Explore Austria's Seefeld Plateau



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Austria	4 & 6	457kg CO2

HOLIDAY OVERVIEW

Adored by mountain-lovers and cross-country skiing fans, the Seefeld Plateau also satisfies foodies who fancy sampling Tyrolean specialities in mountain restaurants. Walk through the waterfall-splashed landscapes of the Leutasch Spirit Gorge and venture into the Gaistal Valley – a trail flanked by the Mieming range to the south and the Wetterstein Mountains to the north. There's also an opportunity to hear the 10-tonne Mösern Peace Bell ring out daily at 5pm.

WHAT YOU'LL LOVE

- Hiking into neighbouring Germany
- Explore the high plateau of Wildmoos
- Walking through wildflower-filled Alpine meadows
- Soaking up spectacular mountain scenery
- Sampling typical Tyrolean cuisine at authentic restaurants

WHAT'S INCLUDED

- A choice of two walks a day with experienced local leaders
- HF Holidays Tour Manager

- 7 nights at the adults-only Hotel Kristall
- 7 breakfasts & 7 dinners
- All transport to and from walks
- Seefeld free public transport card
- Return flights from the UK with baggage and transfers included

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Welcome to Hotel Kristall. Unpack and settle in.

Day 2 **The Leutasch Valley**

Day 3 **Mösern and Möserersee**

Day 4 **The Gaistal Valley**

Day 5 **Free Day**

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Hotel: You can book yourself a relaxing massage or use the excellent pool and spa facilities available in the hotel

Seefeld: Take time to wander the many restaurants, bars and shops, an ideal place to buy souvenirs and gifts. Here you can take the funicular ride up the mountain to Rosshutte or a horse drawn carriage ride to local attractions.

Leisure facilities: If you are feeling energetic, in Seefeld there is the large indoor and open-air (heated) pool and leisure complex, tennis courts and the Wildmoos Plateau golf course. In Weidach the Alpenbad is a short walk away with its modern leisure pool facilities.

Mittenwald: Known for house paintings and its violin museum, this is an excellent place to visit, with shops, cafés and a cable car/chair lift to the mountain top. You can get a direct bus from Weidach at an additional cost.

Innsbruck: This is an attractive, compact city with its famous Golden Roof and beautiful, historic buildings and museums. It offers excellent shopping and a wide selection of restaurants. It is possible to have a two-hour guided tour of the city, visit the Swarovski displays or travel on the funicular/cable car up the mountain. Travel to the city requires a 35 minute railway journey from Seefeld with breathtaking views.

Day 6 **The Wildmoos Plateau**

Day 7 **The Leutasch Spirit Gorge**

Day 8 **Departure Day**

We hope to see you again soon.

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 6

Longer full day walks with more ascent and varied terrain. Good fitness and agility are needed. Typically, 9-10 miles (15-16km) with around 1,500ft (460m) of ascent.

ACCOMMODATION

Hotel Kristall - Seefeld Plateau

Located in the stunning surrounds of the Leutasch Valley, the adults only Hotel Kristall boasts mountain views on every side. Facilities include an attractive lounge, bar, sun terrace, small gym, pool table and ski/boot room. There's an award-winning restaurant using organic and locally sourced ingredients. After a day of hiking you may like to make use of the large luxurious wellness centre, two indoor swimming pools, spa pool, Finnish sauna, Turkish steam bath, tepidarium and infrared sauna. The heated rooftop infinity pool has stunning views of the surrounding mountains. (use of the centre paid locally) Rooms are decorated in soft colours with oak wood furniture. Facilities include flat screen satellite TV, a safe and bathrooms with either a shower or bath. As is usual in Austria, twin beds may be arranged in one large frame with separate mattresses and bedding. Most rooms have balconies with lovely views over the village and mountains.

Your evenings

The friendly atmosphere of our holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's activities. The focus of your evening will be a leisurely meal.

Your leader will also be checking for any local events going on nearby or you may like to relax in the bar, with a drink and chat with your fellow guests.

FOOD & DRINK

Dining at the Hotel Kristall

Our guided walking holidays at Hotel Kristall are on a half-board basis and include breakfast and evening meal.

