AUSTRIAN TYROL, the alpine safari

Hohe Tauren National Park

Reference · 157

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DURATION	TRAVEL STYLE	LUGGAGE
8 days	**Accompanied / guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Cosy	**3/4 ★★★☆**	**1 495 €**

The Hohe Tauern, Austria’s first National Park and the largest protected area in Central Europe, is characterized by ancestral forests, lush alpine pastures and steep high-altitude landscapes. Each hike is like a true alpine safari where one meets ibex, chamois, marmots, golden eagles, wild vultures or the amazing bearded vulture.
From Matrei-in-Osttirol, in the heart of the Park, the proposed route passes at the foot of the glaciers and several great peaks including the Grossglockner, the highest point of Austria with its 3798 m.
It is on the Via de l'Aigle, a major trail crossing Tyrol, that we hike, from refuge to inn... the opportunity to discover specialties and Tyrolean traditions.

You will love

- A route at the foot of the glaciers and the highest Austrian peaks
- More alpine variants possible depending on the group
- 7 days in the heart of the largest protected area in the Alps, the Hohe Tauern National Park
- Comfort and hospitality in Tyrolean huts and hostels
- The famous landscapes of Tyrol between villages, alpine pastures and high glacial peaks
- An autotour for more flexibility, a dynamic accompanied stay

Day-by-day itinerary

DAY 1

INNSBRUCK MATREI IN OSTTIROL

Meet with the guide around 3pm in Innsbruck (airport or train station) and transfer to Metrei in ostirol (about 3h drive). Installation for 2 nights in hotel, room, in the village of Virgen.

DAY 2

VIRGENTALL VALLEY

Up in the valley of Virgentall. A climb to the Johannishutte hut, by taxi, allows from the first to discover the Turmlioch pass at 2772m altitude, at the foot of the large glaciers descending from the Gossvenediger (3657m). Another hike is possible, without transfer, to ke refuge of Berger-see, with a panoramic view on the southern slope of the Grossvenediger. Overnight in hotel, in room, in the village of Virgen.

5h walk/ Altitude difference: +650m/ -1300m for the Turmk pass

6h30 walk/ Altitude difference: +/- 880m for the Berger-see refuge

DAY 3

TAUERN FELBERG LAKES

After a short transfer, departure for a hike in front of the Grossvenediger massif, along 3 lakes of different colors! Crossing to the Poltener hut and descent to the beautiful Tyrolean valley of Tauern. Installation for 2 nights in a comfortable hostel at the entrance of the valley.

15 minutes drive/ 15km

6h walk / Altitude difference: +/- 1050m

DAY 4

SCHLATENKEES GLACIER

Hike in the Venediger valley and climb along the spectacular glacial tongue of the Schlatenkees flowing from the top of the Grossvenediger. Crossing to the old refuge (the oldest in Austria), transformed into a museum, and back to the valley. Variations are possible depending on the level of the group (climb to the Neu Prager hutte, or to the Lobbentorl pass (2770m). Return to the hostel for the night.

6h walk/ altitude difference: +700 m/ -1100 m

DAY 5

KALS AM GROSSGLOCKNER - BLAUSPITZE

Drive to Kals Am Grossglockner. Ascent by gondola, then on foot to the crests of the Blauspitze (2575m), with a breathtaking view of the Grossglockner (3770m). Descent on Kals and transfer to the beautiful Lucknerhaus valley. Another hour walk to the welcoming refuge of Luckner. Installation for 2 nights, with luggage.

15mn drive/ 15km

4.30am walk/ Altitude difference: +400m/ -1050m

DAY 6

LUCKNERHAUS LOOP

Climb to the refuge of Glorerhutte, then to Salm hutte, overlooking the Grossglockner massif. Descent into the typical Luckner valley, a true Tyrolean postcard. Return to the hostel for the night. Another route is possible, going up the Luckner valley to the Studhutte refuge, the base camp for the climb to the Grossglockner summit.

6h30 walk/ Altitude difference: +/- 1100m for Salmhutte

5h walk/ Altitude difference: +/- 880m for Salmhutte

DAY 7

FRANTZ JOSEPH AND ROUTE DU GROSSGLOCKNER

Departure for the famous Grossglockner Road, listed as a historic monument. Stop under the Pasterze glacier, one of the most visited sites in Austria. Departure for a hike at the foot of the glacier to the historic Frantz Joseph Haus (2450m). Return to the minibus, pass and descent to the valley. Drive to Kitzbuhel, the famous Tyrolean station. Night in hotel, in the center of the village or on the heights. Free dinner in the city.

