



The Ötzi-Trek - Crossing the Alps in the footsteps of the ice man

Highlights

- > Cross the Alps in the footsteps of Ötzi
- > Experience the location at the edge of the glacier up close
- > Discover mysterious places of the early Alpine inhabitants

Profile

- > From accommodation to accommodation
- > 8-Day Trekking in Difficulty 4
- > Good condition, surefootedness and a little head for heights required
- > With luggage transport

Service

- > 7 nights in selected 3 and 4 star hotels, rooms with bath/shower and WC
- > 7x breakfast, 6x dinner
- > Luggage transfer from hotel to hotel
- > Ötzi Trek app with GPS data and background information on the hikes and sights
- > Detailed route description and maps
- > Ötztal Inside Summer Card
- > Bolzano Card (including admission to the South Tyrolean Museum of Archaeology with exhibition of the Ötzi mummy)
- > €30,- Jack Wolfskin voucher (booking until 31.08.2022)
- > ASI tour book
- > CO2 compensation of all travel emissions

Cross the Alps in the footsteps of the ice man. Experience an exciting crossing of the Alps on the paths of Ötzi through a fantastic mountain landscape. Hike through mystical bogs, past mysterious places of sacrifice, over lonely mountain passes up to the border of the eternal ice. Your route leads from Landeck over the Kaunergrat and the violin ridge to Ötztal. Here you climb up to the edge of the glaciers and reach Tisenjoch in 3,210 m above sea level is the place where Ötzi was buried under the eternal ice. Now it goes down into the Val Venosta to South Tyrol, where the ice man comes from.



Trip type
Trekking trips, hiking trips

Minimum number of participants
from 2 persons

Countries visited
Austria, Italy

Length of trip
7 days

Travel Code
2ATINN40

Day 1 Welcome to Landeck at the entrance of the Oberinntal

You will travel individually to Landeck. We recommend the train – this is relaxed and you can drive from the end of the alpine crossing directly back to your hometown. In the afternoon you can explore the small town, for example the castle Landeck or the castle ruins Schrofenstein.

🍴 Meals
Dinner

🏠 Accommodation
Hotel Enzian ★★ ★★ or similar
Adamhofgasse 6
6500 Landeck

Day 2 Old Celtic paths, a mysterious place of sacrifice and a mystical moor

From Landeck you hike on old trade routes of the Celts, councils and Romans up to the burnt offering place at the Piller Sattel (1,559 m). Until 1800 BC animals, weapons, fibulae, jewellery and coins were sacrificed to the gods here. Along the way you will pass the Piller Moor, an archive of vegetation and climate history, which is up to 15 m deep. At the pass transition between the Oberinntal and the Pitztal, you can enjoy a wide panorama of the western Tyrolean mountains at the viewpoint Gacher Blick and experience the deep view of the Inn flowing almost vertically underneath you.

Daily tour

⬆️ Ascent approx. 850 m ⬇️ Descent approx. 100 m Ⓜ Distance approx. 12.5 km ⌚ Walking time approx. 04:30 h

🍴 Meals
breakfast, dinner

🏠 Accommodation
Hotel Pitztaler Hof ★ ★★ or similar
Oberdorf 215
6473 Wenus im Pitztal AT

Day 3 On lonely shepherd's paths from the Pitztal to the Ötztal

In the morning, the cable car will take you to the summit of the Six Hands. This is where your journey today starts via the foothills of the violin ridge, where you can experience the silence, peace and solitude of the Alps, as Ötzi will have found in his day. Over the 2,600 m high pass between Karkopf and Murmentenkar Spitze, the shepherd and hunter trails lead you through a high alpine landscape past the lonely Tumpenseen to the Tumpenalp, high above the Ötztal.

Daily tour

⬆️ Ascent approx. 650 m ⬇️ Descent approx. 1200 m Ⓜ Distance approx. 12 km ⌚ Walking time approx. 05:30 h

🍴 Meals
breakfast, dinner

🏠 Accommodation
Hotel Johanna ★★ ★★ or similar
Höchleweg 2
6441 Umhausen



Day 4 Past the huge Stuibenfall to the rock labyrinth on the Tauferberg

Along the highest waterfall in Tyrol, your path leads up to the Tauferberg. An impressive staircase construction allows the ascent almost directly next to the water masses. 9,000 years ago, one of the largest mountain falls in the Eastern Alps buried the Ötztal valley between Längenfeld and Umhausen and at the same time piled up the Tauferberg. The spirits separate, whether trigger was a meteorite impact or the glacier decline. The high plateau with its unique vegetation and the alternation between stone blocks, caves and viewpoints provides material for myths and stories.

