



Adlerweg (Self-Guided)

Please email us at info@alpineexploratory.com to ask about this trip.

You'll find all the latest information at www.alpineexploratory.com/holidays/adlerweg.html.



A storm brews over the Leutkircherhütte

About these Holiday Notes

These Holiday Notes help you decide whether this holiday is right for you. Before your trip we send you final detailed information.

Details

Start St. Johann-in-Tirol
Finish St. Anton
Region Tirol and Arlberg
Country Austria
Length 19 walking days and 1 rest day
Total distance 387km (242 miles)
Typical day 19km with 790m ascent
Highest altitude 2,251m
Grade Black3, or Red3 by skipping Day 15

Introduction

The Adlerweg is a trekking route across the Tirol and Arlberg regions of the Austrian Alps. The route offers a charming mix of valley walking in well-used farm land, and high mountains with narrow rocky paths and views down remote valleys. Our full Adlerweg takes 19 days from St. Johann-in-Tirol to St. Anton; we include 1 rest day to explore Innsbruck.

The Eastern half has some longer stages than the Western, but with less rugged terrain overall. After Innsbruck, a more familiar pattern starts of crossings from valley to valley over mountain passes. While not hard overall, throughout the Adlerweg it is possible to find yourself in short situations with a drop to one or both sides. This contrasts with the substantial sections on easy forest tracks.

Generally our route avoids the harder alternatives. We take the normal routing of the Adlerweg except for the lower route to Schwaz and Innsbruck to avoid an unreasonably long day in the Karwendel range, and on the last day when we forego the Valluga area (the peak above St. Anton with difficult ground) to take the more direct route via the Leutkircher Hütte. On accommodation, we hope that trekkers who have not seen Austria before will love the hospitality of its hotels and restaurants.

The stage from the Solsteinhaus crosses a steep and loose pass, Eppzirler Scharte, that pushes the Adlerweg into the Black grade. The overall grade can be kept as Red by instead descending from the hut and taking the train to rejoin the route. The Adlerweg is notable for wide differences in stage

lengths, due to the spacing of villages and huts. The three longest stages are 26.5km to Langkampfen, 27km to Pinegg, and 30.5km to Hall-in-Tirol. Of these, only the stage to Pinegg cannot be reduced by taking alternatives or missing sections.

Our approach

Your route

Our trip gives a complete journey on foot from St. Johann to St. Anton, along the Adlerweg. On the trek itself, no transport is taken except for (optionally) the train to skip the short valley section between Kufstein and Langkampfen, the train to reach Schwaz from the trail at Pill-Vomperbach, the cable car above Innsbruck to reach the 'head of the eagle' walk, the train to skip the initial valley section between Innsbruck and Zirl, and the bus to return to Ehrwald from the Fernsteinssee. The Adlerweg is a well-defined route. We take the lower option via Schwaz on the 3 days into Innsbruck; we also take the direct and less challenging option via the Leutkircher Hütte on the last stage into St. Anton.

Routecards and maps

Each day's route is explained in detail on your routecards, to bring you to your night's accommodation. We give you the real maps for you to follow, not printouts or photocopies.

Getting there and back

Your holiday starts in the small town of St. Johann-in-Tirol and ends in the ski resort of St. Anton. Travel to St. Johann and from St. Anton is not included in the holiday price - we leave it to you to make the arrangements that suit you best. Munich and Innsbruck are the most convenient airports with several transfer options available by train, but Basel and Zurich also work for the return. Full information on flight and transfer options will be sent to you on booking.

Itinerary

Arrival day: Arrival in St. Johann

Evening arrival in St. Johann. There is masses of scope for eating out. **Hotel in St. Johann**

Stage 1: St. Johann to Gaudeamushütte

(13.5km with 1,090m ascent)
A first stage climbs through woodland on the side of the Wilder Kaiser massif, before a final pass and descent to the friendly Gaudeamushütte. **Refuge**

Stage 2: Gaudeamushütte to Hintersteiner See

(12.5km with 580m ascent)
High traversing paths lead across easy scree slopes anchored by patches of forest. The day ends at the pretty Hintersteiner See, a lake with an optional afternoon's walk around its circumference. We are also near Schonau with its small shops. **Auberge**

Stage 3: Hintersteiner See to Langkampfen

(26.5km with 840m ascent)
Forest paths lead up to an open pass and the obvious continuation to Kufstein, an afternoon of clear wide tracks. Dropping into the little town of Kufstein with its castle, we continue along the valley to Langkampfen and take the train back to Kufstein to stay. **Hotel in Kufstein**

Stage 4: Langkampfen to Pinegg

(27km with 1080m ascent)
From the train, we start with a steep climb up the wooded hillside to the grassy meadow of the Hohlensteinhaus. Next we cross a large area of upland terrain on very solid tracks. This is easy walking on which to stretch out. **Auberge**

