HIKING E5: THE EUROPEAN LONG-DISTANCE HIKING TRAIL

Self-guided tour

Hike

95-100 km

●○○ Easy

Duration: 8 days / 7 nights

From 12 years old and older

DESCRIPTION

The European long-distance hiking trail E5 crosses the Alps from north to south. The hiking trail runs from Constance on Lake Constance to Verona. It has an approximate length of 600 kilometers and crosses several countries – including Germany, Austria, Switzerland and Italy. This hike runs along well-marked paths around meadows and through forests. The Dolomites are always in view and the paths offer no element of danger. You can use public transport on some of the routes to shorten the journey. The tour is suitable for children from the age of 12.

DETAILED ROUTES

Day 1: Arrival
Individual arrival in Merano

Day 2: Merano - Moos im Passeier - Merano
(ascent approx. 430 m, descent approx. 850 m / approx. 5 hours)

The Passeier Valley, home of the Tyrolean folk hero Andreas Hofer, is one of the most rustic and scenically diverse valleys in South Tyrol.

Day 3: Merano - San Genesio - Bolzano
(ascent approx. 220 m, descent approx. 1100 m / approx. 6,5-7 hours)

You have a magnificent panoramic view of the silhouette of the famous Dolomite peaks to the east and the Ötztal and Sarntal Alps to the north.

Day 4: Bolzano - Bauernkohlern - Nova Ponente/Deutschnofen/Weißenstein
(ascent approx. 650 m, descent approx. 270 m / approx. 5,5 hours)

On this stage you can discover the beauty of Bolzano from a privileged position. You leave the northern section of the E5 and hike through woods and meadows towards the southern section.

Day 5: Deutschhofen/Weißenstein - Truden
(ascent approx. 500 m, descent approx. 850 m / approx. 5 hours)

Starting from the pilgrimage site of Maria Weißenstein, you hike further into the Kössertal valley and into the Bletterbachschlucht gorge, a UNESCO World Heritage Site around 400 meters deep.

Day 6: Truden - Gfrill
(ascent approx. 800 m, descent approx. 580 m / approx. 4-4,5 hours)

You hike along the provincial border of South Tyrol, where you have an excellent view down into the Adige Valley.

Day 7: Gfrill - Cembra - Trento
(ascent approx. 380 m, descent approx. 990 m / approx. 5,5 hours)

You hike through quiet and secluded mixed oak forests on well-marked paths from South Tyrol directly across the border into Trentino. You will often cross this border without realizing it. The hike takes you past the Bait dei Tinoti on the ridge to Lago Santo, a shimmering blue lake in the middle of the dark green forest. With the public bus you reach Trento.

Day 8: Departure
Individual departure or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 95-100 km
- **Starting point:** Meran
- **Arrival:**

  By car: via the Brenner highway (A22) to Merano or via the Felbertauern road to Lienz in East Tyrol, over the Austrian-Italian border and then on the SS49 through the Pustertal valley to Merano
  By train: via Innsbruck and the Brenner or via East Tyrol/Pustertal valley to Merano. Timetables at: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.
  By plane: The nearest airports are Innsbruck (approx. 83 km), Verona Villafranca (approx. 191 km), Treviso (approx. 228 km), Venice Marco Polo (approx. 313 km).

- **Accomodation:**

  Hotels 3*** category and guesthouse
  Attention: Tourist tax, if requested, has to be paid on site.

- **Parking:**

  Depending on the first hotel, unattended parking facilities are available, either directly at your hotel or nearby. Reservation not possible; payable on the spot.

INCLUDED SERVICES

- Accommodation in hotels 3*** and guesthouses
- Breakfast buffet or full breakfast
- Videobriefing
- Luggage transfer from hotel to hotel
- Transfers according to the program
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Navigation APP
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

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STARTING DATES

PRICES

Standard		
Package price in a double room	from 13/06/2026 to 12/09/2026	1.099 €
Package price high season	from 13/06/2026 to 12/09/2026	1.099 €
Single room surcharge		249 €

Additional services	
no bike	0 €

Additional nights

See ebsite