



EN

A photograph of a man and a woman sitting on a rocky mountain trail. The man, on the left, is wearing a blue long-sleeved shirt, dark shorts, and a blue and white cap. He is smiling and looking towards the woman. The woman, on the right, is wearing a dark purple long-sleeved shirt and dark pants. She is laughing and looking towards the camera. They are surrounded by green grass and small yellow flowers. In the background, there are large, dark, rocky mountain walls. The lighting suggests it is either sunrise or sunset.

# 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 – TRENTO







## OVERVIEW OF THE “TYROL” EUROPE- AN 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 IN TIROL

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## STAGE 1

### • SPIELMANNSAU → BACH

+ Duration: 7.30 h	+ Length: 19,50 km
+ Ascent: 994 HM	+ Descent: 909 HM

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## STAGE 2

### • MEMMINGER HUT → ZAMS

+ Duration: 6.45 h	+ Length: 13,60 km
+ Ascent: 395 HM	+ Descent: 1.865 HM

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## STAGE 3

### • ZAMS → GLANDER PEAK → WENNS

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

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## STAGE 4

### • ZAMMER SKI LODGE → WENNS

+ Duration: 6.00 h	+ Length: 14,20 km
+ Ascent: 592 HM	+ Descent: 1.330 HM

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## STAGE 5

### • MITTELBERG → RETtenBACH 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

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## STAGE 6

### • SÖLDEN → ZWIESELSTEIN

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

# STAGE 1

## Spielmannsau

Früherer Wildgundkopf

Hinterer Wildgundkopf

Schmalhorn

Traufberg

Fürschießerrücken

Spätengundkopf

Wildengundkopf

Trettachspitze

Hochfrottspitze

Bockkarkopf

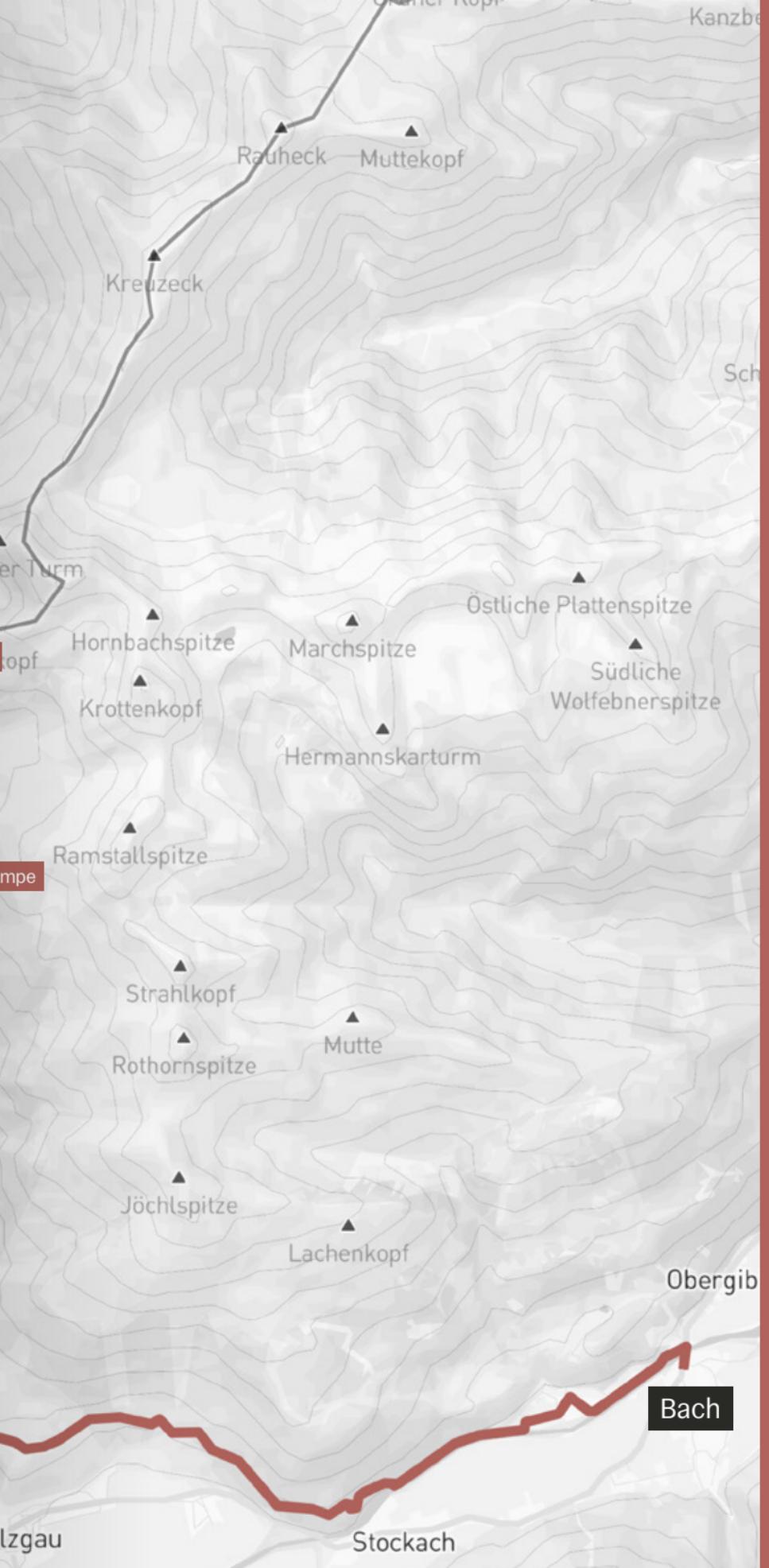
Wachterschartenkopf

Wachterschartenlicht

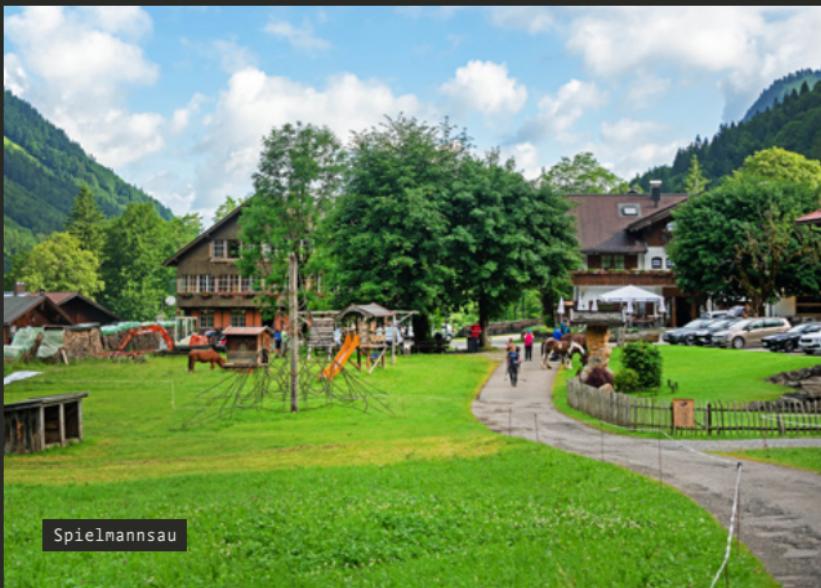
STAGE 1

**SPIELMANNSAU →  
BACH**

TO THE INTERACTIVE MAP



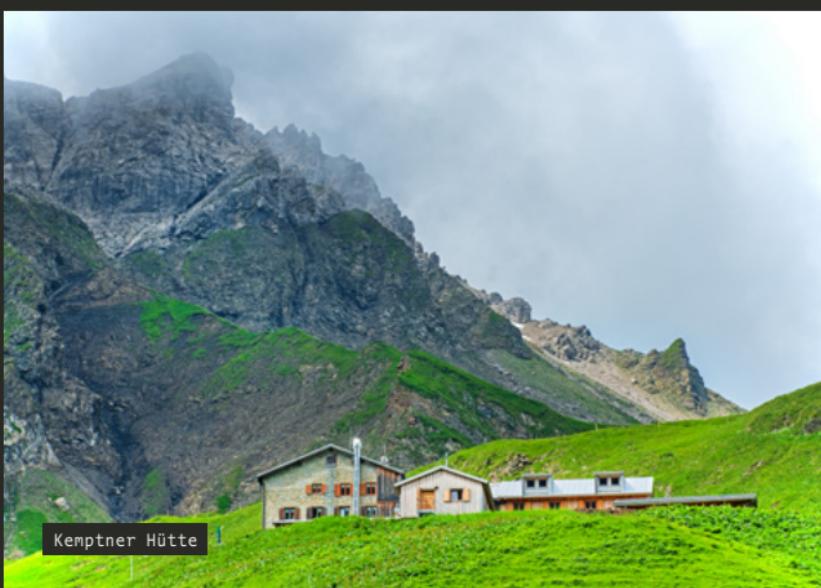
# STAGE 1



Spielmannsau



Maedelejoch



Kemptner Hütte



STAGE 1

## **SPIELMANNSAU → BACH**

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- + Degree of difficulty: moderately
- + Duration: 7:30 Std.
- + Length: 19,50 km
- + Ascent: 994 m
- + Descent: 909 m
- + Highest point: Mädelejoch 1.973 m
- + Lowest point: Spielmannsau 992 m

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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 section of the descent through the Höhenbach Valley is steep again, but by the time one reaches the Upper Ross-gumpenalm, it becomes a pleasantly walkable cart track. Both the Lower Rossgumpenalm and Café Uta invite you to make another stop before continuing along the Lech Trail and later along the Lech to Bach.

