






TREKKING FROM FÜGEN TO CORTINA D'AMPEZZO

 Self-guided tour

 Hike

 00-00 km

●●○ Medium

Duration: 9 days / 8 nights



DESCRIPTION

This tour starts in Fügen, at the entrance to the Zillertal Valley. You will enjoy a scenic ride on the Spieljochbahn cable car and hike via Hochfügen, Mayrhofen, and the Pfitscherjoch to Vipiteno, where the Italian flair already awaits. From there, the route continues south to Merano, with its palm trees and picturesque alleys. On easy to moderately difficult trails, you'll experience stunning landscapes. This pleasure hike takes you from the warm hospitality of Tyrol to the vineyards of South Tyrol. Make your dream of crossing the Alps a reality and embark on an unforgettable adventure. This tour is of medium difficulty and requires a good basic fitness level. It follows well-maintained hiking trails, forest roads, and mountain paths. There are no climbing sections or particularly exposed areas. However, being free from vertigo is an advantage. If you're feeling unwell or the weather doesn't cooperate, it is usually possible to reach the next stage by public transport or taxi.

DETAILED ROUTES



Day 1: Arrival

Individual arrival at the hotel in Fügen.



Day 2: Fügen - Spieljoch - Hochfügen

(ascent approx. 350 m, descent approx. 740 m / approx. 4-5 hours)

Take the Spieljochbahn cable car up to the mountain station for panoramic views of the Zillertal, Karwendel, Rofan mountains, the Kitzbühel Alps, and the Kaiser Mountains. Hike along a pleasant trail to Gart Alm, Loassattel, and finally to the ski resort of Hochfügen.



Day 3: Hochfügen - Mayrhofen/Aschau

(ascent approx. 840 m, descent approx. 300 m / approx. 4-5 hours)

Today's route takes you through an alpine region with insight into traditional mountain farming. Surrounded by glacial rock formations, you'll reach the Sidanjoch. From the nearby Rastkogelhütte, enjoy a fantastic view over the Inn Valley and surrounding ranges. After a short climb to Mitterwandkopf, you walk along ridgelines and glacial terrain to Melchboden, then descend by public bus along the Zillertal High Road. Depending on your overnight location, continue by bus or Zillertalbahn to Aschau or Mayrhofen.



Day 4: Mayrhofen/Aschau - Schlegeis - Pfitscherjoch - Vipiteno

(ascent approx. 480 m, descent approx. 820 m / approx. 5-6 hours)

Today is the big day: the crossing of the main Alpine ridge. A morning bus takes you via toll road to the Schlegeis reservoir at 1,800 m altitude. This dam, built in the 1970s, stores glacial meltwater. Shortly before the Pfitscherjoch hut, you cross the border into Italy (South Tyrol) at 2,275 m – the highest point of the tour. Descend through alpine meadows and forests into the Pfitscher Valley. From there, take the bus (hourly departures) to Vipiteno.



Day 5: Vipiteno - Mühlbach - Bruneck / Reischach

(ascent approx. 470 m, descent approx. 1140 m / approx. 5 hours)

After a ride in the morning you will reach the starting point of the stage in Rodeneck. You hike over the sunny high plateau of the Lüsner-Rodeneck Alm from where you can enjoy the magnificent views of the wide Brixen basin, the Eisack Valley and the Dolomites. The hike passes some small mountain lakes and several cozy inns inviting you to rest. Past the Black Lake and the Walder Alm, begins the descent to Montal. Overnight in Bruneck / Reischach.



Day 6: Bruneck / Reischach - Kronplatz - Pragser Wildsee - Prags

(ascent approx. 670 m, descent approx. 1400 m / approx. 6-6,5 hours)

In the morning, you will take the cable car (ticket included) to the well-known ski and hiking mountain Kronplatz. The descent leads over the Furkel Pass into the Fanes-Sennes-Prags Nature Park, one of South Tyrol's largest protected areas. From the Fojedöra alpine pasture, hike in the shadow of the imposing Seekofel massif to the Pragser Wildsee, the „pearl of the Dolomite lakes.“ Experienced hikers have the option to extend the stage via the Hochalpensee.



