

Walk Austria's Stubai Alps

Trip style: European holidays

Destination:  Austria

Trip code: NEU07-LTL09

Grades: 1, 2 & 5

Carbon Footprint:  523kg CO2



HOLIDAY OVERVIEW

Stretching southwest of Innsbruck lies the Stubai valley, home to Austria's largest glacier ski resort, the Stubai Glacier. There's year-round snow and spectacular mountain scenery, but the biggest draw here is Neustift – the pretty village closest to the glacier known for its excellent outdoor activities, large network of walking trails, and peaceful summer atmosphere. Explore some of the Stubai's top walking trails with an expert guide, savour traditional Tyrolean food, and unwind after a day of adventure with a rejuvenating spa.

WHAT YOU'LL LOVE

- Admiring panoramic views from atop Stubai's summits
- Walking below the snow-capped peaks of the Stubai Glacier
- Staying in the pretty town of Neustift
- Trying typical Tyrolean food
- Enjoying the hotel's relaxing spa and wellness centre

WHAT'S INCLUDED

- A choice of 2 walks a day with experienced local leaders
- HF Holidays Tour Manager
- 7 nights' accommodation in Neustift
- 7 breakfasts & 7 dinners
- All in-destination transport
- Stubai Card for free public transport & cable cars
- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)

TRIP SUITABILITY

This is a level 2 and level 5 graded Activity, Easier walks: 5 to 9 miles (8 to 14½km) on good paths, with some rough sections. Up to 1,800 feet (540m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) with some steep and rough ascents to summits and cols. Up to 3,500 feet (1,050m) of ascent in a day.

ITINERARY

Day 1: Arrival Day

Welcome to Hotel Sonnhof. Unpack and settle in.

Day 2: Sunnenseit'n Weg

Day 3: The Elfer: Neustift's 'house' mountain

An opportunity for local orientation and a taster for the terrain and views we will be experiencing this week.

Day 4: Blaser and Under Serles

We head north down the valley to Mieders where we walk under the slopes of 'King' Serles, another of Stubai's 'seven summits'.

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 (making use of the free travel afforded by the Stubai Supercard), or visit local places of interest. Some options may include: Innsbruck: Explore the charming old town of Tyrol's capital. Admire its iconic Golden Roof, visit the impressive Imperial Palace, or take in breathtaking alpine views from the Nordkette mountain range or the Bergisel ski jump. Stubai Glacier: Using the Stubai Supercard, it is possible to ascend to the top stations above Stubai for wonderful views and walking options. For local information please visit www.stubai.at/en/

Day 6: Glaciers and Wild Water

We go south again towards the head of the valley to see at close quarters the incredible transition from snowflakes to cascading waterfalls.

Day 7: The Hidden Schlick Valley

Our final day's walks take us onto the mountains northwest of Neustift, to the beautiful Schlickeralm meadows and the airy summit of the Hoher Burgstall.

Day 8: Departure Day

We hope to see you again soon.

Hotel Sonnhof - Stubai Alps

The Pfurtscheller Family and their team welcome you to their 4-star hotel: Hotel Sonnhof. Located in the heart of the traditional village of Neustift im Stubaital, this hotel offers easy access to the local transport and shops. The Sonnhof offers an extensive spa area and restaurant with summer terrace with panoramic views. Bedrooms are fitted with traditional wooden furniture, large bathrooms and balconies. Neustift is located about 25km from the Tyrolean capital, Innsbruck. On a clear day, it is possible to see the southern part of the Italian Alps and the western summits of the Swiss mountains.

The hotel has a delightful outside terrace with seating, the best place to relax and enjoy the views in the summer.

Guests can also relax and enjoy a drink at the atmospheric bar.

There is a wellness centre that features a sauna, steam room and a spa pool.

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