Stage 5: Pinegg to Bayreuther Hütte

(18km with 1,220m ascent)
Leaving the hidden Brandenberg valley and the hamlet of Pinegg, paths and tracks take us to the upland grassy area and a final descent to the welcoming Bayreuther hut. **Refuge**

Stage 6: Bayreuther Hütte to Maurach

(12km with 320m ascent)
We cross the massif to the Erfurterhütte before a final descent - or cable car - to the pretty and practical resort of Maurach near the shore of the Achensee. **Hotel in Maurach**

Stage 7: Maurach to Lamsenjochhütte

(18km with 1,040m ascent)
Leaving for a long valley ascent to the Lamsenjochhütte we climb steadily and arrive in a splendid mountainous setting. **Refuge**

Stage 8: Lamsenjochhütte to Pill-Vomperbach station

(18km with 20m ascent)
Today is mostly in descent to historic Schwaz, but first we walk onwards to Pill for the train back, to reduce the walking on tomorrow's long day. **Hotel in Schwaz**

Stage 9: Schwaz to Hall-in-Tirol

(30.5km with 1,040m ascent)
Returning to Pill by train, today takes us around the back of the Walderalm hut and down to Hall on a series of paths and tracks. Although back in the main valley, Hall is delightful. **Hotel in Hall-in-Tirol**

Stage 10: Hall-in-Tirol to Innsbruck

(14km with 380m ascent)
A last stage, taking half a day, gives new perspectives on Innsbruck before using the new funicular railway to drop quickly into town. **Hotel in Innsbruck**

Stage 11: Zirbenweg

(8km with 170m ascent)
Today has options for long or short walks but the core is the 6.5km Zirbenweg, the high trail above Innsbruck reached by cable cars at each end. **Hotel in Innsbruck**

Rest day: Rest day in Innsbruck

Today is a full day to see Innsbruck. **Hotel in Innsbruck**

Stage 12: Innsbruck to Solsteinhaus

(23km with 1,270m ascent)
A stage of two halves, first through the valley floor to Zirl and then unrelentingly up to the Solsteinhaus. The first part to Zirl can be skipped by train to leave a surprisingly pleasant ascent of 8.5km (and still the whole height!) **Refuge**

Stage 13: Solsteinhaus to Weidach in Leutasch

(18.5km with 850m ascent)
The initial ascent from the hut to the Eppzirler Scharte is the reason for the trip's Black grade,

being both up and down loose, narrow paths on steep scree. In wet weather or if not fancied, the alternative is to return to Zirl in the valley and take the bus to Weidach via Seefeld, and while not ideal, this keeps the trip at the Red grade. We reach the welcoming Austrian resort valley of Leutasch, hills all around. **Hotel in Weidach in Leutasch**

Stage 14: Weidach in Leutasch to Ehrwald

(23.5km with 500m ascent)

This day is one of long distance and easy terrain, almost all on solid forest tracks. We climb gently to an area in the Gipfel valley known for its *alms* or pasture farms. To the North throughout, and towering over sweet mountain resort Ehrwald, is the Zugspitze, Germany's high point. **Hotel in Ehrwald**

Stage 15: Ehrwald to Fernsteinsee

(18km with 760m ascent)

Cross the low meadows dotted with barns to Ehrwald's twin resort Lermoos, where a cable car is an option to skip most of the ascent. Above the Grubigalm our path starts to drop, steeply in places and around a surprise cliff-edge, to the Fernpass (road section needing care) and on down to the Fernsteinsee on good tracks. Return to Ehrwald on the good bus service. **Hotel in Ehrwald**

Stage 16: Fernsteinsee to Anhalter Hütte

(17.5km with 1,350m ascent)

Back at the Fernsteinsee, tracks lead – in places steeply – to a high valley and a farm. A path rises through a high valley to two cols, in between which is a steep descent and a crossing of a scree slope, before a walk down to the Anhalter Hütte. **Refuge**

Stage 17: Anhalter Hütte to Häselgehr

(25km with 200m ascent)

The descent from the hut is easy enough, and quick, but a few miles of intricate forest footpaths – rough in places – stop this from being too easy a day. In the Lech valley, we walk in the valley to Häselgehr (and a bus runs to other villages). **Hotel in Häselgehr**

Stage 18: Häselgehr to Steeg

(25km with 390m ascent)

A day in or just above the Lechtal, we mix the easy miles through the valley fields with some hillside paths to gain perspective. The Lechtal is beautiful with village after village. Above Holzgau near the end, a new suspension bridge is the longest in Austria and our route crosses it before dropping to Steeg. **Hotel in Steeg**

Stage 19: Steeg to St. Anton

(20.5km with 1290m ascent)

Today is the final link to St. Anton and a fitting end, beginning with a country lane to a village on a sunny shelf called Kaisers, then a forest track, and then hill paths steeply up to the Leutkircher Hütte. This friendly place overlooks St. Anton and sits in a saddle on the ridge, views superb all ways. We drop on forest paths and tracks to the famous ski resort of St. Anton and walk up the high street lined with shops. **Hotel in St. Anton**

Departure day: Departure from St. Anton

Departure from St. Anton after breakfast.



