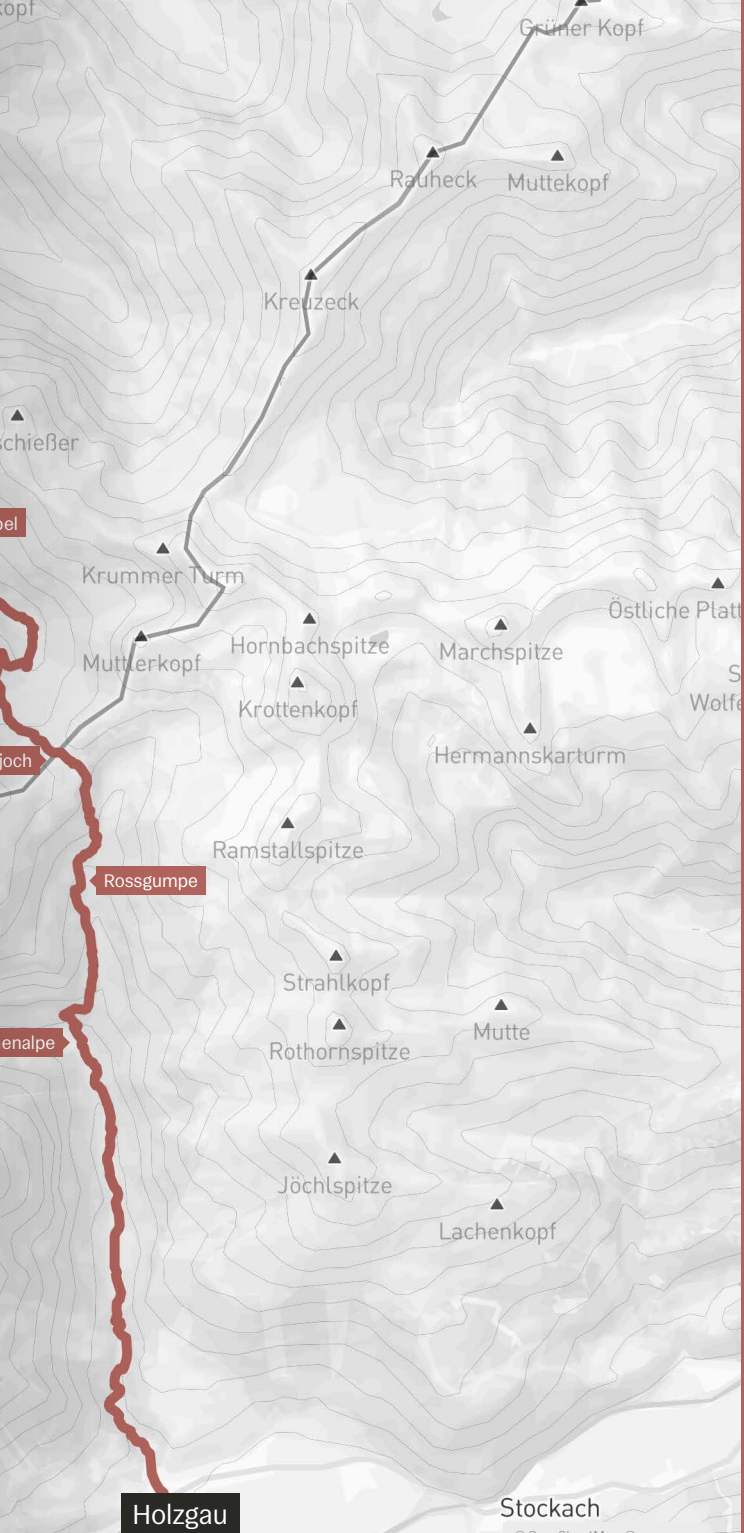
+ Descent: 1.066 HM

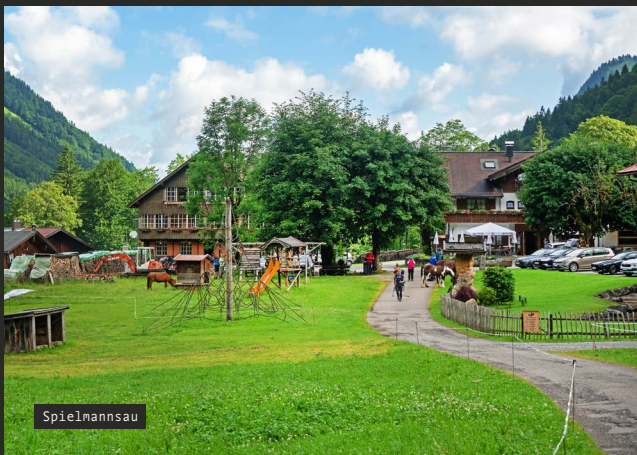


STAGE 1

SPIELMANNSAU → HOLZGAU

TO THE INTERACTIVE MAP

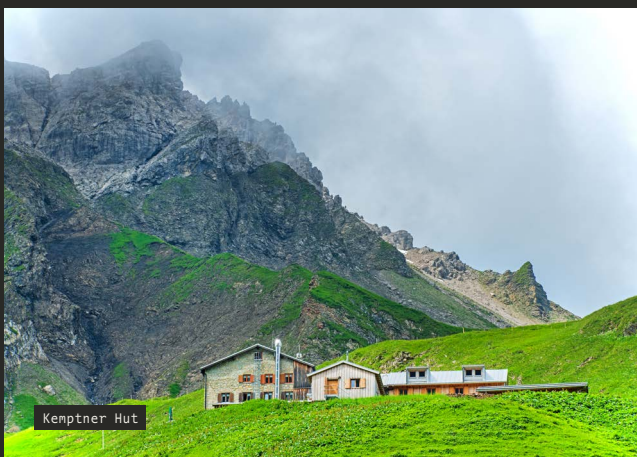




Spillmannsau



Maedelejoch



Kemptner Hut



STAGE 1

SPIELMANNSAU → HOLZGAU

+ Degree of difficulty: moderately difficult

+ Duration: 6.30 H

+ Length: 13,5 km

+ Ascent: 1.009 m

+ Descent: 898 m

+ Highest point: 1.973 m

+ Lowest point: 992 m

Crossing the Allgäu Alps from Oberstdorf to the Lech Valley
(original E5 route)

The E5 is an alpine crossing in the truest sense of the word: it traverses ridge after ridge of mountains. Day 1 of the E5, starting from Oberstdorf, is no exception; on the contrary, you cross the Allgäu Alps all the way to the Lech Valley on the very first stage. Although one made all the necessary preparations for undertaking this, the most famous Alpine crossing, it begins rather unspectacularly and without any indication in the idyllic hamlet of Spielmannsau, which can be reached by the regular bus from Oberstdorf. The ascent to the Kemptner Hut is often very steep, over a path that can sometimes be somewhat rough. Before reaching the spectacular high pastures with their unique floral display, a few exposed sections must be overcome, which are, however, secured with steel cables. A stop at the Kemptner Hut is definitely recommended before comfortably ascending to the Mädelejoch (pass) to enter the Republic of Austria. The first part of the descent through the Höhenbach Valley is once again steep, but by the time you reach the Obere Roßgumpenalm, the route becomes a comfortable track. Both the Untere Roßgumpenalm and Café Uta invite you to take a break before continuing on to Holzgau (E5 taxi, sports and grocery shops, dining options, accommodation).

DESCRIPTION

[Note: Up-to-date information on long-term parking in Oberstdorf can be found [here](#). As Oberstdorf is easily accessible by train and parking is relatively expensive, arriving by train is strongly recommended.]

From the bus station in Oberstdorf (opposite the train station), take a minibus to the final stop in the hamlet of Spielmannsau. The ascent to the Kemptner Hut and the E5 route is not signposted here. Follow the narrow paved road past the Sennalpe to the first junction. There, keep right (sign "Kemptner Hut, E5") and continue to the valley station of the material cable car. A sign points to the right. The climb up to the Kemptner Hut is strenuous, in places quite steep, and in the final section somewhat exposed (fixed safety cables). From the hut, the onward route (signposted "Holzgau, E5") towards the Mädelejoch is clearly visible. Ascend steadily to the pass, following the signs for Holzgau at each junction. At the Mädelejoch, you cross the border into Austria and initially descend quite steeply into the Höhenbach Valley. Shortly after the Obere Roßgumpenalpe, you reach a comfortable track. At a bend, follow the signs to the Untere Roßgumpenalpe (refreshments available). Continue descending along the gravel road to Café Uta, another place to stop.

At the junction directly by the café, the forest road leads to Holzgau. Pass the Simmswasserfall waterfall and reach the village center of Holzgau in about 30 minutes. This marks the end of the stage.

HIGHLIGHTS

- + Crossing the Mädelejoch with a view of the Allgäuer Alps

PLACES TO STOP, REST & EAT

- + Kemptner Hut: An alpine shelter located right in the Allgäuer main ridge at an altitude of 1,846 meters above sea-level (dining and overnight accommodations)
- + Lower Rossgumpenalm: Is ideal for a rest-stop at 1,329 meters above sea-level
- + Café Uta: Delicious meals and cheerful company at an altitude of 1,280 meters in the Höhenbach Valley in Holzgau

ACCOMMODATIONS

- + Kemptner Hut: An alpine shelter located right in the Allgäuer main ridge at an altitude of 1,846 meters above sea-level (dining and overnight accommodations)

RECOMMENDED TIME

JUN JUL AUG SEP

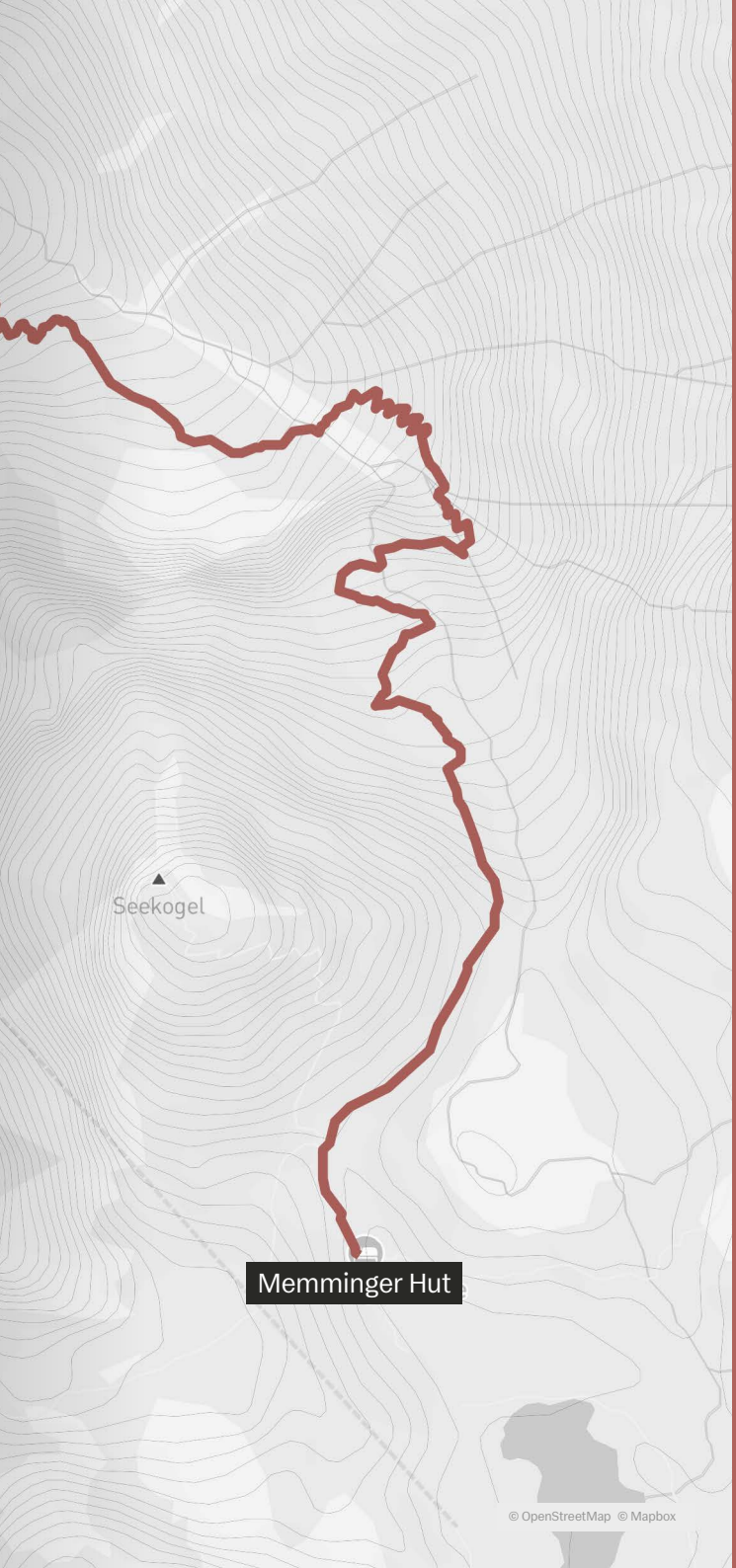
Bach



STAGE 2

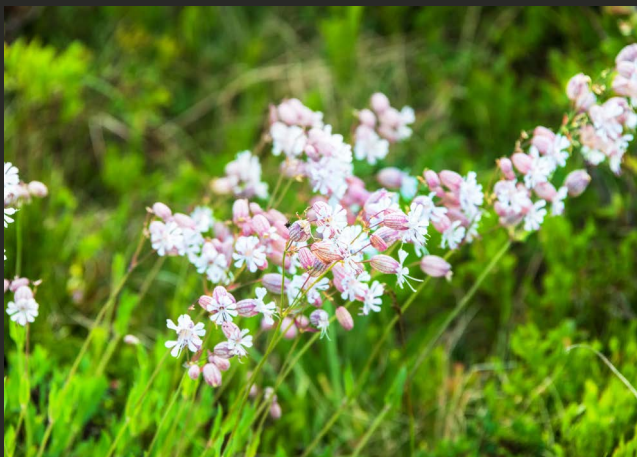
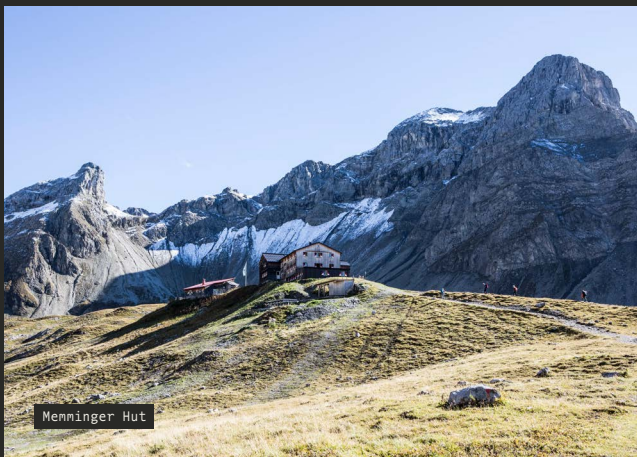
**BACH →
MEMMINGER HUT**

TO THE INTERACTIVE MAP



▲
Seekogel

Memminger Hut





STAGE 2

BACH → MEMMINGER HUT

+ Degree of difficulty: difficult

+ Duration: 2.25 h

+ Length: 3,6 km

+ Ascent: 805 m

+ Descent: 1 m

+ Highest point: 2.240 m

+ Lowest point: 1.435 m

In Holzgau, you have the option to take the E5 taxi to Bach or continue on to Madau. The stop is located at Gasthof Bären. For those who prefer to walk from Holzgau to Madau instead of taking the taxi, follow the road from the center of Holzgau towards the Lech River. Continue along the paved path and after about 1 km, turn right over the bridge towards Stockach. Cross the Sulzbach bridge and then keep right at the fork. At the next junction, go straight ahead. After about 200 m on a meadow path, the route continues along the edge of the forest until just before reaching the village of Bach. At the junction, turn right into the Madautal valley. The stage from Bach to the Memminger Hut leads from the Lech Valley up through the Madau Valley into the high alpine terrain of the Lechtal Alps. The starting point is the village center of Bach, from where hikers can either walk through the Parseier Valley to the valley station of the material cableway, or take the taxi bus to that station. From the valley station, the actual ascent to the Memminger Hut at 2,242 meters begins. The route initially follows a forest road through the Madau Valley, before a steep mountain trail with numerous switchbacks climbs upward from the cableway station. Passing waterfalls, alpine meadows, and open slopes, altitude is quickly gained. The landscape becomes increasingly alpine, until the Memminger Hut appears on a natural terrace. Technically the stage is easy, but it is physically demanding due to the elevation gain.

DESCRIPTION

The stage begins in the center of Bach. Those taking the taxi bus reach the valley station of the Memminger Hut cableway directly. From there, the marked trail begins. Hikers starting on foot follow the gravel road through the Madau Valley toward the cableway. The walk to the station takes about two to three hours and mostly follows a wide alpine path along small streams and meadows.

At the cableway, packs are secured and the main ascent begins. The trail climbs in switchbacks first through forest, then opens onto alpine meadows. Streams and small waterfalls accompany the route, while the vegetation transitions from shaded forest to flower-filled alpine meadows.

Above the tree line, the trail continues over open slopes and small rocky sections. The route is well-marked throughout with signs for the "Memminger Hut." Several viewpoints offer impressive views of the Lech Valley and surrounding peaks.

From the valley station it takes approximately three to four hours to reach the Memminger Hut, or five to six hours starting from Bach. The hut sits at 2,242 meters on a terrace above the Parseier Valley.

HIGHLIGHTS

- + Madau Valley: idyllic valley with meadows and streams, ideal entry into the mountain terrain.
- + Waterfalls and streams: small waterfalls accompany the ascent and provide great photo opportunities.
- + Flowering alpine meadows: in summer, a variety of alpine flowers with wide views over the Lech Valley.
- + Panorama on Hochvogel & Lechtal Alps: distinctive peaks shape the high mountain panorama along the trail.
- + Memminger Hut: at 2,242 m, offering splendid views over the Parseier Valley and a perfect stop.

PLACES TO STOP, REST & EAT

- + Berggasthaus Hermine (Madau): a few hundred meters off the trail at about 1,300 m, open in summer (late May – early October) with typical alpine cuisine.
- + Memminger Hut: at 2,242 m, with service, sun terrace, and food and drinks for hikers.

ACCOMMODATIONS

- + Bach: several hotels and guesthouses, e.g., Gasthof Klapf, apartments, ideal as a base.
- + Madau / Berggasthaus Hermine: small guesthouse with rooms, located before the cableway, seasonally open.
- + Memminger Hut: directly at the stage destination at 2,242 m, dormitory beds and service, reservation recommended.

RECOMMENDED TIME

JUN JUL AUG SEP



Variant of the original E5 route

BACH / MADAU → ANSBACHER HUT

Tajaspitze

TO THE INTERACTIVE MAP

Greitjochspitze

Muttlerkopf

Etlerkopf

Mittlrücken

Hintere Alperschonalpe

euerspitze

Fallenbacherspitze

Fallenbacher Turm

Knappenbodensee

erseespitze

Alperschonbach

Stierkop

Kopfscharte

Samspitze

Ansbacher Hut





Variant of the original E5 route

BACH / MADAU → ANSBACHER HUT

+ Degree of difficulty: moderately difficult

+ Duration: 5.30 h

+ Length: 11,50 km

+ Ascent: 1.228 m

+ Descent: 86 m

+ Highest point: 2.464 m

+ Lowest point: 1.254 m

From Lech Valley up to the lofty heights of the Lech Valley Alps and the Ansbacher Hut

The second stage on the E5 is also Day 1 of crossing the Lech Valley Alps. This rugged and impressive mountain ridge is traversed via a wonderful alternative to the main route over the Memminger Hut. Why? First, the route via the Ansbacher Hut is somewhat easier in terms of difficulty and follows red (moderately difficult) mountain trails throughout. Second, the route via the Ansbacher Hut is much less crowded. And third, this route is simply beautiful in terms of scenery.

To ensure there is enough time to enjoy the scenery, the first, somewhat monotonous part of the stage – the valley hike to Madau – is covered by a shuttle. Shortly after getting off, the path to the Ansbacher Hut branches off from the main E5 route, and initially, you walk on a small paved road, then on a gravel road, up to the Hintere Alperschonalpe (place to stop, rest, and eat). Just before reaching the alpine pasture, which is on the other side of the stream, the marked trail to the Ansbacher Hut branches off. The valley slowly opens up and turns into a secluded alpine high valley. Especially in the upper part of the ascent, which steadily but not too steeply leads up to the plateau, there is a special view of the surrounding mountains. From Flarschjoch (pass), the highest point of the ascent, it is only a short descent down to the Ansbacher Hut, where a magnificent view opens up of the Arlberg and the 3,168-meter-high Hoher Riffler opposite the hut.

DESCRIPTION

Since the route into the Madau Valley to Madau is lengthy, the day begins with a shuttle (Feuerstein Taxi) coming from Holzgau and stopping in Bach on the way to Madau (reservation required one day in advance – and be sure to inform the driver that you want to go to the Ansbacher Hut or the Alperschö-nalpe!). Alternatively, Madau can also be reached from Bach in a good two-hour hike, partly on an asphalt road and partly on a hiking trail.

The signposted taxi stand in the Madau Valley is located in front of the bridge, just before the turnoff to the hamlet of Madau and the “Hermine” alpine inn. Continue along the road, cross the bridge, and after a short climb, turn right onto the paved road to Alperschö-nalpe (signpost: “Ansbacher Hütte”). You now walk for quite some time along the road, gaining only a little elevation. Relief comes at the end of the tarred road. You then follow the gravel path until shortly before the Upper Alperschö-nalpe. At the “Ansbacher Hütte” signpost, turn left and go uphill along a path that is quite steep in sections, into the valley and then down to the Alperschö-nbach, over which a bridge leads. The onward path is hard to miss, a good trail that steadily gains elevation and passes the Lärchwald Hut (private), leading up to a plateau. There you meet the Lechtaler Höhenweg (Lech Valley High-Altitude Trail) and signposts. At the next forks in the path, continue following the signs to the Ansbacher Hut. The ascent to Flarschjoch drags on a bit and becomes really steep in the last few meters. The descent on the other side is easy, and soon you will have reached the Ansbacher Hut.

