

# Seefeld Plateau Guided Walking Holidays

**Tour Style:** European Centre Based

**Destinations:** Austria & Germany

**Trip code:** ATLCL

1 & 2



## HOLIDAY OVERVIEW

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Situated in the Tyrol region of Austria, a short journey from Innsbruck, the easy terrain of the Seefeld Plateau allows for a truly relaxing and enjoyable stay. This high plateau offers a variety of gentle walks. Wander through flower-filled meadows on wide valley floors surrounded by majestic peaks. Walk in the Leutasch Gorge and into neighbouring Bavaria and visit charming Alpine hamlets.

## WHAT'S INCLUDED

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- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights' accommodation in en-suite rooms
- Half board - continental breakfast and evening meal.

## HOLIDAYS HIGHLIGHTS

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- Walk into neighbouring Germany with its gorge boardwalks
- Discover wildflower meadows
- Stop for lunch and experience Austrian cafe culture
- Enjoy the talk on the delights of local schnapps and bacon with tasting
- Experience the local concerts

## TRIP SUITABILITY

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This is a level 1 and level 2 graded Activity, Easier walks: 5 to 7 miles (8 to 11km) on good paths through valleys and meadows. Up to 1,000 feet (300m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) on good paths through valleys and meadows. Up to 1,500 feet (450m) of ascent in a day.



## ITINERARY

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### Day 1: Arrival Day

Welcome to Hotel Kristall. Unpack and settle in.

### Day 2: The Leutasch Valley

Today both walks explore the hamlets of the Leutasch valley.

#### Option 1 - Weidachsee And Leutasch Villages

**Distance:** 6 miles (9½km)

**Total ascent:** 500 feet (150m)

**In summary:** From the hotel, we quickly reach Weidachsee continuing through woodland. We descend the

valley with beautiful flat green pastures and the Wetterstein Mountains looking down on us in the Leutasch Valley before finishing at the Hubertushof Hotel for afternoon cake.

**Highlight:** Enjoy the initial view of the surrounding Wetterstein mountains.

## Option 2 - Weidachsee And The Ober-Leutasch

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

**Total ascent:** 600 feet (180m)

**In summary:** We begin by following the riverside path, then following around Weidachsee and on through woodland. From here we emerge into the wide open valley and beautiful, flat green pastures around Moos with the Hohe Munde looking down on us. On the north side of the river we acquaint ourselves with some of the pretty hamlets that make up the Leutasch. All too soon we re-cross the river to Weidach

**Highlight:** A pleasant introduction to this peaceful area.

## Day 3: The Leutasch Spirit Gorge

Today we head to the German border through the Unter-Leutasch Valley and into Mittenwald.

### Option 1 - The Spirit Gorge And Mittenwald

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

**Total ascent:** minimal

**In summary:** From the hamlet of Reindlau, we follow paths in open woodland meandering our way down the Unter Leutasch, looking across the valley to the magnificent mountain scenery. We cross flower-filled meadows and eventually we reach the highlight of the walk, the gorge. After the gorge we continue to descend to the foot of the falls and walk into Mittenwald, with time to explore this very attractive town.

**Highlight:** Walking down the spirit gorge.

### Option 2 - Weidach, The Spirit Gorge And Mittenwald

**Distance:** 10 miles (16km)

**Total ascent:** minimal

**In summary:** Our walk quickly reaches a riverside path; there are wonderful views of the Wetterstein mountains and the lush green meadows as we descend. After we have enjoyed a coffee at the Hubertushof hotel we continue down the valley to the gorge, with its

amazing metal walkways. We take the slightly steeper, alternative path as we continue to the foot of the falls.

**Highlight:** Walking on the metal walkways through the gorge.

## Day 4: Mosern And Moserersees

Mosern is one of the five villages that make up the Olympia region Seefeld. It is known as the swallows nest and lies 600 metres above the Inn Valley, offering many wonderful viewpoints.

### Option 1 - Moserersees And The Peace Bell

**Distance:** 6 miles (9½km)

**Total ascent:** 600 feet (180m)

**In summary:** Our day starts in Seefeld. We gradually ascend the partially wooded slopes with lovely views to the east of the flat plateau, which is a winter haven for cross country skiing, and further afield the Karwendel ridge. Moserersee (lake) nestles in a sheltered, idyllic spot above Mosern, ideal for swimming. Here we can have a leisurely lunch and enjoy the beautiful surroundings. A short, steep descent brings us into the centre of Mosern.

