

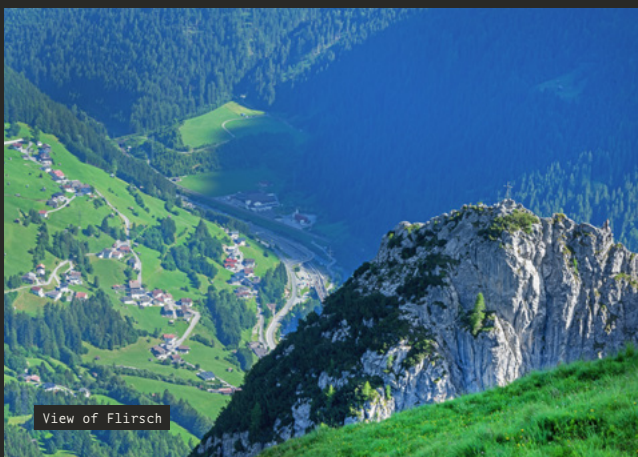
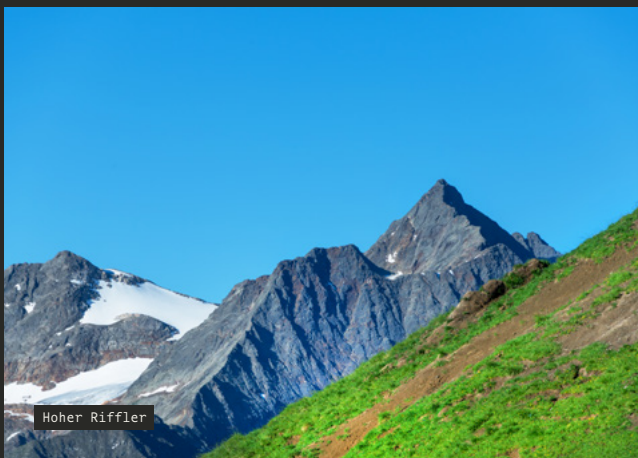


STAGE 3

## ZAMS → GLANDER PEAK → WENNS

[TO THE INTERACTIVE MAP](#)







STAGE 3

## ZAMS → GLANDER PEAK → WENNS

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+ Degree of difficulty: moderately

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+ Duration: 11.30 h

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+ Length: 19,4 km

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+ Ascent: 1.799 m

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+ Descent: 1.575 m

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+ Highest point: Glanderspitze 2.505 m

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+ Lowest point: Zams 767 m

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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