

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, 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. I am a yoga teacher and teach in the tradition of S.T. Krishnamacharya und T.K.V. Desikachar.*

## **Snowshoe Hiking**

**January 22 – 28, 2023**

### **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 11 – February 18, 2023**

### **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, organization of car pools. You can hire equipment at reasonable rates.

The price: € 1095

**February 18 - 24, 2023**

**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: 935 €

## **Hiking**

**May 27 – June 03, 2023**

**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 accommodated 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: 1175 €

Guide: Naciye Deng

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

**June 10 – 17, 2023**

**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.

### **June 17 - 24, 2023**

#### **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.

### **October 01 - 08, 2023**

#### **Hiking week in South Tyrol , Italy**

Easy hiking week in the remote Gsieser Valley, South Tirol

Relaxing hiking week in the idyllic Gsieser Valley. We enjoy breathtaking views to the Dolomites and exceptional hikes in the green valley. The easy trails lead us to traditional alp huts which offer typical local food. We enjoy outstanding view from a summit – easy to reach from Sankt Magdalena village which is situated on an altitude of 1400 m at the end of the Gsieser Valley. We are accomodated in a charming hotel which offers comfortable rooms, fantastic food and a small sauna.

Difficulty: Easy - medium

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

price: 1035 €

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

**Faszination Lykischer Höhenweg, Türkei**  
**Wander- und Kulturreise entlang der Lykischen Küste**  
**13. – 22. Oktober 2023**

**YOGA & Hiking**

**June 17 - 24, 2023**

**Yoga and hiking in Tirol – Austria**

Join us for a relaxed week full of yoga and easy hikes. We will stay in Tirol above the Inn valley. We will enjoy the famous Bio-Hotel Grafenast which is a perfect spot for nice hike, relaxing in the garden, enjoying the sunny terrace or the sauna.

Difficulty: Easy - medium

Walking time: 2 – 4, 5

Description: hiking tour with confirmed accommodation

Where you stay: 3 star bio-hotel

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

What you get: 7 x overnight stays, incl. breakfast, small lunch, dinner in a double room (single room possible) 3 star hotel, incl. sauna, yoga lessons, yoga mats, tour guide, transfers and organization of carpools  
price 1165 €

**August 05 - 12, 2023**

**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, yoga mats, tour guide, transfers and organization of carpools  
price 1145 €

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

**September 17 -23, 2023**

**Yoga and hiking in Switzerlang –Müstair Valley**

Fantastic week with yoga and easy hikes at the outstanding Müstair valley. You will learn a lot about the history and tradition of this exceptional area. We visit the 800 years old monastery St. John and will explore all the beauty of this valley.

Difficulty: Easy - medium

Walking time: 2 – 4, 5 hours

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: 6 x overnight stays, incl. breakfast and one meal in a double room (single room possible) 3 star hotel, incl. sauna, yoga lessons, yoga mats, tour guide, transfers and organization of carpools

price 1095 €

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

## Trekking

### July 02 - 12, 2023

#### 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: 1235.- € (with membership card of the Alpenverein); 1275.- € (without)

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

### July 22 – August 02, 2023

#### Trekking from Monviso to the Maritime Alps, 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 follow the Italian GTA to the south, come into Varaita Valley and the spectacular Maira Valley. From here we trek further southwards to reach the famous monastery of Madonna di Vinadio.

We will meet in Pinerolo. The next day we take a bus to Pellice Valley. The starting point of the track will be about 50 km south-west from Torino. After a day of hiking, the warm and friendly hosts will ensure our comfort, by serving nourishing local cuisine and providing a friendly atmosphere.

Difficulty: medium - difficult

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, and at the end at Cuneo

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

what you get 9 x overnight stays in cabins or guesthouse, 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 1375 € (with membership card of Alpenverein); 1405 € (without)

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

**September 09 – 17, 2023**

**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. From Poschiavo village we will explore Bernina glacier by a day-trip combined of a trainride and an exceptional hike along the Bernina Lake and down to the glacier-mills of Cavaglia. At the romantic village of Poschiavo we will stay two nights at the most charming historical Hotel Albrici. 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: 8 x overnight stays, incl. breakfast and dinner, tour guide, transfers and organization of carpools, museum entrance fee

price 1335 € (with membership card of Alpenverein); 1345 € without

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

## **Trekking in Nepal**

**due to covid cancelled – next in 2024**

**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.

[www.alpinkreaktiv.de](http://www.alpinkreaktiv.de)

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: will be announced

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

Detailed itinerary and more information on request.

### **October 21 – November 09, 2023**

#### **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: 2495 €

English speaking local guide and German guide from Alpinkreativ (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 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

**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. 15 persons, with a second guide 16, for snowshoeing max. 11 persons