# DESCRIPTION

**Note: Current information about long-term parking in Oberstdorf can be found here. However, since Oberstdorf is very easily accessible by rail and parking is quite expensive, traveling to Oberstdorf by rail is recommended in any case.**

From the bus station in Oberstdorf (opposite the train station), you take a minibus to the final stop in the hamlet of Spielmannsau. The ascent to the Kemptner Hut or the E5 is not signposted there. You follow the narrow paved road and hike past the Sennalpe to the first fork in the road. There, keep right (signpost: "Kemptner Hut, E5") and continue to the base station of the material cableway. A signpost points to the right. The climb up to the Kemptner Hut is strenuous, on some sections quite steep, and in the final part somewhat exposed (safety ropes). From the hut, you can get a very good view of the continuation of the trail (signposted "Holzgau, E5") to the Mädelejoch (pass). You can comfortably ascend to the col and at each fork in the path, follow the signs to Holzgau. Directly at the Mädelejoch, you cross the border into Austria and initially descend quite steeply into the Höhenbach Valley. Shortly after the Upper Rossgumpenalpe, you come to an easy farm track. At a hairpin turn, follow the sign to the Lower Rossgumpenalpe (a place to stop for refreshments). You continue descending along the gravel path until you reach Café Uta, another option for refreshments.

At the fork in the road directly by the café, the left hiking trail (signpost: "Lechweg") leads up to the Schigge. You walk partly on wooden boardwalks over the scenic jewel Schigge, continuing toward the stream. Shortly after entering the forested area again, the hiking trail merges onto a forest road. Follow this in the same direction slightly downhill and cross the slope, until about 300 m after passing a ditch, the Lech Trail branches off to the right onto a hiking path. Continue following the "Lechweg" signs: go down the hiking path, then briefly uphill on a forest road, turn right toward the transmission mast after 200 m, and follow the hiking path down to the bank of the Lech.

Now, before the bridge, head left directly along the Lech Trail. At the fork, leave the Lech Trail and follow the path that runs right along the bank of the Lech until it leads into the hamlet of

Kraichen. In the hamlet, follow the street to the Lech riverbank, where the path runs along a levee up to the church. Here, you meet the federal road and follow it to the right across the Lech. About 100 meters past the bridge is the stop for tomorrow's shuttle to Madau on the left side by the community center. This marks the stage destination in Bach.

## HIGHLIGHTS

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

## PLACES TO STOP, REST & EAT

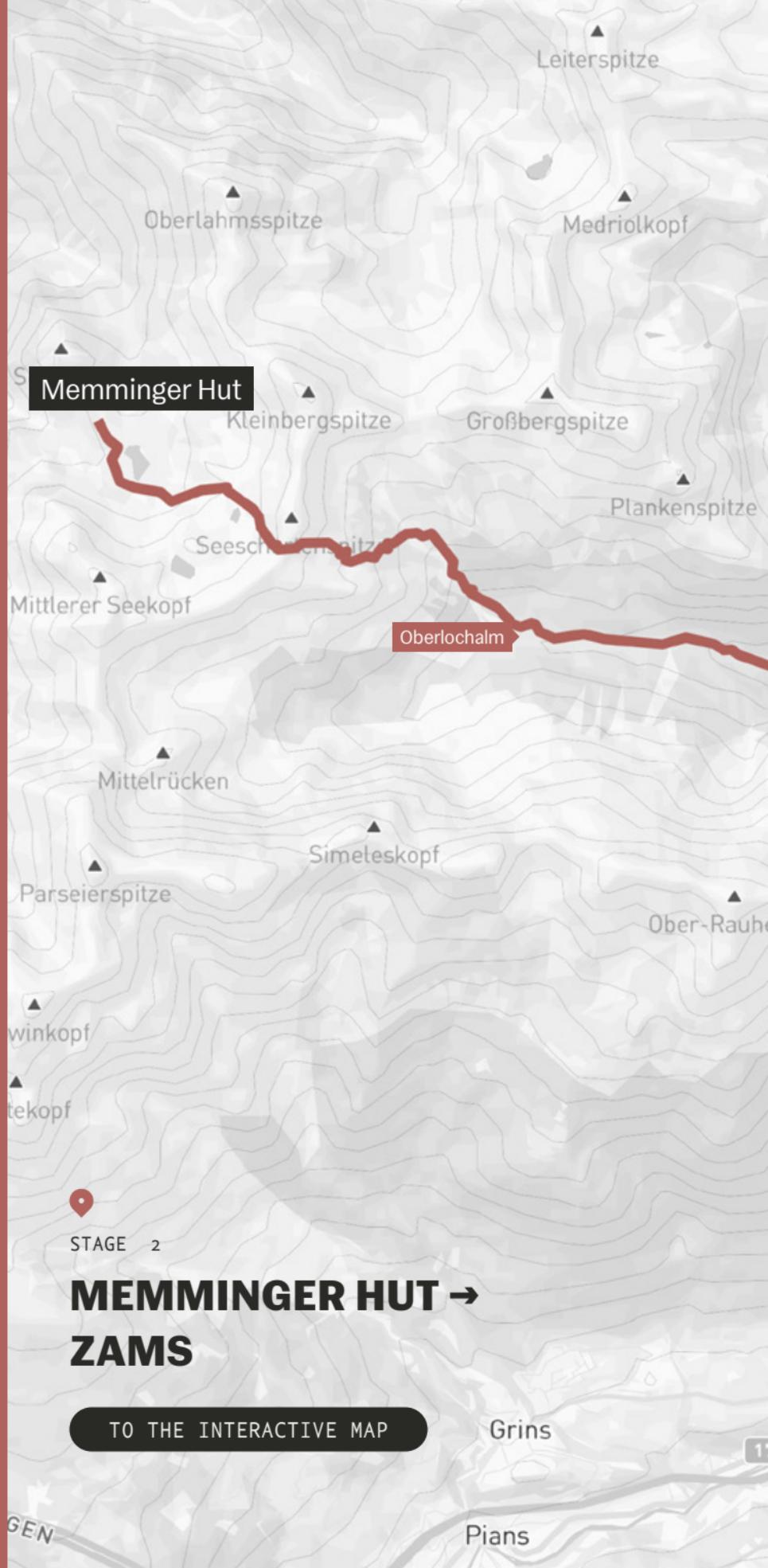
- + Kemptner Hut: An alpine shelter located right in the Allgäuer main ridge at an altitude of 1,846 meters above sea-level (dining and overnight accommodations)
- + Lower Rossgumpenalm: Is ideal for a rest-stop at 1,329 meters above sea-level
- + Café Uta: Delicious meals and cheerful company at an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

