



AMC
**ADVENTURE
TRAVEL**

VOLUNTEER-LED EXCURSIONS WORLDWIDE



A HIKING WEEK IN THE AUSTRIAN ALPS

June 16-24, 2017

AMC Adventure Travel # 1710

Dear Prospective Participant:

Thank you for your inquiry about our trip scheduled for June 16th through June 24, 2017. We will have 6 days of intermediate to advanced intermediate hiking in the picturesque Stubai region of western Austria, near Innsbruck. There will be 1 day for optional excursions to Innsbruck or to enjoy other activities in the Stubai valley. Our base will be Neustift, a colorful Tyrolean village nestled at 3542 feet in a beautiful green alpine valley surrounded by spectacular 10,000 foot peaks and headed by the Stubai Glacier.

AMC Adventure Travel trips are led by volunteers on a non-profit basis. Any monies left over after trip expenses are covered will be refunded to the participants. As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group's experience. We expect you to participate as part of a group and abide by the leaders' decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum.

HIKING IN THE TYROLEAN ALPS:

Each day we will offer an intermediate or an advanced intermediate day hike. The hikes typically start up through the steep pine forests to the broad sloping high meadows or "Alms" above. Each day we will enjoy a delicious lunch at an alpine "Hutte" (Hut) or alm along the way. You can also pack a lunch of delicious local cheeses, meats, and bread. For advanced hikers the day continues up mountain ridges beyond the Huts to places of interest. Lifts and other public transport will be used as appropriate; on one such day we



will take lifts to the "Top of Tyrol" at 10,333 feet, the highest restaurant in Austria. We will visit from 4 to 5 Huts, depending on weather and hiking abilities. There are also many trails to hike in the valley and along the river, which are very relaxing and pleasant. Also, there will be two treks offered to panorama views and to the needles above Neustift.

Our hiking tour is considered active but not as demanding as trekking excursions can be.

We like to stop occasionally to enjoy the magnificent mountain views, look for animals, and admire the alpine wildflowers, which should be at their peak, or take photographs. The first few days will feature low-level hikes to acclimatize you carefully to the altitude. Thereafter, at higher elevations the intermediate day hikes will range from 4 to 6 hours in length, with elevation change (ups and downs) varying from 1,000' up to 3,300' per day. Look forward to a cold beverage, delicious torte, or apple strudel afterwards!

TENTATIVE ITINERARY dependent on trail and weather conditions!!

Day 1-Friday, 16 June: Leave USA on overnight flight to Europe

Day 2 – Saturday, 17 June: Our group will meet in Innsbruck airport and then transfer to Neustift. (if you choose to arrive at another airport, please make sure that you meet us at the Innsbruck airport at a designated time).

Meals included: Welcome Dinner

Accommodation: Hotel Bellevue

Activities: Your journey will start in Innsbruck where you'll be met in the afternoon by your AMC guides. We will transfer for about 1 hour bus ride to Hotel Bellevue in Neustift, our hiking base in the Austrian Alps. Depending on our arrival time, we may do a short hike to Kartnall. We will ascent steadily on path to Kartnallhof at 4255 ft (1284 M) and enjoy the view of the valley.

Day 3 – Sunday, 18 June: Neustift to Elfer Lift to Elfer Hutte to Panorama Weg and back to Elfer Lift About 5-6 hours

Meals included: Breakfast & Dinner

Accommodation: Hotel Bellevue

Activities: Walk to Elfer lift and hike up switch back path to Elfer Hutte, enjoy views of Stubai valley and a beverage if desired. Continue on the panorama weg, a steep and narrow path at times to the Zwolfer Nieder. Enjoy superb views at this sharp ridge line between Elfer and Zwolfer Spitzes. While we have a snack or picnic lunch. This is the dividing line between the Stubai and Pinnis valleys. Then walk down the way we came back to the Elfer lift.