Breakfast

The buffet-style breakfast has an extensive selection of breads and jams, fresh fruit, cheese, cold meats, cereals, pastries and cakes, smoked salmon and champagne (on Sundays). Tea and coffee are also available.

Lunch (payable locally)

You may choose to eat at a mountain hut, alternatively ingredients for a picnic lunch can be bought from local shops - your leaders will advise you of the options.

Afternoon buffet

14.00-16.00

Complimentary homemade cakes and snacks, including tea and coffee.

Evening meal

Hotel Kristall provides either a five course meal or a theme evening buffet. Particularly popular is the Tirolean feast, prepared with traditional recipes. All ingredients are sourced locally and are free range and organic where possible. Vegetarians and special diets can usually be catered for if requested in advance of the holiday. The hotel also offers a welcome drink on the first evening.

Drinks

The hotel has a bar serving beer, wine and spirits.

ABOUT YOUR STAY

Facilities at the Hotel Kristall

The public rooms include an attractive lounge, bar, sun terrace, small gym, pool table and ski/boot room.

TRAVEL DETAILS

Address

Hotel Kristall
Family Pfeffel
Weidach 300m
A-6105 Leutasch-Tirrol

Tel: 0043 5214 6319

LOCAL AREA

Weidach and the Leutasch Valley

Weidach is a small village, in an amazing area. The village has a large swimming complex 'Alpenbad', which has indoor and outdoor pools, and a sunbathing area. Fishing is available on Weidachsee, and cycle hire is also available in the village. Weidach is on the edge of the Leutasch Valley, which is a 16 kilometre long, high sided valley. The Leutasch Valley is well known for its traditional handicraft wall-painting method called 'Lüftlmalerei', a style originally from Bavaria.

Seefeld

Seefeld was founded as a farming village, northwest of Innsbruck, and on a trading route between Venice and Ausburg. The area is oil rich, and shale oil has been extracted since the 14th Century. Only 15 minutes drive from the border with Germany, Seefeld is situated on the Seefeld Plateau, a popular Walking skiing destination.

There are some lovely shops, restaurants, bars in Seefeld, and this is an ideal place to buy souvenirs and gifts. The funicular will also transport you up the mountain to visit a one of the many mountain huts, with cable cars, which can take you to the top of the mountains.

Mittenwald

Mittenwald is an excellent place to visit. A typical Bavarian town with pretty house paintings (frescoes), a famous Violin Museum, a single chairlift and a cable car (Karwendelbahn). You can travel there direct from Weidach by public bus.

Innsbruck

Innsbruck is an attractive Austrian city, which has a wide selection of museums, churches, cafes and shops to explore. The city can be taken in by train, as the railway service is outstanding with incredible views. There are several English speaking guides in the city, who can explain the vast history of the city, which has evidence of habitation from the stone age.

Did you know?

Seefeld is at an altitude of 1200m.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

In summer Seefeld in Tyrol has comfortable mild temperatures during the day, getting cooler in the evenings so it is advisable to pack versatile layers. There are summer showers so waterproof clothing is a good idea.

Essentials

- Walking boots
- Waterproof jacket/trousers
- Insulated jacket/top for evenings
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Shorts for warmer days
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Collapsible walking poles
- Camera
- Swimwear and travel towel (hotel has infinity pool)
- Dry bags
- Insect repellent

Optional extras

- Small mat for sitting on during rests and picnics on walks

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

Telephone Code for Seefeld and Mayrhofen

If the international number you wish to call starts with a 0, you must drop the starting digit when dialing the number.
To dial a UK number 0044
To dial an Austrian number 0043

Language Information for Seefeld and Mayrhofen

The local language is German.

LOCAL CURRENCY

Local currency for Seefeld and Mayrhofen

The local currency is the Euro.

ELECTRICITY

Electricity information for Seefeld and Mayrhofen

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM AVAILABILITY

ATM availability for Seefeld and Mayrhofen

There is an ATM machine in Weidach and an ATM machine in Mayrhofen where you can obtain money.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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