Welcome to Alpinkreaktiv – 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, Morocco and Scandinavia as well as more comfortable hiking & cultural tours in Tirol, Italy and Armenia.

For 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, to South Tirol and Austria. On request we offer additional snowshoeing for you individually.

New: Yoga and hiking in the Alps. Join us for Relaxing yoga and hiking weeks.

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. Ofcourse we will arrange accommodation, sightseeing guide etc. according to your wishes.

On request we offer you an individually planned trek.

Warm regards

and

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.*

For 40 years I follow my Yoga way. Now I study and teach in the tradition of S.T. Krishnamacharya und T.K.V. Desikachar.

Snowshoe Hiking

January 23 – 29, 2022
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: € 940

February 12 – February 19, 2022
Snowshoe hiking week in Tirol/ Austria
Spend a sporty snowshoe hiking tour in Hochpuster valley, Austria. Enjoy pure nature, panoramic views and a cosy hotel!
We'll stay in the historic village of Anras, located at a panoramic altitude of 1260m. The comfortable 4 star hotel is an ideal starting point for interesting snowshoe hiking tours. The hotel is family-run in a casual way and value comfort and a cosy atmosphere. After a day of hiking, the sauna is available to you. Or relax having a fantastic classic or ayurvedic massage. The outstanding food is an additional plus – the excellent kitchen staff brought some awards like Gault & Millau, Falstaff to the gourmet restaurant. They serve a variety of traditional food in a fancy modern way.

The tours are easy to medium and will be in the surrounding of Anras. It is a winter dream and we follow paths to panoramic peaks or into idyllic valleys.

Difficulty: easy - medium
Walking time: 4 – 5,5 hours max.
description: snowshoeing with confirmed accommodation
accommodation: comfortable 4 star hotel
how you get there: accessible by train and bus
what you get: 7 x overnight stays, incl. breakfast, afternoon tea and dinner - in double rooms (single room possible at extra costs) 4star hotel, incl. sauna, tour guide, transfers and organization of car pools. You can hire equipment at reasonable rates.
The price: € 1095

February 19 - 25, 2022
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.
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: 895 €

Hiking

May 15 – 22, 2021
Hiking Week above Bozen, South Tirol / Italy
Relaxing hiking week at the sunny Rittner plateau above Bozen. We enjoy breathtaking views to the Dolomites and exceptional hikes on the green plateau. On easy trails we will reach outstanding places of interest and the summit of Rittner Horn. One day we can visit the city of Bozen with the busy green market and a lot more to see. We are accomodated in a charming hotel which offers comfortable rooms, fantastic traditional food and a small sauna.
It is a perfect week for beginners.

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 and bus, by car, by plane to Munich or Innsbruck or Venice
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 and organization of carpools
The price: 1095 €
Guide: Naciye Deng
Can be combined with a visit of Venice, Munich, Salzburg or Vienna.

June 12 - 19, 2021
and October 02 – 09, 2021
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, afternoon tea and dinner - in double rooms (single room possible at extra costs) 4star hotel, incl. sauna, tour guide, transfers and organization of carpools
price 1125 €
Can be combined with a visit of Venice, Munich, Salzburg or Vienna.

September 12 – 19, 2021
Hiking week in South Tyrol, Italy
Great hiking week in the natural park Puez-Geisler, South Tyrol. We explore this outstanding mountain-region right in the heart of the Dolomites. Villnöss Valley is a traditional and most charming valley close to Bolzano. We enjoy the autumn colors, the fantastic trails and a nice cup of cappuccino after a joyful hike. We will enjoy the comfort of a lovely hotel including the calm garden, the sunny terrace and relaxing sauna.

Difficulty: Easy - medium
Walking time: 4 – 5,5 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 Venice
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 and organization of carpools
price: 1125 €
Can be combined with a visit of Venice, Munich, Salzburg or Vienna.

YOGA & Hiking

August 21 - 28, 2021
Yoga and hiking in Bavaria – Garmisch-Partenkirchen
Join us for a relaxed week full of yoga and easy hikes. We will stay in the Bavarian village Ohlstadt close to Zugspitze and the famous city of Garmisch-Partenkirchen. The charming area is perfect for outstanding but easy hikes. Enjoy Bavaria and its relaxing atmosphere.

Difficulty: Easy - medium
Walking time: 2 – 4, max. 5 hours
Description: hiking tour with confirmed accommodation
Where you stay: 3 star superior 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) 3 star superior hotel, incl. sauna, yoga lessons, tour guide, transfers and organization of carpools
price 1095 €
Can be combined with a visit of Venice, Munich, Salzburg or Vienna.

Trekking

July 04 - 14, 2021

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 Sennes-Hütte(hut), which lies at 2000m above sea level, an altitude we will be hiking at during the coming days.
After crossing the Sennes 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 back home. Return flight possible from Venice.