**Highlight:** Explore Seefeld and wander to the church and 'Parish Hill'.

## Option 2 - Seefeld, Wildsee And Moserersee

**Distance:** 9 miles (14½km)

**Total ascent:** 1,300 feet (390m)

**In summary:** This is a circular walk starting with Wildsee. After ascending Pfarrhügel, crossing meadows and woods with excellent views of surrounding mountains, we arrive at pretty Möserersee for lunch before returning to Seefeld on a high level contouring path with wonderful views of the Plateau and Karwendel mountains.

**Highlight:** Tremendous views on the panorama path across Seefeld and the Karwendel Mountains.

## 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:

**Hotel:** You can book yourself a relaxing massage or use the excellent pool and spa facilities available in the hotel

**Seefeld:** Take time to wander the many restaurants, bars and shops, an ideal place to buy souvenirs and gifts. Here you can take the funicular ride up the mountain to Rosshutte or a horse drawn carriage ride to local attractions.

**Leisure facilities:** If you are feeling energetic, in Seefeld there is the large indoor and open-air (heated) pool and leisure complex, tennis courts and the Wildmoos Plateau golf course. In Weidach the Alpenbad is a short walk away with its modern leisure pool facilities. You can use the free mountain bikes from the hotel or have a free Nordic Walking lesson from the qualified instructor at the hotel.

**Mittenwald:** Known for house paintings and its violin museum, this is an excellent place to visit, with shops, cafés and a cable car/chair lift to the mountain top. You can get a direct bus from Weidach at an additional cost.

**Innsbruck:** This is an attractive, compact city with its famous Golden Roof and beautiful, historic buildings and museums. It offers excellent shopping and a wide selection of restaurants. It is possible to have a two-hour guided tour of the city, visit the Swarovski displays or travel on the funicular/cable car up the mountain. Travel to the city requires a 35 minute railway journey from Seefeld with breathtaking views.

**Local information website:** For information on Weidach please visit [www.seefeld.at](http://www.seefeld.at)

## Day 6: The Gaistal Valley

The Leutascher Ache (river) flows through this wild, quiet valley, with the sharp, rocky peaks of the Wetterstein mountains on one side and the Mieminger mountains to the South.

### Option 1 - Gaistal And Gaistalalm

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

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**Total ascent:** 500 feet (150m)

**In summary:** Our walk heads west from the end of the road, never straying far from the Leutascher river, which flows alongside the track. The steep, rocky hillsides are covered in coniferous forests and open pasture land. Our goal is the lovely Gaistalalm Hut, where we can relax, enjoy refreshments and take in our beautiful surroundings before returning to our starting point, along the old riding trails.

**Highlight:** Lunch at a small, typical alpine hut and beautiful mountain scenery.

## Option 2 - Hammermoosalm, Gaistalalm And Tillfussalm

**Distance:** 10 miles (16km)

**Total ascent:** 1,200 feet (360m)

**In summary:** The harder walk follows the old riding trails before ascending through meadows to the Hammermoosalm. This is high up on the hillside with wonderful views and a fantastic mountain backdrop. We soon return to the old riding trail, heading west, meandering up through the trees and open pastures. We visit the Gaistalalm Hut and the Tillfussalm Hut before returning along the riverside track to Klamm.

**Highlight:** Enjoy magnificent scenery throughout the day.

## Day 7: The Wildmoos Plateau

Our final walks of the week explore the high plateau of Wildmoos, with the beautiful lakes of Lotten-see and Wildmoos-see taking centre stage, a tranquil, peaceful setting, and a popular outing for many visitors to the Seefeld region.

### Option 1 - Buchen To Wildmoosalm

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

**Total ascent:** 800 feet (240m)

**In summary:** Our walk starts in Buchen, and a short walk takes us to Ropferstub'm. Here we visit the farming museum and admire the wonderful views along the Inn Valley. We have a steady ascent, crossing the golf course and descend to the Lottenseehutte (a small hut selling Tyrolean specialities). We continue along the edge of the golf course, through woods to arrive at the Wildmoosalm. Here, we can soak up the atmosphere and enjoy the hospitality of a typical Tyrolean hut before we have the short walk to catch a direct bus back to Weidach.

