

 Self-guided Tour

 Hike

 123-123 km

 ●○○ Easy

Duration: 10 days / 9 nights

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.

HIKING E5: MERAN - PALÙ DEL FERSINA - TRENTO

DETAILED ROUTES

📍 Day 1: Arrival

Individual arrival in Merano

📍 Day 2: Merano – St. Martin – Hirzer Hut

(approx. 6 hours)

The Passeier Valley, home of Tyrolean folk hero Andreas Hofer, is one of the most rustic and scenically diverse valleys in South Tyrol. You will follow a beautiful high-altitude trail, which offers excellent views in good weather. The trail takes you to the alpine pasture area below the Kreuzjoch and Hirzer peaks. There is the option of taking the bus from St. Martin to the Pfandleralm and starting the stage there.

📍 Day 3: Hirzer Hut – Meraner Hut

(approx. 5 hours)

You will hike along the Gebirgsjägersteig trail, which is still located in the Passeier Valley, to the Hirzerscharte pass. From there, the trail continues to Lake Kratzberg and on to the Meraner Hut, which is located in the Meran 2000 ski area.

📍 Day 4: Merano Hut – Bolzano

(approx. 6 hours)

Today you will enjoy a magnificent panorama of the famous Dolomite peaks to the east and the Ötztal and Sarntal Alps to the north.

📍 Day 5: Bolzano – Bauernkohlern – Deutschnofen/Maria Weißenstein

(approx. 5–6 hours)

The hike begins with a cable car ride to Bauernkohlern, the starting point of the stage. 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 forests and meadows towards the southern part.

📍 Day 6: Deutschhofen/Maria Weißenstein – Truden

(approx. 5–6 hours)

Starting from the pilgrimage site of Maria Weißenstein, you will continue hiking into the Kössertal valley and the Bletterbach Gorge, a 400-metre-deep gorge that is a UNESCO World Heritage Site.

📍 Day 7: Truden – Potzmauer Hut

(approx. 6–7 hours)

Today you hike along the provincial border of South Tyrol, where you have an excellent view of the Etschtal valley. First, you follow the trail to the Trudner Horn and then pass two picturesque mountain lakes on today's stage.

📍 Day 8: Potzmauer Hut – Segonzano

(approx. 6 hours)

On today's stage you will hike through quiet and secluded oak forests on well-marked trails from South Tyrol directly across the border into Trentino. You will often cross this national border without even noticing. 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

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green forest.

Day 9: Segonzano – Palù del Fersina – Trento

(approx. 5 hours)

Right at the start, you will hike to the earth pyramids of Segonzano and then leave the Cembra Valley. The stage takes you over two passes to the idyllic Val di Piné and then on to Palù del Fersina, from where you will take the bus to Trento.

Day 10: Departure

Individual departure or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Self-guided Tour
- **Duration:** 10 days / 9 nights
- **Distance:** ca. 123-123 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).

- **Accommodation:**

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

Available - arrival possible

Not Available

Available for groups from 6 persons and on request

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

PRICES

Standard	
Package price in a double room	895 €
Package price high season	895 €
Additional services	
no bike	0 €