HIGHLIGHTS

- + Hike through the Alperschon Valley and panoramic view of the Ansbacher Hut

PLACES TO STOP, REST & EAT

- + Alperschonalpe: Rustic place to stop and eat at an altitude of 1,670 meters above sea-level in the Alperschon Valley.

ACCOMMODATIONS

- + There are a number of opportunities here to stop, eat, and spend the night; contact the local tourism association for more-detailed information: www.lechtal.at

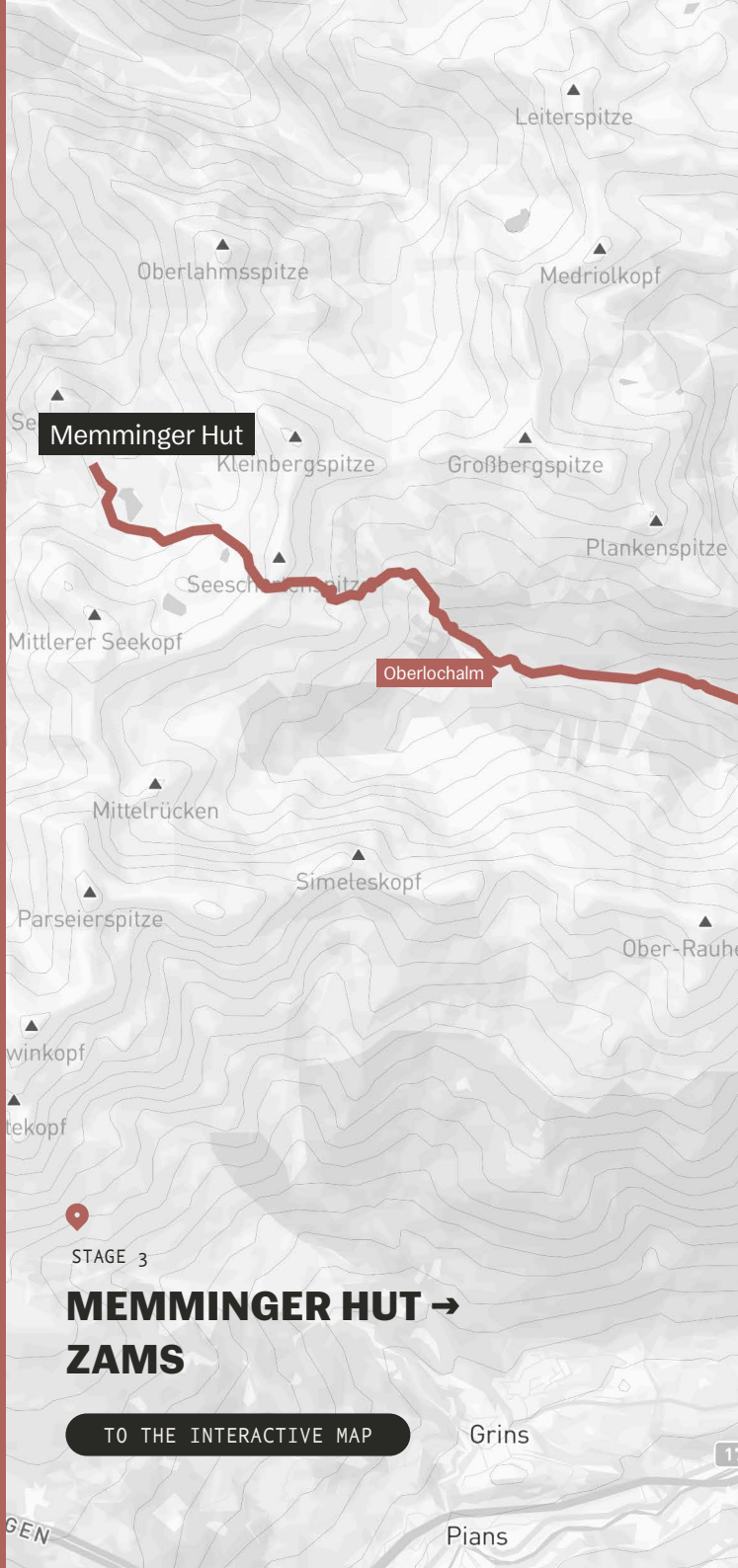
RECOMMENDED TIME

JUN

JUL

AUG

SEP

**Memminger Hut****Oberlochalm**

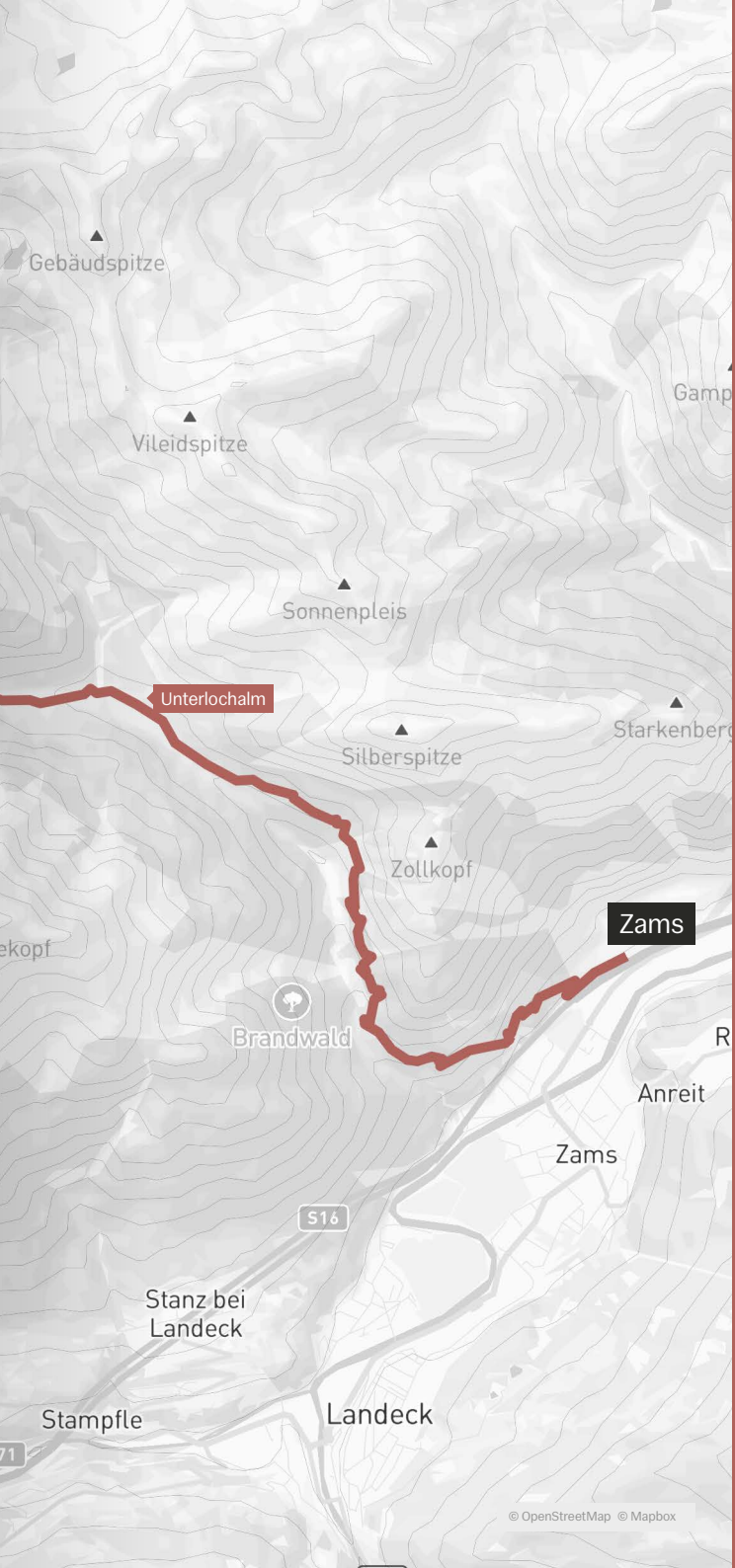
STAGE 3

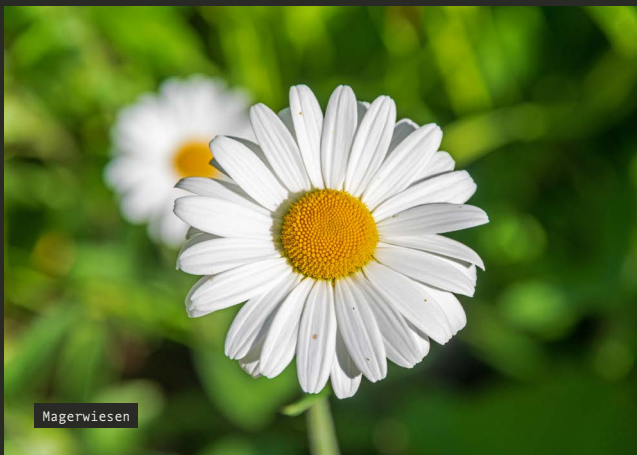
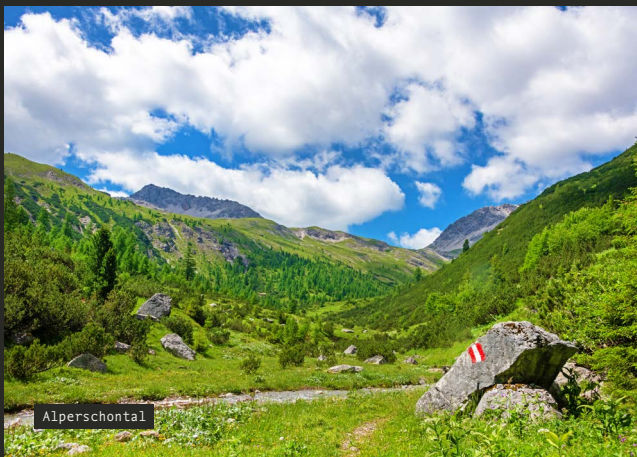
MEMMINGER HUT → ZAMS

[TO THE INTERACTIVE MAP](#)

Grins

Pians







STAGE 3

MEMMINGER HUT → ZAMS

+ Degree of difficulty: moderately difficult

+ Duration: 6.45 h

+ Length: 13,6 km

+ Ascent: 395 m

+ Descent: 1.865 m

+ Highest point: 2.599 m

+ Lowest point: 767 m

Between the Memminger Hut and Zams, hikers on the E5 long-distance trail can look forward to a real highlight: From the Memminger Hut, the route first goes up to the Seescharte (2,599 m). From there, a challenging path then descends through the wild Zammer Loch down to the valley – a stage for sure-footed hikers with a sense of adventure.

Since the summer of 2025, the section from Burschlwand to Zams follows a new, signposted route. The path to the Bäuerinnenkapelle (Farmer wives' chapel) is closed. The descent now goes via the Zams gravel plant. From early June to the end of September, a shuttle (fare required!) is a convenient way for hikers to travel from the gravel plant parking lot to the center of Zams and on to the valley station of the Rifenal line – perfect for giving tired legs a rest or for heading straight into the next adventure.

Important information about this route (from summer 2025)

Since the summer of 2025, the section from Burschlwand to Zams follows a new, signposted route. The path to the Bäuerinnenkapelle (Farmer wives' chapel) is closed. The descent now goes via the Zams gravel plant.

E5 Shuttle

From early June to the end of September, a shuttle (fare required!) comfortably takes hikers from the gravel plant parking lot to the center of Zams and on to the valley station of the Rifenalbahn.

Alternative: Memminger Hut - Zammer Alm / Zammer Ski Lodge / summit hut

Anyone who still has strength in their legs can extend the tour as they like: From the village, the Wiesensteig trail leads uphill to the Zammer Alm (1,760 m) and the Zammer Ski Lodge (1,750 m). Well-trained hikers can continue up to the summit hut on the Krahberg (2,208 m).

There is an optional possibility to cover this section comfortably with lift assistance. The Rifenalbahn takes hikers to the Zammer Alm and the Zammer Ski Lodge. From there, the Weinbergbahn continues up to the summit hut at Krahberg. The lift opening hours must be observed (www.venet.at).

DESCRIPTION

From the Memminger Hut, the path initially passes by the Lower Seewisee (lake), which lies to the left below the trail. On a relatively steep mountain path, partly with a short rope protection, it goes up to the Seescharte (2,599 m). This is the passage into the Zammer Loch. From the Seescharte, the trail leads steeply down into the Zammer Loch for about 1 hour. The path continues past the Oberlochalm (1,819 m) and the Unterlochalm (1,567 m), through forest and boulders on a narrow trail towards Zams.

From the Burschlboden, a green swath with a beautiful view over Zams, Landeck, and Krahberg, you follow a path in steep bends (switchbacks) for another 40 minutes down to the parking lot at the Zams gravel plant, the starting point of the E5 shuttle. This then takes hikers to the center of Zams and the valley station of the Rifenalbahn.

HIGHLIGHTS

- + A magnificent view of the Lech Valley Alps
- + The splendid Hoch Valley

PLACES TO STOP, REST & EAT

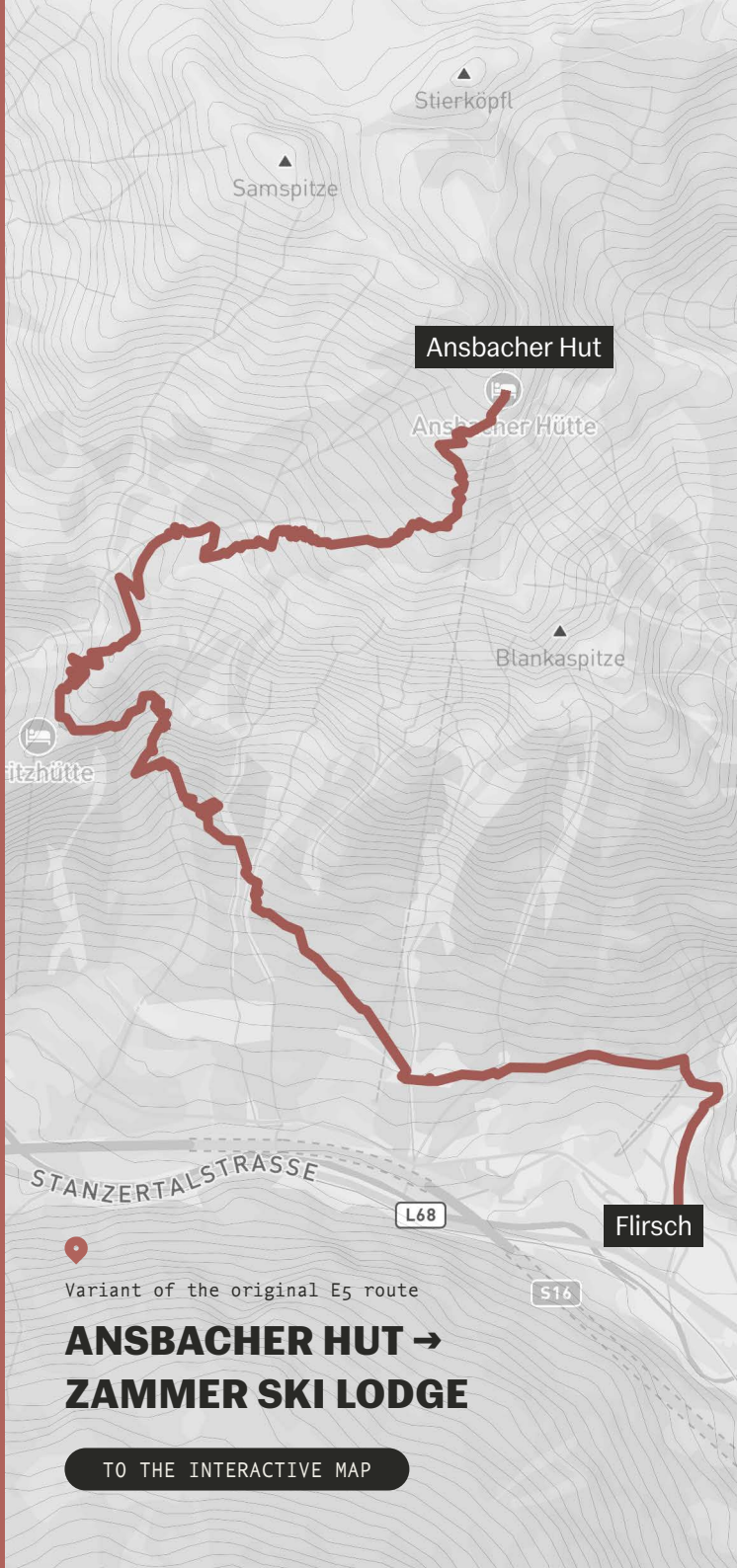
- + There are none along the route to Zams
- + In Zams, you'll find a number of guest facilities where you can eat and/or spend the night. For more information, please contact your local tourism association.

ACCOMMODATIONS

- + In Zams, you'll find a number of guest facilities where you can eat and/or spend the night. For more information, please contact your local tourism association.
- + Zammer Alm
- + Zammer Ski Lodge
- + Summit hut

RECOMMENDED TIME

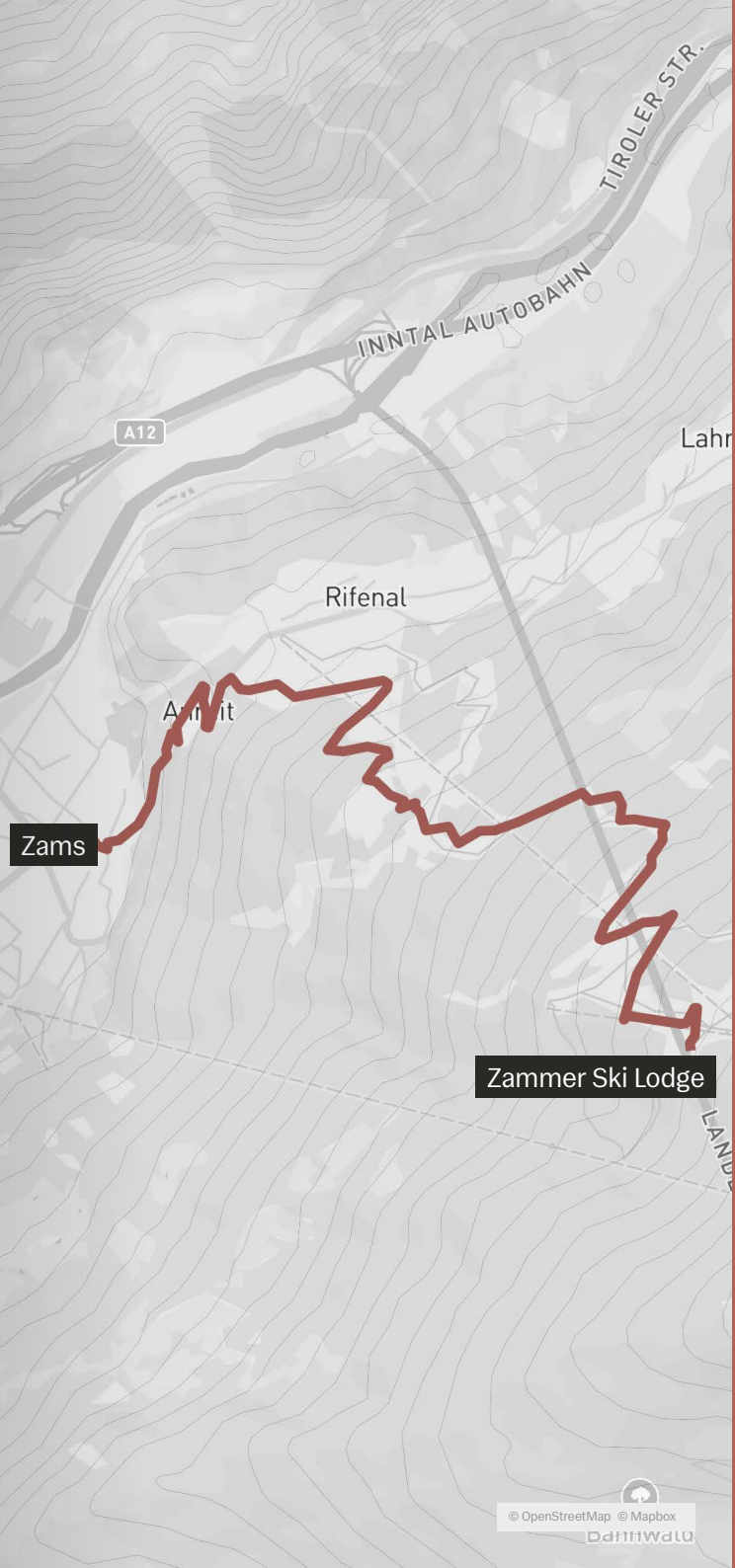
JUN JUL AUG SEP

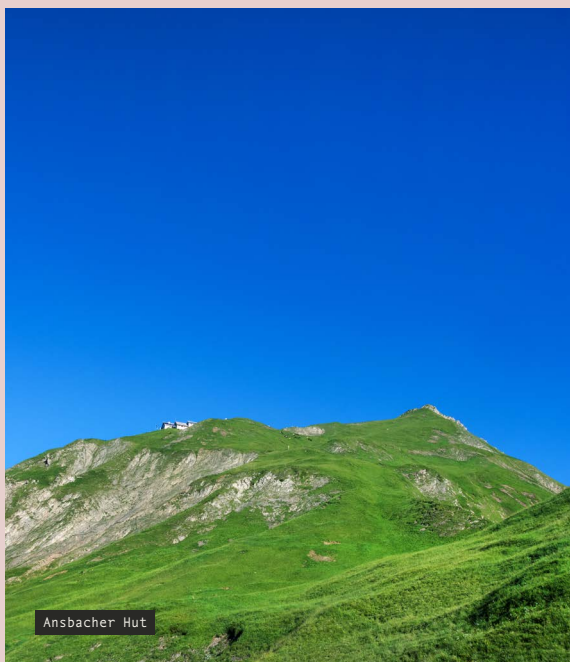


Variant of the original E5 route

ANSBACHER HUT → ZAMMER SKI LODGE

TO THE INTERACTIVE MAP





Variant of the original E5 route

ANSBACHER HUT → ZAMMER SKI LODGE

+ Degree of difficulty: moderately difficult

+ Duration: 6.30 h

+ Length: 11,50 km

+ Ascent: 1.003 m

+ Descent: 1.235 m

+ Highest point: 2.376 m

+ Lowest point: 767 m

From the heights of the Lech Valley Alps down into the Inn Valley and back up to Glander Peak as the northernmost spur of the Ötz Valley Alps (Part 1: Variant of the original E5 route – Part 2: Original E5 route)

On the northern side of the Alps, the long-distance trail E5 has a very special characteristic. Since you constantly have to cross large valleys, there are almost daily very long ascents and descents. Even the descent from the Ansbacher Hut down to Flirsch gives the hiker no respite. The narrow path is very steep in some sections and runs through a magnificent landscape of flower-rich mountain meadows, where especially the goats feel at home. Once you arrive down in Flirsch after the long descent, a bus or (if booked) a shuttle awaits to take you to Zams. Up until then, one has been following the E5 variant via the Ansbacher Hut – from this point on, one is back on the original E5 route and one of the aforementioned long ascents begins. In this case, the ascent to the Zammer Ski Lodge is long, but will take you along beautiful trails and flower meadows, it is quite enjoyable.