Daily tour

⬆️ Ascent approx. 875 m ⬇️ Descent approx. 750 m Ⓜ Distance approx. 12 km ⌚ Walking time approx. 05:00 h

🍴 Meals
breakfast, dinner

🏠 Accommodation
Hotel Erhart ★★ ★★ or similar
Windaustraße 24
6450 Sölden

Day 5 An overview of the eternal ice: from the Tiefenbach Glacier to the mountaineering village of Vent

The highest point of your hike in Ötzi's footsteps is today's start of the day. The cable car takes you to the 3,244 m high Tiefenbachkogel and gives you a view of a unique glacier scenery. The mighty ice masses of the Mittelbergferner are dominated by the Wildspitze (3,768 m). After this enjoyment of the landscape at the beginning, you hike on a panoramic high-altitude trail with a view of a large number of Ötztal's three-thousanders to above the mountaineering village of Vent.

Daily tour

⬆️ Ascent approx. 375 m ⬇️ Descent approx. 550 m Ⓜ Distance approx. 10 km ⌚ Walking time approx. 04:00 h

🍴 Meals
breakfast, dinner

🏠 Accommodation
Hotel Macun ★★ ★★ or similar
Marzellweg 17
6458 Vent AT

Day 6 The Ötzi site

A unique experience awaits you today. Overlooking the striking summit of the Similaun (3,599 m), you hike from Vent to the Martin-Busch-Hütte. Here you can take a first break. Now it goes through increasingly sparse scree landscape further upwards. Your destination is the Tisenjoch, where Ötzi was seriously injured at an altitude of 3200 m in the incipient blizzard between two rocks and died. The snow that fell over him remained lying there and over the years turned into glacial ice – it was the beginning of a new cold season. Only 5250 years later, in the summer of 1991, the ice thawed again and released the mummy. Pass the Similaunhütte (3,019 m) and descend into the Val Senales, where Ötzi came from.

Daily tour

↗ Ascent approx. 1300 m	↘ Descent approx. 1500 m	S Distance approx. 19 km	🕒 Walking time approx. 09:00 h
🍴 Meals breakfast, dinner	🏠 Accommodation Selected 3* or 4* hotel		

Day 6 The Ötzi site

A unique experience awaits you today. Overlooking the striking summit of the Similaun (3,599 m), you hike from Vent to the Martin-Busch-Hütte. Here you can take a first break. Now it goes through increasingly sparse scree landscape further upwards. Your destination is the Tisenjoch, where Ötzi was seriously injured at an altitude of 3200 m in the incipient blizzard between two rocks and died. The snow that fell over him remained lying there and over the years turned into glacial ice – it was the beginning of a new cold season. Only 5250 years later, in the summer of 1991, the ice thawed again and released the mummy. Pass the Similaunhütte (3,019 m) and descend into the Val Senales, where Ötzi came from.

Daily tour

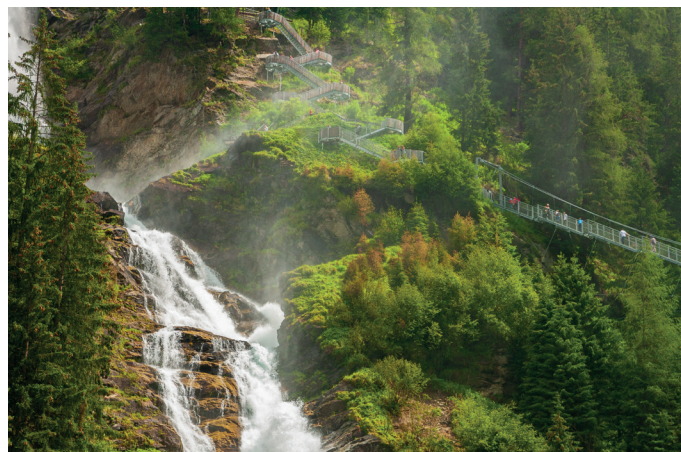
↗ Ascent approx. 1300 m	↘ Descent approx. 1500 m	S Distance approx. 19 km	🕒 Walking time approx. 09:00 h
🍴 Meals breakfast, dinner	🏠 Accommodation Selected 3* or 4* hotel		

Day 7 In the footsteps of early history from Val Senales to Bolzano

After the exhausting day before, today is an opportunity to relax. In the archeoParc in Val Senales you can discover how the man from the ice lived 5,300 years ago. Along old whale trails, which have been used for irrigation since time immemorial, and hidden sacrificial stones, you hike down into the Val Venosta, from where you drive to Bolzano. Here you should definitely enjoy the evening flair in the old town with its alleys and cozy inns.

Daily tour

↗ Ascent approx. 450 m	↘ Descent approx. 600 m	S Distance approx. 6 km	🕒 Walking time approx. 03:00 h
🍴 Meals breakfast	🏠 Accommodation Hotel Post Gries ★★★ Freiheitsstraße 117 39100 Bolzano IT		



Day 8 Farewell visit to the real Ötzi

Before you go home, it's time to say goodbye to Ötzi. In the South Tyrolean Museum of Archaeology in Bolzano you can visit the original finds and the history of the man from the ice. The highlight is the real Ötzi mummy, which can be viewed in an air-conditioned display case. Then you can either drive back to the starting point in Landeck or directly to your hometown. Or you can extend it for another day or two and explore Bolzano and the surrounding area on your own.

Daily tour

🍴 Meals Breakfast
