



**ADVENTURE TRAVEL**  
VOLUNTEER-LED EXCURSIONS WORLDWIDE

## **DAYHIKING IN THE SEEFELD AREA OF THE AUSTRIAN ALPS**

**June 5-14, 2023**

**AT# 2303**

**TRIP RATING – 4/5**

**<https://www.outdoors.org/outdoor-activities/difficulty-ratings>**

Calling all hiking enthusiasts, have we got a trip for you! A week of hiking in a fabulously scenic area of Austria with comfy accommodations and delicious food and at a cost below a comparable outing in the USA! A timeless classic in the heart of the Tyrolean Alps, the Olympiaregion Seefeld is a holiday paradise! Join us for a fantastic hiking extravaganza. We'll be able to savor a magical, wildflower covered landscape in the heart of the Alps with a huge spectrum of sports and outdoor activities options to choose from for your free time. The south-facing plateau at an altitude of 1,200 meters above sea level encompasses five villages – Seefeld, Leutasch, Mösern-Buchen, Reith and Scharnitz – all of which offer a huge variety of sports and recreational activities to ensure a truly memorable break amid a breathtaking mountain landscape. The vast, 650-kilometre-long network of maintained walking, hiking and climbing trails. We'll stay in Leutasch, a truly quaint Tyrolean village close to Seefeld and enjoy hiking from here to various quaint villages in the area by utilizing the efficient local bus system. In this way we can truly experience a range of scenery and trails while having comfortable accommodations to come "home" to for a refreshing shower, massage, pool swim and/or sauna, followed by a nourishing meal.

Because Seefeld is so renowned for its summer and winter sports, it is easily accessible from both Munich and Innsbruck via good bus and train connections. The FLIXBUS Company ([https://shop.flixbus.com/?\\_ga=2.212193300.1418555266.1519905615-1000382663.1519905615](https://shop.flixbus.com/?_ga=2.212193300.1418555266.1519905615-1000382663.1519905615)) provides a service directly from Munich airport to Seefeld four times a day at a very reasonable cost (under 50 euros round trip). Our hotel in Leutasch will pick us up at the bus stop and take us directly to the hotel where we will be pampered during our stay. Breakfast and dinner will be eaten right at the hotel, and our lunches will be enjoined either on the trail or at lovely Tyrolean cafes/alms/huttes/restaurants along our hiking trails. A lovely teatime buffet (3-5 pm) will greet us on our return in the afternoons! We'll also have the opportunity to join various local activities such as night walks, astronomy talks, as well as learning about the local history and culture.

### **Day by Day Itinerary:**

Participants should have achieved a moderate level of hiking ability and be able to hike up to 15 kilometers per day on rolling or rocky terrain with up to 2500 feet elevation gain for about 4 to 6 hours. Hiking trails in the Leutasch area travel through forests, open plateaus, along ridges, alongside waterways (streams/rivers/creeks) and offer fantastic scenery.

This trip **welcomes** spouses, friends, and/or significant others who are not intermediate-advanced hikers. One could use the many easier walking routes or do one of several alternate activities. **Although we will offer an activity each day, participants may opt to take a "day off" at any point and make their own plans.**

Hike descriptions and trail numbers reference the:

- 1) Hiking & Cultural Guide of the Olympiaregion Seefeld- hikes are based on these descriptions but will not always follow the exact route, we'll adjust to our needs/desires/trail conditions.
- 2) Hiking & Hut tips Seefeld book,
- 3) Kompass 1:35,000 Olympiaregion Seefeld map
- 4) MAYR Olympiaregion Seefeld 410 1:25,000 map.

All of these can be obtained online at [www.seefeld.com](http://www.seefeld.com)

### **Day 1: June 5, 2023**

Arrive in Munich airport and transfer directly to Seefeld via FLIXBUS. Our hotel will pick participants up from the bus station and take them directly to the hotel where they will be warmly received by the owners and staff.

We will have a group meeting in the afternoon or evening, and if time allows we'll have a walking orientation tour of Leutasch.

Hotel: 4 star Hotel Kristall in Leutasch <http://hotel-kristall.at/en/>

Meals: (D)

### **Day 2: June 6, 2023**

Today we'll explore Spirit Gorge- Leutascher Geisterklamm

According to legend the homes of the spirits are to be found where nature is still unspoiled, although very few humans have managed to actually see any of these creatures. But in the Leutasch Gorge, that is exactly what could happen. An exciting path leads down to the home of the Spirit Gorge and his forge goblins.

We'll start at the Gasthof Muhle near Leutasch and walk towards Mittenwald through the gorge. This trail involves gentle walk through a wooded area as well as a 0.8 km section of open metal staircases and walkways suspended over and across the gorge. We'll have the opportunity to do 3 separate trails in the gorge area, one of which involves a footbridge just 10 feet above the water and leads to a spectacular 75 foot waterfall. After some free time in the German village of Mittenwald, famous for its beautifully scenic painted houses, we'll make our way back to Leutasch by bus.