Day 7: Prags - Plätzwiese - Helltal - Höhensteintal - Cortina

(ascent approx. 940 m, descent approx. 850 m / approx. 6 hours)

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Plätzwiese is one of the most popular hiking areas in the region, alongside Hohe Gaisl and the Kreuzkofel group. Especially due to its exceptional flora and wild lakes, this area holds a special charm for visitors. Starting from Plätzwiese, you reach Helltal via Strudelkopf. The stage offers unique views of the Hohe Gaisl, the Three Peaks (Drei Zinnen), the Tofana, and Monte Cristallo.

Day 8: Departure

Individual departure or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** Self-guided tour
- **Duration:** 9 days / 8 nights
- **Distance:** ca. 00-00 km
- **Starting point:** Fügen
- **Arrival:**

By car: from the north via A8 and A93, then Inntal motorway to Wiesing, and B169 to Fügen.

By train: Regular services from Munich, change in Jenbach for the Zillertalbahn.

- **Accommodation:**

Hotels 3*** / 4**** category

Attention: Tourist tax – if requested – has to be paid on the spot.

- **Parking:**

Parking possibilities at or near to the arrival hotel, not bookbar, to pay on the spot.

INCLUDED SERVICES

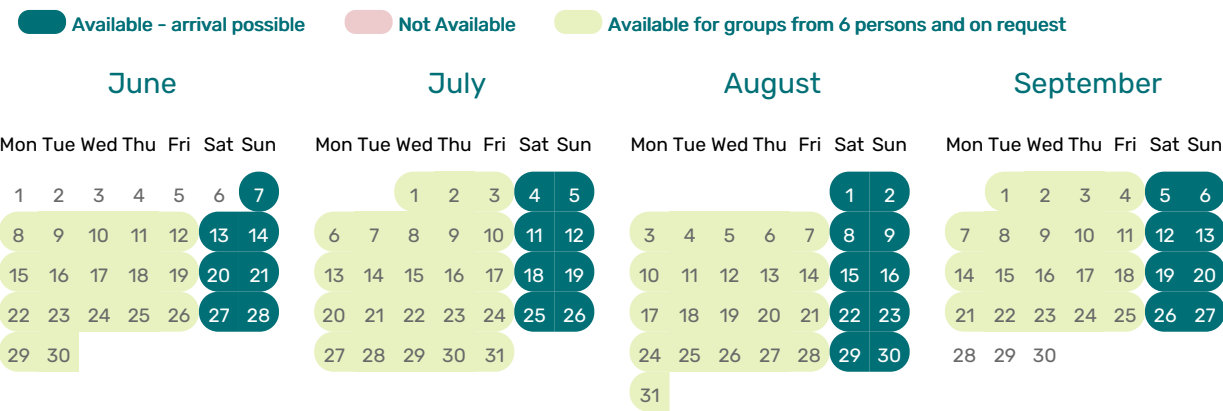
- Accommodation in selected hotel category
- Breakfast buffet or full breakfast
- Luggage transfer from hotel to hotel
- Transfer to Schlegeisspeicher
- Transfer to Mühlbach
- Transfer to Reischach
- Cable car tickets according to the program
- Well planned routes
- Detailed documents (maps, route description, places to visit, important telephone numbers)
- Telephone service hotline for the entire tour
- Navigation App

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

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STARTING DATES



PRICES

Standard		
Package price in a double room	from 07/06/2026 to 27/09/2026	1.298 €
Package price high season	from 04/07/2026 to 30/08/2026	1.458 €
Single room surcharge		300 €
Additional services		
no bike		0 €
Additional nights		
See ebsite		