DESCRIPTION

From the Ansbacher Hut, you follow the hiking trail towards the Fritzhütte, passing under the material cable car and descending south along a ridge. After descending almost 200 meters of elevation, you reach a terrain step, and the trail now leads west across open mountain meadows through the hollow “In der Grube.” Soon, dwarf pines and later forest replace the open mountain meadows, and you descend via many switchbacks to reach the Fritz Hut.

Here the descent paths split towards Schnann or Flirsch. The most pleasant descent turns left just above the hut towards Flirsch. First, you cross about 300 meters downhill through steep terrain to the east, and then continue descending through many small bends (switchbacks) through the forest until you reach a forest road near the valley. You should now proceed to the left (signpost: “Jakobsweg”) and along the forest trail for about 800 meters – the terrain is relatively level – until you come to a place overlooking the village of Flirsch. A hiking

trail shortly leads to the first houses of Flirsch. From here, you should follow along the Griess Brook through the village to the center of Flirsch.

The following section to the center of Zams is covered by bus/train or a shuttle. There is a bus stop directly at the street intersection in the center. If no shuttle to the center of Zams has been booked, you can reach Landeck-Zams station at the southern edge of Zams by bus line 270 (partly in combination with the train).

In the center of Zams, the second part of today's hike begins: the ascent to the Zammer Ski Lodge stage destination via the Wiesensteig. From the parish church of St. Andrew in the center of Zams, follow Bahnstraße eastward to Bachgasse, then turn briefly right. At the next junction, you must turn left and then immediately right again, then continue to the end of the street. Here a hiking trail leads a few minutes up to the state road 311. Afterwards, the trail continues to the left uphill through two hairpin bends – about 200 meters after the second bend, the “Wiesensteig” begins on the right, leading up to the Zammer Ski Lodge. The hike now alternates between meadows and forest, along hiking trails and occasionally briefly on forest roads, over many bends (switchbacks) under the Venet cableway, up to the Zammer Ski Lodge or the nearby Zammer Alm.

HIGHLIGHTS

- + View of the Hoher Riffler

PLACES TO STOP, REST & EAT

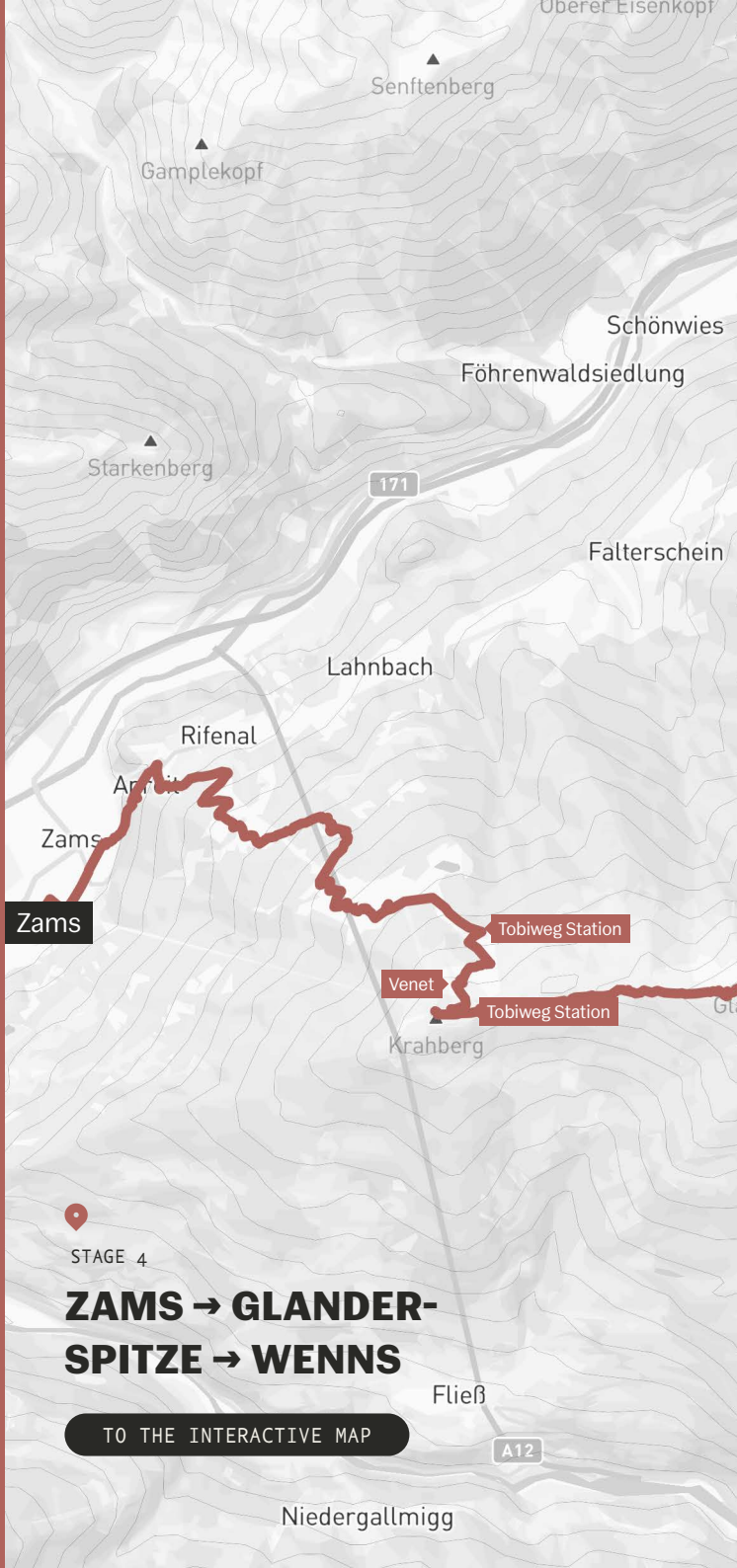
- + There are a number of opportunities here to stop, eat, and spend the night; contact the local tourism association for more-detailed information: St. Anton am Arlberg or Tirol West

ACCOMMODATIONS

- + There are a number of opportunities here to stop, eat, and spend the night; contact the local tourism association for more-detailed information: St. Anton am Arlberg or Tirol West

RECOMMENDED TIME

JUN JUL AUG SEP

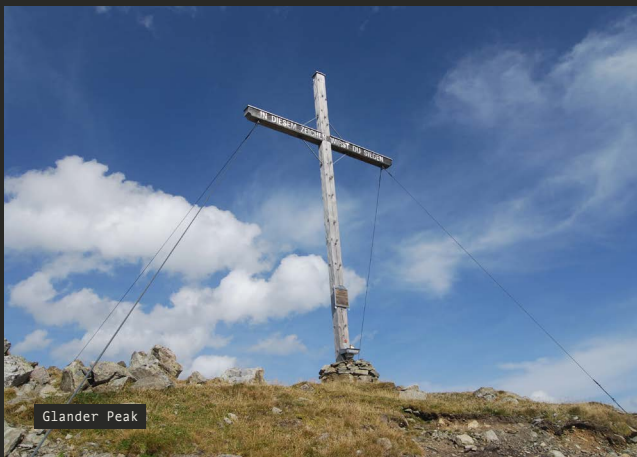


STAGE 4

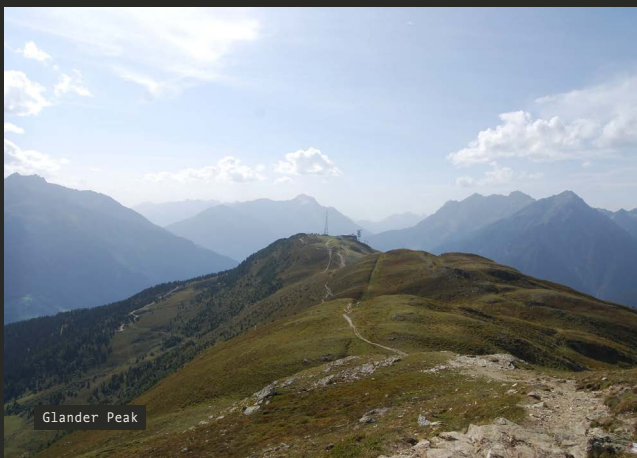
ZAMS → GLANDER- SPITZE → WENNS

TO THE INTERACTIVE MAP





Glander Peak



Glander Peak



Jakobsweg



STAGE 4

ZAMS → GLANDER- SPITZE → WENNS

+ Degree of difficulty: moderately difficult

+ Duration: 11.30 h

+ Length: 19,4 km

+ Ascent: 1.799 m

+ Descent: 1.575 m

+ Highest point: 2.505 m

+ Lowest point: 767 m

This promising stage leads from Zams over the Wiesensteig up to the Zammer Alm and the Zams Ski Lodge. It continues steadily uphill to Krahberg, where a breathtaking view of the Tyrolean Inntal and the surrounding peaks awaits. From there, the E5 trail goes over the Glander Peak (2,505 m) and the Wan-nejöchl (2,495 m) to the Larcher Alm and finally down to Wenns in the Pitz Valley.

To save energy, it is possible to cover the ascent from Zams to Krahberg with lift assistance: with the Rifenalbahn and the Weinbergbahn, you can comfortably reach Krahberg. This reduces the walking time for this stage to 5 hours and 45 minutes.

DESCRIPTION

The starting point is the valley station of the Venet cableway in Zams. From there, the long-distance trail ascends via the Wiesensteig (Trail 2a) to the Zammer Alm and the Zams Ski Lodge. Both offer places to stop and enjoy a beautiful view. The trail then continues uphill to the mountain station of the Venet cableway at Krahberg, where there is a panoramic restaurant and a summit hut. Above the mountain station, a trail begins that leads to the summit of the 2,505-meter-high Glander Peak. From there, it continues over the Wannejöch1 (2,495 m) to the Larcher Alm and finally down to Wenns in the Pitz Valley.

South-side alternate route for a more-moderate trek

Those who prefer a gentler route from Krahberg can take the south-side alternative of the E5. This variant also starts at the top station of the Venet cableway and leads via Gogles Alm to Larcher Alm (1,814 m) and further down into the Pitz Valley to Wenns.

This means that on this stage, depending on fitness and preference, there is a choice between a more alpine route over Glander Peak and Wannejöch1, or a more-moderate option along the south side.

HIGHLIGHTS

- + A breathtaking view of the fabulous Tyrolean Inn Valley and the surrounding summits

PLACES TO STOP, REST & EAT

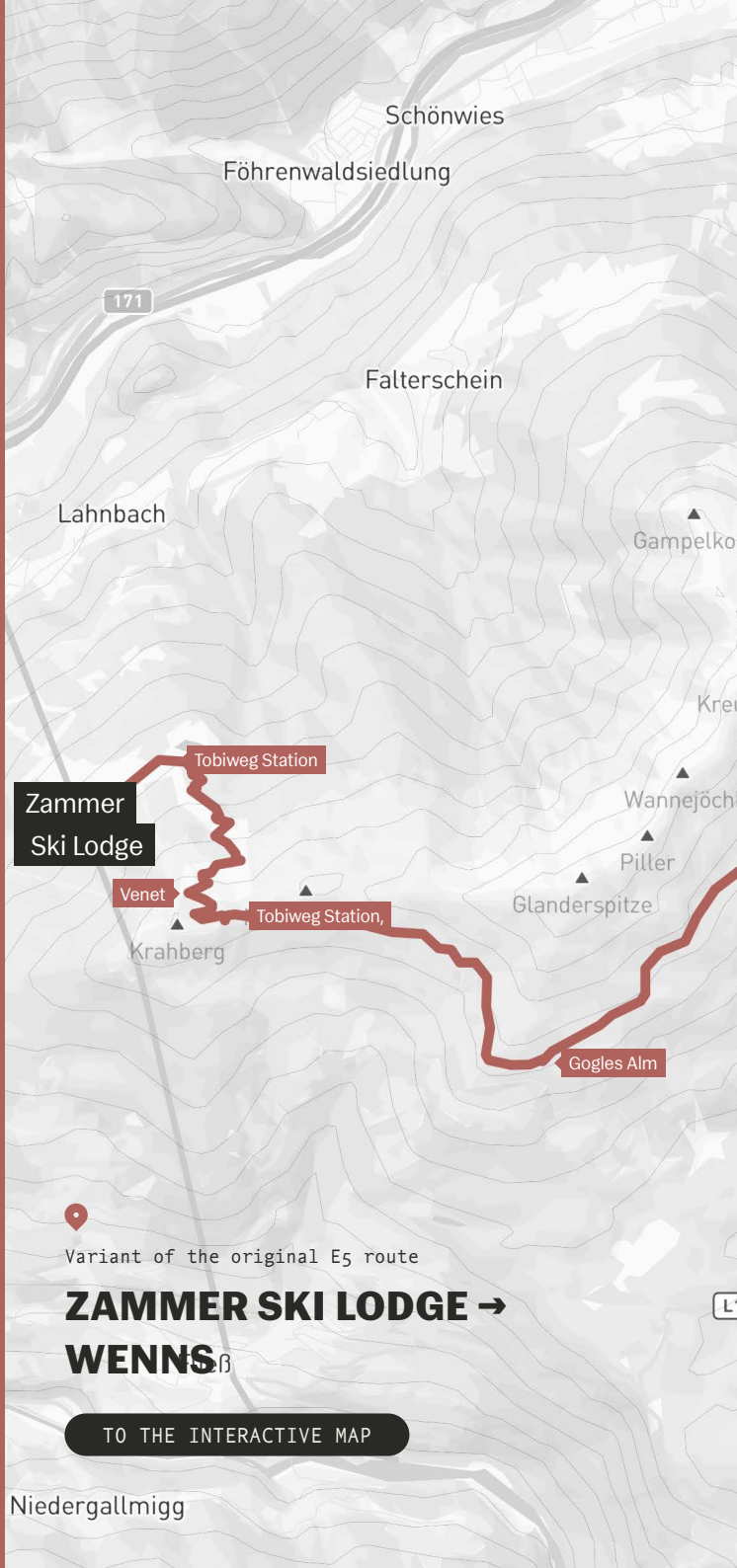
- + Goglesalm: The Jausenstube (inn) at 2,017 meters above sea-level, plus its dairy
- + Larcheralm: Rustic Alm on the south side of the Venet

ACCOMMODATIONS

- + Zams has a number of opportunities here to stop, eat, and spend the night; contact the local tourism association for more-detailed information.

RECOMMENDED TIME

JUN JUL AUG SEP



Zammer
Ski Lodge

Tobiweg Station

Venet

Tobiweg Station,

Gogles Alm

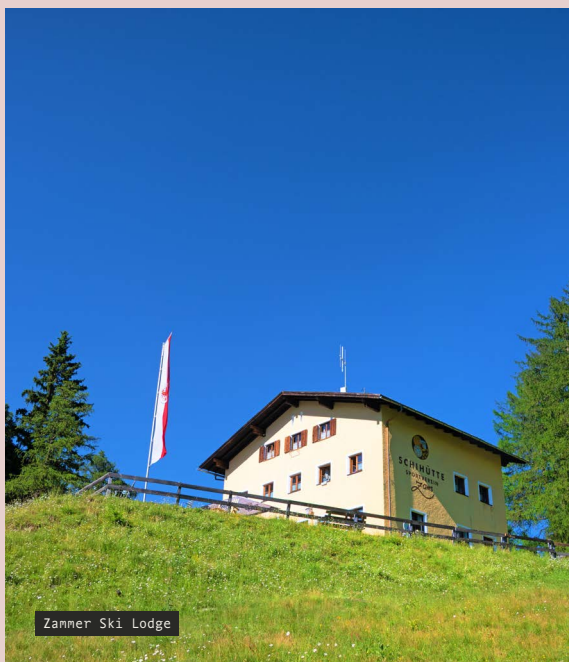


Variant of the original E5 route

ZAMMER SKI LODGE →
WENNS

TO THE INTERACTIVE MAP





Zammer Ski Lodge



Variant of the original E5 route

ZAMMER SKI LODGE → WENNS

+ Degree of difficulty: moderately difficult

+ Duration: 6.00 h

+ Length: 14,20 km

+ Ascent: 592 m

+ Descent: 1.330 m

+ Highest point: 2.191 m

+ Lowest point: 1.003 m

Via the Glander Peak (with plenty of splendid views) to Wenns in the Pitz Valley (the original E5 route)

This stage features a wonderful high-altitude hike to Wenns in the Pitz Valley. It mostly follows the original route of the E5 – however, due to easier terrain, the E5 variant along the southern slopes of Glander Peak and Kreuzjoch (pass) is described here, rather than the more strenuous original route over the ridges of the aforementioned peaks.

The morning ascent from the Zammer Ski Lodge only briefly follows a gravel road before winding up a beautiful mountain trail to the highest point near the Venet cableway mountain station. On the way over the Gogles Alm and Gaflun Alm, you will rarely encounter another hiker. Once you reach the well-known Larcher Alm, it's time for a break before tackling the descent to Wenns. Although there are still quite a few meters of elevation to overcome to reach the valley, the not particularly steep descent along trails and forest paths is well laid out. A rest day for the feet, so to speak!

DESCRIPTION

Right at the Zammer Ski Lodge, the first signposts are already standing, which you follow in the direction of "Glanderspitze." At first, you are still walking on the country road, but soon you branch off onto a beautiful forest path, which, with a pleasant incline and well signposted ("Venet"), leads close to the mountain station of the Venet cable car. At the only ski lift, turn left without any signs and follow the track marks up to the ridge and the clearly visible signposts.

Follow the signpost to "Larcher Alm" and hike along a beautiful trail on the south side of the ridge to Gogles Alm and then on to Larcher Alm. The path is always well signposted at all junctions. From Larcher Alm, do not follow the forest road, but descend via a forest trail. The further route down to Wennis continues to the outskirts of the village along trails that are not too steep and are scenic. The way is consistently well signposted towards Wennis.

