

Welcome to Alpinkreativ – Hiking and Trekking for women

Since 2001 we continue our philosophy to offer active and nature friendly women journeys. Join us on marvelous treks and hikes in very special regions. We have time to discover the nature, the culture and tradition and enjoy to get in contact with local people. We walk in small groups, we travel individually and we always are open for all your wishes. No matter if we stay in cabins, in comfortable luxury hotels, if we hike or trek – the most important aspect is to have joyful and relaxing days in an outstanding region.

Mostly the treks are in the Alps. We are very experienced in all the Alps between Nice and Trieste. We also offer trekking in Nepal and Morocco as well as more comfortable hiking & cultural tours in Tirol, Italy and Armenia.

For all friends of wintertime and snow we have fantastic snowshoeing tours. We offer easy to medium trips during which we stay at the same hotel or hut and explore the mountains with snowshoes. We go to the Dolomites and South Tirol.

If you have any need of support regarding your planning, your journey to Europe or some additional holidays please let us know. We will be glad to give you all information and support.

In our calendar we mention cities which we think are worth a visit if you have enough time. Of course we will arrange accommodation, sightseeing guide etc. according to your wishes.

On request we offer you an individually planned trek.

Warm regards

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Gudrun: *I grew up close to the Alps and after studying educational science and some years working at Salzburg University I decided to work as a guide. Meanwhile I have my own business for 14 years. All of my trekking trips are exclusively for women. I like the cooperative and communicative way of all woman groups. Once I did a private trek across the Pyrenees and the Alps from west to east. Kiru and I carried our tent and lived mostly in the mountains. This surely was a great summer and a wonderful experience.*

Kiru B.: *I grew up in Munich. Since I was a child I like to hike in the mountains. I'm also fascinated of the winter-wonder-landscape and love snowshoeing. For me trekking means learning about the nature and the local people. Together with Gudrun I trekked across the Alps which was a special time for me.*

Snowshoe Hiking

January 22 – 29, 2017 - sold out

Additional February 5 – 11, 2017 6 nights, 945 €

Snowshoe hiking week in South Tirol/ Italy

Spend a diversified snowshoe hiking tour in Gsieser valley. Enjoy pure nature, sport and panoramic views!

We'll stay in the charming village of St. Magdalena, located at a sunny altitude of 1400m. The comfortable 3 star hotel is an ideal starting point for interesting snowshoe hiking tours in close vicinity. Away from ski-runs and hectic, we will see the best part of the Gsieser Valley. One day we can take a hike from hut to hut and have a fun toboggan ride, or we could just enjoy a relaxing day. A visit to historical town of Bruneck is also tempting.

The three Hofmann-sisters run their hotel in a casual way and value comfort and a cosy atmosphere. After a day of hiking, the sauna and whirlpool are available to you. And in the evening, the cosy 'Zirbenstube' invites you to enjoy excellent South Tirol traditional food.

Difficulty: easy

Walking time: 4 – 5 hours max.

description: snowshoeing with confirmed accommodation

accommodation: 3 star hotel

how you get there: accessible by train and bus

what you get: 7 x overnight stays, incl. breakfast and dinner - in double rooms (single room possible at extra costs) 3star hotel, incl. sauna, tour guide, transfers and organization of car pools. You can hire equipment at reasonable rates.

The price: € 975

February 18 - 24, 2017 sold out

Snowshoe tour on Fanesalp / Dolomites / South Tirol – Italy

Fanesalp is located south of Bruneck, in the heart of the Dolomites/Italy. Diverse snow shoe tours will take us through Fanes-Senes National Park to exceptional summits. Far from any busy tracks we enjoy nature, winter-light and the great feeling to ascend panoramic peaks or cross white flats. With some luck, we will be able to spend sunny snowshoe days in this vast and untouched touring region. One day we will take part in a fun toboggan ride down to the Restaurant Pederü, or just enjoy the sunny terrace in front of the hut.

Our base will be 'Lavarella-hut', which is well known for its friendly service and atmosphere. Delicious local food will give us strength, and the small sauna invites you to relax after a hiking tour. The comfortable hut is located at 2.050 m in the Fanes Sennes Braies natural park, one of the most astonishing natural paradises of the Dolomites. Its outstanding location makes it an essential goal for every mountain lover. At the heart of the Dolomites UNESCO World Heritage Site, it makes an ideal starting point for a variety of interesting snowshoe excursions.