Day 4 – Monday, 19 June: Neustift to Serles Lift to Maria Waldrast, Highest Abbey in Alps. About 5 hours

Meals included: Breakfast & Dinner

Accommodation: Hotel Bellevue

Activities: Take bus from hotel to Serles lift stop. Walk uphill from top of lift to Maria Waldrast and enjoy the Highest Abbey in the Tyrolean Alps. Then continue up the Panorama Weg to the slide and return to the Abbey. Stop for a beverage or snack if desired. Then continue to the Waldrest Jockle and enjoy the views from this high point. Then walk down a mountain path to Ochsenhutte for lunch and enjoy the superb views of the Alps surrounding Innsbruck. Return to the lift and ride down, then take the bus back to Neustift.

Day 5 –Tuesday, 20 June: Neustift to Fulpmes to Kreuzjock to Starkenburger Hutte About 5 hours

Meals included: Breakfast & Dinner

Accommodation: Hotel Bellevue

Activities: Take bus to Flupmes and walk up to the Schlick 2000 lift to top station at the Kreuzjock. Walk along the wildflower path or ridge path to the Sennjock. Then continue along a very narrow path, care should be taken here as there are some sections which are steep and scree covered, to the Starkenburger Hutte for lunch. Here you can enjoy great views of the Oberburgtal and Pinnistal valleys (Tal = valley).

We will have lunch here (the best apple strudel in the valley!). Then continue down mountain path and either take gravel path to Neustift and enjoy views or some can go back the way we came to the top of the Schlick 2000 lift station then down to Fulpmes and bus back to Neustift.

Day 6 – Wednesday, 21 June: Neustift to Franz Senn Hutte

Meals included: Breakfast & Dinner

Accommodation: Hotel Bellevue

Activity: Take taxi to Oberisshutte to Alpeineralm to Franz-Senn Hutte 4.5 to 7.5 miles

This day's hike will offer three destinations. Take taxis one half hour up to Oberisalm farmhouse (at 5716 ft, 1742 m). Take trail #131 to Alpeineralm, enjoy views from the alm, this is a 3.0 mile roundtrip. Then decide how many people want to proceed to the hutte. Walk along rocky well graded but occasionally exposed trail to the century old Franz Senn Hutte at 7044 ft (2147m) at the head of the Oberbergtal, under a glacier, and into splendid valley beyond. This is a 4.5 mile roundtrip. We will have lunch here. From here, depending on weather and group desires, we will either return to trailhead, or we could walk further up to the Rinnensee at 8500 ft. There are views of many Spitzes (sharp peaks) and glaciers. This would be a 7.5 mile roundtrip. We would turn back if there is snow; also time is a factor as we need to meet taxis at a predetermined and set time. We would return to the Hutte, meet up with remaining group, return to the alm and also pick up any part of the group waiting there. Everyone will meet at Oberisshutte at a predetermined time, in advance of the taxi pick-up time as we need to walk partway down the road to meet the taxi. We will try to schedule the taxi pick up for 5:00 to 5:30PM

Day 7 – Thursday, 22 June: Sulzenaualm to Sulzenauhutte and Blue Lake 3.5 to 7 miles

Meals included: Breakfast & Dinner

Accommodation: Hotel Bellevue or Sulzenau Hutte

Activities: Today you will have an option to hike to Sulzenau Hutte and stay there overnight or just hike to Sulzenau Alm and return back to the hotel. We will not be checking out of the Hotel Bellevue.

We will be taking a bus from the hotel to the trailhead and hike to the Sulzenau Alm. Those who choose to stay overnight in the Hutte will continue hiking up to the hut, while others will return to the trailhead and take the bus back to the hotel. One of the leaders will hike back to the trailhead to make sure everybody gets back safely to the bus.