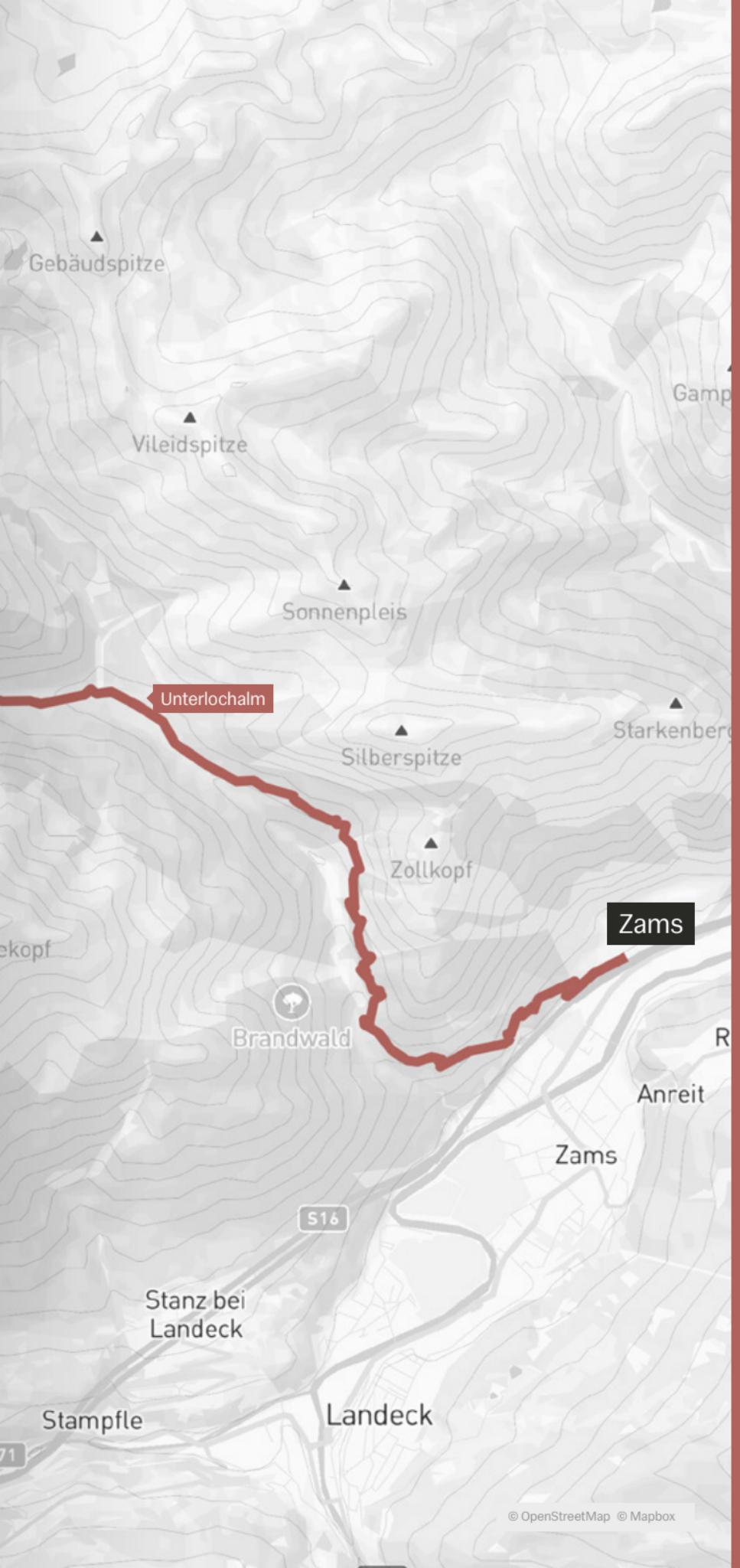
## ACCOMMODATIONS

- + 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)

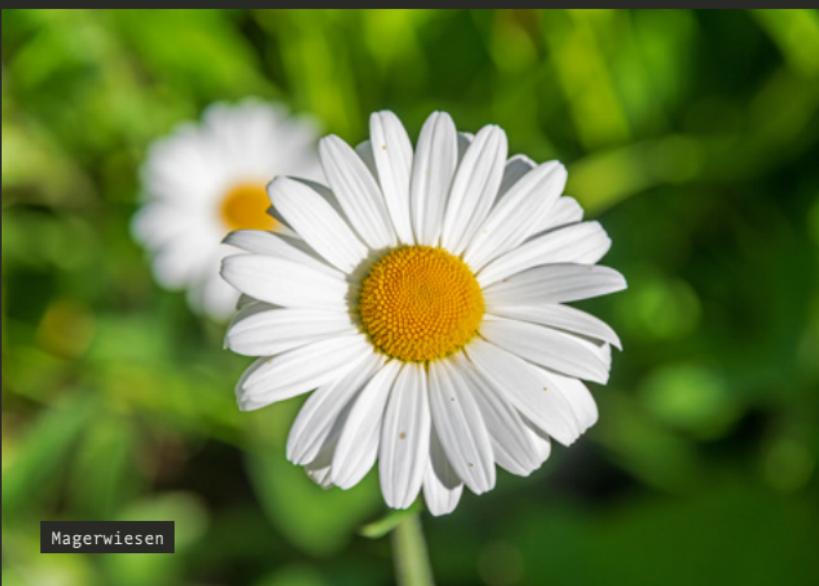
## RECOMMENDED TIME

JUN JUL AUG SEP





# STAGE 2





STAGE 2

## MEMMINGER HUT → ZAMS

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+ Degree of difficulty: moderately

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+ Duration: 6.45 h

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+ Length: 13,6 km

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+ Ascent: 395 m

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+ Descent: 1.865 m

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+ Highest point: Seescharte 2.599 m

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+ Lowest point: Zams 767 m

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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 (ab Sommer 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](http://www.venet.at)).

## **DESCRIPTION**

From the Memminger Hut, the path initially passes by the Lower Seewiese (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 Burschloden, 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

