

INTERALPEN-HOTEL TYROL

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Hiking Week



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Pure nature in late autumn: exclusive mountain moments in absolute tranquillity

As October draws to a close and the Alps are bathed in warm autumn light, a wonderful serenity descends upon the mountains. The mountain huts have already closed for the winter break, allowing you to enjoy the vast natural surroundings almost entirely undisturbed. Equipped with a packed lunch from our hotel kitchen, these walks become exclusive picnics in the open air.

The gentle slopes, soft forest floors and crystal-clear mountain air strengthen the cardiovascular system and provide the ideal setting for restorative relaxation.

General information

Registration

Please register by 5.00 pm at the latest on the day before at the spa reception or conveniently via our app.

The meeting point for the hikes is at the spa reception on level -1.

Equipment

Sturdy, non-slip footwear and clothing suitable for the weather and temperature.

Entitlement & Security

Please ensure you are physically fit, sure-footed and not prone to vertigo.

Please choose a hike based on the specified level of difficulty.

Notes

The programme is subject to change, particularly due to weather conditions.

Programme overview

Sunday, 25.10.26 – 11.00 am

Pure Karwendel idyll:

a walk to the Eppzirler hut

- Elevation gain: approx. 460 m
- Distance: 12.4 km
- Walking time: approx. 4 hours
- Difficulty: easy to moderate

Monday, 26.10.26 - 11.00 am

Katzenkopf hut

- Elevation gain: approx. 400 m
- Distance: 13 km
- Walking time: approx. 4 hours
- Difficulty: moderate

Tuesday, 27.10.26 - 11.00 am

Rauth hut

Alpine retreat with panoramic views

- Elevation gain: approx. 400 m
- Distance: 13 km
- Walking time: approx. 4 hours
- Difficulty: moderate

Wednesday, 28.10.26 - 11.00 am

Grünkopf via the Franzosensteig,

Mittenwald

- Elevation gain: approx. 650 m
- Distance: 10 km
- Walking time: approx. 4 hours
- Difficulty: moderate

The tours require sure-footedness and a good head for heights

Programme overview

Thursday, 29.10.26 – 11.00 am

*A traditional Wetterstein atmosphere:
the route to the Wangalm*

- Elevation gain: approx. 550 m
- Distance: 8 km
- Walking time: 4 hours
- Difficulty: moderate

Friday, 30.10.26 - 11.00 am

*Gleirschklamm Circular Walk:
turquoise-blue water and spectacular
rock faces*

- Elevation gain: approx. 390 m
- Distance: 13 km
- Walking time: approx. 4 hours
- Difficulty: moderate

Saturday, 31.10.26 - 11.00 am

Visit to the Zottlhof farm

- Meeting point : UG 3
- Distance: approx. 4 km
- Walking time: approx. 45 minutes
- Difficulty: easy
- Return shuttle: at approx.
1.45 pm–2.00 pm

All tours include a packed lunch

Programme details



Sunday, 25.10.26 - 11.00 am

Eppzirler hut

Elevation gain: approx. 460 m

Distance: 12.4 km

Walking time: approx. 4 hours

Difficulty: easy to moderate

We begin our hiking week with a walk to the Eppzirler hut, deep within the Karwendel Nature Park. The gently ascending path from Gießenbach takes us through a stunning valley, whilst with every metre of altitude we leave the hustle and bustle of everyday life behind us. At the end of the unspoilt valley, a sheltered rest area awaits us, surrounded by imposing mountain peaks and alpine tranquillity.



Programme details



Monday, 26.10.26 - 11.00 am

Katzenkopf

Elevation gain: approx. 400 m

Distance: 13 km

Walking time: approx. 4 hours

Difficulty: moderate

Today's programme features a mindful, grounding hike. The idyllic route takes us through the unspoilt Wildmoos area and the tranquil Fludertal valley. At the Katzenkopf, we'll enjoy the peaceful forest clearing and recharge our batteries for the days ahead.

Tuesday, 27.10.26 - 11.00 am

Rauth hut

Elevation gain: approx. 400 m

Distance: 13 km

Walking time: approx. 4 hours

Difficulty: moderate

Breathe in the crisp mountain air and leave the hustle and bustle of everyday life behind. The walk to the Rauth hut starts in Buchen and winds its way through picturesque forests, rewarding us with a breathtaking panoramic view over the Inn Valley. On this circular route, which is around 13 kilometres long, we experience the power of the mountains step by step.



Programme details



Wednesday, 28.10.26 - 11.00 am

Grünkopf via the Franzosensteig, Mittenwald

Elevation gain: approx. 650 m

Distance: 10 km

Walking time: approx. 4 hours

Difficulty: moderate

Today, we combine the experience of alpine nature with a touch of history. The historic Franzosensteig trail leads through dense mountain forests to the summit of Grünkopf, standing at 1,587 metres. The fresh forest air invigorates us, before we are treated to a clear view of the peaks of the Karwendel and Wetterstein ranges from the summit cross.

Thursday, 29.10.26 – 11.00 am

Walk to the Wangalm

Elevation gain: approx. 550 m

Distance: 8 km

Walking time: approx. 4 hours

Difficulty: moderate

This picturesque walk takes us into the high-alpine Leutasch Valley. We hike uphill along forest tracks and rustic paths to the foot of the rugged rock faces of the Scharnitzspitze. The impressive backdrop of the Wetterstein Mountains invites you to take a deep breath – and to savour your sporting achievement in a peaceful atmosphere.



Programme details



Friday, 30.10.26 - 11.00 am

Gleirschklamm Walk: turquoise-blue water and spectacular rock faces

Elevation gain: approx. 390 m

Distance: 13 km

Walking time: approx. 4 hours

Difficulty: moderate

Join us as we explore the unspoilt Gleirsch Gorge. We'll walk along narrow wooden walkways, small bridges and secured rocky paths, following the course of the roaring, crystal-clear water. Accompanied by the sound of the river and the autumnal colours of the forest, we'll experience the power of nature up close.

Saturday, 31.10.26 - 11.00 am

Visit to the Zottlhof farm

Meeting point: UG 3

Distance: approx. 4 km

Walking time: approx. 45 minutes

Return shuttle: at approx. 1.45 pm–2.00 pm

The walk starts right outside the hotel and leads to the idyllically situated Zottlhof. There, we'll gain fascinating insights into sustainable farming practices and experience the special bond between people, animals and nature. Interacting with the animals – including gently feeding them, if you wish – makes the outing an authentic and relaxing experience of nature.



