

# Summer Family Adventure in the Stubai Alps

**Tour Style:** Family Walking Holidays

**Destination:** Austria

**Trip code:** NULFL

2 & 5



## HOLIDAY OVERVIEW

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The Stubai Alps in the heart of the Austrian Tyrol offer fantastic classic Alpine walks in outstanding mountain scenery with three different walks to choose from each walking day. Our base in Neustift is ideally placed to reach the cable cars and lifts which whizz you up to high balcony paths and flower-filled meadows for glorious walks with views of green valleys, mountain peaks and glaciers. Mountain huts provide delicious refreshment and great places to stop and enjoy the views. Walks include the Tree House Trail where children can collect stamps to earn a reward and the Wild Water Way which goes past dramatic waterfalls.

## WHAT'S INCLUDED

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- Half Board 4-star Hotel accommodation. Evening meals are 5-course.
- Daily choice of 2 walks guided by HF Holidays Leaders
- 'With flight' holidays include return flights from the UK and hotel transfers
- All transport to and from the walks
- Stubai Card - free local buses and some cable cars as well as reduced entry to local attractions and free

entry to 3 swimming pools

## HOLIDAYS HIGHLIGHTS

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- Neustift's indoor pool and outstanding 'StuBay' Water Park
- Venture around the valley on the cable car systems with the Stubai Super Card
- Enjoy the thrill of the Mieders summer toboggan run
- Sample the Austrian tradition of hot chocolate and cake at the abundant mountain huts
- Benefit from reductions at a variety of attractions, including the ice caves on the Stubai glacier

## THINGS TO DO AND PLACES TO SEE...

- Cable car rides in the mountains
- Wild waterfalls
- Ride the summer toboggan run

## TRIP SUITABILITY

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Family walks are 3 to 6 miles on good paths.

Easier walks are 5-9 miles with up to 1,800 feet of ascent.

Harder walks are 6-11 miles with up to 3,500 feet of ascent.



## ITINERARY

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### Day 1: Arrival Day

Welcome to Hotel Sonnhof. Unpack and settle in.

### Day 2: The Elfer: Neustift's 'House' Mountain

An opportunity for local orientation and a taster for the terrain and views we will be experiencing this week.

#### Option 1 - Under The Elfer Family

**Distance:** 4½ miles (7km)

**Total ascent:** 1,400 feet (420m)

**In summary:** We take the cable car in the village up to a meadow area with wild flowers and interesting information boards. Our circuit leads us to a mountain hut for refreshments and gives us plenty of time to look at the giant sundial.

**Highlight:** Spot the paragliders taking off.

### Option 2 - Under The Elfer

**Distance:** 5 miles (8km)

**Total ascent:** 1,400 feet (400m)

**In summary:** We take a cable car to the slopes of the Elfer, then ascend to a high hut for coffee before following a balcony path through flower meadows with superb views of the Stubai valley. We return initially by the same route, then take another pretty path back to the cable car.

**Highlight:** The views from today's walks give a spectacular taste of the magnificent week's walking ahead.

### Option 3 - Elferspitze & Zwölfertal

**Distance:** 8 miles (13km)

**Total ascent:** 2,500 feet (750m)

**In summary:** We take the same cable car but ascend beyond the hut to traverse across the top of the Elferspitze through magnificent rock scenery, giving an immediate taste of our walking for the week. We descend to the col and pick up the easier group's return route to the cable car.

**Highlight:** Ascend Elferspitze, one of the Stubai 'Seven Summits'.

## Day 3: Around Mutterberg Or The Grawa Waterfall

Today we travel to Mutterberg and explore the remote areas at the head of this dramatic valley, or we have a shorter walk to the Grawa waterfall.

### Option 1 - Glaciers, Caves And Waterfalls

**Distance:** Sightseeing plus 2 miles (3½km) walking

**Total ascent:** Negligible

**Total descent:** 700 feet (210m)

**In summary:** We head up to the very top of the valley and use the cable car to view the glaciers and high peaks. There is an opportunity to visit a cave right inside the glacier before we descend on the cable car and walk a section of the valley path to visit the massive Grawa waterfall.

**Highlight:** Marvel at the spectacular Grawa waterfall.

### Option 2 - Eisgrat And Wilde Grube

**Distance:** 4 miles (6½km)

**Total ascent:** 600 feet (180m)

**total descent:** 2,500 feet (750m)

**In summary:** We have time to take a cable car to the Eisgrat station to view the stunning glaciers. Returning to the middle station, we walk past waterfalls up to a high pass, all in majestic surroundings. From here, we pick up a track which winds down through meadows and leads back to Mutterberg.