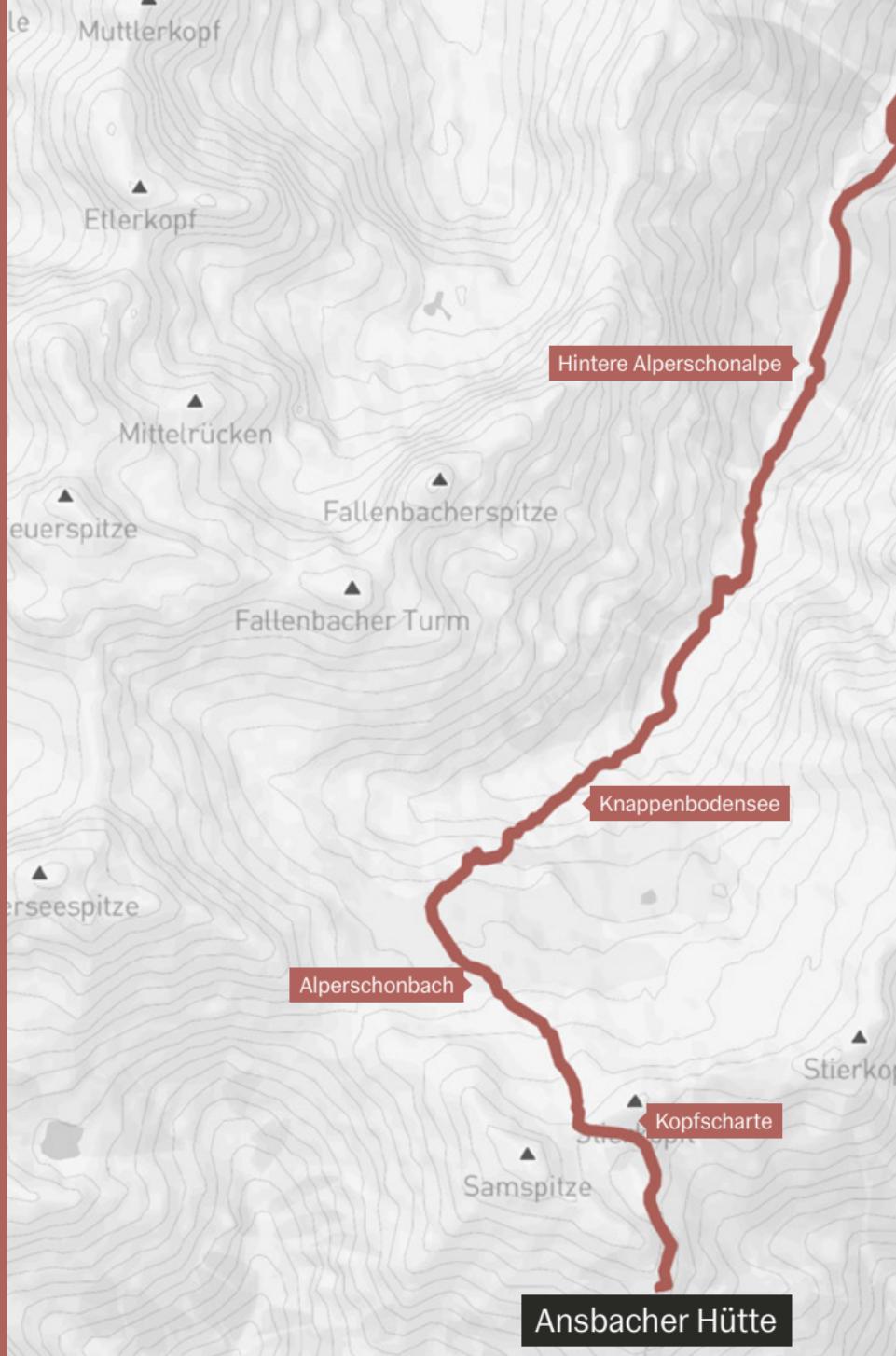
JUN JUL AUG SEP

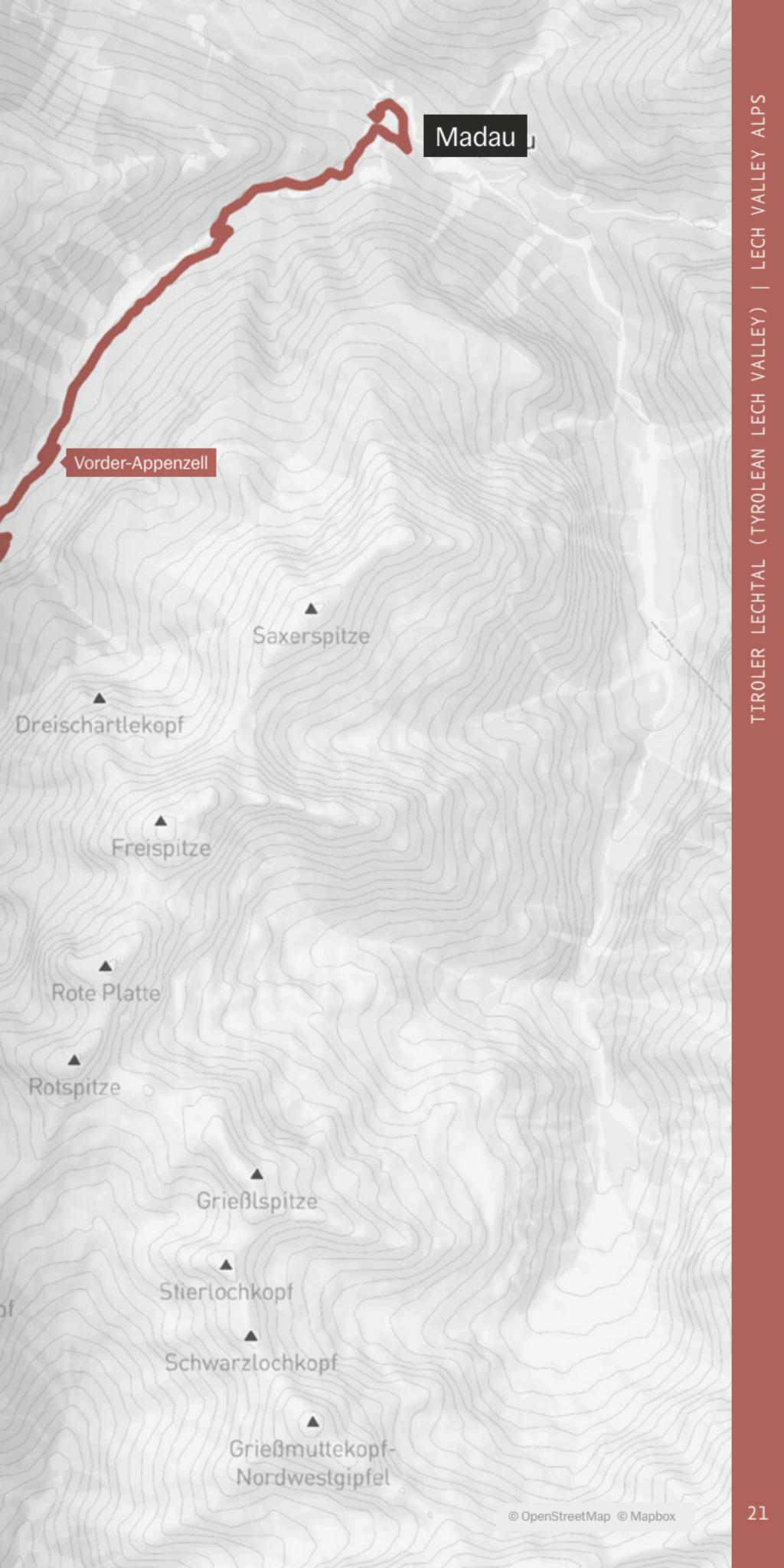


Variant of the original E5 route

## MADAU VALLEY TAXI STAND → ANSBACHER HUT

[TO THE INTERACTIVE MAP](#)







Variant of the original E5 route

## **MADAU VALLEY TAXI STAND → ANSBACHER HUT**

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+ Degree of difficulty: moderately

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+ Duration: 5.30 h

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+ Length: 11,50 km

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+ Ascent: 1.228 m

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+ Descent: 86 m

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+ Highest point: Flarschjoch 2.464 m

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+ Lowest point: Madau 1.254 m

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## **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 Alperschonalpe!). 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 Alperschonalpe (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 Alperschonalpe. 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 Alperschonbach, 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.

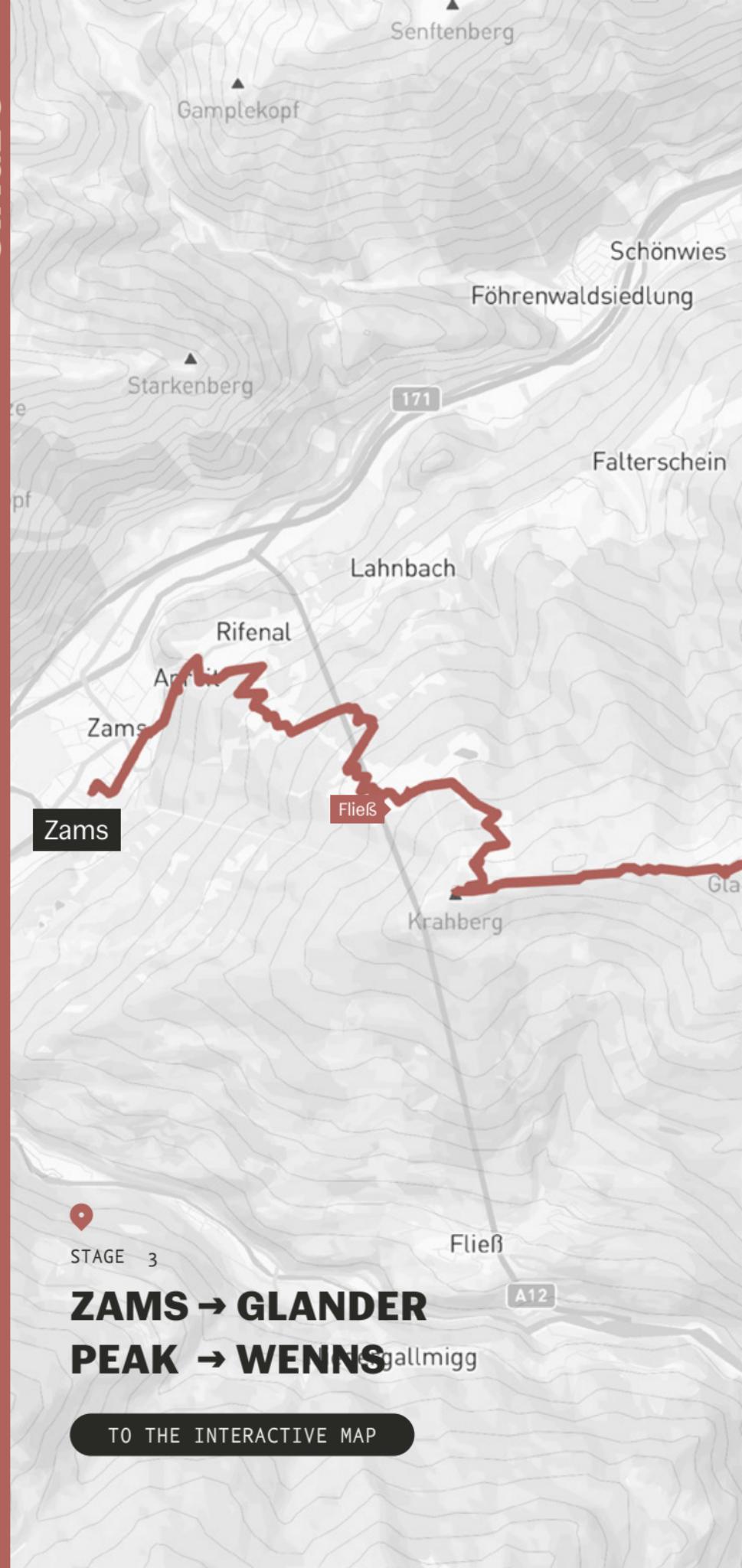
# ACCOMMODATIONS

- + 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](http://www.lechtal.at)

# RECOMMENDED TIME

JUN JUL AUG SEP

# STAGE 3



Mils bei Imst

Imsterberg

Hochasten

Wenns

Imsterberger Kreuz

Kreuzjoch

Wampeöchl

Glander Peak

Larcher Alm

Greith

Piller

Fuchsmoos

L17



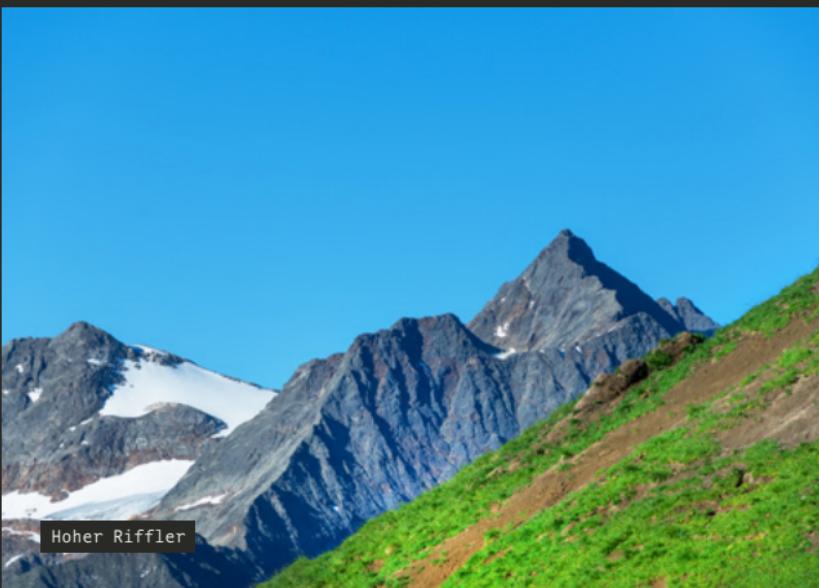
Pillerwald

Falderkopf

Kreuzjöchel

Kleine Aifnerspitze

# STAGE 3





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 Wannejöchl (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 Wannejöchl (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 Wannejöchl, 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

