

Hike Austria's Zillertal Alps



Trip style:
Guided Walking Holidays

Destination:
📍 Austria

Walking Grade
,il 6 & 8

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)

ITINERARY - ITINERARY

Day 1 Arrival Day

Welcome to your hotel in Mayrhofen. Unpack and settle in.

Day 2 Penken Summer Pastures

Option 1 - Penken Summer Pastures

Distance: 5 miles (8.5km)

Total ascent: 1,400 feet (430m)

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 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 The Stillup Valley and High Hut

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

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

Option 1 - The Ziller Valley from above

Distance: 5 miles (8km)

Total ascent: 690 feet (210m)

Total descent: 2,450 feet (750m)

In summary: We depart for Hainzenberg and ride the Gerlossteinbahn cable car to a height of 1650m, offering excellent views. From here we take the scenic upper road past the traditional alpine pastures of Neue Kothahorn Alm and Alte Kothahorn Alm before descending to the Karlalm area which is famed for producing high-quality, traditional Tyrolean cheeses using local hay milk.

Option 2 - Gerlossteinwand

Distance: 3 miles (5km)

Total ascent: 1,800 feet (550m)

In summary: This group also takes the Gerlossteinbahn cable car before continuing to Gerlosstein and Heimjöchl and circling around the Gerlossteinwand. This is a peaceful and panoramic path with uninterrupted views of the surrounding mountains.

Day 7 Down the Zamser Bach or a mountain traverse

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 - Ginzling Neumarkter Loop via Olpererhütte

Distance: 6 miles (9.5km)

Ascent: 2,300 feet (700m)

In Summary: This varied circular hike begins at the Schlegeis Reservoir ascending through forests and alpine pastures with ever expanding views of the Zillertal Alps. After a well-deserved break at the Olpererhütte (2,389 m), the trail leads through the fascinating landscape of the Unterschrammachkar back to the reservoir trailhead.

Highlight: Olpererhütte, high above Schlegeis reservoir, offers panoramic views of glacier-covered peaks and the iconic suspension bridge provides perfect photo opportunities.

Day 8 Departure Day

We hope to see you again soon.

Daily Walk Options



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.



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

Safety on your holiday

Safety 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>

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

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)
- Swimcap (compulsory in Italian resorts)
- 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)

Joining instructions (with Flights)

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 [This email address is being protected from spambots. You need JavaScript enabled to view it.](#)

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

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.

*Subject to availability

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 prior to your holiday.

Language Information for Zillertal Alps

The local language is German.

Telephone Code for Zillertal Alps

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

Local currency

The local currency is the Euro (€)

Electricity

Electricity information for Zillertal Alps

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

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.

Document produced: 22 September 2026

