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**AMC ADVENTURE TRAVEL**

Volunteer-Led Excursions Worldwide

# The Dream Way: Trekking Munich–Venice Part I

**July 17 - 30, 2023**

**Trip #2332**



Der Traumpfad (“Dream Way” in German) from München to Venedig is like a modern-day pilgrimage—a long walk to an iconic destination but without the religious overtones. It is one of the most popular trans-alpine treks, but little known outside the German speaking world. [Prolific guide book author John Hayes](#) writes that he has “crossed the Alps on foot many other times but this was the best.”

The “Dream Way” links two of Europe’s most iconic destinations with a journey across some of the best scenery in the Alps. From the heart of Bavaria, from biertgartens, wurst, and lederhosen, to the Adriatic and prosecco, fritto misto and tiramisù—it’s a journey across cultures as well as mountains.

The route’s origin has a unique history. Rather than being developed by a national alpine club, it was the invention of just one German man, Ludwig Grassler. The final route plan was set in 1974. Just like Wainwright’s famous ‘coast-to-coast’ walk across England, one man’s vision has resulted in many thousands of hikers following this route each year.

## One Journey in Two Parts over Two Years

The entire trail is 569 km (353 mi) with 30,290 m (99,376 ft) of elevation change.

To manage the itinerary within the typically available vacation time of two weeks, we plan to section walk the trail over two years, two weeks per year: in 2023 from Munich in Germany, through Austria, to Pfunders in Italy. In 2024 we continue through the Dolomites to Venice. We will use public transportation to traverse some of the flatter, less interesting parts of the journey. Participants in Part I will have priority to register for Part II.



*Note: We are using the Cicerone guidebook, [Trekking Munich to Venice by John Hayes](#).*

## Trip Itinerary and Description

We will meet in Munich, a major airport hub, skip the initial flat section to Bad Tölz, follow the Dream Way, stop along the way for a day of local hiking/cultural opportunities in Innsbruck, and finish fourteen days later in Pfunders, Italy.



Zillertaler Alps [courtesy Marcus Rahm]

To ease our adjustment to the new time zone we will spend the first evening in Munich. Aside from the travel days of arrival and departure, we will hike every day with a typical altitude gain of 850 m (2788 ft) and a distance covered of 16 km (10 miles). We will be outdoors eight hours per day of which six hours are hiking and the balance for lunch, taking pictures, & smelling the fresh air. The trip is a true alpine experience containing sections with exposure, use of cables for security, short ladder sections, etc. This trip is aimed at seasoned trekkers and is rated [strenuous](#).

## Lodging

We will spend every night in either hotels or mountain huts. Blankets and pillows will be provided. Participants must bring a sleeping bag liner (sleep sack) to use instead of sheets. Accommodations are typically in a bunk room with 4–12 people of mixed gender. Mattresses are either side-by-side or in



two-level bunk beds. Alternatively, we may sometimes have two persons (same gender) per room sharing two adjacent mattresses in a single bed frame.



Opererhütte [courtesy Frederich Boehringer]

## Itinerary

Day	Activities
Sunday, July 16, 2022	Depart USA to Munich (MUC)
Monday, July 17 <i>Munich</i>	Arrive in Munich. Settle in. On-your-own tour town, Deutsches Museum, BMW factory, English Garden, & Marienplatz.
Tuesday, July 18 <i>Tutzinger Hütte</i>  ↺book time 5:00 (hr:min)   ↪distance 19.5 km ⬆ascent 350 m   ⬇descent 570 m	Post office to mail extra gear to the final destination. Train to Bad Tölz. Walk along the River Isar path. Cable car to Brauneckhaus avoids steep forest climb. Walk on ridge ascending & descending mini-summits. Several places have ladders & fixed ropes—first of many on the Traumpfad.

