

EXPLORE!

The Austrian Tyrol
8 days

Austria, Germany - Trip code AUT

The Austrian Tyrol

Austria's Tyrol is a beautiful mountain region of precipitous peaks, green valleys and quaint villages. The week is based in charming Alpbach; voted as Austria's prettiest village, it is the picture-perfect image of the Tyrol with well-kept chalets, flower-filled window boxes and views of the whole valley. Enjoy walks through forests and meadows and ascend the higher ridges by cable car for fantastic views of the snow-capped Alps.

Trip highlights

- ★ **Alpbach** - Enjoy the Tyrolean charm of Austria's prettiest village
- ★ **Alpine views** - Ascend by cable car and chair lift for awesome mountain views
- ★ **Gratlspeitz** - Walk around the rugged Gratlspeitz summit high above Alpbach
- ★ **Gorge walk** - Hike alongside the river in the Tiefenbach Gorge
- ★ **Family** - run accommodation - Enjoy the cosy atmosphere and hospitality of our chalet hotel base

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

GROUP SIZE:**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip Munich Airport; drive to Alpbach

Arriving at the joining point, Terminal 2 Arrivals Hall Munich Airport, we transfer in 2- 2.5 hours to our accommodation in Alpbach (975m). There are great views of the Alpbach Valley and the surrounding hill-tops, including the imposing Gratlspitz mountain. Alpbach has restaurants, cafés and bars, an ATM and a medium-sized supermarket. There will be a short briefing by our Explore Leader about the week ahead, followed by dinner at a local restaurant.



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Dinner

DAY 2 - Walk along the Muehlbachweg to Inneralpbach

Voted Austria's prettiest village, Alpbach is the picture-perfect image of the Tyrol. The village has well-kept chalets, flower-filled window boxes and views of the whole valley. We walk from the hotel, along the Muehlbachweg and on to Inneralpbach. The first day's walk is a gentle valley walk and an introduction to the area. We will pass by the main river, through larch forests and farm land. From Inneralpbach we take the public bus back to Alpbach.

Today's 13-16 kilometre walk is expected to take approximately four hours with an ascent of 325m.



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 3 - Traverse below the Wiedersbergerhorn. Optional Standkopf summit (2241m)

We take a 5 minute bus ride from Alpbach and then a cable car to 1850m. This takes us high without the effort of a huge climb! We traverse for 45-60 mins below the Wiedersbergerhorn - the main peak above Alpbach - until we meet the main north-south ridge which undulates at an altitude of around 2100m. We follow the ridge south for 1.5hrs with great views of the valleys of Alpbachtal and Zillital. We can see snow-capped peaks in the distance and the higher peaks above Alpbach. Stopping for lunch, there is the option to climb Standkopf (summit 2241m). It is slightly exposed, but the 45 minute round trip is well worth the climb. We then return along the ridge to the cable car and descend to the valley bottom. For those with the energy you can climb the Wiedersbergerhorn (summit 2127m) - allow 30 mins extra - before taking the lift down.

Today's 16 kilometre walk is expected to take approximately five hours with an ascent of 250m and a descent of 250m.



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 4 - Gorge walk from Brandenburg to Kramsach

We take the public bus to Brandenburg from where it's a short decent to the Tiefenbachklamm. From here we follow the river - Brandenberger Ache - for about 12km on a path through the forest. This is a lovely walk that finishes at Kramsach. From here we catch the bus and return to the hotel.

Today's 12 kilometre walk is expected to take approximately five hours with an descent of 350m.



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Cable car ride and walk to Reith Kogel

We take a five minute bus ride from town and take the Wiedersbergerhorn cable car to 1850m. We follow the path on the west side of the Wiedersbergerhorn and head down towards a lovely small hill called Loderstein (1830m). We then head into the forest and continue descending on the path weaving our way through the pine trees. Eventually we come to a forest track and follow it to a pretty church tucked amongst the hills (3 hours from the top of the cable car). Once here, you can either take the cable car down from Reith Kogel or walk down which takes 90 minutes more. We end our walk in Reith - a small, sleepy town where we can take a drink before heading back to Alpbach on the bus.

Today's 14 kilometre walk is expected to take approximately four hours with a descent of 1213m (or six kilometres with a descent of 650m if you take the cable car to Reith).



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 6 - Free day to relax or explore further afield

A free day to explore the region on your own using public transport. Options include a trip to Innsbruck with historic buildings, churches, museums and lots of restaurants and cafés. Rattenburg is a historic town famous for its glassblowing and easily reached by public bus. Or you could head to Achensee - a beautiful lake, surrounded by mountains. You can swim at the lake or explore some of the small villages. If there are enough people interested, a private minibus can be hired for a day-trip to Salzburg for your Sound of Music fix!



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Circuit of the craggy cliffs of Gratspitz

The final walk takes us around the craggy cliffs Gratspitz (summit 1898m) which sits above Alpbach. We take a taxi to gain some height and then climb to a small mountain pass at 1800m. We then walk around the back of the mountain for views looking east. There are interesting Alpine flowers that change with the aspect of the mountain. We then come back into the Alpbach valley and descend back to the town.

Today's 13-16 kilometre walk is expected to take approximately five hours with an ascent and descent of 500m.