HIGHLIGHTS

- + Rest-stop with refreshments at the rustic Larcher Alm

PLACES TO STOP, REST & EAT

- + Gogles Alm: The Jausenstube (inn) at 2,017 meters above sea-level, plus its dairy
- + Larcher Alm: Rustic Alm on the south side of the Venet

ACCOMMODATIONS

- + Larcher Alm: Eating option and overnight accommodations on the south side of the Venet

RECOMMENDED TIME

JUN JUL AUG SEP

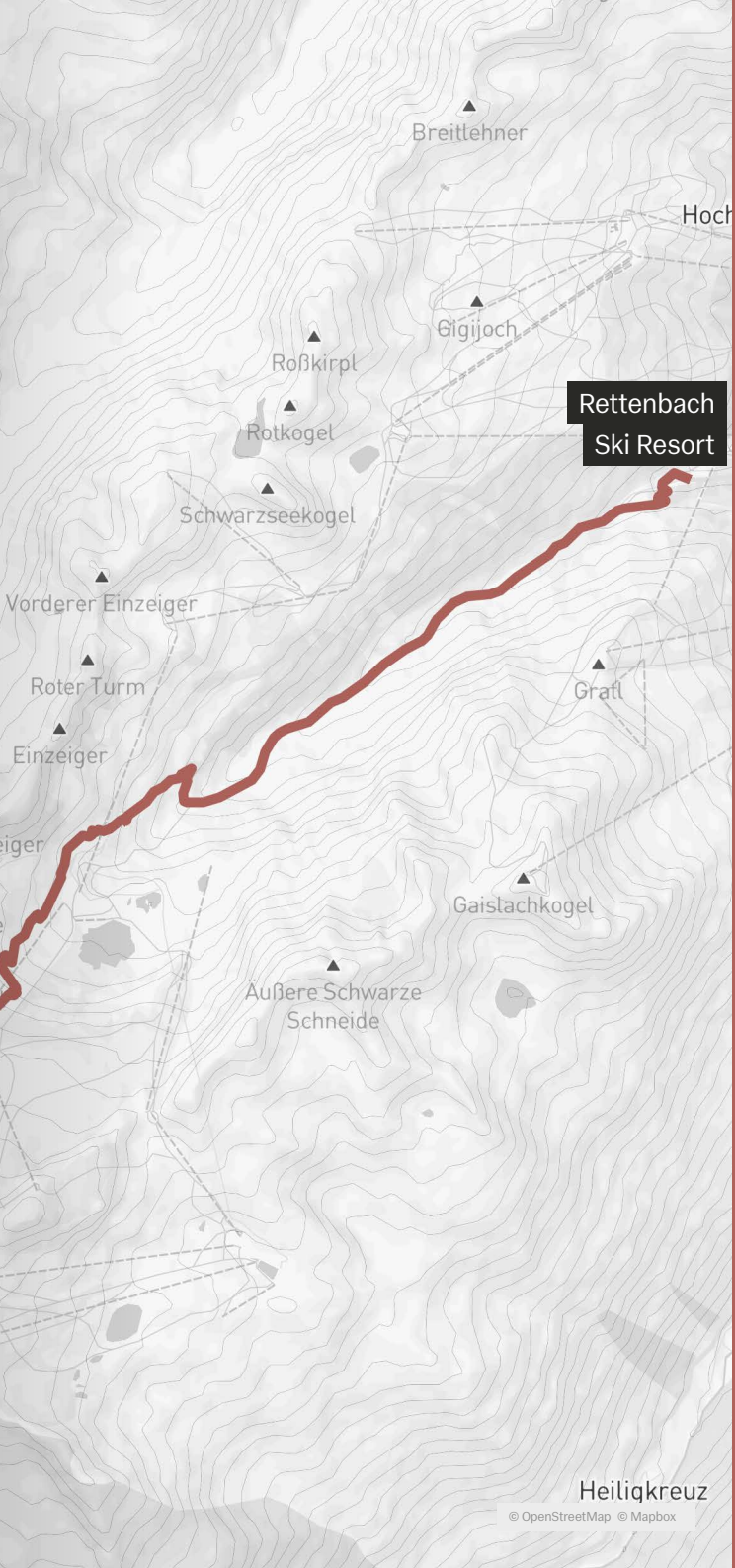


Mittelberg

STAGE 5

**MITTELBERG →
RETTENBACH SKI RESORT**

TO THE INTERACTIVE MAP

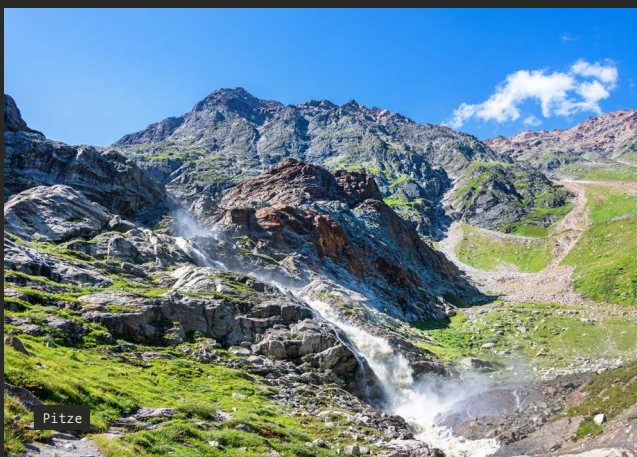




Braunschweiger Fernerkogel



Braunschweiger Hütte



Pitze



STAGE 5

MITTELBERG → RETTEBACH SKI RESORT

Mittelberg – Rettenbach Ski Resort

+ Degree of difficulty: moderately difficult to difficult

+ Duration: 5.30 h

+ Length: 8,40 km

+ Ascent: 1.263 m

+ Descent: 322 m

+ Highest point: 2.990 m

+ Lowest point: 1.738 m

Optional continuation to toll station (total length)

+ Degree of difficulty: moderately difficult to difficult

+ Duration: 7.00 h

+ Length: 13,80 km

+ Ascent: 1.271 m

+ Descent: 975 m

Up to almost 3,000 meters above sea level: Crossing the Ötz Valley Alps from the Pitz Valley over the Rettenbachjoch into the Ötz Valley

This stage features the highest point on the entire E5: the incredible 2,990-meter-high Rettenbachjoch! A real highlight, crossing the mountain ridge between the Pitz Valley and Ötz Valley right among the three-thousand-meter peaks! But be warned: the crossing is partially secured with steel cables and requires sure-footedness and no problem with heights. And just a glance at the altitude of almost 3,000 meters makes it clear that good conditions are an absolute requirement for

this stage. In early summer, snowfields often persist for a long time and can bury existing steel cables beneath them. Even in midsummer, sudden weather changes and snowfall can turn an ascent into a dangerous undertaking.

But if the circumstances and personal conditions are right, the climb from the hamlet of Mittelberg in the first section is already a small adventure. For information about the nature of the passes from the Pitz Valley into the Ötz Valley, the Braunschweiger Hut is happy to provide assistance by phone at +43 664 20 12 013. The path seeks out the weak spots in the rocky barrier that blocks the end of the valley, and along sections secured with steel cables, you walk past the roaring waterfalls of the Pitze Brook and by the climbing routes upwards, until you can take a well-deserved break at the Braunschweiger Hut. Now begins the final high-alpine ascent to the Rettenbachjoch, which is partially secured with steel cables again. The descent from the pass down to the ski resort has been newly laid out in sections and is now – once free of snow – quite easy to walk. Nevertheless, sure-footedness is a must here as well! Alternatively, one can use the Pitz Valley Jöchl (which is just as high) as a transition between Braunschweiger Hut and Rettenbach Ski Resort. This route is also very popular as an E5 variant, but unlike the Rettenbachjoch (red mountain trail), it is a more difficult (black) mountain trail.

DESCRIPTION

From the only bus stop in Mittelberg, you hike up the gravel road to the nearby guesthouse “Gletscherstube” (signpost: E5). Soon the path branches off, and you continue straight towards the waterfall and rock ridge (signage: “Braunschweiger Hütte über Wasserfall”). The route through the rock ridge is well marked, technically easy to walk, and secured with steel cables in some sections.

After the rock ridge, it joins the ski slope, which you follow to the next fork in the path. This is also signposted. You continue to the left. In part, the ascent to the Braunschweiger Hut is quite steep and, in other sections, secured with steel cables. From there, you have a good view of the onward path up to the Rettenbachjoch, which is signposted and begins directly behind the hut (straight ahead towards Rettenbachjoch, while

the path to the Pitz Valley Jöchl branches off to the left). The descent from the pass has become easier in the upper section due to the glacier's retreat. It has been newly rerouted and now leads more or less straight down under the cable car. Under poor conditions (e.g., snow in early summer), special caution is advised here, but from the end of July, it is also possible to descend comfortably by cable car.

At the Rettenbach Ski Resort, it is best to transfer to bus line 70 (signposted: "Gletscher Sölden") here, which runs hourly to Sölden. Otherwise, continue to the nearby Sölden "Bergsteigerkapelle" (Mountaineers' Chapel) and descend via the signposted original E5 route to the toll station (bus line stop) and take bus 70 to Sölden from there.

HIGHLIGHTS

- + Waterfall at the end of the valley of Mittelberg and crossing the Pitz Valley Jöchl

PLACES TO STOP, REST & EAT

- + Braunschweiger Hut: An alpine shelter at the end of the Pitz Valley, at an altitude of 2,759 meters above sea-level.

ACCOMMODATIONS

- + Braunschweiger Hut: An alpine shelter at the end of the Pitz Valley, at an altitude of 2,759 meters above sea-level.

RECOMMENDED TIME

JUN JUL AUG SEP

Sölden Mautstelle

Tyrol Geniessen

Gratl

Almzeit

Gaislachkogel

Heidebahn

Vent Bodeneegg

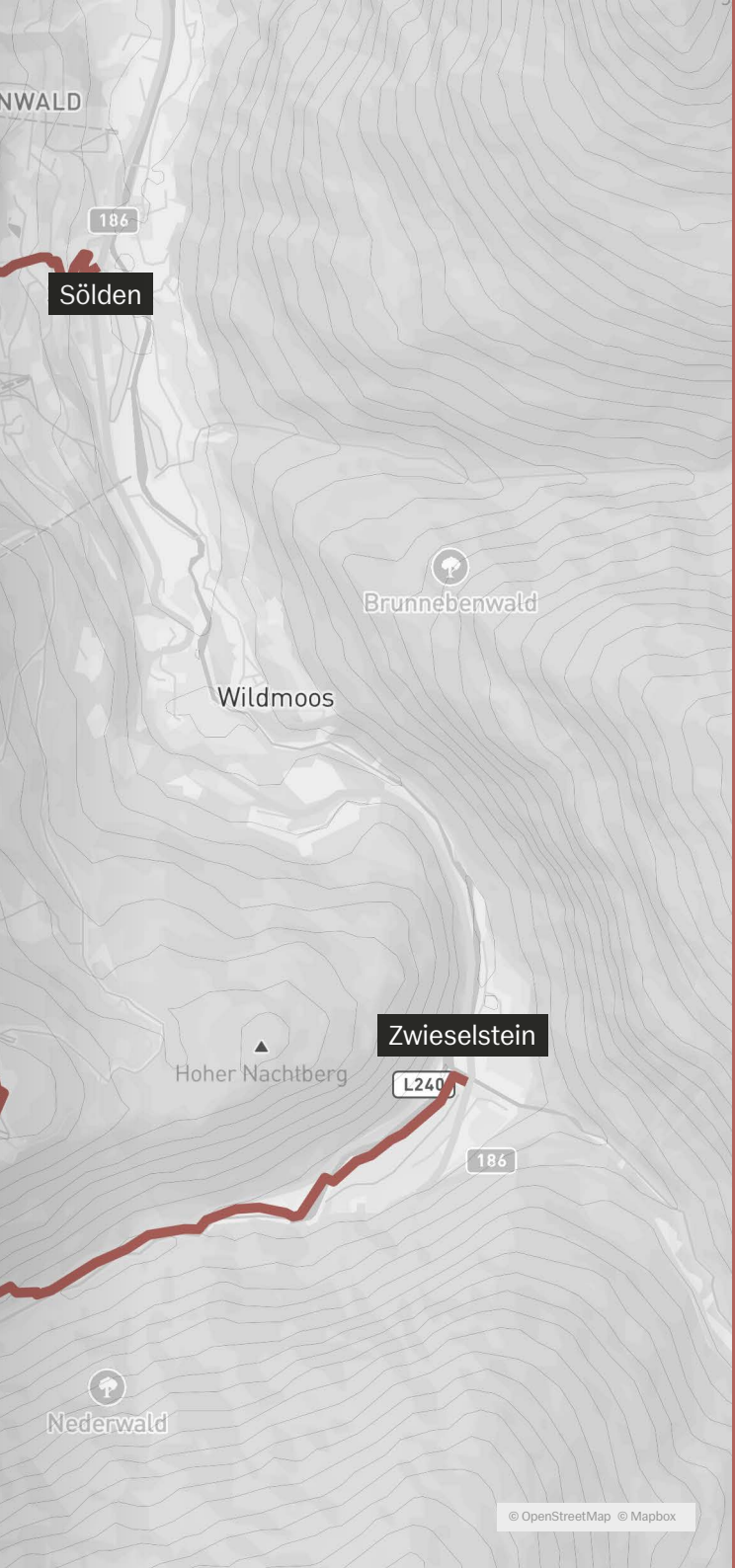


STAGE 6

SÖLDEN → ZWIESELSTEIN

TO THE INTERACTIVE MAP

Bodeneegg



NWALD

186

Sölden



Brunnebenwald

Wildmoos



Hoher Nachtberg

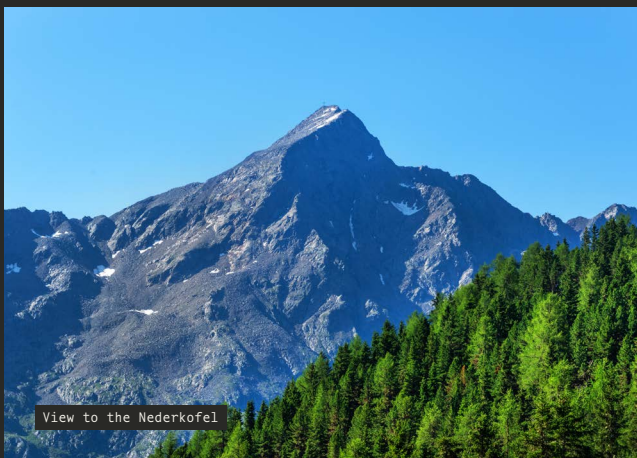
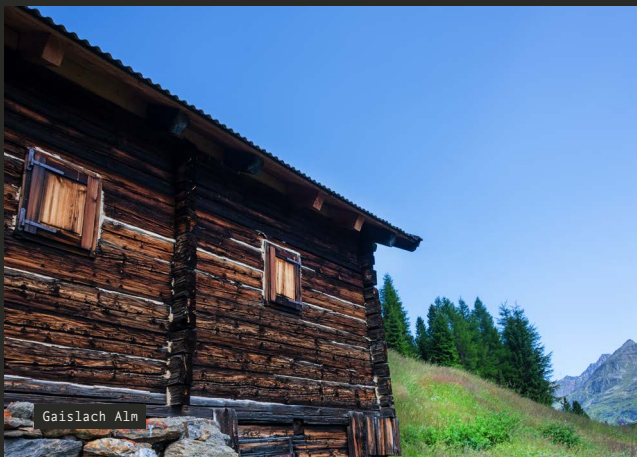
Zwieselstein

L240

186



Nederwald





STAGE 6

SÖLDEN → ZWIESELSTEIN

+ Degree of difficulty: moderately difficult

+ Duration: 5.30 h

+ Length: 12,40 km

+ Ascent: 775 m

+ Descent: 663 m

+ Highest point: 2.119 m

+ Lowest point: 1.368 m

Via alms in the face of the three-thousand-meter-tall mountain through the Ötz Valley (the original E5 route)

On this stage, for once, no mountain ridge is crossed; instead, you hike from the fashionable mountain resort of Sölden quite leisurely at mid-height over beautiful alpine meadows further into the Ötz Valley. If the weather is good, there is also time for a long break.

From Sölden, there is a very beautiful ascent up to the alpine pastures and through pleasantly cool forest landscapes. Once you reach the highest point near the toll station, you can hike along the tree line high above the Ötz Valley, leisurely navigating the ups and downs along the slope towards Zwieselstein. The lovely alpine pastures, situated right along the path, practically invite you to a cozy stop. The descent to Zwieselstein begins at the Gaislach Alm. It is longer than one might think; first, it goes down across the high meadows, then disappears into the forest near the Mariahilf Chapel Gaislach. This final part of the descent down to the main road is quite steep but very scenic.

DESCRIPTION

Along the main street of Sölden, walk in the direction of the prominently visible and only church tower. In front of the Raiffeisen bank, there is a display case for the library, where the ascent begins. Steeply up the narrow tar path to the cemetery. Pass between the church and the elementary school, then turn left immediately after the school. Steeply up the tar path next to the power station until you reach the road. Turn right and continue to the hairpin bend. Follow the signs to the right onto a steep natural path and along the creek uphill to the bridge. Then follow the signs for "Gampe Alm."

Continue straight along the creek uphill to the next bridge. There, turn left, following the signs for "Gampe Alm" or "Zu den Almen." A little further up, you cross the glacier road twice before the ascent on the ski slope ends. Always follow the ski slope to the right. You pass the station of the "Langeegg" chairlift and continue upward to Stabele Alm. The further ascent goes along the ski slope, which is used as a bike descent in the summer. When you come to the "Hühnersteign" inn, continue to the left (signpost: "zu den Almen") and use the underpass near the truck toll station to pass under the Gletscherstrasse. Follow the signs for "Gaislach Alm E5" and hike along the hillside with gentle ups and downs, passing the Löple Alm until you reach the Gaislach Alm. The trail is marked as E5. At the Gaislach Alm, turn right at the hairpin bend and follow the signs to Zwieselstein. After the Gaislach Mariahilf Chapel, the path goes steeply down again along a narrow forest trail, ending at the road to Vent. Cross this road and continue on the tractor path below it to Zwieselstein.

HIGHLIGHTS

- + View of the glaciated Ötz Valley border mountain between Austria and Italy

PLACES TO STOP, REST & EAT

- + Annemarie's Hühnersteign: An inn at an altitude of 2,012 meters above sea-level in the midst of the Ötz Valley Alps directly on the Gletscherstrasse
- + Löple Alm: A rustic hut high above Sölden
- + Gaislach Alm: The oldest alpine inn in Sölden at 2,040 meters above sea-level

ACCOMMODATIONS

- + Gaislach Alm: The oldest alpine inn in Sölden at 2,040 meters above sea-level

RECOMMENDED TIME

JUN JUL AUG SEP

Zwieselstein

her Nachtberg

Vorderer
Brunnenkogel

Wilde Rotespitze

Hagelkögele

Mittagskogel

kogel

Kleiner Kirchenkogel

Timmelsjoch

Pill Hochgurgl

Kirchenkogel

Plattenkogel

Vorderer Wurmkogel

Ochsenkopf

Hinterer Wurmkogel

Obergurgl

Gamsba

Hintere
SchwenzerspitzeKönigskogel
- Monte Re

Festkogel

Südliche Ferwallspitze

önwieskopf

STAGE 7

Hohe Mut

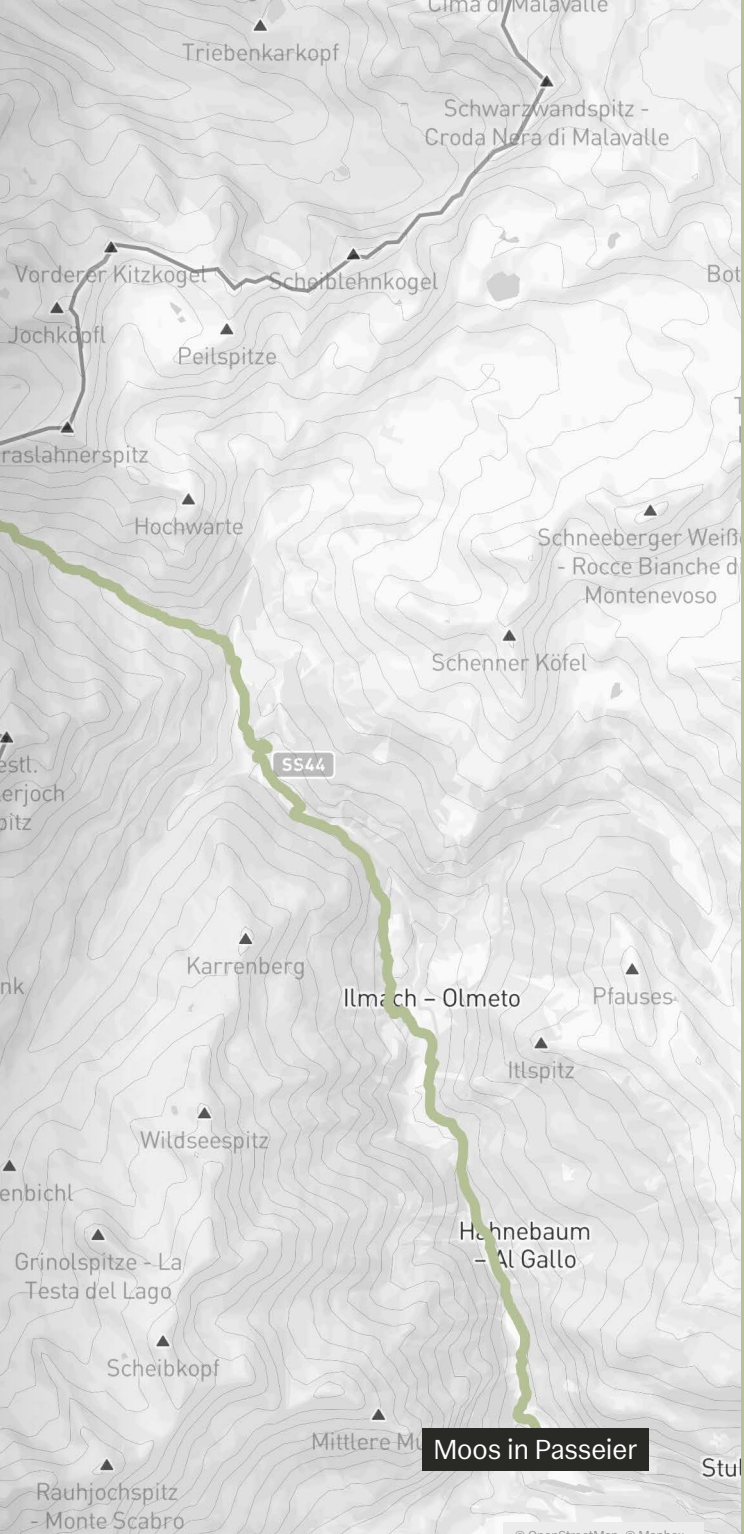
ZWIESELSTEIN (A) →**MOOS IN PASSEIER (I)**

Hangerer

Kirchenkogel -
Monte dei Granati**TO THE INTERACTIVE MAP**Racinespitz
- Rosinhorn

Hochebenkamm

Kirchenkogel

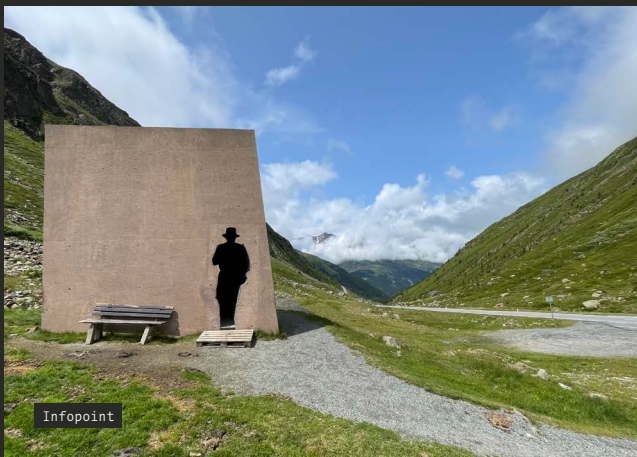




Timmelsjoch/Passo del Rombo



View to Rabenstein



Infopoint



STAGE 7

ZWIESELSTEIN (A) → MOOS IN PASSEIER (I)

+ Degree of difficulty: difficult

+ Duration: 8.45 h

+ Length: 20,9 km

+ Ascent: 1.040 m

+ Descent: 1.483 m

+ Highest point: 2.488 m

+ Lowest point: 1.015 m

Attention high point! Crossing the main ridge of the Alps from the lively and famous Ötztal via the Timmelsjoch/ Passo del Rombo/Passo del Rombo into the idyllic and unspoilt Passeier Valley marks the moment when the E5 leaves North Tyrol behind and reaches the southern side of the Alps in South Tyrol.