Difficulty: easy – medium
Walking time: 4.5 – 6 hours max., 1 day 6,5 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: 8 x overnight stays in cabins, 2 x overnight stay at hotel in Niederdorf and Belluno, 9x breakfast included, tour guide, organisation of train ride and transfers
The price: 1175.- € (with membership card of the Alpenverein); 1215.- € (without)
It is worth to visit Venice, Milano or Firenze - all of them very interesting Italian cities.

July 25 – August 05, 2021
Trekking around Monviso – Piemont /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 Piemont 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 1345 € (with membership card of Alpenverein); 1405 € (without)
It is worth to visit Torino, Milano or even Venice - all of them very interesting Italian cities.

August 21 – 28, 2021
Silvretta – challenging trekking close to Silvretta glacier, Austria and Switzerland

We meet at the Silvretta pass and start our week with an outstanding daytrek. Then we will go on to Wiesbadener Hütte and have the option to climb Hohes Rad which provides a panoramic view. During the next days we follow a circle route across these impressive mountains. We reach high alpine regions and get close to fantastic glaciers, sparkling rivers and steep valleys. We have a good chance to see chamois, capricorns, marmots and snow grouses.
You need some hiking experience for this route. You don't have to be a climber but sure-footed and not be afraid of heights. The hotels and huts are simple but with good comfort.

Difficulty: challenging
Walking time: 5 – 6, hours
Description a hike from hut to hut
What you need to be able to: carry 8 kg of luggage, some hiking experience
How you get there: by train and bus, by car, by plane to Munich or Innsbruck or Zurich
What you get: 7 x overnight stays, incl. breakfast and dinner, tour guide, transfers and organization of carpools
price 975 € (with Alpinclub membership, without plus 60 €)
Can be combined with a visit of Zurich or Munich, or lake Constance.

August 19 – 29, 2021 - due to covid cancelled
Trekkingtour from hut to hut in Gränslandet, a wild and protected fjäll-area on the border between Sweden and Norway

On our tour, we will walk through anscient forests, pass seemingly endless lake systems with cristal clear water, walk over mountain tops and marsh land until we reach the lake Femunden, Norway´s largest lake.
We can enjoy the magic colors of the nordic late summer, the abundance of blueberries in the forests, the sauna in some of the huts and maybe a swim in the lake after sauna or on a warm day.
The accomodations are basic but very comfortable, partly huts by the Swedish Hiking Association, partly simple hotels.

Difficulty: easy - medium
walking time: 4 – 8 hours max., mostly 5 – 6 hours
description: a hike from hut to hut
what you need: to be able to carry 10 kg of luggage
where you stay: cabins (dormitory accommodation), guesthouses, ,
how you get there: by flight to Stockholm and train to Mora
the price: 1445 €
Guide: Maria Billinger who lives for many years in Norway and Sweden.
Please ask for more information

September 05 – 12, 2021
Crossalp South route – from South Tirol to Tirano, Italy

What an experience to cross the Alps on a lonely and idyllic route. We start at Reschen pass and follow traditional trails to Poschiavo valley with outstanding views into the glaciers of Bernina range and many impressive mountains. We hike on mostly easy pathes. The hotels and huts are very comfortable.

Difficulty: Easy - medium
Walking time: 5 – 6,5 max. 7 hours
Description a hike from hotel/ hut to hut
What you need to be able to: carry 8kg of luggage
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 dinner, tour guide, transfers and organization of carpools
price 1125 € (with Alpinclub membership, without plus 10 €)
Can be combined with a visit of Venice, Munich, Salzburg or Vienna.

PREVIEW TREKKING 2022

March 26 – April 13, 2022

Trekking in Nepal – Langtang Nationalpark -Gosainkund-Helambu
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..

Difficulty: medium
Walking time: 5 – 7 hours max.
Description: lodge trek, porter take your big luggage
Accommodation: in Kathmandu hotel (breakfast included), during trek 3 meals a day and overnight in lodges
How you get there: fly to Kathmandu, all transfers included,
The price: 2435 €

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

Detailed itinerary and more information on request.

October 22 – November 10, 2022

Trekking Manaslu Circuit
Following the Great Himalayan Trail around Manaslu – 3 weeks trekking and sightseeing, 13 days trekking

Difficulty: challenging
Walking time: mostly 5 – 7 hours, one day around 9 hours
Description: lodge trek, porter take your big luggage
Accommodation: in Kathmandu hotel (breakfast included), during trek 3 meals a day and overnight in lodges
How you get there: fly to Kathmandu, all transfers included,
The price: 2475 €

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

Detailed itinerary and more information on request.

Via ferrata in the Dolomites
On request – please ask for your individual tour

These days in the Dolomites 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 Alpinkreaktiv.

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

We plan and organize your individual tour or trek. Please contact us.

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. 11 persons