3h15 drive/ 160km (1h30 in the morning and 1h45 after the hike)

2h30 walk/ altitude difference: +450m/ -200m

DAY 8

KITZBUHEL

End of stay at the hotel, after breakfast. Transfer by minibus to Innsbruck (or Zurich) and dispersion.

The programme has been drawn up according to the last elements known at the time of its writing; imponderables are always possible and situations beyond our control can alter its unfolding.

Hiking also available à la carte, check us out...

Dates and prices

On request for your own group.

THE PRICE

Includes:

- Organizational fees ;
- Guiding by a qualified mountain leader ;
- Accommodation with half board formula, except last day (B&B) ;
- Lunch picnic, snacks ;
- Tourist tax ;
- Taxi transfers and gondola as described in the data sheet ;
- Road transfers from Innsbruck and during the stay;
- Tolls.

Does not include:

- Travel insurance ;
- Personal expenses (drinks, visits, etc.) ;
- Last night dinner in Kitzbuhel ;
- The return journey from your home to the meeting point and dispersion.

The price refers to the meeting point to the dispersion point.

The journey

LEVEL ***

Height difference: +/- 800 m to +/- 1100m per day according to the group's wishes
Walking time: 5 to 7 hours per day.
Type of Hiking: Star Hikes on Mountain Trail
Some more steep passages possible but secure.
Depending on the form and desire of the group, more sporty variants can be proposed.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.
Your physical preparation will enable you to enjoy your trek to the maximum.
Please find the description of the levels by clicking here: levels of difficulty

GUIDING

Number of participants between 6 and 8 people, supervised by a qualified mountain guide.

It is usual to tip your guide at the end of the trek, according to your satisfaction. It is not mandatory but, it is very appreciated.

ACCOMODATION

Accommodation in a traditional refuge or hostel in Austrian Tyrol :
5 nights in dormitory (from 4 to 9 people).
2 nights in bedrooms, based on 2 or 3 people.
Comfort option (2-person bedroom for the whole tour), with supplement.

All accommodations are equipped with hot showers and respect the typical architecture of the place. They are located in small corners of paradise.
Dinners are an opportunity to taste local specialities while maintaining varied, balanced and well-kept menus.

MEALS

Breakfasts and dinners are served in the accommodation, except the last night, free dinner in the city.
For lunch, picnics are prepared by your guide.

Please inform us about your food allergies and special diets **at the time of booking.**
We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

CARTOGRAPHY

Map 1/25000 Granatspitzgruppe No 39
Map 1/25000 Glocknergruppe n°40
Map 1/25000 Schobergruppe No 41
Sonnblick #42 Card 1/25000

Practical information

ACCESS TO DEPARTURE POINT

BY TRAIN

Train from Paris >> Innsbruck
about 8 hours by train, take an interrail pass for an advantageous fare. Departure from Paris Gare de l'Est >> arrival at 15:18 in Innsbruck
Train from Paris >> Zurich
Departure from Paris Gare de l'Est >> arrival at 11:49 am in Zurich. Departure from Paris Gare de l'Est. Transfer from Zurich >> Innsbruck by minibus 25€/person.
Transfer by minibus from Innsbruck to Matreier and return: 156 km, about 3h of road included in the package.
Return: Transfer from Innsbruck >> Zurich by minibus 25€/person.
TGV Zurich 15h10 >> Paris 19h38 approx 100 €

BY CAR SHARING with the guide
Departure from Chamonix at 6am (or on request from Saint-Gervais le Fayet, TGV terminus at 6h30), round trip: 80€ per person.

BY CAR
Paris - Innsbruck, 930km and 10h by road to Strasbourg and Stuttgart.
Meet in Innsbruck with the rest of the group.

ACCOMMODATION BEFORE AND AFTER STAY

Consult the websites of the Matrei-in-Osttirol or Innsbruck Tourist Office.

TO CONTACT US

If you are late, contact the agency: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person.** Your baggage will be transported daily between accommodation by our logistics vehicle where access is not always easy.

Altitude Montblanc · 62 Passage du Nant Devant · 74110 Montriond
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Capital 6000 EUR - IM 074100150 - APE 7912Z - SIRET 48156356700025 - VAT FR67481563567
Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Details

HOW TO REGISTER

- By internet: http://www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

> Altitude Mont-Blanc
> 62 Passage du Nant Devant
> 74110 MONTRIOND
> FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc
('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**AUSTRIAN TYROL, the alpine safari**
Number of days	**8**
Insurance	
Trip price	**1 495 €**
Estimated deposit (30%)	**448,50 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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