

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 21 – 27, 2024

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: € 975

February 24 – March 02, 2024

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: € 1145

February 18 - 24, 2024

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.

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: 975 €

Hiking

May 25 – June 01, 2024

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: 1225 €

Guide: Naciye Deng

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

June 09 – 16, 2024

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: 1155 €

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

October 05 - 12, 2024

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: 1065 €

Guide: Naciye Deng

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

YOGA & Hiking

August 03 - 10, 2024

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 – 3,5, once 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 1245 €

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

September 29 – October 05, 2024

Yoga and hiking in Tirol – Austria

Join us for a relaxed week full of yoga and easy hikes. We will stay in Tirol at Obernberg, a hidden village at 1400 m altitude. We will enjoy the outstanding Berghotel Almi's which is a perfect spot for fantastic hikes, relaxing and the sauna.

Difficulty: Easy - medium

Walking time: 2 – 3, 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: 6 x overnight stays, incl. breakfast, 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 1125 €

Trekking

June 30 – July 10, 2024

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: mostly 4.5 – 6 hours max., 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: 1295.- € (with membership card of the Alpenverein); plus 45.- € (without)

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

July 13 – 21, 2024

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 paths. 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 1395 € (with membership card of Alpenverein); plus 10 € without

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

August 15 – 24, 2024

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 ancient forests, pass seemingly endless lake systems with crystal 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 accommodations 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: 1175 €

Guide: Maria Billinger who lives for many years in Norway and Sweden.

Please ask for more information

August 20 – 31 2024

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.

Our descent takes us to Entracque where we will take the bus back to Cuneo. During the afternoon we can explore the old city and enjoy a nice Cappuccino. We will have a tasty 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 1395 € (with membership card of Alpenverein); plus 90 € without
It is worth to visit Torino, Milano or even Venice - all of them very interesting Italian cities.

September 14 – 25, 2024

Trekking im Aladaglar Nationalpark with Mt. Emler (3723 m) and Kappadokien / Turkey

Fantastic trek in the remote Aladagla Nationalpark. Further we explore the unique landscape of Kappadokia.

Difficulty: medium - challenging

Walking time: 5 – 7,5 hours max.

Description: during trekking tent trek, mules take your big luggage; in Kappadokia hotels and private taxi-bus
English speaking local guide and German guide from Alpinkreativ (English speaking)

Detailed itinerary and more information on request.

Trekking in Nepal

March 25 – April 12, 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.

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.

Via ferrata in the Dolomites

On request – please ask for your individual tour

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