<p>Wednesday, July 19 <i>Vorderriß</i></p> <p>↺ 7:20 → 18.0 km ↑ 710 m ↓ 1,270 m</p>	<p>Warm up on the mountain side climb. Descent through a path of mixed deciduous &amp; coniferous trees, river, &amp; waterfall. Continue through meadows &amp; farmsteads. Climb to Rißattel pass for excellent views before steep descent to hut.</p>
<p>Thursday, July 20 <i>Karwendelhaus</i></p> <p>↺ 7:10 → 24.0 km ↑ 1,050 m ↓ 50 m</p>	<p>Cross the border into Austria. Enter Karwendel National Park. The scenery is truly spectacular. The entire day is one long mellow climb that gets progressively steeper as we reach Hochalmsattel pass, 15 minutes before the hut.</p>
<p>Friday, July 21 <i>Hallerangerhaus</i></p> <p>↺ 5:30 → 16.5 km ↑ 796 m ↓ 56 m</p>	<p>Taxi transfer to Gasthaus Wiesenhof just outside of Scharnitz. Gentle climb along the valley on forest route 224 to Kastenalm, a traditional farmhouse serving beer, buttermilk, cold meat, &amp; cake. Continue through alpine meadow. Deutscher Alpenverein flag on our hut visible ahead.</p>
<p>Saturday, July 22 <i>Wattens</i></p> <p>↺ 6:10 → 19.0 km ↑ 440 m ↓ 1,460 m</p>	<p>Climb 300 m to Laftcherjoch at 2,081 m to view Inn river valley &amp; Tux alps. Rest of the day is mostly long mild descents. Food stop at St Magdalena. Most of the original monastery was destroyed in an earthquake in the 17<sup>th</sup> century. Wattens is a small industrial town home to the Swarovski glass-cutting factory &amp; Crystal Worlds visitor center.</p>
<p>Sunday, July 23 <i>Wattens</i></p>	<p>Rest day. Several options within 15 minutes of Wattens: 1) Innsbruck was the capital of Tyrol, the region through which folks hiked in the middle ages. It became an important part of Austria in the 1500's. Until WWI the Tyrol encompassed the Dolomites. Even though today they belong to Italy, they are still known as Sud-Tyrol. We will visit them in Part II. Innsbruck highlights include the magnificent Dom zu St Jakob church, the Imperial Palace, the historic pedestrian center, Schloss Ambras overlooking Innsbruck, the <a href="#">Goldenes Dachl</a> and the <a href="#">Nordkette cable car</a> to the mountains above Innsbruck. 2) <a href="#">Hall in Tirol</a> - center of the historically significant salt mining industry that began in the middle ages. Historic town, fascinating salt mining museum</p>
<p>Monday, July 24 <i>Lizumer Hütte</i></p> <p>↺ 7:40 → 17.0 km ↑ 1,760 m ↓ 210 m</p>	<p>The walk up the valley is best described as pleasant rather than exciting. Initially on the side of the valley the route passes through old farming villages, some of which now have a suburban feel. It drops down,</p>

	tracking a river through conifers, before climbing into an open alpine landscape and then making the final approach to the hut.
<p>Tuesday, July 25 <i>Tuxer Joch Haus</i></p> <p>🔄 6:30 ➡ 10.0 km ⬆ 1,140 m ⬇ 870 m</p>	Complete the Tux alps traverse to welcome the Zillertal alps. Climb to Geierjoch at 2,743 m. Walk gentle contour around the head of a valley featuring a glacial lake for an opportunity to swim. Climb to Gschützspizsatter at 2,657 m. Steep descent along a grassy mountainside down a valley bedecked with waterfalls. Final climb to hut with great views of Hintertux glacier.
<p>Wednesday, July 26 <i>Olpererhütte</i></p> <p>🔄 6:30 ➡ 11.0 km ⬆ 1,100 m ⬇ 500 m</p>	Highlight is Friesenbergscharte at 2,904 m through confined space between the Hoher Riffler at 3,231 m & the Gefrorene-Wand-Spitzen at 3,288 m. Climb alongside a rapidly retreating glacier. Descend from the pass on a stretch of sustained steel cable assisted walking. Merge with Berliner Höhenweg, one of the most well-known & alluring trails in Austria. Cross a suspension bridge just before the hut.
<p>Thursday, July 27 <i>Stein</i></p> <p>🔄 5:30 ➡ 13.0 km ⬆ 400 m ⬇ 1,310 m</p>	Walk on a beautifully engineered contour path known as the Panorama Höhenweg - it is a pure delight. Like most contour paths in the Alps the route is far from flat and, as it meanders its way into side valleys & around streams, it does not feel very direct either. However, the constant views east into the highest mountains of the Zillertal are a great reward.
<p>Friday, July 28 <i>Hochfeilerhütte</i></p> <p>🔄 5:30 ➡ 8.5 km ⬆ 1,192 m ⬇ 30 m</p>	In Italy, with glimpses of the Dolomites, it is tempting to think that the last lap has started, at least for our walk this year. Amazing views of the Hochfeiler, the highest mountain in the Zillertal Alps, & Höher Weißzint and the glacier that flows down it. Our hut at 2,715 m practices "Cooking with love provides food for the soul".
<p>Saturday, July 29 <i>Bressanone</i></p> <p>🔄 6:00 ➡ 18.0 km ⬆ 483 m ⬇ 2,028 m</p>	After a short descent from the hut, the real work begins as the route climbs steeply but steadily up to the Gliderschartl at 2,644 m. Continue south from the pass to the little glacial lake, where hardy swimmers might be tempted to take a dip. Look south to the horizon where in good weather the distinct profile of the Dolomites should be visible. Arrive Pfunders after a long descent. Bus to Bressanone.



