

## AUSTRIA – STUBAI ALPS

8-day / 7-night one-hotel - centre-based in Neustift - GUIDED walking in the Tyrolean Alps



This walking holiday in the heart of the Austrian Tyrol, amidst the 3,000-metre peaks of the Stubaian Alps, offers Alpine walks for at all levels. From the picture-postcard village of Neustift there is a choice of walks, from spectacular mountain summits to flower-filled alpine valleys. We make use of the valley's excellent transport network, using cable cars and gondolas to access some routes. On a typical holiday there is a choice of usually two different guided walks each day, easier or more challenging, arranged by experienced walking guides. Choose the option which best suits you and there is a rest day mid-week to relax or explore the local area.

**Cost from:**                 **\$2385** per person (twin share)                 Single room supplement from \$190

**Departs:**                   20<sup>th</sup>, 27<sup>th</sup> June; 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> July; 22<sup>nd</sup>, 29<sup>th</sup> August; 5<sup>th</sup>, 12<sup>th</sup> September, 2020

**Tour includes:**           7 nights in comfortable 4-star hotel accommodation with ensuite bathrooms, 7 breakfasts, 7 evening meals, local transport to/from the walks, experienced walks leaders offering a choice of two levels of walking on 5 days, Stubaian Supercard (transport card: provides free access on some local gondolas, as well as some rail travel, free and reduced entries to many area attractions).

**Not Included:** Meals and drinks not mentioned in the itinerary, any personal expenses, transport and/or excursions on your free day. Transfers from Munich Airport at set times can be pre-booked at extra cost.

**Accommodation:** We stay at the 4-star **Hotel Sonnhof**, a superb hotel run by the Pfurtscheller family and located in the heart of the traditional village of Neustift im Stubaital, with easy access to the local transport and shops. Neustift is located about 25 kilometres from the Tyrolean capital, Innsbruck. On a clear day, it is possible to see the southernmost Italian Alps and the western summits of the Swiss mountains. Most of the hotel's bedrooms have balconies offering lovely views over the valley and mountains. The hotel has a well-stocked bar and a delightful terrace with seating, which is the perfect spot in the summer months to take in the spectacular views. There is also a wellness centre that features a sauna, steam room and a spa pool.



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## Footpath and walking information:



**Easier Walks:** 8 to 15km generally on good paths with some rough sections with up to 550m of ascent in a day.



**Harder Walks:** 10 to 18km some steep and rough ascents to summits and cols with up to 1050m of ascent a day.

**Suggested itinerary:** *This following is a suggestion, the final selection of two different grades of guided walks each day will be made by your walking leaders.*

Our walks from Neustift offer something for everyone – gentle walks through the wildflowers in the Stubai's lush meadows or shorter walks amidst breathtaking Alpine scenery on the plateaus; the more challenging walks traverse high ridges and ascend some of Stubai's 'seven summits' for breathtaking views of waterfalls, glaciers and soaring, snow-covered peaks.

**Day 1: Arrival day:** Transfers at a set time from Munich Airport can be pre-booked (at extra cost) or make your own way to the hotel in the mid-afternoon in plenty of time for an early dinner.

**Day 2: The Elfer - Neustift's 'house' mountain:** A taste of the terrain and views we will be experiencing this week! We take a cable car from the village to the slopes of the Elfer, we then ascend to a high hut for coffee. The easier walk then follows a delightful balcony path through flower meadows and up to a col with superb views of the Stubai valley. The harder walk ascends, then traverses the top of the Elferspitze (one of the Stubai 'seven summits') through magnificent rock scenery, before descending to pick up the easier group's route, taking another pretty path back to the cable car.

**Day 3: Around Mutterberg:** We travel to Mutterberg to explore the remote head of this dramatic valley. We take a cable car offering views of the glaciers. Then the easier group walk first up to a charming lake, then on to a high pass, before winding down through meadows back to the bus stop. The harder walk ascends past a small lake up to a summit which gives fine 360° views of the area, then descends to the pass, up again passing another beautifully situated lake before descending to the valley floor for the bus home.

**Day 4: Under Serles:** Head down the valley to Mieders and walk under the slopes of 'King' Serles, another of Stubai's 'seven summits'. Take the cable car, then a good forest track to the impressive monastery of Maria Waldrast. After coffee, the easier walk is through alpine meadows and forestry on trails which help to explain the local ecology and geology before a return to the cable car. The harder walk continues to ascend across the rough slopes of Serles, with increasingly stunning views, until we reach the pass of the Serlesjochl. The return is back to the cable car, to descend sedately...or try the summer toboggan run.

**Day 5: Free day:** No walks are offered today. You may like to visit Innsbruck, with its beautiful Hapsburg palace and Baroque cathedral, its well-preserved medieval Altstadt, and Olympic ski jump. Or visit the Mutterberg Glacier and Ice Cave. Alternatively you may relax at the hotel or walk independently using the Stubai Card.

**Day 6: Glaciers and Wild Water:** We go towards the head of the valley to view the incredible transition from snowflakes to cascading waterfalls. The easier walk goes to a beautiful alpine meadow with a rustic hut dominated by a ring of crags and a waterfall, while the harder walk takes the Mutterberg cable car and ascends a rough mountain trail, with some short sections of fixed ropes, to the Peiljoch, a truly dramatic pass with amazing views. Both walks then follow the 'Wild Water Way' with its waterfalls and cataracts before taking the bus home.

**Day 7: The Hidden Schlick Valley:** These walks take us onto the mountains northwest of Neustift, to the beautiful Schlickeralm meadows or the airy summit of the Hoher Burgstall. The easier walk descends under towering crags and through flower-filled meadows on a new informative heritage trail – look for gentian, campion, silver thistles and alpine roses. The harder walk ascends the Höher Burgstall (2611m). From the top cable car station there is a steep ascent to a rocky pass with fine views. Then we continue to the summit with some easy scrambling over scree and via a short section of fixed ropes and wires, to the cross marking the highest point of Höher Burgstall, for 360° degree views (Hoher Burgstall was climber Sir Edmund Hillary's first Alpine summit).

**Day 8: Tour ends:** Tour arrangements end after breakfast. Transfers are available from the hotel to Munich airport (at extra cost) – ask for details.

## Contact Outdoor Travel for more details and reservations:

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