

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 hut and explore the mountains with snowshoes. We go to the Dolomites in Italy. On request we offer additional snowshoeing for you individually.

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 27 – February 02, 2019

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 hotel is family-run 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: 6 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: € 895

February 17 - 23, 2019

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: 825 €

Trekking

March 28 – April 21, 2019

Trekking in Nepal – Everest Basecamp Trek with Kala Patthar Summit

We follow the old 'Hillary-Route' starting from Shivalaya, close to Jiri in Solu region. Trekking in this very original region means to learn about the nature, the culture and tradition and of course to meet the local people.

We meet in Kathmandu and will enjoy an interesting sightseeing day as well as we settle everything for our trek. We check the equipment and get ready for our big adventure. Today we meet our nepali trekking guide.

The next morning we take a private bus to Shivalaya where we meet our team of porter. The ride is most scenic. We reach the tiny village of Shivalaya and can explore the area. The next day after breakfast, we will begin our trek to the village of Bhandar. The trail offers lovely scenery of countryside. Lush farms, grazing cattle and friendly farmers will greet us on our way up. We will walk past the scenic rhododendron and oak forests. We climb the panoramic Deurali pass before we descend to Bhandar. During the next days we walk through deep forests, cross several suspensions bridges, pass small settlements and enjoy nature.

The next pass we cross is Lamjura La. With an altitude of 3530 m it is the highest point between Jiri and Namche Bazar. The panoramic view from the pass is breathtaking. The same day we reach Junbesi where we can visit Serlo monastery. We hike through colorful forests of pine, blooming magnolia and rhododendron, maple, birch and have a good chance to see many birds, monkeys and deers.

We come closer to the highest peaks of the Himalayan range. Several summits with more than 7000 and 8000 meters get visible – so we can see Mount Everest, Lhotse, Nuptse ... the area we will summit Kala Patthar in some days. Before we have to acclimatize and climb slowly day by day. Our route follows the Dudh Koshi River as we head upward to Khumbu region. We enter Sagarmatha National Park and come across one of the most famous bridges - the Hillary Suspension Bridge before we reach the bazar village Namche Bazaar (3440 m). This is the scheduled 'acclimatization' day for this trek. We spend the day taking a day hike to Khumjung. If we trek a few hundred vertical meter during the day, it will help us to properly acclimatize. We also visit Hillary School which is at the same site.

So we acclimatize well during the first week and are ready to climb higher. We reach Tengboche with its outstanding monastery. At Dingboche (4400 m) we have another day to acclimatize. We will explore a beautiful valley that leads up to Island Peak. Enjoy breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge. The walk is short with a good chance to relax in the afternoon.

Now the trek follows good but rocky pathes up to the icy region right below Mount Everest. We visit the Base Camp and the next morning we start very early to reach the summit of Kala Patthar (5545 m). Just opposite Mount Everest the panoramic view of Kala Patthar is unforgettable. With a little bit of luck we can see the sunrise right behind Mount Everest, Chomolungma how the Tibetan people call it. This summit ascent is optional.

Descending is easy since we come from high altitude. On our way back to Lukla we will be happy to see all the blooming Rhododendron and Magnolia trees. From Lukla we will fly back to Kathmandu and spend some days sightseeing in the old kingtown Bhaktapur, nearby Kathmandu.

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

Detailed itinerary and more information on request.

Difficulty: medium

Walking time: 5 – 7 hours max.

Description: lodge trek, porter take your big luggage

Accommodation: in Kathmandu and Bhaktapur hotel (breakfast included), during trek 3 meals a day and overnight in lodges

How you get there: fly to Kathmandu, all transfers included, also flight from Lukla to Kathmandu included

The price: 3095 €

June 30 – July 10, 2019

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.

July 27 – August 07, 2019

Trekking around Monviso – Piemonte /Italy

Monviso (3841 m), from the Italians called 'Re di pietra' which means 'king of rock' is a mountain with a magic attraction. We walk around Monviso and will visit a spectacular region.

We walk along the Italian GTA and the French GR 58. The track will take us around Monviso and we will visit Piemonte Region /Italy and Queyras Region /France.

We will meet in Pinerolo. The next day we take a bus to Ghigo. The starting point of the track will be about 50 km south-west from Torino. From Ghigo we walk to the Lago Verde hut at 2583 m. A wonderful place at Lake Verde. During the next days we follow a varied round trail that will take us all the way around Monviso. 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 08 our descent takes us through the Pellice Valley back to Pinerolo. Next morning, we travel back by train and airplane. Return flight from Torino.

Difficulty: medium

walking time: 5 – 7 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 Pinerolo,

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

what you get 7 x overnight stays in cabins, 2 x overnight stay at hotels, 2 x overnight stay at guesthouse, 9 x incl. 2 meals (breakfast and dinner), 2 x incl. breakfast, tour guide, organization of transfers

the price 1335 € (with membership card of the Alpenverein); 1405 € (without)

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

August 28 – September 8 2019

Trekking in the fascinating Maritime Alps– Piemonte /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 ; 1295 €

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

September 21 – October 2019

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 breakfast), during the trek full-pension, local tour guide, local team of cook and mule-men, organization of transfers

the price: 1795 €

Climb & trek

April, 2019 (date will be announced soon)

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

difficulty: challenging

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

Price 1325 €

September, 2019 (date will be announced soon)

Via ferrata 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.

Difficulty: challenging

Walking time: 6 – 7 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: very comfortable 4 star hotel

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

What you get: 7 x overnight stays in a double room (single room possible), incl. breakfast and a fantastic dinner, incl. sauna, mountain guide, transfers, 2 x gondola, and organization of carpools

Price: 1325 €

Hiking

May 20 - June 1, 2019 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

www.alpinkreativ.de

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 and trekking guide and assistant guide, transfers in a private bus.

The price: 1455 €

June 02 - 09, 2019

Hiking week in South Tyrol, Italy

Fantastic hiking week in the natural park Puez-Geisler, South Tyrol. More information coming up soon.

Difficulty: Easy - medium

Walking time: 4 – 5,5 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: 3 star hotel

price: 1055 €

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

June 15 - 22, 2019

Hiking week in Tirol, Austria

Fascinating 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. The hotel is a very charming place above Drau Valley. We will enjoy the delicious food and if you feel like having a massage the Spa of our hotel is the perfect place to relax.

Difficulty: Easy - medium

Walking time: 4 – 6 hours max.

Description: hiking tour with confirmed accommodation

Where you stay: 4 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) 4star hotel, incl. sauna, tour guide, transfers and organization of carpools

price 1055 €

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

September, 2019

Hiking week in South Tyrol, Italy

Easy hiking week in the remote Gsieser Valley, South Tirol Details will be announced soon

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