You can twist and turn it however you want: during a trek across the Alps, crossing the main ridge of the Alps is always one of the defining highlights of the entire journey. Otherwise, you wouldn't truly be crossing the Alps – even though, as on the E5 between Oberstdorf and Gfrill/Cauria in South Tyrol, many other mountain ranges are traversed along the way. On this stage, the route leads from the renowned Ötztal over the 2,474 m high Timmelsjoch/Passo del Rombo/Passo del Rombo and down into the charming Passeier Valley. Expect unforgettable impressions: magnificent views of the glaciated three-thousand-metre peaks of the Ötztal Alps, a beautiful high-alpine landscape along the ascent through the Timmel Valley, picturesque alpine pastures on the descent into South Tyrol, and traditional farms nestled in the welcoming villages of the Passeier Valley. This is a very long but technically moderate stage on your journey from North Tyrol to South Tyrol—yet it can easily be shortene.

DESCRIPTION

The hike begins in the village of Zwieselstein at the bus stop next to Hotel Post. Fresh water can be filled at a nearby fountain. Follow the pavement about 50 metres further into the valley to the bridge, then turn left shortly before it onto Hochstattweg in the direction of Timmelsjoch/Passo del Rombo (Ötztaler Urweg No. 12).

At first, the forest road climbs steeply, then gradually levels out and eventually turns into a hiking trail. Follow the Gurgler Ache into the Timmel Valley. After around 2 km, turn left toward "Timmelsjoch E5". The path continues steadily uphill along the Timmelsbach, at times quite steep. After about 3 km, you reach a forest clearing with a rest area.

After roughly 3.5 km, you leave the forest and reach alpine meadows at around 2,000 metres. Signposts are sparse, but markings on large stones guide the way. After about 5.5 km, you pass the smuggler monument. The trail becomes increasingly steep, and after nearly 10 km you reach the Timmelsjoch/Passo del Rombo at 2,474 metres—the highest point of the stage and the crossing of the main ridge of the Alps from North to South Tyrol.

On the southern side, a narrow and steep path leads down along the historic Timmel Valley route beside the Timmelsjochbach/Rio del Rombo toward Timmelsbrücke. Wooden signs mark the border crossing into South Tyrol. About 15 minutes above Timmelsbrücke, you can take a right-hand variant to the Hochfirst Inn, rejoining the main trail about 30 minutes later.

Following the original route, continue from Timmelsbrücke along the Timmelsjoch/Passo del Rombo road for about 800 metres toward Rabenstein/Corvara in Passiria until a sharp left bend, where trail No. 29 branches off. This leads down over meadows to a forest track, continuing along the Passer River/Torrente Passirio toward Rabenstein/Corvara in Passiria.

Shortly before reaching the village, a hiking trail shortcuts the forest road and leads to an asphalt road in the hamlet of Bichl/Colle. From here, it is only a few minutes to Rabenstein/Corvara in Passiria.

In the village, at a sharp left bend after the cemetery, continue straight onto a smaller road. The E5 now follows part of the Kummersee circular trail. After 200 metres, turn onto a path descending to the Passeier River. From here, the trail—alternating between path and forest road—leads along the Passer all the way to Moos in Passeier/Moso in Passiria.

Shortly before the end, information boards provide details about upcoming stages. The final section follows the themed “Ibex Trail”, passing the Bunker Mooseum, before the stage concludes in the centre of the charming village of Moos in Passeier/Moso in Passiria.

HIGHLIGHTS

- + **Timmelsjoch Experience “Smuggler”**
The smuggler monument on the North Tyrolean side below the Timmelsjoch/Passo del Rombo commemorates the dangerous routes used by smugglers between Tyrol and South Tyrol. The sculpture symbolizes courage, poverty, and trade across the Alps. It was designed by South Tyrolean architect Werner Tscholl. It is located directly along the E5 route and is part of the “Timmelsjoch Experience,” a series of modern architectural sculptures along the pass road.
- + **Bunker Mooseum Moos in Passeier/Moso in Passiria**
The Bunker Mooseum in Moos in Passeier/Moso in Passiria uniquely combines history, nature, and experience. The modern museum facility is housed in a former military bunker and offers exciting exhibitions on the prehistoric and settlement history of the Hinterpasseier region, historical mining at Schneeberg, as well as geology and natural history. The region’s contemporary history is also vividly presented. An ibex enclosure complements the diverse offering.

- + **Timmelsjoch Pass Museum**
The Timmelsjoch Pass Museum is located directly at the Alpine pass at over 2,000 meters altitude and impresses with its extraordinary architecture. The museum tells the story of the Timmelsjoch/Passo del Rombo, the pass road, and life in the high mountains. Exhibitions show historic vehicles, old photographs, and information on the development of Alpine traffic. The museum was designed by South Tyrolean architect Werner Tscholl and is part of the "Timmelsjoch Experience," a series of architectural stations along the high Alpine road conveying the history, nature, and culture of the region.

- + **Glaciated Three-Thousand-Meter Peaks of the Ötztal and Stubai Alps**
Over the 2,174 m high Timmelsjoch/Passo del Rombo, the E5 crosses the main Alpine ridge. This is as close as the E5 gets to the glaciated 3,000-meter peaks of the Ötztal and Stubai Alps (the Timmelsjoch/Passo del Rombo separates these two mountain ranges, among the highest in the Eastern Alps). The view of peaks such as Zuckerhütl, Wildspitze, Hintere Schwärze, and Hochwilde is impressive.

PLACES TO STOP, REST & EAT

- + **Timmelsjoch Pass Museum:** restaurant at the mountain pass at 2,474 m (directly at the highest point of the stage, ideal rest stop)

- + **Gasthof Hochfirst:** dining option at approx. 1,860 m in the Timmelsjoch area (local South Tyrolean cuisine, accessible via the E5 variant)

- + **Rabenstein:** village in the Passeier Valley at approx. 1,420 m (small dining options before the descent to Moos)

ACCOMMODATIONS

- + Gasthof Hochfirst: mountain inn at approx. 1,860 m (overnight stay possible directly along the route or E5 variant)
- + Rabenstein: accommodation options in the mountain village at approx. 1,420 m (guesthouses and small hotels)
- + Moos in Passeier: valley town at approx. 1,000 m (wide range of hotels, guesthouses and apartments as the stage finish)

RECOMMENDED TIME

JUN JUL AUG SEP

Moos in Passeier
Moos in Passeier
 Passiria

Stall – Stalles

Platt – Plata

Krutzenjoch

Matatzspitz



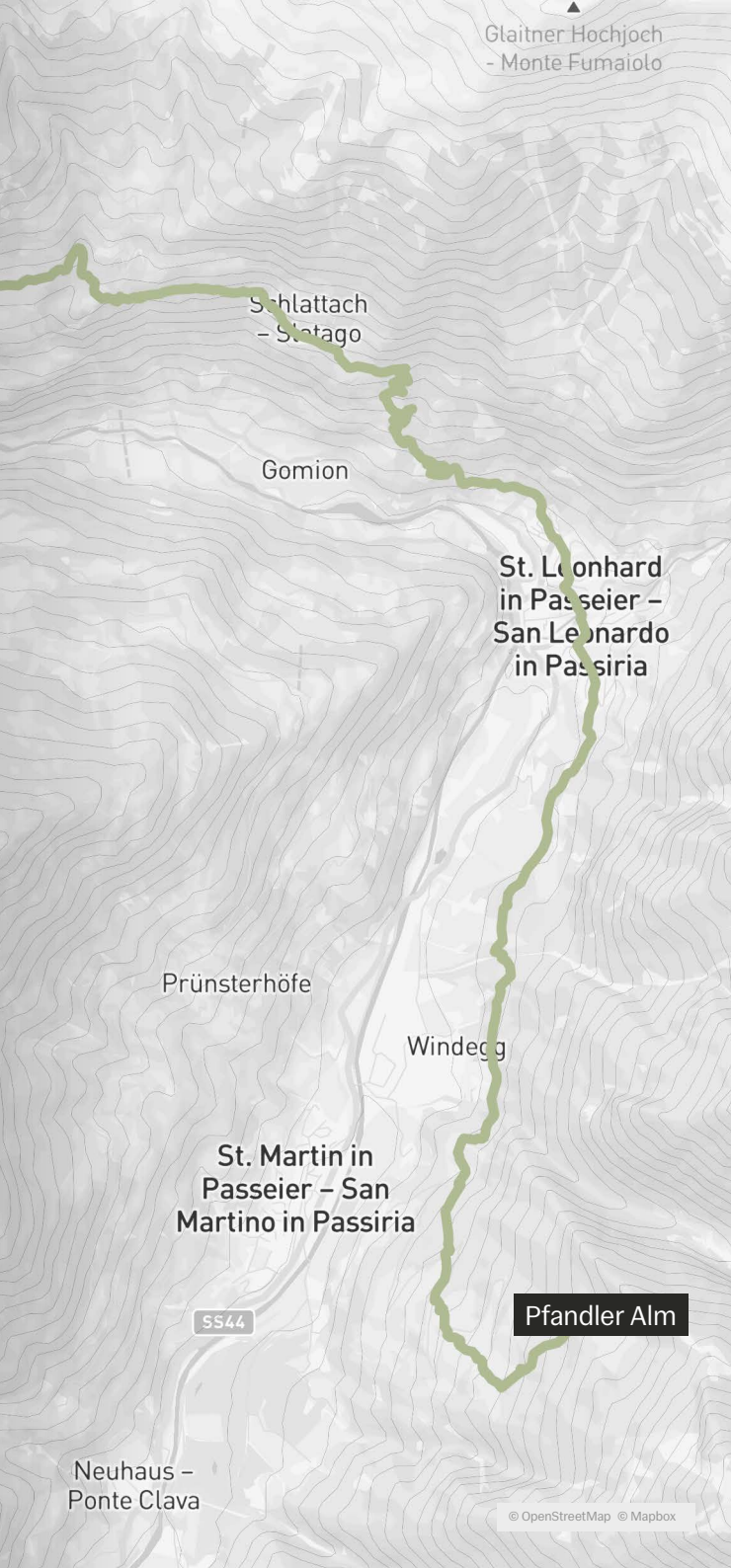
STAGE 8

MOOS IN PASSEIER → PFANDLER ALM

TO THE INTERACTIVE MAP

Oberbach

Seeber – il Lago





Museum



Panoramaview to Moos in Passeier



Pfandleralm



STAGE 8

MOOS IN PASSEIER → PFANDLER ALM

+ Degree of difficulty: moderately difficult

+ Duration: 6.30 h

+ Length: 15,3 km

+ Ascent: 989 m

+ Descent: 682 m

+ Highest point: 1.327 m

+ Lowest point: 679 m

In the Passeier Valley, no major summit counts anymore, but the rhythm of walking: across farms, slopes and through gorges to St. Leonhard in Passeier/San Leonardo in Passiria and finally, in switchbacks, up to Pfandler Alm/Malga Pfandler – simple, rugged and authentic.

The Passeier Valley becomes quiet. No more border drama, no spectacular passes – instead a long hiking day through one of South Tyrol's rugged hearts. The route leads across old farms and steep forest slopes up to Stuls/Stulles and Glaiten, where the mountains suddenly feel vast and the valley lies far below. Then it continues back down toward St. Leonhard in Passeier/San Leonardo in Passiria, the home of Andreas Hofer. Past gorges, the sound of rushing water and traditional mountain farming culture.

This stage does not live from a big summit moment, but from the rhythm of walking: ascending, traversing, descending, continuing onward. Only at the end does the path climb seriously once more, switchback after switchback to Pfandler Alm/Malga Pfandler. Up there awaits no luxury, but exactly what you begin to seek on the E5: simple warmth, the scent of wood and the feeling of having walked far enough.

DESCRIPTION

The tour starts in Moos in Passeier/Moso in Passiria. In the village centre, next to the Mooserwirt, you can fill your water bottles at a fountain. Follow the sidewalk to the main road at the town hall and turn left uphill. The path that originally led right toward the via ferrata and waterfall is closed.

After about 0.5 km, the Stullerweg branches off steeply uphill to the right, crossing the Timmelsjoch road and the Stuller road several times until reaching a farm. From there, follow initially the Stuller road and then a path above the road. This leads to the Antonius Chapel, which offers an impressive view into the Pfelderer Valley.

In Stuls/Stulles, follow the asphalt road through the village for about 2 km before, after leaving the village and crossing the Sagbach gorge, turning right onto a descending path. After about 50 metres of descent, the E5 branches left and traverses at a constant elevation back to the road between Stuls/Stulles and St. Leonhard in Passeier/San Leonardo in Passiria. After about 900 m in the same direction, another hiking path branches off to the right, leading in several switchbacks down to another asphalt road.

Follow the road briefly to the right and then immediately turn again onto a hiking trail, which leads back down to the asphalt road you just left. Continue downhill along this road to reach a larger asphalt road ("Jaufen Pass road") and subsequently St. Leonhard in Passeier/San Leonardo in Passiria (walking time from the starting point approx. 3:30 hours).

At a right-hand bend, you can continue straight ahead via the Schlossweg downhill through the village before reaching the main road again. After the Hotel Stroblhof, keep left and follow the E5 signs (trail no. 3) uphill towards Pfandler Alm/Malga Pfandler up to the primary school.

Continue on a small mountain road (signposted E5 or no. 3) towards Sandhof – Andreas Hofer Trail. After the Gander farmstead (about 1.2 km from Hotel Stroblwirt), a hiking path branches off to the right. Soon the routes split: trail no. 3 allows a recommended detour to the "Sandwirt", the birthplace of Andreas Hofer – however, the E5 takes the left path marked as

trail no. 5A, which pleasantly leads through forests and meadows slightly above the valley floor, passing the Pfeifertal waterfall and eventually reaching the Pfeiftal inn.

From there, you reach Pfandler Alm/Malga Pfandler via trail 5A and then trail no. 1 in about 1:45 hours (600 metres of ascent). The stony forest path is partly steep and repeatedly crosses small asphalt roads or tracks.

At Pfandler Alm/Malga Pfandler, Andreas Hofer once hid before he was captured by French troops on January 28, 1810, and later executed in Mantua. Along the route, information stations provide insights into his final days.

At the alpine pasture, there is a clearing with a deer enclosure as well as the old hut in which Hofer once hid. Pfandler Alm/Malga Pfandler is perfectly suited as a base for an overnight stay on the E5.

HIGHLIGHTS

+ MuseumPasseier

The MuseumPasseier in St. Leonhard in Passeier/San Leonardo in Passiria is dedicated to the history and culture of the Passeier Valley. The focus is on the Tyrolean freedom fighter Andreas Hofer. The museum presents his life, the Tyrolean uprising of 1809, and rural everyday life in earlier times. Outdoor areas, historical buildings, and interactive exhibitions make history tangible.

+ Stuller Waterfalls

The Stuller waterfalls are among the highest in the Alps, cascading in several tiers down steep rock faces into the valley. Altogether, the water descends more than 200 meters. Well-developed paths and a suspension bridge lead to various viewpoints offering impressive views of the roaring water masses and the surrounding mountain landscape. They are especially spectacular in spring when fed by meltwater.

- + **Traditional Mountain Farming Culture in the Passeier Valley**
The mountain farming culture of the Passeier Valley is characterized by hard work on steep mountain slopes and a close connection to nature. For centuries, families cultivated small farms with livestock, haymaking, and alpine pasture farming. Traditions, customs, and self-sufficiency still play an important role today. Many farms are located high on the slopes and can only be reached via narrow paths, illustrating the independent lifestyle of mountain farmers to this day.
- + **Pfandler Alm/Malga Pfandler as the Last Retreat of Andreas Hofer**
The Pfandler Alm/Malga Pfandler above St. Martin in Passeier/San Martino in Passiria was the final refuge of Andreas Hofer in 1810. After the defeat of the Tyrolean uprisings, he hid there in a remote mountain location. However, the hut was betrayed, and Hofer was arrested there. Today, it serves as a historical site commemorating the Tyrolean struggle for freedom and offering insight into the rural mountain life of the time. It is also the stage destination of the E5 stage Moos in Passeier/Moso in Passiria – Pfandler Alm/Malga Pfandler.

PLACES TO STOP, REST & EAT

- + **MuseumPasseier Café:** small café at MuseumPasseier in St. Leonhard in Passeier at approx. 690 m (easy stop with cultural setting directly along the route)
- + **Hofschenke Pfeiftal:** traditional mountain inn at approx. 1,200 m between St. Leonhard and the Pfandler Alm (regional cuisine in a rural farm setting)
- + **Pfandler Alm:** simple mountain hut at approx. 1,620 m at the end of the stage (basic food and drinks in a historic alpine location)

ACCOMMODATIONS

- + St. Leonhard in Passeier: wide range of hotels and guest-houses in the valley town at approx. 690 m (main service and accommodation hub along the stage)
- + St. Martin in Passeier: hotels, guesthouses and holiday apartments at approx. 600 m (alternative base with good infrastructure along the route)
- + Pfandler Alm: very basic mountain accommodation at approx. 1,620 m (simple overnight stay directly at the stage finish, rustic alpine setting)

RECOMMENDED TIME

MAY JUN JUL AUG SEP OCT



Golf Lodge
ilts Only

Prantach –
Prantago



Pfandler Alm

Keller

neben



Schonbühel – Belcolle



STAGE 9

PFANDLER ALM → HIRZERHÜTTE



Gompm-Alm

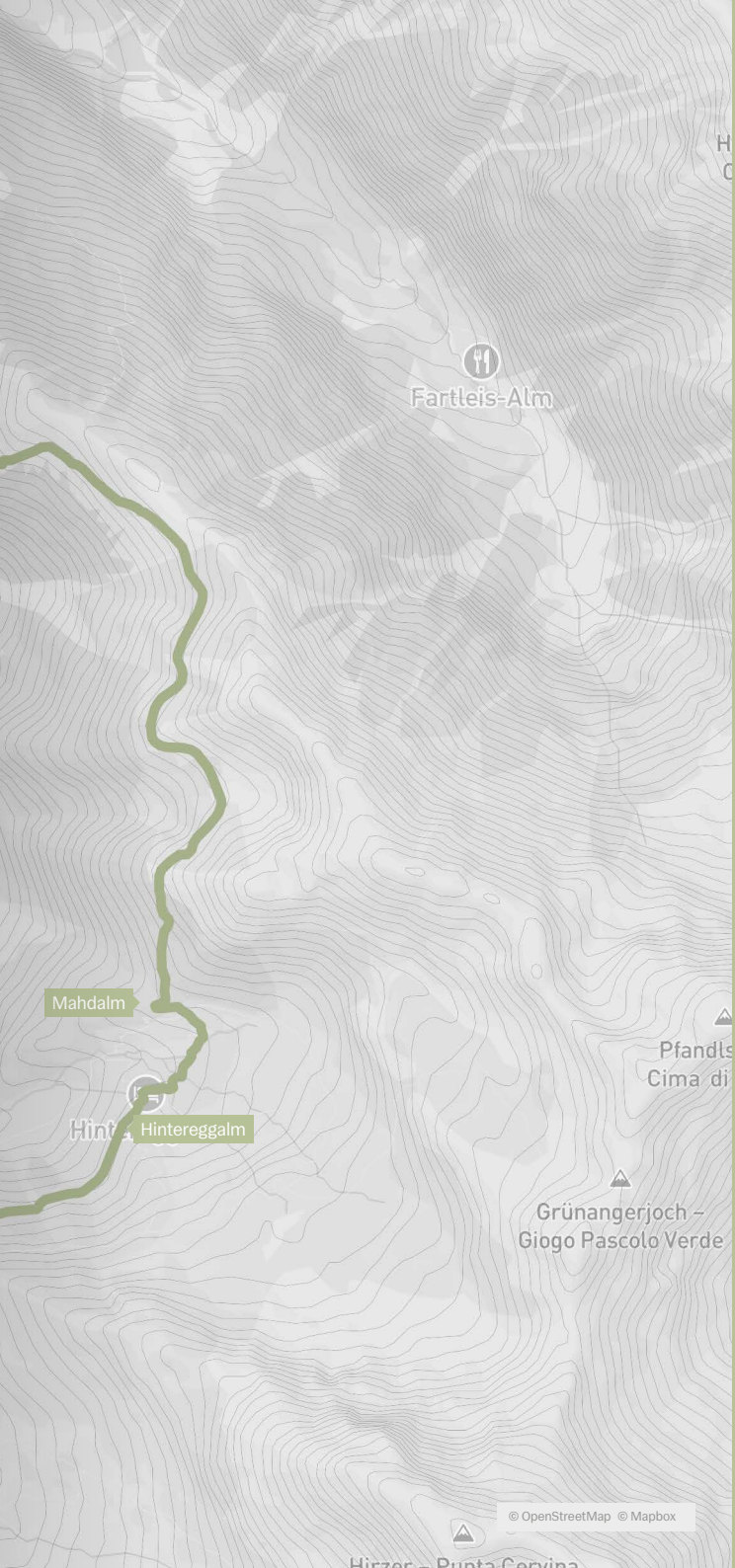


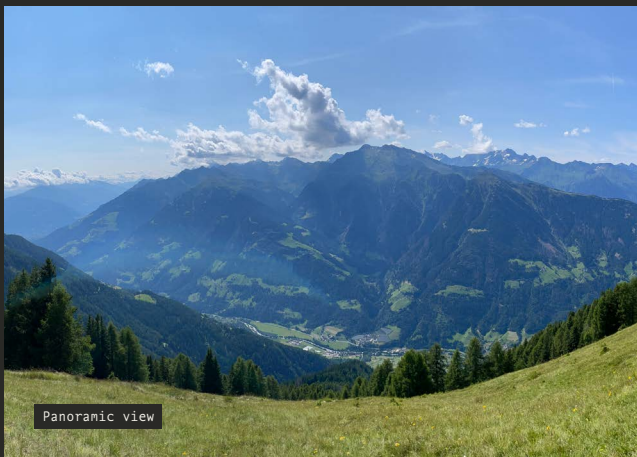
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TO THE INTERACTIVE MAP



Hirzerhütte





Panoramic view



Hirzerhütte



STAGE 9

PFANDLER ALM → HIRZERHÜTTE

+ Degree of difficulty: difficult

+ Duration: 4.00 h

+ Length: 7,4 km

+ Ascent: 868 m

+ Descent: 210 m

+ Highest point: 2.126 m

+ Lowest point: 1.327 m

Wide grassy ridges, quiet high-altitude trails and endless sky above the Passeier Valley: on the way to Hirzerhütte/Rifugio Hirzer, the E5 reveals itself as calm, rugged and almost a little lost in the mountains.