Difficulty: medium

Walking time: 4 – 6 hours max.

Description: snowshoeing with confirmed accommodation

Accommodation: Lavarella hut

How you get there: accessible by bus or by train

What you get: 6 overnight stays (in nice rooms for 2 or 3 pers.) incl. breakfast and dinner, tour guide, transport of luggage to the hut, organization of car pools,

You can hire equipment at reasonable rates.

The price: 795 €

2017 Hiking

May 23 – June 04, 2017

Exploring the secrets of Armenia

Join us for a fantastic roundtrip through Armenia. We meet in Jerewan and after a day of sightseeing we start our roundtrip, follow the silk-road, visit the eldest churches of the world, learn about the extraordinary culture and of course we will be hiking. We do some easy hikes in this wonderful landscape, along rivers, colorful meadows and through deep forests.

We will travel in our private bus. The hotels are nice and cosy, an extraordinary choice for our splendid trip.

Please ask for further information.

Difficulty: Easy – sometimes partly medium

Walking time: 2 – 4,5 hours max. 5 hours

Description: roundtrip

Where you stay: hotels

How you get there: by plane to Jerewan, Armenia

What you get: 12 x overnight stays, in a double room (single room possible), full-pension (sometimes picnic-lunch), local tour guide and guide from Alpinkreaktiv, transfers in a private bus.

The price: 1895 €

June 10 - 17, 2017

Hiking week in South Tirol - Rittner Plateau / Italy

Walking at your pure pleasure: experience an enjoyable, varied week of hiking in South Tirol with it's bright summer colors. We will walk through forest, cross blooming mountain meadows but will also reach mountainous regions. The hikes are easy and show a wide variety of different aspects. We will learn about the traditional way of life in a mountain village and will visit a bee- museum which is located in one of the eldest houses at Rittner Plateau. We also ascend to summit of Rittner Horn, enjoy panoramic views to Dolomites and other ranges and learn about alpine flora and fauna.

One day we will visit the nearby city Bozen - the so called gate to the Dolomites.

In the comfortable Hotel, we will be thrilled not only by the imposing mountain view, but by the excellent cuisine and the warm atmosphere of the house.

Difficulty: Easy

Walking time: 4 – 5 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: 3 star hotel

How you get there: by train or car, by plane to Munich or Innsbruck

What you get: 7 x overnight stays, incl. breakfast and one meal in a double room (single room possible) 3star hotel, incl. sauna, tour guide, transfers, RittenCard and organization of carpools

The price: 995 €

Can be combined with a visit of Venice or Munich.

June 17 - 24, 2017

Hiking week in Tirol, Austria

Faszinating hiking week in the sunny Hochpustertal, Austria. We are guest in a very comfortable Hotel**** and explore the valleys, summits and outstanding panoramic trails. The meadows are colorful – June is the time of blooming in alpine region. We will see a big variety of beautiful flowers.

Difficulty: Easy - medium

Walking time: 4 – 6 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: 4 star hotel

www.alpinkreaktiv.de

How you get there: by train and bus, by car, by plane to Munich or Innsbruck or Bozen
What you get: 7 x overnight stays, incl. breakfast and one meal in a double room (single room possible) 4star hotel, incl. sauna, tour guide, transfers and organization of carpools
price 1045 €

Can be combined with a visit of Venice, Munich, Salzburg or Vienna.

July 22 – 29, 2017

Hiking week in Isarwinkel – Bavaria, Germany

Bavaria at its best. We enjoy this great area south of Munich for gorgeous day hikes. The evening we will visit a nice beer-garden or have a picnic at Isar river. The hikes are easy and lead us to panoramic summits above this original valley. One day we will visit the nearby city Bad Tölz.

Difficulty: Easy

Walking time: 4 – 5,5 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: very nice Pension

How you get there: by train or car, by plane to Munich

What you get: 7 x overnight stays, incl. breakfast in a double room (single room possible), incl. sauna, tour guide, transfers and organization of carpools

The price: 755 €

Can be combined with a visit of Munich, Salzburg or Vienna.

September 03 - 10, 2017

Hiking in Trentino and Southtirol / Italy - we explore the range of Gsies and Dolomites

Experience an enjoyable, varied week of hiking in Southtirol with its warm autumn colors. We will walk through forest, cross mountain meadows and will reach mountainous regions. A dayhike in the outstanding Dolomites, UNESCO World Heritage Site, is an unforgettable impression. Further we explore several nearby mountains with shiny little lakes and colorful forests. The old trees seem to tell many stories...