**Highlight:** The cable car trip, first thing, up to the Stubai glacier which provides the largest glacier skiing area in Austria.

### Option 3 - Egesengrat & Mutterbergsee

**Distance:** 7½ miles (12km)

**Total ascent:** 2,000 feet (600m)

**Total descent:** 4,000 feet (1,200m)

**In summary:** We begin at the middle station and ascend past a small lake to a summit which gives panoramic views of the area. Descending to the pass, we take a high level route which passes another beautifully situated lake before descending to the valley floor for the bus home.

**Highlight:** The emerald green water of the Mutterbergsee Lake. Soak up the idyllic location and if you are lucky you might observe marmots playing on the boulders nearby.

### Day 4: Under Serles

We head north down the valley to Mieders where we walk under the slopes of 'King' Serles, another of Stubai's 'seven summits'.

#### Option 1 - Under The Serles

**Distance:** 4½ miles (7km)

**Total ascent:** 200 feet (60m)

**Total descent:** 800 feet (240m)

**In summary:** Our walk takes us to a monastery for refreshments, then on an informative trail past a delightful 'alm' – a working farm which may also be our lunch stop. On return we can take a 'toy' train back to the cable car, where we should have time to visit the lake with its play and activity areas.

**Highlight:** The final descent to the valley can be the cable car or the summer toboggan run in pleasant weather.

#### Option 2 - Maria Waldrast & Quellenweg

**Distance:** 8 miles (13km)

**Total ascent:** 1,500 feet (450m)

**In summary:** We take the cable car, then a good forest track to the impressive monastery of Maria Waldrast. After coffee, we walk through alpine meadows and on forest trails. Back at the cable car, we can descend sedately – or try the summer toboggan run!

**Highlight:** The summer toboggan run is a great way to complete our walk. Descend the mountain in style!

#### Option 3 - Up To The Serlesjochl Pass

**Distance:** 10 miles (16km)

**Total ascent:** 3,300 feet (1,000m)

**In summary:** We also head to the monastery and then continue to ascend across the rough slopes of Serles, with increasingly stunning views, until we reach the pass of the Serlesjochl, our high point. Returning by the outward route, we enjoy views to the east. At the cable car we have the same choice of return as the easier group.

**Highlight:** At Serlesjochl we have incredible views across the 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 (making use of the free travel afforded by the Stubai Supercard), or visit local places of interest. Some options may include:

**Innsbruck:** The capital of the Tyrol offers an interesting day out via bus or train. Places to visit include the Imperial Palace, Royal Gardens, Cathedral and the Golden Roof, or enjoy a stroll around the Old Town.

**Mutterberg Glacier:** Using the Stubai Supercard, it is possible to ascend to the top stations above Mutterberg for wonderful views, and even to walk on the glacier with optional visits to the Ice Cave.

## Day 6: Glaciers And Wild Water

We go south again towards the head of the valley to see at close quarters the incredible transition from snowflakes to cascading waterfalls.

### Option 1 - Wild Water And Peaceful Lakes

**Distance:** 3 miles (5km)

**Total ascent:** 200 feet (60m)

**In summary:** Another section of the valley path leads us under a waterfall, and emerges to finish the day by a pretty lake. There is also a lovely café for refreshments.

**Highlight:** Stop for a refreshing hot chocolate in a local hut.

### Option 2 - The Wildewasserweg

**Distance:** 7 miles (11km)

**Total ascent:** 800 feet (270m)

**Total descent:** 2,000 feet (600m)

**In summary:** We start in the valley and take a path up to an alpine meadow with a rustic hut dominated by a ring of crags and a waterfall. We can then follow the 'Wild Water Way' downstream, finishing at a hut.

**Highlight:** The 'Wild Water Way' passes impressive waterfalls.

### Option 3 - The Peiljoch And Wildewasserweg

**Distance:** 8 miles (13km)

**Total ascent:** 1,500 feet (450m)

**Total descent:** 3,700 feet (1,100m)

**In summary:** We take the Mutterberg cable car and ascend a rough mountain trail, with some short sections of fixed ropes, to the Peiljoch, a dramatic pass with amazing views over the glacier and lake. We then follow the 'Wild Water Way' through rocky cascades and meadows back to the valley.

**Highlight:** An exciting day with amazing views.

## Day 7: The Hidden Schlick Valley

Our final day's walks take us onto the mountains northwest of Neustift, to the beautiful Schlickeralm meadows and the airy summit of the Hoher Burgstall.

