

Family Walking in the Zillertal Alps

Tour Style: Family Walking Holidays

Destination: Austria

Trip code: GWLFL

2 & 4



HOLIDAY OVERVIEW

The popular Alpine resort of Mayrhofen sits at the junction of four major valleys close to the Italian border. The town is surrounded by glorious mountain scenery and provides a wonderful base from which to explore the mountains on foot. There are three walks to choose from each walking day to cater for little legs as well as longer ones! Cable cars and chair lifts provide easy access to high meadows and mountain trails where there is an outstanding view around every corner. There are also lovely lower level walks alongside rivers and on forest trails to enjoy.

WHAT'S INCLUDED

- Half Board 4-star Hotel accommodation
- Max guests in hotel: 42
- Daily choice of 3 walks guided by HF Holidays Leaders and a dedicated Family Leader
- 'With flight' holidays include return flights from the UK and hotel transfers
- All transport to and from the walks
- Zillertal card - free mountain railways, local public transport and free entry to 6 swimming pools as well as reduced entry to local attractions

HOLIDAYS HIGHLIGHTS

- Beautiful meadows on the Penkenalp
- Exploring pretty Alpine villages in the Zemmgrand Valley
- Walking in the shadow of the Zillertal Alps
- Enjoy a range of family friendly activities in the town of Mayrhofen

THINGS TO DO AND PLACES TO SEE...

- Cable car rides into the mountains
- Superb mountain walks for all abilities
- The beautiful Penken summer pastures

TRIP SUITABILITY

Family walks are 4-6 miles with up to 1,000 feet of ascent.

Easier walks are 5-8 miles with up to 1,200 feet of ascent.

Harder walks are 6-10 miles with up to 3,100 feet of ascent.

ITINERARY

Day 1: Arrival Day

Welcome to Hotel Waldheim. Unpack and settle in.

Day 2: Penken Summer Pastures

The Penken area is popular with skiers in winter and walkers in summer who come to enjoy the high pastures. Today's walks offer views back to Mayrhofen and further into the Zillertal Alps, and are a good opportunity to get your bearings for the rest of the week.

Option 1 - Penken Summer Pastures Family

Distance: 4 miles (6½km)

Total ascent: 1,000 feet (300m)

In summary: A journey on a cable car takes us up onto the Penken. From here we follow a good track with panoramic views of open pastures abundant with wild flowers in spring and summer.

Highlight: Enjoy a refreshing beverage at one of the many Gasthofs on this route.

Option 2 - Penken Summer Pastures

Distance: 6 miles (9½km)

Total ascent: 1,200 feet (360m)

In summary: After taking a cable car up onto the Penken, the walk follows a circuit through open pastures, abundant with wild flowers in spring and summer and with magnificent views of the valley floor and the surrounding mountains.

Highlight: Reach the summit of the Penkenjoch (2,095m) with it's welcoming huts.

Option 3 - The High Summer Pastures Of Penken

Distance: 8 miles (13km)

Total ascent: 1,800 feet (540m)

In summary: The harder group takes the same cable car to Penken and walks the same area but goes further along the ridge to ascend to the Wangalm, and then drop down to pick up the same traversing path used by the easier walkers.

Highlight: Ascend to the Wangalm (2,128m) with wonderful views over the mountains.

Day 3: Down The Zamserbach

We take the spectacular journey up to the high Schlegeis Dam at the head of the Zamserbach Valley. The reservoir here is surrounded by dramatic glaciers and high snow-capped mountains.

Option 1 - Down The Zamserbach From Schlegeis Dam

Distance: 5 miles (8km)

Total ascent: minimal

Total descent: 1,800 feet (540m)

In summary: We will explore the lakeside path and then descend below the dam to the valley floor, from where we take a quiet path down the valley alongside the river.

Highlight: Explore the magnificent reservoir at the start of the walk.

Option 2 - The Zamsergrund Towards Italy

Distance: 7 miles (11km)

Total ascent: 1,000 feet (300m)

In summary: This group takes a gently ascending path to a small traditional mountain hut at Lavizalm, and if time we may continue to the Italian border.

Highlight: Walk a high valley surrounded by towering summits with the possibility to walk into Italy.

Option 3 - Berlinger Hohenweg: Friesenberghaus & Olperer-Hütte

Distance: 7 miles (11km)

Total ascent: 3,000 feet (900m)

In summary: The harder walk climbs up from the dam to the historic Friesenberghaus mountain hut, and then follows a high level route to the Olpererhütte, another high mountain hut, before taking a steep zigzag path back down to the lake.