Our normal schedule of accommodation might not be available, especially for busier times or at shorter notice. We book accommodation as close as possible to this itinerary and give you a schedule to check before we proceed.

Accommodation

Our standard schedule of accommodation consists of 6 nights in 4-star hotels, 7 nights in 3-star hotels, 3 nights in an auberge, and 4 nights in mountain huts.

The huts are comfortable and welcoming. Hut accommodation is in dormitories, either on Alpine-style communal sleeping platforms or in bunk beds. We can sometimes book private rooms at some of the huts. In the hotels and auberges we book ensuite rooms. Your info pack contains full details of your accommodation including contact details and directions.

The walking

Terrain

The Adlerweg's terrain comprises wide tracks through forests, tarmac country lanes, zig-zagging hillside paths and steep, rocky mountain paths. At one point, the route runs along a busy road and care is needed; at another, the Eppzirler Scharte, the terrain is steep and loose over scree, needing careful footing. In some places on optional variant paths the paths are more steep and loose. The Adlerweg has no *via ferrata* or climbing sections and is a trek throughout.

Your own routes

While your routecards make up the walking for the trip, you are of course free to walk wherever you choose, taking side trips or going by a different route of your own choice. Please note that if you follow your own route you will have left the holiday for the duration.

Food

Meals included are all breakfasts plus 6 evening meals (at all 5 of the refuges and on 1 hotel night). For lunches there is lots of opportunity to stock up on ingredients along the route. You will often find huts and cafés during the walking, useful for lunch stops. Your routecards give information about food shops and refreshment stops along the route. For eating out on the nights when dinner is not included, there are good options in the village or town.

Insurance

Clients must have insurance to cover themselves for helicopter search & rescue, medical expenses and repatriation. We recommend, but it is not compulsory, that you also have cover for personal liability, cancellation and your baggage and money. You might find that your annual multi-trip travel insurance covers these items already. We will send you details of suitable insurance policies on booking.

Passports and visas

Passport holders of the US, Canada, Australia, New Zealand and Singapore do not need a visa to enter Austria or Germany.

Weather

The weather in these parts of the Austrian Alps from July to mid-September is generally highly suitable for Alpine walking. While snowfall is possible on higher ground all year round, it is unlikely in this the summer season.

During cold spells in summer, rain can fall as snow on the Adlerweg's higher passes. Additionally,

patches of snow left over from Winter and Spring might linger into July, but should not pose problems. July and August are commonly the hottest months but with greater amounts of rain and greater risk of afternoon thunder storms; the first half of September can be stable, with the chance of some beautifully clear days.

Thunderstorms are a particular danger in summer, occurring most often in the afternoons.

This all means that it is sensible to come equipped and expecting all the types of weather that might be experienced in a typical summer in the UK: from heavy rain storms with a chill in the air, to hot sunshine.

Equipment

You will need the usual equipment for mountain walking in the Alps. Especially important are good walking boots, good waterproof jacket and waterproof trousers, and sun protection. For the huts you will need a sheet liner. No *via ferrata* equipment is needed. We will send you an equipment list on booking. Please also see the Equipment page of our website for more information.

Local expenses

Local expenses include food and drink other than those meals that are included, plus any local transport, attractions and extras.

Guided days

Hire one of Alpine Exploratory's leaders to join you on this self-guided holiday, for one or more days. A leader helps plan and carry out each day's walking and adds interest to your holiday by pointing out local features. Please contact us for prices and more information.

Groups

Walk by yourself or in your own group, or see if we can match you up with other like-minded walkers on the same holiday. Any group will be a maximum of 8 people.

Hazards

Health

Austria does not require tourists to take any vaccinations. However, it is recommended to keep tetanus vaccines up to date.

Safety

This is adventure travel! This holiday takes you to some wild and remote areas, in particular some areas of upland mountains where navigation can be difficult in poor weather. The weather can also be a hazard in itself. During any walking, whether following a routecard or making your own route, you are responsible for your own actions and safety and you should join the trip with suitable skills, experience and equipment.

Further information

Please email us with any questions at info@alpineexploratory.com.

Disclaimer

This information is given in good faith and is believed to be correct at the time of issue. Alpine Exploratory cannot be liable for any loss or injury incurred.