From Pfandler Alm/Malga Pfandler up towards Hirzerhütte/Rifugio Hirzer, the E5 becomes more expansive, quieter and more alpine again. Forests gradually fade behind the hiker – replaced by alpine pastures, wide grassy ridges and long high-level trails. The view stretches deep down into the Passeier Valley and far across to the peaks of the Ötztal Alps.

This stage is less defined by a single highlight and more by its open landscape. The paths wind through the Hirzer region in constant ups and downs – often lonely, often windy, and filled with that sense of calm you begin to appreciate on a long Alpine crossing. Small alpine huts, the sound of cowbells and narrow trails are often the only companions. Only towards the end does Hirzerhütte/Rifugio Hirzer suddenly appear above the slopes. Not a spectacular place – but one that fits the E5 perfectly: simple, high up and with that special feeling of having come a little closer to the mountains for one evening.

DESCRIPTION

This stage is shorter than the previous ones, but the steep and demanding ascent should not be underestimated. It is advisable to carry sufficient water, as there are no water sources for the next 3 hours until Mahdalm.

The route is consistently well signposted. Starting from Pfandler Alm/Malga Pfandler, follow a steadily ascending path that soon crosses a forest road. This road is crossed repeatedly along the way.

At km 1.4, you reach a mountain meadow where the tourism association of St. Martin in Passeier/San Martino in Passiria, together with local landowners, has set up a hut as a rest stop for hikers. The trail continues along the edge of the forest and becomes increasingly steep, allowing you to quickly gain elevation. The forest gradually opens up and larch trees become more common.

After a steep ascent at km 2.8, a mountain panorama with impressive distant views opens up. Here, a short detour to the left to the Riffelspitze/Monte Sega at 2,060 m (approx. 20 minutes) is worthwhile – especially in good weather.

The trail now continues more gently across steep alpine meadows: take care in wet conditions, as there is a risk of falling. The path becomes more pleasant, mostly with gentle ups and downs, and repeatedly offers breathtaking views. After crossing several ridges, the first huts come into sight.

At km 5.4, you reach Mahdalm, which features a beautiful sun terrace and a well-maintained play meadow. After another 400 m along trail no. 1, you reach Hintereggalm, where excellent food is also served. Here, you can refill your water bottles at the Grafeisenbach stream/Rio Graves. From there, a forest road (trail no. 1) leads to further alpine huts and finally to Hirzerhütte/Rifugio Hirzer, which is reached about 30 minutes after leaving Hintereggalm. In the surrounding area, there are seven alpine huts, all offering excellent food.

Hirzerhütte/Rifugio Hirzer welcomes hikers warmly and provides ideal accommodation with newly renovated rooms.

HIGHLIGHTS

- + **The Alpine Pastures of the Sarntal Alps**
The alpine pastures of the Sarntal Alps along the E5 have been part of mountain farming culture for centuries. They served as summer grazing areas where livestock was tended and hay was harvested for winter. This created the open cultural landscape with meadows, paths, and fences. For E5 hikers, they also represent a historical route network: in the past, shepherds, traders, and muleteers used these crossings. Today, this history can be experienced in managed huts and the still-visible alpine cultural landscape.

PLACES TO STOP, REST & EAT

- + **Mahdalm:** traditional alpine hut at approx. 2,000 m with a sunny terrace and mountain views (ideal rest stop along the route)
- + **Hintereggalm:** mountain hut at approx. 2,000 m offering regional dishes and fresh drinking water (last major stop before the Hirzer Hut)
- + **Hirzer Hut:** alpine refuge at approx. 1,980 m with food and drinks in the heart of the Hirzer hiking area

ACCOMMODATIONS

- + **Hirzer Hut:** mountain refuge at approx. 1,980 m (comfortable overnight stay with recently renovated rooms at the stage finish)
- + **Saltaus:** village in the Passeier Valley with various hotels and guesthouses (accessible via the Hirzer cable car as an alternative to staying at the hut)

RECOMMENDED TIME

JUN JUL AUG SEP OCT

Hirzerhütte

Hirzer – Punta Ce

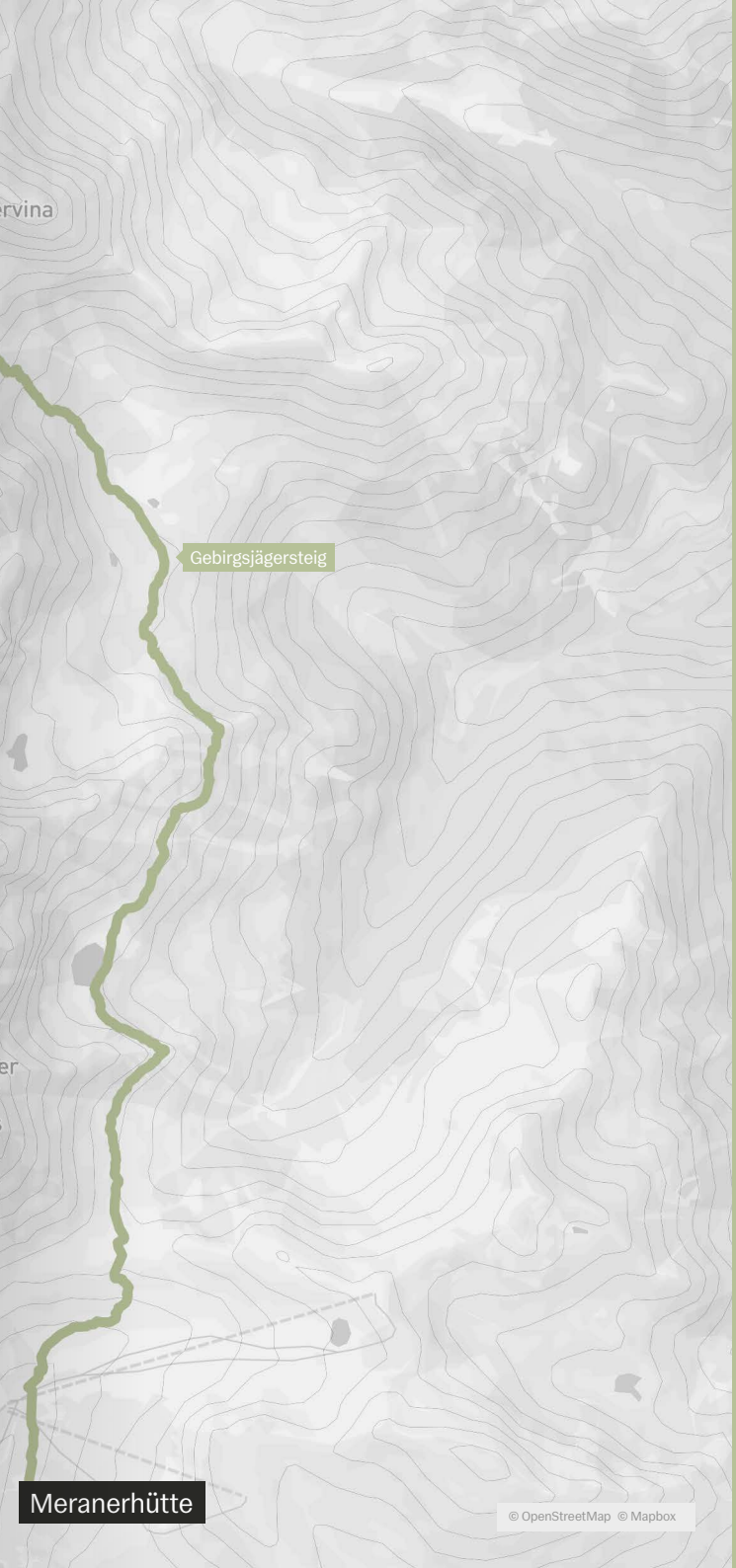
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Laste di Verdins

STAGE 10

**HIRZERHÜTTE →
MERAN 2000**

TO THE INTERACTIVE MAP



rvina

Gebirgsjägersteig

er

Meranerhütte

© OpenStreetMap © Mapbox



Hirzer



Meranerhütte



STAGE 10

HIRZERHÜTTE → MERAN 2000

+ Degree of difficulty: difficult

+ Duration: 5.45 h

+ Length: 10,4 km

+ Ascent: 823 m

+ Descent: 845 m

+ Highest point: 2.682 m

+ Lowest point: 1.924 m

The most alpine E5 stage in Italy: narrow trails, scree and long traverses through the rugged mountain world of the Sarntal Alps – wild, quiet and demanding all the way to Meran 2000/Merano 2000.

From Hirzerhütte/Rifugio Hirzer to Meran 2000/Merano 2000, the E5 once again shows true alpine seriousness. The gentle alpine pastures around Hirzer are quickly left behind, and the terrain – especially around the 2,698 m Hirzerscharte/Giogo Piatto – becomes rougher, rockier and significantly more high alpine. Over narrow trails, stony traverses and exposed sections, the route leads across the Hirzerscharte/Giogo Piatto and along the subsequent Gebirgsjägersteig through the silent mountain world of the Sarntal Alps. Far below lies the Passeier Valley, while rugged peaks and barren slopes define the character of this stage.

From the Hirzerscharte/Giogo Piatto, there is also an option to detour to the Hirzer/Punta Cervina summit – on a clear day a worthwhile ascent with a 360-degree panoramic view of the surrounding peaks.

This is the most alpine stage of the E5 in Italy and, overall, one of the most alpine stages of the entire route. Sections classified as black mountain trails (T4) demand surefootedness, concentration and stable conditions. Long traverses, scree fields and the barren expanse at high altitude make this section feel more remote and wilder than many previous stages. At the same time, this is precisely its appeal: no quick progress, but a long day deep in the mountains.

Only towards the end do the first alpine meadows around Meran 2000/Merano 2000 appear. After the rocky high-altitude trails, the return to gentler landscapes almost feels surprising.

DESCRIPTION

The stage begins at Hirzerhütte/Rifugio Hirzer at 1,983 m above sea level, a very cosy accommodation option (note: closed on Saturdays). After refilling water bottles, the wide hiking path starts with a gentle ascent. Along the way, there are sufficient opportunities to refill water supplies.

After just 300 m, the trail passes the idyllic Tallner Alm. Continue straight ahead towards “Hirzer” on paths that have been partly eroded by storms. The path becomes narrower and considerably steeper, winding in switchbacks through alpine roses and cattle pastures, quickly gaining elevation.

After around 580 metres of ascent and about 3 kilometres, the first secured sections equipped with steel cables are reached. Here, surefootedness is essential, as the path crosses steep slopes. After another 300 m, the Hirzerscharte/Giogo Piatto at 2,698 m is reached—the highest point and key section of the stage. A breathtaking panorama opens up here, with unobstructed views into the Sarntal Valley.

Variant: In good weather, a detour of about 30 minutes to the Hirzer/Punta Cervina summit (2,781 m) is possible, offering an unforgettable 360-degree panorama of the surrounding peaks. The trail is narrow, steep and not entirely without danger. It is advisable not to stay too long at the summit, as the descent is also steep and the remaining route to the destination is still long.

Whether with or without the summit detour: after a short break at the Hirzerscharte/Giogo Piatto, the route switches to the east side and descends. After nearly 600 metres of descent over scree fields, the trail leads down to flatter alpine meadows with several small mountain lakes, reaching a junction.

Follow the clearly visible right-hand path ("Gebirgsjägersteig", trail no. 4), even though trail markings are sparse beyond the Hirzerscharte/Giogo Piatto. The path traverses steep slopes with slight ups and downs along a narrow trail. After 7.5 km (measured from Hirzerhütte/Rifugio Hirzer), the clear Kratzberger See/Lago di S. Pancrazio is reached – a perfect spot for a rest or even a refreshing swim.

After the break, continue straight at the junction towards Missensteiner Joch/Giogo di Pietramala (trail no. 4). The path becomes wider and more comfortable, as more hikers join from the Meran 2000/Merano 2000 ski area.

At Missensteiner Joch/Giogo di Pietramala (2,120 m), a large wooden cross welcomes hikers, marking the entrance into the Meran 2000/Merano 2000 area, where Haflinger horses spend their summers. From here, follow trail no. 4 straight downhill, passing Grüblalm, until reaching a forest road. Keep left and follow it slightly uphill directly to Meraner Hut.

Just before the hut lies Kirchsteiger Alm, which also offers accommodation.

The stage destination, Meraner Hut, is an AVS-managed hut with around 50 beds, offering everything from cosy rooms to traditional dormitory accommodation.

HIGHLIGHTS

- + The Mountain World of the Sarntal Alps
Along the E5 route, the Sarntal Alps present a clear contrast to the previously traversed, heavily glaciated high Alps of the Ötztal Alps around Wildspitze and Similaun. Instead of ice and rugged 3,000-meter peaks, a calmer mountain landscape with alpine meadows dominates here—although peaks such as the Hirzer/Punta Cervina can still be demanding. Due to its location “between” the famous Ötztal and Stubai Alps and the Dolomites, it is an entirely authentic mountain range with many hidden gems.

PLACES TO STOP, REST & EAT

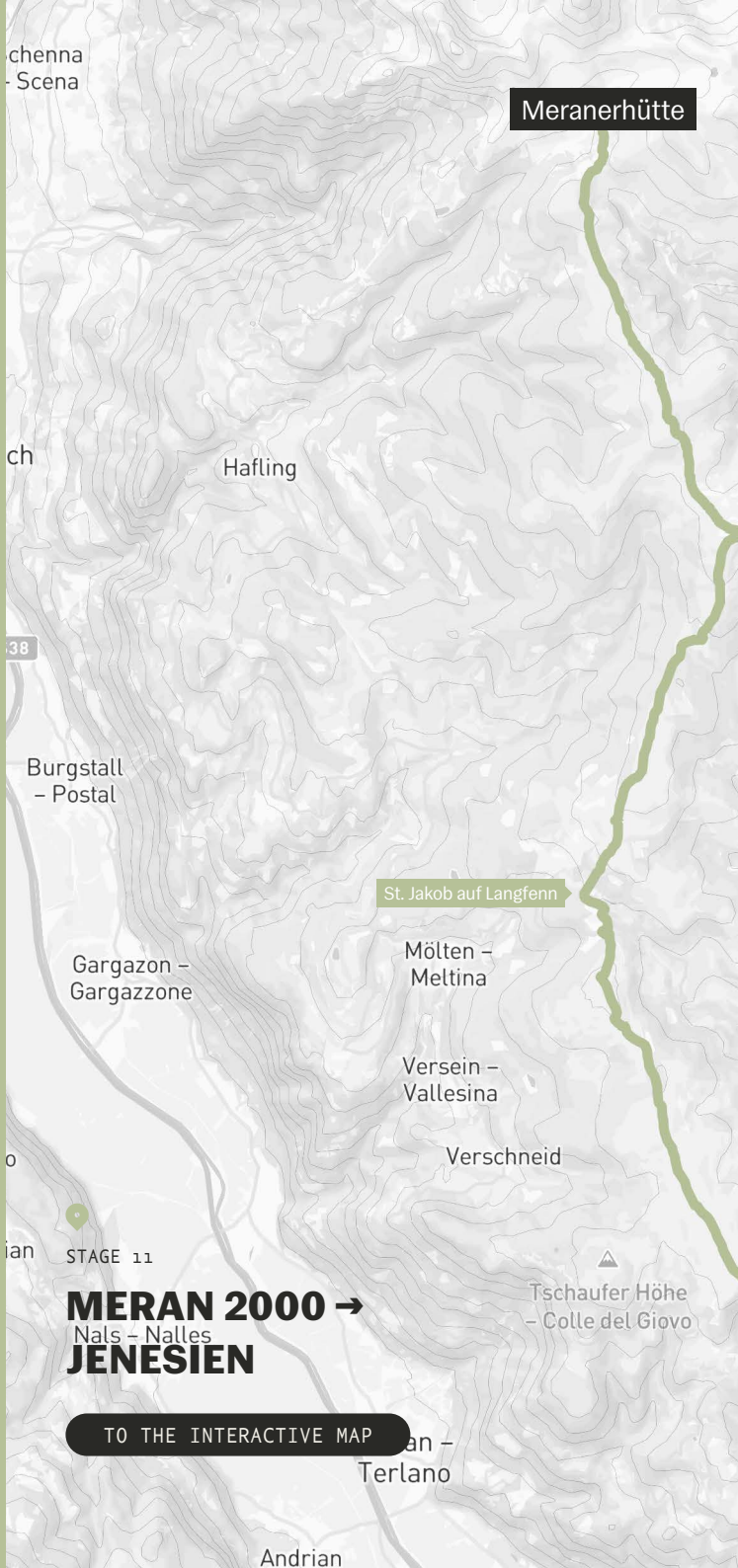
- + Tallner Alm: traditional alpine hut at approx. 2,000 m near the start of the stage (popular rest stop in the Hirzer area)
- + Grüblalm: mountain hut at approx. 1,900 m near the Missensteiner Joch (refreshment stop in the Meran 2000 hiking area)
- + Kirchsteiger Alm: alpine hut at approx. 1,950 m close to the stage finish (regional cuisine and panoramic mountain views)

ACCOMMODATIONS

- + Hirzer Hut: mountain refuge at 1,983 m (cozy overnight accommodation at the starting point of the stage)
- + Kirchsteiger Alm: alpine hut at approx. 1,950 m (overnight accommodation shortly before the stage finish)
- + Meraner Hut: alpine refuge at approx. 1,960 m with around 50 beds (stage finish offering rooms and dormitory-style accommodation)

RECOMMENDED TIME

JUN JUL **AUG** SEP



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- Scena

Meranerhütte

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Hafling

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Burgstall
- Postal

Gargazon -
Gargazzone

St. Jakob auf Langfenn

Mölten -
Meltina

Versein -
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STAGE 11

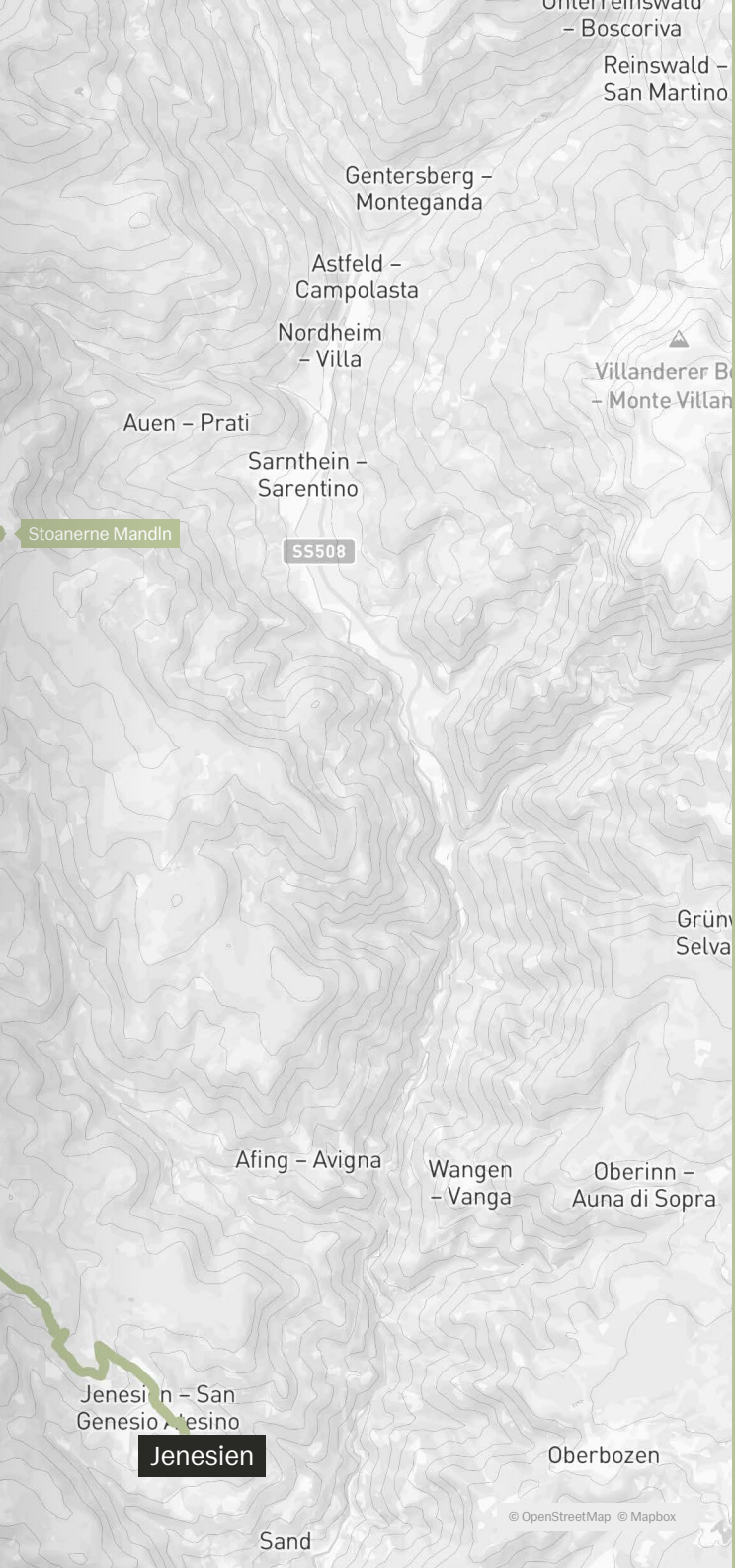
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JENESIEN

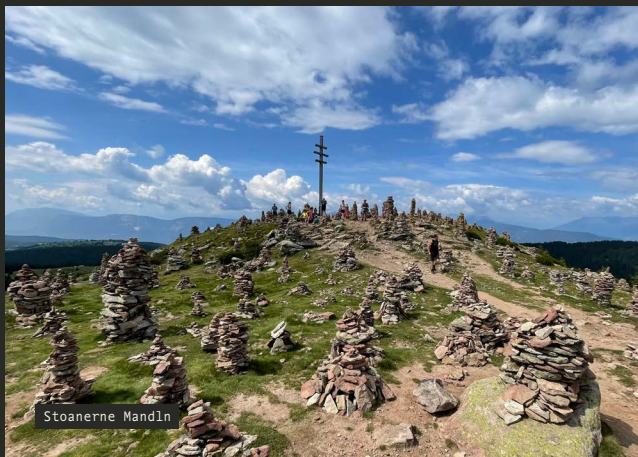
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- Colle del Giovo

TO THE INTERACTIVE MAP

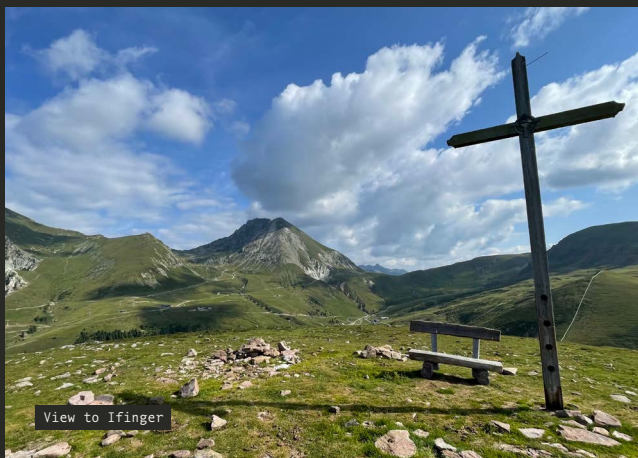
an -
Terlano

Andrian





Stoanerne Mandln



View to Ifinger



Jenesien



STAGE 11

MERAN 2000 → JENESIEN

+ Degree of difficulty: difficult

+ Duration: 6.30 h

+ Length: 21,8 km

+ Ascent: 370 m

+ Descent: 1.258 m

+ Highest point: 2.083 m

+ Lowest point: 1.047 m

Panoramic trails, alpine pasture charm and views of the Dolomites: the E5 stage from Meran 2000/Merano 2000 to Jenesien/San Genesio Atesino combines relaxed scenic paths with authentic South Tyrolean enjoyment.