Highlight: Reach the Friesenberghaus hut (2,477m) with extensive views down the Zamserbach valley.

Day 4: Ziller Valley, Karlalm Or The Heimjoch

Our walks visit the Ziller Valley, Karlalm or the Heimjoch.

Option 1 - Brandberg And The Ziller Valley

Distance: 6 miles (9½km)

Total ascent: 800 feet (240m)

Total descent: 2,100 feet (630m)

In summary: This group takes a short bus ride to the picturesque village of Brandberg, surrounded by spectacular peaks, and climbs up through the woods to a mountain restaurant with superb views. It then descends back to Brandberg by a different route then continues down the Ziller valley following a pleasant riverside trail back to Mayrhofen.

Highlight: Steinerkogelhaus, a mountain restaurant located in a superb cliff top position.

Option 2 - Gerlossteinalm, Karlalm, Steinerkogelhaus

Distance: 6 miles (9½km)

Total ascent: 700 feet (210m)

Total descent: 2,500 feet (750m)

In summary: The easier walk follows a good path that skirts around the base of the Gerlossteinwand before descending to Brandberg.

Highlight: Follow a fantastic panoramic route and visit the Karlalm a simple but welcoming hut.

Option 3 - Heimjoch And Brandenberger Kolmhaus

Distance: 7 miles (11km)

Total ascent: 2,200 feet (660m)

In summary: The harder walkers take a cable car and then follow a path which rises over Heimjoch, through remote terrain to cross a spectacular pass, before descending into Brandberg.

Highlight: Reach two high cols. Excellent views of the Ziller 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:

Mayrhofen: Enjoy a leisurely day visiting the shops with lunch in one of the pavement cafés. For a more active day there is an outdoor swimming pool and tennis courts are near the hotel and Mountain bikes can be hired.

Innsbruck: The capital of the Tyrol offers a variety of places to visit, which include the Imperial Palace, Royal Gardens, cathedral and various churches.

Achensee: A popular excursion is to take the narrow-gauge railway to Jenbach and then the steam-operated rack and pinion railway to Achensee, an attractive lake with boat trips and easy walking options.

Day 6: The Upper Tux Valley

Today travel to the head of the Tux valley to explore high ridges and remote Alpine valleys, with snow-capped peaks close at hand. Both groups use a cable car to gain height.

Option 1 - Hintertux Gletscherbahn & Bichalm

Distance: 5 miles (8km)

Total ascent: Negligible

Total descent: 2,000 feet (600m)

In summary: Today we travel to the head of the Tux Valley to explore high ridges and remote Alpine valleys with snow-capped peaks at hand. A cable car is used to gain height and we will have time to enjoy the mountain scenery before descending to the Bichlalm and back to the valley floor.

Highlight: The cable car ride, rising high above the valley.

Option 2 - Tuxer-Joch-Haus And The Weitental

Distance: 6 miles (9½km)

Total ascent: 1,000 feet (300m)

Total descent: 2,700 feet (810m)

In summary: We climb to a mountain hut before descending into a beautiful and remote valley passing dramatic waterfall on the return journey to the main valley floor.

Highlight: Views across the valley, and the dramatic waterfall.

Option 3 - Frauenwand And The Weitental

Distance: 8 miles (13km)

Total ascent: 2,000 feet (600m)

In summary: This walk heads cross-country from the cable car station to climb a ridge to a small summit, before descending to follow the same route as the easier group.

Highlight: If we are lucky we should see some marmots and possibly edelweiss.

Day 7: Edelhütte Or The Torregenkopt

Today we use the Ahorn cable car which takes us up to the high slopes south of Mayrhofen. The prominent mountain is the Ahornspitze, the highest summit in the immediate vicinity at over 2,950m (9,700 feet), providing great views of Mayrhofen and the surrounding valleys.

Option 1 - Edelhütte: A High Hut

Distance: 5 miles (8km)

Total ascent: 1,200 feet (360m)

In summary: This walk contours around the hillside, through meadows rich in wild flowers, and then we ascend to the Edel mountain hut, from where there is an option to walk out to the fine viewpoint of Am Glatzer. Our return journey descends more steeply and then contours to re-join our outward route.

Highlight: A fantastic viewpoint at Am Glatzer, with views of the Ziller Valley.