### Option 1 - The Schlickertal And 'Scheibenweg'

**Distance:** 6 miles (9½km)

**Total ascent:** Negligible

**In summary:** We catch the bus to Fulpmes and use the Schlick2000 lift to reach a stunning viewpoint with views up and down the Stubai valley. Then we spend the day descending the valley on a well-made path, passing more information boards on flora and fauna and some lovely wood carvings. After a stop at a big hut, we follow an activity trail and then the 'Scheibenweg', a wooden disc run which is fun for all ages! We finish at the middle cable car station.

**Highlight:** Can you spot all of the wood carvings en route?

### Option 2 - Sennjoch & Schlickeralm

**Distance:** 6 miles (9½km)

**Total ascent:** 500 feet (150m)

**Total descent:** 2,700 feet (810m)

**In summary:** We ascend by cable car, then continue to a welcoming hut for coffee. Our descent takes us under towering crags and through flower meadows, using an informative heritage trail, to the Schlickeralm hut, and then on down to the middle cable car station for refreshments before our return to the valley.

**Highlight:** After disembarking the cable car, we are at an incredible viewpoint.

### Option 3 - Höher Burgstall

**Distance:** 7 miles (11km)

**Total ascent:** 2,700 feet (810m)

**In summary:** An opportunity to ascend another of the Stubai's 'seven summits'. From the top station we traverse and then ascend steeply, reaching a rocky pass and then crossing scree to gain our final ascent route, via a short fixed rope section, to the airy cross of the Hoher Burgstall. We descend to complete our circuit to the cable car and maybe a celebratory drink!

**Highlight:** Reaching the summit of the Hoher Burgstall.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Hotel Sonnhof - Stubai Alps

The Pfurtscheller Family and their team welcome you to their 4-star hotel: Hotel Sonnhof. Located in the heart of the traditional village of Neustift im Stubaital, this hotel offers easy access to the local transport and shops.

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The Sonnhof offers an extensive spa area and restaurant with summer terrace with panoramic views. Bedrooms are fitted with traditional wooden furniture, large bathrooms and balconies. Neustift is located about 25km from the Tyrolean capital, Innsbruck. On a clear day, it is possible to see the southern part of the Italian Alps and the western summits of the Swiss mountains.

## Accommodation Info

### Rooms

The hotel features 38 cosy, traditional and well-equipped en-suite rooms, with:

- Balcony
- TV
- Telephone
- Hairdryer
- Small room safe

### About Your Stay

The hotel has a delightful outside terrace with seating, the best place to relax and enjoy the views in the summer.

Guests can also relax and enjoy a drink at the atmospheric bar.

There is a wellness centre that features a sauna, steam room and a spa pool.

### Food & Drink

Our holidays at Neustift are Half Board

#### Breakfast

Self-service buffet with cereals, fruit juices, fruit, cold meat & cheese, as well as pastries and some hot items.

#### Lunch (Payable Locally)

The hotel can provide pre-ordered packed lunches at an additional cost. Alternatively, ingredients for a picnic lunch can be purchased from local shops or it may be possible to eat at cafés or huts on certain days on the walks. Our leaders will advise you of the options.

#### Evening Meal

A 5-course dinner is served in the restaurant. Vegetarian and special diets are catered for; we ask you to take a few moments to speak with the hotel management on arrival to advise them of your needs.

#### Drinks

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

#### Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or beer whilst listening to your leaders outlining the next day's walks.

On some evenings there may be some live music and or you may just like to relax in the hotel bar or on the terrace outside chatting with your fellow guests.

Your leaders will be checking for local events going on nearby

## TRAVEL DETAILS

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### THE HASSLE FREE OPTION

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Book your holiday 'with flight' from Heathrow to Munich airport (UK connections via British Airways shuttle available from Manchester, Leeds Bradford, Newcastle, Glasgow or Edinburgh. £139). 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 30 minutes to the Hotel Sonnhof.

**Please note** guests travelling to Mayrhofen and Seefeld will also fly in to Munich. Leaders will be available at the airport to direct guests to the correct transfer coach.

### THE FLEXIBLE TRAVEL OPTION

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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 £60. **Please note** guests travelling to Mayrhofen and Seefeld will also fly in to Munich. Leaders will be available at the airport to direct guests to the correct transfer coach.

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

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### 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 3 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 Neustift 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

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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 – 5.30pm, 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](http://hfholidays.co.uk/membership) for details.

## **BACS PAYMENTS**

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

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**

Your final balance payment is due 6 weeks before departure if you are staying in an HF Holidays UK country house, 8 weeks before departure if you are travelling on one of our holidays in Europe and 10 weeks before departure if you are on a Guided Trail staying in one of our partner hotels or are travelling on a Worldwide holiday. 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](tel:01702427236) or visit [hfholidays.co.uk/insurance](http://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](http://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

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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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