In the comfortable familyrun- Hotel ***, we will be thrilled not only by the astonishing views above the valley and into the mountains, but by the excellent cuisine, the sunny terrace and the cosy little sauna and last not least the warm atmosphere of the house.

Difficulty: Easy - medium

Walking time: 4 – 6 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: 3 star hotel

How you get there: by train and bus, by car, by plane to Munich or Innsbruck or Bozen

What you get: 7 x overnight stays, incl. breakfast and one meal in a double room (single room possible) 3star hotel, incl. sauna, tour guide, transfers, organization of carpools

price 1025 €

September 10 - 17, 2017

Via ferrata and hiking in the Dolomites

This week will be something special – we climb to outstanding summits in Dolomites and explore the astonishing landscape of Alta Badia and Cortina region.

We will spend the week in an extremely comfortable and cosy 4 star hotel with Sauna and Spa.

This trek is guided by Gudrun Weikert (mountain guide) in cooperation with Alpinkreativ.

Please ask for further information.

Trekking

July 9 - 19, 2017

Hiking north to south across the astonishing Dolomites - we follow the exceptional route of 'Alta via 1'
Dolomite 'Alta Via' Nr. 1 – from Lake Pragser to Belluno/Italy

The 'Alta Via' Nr.1 crosses the Dolomites in a north-south direction and offers an extremely diverse route of about 140km. The starting point of the track will be the 'Pragser Wildsee', in Pustertal. From there, on our first day, we will hike to Senes-Hütte(hut), which lies at 2000m above sea level, an altitude we will be hiking at during the coming days.

After crossing the Senes and Fanes alps, we will arrive at the base of the impressive climbing walls of Lagazuoi and Tofana, passing wild and romantic mountain lakes, always heading towards the notable Civetta. Walking along the mighty Civetta's north side, we will arrive at 'Vazzoller-Hütte', a hut that presides over a beautifully established alpine garden.

We continue on, heading south into the untouched and pristine regions of the Tamer and Pramperet mountain group. At the Cima Zita, we again reach a height of 2400m, and will find ourselves directly opposite the massive Schiara mountain. The next day, our descent takes us through the Vescova Valley to La Muda, from where we travel a few kilometres by bus to Belluno. In the afternoon we can enjoy the Piazza and the medieval town centre, or we could join a city tour. Our accommodation will be in a centrally located hotel, in the 'old town'. Next morning, we travel by train to Germany. Return flight possible from Venice!

Difficulty: easy – medium

Walking time: 4.5 – 6 hours max., 1 day 7 hours

Description a hike from hut to hut

What you need to be able to: carry 8-10 kg of luggage

Where you stay: cabins (dormitory accommodation) double-rooms in 3star hotel (single room possible – at extra cost)

How you get there: by train from Munich with a group-ticket; flight to Munich, return flight possible from Venice

What you get: 7 x overnight stays in cabins, 2 x overnight stay at hotel in Niederdorf and Belluno, 9x breakfast included, 1 x halfpension tour guide, organisation of train ride and transfers

The price: 1045.- € (with membership card of the Alpenverein); 1095.- € (without)

It is worth to visit Venice, Milano or Firenze - all of them very interesting Italian cities.

August 16 – 27, 2017

Trekking in the fascinating Maritime Alps– Piemont /Italy

We hike across the Maritime Alps with beautiful lakes, green valleys and astonishing high mountains. We follow the Italian GTA and the French GR 52. The track will take us along Mt. Argentera, Mt. Gelas and we will visit the fabulous valley Merveilles - vallée des merveilles /France. The Valley takes its name from thousands of prehistoric engravings on slabs of colored stones, "Ciappe". Of course we will take our time to explore the mountains and the prehistoric engravings.

We will meet in Cuneo. The next day we take a bus to Sant Anna di Valdieri. During the next days we follow a varied trail that will take. We will arrive at charming huts and nice guesthouses. After a day of hiking, the warm and friendly hosts will ensure our comfort, by serving nourishing local cuisine and providing a friendly atmosphere.

On August 26 our descent takes us to Entracque where we will take the bus back to Cuneo. We will have a nice farewell-dinner. Next morning, we travel back by train and airplane. Return flight from Torino.