Take the bus towards Stubai Glacier to Sulzenau trailhead. This day's hike will offer three destinations. Take trail #136 up to Sulzenaualm, there is a restaurant here as well as a working farm. This is a beautiful spot with a very impressive glacier cirque, it almost completely closes when you enter. The owner of the alm has hand carved gargoyles and trick entrance gates for your enjoyment. When we were here in 2009, he had also started making and selling some nice carved wall hangings, they make a nice lightweight souvenir of your days' adventure! The round trip mileage from this point is 3.5 miles. The second destination will be to the Sulzenau Hutte at 7186ft. via a well graded, rocky, and in parts steep and exposed trail which zigzags up to the Hutte. Care must be taken on parts of this trail. We will have lunch at the Hutte. The round trip mileage from this point is 5.5 miles. The third destination will be to the Blaue Lacke (blue lake), a lovely 1 hour round trip to a glacial pond above the hut. There is a gravel moraine leading to the Suzenauferner (the glacier we see from our hotel), we will stop before the end of the glacier. The round trip mileage from the lake is 7 miles. We will then return to the hutte, where we will be staying overnight. Those not wishing to hike further than the alm will be guided back down to the bus stop/trailhead and will spend the night at the Hotel Bellevue.

Day 8 – Friday, 23 June: Top of the Tyrol**Meals included:** Breakfast & Dinner**Accommodation:** Hotel Bellevue**Activities:** Excursion to “Top of the Tyrol” at 10,300 ft. Suitable for everyone

Those who stayed in the Sulzenau Hutte will hike down back to the trailhead and meet anyone who stayed at the Hotel Bellevue. We will all then take the local bus to Mutterberalm Lift Station, to Bergstation at Eisgrat 9512 ft (panorama restaurant). Then transfer to the Schaufeljochbahn Gondola to the Top of the Tyrol. Walk on the glacier, go up to the viewing platform for great views of the Italian Dolomites, Swiss Bernina and Austrian Stubai Wildspitze and Syker, the biggest peak in Austria. Have a beverage at the Jochdohle if desired, the highest restaurant in Austria. Ride the lift down to the middle station and exit. Take a 5 minute walk to the Dresdener Hutte for lunch, great apple strudel here! Anyone who wants to hike down from the middle station to the base station will need to talk with the leaders. This is a steep trail, #135 zigzagging under the lift, over snow (at times there may not be any snow on this section) and eventually meadows, past waterfalls and down to the base station. Do only in dry clear conditions. Time permitting you may want to stop at places of interest along the return bus route. Please ask leaders for advice and let us know if you plan on separating from the group.

Day 9 – Saturday, 24 June: Departure / Transfer back to Innsbruck**Meals included:** Breakfast only**Accommodation:** None provided / Departure day

Activities: Today after breakfast we have a return transfer to Innsbruck organized for the group. From Innsbruck you are free to travel to other destinations in the region or onward travel home. Please note, this is a group transfer in private coach and departure time depends on the final group logistics. Individual transfers must be arranged separately and at a cost external to the tour price.

**ACCOMMODATIONS,
MEALS AND
ACTIVITIES:**

In Neustift we'll be staying for 6 nights at the delightful 3-star Hotel Bellevue perched on a hill with beautiful views of the Stubai valley. It's located about 5 minutes from the village center and right by a bus stop. The hotel has cozy rooms with private bath and some with balcony, a Tyrolean bar and formal dining room with a great view of the Stubai valley, comfortable living



room, large sun porch and terrace with deck chairs for after hike relaxation! It also offers sauna, steam bath, Jacuzzi. There is a computer available gratis on the sun porch. The hotel is run with

great charm and care by Patti and Hans Hofer. Patti is a vivacious American and Hans is a certified mountain guide, former Neustift mayor and chef par excellence. The Bellevue will provide us with full buffet breakfasts and 4-course dinners featuring Austrian specialties. Their cuisine is rated excellent 4-star quality.

The Neustift area offers many opportunities for relaxation and fun. Access to the village's nearby indoor and outdoor pools is free. Tennis courts are available at discount rates. The handsome 18th century baroque church is worth exploring along with the ornate ironwork in the cemetery. Tyrolean folk evenings in community center are not to be missed. Dances and band concerts are presented by the village. In case of bad weather or for a rest day, you can explore the historic and fascinating town of Innsbruck, the capital of Tyrol Province and Maximilian's Imperial seat, just 1 hour and 20 minutes by bus and scenic railway. This excursion would be optional and not paid by trip funds. The Stubai tourist card will allow you unlimited transportation in the Stubai valley: buses, lifts (4), scenic train to Innsbruck. One day we may use van taxis to a remote trail head for an Alpine Hut excursion.