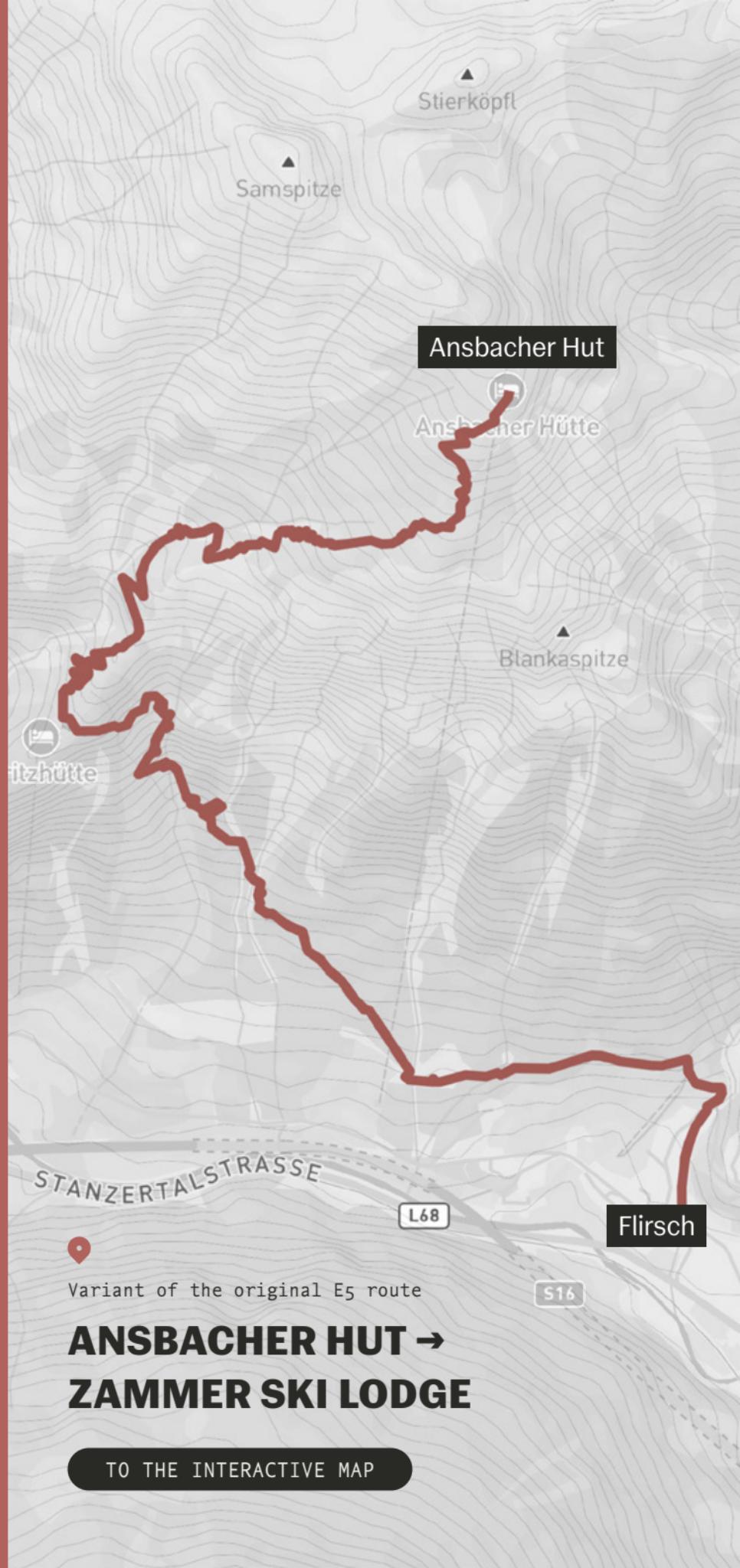
# ACCOMMODATIONS

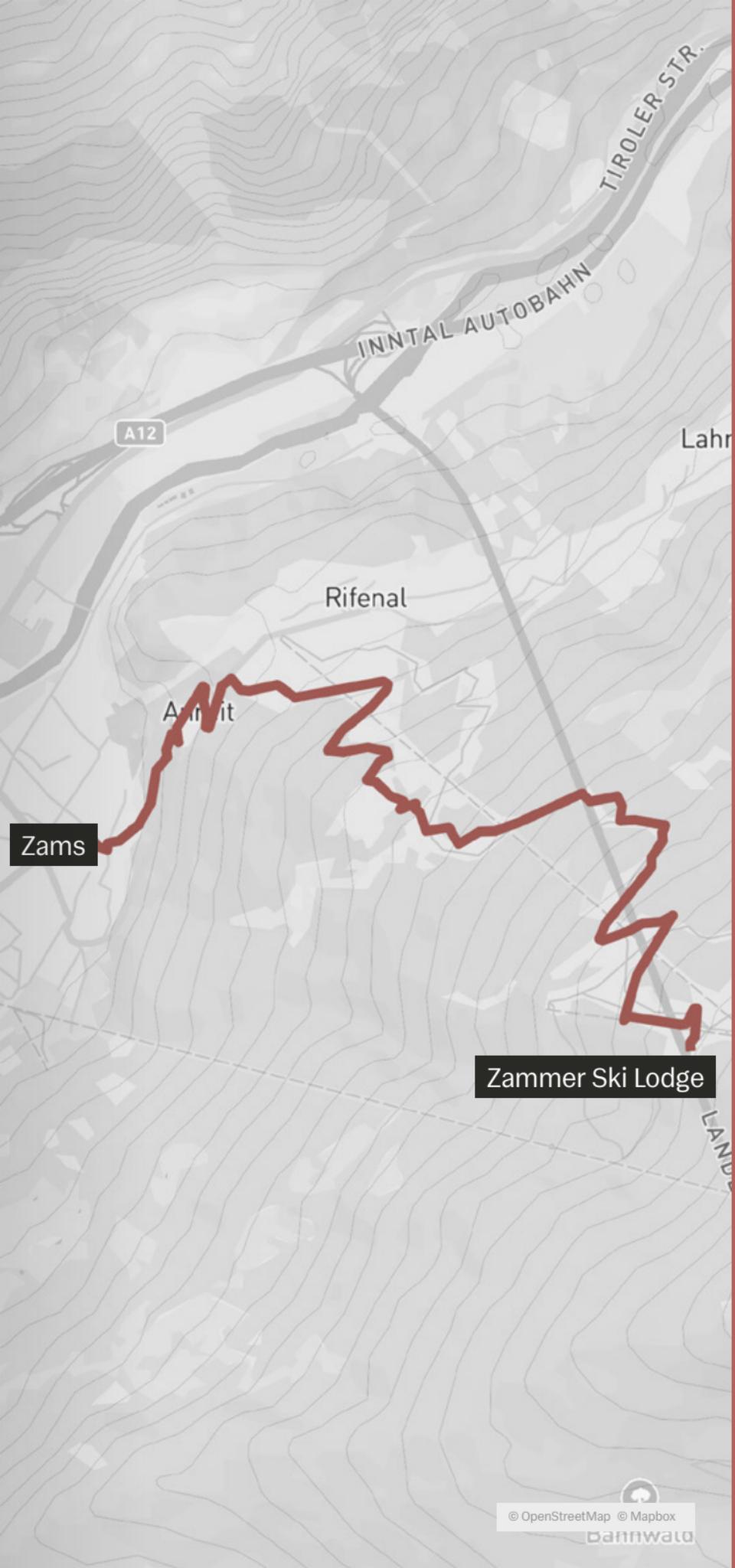
- + Zams has a number of opportunities here to stop, eat, and spend the night; contact the local tourism association for more-detailed information.

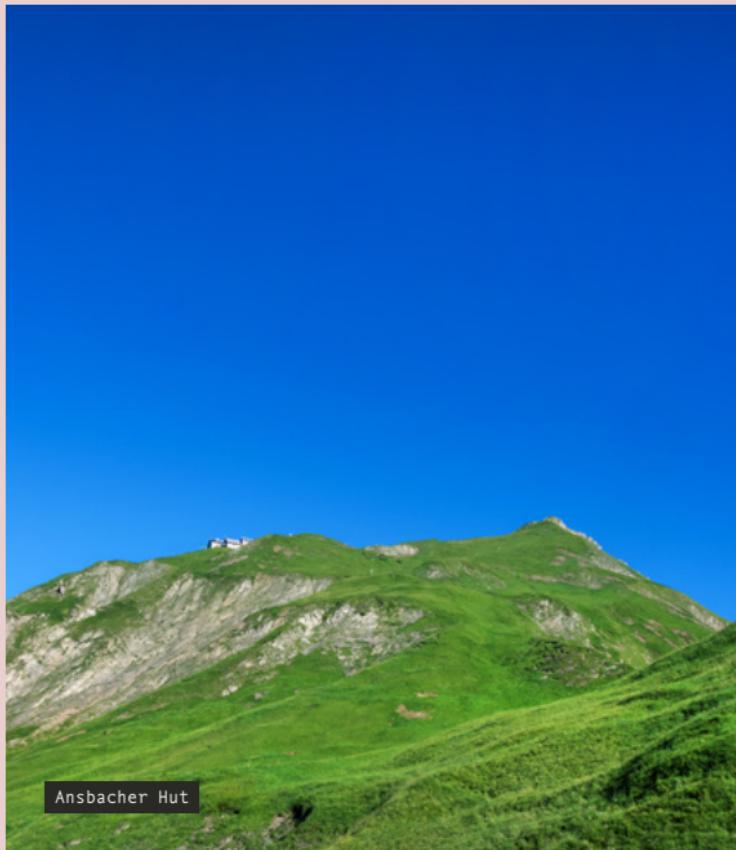
# RECOMMENDED TIME

JUN | JUL | AUG | SEP

# STAGE 3 - VARIANT







Variant of the original E5 route

## **ANSBACHER HUT → ZAMMER SKI LODGE**

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+ Degree of difficulty: moderately

