Walk Austria's Stubai Alps



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Austria	6 & 9	523kg CO2

HOLIDAY OVERVIEW

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 YOU'LL LOVE

- 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

WHAT'S INCLUDED

- A choice of 2 walks a day with experienced local leaders

- 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
- 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 Hotel Sonnhof. Unpack and settle in.

Day 2 **Sunnenseit'n Weg**

Option 1 - Sunnenseit'n Weg

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 pass through Pfurtscheller and descend to a lower path which passes through woods and meadows to return to Neustift.

Option 2 - Neustift to Schlik 2000 via the Suspension Bridge

Distance: 5.5 miles (8.5km)

Ascent: 2,250 ft (780m)

Descent: 1,450 ft (440m)

We follow a similar route as Easier to ascend to Sunnenseit'n Wet and cross the suspension bridge. After passing through Pfurtscheller we continue on a platform path to Vergör with views down to the valley, before ascending steeply on a narrow woodland path to Galtalm where we can enjoy lunch. A broad track descends more gently to the middle station of Schlick for the cable car down to Fulpmes in the valley.

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.

Option 1 - Under the Elfer

Distance: 5 miles (8km)

Total ascent: 1,640 feet (500m)

Total Descent: 1,640 feet (500m)

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 - The Elfer

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 of Zwölfernleder 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: 3,280 feet (1,000m)

Total ascent: 3,280 feet (1,000m)

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/

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 back to River Reutz, 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 Blaue Lacke

Distance: 10.5 miles (17km)

Ascent: 2700ft (830m)

Descent: 2700ft (830m)

In summary: Starting at the Grawa Hut, we view the Grawa Falls and then zig-zag up a woodland path beside the falls to reach the beautiful alpine meadow and Sulzenaualm. We then ascend further on a rocky, zig zag path with views back down to the meadow to reach Sulzenauhutte. Our final ascent takes us past dramatic rocky cascades to reach the shore of 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 (9.5km)

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: 6.8 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.

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 9

Demanding full day walks with greater distance, ascent, and fewer stops. Best for very fit walkers. Typically, 13-14 miles (21-23km) with around 2,750ft (840m) of ascent.

ACCOMMODATION

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.

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

FOOD & DRINK

Dining at the Hotel Sonnhof

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.

ROOMS

Your room at the Hotel Sonnhof

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

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

ABOUT YOUR STAY

Facilities at the Hotel Sonnhof

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.

TRAVEL DETAILS

Address

Hotel Sonnhof
A-6167 Neustift im Stubaital
Tirrol, Austria

Tel: 0043 5226 2224

LOCAL AREA

There are a number of local shops within a short walking distance of the hotel where you can obtain the basic necessities, ingredients for a packed lunch and plenty of gift shopping.

> *Our first visit to Neustift, it was relatively unspoilt little place. One day, returning to the hotel after a trip to the supermarket I heard the sound of an Alpenhorn coming from the church; curiosity drove me in to listen, and by wonderful happenstance I picked up a leaflet for a concert the next day. The next evening, a small group of us went down to a packed out church (mostly local people), and listened to a wonderful mellow sounding concert of featuring three Alpenhorns – you can see why they were used to communicate between mountains. It added a lovely and totally unexpected bit of spice to our holiday and we still reminisce about it now. (Colin, Salisbury)*

The Stubai Supercard

All our guests visiting Neustift with HF Holidays are given one of these invaluable cards. This travel pass is valid for the week and is used during the week on some of our walks to access the local cable cars but is invaluable to use on our free day. It includes:

- free travel on local buses
- free rail travel from Fulpmes to Innsbruck
- free entry to Neustift indoor swimming pool, Stubay Adventure Pool and Mieders pool.
- 1 ride on Mieders summer toboggan run

and up to 30% discount on entry to the Ice Grotto on the Stubai Glacier, entry to the Bird of Prey park at Telfes, mini golf at Fulpmes and many other attractions in Innsbruck.

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 Itialian 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 selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

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: https://www.nhs.uk/conditions/lyme-disease/

Language Information for Stubai Alps

The local language is German.

Holiday Tips for Stubai Alps Guided Walking

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

Telephone Code for Stubai Alps

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

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Stubai Alps

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

ATM AVAILABILITY

ATM availability for Stubai Alps

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

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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