The stage from Meran 2000/Merano 2000 to Jenesien/San Genesio Atesino connects scenic ridge trails with the distinctive character of South Tyrol's alpine pasture landscape. Along gentle paths, the E5 passes wide mountain meadows, rustic alpine huts and open larch forests – always accompanied by impressive views of the Dolomites and the Adige Valley. After the alpine character of the previous stages, the long-distance trail now reveals its more enjoyable side: less steep, but all the more panoramic. Time and again, cosy huts invite hikers to stop and enjoy regional specialities while taking in the tranquillity of the Sarntal Alps. The varied route follows scenic ridgelines and finally descends to Jenesien/San Genesio Atesino, a sunny high plateau above Bozen/Bolzano. A stage for those who want to combine nature enjoyment, far-reaching views and South Tyrolean alpine culture.

DESCRIPTION

The tour starts at Meraner Hut, where you should make sure to stock up on sufficient water, as there are no refilling opportunities for the next 9 km.

First, follow the forest road heading south (to the right when leaving the hut), and after 500 m turn right towards Kreuzjoch/Giogo della Croce (trail no. 4; initially along an alpine road that soon becomes a hiking path). A detour to the 2,080 m-high Spieler summit, located just west of the path, is well worthwhile. At the top, a magnificent panorama awaits, along with a bench inviting you to rest.

Continue along the ridge, first descending to Kreuzjöchl/Passo della Croce (1,984 m), then continuing in the same direction with a gentle ascent to the 2,086 m summit of Kreuzjoch/Giogo della Croce. At the top, a spectacular 360-degree panorama platform offers a final view back towards Meran 2000/Merano 2000, before the route continues along the ridge. At a fork, keep left on trail no. 4 and descend to Auener Jöchl/Giogo dei Prati (1,926 m).

Ignore the paths branching off left and right at the saddle and continue a few metres towards “Stoanerne Mandln.” Here, the main E5 route leads right downhill—but it is highly recommended to take the slightly longer E5 variant via the small summit of the Stoanernen Mandln (Schöneck).

In this case, take the left path (trail no. 11), which first crosses a small but beautiful high plateau where cattle and Haflinger horses graze during summer. After a further ascent of 70 metres, you reach the summit cross of the Stoanernen Mandln (Schöneck) at 2,001 m—surrounded by hundreds of small stone cairns that create a unique and fascinating landscape.

The subsequent path (no. 23A, then turn right onto trail no. 28) descends along the southern ridge to Möltner Kaser Alm (1,763 m), reached after 9 km from the starting point. The alpine hut lies in an idyllic forest clearing and is perfect for a break. Here, for the first time since the start, there is an opportunity to refill water bottles. The E5 variant via the Stoanernen Mandln rejoins the main route here.

From the hut, a flat forest road continues south towards Salten. After the small summit of Möltner Joch/Monte di Meltina (1,733 m), the trail continues south past beautiful alpine huts and large wayside crosses lining the route. At the first fork, the E5 follows the left path, then shortly after switches to the right path.

You reach a forest road running across your path, which you follow briefly to the left before turning right onto trail no. 1. You then pass the Schermoos car park and turn left, ascending to St. Jakob Church (S. Giacomo Church), where another viewpoint and a small inn are located.

Trail no. 1 continues in the same direction, gently descending through a picturesque avenue of larch trees and across dense meadows and forests. A "legend trail" (Sagenweg) accompanies E5 hikers along the gentle ridge of the Langfenn meadows, passing the mythical Rabenbühel, around which many old witch legends are told.

After just under 20 km from Meraner Hut, the legend trail ends and you reach an asphalt road. After a short detour to the Edelweiss inn, turn right and follow the Guggenweg (trail no. 33), which leads through the forest down to another asphalt road. Along the way, a stop at the Wietererhof farm tavern is recommended. Turn right onto the asphalt road and continue to reach the village of Jenesien/San Genesio Atesino after a varied day full of breathtaking views and memorable experiences.

HIGHLIGHTS

- + The Small Summit "Stoanerne Mandln" with its Numerous Cairns

The Stoanerne Mandln is a striking summit point in the Sarntal Alps, known for its many stone cairns that resemble small figures lined up along the ridge. The site is considered both mystical and scenic. A variant of the E5 described here passes directly over the summit. From the top, a wide panoramic view opens up over the Dolomites, the Sarntal Alps, and as far as the main ridge of the Alps. Especially at sunrise or sunset, the place feels almost magical.

- + Additional Viewpoints such as Spieler, Kreuzjoch/Giogo della Croce, Tschöggberg
 The E5 stage Meran2000/Merano 2000 – Jenesien/San Genesio Atesino runs for long stretches along gentle ridgelines with embedded high plateaus. The entire stage offers magnificent views of the Dolomites, Sarntal Alps, Ortler group, Texel group, and the main Alpine ridge. Some points—such as the slightly off-route summit of Spieler, Kreuzjoch/Giogo della Croce, or Tschöggberg—are particularly outstanding. Viewing platforms have been installed in some places, such as at the 2,086 m high Kreuzjoch/Giogo della Croce.

- + Sagenweg (Legend Trail) on the Salten
 The Salten Legend Trail is a family-friendly themed path on the Salten plateau near Jenesien/San Genesio Atesino. Stations and figures along the way tell old South Tyrolean legends and myths. The easy trail leads through larch meadows with wide views of the Dolomites and the Adige Valley. In autumn, when the larches turn golden yellow, the landscape becomes especially atmospheric and almost fairy-tale-like. Some of the information boards and illustrations were created by students from the region as part of school and cultural projects. Their contributions were integrated into the trail stations, giving the path a lively, regionally rooted character that combines hiking with local storytelling and youth culture.

PLACES TO STOP, REST & EAT

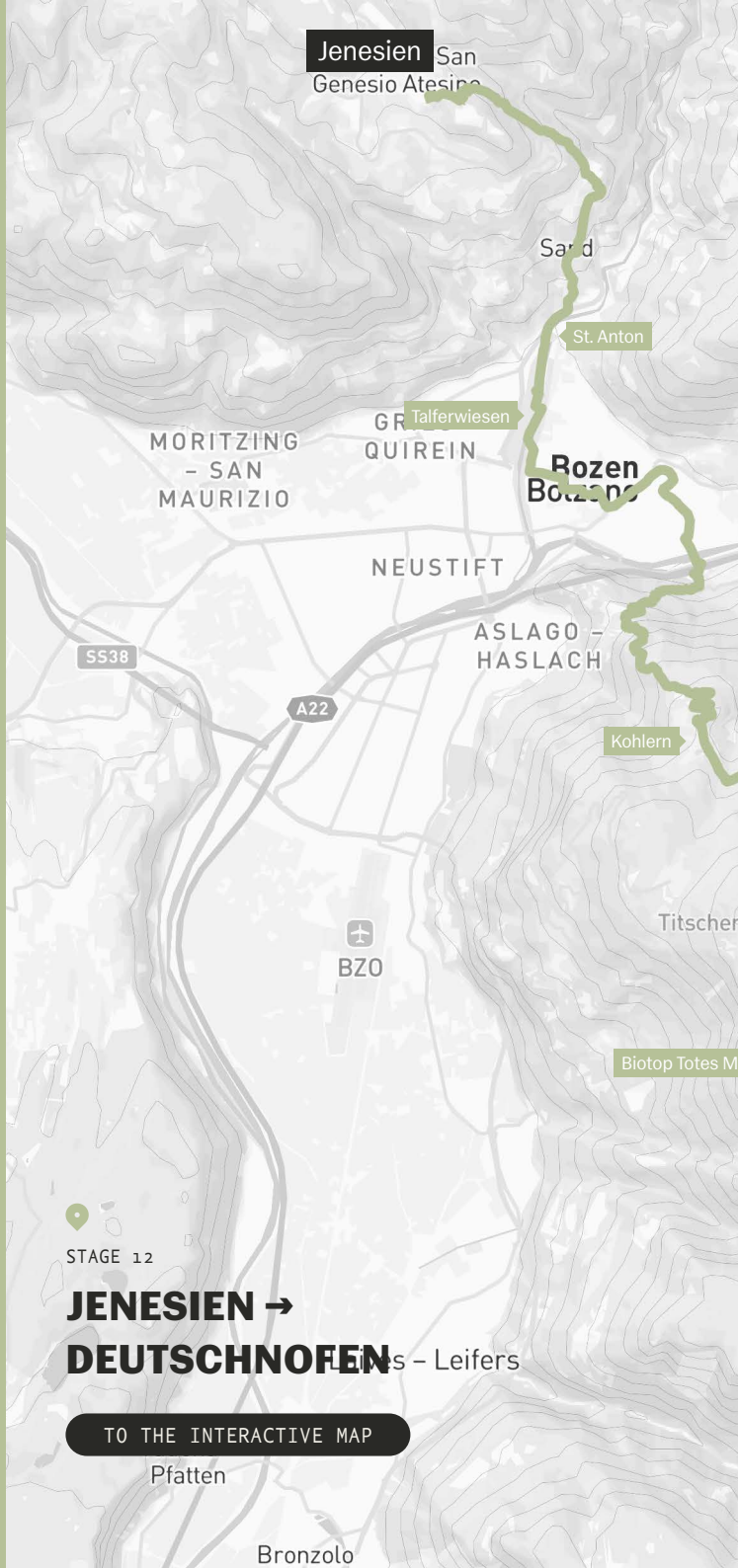
- + Möltner Kaseralm: traditional alpine hut at 1,763 m in a scenic forest clearing (popular rest stop with water refill option)
- + Inn at St. James' Church (Jakobskirche area): small mountain eatery near Schermooos with panoramic views (simple local food and drinks)
- + Hofschank Wietererhof: rustic farm tavern near Jenesien (regional South Tyrolean cuisine in a traditional farm setting)

ACCOMMODATIONS

- + Meraner Hut: AVS mountain refuge at approx. 1,960 m with rooms and dormitory-style accommodation (starting point of the stage)
- + Jenesien: sunny high plateau above Bolzano with hotels, guesthouses and B&Bs (stage finish with full tourist infrastructure)

RECOMMENDED TIME

JUN JUL AUG SEP OCT



Jenesien San
Genesio Atesino

Sand

St. Anton

Talferwiesen

MORITZING
- SAN
MAURIZIO

GR
QUIREIN

Bozen
Bozen

NEUSTIFT

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ASLAGO -
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STAGE 12

JENESIEN →

DEUTSCHNOUFEN

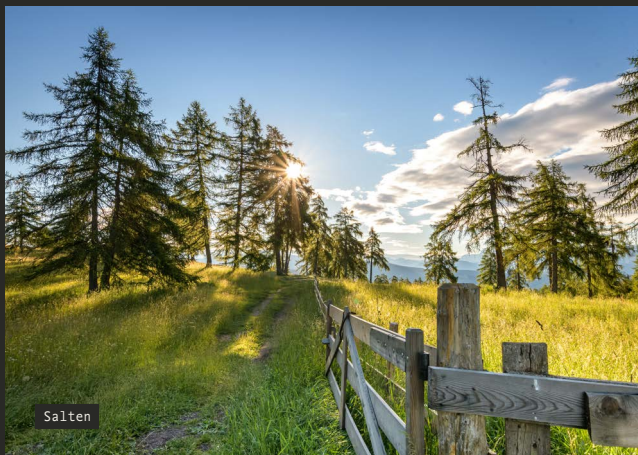
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TO THE INTERACTIVE MAP

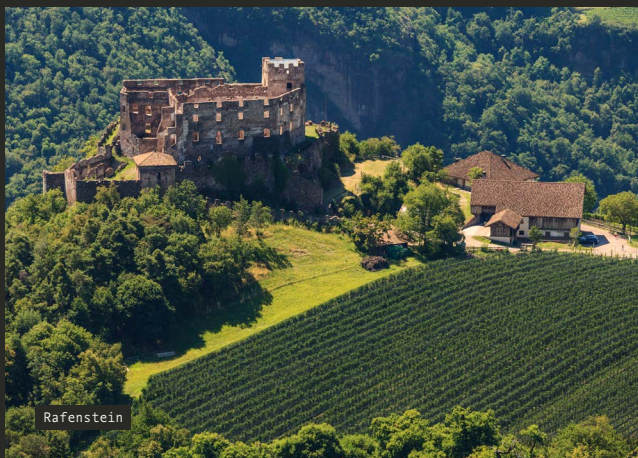
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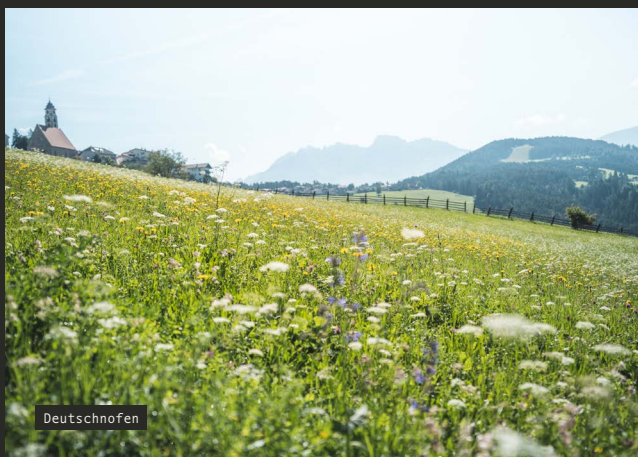




Salten



Rafenstein



Deutschnofen



STAGE 12

JENESIEN → DEUTSCHNOFEN

+ Degree of difficulty: difficult

+ Duration: 9.30 h

+ Length: 23,6 km

+ Ascent: 1.360 m

+ Descent: 1.068 m

+ Highest point: 1.477 m

+ Lowest point: 261 m

Between two worlds of South Tyrol – or right through its centre: from the mountain village of Jenesian/San Genesio Atesino down into the vibrant heart of South Tyrol in Bozen/Bolzano. From the mountain hamlet of Bauernkohlern/Colle (reachable on foot or by cable car), continue in peaceful surroundings across the gentle high plateau of the Regglberg/Monte Regalo to the idyllic mountain village of Deutschnofen/Nova Ponente.

After the alpine stages between Zwieselstein and Meran 2000/Merano 2000, where the stunning mountain worlds of the Ötztal and Sarntal Alps could be enjoyed, this stage becomes more gentle in character: starting from the mountain village of Jenesian/San Genesio Atesino, the route descends comfortably down to Bozen/Bolzano, with magnificent views of the Dolomites throughout.

In Bozen/Bolzano, the lively centre of South Tyrol, it's time to stroll: the route follows the scenic Talfer promenade straight through the old town and across Obstmarkt to the valley station of the Kohlerer cable car on the opposite side of the city. Instead of walking, this steep ascent of around 800 vertical metres can optionally be overcome using the cable car—a good option, as this stage is otherwise easy (T2) but very long.

Once leaving the upper station, tranquillity quickly returns: the village of Bauernkohlern/Colle and its surroundings provide a peaceful contrast to the city. You are now at the edge of the Dolomites, travelling across a kind of mid-altitude plateau in a gentle alpine landscape, framed by the rugged peaks of the Dolomites.

The stage destination, Deutschnofen/Nova Ponente, is a charming village perfectly embedded in the South Tyrolean landscape and inviting you to relax.

DESCRIPTION

The starting point of this stage is the car park at the “Lintnermoos” bus stop in the Grumen district below the village centre of Jenesien/San Genesio Atesino, a picturesque mountain village above Bozen/Bolzano. Right from the start, you are rewarded with impressive views of the Dolomites.

From the car park, follow Pichlweg, a small road heading east. After 100 metres, trail no. 2B branches left across a short clearing into the forest. After about 2 km, you descend along this trail (and shortly afterwards via trail no. 2) to the ruins of Rafenstein Castle, perched on a hill. Right next to the ruins is a restaurant of the same name. Before the castle ruins, turn left onto the mountain road and follow it (marked as trail no. 2) downhill until reaching the outskirts of Bozen/Bolzano. Once in the valley, pass beneath the Sarntal road and follow the Talfer River/Torrente Talvera along the Talfer promenade. After the second bridge, continue on the opposite side of the river towards the town centre until reaching Talfer bridge (the first road bridge).

Here, turn left towards the old town and continue via Museumstraße to Obstplatz, known for its classic market stalls offering a colourful variety of fruit and vegetables. Cross the square to the right, and after 150 metres turn left through Mustergasse to reach Waltherplatz, the heart of Bozen/Bolzano, dedicated to Walther von der Vogelweide. Numerous restaurants, cafés and pizzerias line the square. Cross it diagonally. Continue left along Raingasse and then right onto Laurinstraße, which leads directly to Bozen/Bolzano railway station. The E5 then follows

Rittnerstraße to the left as far as the valley station of the Ritten cable car. Signposts now direct you right towards Bozner Boden and, after crossing the tracks, left along Schlachthofstraße. From a large roundabout, exit diagonally left. Shortly afterwards, cross the Eisack River/Fiume di Sarco via Ödenburger Straße and Kampil bridge. Continue under the motorway to reach the valley station of the Kohlerer cable car—and thus the end of the city of Bozen/Bolzano.

Below the cable car, a path branches right (west) and climbs up the ridge west of the cable car, continuing steeply and finally passing beneath the cable car line up to the mountain station, where a wooden observation tower offers fantastic panoramic views. After about 500 m, you reach the village of Bauernkohlern/Colle. Keeping left along the road, after another kilometre you reach Herrenkohlern/Colle dei Signori. A forest track then leads gently uphill for about 2.5 km to Wolfstal Alm, where regional specialities and traditional dishes can be enjoyed. From there, continue along the forest road to the “Totes Moos” biotope. Follow the forest road left for about 1 km, after which it turns into a hiking path for around another kilometre before briefly reaching an asphalt road near Stanerhof. From there, the E5 turns left onto a hiking path, leading downhill through forest to the Tschinggermoor biotope. Here, the route follows an asphalt road for about 300 m to the right before turning left again onto a forest path leading to Wölflhof, a good place for a break.

Many paths intersect at Wölflhof: pass through the farm and follow the road for a few metres to a right-hand bend. Here, a forest road (no. 3) branches left, and immediately afterwards a path (no. 1, 2 & E5) branches right. This route continues for about 150 vertical metres, alternating between hiking trail, forest track and eventually road, gently ascending through meadows and forests. After about 2 km, you reach the stage destination in Deutschnofen/Nova Ponente.

HIGHLIGHTS

+ Rafenstein Castle Ruins

The ruins of Rafenstein Castle sit above Bozen/Bolzano at the entrance to the Sarntal Valley and are among the oldest castles in South Tyrol (probably built in the 12th century). In

the Middle Ages, it secured an important transport route. Today, remains of walls, the keep, and parts of the complex are preserved. Hikers can reach the ruins via the E5 stage Jenesien/San Genesio Atesino – Deutschnofen/Nova Ponente and are rewarded with wide views over the Adige Valley and the city of Bozen/Bolzano. The site vividly conveys medieval military history.