Difficulty: medium

walking time: 5 – 6,5 hours max.

description: a hike from hut to hut

what you need: to be able to carry 8-10 kg of luggage

where you stay: cabins (dormitory accommodation), guesthouse, double-rooms at a hotel at Cuneo,

how you get there: by train or flight to Torino, train to Cuneo

what you get 9 x overnight stays in cabins or guesthouses, 2 x overnight stay at hotels, 9 x incl. 2 meals (breakfast and dinner), 2 x incl. breakfast, tour guide, organization of transfers

the price 1235 € (with membership card of the Alpenverein); 1310 € (without)

It is worth to visit Torino, Milano or even Venice - all of them very interesting Italian cities.

September 23 – October 7, 2017

Trekking in Morocco with climbing Djebel Toubkal (4167 m) – highest mountain of Northafrica

Fascinating trek in the range of High Atlas. We meet in Marrakech and the next day we have a bus transport to the nearby mountains. During our roundtrip we visit old villages, trek across high passes and explore this wonderful landscape. After one week trekking we are prepared for an extraordinary ascent. With the sunlight we will hike to the summit of Djebel Toubkal (4167 m) which is the highest mountain of Northafrica. We don't have to climb, the ascent is of medium difficulty.

We will trek with a local guide and a team of mule-men and their mules. The tents and our luggage will be carried. It is an extraordinary experience to sleep under this luminous sky and feel the silence of this fantastic mountains. We will sleep in tents and guesthouses.

Difficulty: medium

walking time: 4 – 7 hours max.

description: trekking with baggage service (you just have to carry a day-pack)

where you stay: Hotel at Marrakech, during the trek tent and guesthouses

how you get there: by train or flight to Marrakech

what you get 3 x overnight stays at a comfortable hotel in Marrakech, 8 x overnight stays at a tent, 3 x overnight stays at a guesthouses, in Marrakech 2 x incl. 2 meals (breakfast and dinner), during the trek full-pension, local tour guide, Alpinkreativ guide, local team of cook and mule-men, organization of transfers

the price 1675 €

April 21 - 29, 2017

Trekking along the wild coast of Sardinia, Italy

We hike and climb along the route of Selvaggio Blu, an extraordinary trek from Pedra Longa to Cala Gonone. The demanding trek follows the coastline of the Gulf of Orosei. We enjoy spectacular views, the fascinating bays and steep gorges. 2 nights we sleep in tents and cook our own meals. A bit of team-spirit and strength are necessary, also no fear of heights.

what you get 6 x overnight stays including breakfast at 3star Hotel in Santa Maria Navarrese, transfer by boat and jeep, 1 day climbing instruction

This trek is guided by Gudrun Weikert (mountain guide).

Price 1445 €

Please ask for further information.

Preview 2018

March 30 – April 18, 2018

Trekking in Nepal – 3 weeks Trek to Langtang Valley, the holy Gosainkund Lakes and Helambu, 13 days trekking

Langtang is towards the north of Katmandu and just south of the Tibetan border. It is sandwiched between the main Himalayan range to the north and a slightly lower range of snowy peaks to the south. You will be able to experience the flora and wildlife of the forested lower slopes and then the open views of glaciated peaks in the upper valley. Here there are also the Tamang/Sherpa villages of Langtang and Kyanjin, where traditional lifestyles continue.

Trekking to Langtang and Helambu presents you the unique possibility to watch the Himalayan range from west to east. We will climb to Gosainkund Lakes and many other small lakes situated at the height of more than 4300 mt..

Detailed itinerary and more information on request.

English speaking local guide and German guide from Alpinkreativ (English speaking)

August 17 – September 8, 2018

Trekking in Nepal – 3 weeks Trek to Dolpo and Shey-Phoksundo-Nationalpark , 15 days trekking

Detailed itinerary and more information on request.

English speaking local guide and German guide from Alpinkreativ (English speaking)

General Information

The walking time always describes the tour **without** brakes.

easy

easily walkable ways. If you have fun moving and if you are sure footed, there won't be any problems.

medium

the walking track is easily walkable, there are short passages where we need to be secured. Sure footed and not suffer vertigo is necessary.

challenging

The walking tracks sometimes make it necessary to use your hands and we need to be secured with wire. A good basic condition and experience are obligate. Sure footed and not suffer vertigo is necessary.

Important:

If you are not sure, please don't hesitate to call me. In a personal talk, we will be able to find out, if the picked tour is the right one.

Group size:

Max. 14 persons, with a second guide 16, for snowshoeing max. 10 persons