

# Hike Austria's Zillertal Alps

**Tour Style:** European walking holidays

**Destination:** Austria

**Trip code:** GWLCL-7

2 & 4



## HOLIDAY OVERVIEW

---

Extending from the Austrian provinces of Tirol and Salzburgerland to South Tyrol in Italy, the Zillertal Alps are stocked with eye-popping views of mountains up to 11,500ft high. Surrounded by postcard-worthy panoramas and a plentiful supply of walking routes, the lively resort town of Mayrhofen is a great base for an adventure. Whether you prefer gentle summer walks through wildflower-filled meadows or more challenging mountain climbs, this region has over 285 miles of hiking trails to provide thrills for every ability. Highlights include the spectacular Stillup Valley and a hike to the famous Olpererhütte at 2,388 metres above sea level for uninterrupted views of the Schlegeis Reservoir.

## WHAT'S INCLUDED

---

- Full programme of guided walks led by local HF Holidays Leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- Half-board (breakfast and evening meal)
- All sightseeing and entrance fees (as per itinerary)
- Air-conditioned transport
- Zillertal card for free journeys on mountain railways and local public transport plus free entry to six

- swimming pools and reduced entry to local attractions
- Return flights from the UK including hold baggage and airport transfers

## HOLIDAY HIGHLIGHTS

---

- Admiring snow-capped mountains from the huge Schlegeis Dam
- Reaching the famous Olpererhütte below the Tux Ridge
- Walking through the spectacular Stillup Valley
- Visiting historic Innsbruck or Achensee Lake on your free day
- The option to combine this trip with our [Discover Austria's Seefeld Plateau](#) holiday

## TRIP SUITABILITY

---

### Zillertal Alps

alks are graded level 2 and level 4 with a choice each day. Easier walks: 5 to 8 miles (8 to 13km) on good paths through valleys and high meadows. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 6 to 10 miles (9½ to 16km) with some steep and rough ascents to summits and cols. Up to 3,100 feet (930m) of ascent in a day.

## ITINERARY

---

### Day 1: Arrival Day

Welcome to your hotel in Mayrhofen. 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. Both 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

**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 its welcoming huts.

#### Option 2 - 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 Wanglalm, 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: The Stillup Valley And High Hut

Our walks today are in and above the beautiful Stillup Valley.

#### Option 1 - Stilluptal Waterfall Trail

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

**Total ascent:** 1,100 feet (330m)

**In summary:** The newly laid out waterfall trail crosses several romantic streams between the Wasserfall inn and the Grüne Wand hut, it leads past picturesque alpine pastures and offers a new perspective on the beauty of the Stilluptal valley.

**Highlight:** The new waterfall trail in the Stilluptal valley offers refreshing downtime on hot summer days.

#### Option 2 - Kasseler Hütte: A High Hut, And The Stillup Valley

**Distance:** 9 miles (14½km)

**Total ascent:** 2,600 feet (780m)

**In summary:** The harder walk travels on a minibus to the end of the road in the Stillup Valley, and we then walk up to a high mountain hut with spectacular views in the wild terrain.

**Highlight:** In the area around Kasseler hut, you may see marmots and ibex.

### Day 4: 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 - Tuxer-Joch-Haus And The Weitental

**Distance:** 5½ miles (9km)

**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 a dramatic waterfall on the return journey to the main valley floor.

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

#### Option 2 - Frauenwand And The Weitental

**Distance:** 7.5 miles (12km)

**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 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 you could spend time at the outdoor pool or tennis courts which are near the hotel. A variety of bicycles can be hired locally; the Zillertal Valley Cycle Path is a popular cycling route if you are after level terrain.

**Innsbruck:** Explore the charming old town of Tyrol's capital. Admire its iconic Golden Roof, visit the impressive Imperial Palace, or take in breathtaking alpine views from the Nordkette mountain range or the Bergisel ski jump.

**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 Ziller Valley And The Heimjoch

Today's walks offer the choice of an enjoyable circular walk to the nearby village of Finkenberg or a more challenging high level route in the mountains northeast of Mayrhofen.

### Option 1 - Brandberg And The Ziller Valley

**Distance:** 6 miles (10km)

**Total ascent:** 850 feet (260m)

**Total descent:** 2,100 feet (660m)

**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 - Heimjoch And Brandenberger Kolmhaus

**Distance:** 7 miles (11.5km)

**Total ascent:** 2,180 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 7: Down The Zamser Bach Or A Mountain Traverse

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

### Option 1 - Down The Zamser Bach From Schlegeis Dam

**Distance:** 5 miles (8.5km)

**Total ascent:** minimal

**Total descent:** 1,840 feet (560m)

**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 - Berliner Hohenweg: Friesenberghaus & Olperer-Hütte

**Distance:** 6.5 miles (10.5km)

**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 Zammer Bach valley.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

---

### Gasthof Hochsteg - Zillertal Alps

For fans of the great outdoors, the Gasthof Hochsteg boasts an eye-pleasing location at the foot of the Zillertal Alps, around 1.8 miles (3km) from the centre of Mayrhofen. Wood panelling and pine furniture add to the traditional Tyrolean feel of the place, while rooms with simple but homely touches create a comfortable stay. As for facilities, there's a cosy restaurant serving delicious local dishes, alfresco seating for the summer months, plus a spa complete with a Finnish sauna, scented showers, and relaxation room.

## USEFUL HOLIDAY INFORMATION

---

### Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports\* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [reservations@hfholidays.co.uk](mailto: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)

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

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

#### Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

### Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

\*Subject to availability

## Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

### Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- 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
- UK Global Health Insurance Card (**formerly known as EHIC**)

### Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

### Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

## 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.

Please note, coaches used on this holiday all comply with UK law, and may not have seat belts suitable for children. Where children are under 3yrs of age, they must not travel in the front seat on coaches, nor on the back seat of coaches. For more information please visit <https://www.gov.uk/child-car-seats-the-rules/when-a-child-can-travel-without-a-car-seat>.

## Useful Information

The local language is German.

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

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Austrian number 0043

## Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

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

## Local Currency

The local currency is the Euro (€)

## Electricity

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

## 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.

**Document produced:** 12-06-2024