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+ Duration: 6.30 h

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+ Length: 11,50 km

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+ Ascent: 1.003 m

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+ Descent: 1.235 m

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+ Highest point: Ansbacher Hütte 2.376 m

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+ Lowest point: Zams 767 m

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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:

[www.stantonamarlberg.com/en/the-region-st-anton-am-arlberg/the-villages/flirsch](http://www.stantonamarlberg.com/en/the-region-st-anton-am-arlberg/the-villages/flirsch)  
[tirolwest.at/en/hiking-village-zams](http://tirolwest.at/en/hiking-village-zams)

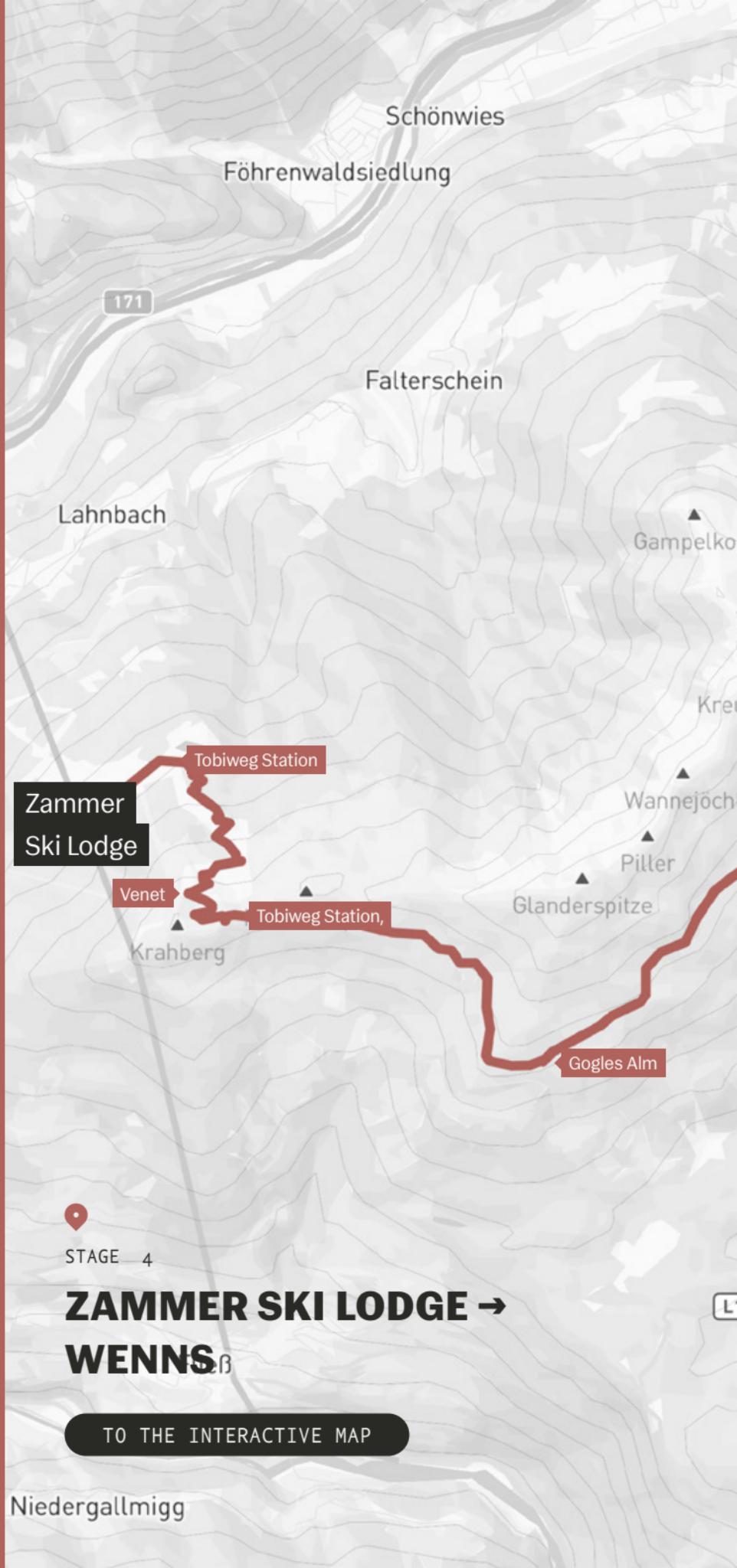
## ACCOMMODATIONS

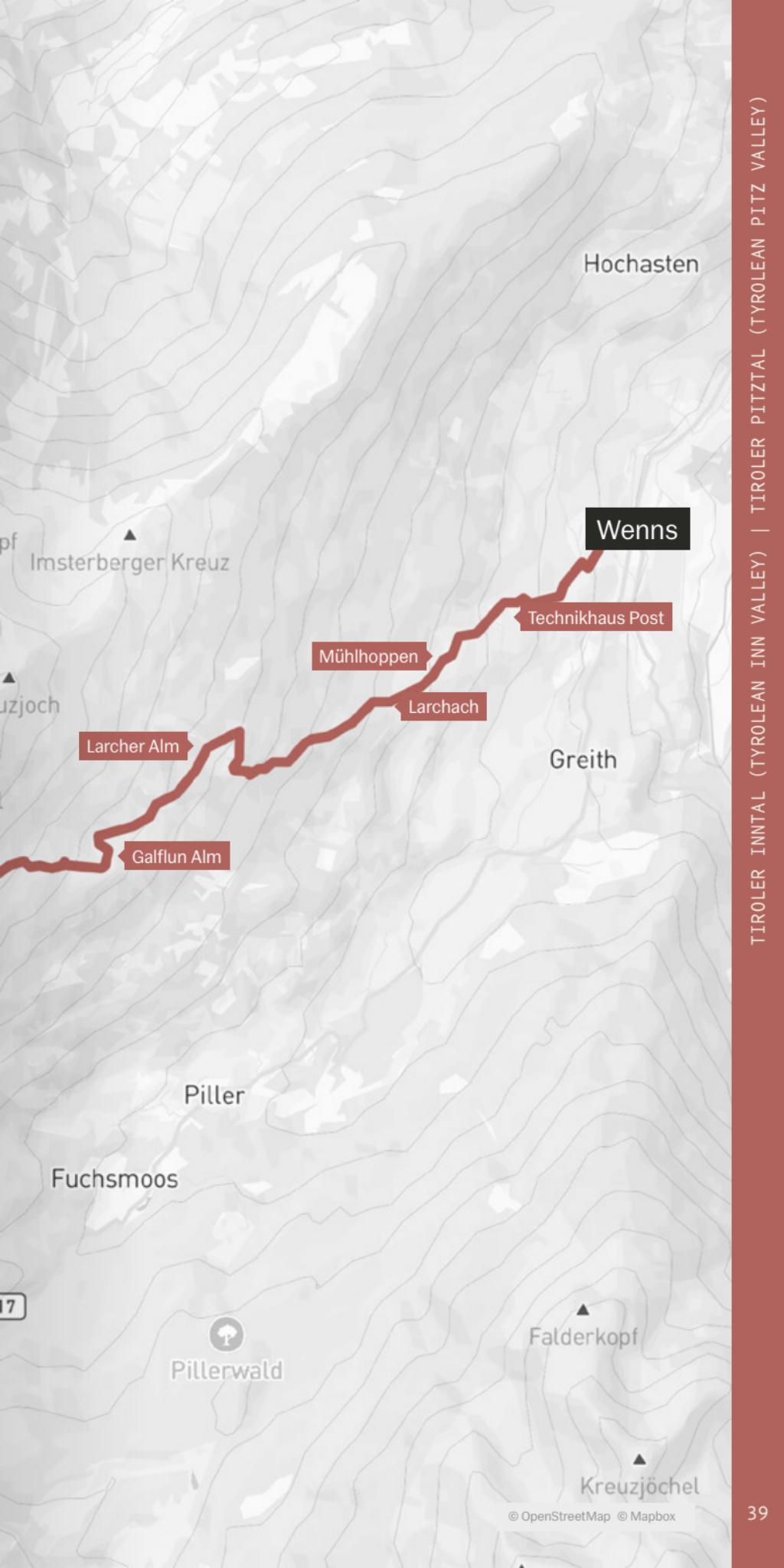
- + Es stehen eine Reihe von Einkehr- und Übernachtungsmöglichkeiten zur Verfügung, nähere Informationen erhalten Sie bei der lokalen Tourismusorganisation  
[www.stantonamarlberg.com/en/the-region-st-anton-am-arlberg/the-villages/flirsch](http://www.stantonamarlberg.com/en/the-region-st-anton-am-arlberg/the-villages/flirsch)  
[tirolwest.at/en/hiking-village-zams](http://tirolwest.at/en/hiking-village-zams)

