

# hiking. awakening. growing.

Find your peace in the Austrian Alps.

internationals  
welcome

Spend several beautiful days hiking in the Austrian Alps, experiencing magical sunrises, glowing rocky peaks and sparkling mountain lakes. Turn off your phone, let go of what no longer serves you, find inner peace and listen to the impulses of your heart.

Immerse yourself in the warm hospitality, the poetry, the local culture, the traditional handicrafts and the healing knowledge of herbs, trees and edible wild plants.

Get to know like-minded people, enjoy the sense of togetherness in a small group of max. 8 participants and return to your daily life with clarity, strength and a newfound zest for life.

All rustic mountain huts and inns are already booked for you! 😊

## What awaits you?

### Spiritual training

Thoughts on Contemplation  
Time for Silence | Self-Reflection  
Time for Exchange  
Group Exercises  
Meditation | Journaling

### Soul Pleasure & Body Love

Dancing under a starry sky  
Poetry, Songs and Yodeling  
Swimming in a Mountain lake  
Sitting by the Campfire  
Breathwork

## For whom?

For local and international hikers ♀♂

- ... who want to spend a meaningful vacation.
- ... who work in management positions and long for a break.
- ... who are interested in consciousness, transformation and spirituality.
- ... who want to experience Austrian culture up close.
- ... who enjoy hiking in a small, welcoming group.

**Prerequisites:** physical fitness, stamina and a sense of humor 😊

The *Schladminger Tauern High Trail* and the *Wilder Kaiser* are only suitable for experienced hikers who are in a good physical condition and do not get affected by dizziness.

**150€ discount**  
for early bookers  
up to 4 weeks before  
the hike

## HIKING - OFFER 2025

Vier heiligen Berge   Carinthia	06. - 11. Mai   5 days	990 €
Herz-Ass-Villgratental   East Tyrol	16. - 22. Juni   6 days	1100 €
Schladminger Tauern Höhenweg   Styria	08. - 13. Juli   5 days	990 €
Bischofsmütze   Salzburg/Upper Austria	23. - 27. Juli   4 days	890 €
Wilder Kaiser   Tyrol	05. - 10. Aug.   5 days	990 €
Zirbitzkogelrunde   Styria	03. - 07. Sept.   4 days	890 €

excl. accommodation and meals  
Registration deadline: 3 weeks before the hike

Every hike is different.

I would be happy to advise you personally on which tour suits you best.

*I'm looking forward to seeing you!*

contact



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Die Welterwandlerin