

# Walk Austria's Stubai Alps

**Tour Style:** European walking holidays

**Destination:** Austria

**Trip code:** NULCL

2 & 5



## HOLIDAY OVERVIEW

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Stretching southwest of Innsbruck lies the Stubai valley, home to Austria's largest glacier ski resort, the Stubai Glacier. There's year-round snow and spectacular mountain scenery, but the biggest draw here is Neustift – the pretty village closest to the glacier known for its excellent outdoor activities, large network of walking trails, and peaceful summer atmosphere. Explore some of the Stubai's top walking trails with an expert guide, savour traditional Tyrolean food, and unwind after a day of adventure with a rejuvenating spa.

## WHAT'S INCLUDED

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- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Neustift
- 7 breakfasts & 7 dinners
- All in-destination transport
- Stubai Card for free public transport & cable cars

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## HOLIDAY HIGHLIGHTS

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- Admiring panoramic views from atop Stubai's summits
- Walking below the snow-capped peaks of the Stubai Glacier
- Staying in the pretty town of Neustift
- Trying typical Tyrolean food
- Enjoying the hotel's relaxing spa and wellness centre

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## TRIP SUITABILITY

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This is a level 2 and level 5 graded Activity. Easier walks: 5 to 9 miles (8 to 14½km) on good paths, with some rough sections. Up to 1,800 feet (540m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) with some steep and rough ascents to summits and cols. Up to 3,500 feet (1,050m) of ascent in a day.

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## ITINERARY

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### Day 1: Arrival Day

Welcome to Hotel Sonnhof. Unpack and settle in.

### Day 2: Sunnenseit'n Weg

#### Option 1 - Sunnenseit'n Weg And The Suspension Bridge

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

**Ascent:** 1,400 feet (400m)

**Descent:** 1,400 feet (400m)

Today we hike out of Neustift on the newly constructed Sunnenseit'n Weg (Sunny Side Way). Climbing above the town and along the Stubai valley we pass through the romantic meadows of the Milchmahder and eventually reach the newly built and spectacular suspension bridge. This is a real highlight of the Stubai Valley and offers magnificent views up the valley to the glacier. From the bridge we descend via the Pfurtschellhöfe to Neder and follow the valley back to the hotel.

#### Option 2 - Schlik 2000 To Neustift Via The Suspension Bridge

**Distance:** 8.5 miles (14km)

**Ascent:** 1,450 ft (440m)

**Descent:** 1,450 ft (440m)

From Fulpnes we ascend the Schlik 2000 gondola to the middle station. We begin our hike here following the treehouse path to Vergor a small alm high above the Stubai valley. Great views of the valley and the surrounding mountains are a constant companion on this varied hike. The natural site of Gschmitz is a real gem where we can rest before we continue our way to the Pfurtschellhöfen high above Neustift. We soon reach the absolute highlight of the walk, the newly built suspension bridge with its wonderful panoramic views up and down the valley. From here we descend through meadows to our hotel in Neustift.

### Day 3: 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.

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### Option 1 - Under The Elfer

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

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

**Total Descent:** 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 2 - Elferspitze & Zwölfertner

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

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

**Total descent:** 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 4: Blaser And 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 - Maria Waldrast & Quellenweg

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

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

**Total descent:** 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 2 - Blaser

**Distance:** 8.5 miles (14km)

**Total ascent:** 2,700 feet (800m)

**Total ascent:** 2,700 feet (800m)

**In summary:** We also head to the monastery and then continue winding our way up through a series of flower-filled meadows to the Blaser-Hütte hut. From the hut it is just a short walk to the top of the Blaser mountain where we can enjoy fine views of the Serles mountain, the Stubai and Zillertal Alps. After a break at the hut, we return by the outward route, enjoying fine views all the way. At the cable car we have the same choice of

return as the easier group.

**Highlight:** Incredible views across the Austrian Tirol from the summit of Blaser.

## 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:** 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.

**Stubai Glacier:** Using the Stubai Supercard, it is possible to ascend to the top stations above Stubai for wonderful views and walking options.

For local information please visit [www.stubai.at/en/](http://www.stubai.at/en/)

## 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 - Sulzenaualm

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

**Ascent:** 900ft (270m)

**Descent:** 1950ft (600m)

**In summary:** We start in the valley and take a path up to a beautiful alpine meadow with a rustic hut dominated by a ring of crags and a waterfall. Retracing our steps, we can follow the 'Wild Water Way' downstream passing other impressive waterfalls and cataracts, finishing at a hut to wait for the bus.

**Highlight:** The wild water way passes impressive waterfalls.

### Option 2 - Glaciers And Wild Water

**Distance:** 10.5 miles (17km)

**Ascent:** 2700ft (830m)

**Descent:** 2700ft (830m)

**In summary:** We take the same route as the easier group, but then zigzag our way above the waterfall up to a higher hut. We then ascend further along the 'Wild Water Way' through dramatic rocky cascades up to a beautiful glacial lake. We return by the same route.

**Highlight:** The glacial lake is a superb spot to take in the 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 - 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 2 - Höher Burgstall

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

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

**Total descent:** 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. 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.

### 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)

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. The hotel provides a fridge for HF guests. Our leaders will advise you of the options.

### Evening Meal

A 4-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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### Address

Hotel Sonnhof  
A-6167 Neustift im Stubaital  
Tirrol, Austria

Tel: [0043 5226 2224](tel:004352262224)



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## USEFUL HOLIDAY INFORMATION

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### 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

## Useful Information

The local language is German.

Tap water 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 dialing the number. To dial a UK number 0044 To dial an Austrian number 0043

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## 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 (€)

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## Electricity

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

## ATM Availability

There are several ATM machines in Neustift where you can obtain money.

## TRIP NOTE VALIDITY

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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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