

Hike Austria's Zillertal Alps

Trip style: Guided Walking Holidays

Destination: 📍 Austria

Trip code: MAY07-LCL09

Trip Walking Grade: ul 2 & 4

Carbon Footprint: 🌳 471kg CO2



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 YOU'LL LOVE

- 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

WHAT'S INCLUDED

- A choice of two walks a day with experienced local leaders
- HF Holidays Tour Manager
- 7 nights' accommodation in Mayrhofen
- 7 breakfasts & 7 dinners
- All in-destination transport
- Z Card for free public transport & cable cars
- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)

WALKING GRADES AND OPTIONS

Zillertal Alps

Walks 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.

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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.

Day 3 The Stillup Valley and High Hut

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

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.

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.

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.

Day 8 Departure Day

We hope to see you again soon.

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Medium Walks

Long distances in remote countryside and on rough terrain. You can expect some sustained ascents and descents; there may be occasional sections of scree and steep ground.

Useful Holiday 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 (excluding Bhutan, Georgia and India)

Trip Information

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>

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.

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>

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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