Accommodation: Pension Muehlbachhof (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 8 - Drive to Munich Airport where trip ends

Drive to Munich Airport where the trip ends.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCES

Day 2	13-16km
Day 3	16km
Day 4	12km
Day 5	16.5km
Day 6	
Day 7	13-16km

Walking grade

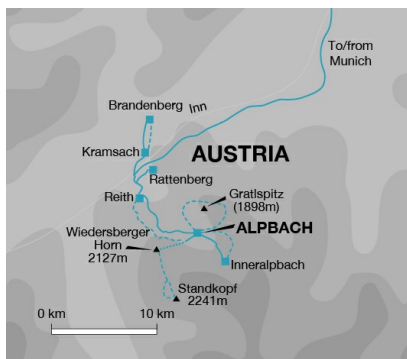
Easy to moderate

Trek details

This is a 5-day trek with an average of 4 to 5 hours of walking a day. We have graded this trek as to easy to moderate.

Max walking altitude (m)

2241



Why book this trip

Immerse yourself in the Tyrolean lifestyle, staying at a traditional chalet with great hosts, in Alpbach -voted as Austria's prettiest village. There are numerous hand-built wooden chalets with wonderful flower-filled window boxes and a main street that rarely sees much traffic. The atmosphere is relaxed and friendly and almost everywhere you look there is a photo opportunity. Some men and women dress in the traditional dirndl and lederhosen and there are bands playing folk songs.

What's included?



Included meals

Breakfast: 7
Dinner: 5



Transport

Bus
Public Bus
Taxi



Trip staff

Explore Tour Leader / Trek
Guide
Driver(s)



Accommodation

7 nights standard hotel

Trip information

Country information

Austria

Climate

Austria has a variable climate with frequent changes of weather from day to day. Expect a contrast of warm summer days with the possibility of showers at any time.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

German

Germany

Climate

Germany has a variable climate with frequent changes of weather from day to day. Expect a contrast of warm summer days with the possibility of showers at any time.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Christian

Language

German

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these trip notes were originally issued but may change at any time due to currency fluctuations.

Innsbruck: allow €20 to travel there and back on the public bus.

Achensee: allow €20 to travel there and back on the public bus.

Salzburg: a private minibus can be hired from Alpbach. The price will vary according to how many people travel for this day trip.

Clothing

Temperatures can change dramatically at altitude and at night. The following are essential:

Good quality waterproof jacket and trousers (eg. Goretex / e-Vent), a pac-a-mac is not good enough

Fleece jacket

Comfortable walking trousers

Shorts

Lot of walking socks

Warm hat and gloves

Sunhat, sunglasses and high factor sun cream

Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a waterproof rucksack (30 litres recommended).

Remember you are expected to carry your own luggage so don't overload yourself. One main piece of baggage and a waterproof ruck-sack. You just need to carry what you need for the day which will include a raincoat, waterproof trousers, jumper or fleece, wooly hat, camera, sun-cream, picnic etc. On hot days you will carry fewer clothes but more drinking water.

Equipment

30 litre rucksack (line with a good quality plastic bag to keep your belongings dry)

Reusable water bottle (preferably 1.5-2 litres)

High factor sun cream

Trekking poles (not essential)

Gaiters (optional)

Penknife & Tupperware box (for picnics)

Flip-flops, slippers or Crocs for the evenings

Swimming costume

Blister kit

Camera

Tap water is safe to drink in most places but water sources along the trail may not be reliable. We encourage our clients not to buy mineral water because of the negative environmental impact with plastic bottles. Energy snacks including chocolate and sweets are recommended whilst walking.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided.

In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Country Information

Austria

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£27

Beer price

£2.85

Water price

£1.8

Foreign Exchange

Local currency

Euro

Recommended Currency For Exchange

GBP, USD and Euros cash are accepted at exchange offices and banks.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

All main towns and cities have ATM's for cash withdrawal.

Credit Card Acceptance

Credit cards are widely accepted.

Travellers Cheques

Travellers Cheques can be changed in main banks.

Germany

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£18

Beer price

£3

Water price

£1.3

Foreign Exchange

Local currency

Euro

Recommended Currency For Exchange

GBP and USD are readily exchanged.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

ATMs are readily available throughout Germany.

Credit Card Acceptance

Most major credit cards are accepted, but ask first.

Travellers Cheques

Can be exchanged at banks and exchange shops.

Transport, Accommodation & Meals

Transport Information

Bus, Public Bus, Taxi

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The cosy family-run hotel Muhlbachhof is just 3 minutes walk from the centre of the village. All rooms have balconies and are furnished in a traditional style. There is a reception area, a dining room where we take breakfast, reception and a small terrace with tables and chairs. There are 14 traditional Austrian-style bedrooms. Please note that twin bedded rooms in Austria feature 2 single mattresses, each with their own set of bedding, on one large bed base. If this style doesn't suit you then single rooms are available at extra cost. All rooms have a private bathroom and balcony.

Dinner is included for 5 nights at a local family restaurant, which is 5 minutes walk from the hotel. They serve a fixed 3-course traditional Austrian dinner and will cater for vegetarians. Meals will be meat or fish based. Unfortunately other diets should not expect to be catered for. For the other 2 nights you can dine at other restaurants in the village. There are traditional Austrian restaurants, a pizzeria and a some 4-star hotel restaurants. You will need to buy your picnic each day; these can be bought cheaply at the local supermarket which is 5 minutes walk from the hotel.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Austria: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Germany: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult the relevant consulate.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

2241

Austria

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Germany

Vaccinations

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
