



Germany - Salzalpensteig Path I Hiking Tour (2025)
Individual Self-Guided
8 days/7 nights



The new extensive hiking path 'Salzalpensteig' takes you along old former paths, on which salt was transported, commencing from the pretty banks of Lake Chiemsee, the 'Bavarian Sea', all the way to Lake Königssee, the 'Bavarian Fjord'. Walk along idyllic forest and rural tracks through a quaint but also charming landscape with small villages, characteristic farm houses and cow pastures. Not only popular holiday destinations such as Bergen, known for the cable car on the panorama mountain Hochfelln, the famous biathlon village of Ruhpolding and the historic salt/saline village Bad Reichenhall await on your hiking week, but also unique high altitude hikes with magnificent views onto the 'Wilder Kaiser' mountain, the Chiemgauer Alps and last but not least the 'Steinerne Meer' mountain range with the two summits Watzmann and Hochkönig. In the course of your tour you come across plenty of huts and Alps for a well-earned break and to sample some of the regional delicacies. During your hiking week through the 'Bavarian Salt-Alps', you will also learn many things worth knowing about the four Bavarian brine pipelines, about culture, history and traditions of the Salt Alps population.



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Itinerary

Day 1: Individual journey to Lake Chiemsee - Arrival In Prien/ Surroundings



Day 2: Prien/Environs – Marquartstein 21 km + 490 m – 470 m

The tour starts with a comfortable walk along the incredibly picturesque lakeside of Lake Chiemsee, through tranquil nature reserves near the reed belt. You encounter a charming landscape with little forest paths and typical Bavarian farm houses dotted around on your route to Marquartstein.

Day 3: Marquartstein – Bergen 17 km + 800 m – 700 m

Today prepare for an idyllic alpine pasture tour. After the ascent to the Schnappenkirchlein, where you have the best views of Lake Chiemsee, there are numerous Alps inviting you for a break. The

route continues past grazing cattle with views to steep summit flanks, then through lush meadows and shady forests into the well-known holiday resort Bergen.

Day 4: Bergen – Ruhpolding 14 km + 150 m – 1100 m

A breezy cable car ride will take you to Hochfelln, where you will visit the Taborkircherl and the impressive summit cross and enjoy a fantastic view of the Central Alps. About pastures and forest roads, it goes down into the mystical fairy tale forest. Soon after you reach Ruhpolding, the popular resort in the middle of the Chiemgau Alps.



Day 5: Ruhpolding – Inzell 18 km + 110 m – 990 m

Along the river Ache to Lake Taubensee and from there a cable car ascent onto the Rauschberg with magnificent panoramic views. The descent leads via alpine pastures and past steep rock faces, before you walk on forest and rural trails all the way to the climatic health resort Inzell. The typical Bavarian flair and the views onto the surrounding summits are best enjoyed with a cool 'Maß' (1 litre) of beer in your hand.



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995



hubertus-thumsee.de

Day 6: Inzell – Bad Reichenhall 20 km + 400 m – 600 m

Walk along the path of the brine pipelines and through the idyllic Höllenbachalm, where you can taste fresh dairy products from the local grazing cattle. The Salt Path leads you above the cute little mountain lake Thumsee, along forest paths with a view onto Bad Reichenhall. Past the Old Saltworks you reach this beautiful salt health resort, where the Rupertus Thermal spa invites your muscles

Day 7: Bad Reichenhall – Lake Königssee 17 km + 1100 m – 1110 m

Short train ride and then ascent to a glorious and remote forest area. High altitude paths with incredible panoramic views lead you along the mountainside with the 'Steinerne Meer' mountain range and the two summits Watzmann and Hochkönig in front of you. Then a short section along the brine pipeline path, before you ascend through the forest to the Grünstein Mountain. Glistening deep down below you is Lake Königssee, green in colour, with boat houses and little boats, set amidst the national park Berchtesgaden and is the picturesque finish of your hiking holiday.



Day 8: Individual departure or extra day





**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Route



Technical Characteristics:

Route Profile: Moderate. A week rich in variety with hiking tours along the old salt paths with a duration each of up to 6 hours. On some days surefootedness and a head for heights are required. You walk across picturesque mountain scenery with views onto steep, jagged peaks, two marvelous lakes, gushing mountain streams and gorges.

Total Distance: 106 km

Travel Season: Fridays, Saturdays and Sundays from 23.05. to 28.09.

Season 1: 23.05. – 05.06. | 08.09. – 28.09.

Season 2: 06.06. – 29.06. | 25.08. – 07.09.

Season 3: 30.06. – 24.08.



Prices per person: *all prices subject to confirmation on booking*

Season 1 Double Occupancy B&B	€979
Season 2 Double Occupancy B&B	€1029
Season 3 Double Occupancy B&B	€1129
Single Room Surcharge	€219
Extra Nights Chiemsee Double Occupancy B&B S	€89
Extra Nights Chiemsee Single Room Surcharge	€ 39

Accommodation:

Category: 3*** hotels and country hotels

Included:

- 7 overnight stays, as indicated, breakfast included
- Luggage transfer
- Welcome meeting
- Cable car ascent Hochfelln
- Cable car ascent Rauschberg
- Ruhpolding Card with countless services included
- Entry old salt works in Bad Reichenhall
- Carefully planned route description
- Detailed travel documents 1 per room
- Navigation APP and GPS data
- Service hotline

Not Included:

- Public bus fares approx. € 6 per person.
- Any visitor's taxes, payable locally
- Organized return transfer to Prien, 105 euros per person on Saturdays , advance reservation and payment required.min 2 people

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT
OK Cycle & Adventure Tours Inc. 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
Toll Free 1-888-621-6818 Local 613-702-5350
TICO Ontario Registration No: 50022848