+ Maretsch Castle, Bozen/Bolzano

Maretsch Castle is a well-preserved medieval lowland castle in the center of Bozen/Bolzano, surrounded by vineyards. Originally built in the 13th century, it was transformed in the 16th century by the Römer family into a magnificent Renaissance residence with distinctive round towers and richly painted halls. Today, the castle is accessible to visitors depending on events, as it is mainly used as a cultural and event center. On days without events, parts of the complex can be visited, sometimes as part of guided tours. Particularly worth seeing are the inner courtyard, the fresco halls, and its setting with views of the city and mountains.

+ Old Town of Bozen/Bolzano

The old town of Bozen/Bolzano uniquely combines Alpine and Mediterranean culture. In the historic arcaded streets, shops, cafés, and old trading houses line up, creating a vibrant atmosphere. A central meeting place is Obstmarkt/ Piazza delle Erbe, where a colorful daily market offers fruit, vegetables, and regional products. Just a few steps away lies the prominent Walther Square with the cathedral and views of the Dolomites. The old town invites visitors to stroll and experience the special blend of South Tyrolean tradition and Italian lifestyle.

+ Kohler Cable Car

The Kohler cable car was opened in 1908 and is one of the oldest officially licensed passenger cable cars in the world. It connects Bozen/Bolzano with its local mountain, Kohlern/Colle. The ride takes only a few minutes from the city up to around 1,100 meters altitude. At the top, visitors find a quiet mountain landscape with forests, hiking trails, and wide views over the Adige Valley to the Dolomites. The cable car has been modernized but retains its historical character and remains a popular and easy access point to the mountains above the city. Further info

- + **Biotopes Totes Moos and Tschinggermoor**
The Totes Moos and Tschinggermoor biotopes near Deutschnofen/Nova Ponente are protected raised bogs on the Regglberg/Monte Regelo plateau. The habitat is shaped by peat mosses, dwarf pines, and rare plant and animal species. Wooden boardwalks guide visitors through the sensitive area without harming nature. The biotopes vividly demonstrate how bog landscapes develop over thousands of years and their importance for water balance and biodiversity.

PLACES TO STOP, REST & EAT

- + **Rafenstein Castle Restaurant:** dining spot above Bolzano at approx. 700 m (historic site with cuisine and views over the Etschtal valley)
- + **Wolfstal Alm:** alpine hut at approx. 1,600 m in the Kohlern area (regional food in a quiet forest setting on the climb out of Bolzano)
- + **Wölflhof:** mountain inn at approx. 1,300 m in the forested area above Bolzano (rest stop along the ridge route toward Deutschnofen)

ACCOMMODATIONS

- + **Bolzano:** wide range of hotels and guesthouses in the valley at approx. 260 m (main service and overnight hub in the historic city center)
- + **Bauernkohlern:** small guesthouses and alpine lodgings at approx. 1,100 m (quiet mountain hamlet above Bolzano after the cable car ascent)
- + **Deutschnofen:** hotels, guesthouses and holiday apartments at approx. 1,350 m (stage finish on the Regglberg plateau with full infrastructure)

RECOMMENDED TIME

MAI JUN JUL AUG SEP OCT



STAGE 13

DEUTSCHNOFEN → OBERRADEIN

[TO THE INTERACTIVE MAP](#)

Petersberg –
Monte San Pietro

Maria Weissenstein

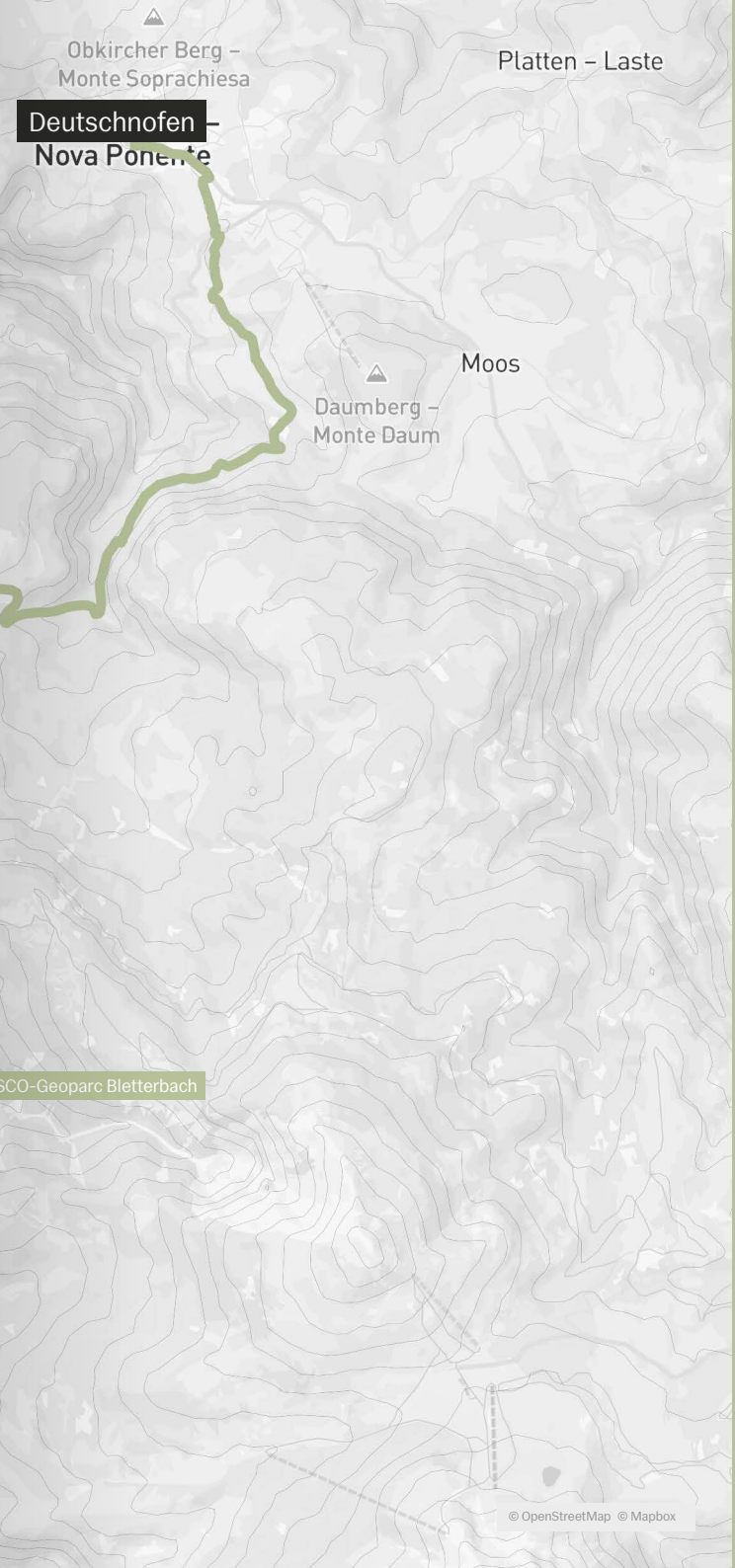
Kaltherber –
Monte Pausabella

UNES

Oberradein
Redagno di Sopra

Grube – Fossa

Unterradein –
Redagno di Sotto



Deutschnofen -
Nova Ponente

SCO-Geoparc Bletterbach



Maria Weißenstein



Laner Alm



UNESCO Geoparc Bletterbach



STAGE 13

DEUTSCHNOFEN → OBERRADEIN

+ Degree of difficulty: moderately difficult

+ Duration: 4.15 h

+ Length: 12,4 km

+ Ascent: 564 m

+ Descent: 368 m

+ Highest point: 1.691 m

+ Lowest point: 1.324 m

Between quiet alpine meadows, a pilgrimage site and the wild Bletterbach Gorge: a hike through several worlds - surprising, authentic and full of Dolomite magic.

This stage of the E5 from Deutschnofen/Nova Ponente to Oberradein/Redagno di Sopra often feels like hiking through several different worlds in just one day. Between quiet forests, sunny alpine meadows and wide views across the Eggental Valley, Maria Weißenstein/Madonna di Pietralba suddenly appears—a magnificent pilgrimage site set in the middle of the mountains, almost too beautiful to be here by chance.

Shortly afterwards, the scenery changes once again: the trail leads into the wild Bletterbach Gorge, a UNESCO Geoparc often referred to as the “Grand Canyon of South Tyrol.” Here, towering rock layers rise in bizarre formations like the pages of an ancient geological book. At times you walk across gentle meadow paths, at others through rocky gorges and past striking formations that feel more like a lunar landscape than South Tyrol. With every kilometre, the stage becomes more surprising—until finally reaching Oberradein/Redagno di Sopra: quiet, remote and exactly the right place to end an extraordinary day of hiking.

DESCRIPTION

The tour starts in the centre of Deutschnofen/Nova Ponente at the parish church. Follow the asphalt road heading east through the village, which descends gently, always staying on the well-signposted E5 trail.

After about 500 m, a path branches off to the right across a picturesque meadow. Cows graze on the right, while the path descends slightly and then rises again before reaching the main road.

Cross the road and turn left. After 50 m, the trail signs appear again and the route continues to the right. With gentle ups and downs, the trail alternates between asphalt and gravel roads. A distinct left-hand bend leads into the next section, which again descends slightly.

For about 4.5 km, remain on the forest track, which descends gently to a wooden bridge. From here, the path climbs to the left, and soon you take the left of two paths (no. 2). The next kilometre climbs moderately steeply until reaching open meadows and the settlement of "Maria Weißenstein/Madonna di Pietralba".

Maria Weißenstein/Madonna di Pietralba is considered the most important pilgrimage site in South Tyrol, and the impressive basilica with its art treasures is well worth a detour.

The trail (no. 1) continues behind the Hotel "Weißhorn" leading right uphill across meadows. After 600 m, the gradient eases and the path meets a forest road at a junction. Here, the E5 (trail no. 1) turns left onto the forest road and continues mostly level with a gentle descent.

Stay on trail no. 1 until, after the second fork, a narrow path (no. 3) branches off to the left, descending towards Lahner Alm. Here, there is an excellent playground with a small football pitch. Lahner Alm is an ideal place for a break.

The hike continues first straight ahead along the stream and then via a small road to the right, reaching the visitor centre

of the Bletterbach Gorge within a few minutes. From here, the route descends left for about 1 km into the gorge along a beautiful forest trail.

Gradually, the landscape changes: the rock and soil turn reddish, creating an impressive backdrop. At the lowest point of the gorge, cross the stream before the path climbs back up on the right via steps.

The path then turns back into a forest track and continues ascending. At a junction—by now around 11 km into the hike—turn right and follow another path (trail no. 1–3) through the forest.

After a total distance of just over 13 km, you finally reach the centre of Oberradein/Redagno di Sopra, marking the end of the stage.

HIGHLIGHTS

- + **Pilgrimage Site Maria Weißenstein/Madonna di Pietralba**
The pilgrimage site Maria Weißenstein/Madonna di Pietralba is idyllically located at around 1,520 meters altitude in the Dolomites near Deutschnofen/Nova Ponente. The important Marian sanctuary originated in the 17th century after an apparition of the Virgin Mary and developed into one of the most important pilgrimage sites in South Tyrol. The baroque church with monastery complex is surrounded by forests and mountains and radiates a special sense of calm. Pilgrims and visitors appreciate the site for reflection, nature experiences, and wide views over the Eggental Valley to the Dolomites. Today, it is both a spiritual center and a popular excursion destination.

- + **UNESCO Geoparc Bletterbach**
The Bletterbach gorge is part of the UNESCO Geoparc Bletterbach and is often called the “Grand Canyon of South Tyrol.” The gorge near Aldein/Aldino reveals over 40 million years of Earth’s history in impressive rock layers. Hiking trails lead deep into the canyon, which is cut up to 400 meters, passing fossil finds, volcanic rock, and sediments from the Permian period. Visitors can vividly experience the formation of the Dolomites and the forces of Earth’s history. The geopark combines a nature experience with scientific significance and is a unique open-air museum in the Alps.

- + **Geological Museum Radein/Redagno**
The Geological Museum in the small mountain village of Radein/Redagno is part of the UNESCO Geoparc Bletterbach and conveys the geological history of the region. Exhibits explain rocks, fossils, and geological processes that led to the formation of the Dolomites. Models and finds illustrate the development of seas, volcanism, and mountain building over millions of years.

PLACES TO STOP, REST & EAT

- + Maria Weißenstein (pilgrimage site): Dining options in and around the basilica area, including pilgrim hospitality facilities
- + Hotel Weißhorn (Maria Weißenstein area): Restaurant service in the vicinity of the pilgrimage site
- + Lahner Alm: Alpine hut offering food and drinks, suitable for a longer break
- + Bletterbach Visitor Center (GEOPARC Bletterbach): Small food and refreshment options in the visitor center area

ACCOMMODATIONS

- + Oberradein (Redagno di Sopra): Limited accommodation options in the quiet destination village at the end of the stage

RECOMMENDED TIME

JUN JUL AUG SEP OCT

Söll – Sella

STAGE 14

**OBERRADEIN →
GFRILL**

min an der
einstr
meno sulla
ada del Vino

TO THE INTERACTIVE MAP

BRENNERAUTOBA

Auer – Ora

Montan an der
Weinstraße –
Montagna sulla
Strada del Vino

Neumarkt
– Egna

Oberglen –
Gleno di Sopra

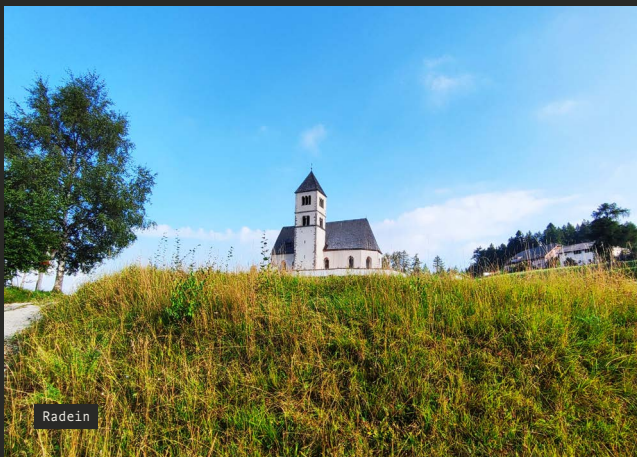
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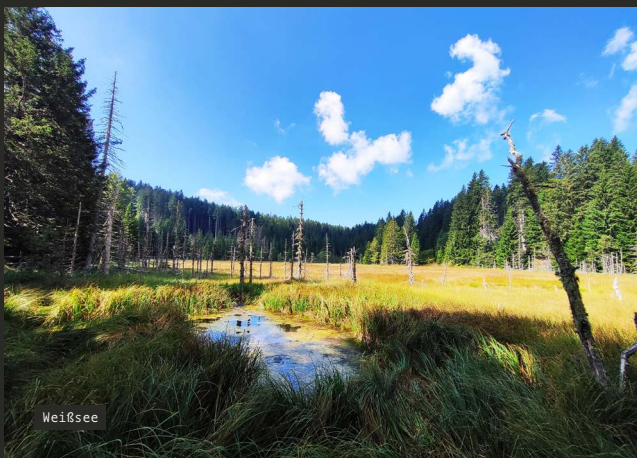
Gfrill

Weißsee

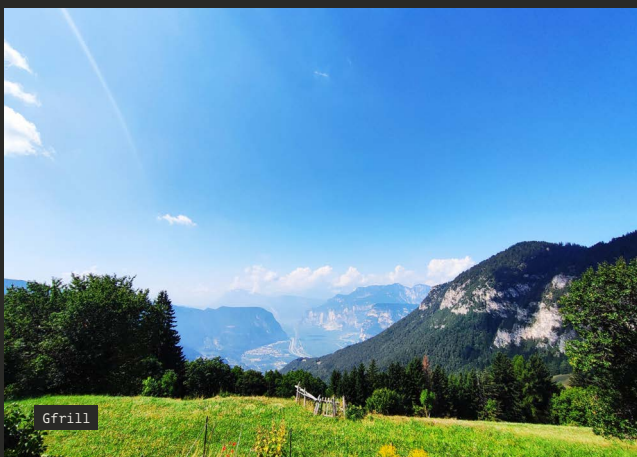




Radein



Weißsee



Gfrill



STAGE 14

OBERRADEIN → GFRILL

+ Degree of difficulty: difficult

+ Duration: 7.15 h

+ Length: 20,1 km

+ Ascent: 846 m

+ Descent: 1.066 m

+ Highest point: 1.727 m

+ Lowest point: 983 m

From Oberradein/Redagno di Sopra via Trudner Horn Alm/Malga Corno and past Lake Weißsee/Lago Bianco to Gfrill/Cauria: a quiet E5 stage full of panoramic trails, forests and authentic South Tyrolean mountain scenery.

From the quiet heights of Oberradein/Redagno di Sopra, this E5 stage leads through the unspoilt landscape of the Trudner Horn/Monte Corno Nature Park to Gfrill/Cauria. Gentle alpine meadows, shaded forests and scenic ridge paths shape the route, as does the hidden mountain lake Weißsee/Lago Bianco.

Time and again, impressive panoramic views open up across the Dolomites, the Adige Valley and the surrounding South Tyrolean mountains. Passing the Trudner Horn Alm/Malga Corno and traditional farmsteads, South Tyrol reveals itself here in its calm and authentic form.

With varied trails, scenic sections and the small mountain village of Gfrill/Cauria as its destination, this stage combines nature enjoyment and alpine openness into a particularly atmospheric section of the E5. This moderate yet fairly long hike impresses above all with its landscape diversity and its relaxed atmosphere, far from the major Alpine crossings.

DESCRIPTION

This final stage within South Tyrolean territory begins in Oberradein/Redagno di Sopra at the church. The entire route is well signposted and leads through the villages of Radein/Redagno, Kaltenbrunn/Fontanefredde and Truden/Trodèna before reaching Gfrill/Cauria above Salurn.

You walk past the church heading south and then follow a short footpath down to an asphalt road. Turn right (west) and follow it downhill until it ends at Wastlhof (approx. 20 minutes from Oberradein/Redagno di Sopra).

After Wastlhof, a steep, winding forest road (trail no. 1) leads up to the main road. Cross it and continue along the hiking trail past small farms and gardens. After crossing a wooden bridge, turn right and reach the main road in Unterradein/Redagno di Sotto.

Follow the road downhill for a few hundred metres before turning right onto hiking trail no. 7, which leads towards the hamlet of Kaltenbrunn/Fontanefredde.

In Kaltenbrunn/Fontanefredde, follow the main road for a short distance to the right (there is a small grocery shop here), then turn left onto the road heading uphill towards Truden/Trodèna. After a few bends, a hiking path branches off to the left, which (towards the end again via an asphalt road) leads to the mountain village of Truden/Trodèna in the nature park (approx. 1 hour from Kaltenbrunn/Fontanefredde). Here too, there are several shops and places to stop for refreshments.

Walk through the village along the main road (no. 59). Just below Hotel Luvina, turn left and immediately afterwards sharply left again. After crossing a small ravine, cross a minor road and then follow a wide forest road (following the signs). Occasionally shortening the route via hiking paths, you continue gradually uphill until reaching Ziss Saddle/Passo Cisa.

From here, the ascent becomes steeper once more: following hiking trail no. 3 and cutting across the switchbacks of a for-

est road, after about 200 metres of ascent from Ziss Saddle/Passo Cisa you reach Trudner Horn Alm/Malga Corno.

Shortly after the hut, take the left forest road and after about 300 metres—at a marked cut tree—again take the left of the two forest tracks (no. 483). This leads to the idyllic Weißsee/Lago Bianco.

At the lake, a forest road branches off to the left. After about 750 m, another path branches off left, descending to a gentle forest road. After 1.1 km on this road, at a left-hand bend a hiking trail continues straight ahead. This alternates between a narrow path and forest road and leads—at times steep and very rocky—down into the beautiful mountain hamlet of Gfrill/Cauria at 1,328 m.

Here, a break at the Gasthof Fichtenhof is highly recommended. Not only excellent regional cuisine awaits, but also a spectacular view of the Salurn/Salorno Gorge.

HIGHLIGHTS

+ Trudner Horn/Monte Corno Nature Park

The Trudner Horn/Monte Corno Nature Park is the most species-rich nature park in South Tyrol and stretches between the Unterland and the Fiemme Valley. Due to its location between Alpine and Mediterranean climates, an extraordinary diversity of plants, forests, and animal species has developed. Hikers experience quiet mountain forests, wide alpine pastures, and scenic peaks such as Trudner Horn/Monte Corno. Flower-rich meadows and large mixed forests are particularly characteristic. Further info

+ Lake Weißsee/Lago Bianco

Lake Weißsee/Lago Bianco lies quietly embedded in the forests of the Trudner Horn/Monte Corno Nature Park near Truden. The small moor lake formed in a depression on porphyry-rich ground and is surrounded by wet meadows, bog areas, and dense forest. On calm days, trees and sky are beautifully reflected in the dark water. A circular path leads through the tranquil landscape and conveys the special atmosphere of this protected natural area.

PLACES TO STOP, REST & EAT

- + Dining Options in Truden: Several inns, restaurants and cafés in the village center.
- + Trudner Horn Alm: Mountain hut offering food and refreshments on the highest section of the stage.
- + Gasthof Fichtenhof (Gfrill): Traditional South Tyrolean cuisine and panoramic views of the Salurn Gorge. An ideal stop at the end of the stage.

ACCOMMODATIONS

- + Gasthof Fichtenhof (Gfrill): Accommodation available directly at the stage destination.
- + Additional Accommodation in Gfrill: Small guesthouses and inns in the village and surrounding area (not explicitly mentioned in the stage description but available in the destination area).

RECOMMENDED TIME

JUN JUL AUG SEP OCT



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