## RECOMMENDED TIME

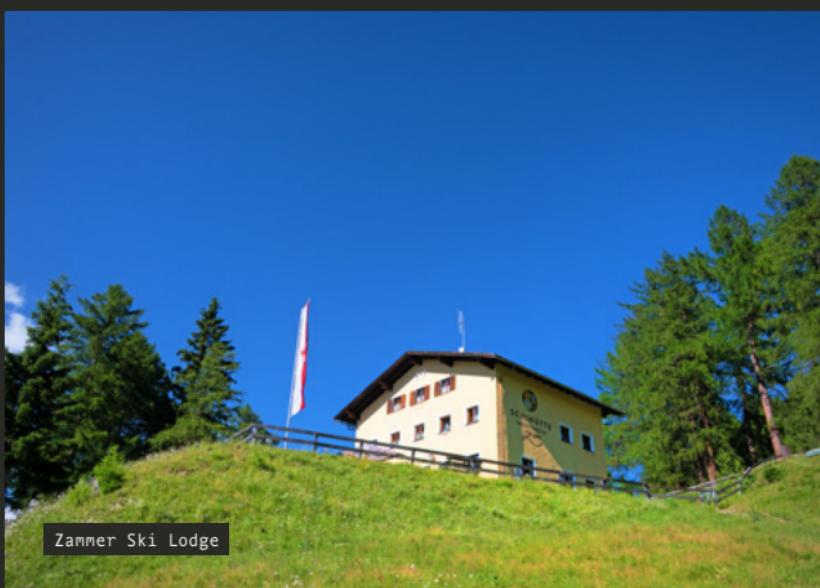
JUN JUL AUG SEP

# STAGE 4





# STAGE 4





STAGE 4

## ZAMMER SKI LODGE → WENNS

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- + 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

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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

# STAGE 5

oss

ehn

darfen

ttelberg

Mittelberg

Puitkogel

Sonnenkogel

Wassertalkogel

Gschrappkogel

Wurmsitzkogel

Dreize

Pitztaler Jochköpfle

Karleskopf

Karlesko

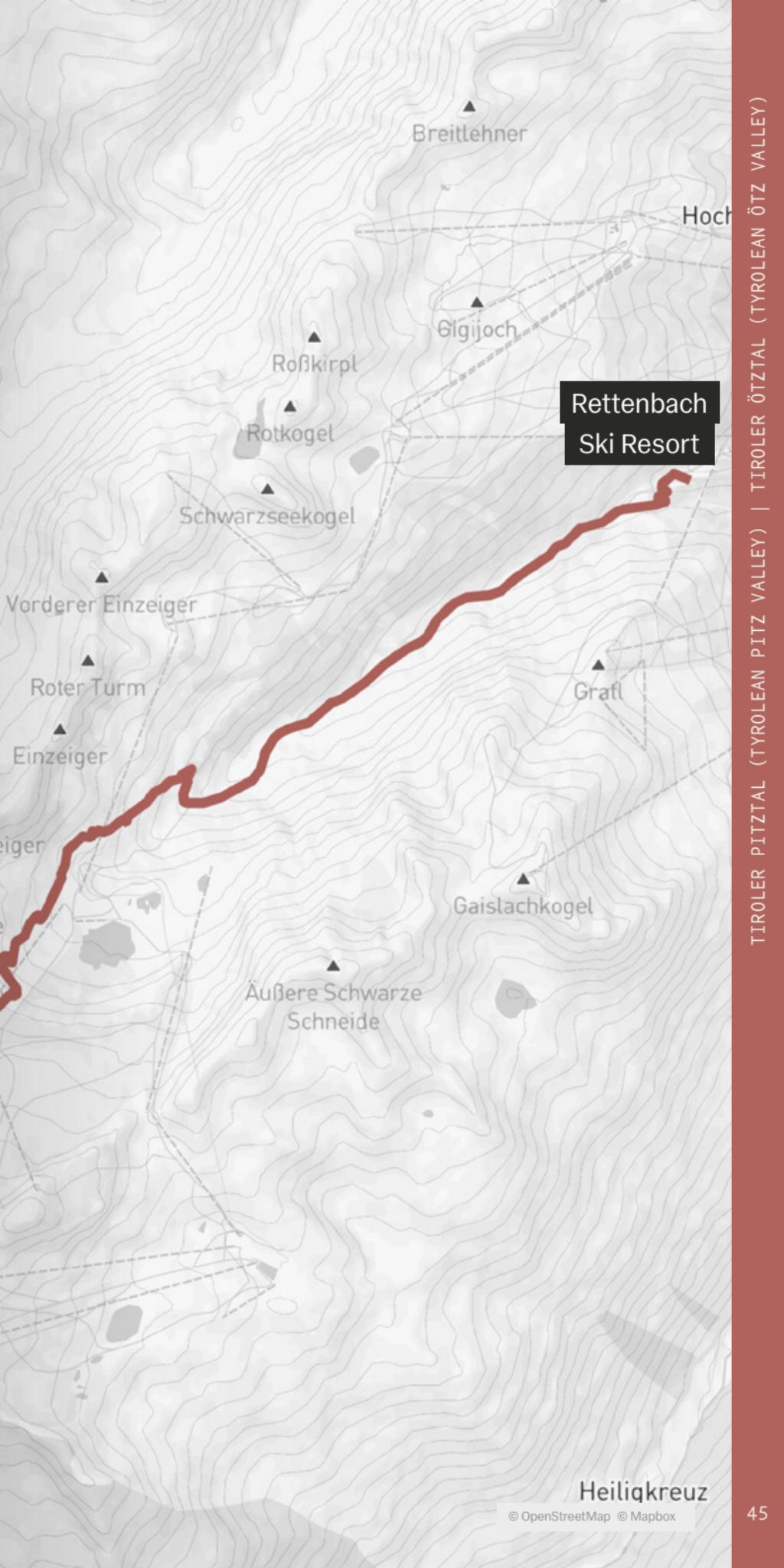
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Grabkogel

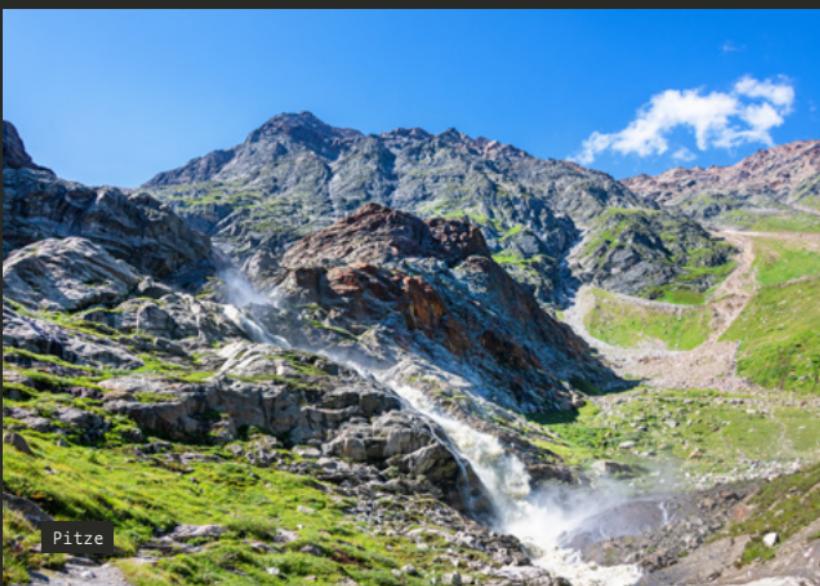
STAGE 5

**MITTELBERG →  
RETTENBACH SKI RESORT**

[TO THE INTERACTIVE MAP](#)



# STAGE 5





STAGE 5

# MITTELBERG → SKIGEBIET RETTENBACH

## **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: Rettenbachjoch 2.990 m
- + Lowest point: Mittelberg 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.

