

STAGE 4



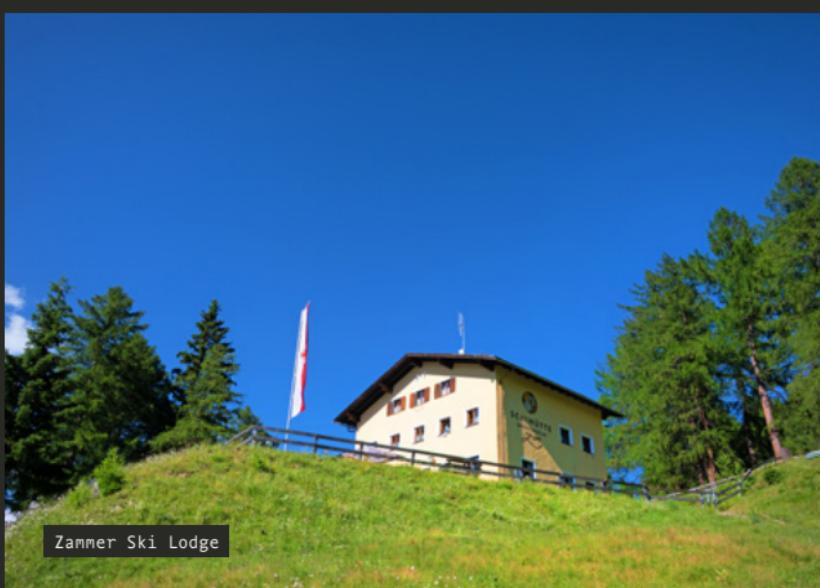
STAGE 4

**ZAMMER SKI LODGE →
WENNS**

[TO THE INTERACTIVE MAP](#)



STAGE 4





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ZAMMER SKI LODGE → WENNS

- + Degree of difficulty: moderately
- + Duration: 6.00 h
- + Length: 14,20 km
- + Ascent: 592 m
- + Descent: 1.330 m
- + Highest point: near the mountain station of the Venet cableway 2.191 m
- + Lowest point: Wenna 1.003 m

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

This stage features a wonderful high-altitude hike to Wenna 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 Wenna. 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 Wenns continues to the outskirts of the village along trails that are not too steep and are scenic. The way is consistently well signposted towards Wenns.

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