We will spend one night at a high mountain hutte accessible only by foot. Those not wishing to do this will have the option of staying at the Hotel Bellevue since we will not be checking out of our rooms for that one night. Rooms at the hutte will be shared bunk rooms with blankets and pillows provided. The hutte requires overnight guests to bring a sleeping bag liner or sleep sac.

COSTS COVERED:

All accommodations at double occupancy.

Chartered bus travel from Innsbruck airport to Neustift and return to Innsbruck airport.

Unlimited travel in Neustift; bus, lifts, scenic train, taxi (for one day hike to get to remote trailhead).

All breakfasts and dinners, excluding dinner alcoholic beverages and coffee/tea/mineral water.

Medical evacuation and repatriation insurance.

Basic tip for dining/kitchen staff



COSTS NOT COVERED:

Airfare from USA to Europe and return to U.S.A.
Transport to Innsbruck airport to and from your arrival/departure destination in Europe.
Lunches and snacks
Alcoholic beverages, and dinner drinks other than plain water.
Individual (non-group) excursions and additional lifts, bus, rail, taxis, or car rentals.
Optional day trips in Innsbruck.
Passport.
Trip/baggage insurance.
Tips for housekeeping staff/bar staff

SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, by boat, or on a bike. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips. Please carefully read and sign the *AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding

PHOTO GALLERY /WEB SITE FROM 2012 TRIP:

If you'd like to see what we did during the 2012 trip, visit the following website:
<http://blumenthal.home.comcast.net/~blumenthal/AMC/Austria/index.html>

RESERVING A PLACE AND PAYMENT SCHEDULE:

The land cost of the trip is \$1400.00, plus estimated airfare of \$1,700-2,100 to Innsbruck or \$1,200-1,600 to Munich. To reserve your place, please contact the trip leader or co leader for an application, the Confidential Medical Form and the Acknowledgment & Assumption of Risks & Release and Indemnity Agreement. Once you have been approved for the Adventure Travel trip, you will be required to send to the Leader your deposit of **\$1,000.00** made out to: **Appalachian Mountain Club (AMC)**. \$100.00 of this initial \$1,000.00 deposit is a non-refundable administration fee. Once we receive your application and other forms and have approved you for the trip, we'll send you additional information on the trip, including planned hikes, equipment lists, and travel tips. The maximum number of participants is 18, so apply early to reserve your place (the last trip in 2009 had a waiting list).

PAYMENT 2 DUE: JAN 1, 2017 \$400.00

SINGLE SUPPLEMENT if not wanting to share a double room at Hotel Bellevue (no singles available at the Sulzenau hutte): \$121

EQUIPMENT LIST

Below is a list of the required and recommended gear for the trip.

Required and Essential Gear

- Passport, at least six months from expiration
- Daypack, at least 1000-2000 cubic inches
- Waterproof pack liner or both a liner AND a pack cover (a pack cover will not keep water out in very high wind, but can keep the outside of the pack dryer)
- Sturdy, comfortable, waterproof hiking boots with extra shoelaces
- Synthetic hiking clothing (tops and bottoms)
- Waterproof rain gear (tops and bottoms)
- Sweater/jacket, wool or fleece
- Long pants, wool or fleece
- Nalgene bottles/Camelback (at least 2 liters total capacity)
- Sun hat or bandanna
- Warm hat, neckband or balaclava
- Gloves/mittens
- 3 pairs of hiking socks with liners
- Tevas, Crocs or other similar footwear (to wear around our lodging)
- Headlamp/flashlight with fresh batteries
- Sunglasses
- Sunscreen and insect repellent
- Personal blister kit, first aid kit and personal medications
- High-energy trail snacks
- Whistle and knife (knife not in carry-on)

Recommended and Optional Gear

- Small daypack/lumbar pack for sightseeing (or adaptation of full pack)
- Gaiters (for rain and debris)
- Hiking poles (not in carry-on), highly recommended for stream crossings, in rain and high winds
- Casual clothing
- Camera and spare batteries/charger and voltage converter or adapter as required.