**Highlight:** Visit the farming museum in Ropferstub'm and admire the wonderful views of the Inn Valley below.

### Option 2 - Ropferstub'm, Wildmoosalm And The Fludertal

**Distance:** 9 miles (14½km)

**Total ascent:** 1,200 feet (360m)

**In summary:** Today's walk begins in Klamm. We head south, through pastures with extensive views before starting a steady ascent through woodland and grassy paths with short steep sections. We continue along the edge of the golf course to arrive at the Wildmoosalm and meet the easier group for strudel and drinks. We complete our walk through pine woods and open meadows to the hotel.

**Highlight:** Enjoy the peaceful boardwalk path and the magnificent Inn Valley views.

## Day 8: Departure Day

We hope to see you again soon.

## ACCOMMODATION

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### Hotel Kristall - Seefeld Plateau

The superb 4-star Hotel Kristall is run by the Pfeffel family who have been welcoming HF Holidays' guests for over 10 years. Set in the small hamlet of Weidach in the Leutasch valley the hotel boasts beautiful mountain views on every side. The bedrooms are decorated in a contemporary style but still maintain a traditional alpine charm. Many rooms offer balconies. The recently renovated and extended wellness centre offers two swimming pools, sauna, tepidarium and steam bath. Winner of Best Food 2018 in the HF Holidays Hotel Awards, the 5 course evening meals are of an exceptional standard.

#### Accommodation Info

#### Rooms

Hotel Kristall has 40 comfortable bedrooms, most of which have balconies. As is usual in Austria, twin beds may be arranged in one large frame with separate mattresses and bedding.

All bedrooms have en-suite bathrooms with bath or shower, telephone, satellite TV, safe, refrigerator and internet access.

The balconies offer a lovely view across the village and mountains.

#### Facilities

The public rooms include an attractive lounge with open fire, sun terrace, public bar, games room, free internet access and ski/boot room.

There is also a large luxurious wellness centre, two indoor swimming pools, spa pool, Finnish sauna, Turkish steam bath, tepidarium, adventure and wellness showers and infrared sauna.

#### Food & Drink

Our Guided Walking holidays at Hotel Kristall are on a Half Board basis and include breakfast and evening meal.

#### Breakfast

The buffet-style breakfast has an extensive selection of breads and jams, fresh fruit, cheese, cold meats, cereals, pastries and cakes, smoked salmon and champagne (on sundays). Tea and coffee are also available.

#### Lunch (Payable Locally)

Ingredients for a picnic lunch can be bought from local shops or you may choose to eat at a mountain hut - your leaders will advise you of the options.

## Afternoon Tea

Complimentary homemade cakes are served every afternoon.

## Evening Meal

Hotel Kristall provides either a five course meal or a theme evening buffet. Particularly popular is the Tirolean feast, prepared with traditional recipes. All ingredients are sourced locally and are free range and organic where possible. Vegetarians and special diets can usually be catered for if requested in advance of the holiday. The hotel also offers an aperitif evening once a week in front of the open fire.

## Drinks

The hotel has a bar serving beer, wine and spirits.

## Your Evenings

The friendly atmosphere of our holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's activities. The focus of your evening will be a leisurely meal.

Your leader will also be checking out for any local events going on nearby or you may like to relax in the bar, with a drink and chat with your fellow guests.

## Travel Details

### *THE HASSLE FREE OPTION*

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Book your holiday 'with flight' from Heathrow to Munich airport (UK connections via British Airways shuttle available from Manchester, Leeds Bradford, Newcastle, Glasgow or Edinburgh. £139). For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The coach transfer takes approx 2 hours 15 minutes to the Hotel Kristall.

**Please note** guests travelling to Mayrhofen and Neustift will also fly in to Munich. Leaders will be available at the airport to direct guests to the correct transfer coach.

### *THE FLEXIBLE TRAVEL OPTION*

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

If you choose this option, transfers are not included in the price. However, we can book you a seat on the **HF Holidays' transfer coach** from Munich airport. This is timed to meet the HF Holidays' flights\* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £50. **Please note** guests travelling to Mayrhofen and Neustift will also fly in to Munich. Leaders will be available at the airport to direct guests to the correct transfer coach.

Transfers must be pre-booked. Please call 020 8732 1220 for more details

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## USEFUL HOLIDAY INFORMATION

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### What To Bring

#### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

#### Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

#### 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 dialing the number.

To dial a UK number 0044

To dial an Austrian number 0043

#### 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.



## ATM Availability

There is an ATM machine in Weidach and an ATM machine in Mayrhofen where you can obtain money.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

## MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

## ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

#### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

#### 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.

#### PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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