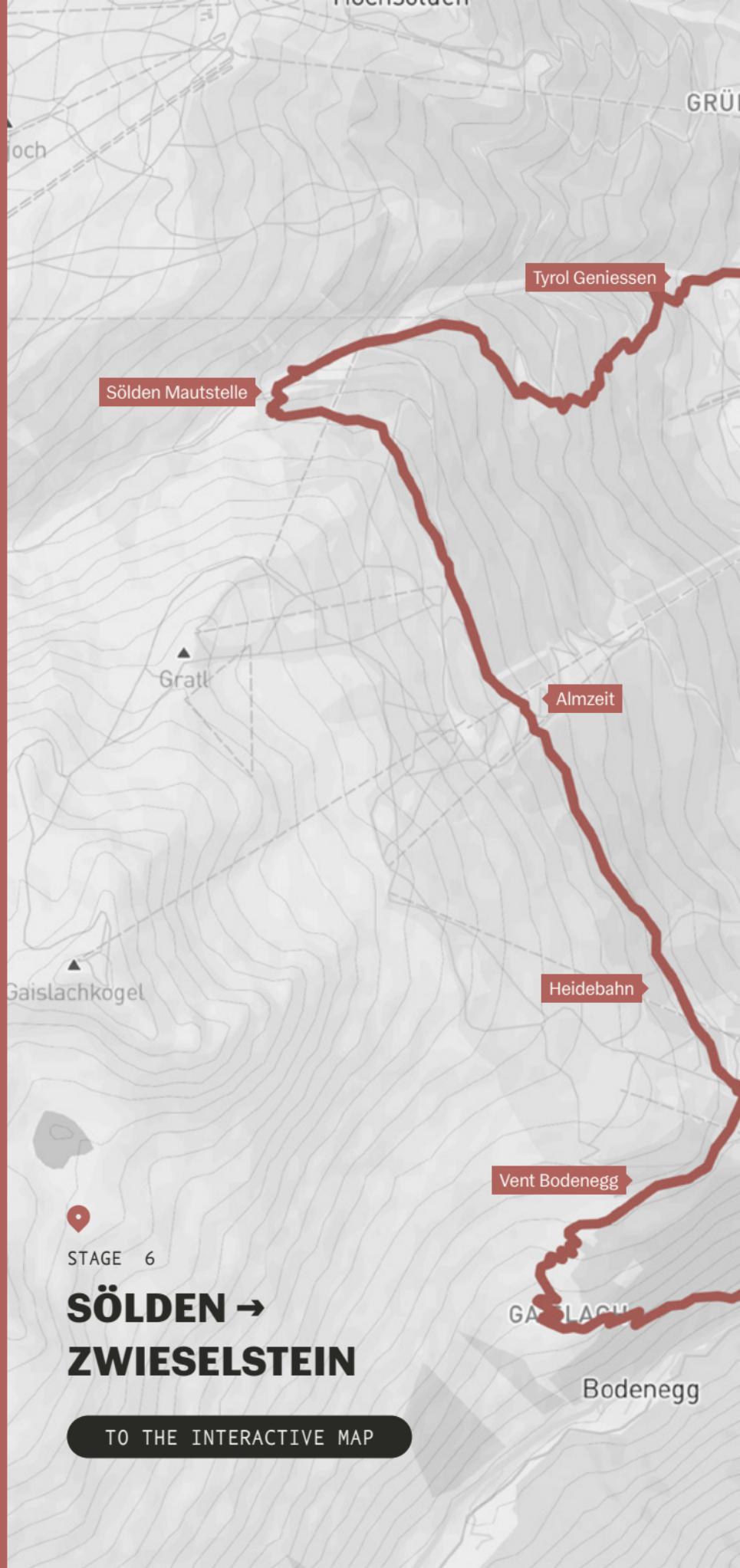
## ACCOMMODATIONS

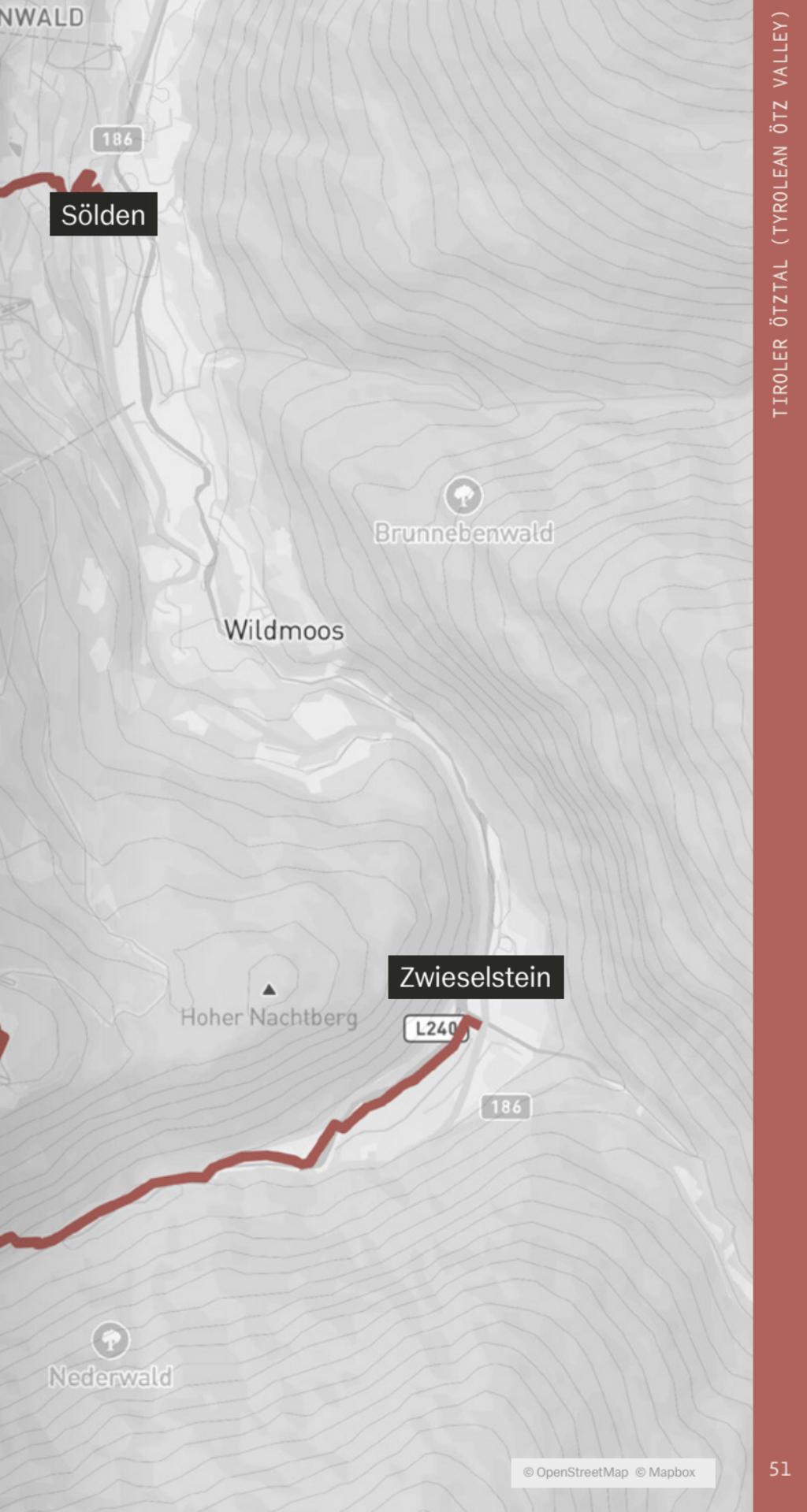
- + Braunschweiger Hut: An alpine shelter at the end of the Pitz Valley, at an altitude of 2,759 meters above sea-level.

## RECOMMENDED TIME

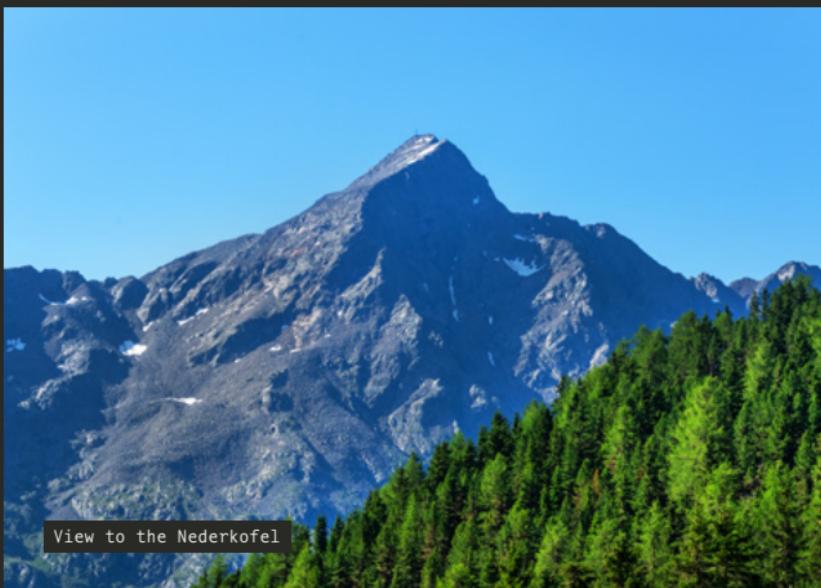
JUN JUL AUG SEP

# STAGE 6





# STAGE 6





STAGE 6

## SÖLDEN → ZWIESELSTEIN

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+ Degree of difficulty: moderately

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+ Duration: 5.30 h

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+ Length: 12,40 km

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+ Ascent: 775 m

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+ Descent: 663 m

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+ Highest point: 2.119 m

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+ Lowest point: Sölden 1.368 m

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### **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 "Langegg" 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



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