Note about foreign currency: The best exchange rates euros are at ATMs in each country (Italy, France). In-country banks and money exchanges away from airports are probably next best. Traveler's checks are not recommended.

CANCELLATION POLICY:

If you cancel after being accepted for the trip, \$100 is non-refundable, but if you cancel after Jan 1, 2017 minimally \$200 is nonrefundable, if (and only if) another person takes your place. We will establish a waiting list. Should another person replace you, you will be charged only the \$200 cancellation fee. However, your cancellation shall not raise the cost of the trip to any of the participants or the leaders. Thus, if you cancel and are not replaced, you will forfeit the \$200 plus the per capita expenses already incurred and any other unpaid expenses for which the trip

cannot obtain a refund. You may forfeit the entire trip fee. Flight tickets once purchased become your property and are generally non-refundable. We strongly recommend that you purchase travel insurance. Information on a company recommended by the AMC will be sent to you.

PLEASE NOTE: The price of the AMC Adventure Travel trip is given in good faith based on current tariffs and rates and is subject to change. *Any tariff, exchange rate increases will be passed on to participants.*

Conversely if the minimum number of participants does not sign up, the leaders reserve the right to cancel the trip and refund the amounts paid. If the trip is full, we can put your name on a waiting list, or return your deposit.

AIR COSTS (ESTIMATED (\$1700-2100 to Innsbruck, \$1200 -\$1600 to Munich):

Leaders will explore the best possible options for air travel – most likely on Austria Airlines or Lufthansa, since they offer good connections. For this trip we estimate a range of \$1700-\$2100 should you choose to fly directly to Innsbruck, where we will meet. Should you choose to fly to another airport (for example to Munich estimated range is \$1200 - \$1600), you will have to make your own arrangements to meet us on June 17, 2017 at the Innsbruck airport. *We will assist you in any way to make your reservations, but you should not make any booking on your own without consulting the leaders. Once you purchase tickets, they are wholly owned by you.* It is your responsibility to get yourself to the Hotel Bellevue in Neustift, Austria if you do not meet us to meet our chartered bus from Innsbruck airport. *The leaders only provide chartered bus transportation when you arrive at Innsbruck airport by the time we specify.*

FLIGHTS:

We recommend that you reserve flights on Lufthansa Air or Austria Airlines, from Boston or New York JFK. Flights should leave on June 16, 2017 for arrival in Innsbruck on June 17, 2017 or other airports in Europe, but in time to meet us at the Innsbruck airport for transfer to Neustift on June 17, 2017.

For return flight you will be transported to Innsbruck airport on June 24, 2017 and should schedule your departure flight based on the airport you will be leaving from.

Trip insurance is recommended, since an illness, accident or death in the family can interfere with your plans. Trip insurance can be obtained through your travel agent or the leaders will provide you with choices of approved trip insurance companies.

PHOTOS OF PAST TRIP:

To view photos of our August 2012 adventure please visit the following website which was most kindly put together by one of our participants!

<http://blumenthal.home.comcast.net/~blumenthal/AMC/Austria/index.html>

YOUR LEADERS:

LEADER: GINETTE BEAUDOIN



Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She led this adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead this trip with Terry Peters in July 2009 with 19 participants. She has also led Adventure travel trips to Yosemite national Park for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her interests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

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CO-LEADER: ANNA PANSZCZYK



Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to Austria, Azores, Yosemite National Park, Minnesota and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

ADDRESS: 22 Alfred Rd, Arlington, MA 02474
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We look forward to hearing from you.
Sincerely,
Ginette Beaudoin and Anna Panszczyk