Sunday, July 30, 2022

Bus or train to the airport. Flight to the USA.

## Terms and Conditions

Information regarding the AMC Adventure Travel Terms and Conditions and items listed below can be found at [Adventure Travel Terms and Conditions](#).

- Cancellation Policy
- Leaders' Right to Change Itinerary
- Leaders' Expectations of Participants
- Trip Price
- Passports and Travel Documents
- Safety
- AMC Activity Rating System

## Trip Price

The AMC member trip price is \$2,920. The non-member price is \$3,020. To join the AMC, click [here](#).

A deposit of US \$1,000 is due with application. Balance will be due by March 1, 2023.



Karwendelhaus [courtesy Andreas Ruech]

**Trip Price Includes:**

- Thirteen nights of lodging.
- Breakfast and dinner for the entire trip, not including travel days, starting with dinner on Monday July 17, 2023 through breakfast on Sunday July 30, 2023.
- All transport within the trip including buses, taxis, & cable cars.
- Emergency medical & evacuation insurance coverage.

**Does not include:**

- Airfare. We estimate the cost for a round trip ticket between Boston & Munich about \$1,400.
- Lunches, beverages & incidental expenses.
- Local transport between arrival airport & beginning of the trip.
- Local transport between the end of the trip & the departure airport.
- Local transportation and activities on Sunday, July 23 (rest day in Wattens)
- Insurance for travel delay, interruption, cancellation, or for baggage loss.

**Application Process**

We anticipate a group size of 12 people, (10 participants and 2 leaders). This trip is likely to fill quickly. If you are interested, you should apply as soon as possible.



Bressanone town festival [courtesy Stephen Cohen]



## To Apply:

1. Complete, and submit the online application:  
Link: [Application for Dreamway](#)
2. Mail your \$1000 deposit check (payable to **Appalachian Mountain Club**) to:  
Larry Yetter  
277 East Dunstable Road  
Nashua NH 03062

You will not be accepted and your check will not be deposited until the leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from wait-listed applicants will not be cashed until a spot is available, the applicant is accepted onto the trip, and they confirm their continued interest.

## Participant Profile

*Compatibility.* You should enjoy traveling with a group for extended periods of time and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we guarantee that you will have a great time!

*Hiking fitness.* This is a [strenuous](#) hike, suitable for those with recent hiking experience and at least intermediate to advanced hiking skills. While no technical climbing is required, the trek has rugged and difficult sections. Participants should be comfortable with trails that have steep drop-offs. There is a possibility of stream crossings. While the pace will be moderate, you should be able to be active up to 5-7 hours per day, with brief breaks, for multiple back-to-back days, with a typical altitude gain of 2,788 ft and an average distance of 10 miles per day.

*Backpack:* Since breakfast, dinner and lodging are provided, we will be traveling light, with backpacks in the range of 20-25 pounds fully loaded. What you need for the 12 days of trekking, you will need to carry in your backpack\*. Typical daily treks will include five to seven hours of hike time excluding breaks, with between 6 and 12 miles and an altitude gain between 200-1150 m.

*Covid-related:* You must feel comfortable traveling during a pandemic. AMC requires that all leaders and trip participants be fully vaccinated (per CDC guidelines). In addition, you must be able/willing to comply with any Covid protocols that may be required by Germany, Austria and Italy.

*\*A packing list will be provided at a later time.*

## Leaders



**Larry Yetter** is an active AMC leader with Adventure Travel and NH Excursions (Hiking) committee. He leads hikes in New England throughout all four seasons and is director of the AMC NH Winter Hiking Series and past chair of the Excursions Committee. Larry has completed the “grid” of the NH 4,000 footers which equates to hiking each peak in every calendar month. He has lived in four countries outside of the US and visited over 40 others located on all seven continents. He has led Adventure Travel trips to Switzerland, Southwest US and the Great Smoky Mountains. He looks forward to exploring this area with the participants on this

trip. [Yetter95@gmail.com](mailto:Yetter95@gmail.com), c/ (713) 724-2856

**Beth Zimmer** has been an active year-round AMC hike leader and instructor since 2012. She leads for AMC Adventure Travel, AMC August Camp and in her role as hike leader in the NH Chapter, Beth has conducted well over a hundred hikes, backpacks, workshops and outings. Beth also serves on the AMC Board of Directors, as Regional Director North. She has hiked all of the NH four-thousand footers in all four seasons, hiked all of the trails in the AMC White Mountain Guide, and has completed the NH500 highest, a bushwhacking achievement. She has traveled extensively throughout Central and South America as well as to other regions. Favorite highlight trips for her include hiking in the Swiss Alps and hiking Hadrian's Wall Path in the UK. [btzmr@gmail.com](mailto:btzmr@gmail.com), c/ (603) 707-9498