Option 2 - Edelhütte: A High Hut & Am Glatzer

Distance: 5½ miles (9km)

Total ascent: 1,400 feet (420m)

In summary: Today we use the Ahorn cable car which takes us up to the high slopes south of Mayrhofen. The prominent mountain is the Ahornspitze, the highest summit in the immediate vicinity at over 9,700 feet (2,950m). We spend time enjoying the mountain views, following a path that contours around the hillside through meadows rich in wild flowers and then ascending to the Edel mountain hut. We then take the cable car down.

Highlight: Marvel at the high mountain scenery.

Option 3 - Torregenkopf: A Rocky Summit

Distance: 6 miles (9½km)

Total ascent: 2,100 feet (630m)

In summary: We too walk to the Edel hut before continuing to climb to the summit of the Torregenkopf, using a path with some exposure and fixed ropes on a rocky section. To reach the summit we traverse a narrow rocky ridge, but the views from the summit are well worth the effort. We then return to the Edel hut and follow the same route as the easier group back to the cable car.

Highlight: Summit Torregenkopf at 2,470m.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Waldheim - Zillertal Alps

Year after year the 4-star Hotel Waldheim has won accolades from our guests for its beautifully maintained accommodation, helpful service and wonderful meals. Monika Emberger and her family pride themselves on the quality of their hotel where they have been welcoming HF Holidays for more than 30 years. The hotel offers free Wi-Fi and a spa area with sauna, steam bath and infrared cabin.

Accommodation Info

Rooms

Hotel Waldheim has 20 immaculate bedrooms.

Twin beds are, as is normal in Austria, arranged as a large frame with separate mattresses and bedding.

All bedrooms at Hotel Waldheim have:

- En-suite bathrooms with shower or bath
- Cable television
- Telephone
- Safe
- Bath-robies

- Hair dryer
- Fridge

Facilities

Hotel Waldheim has a spacious lounge, a comfortable bar, a ski/boot room which has heated boot rods and an area for drying clothing.

In the basement you will find a wellness centre with sauna, steam bath and infrared cabin; massages can also be booked at the hotel reception. Within five minutes' walk from the hotel there is a leisure centre, (free to guests) which has a large swimming pool and tennis courts etc. For a small charge a heated pool is available. The hotel is located in a quiet area with views of the mountains but just a few minutes' walk from town which has lots of amenities.

Food & Drink

Our Guided Walking holidays at Hotel Waldheim are on a Half Board basis and include breakfast and evening meal.

Breakfast

Hotel Waldheim offers a self-service buffet breakfast with hot and cold options.

Afternoon Tea

The hotel provides complimentary tea and home baked cakes in the afternoon.

Lunch (Payable Locally)

It is possible to buy picnic lunches from the hotel and these should be ordered the night before. Alternatively you can buy ingredients for a picnic lunch from the shops in the village. On certain days it may be possible to eat in a café or mountain hut; your leaders will advise.

Evening Meal

Dinner is a four-course meal plus a self-service salad bar. Guests are asked to select their choices for their evening meal at breakfast. There is always a vegetarian option available. Special diets can be catered for if requested in advance of the holiday.

Drinks

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

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. Your evening meal is the main focus of the evening. However you may like to join your leader for a stroll into town, enjoy a round of crazy golf, or visit the local skittle alley.

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

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' from Heathrow to Munich airport (UK connections via British Airways shuttle available from select UK airports). For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 hours 20 minutes to the Hotel Waldheim.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, we can book you a seat on the **HF Holidays' transfer coach** from Munich airport. This is timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £50.

Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Return British Airways flights from London Heathrow to Innsbruck are included. UK flight connections† available from Manchester, Leeds Bradford, Newcastle, Glasgow and Edinburgh.

Essential Information

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel.

Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Safety On Your Holiday

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands.

On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and a minimum number of guests. Leaders always consider the safety of the group as a whole and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment, or behaviour is unsuitable. In the event of a problem, all leaders carry a mobile phone, first aid kit, group shelter, spare maps, and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks.

Kids on their own: Any teenager aged 14 years or over can leave you at the starting line and join a walk unaccompanied on the basis they can look after themselves. Children under 14 will need to be accompanied by an adult on walks; however, this does not need to be a parent or legal guardian.

Useful Information

Language: German

Currency: Euro

Changing money: There are several ATM machines in Mayrhofen where you can obtain money.

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

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: 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

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name.

Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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