About 1600' elevation change, 6.25 miles, 3 hours of walking; Pages 33 and 65 of guidebook

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

### **Day 3: June 7, 2023**

This morning we'll take the local bus to Birkenlifte and take trail #2 to Wildmoosalm (1316m) where we can have some refreshments before going onto trails 63 and 62 towards Brunschkopf (1510m). We'll then head back to Wildmoosalm via trail 61 and 2 and take bus back to Leutasch. Our trails today take us through forests and meadows where lakes form at certain times of the year. About 660' Elev change, 6 miles and 2.5 hours.

Alternative would be to walk back to Leutasch from Brunschkopf via trail 37 and 42 going by way of HochmoosAlm. This addition would result in a total of about 875' Elev change, 9 miles and 4 hours (not counting stops at alms for strudel, beer, chocolates, lunch etc!).

Pages 29, 30 of guidebook

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

### **Day 4: June 8, 2023**

Today we'll head in a different direction and start our hiking from Klamm (1200m) and hike towards Wettersteinhutte (1717m) where we can have a relaxing lunch or snack. The trails today will have steep sections, forested areas with tree roots along the trail. From there we can either walk back down the same way (about 1650' Elev change, 4 hours round trip) or go onwards to Kneippanlage (Salzbach Parking Lot and bus stop) by way of the Hammermoosalm (1417m) which would add about an hour onto our hiking time for a total of about 1800' Elev change, 7.25 miles and 5 hours, page 35 of guidebook

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

### **Day 5: June 9, 2023**

Today we'll travel by local bus to the town of Scharnitz (964) where we'll hike to Pleisenhutte (1757m) within the Karwendel Alpine National Park, one of the biggest nature reserves in the Alps. The hike starts out on a forest path and goes through open forests to the foot of the

mountain. After walking through a steep pine forest, we arrive at the hut where we can relax, enjoy the views and purchase some refreshments. This involves about 2600' Elev change, 6 miles and 3 hours round trip.

For those wanting to do more hiking, if time allows in the afternoon we can hike up to the Adlerkanzel viewpoint (1203m) or the Birzelkapelle (1128m); both are easily accessible from downtown Scharnitz. Each of these two walks takes about 2 hours round trip.

Pages 20, 107, 53 of guidebook

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

#### **Day 6: June 10, 2023**

Rest day to do whatever you want in the area, or consider taking the train from Seefeld into Innsbruck for a day of museums, shopping, sightseeing etc. For information about Innsbruck please visit: <https://www.innsbruck.info/en/>

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

#### **Day 7: June 11, 2023**

Today we take the local bus to Seefeld and the Rosshutte Funicular which in the winter months is a major thoroughfare for downhill skiers. We'll ride to the top of the funicular to the Rosshutte (1751m), then start our climb to the top of Seefelder Spitz (2221m) which should take about 45 minutes. We'll follow a wide grassy ridge which gradually narrows, over to the summit where we may experience Alpine Choughs swooping over our heads as we enjoy the spectacular scenery. From there we can either head back down to the funicular station the same way we came all the way to the Rosshutte or for those wishing to extend the hike, we can take another trail just above the Rosshutte and ascend over to Harmelekopf and from there either take the cable car down to the funicular or walk all the way back down to Seefeld (Elev change of about 3300', 6 miles and 4-5 hours), Page 40 of guidebook. Lots of options!

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

#### **Day 8: June 12, 2023**

Our last day of hiking involves traveling back to the Salzbach parking lot and taking trails 41 and 44 towards Rotmoosalm (1904m) and then perhaps on to the summit of Predigtstein (2234m), then back down the same way to the parking lot and bus stop to our hotel. The trail follows a gentle climb over open Alpine meadows and further on through sparse woodland to the Leitenbach stream. A track takes us up to the road to the alpine hut Rotmoosalm. From there we can walk over lush green slopes to the grass covered saddle and enjoy the views. The summit of Predigtstein can be reached from this saddle.

About 3575' Elevation change, 9 miles and 6 hours, Page 51 of guidebook.

Hotel: 4 star Hotel Kristall in Leutasch

Meals: (B, D)

#### **Day 9: June 13, 2023**

Transfer directly back to Munich Airport via the early morning FLIXBUS from Seefeld. Once we arrive at Munich Airport, we'll check into our hotel and then go into Munich for a city tour and our farewell dinner.

Hotel: Munich Airport Hilton

Meals: (B,D)

**Day 10: June 14, 2023**

Depart back to USA

Meals: (B)

**Leaders' right to change itinerary:**

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

**Leaders' expectations of participants:**

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone can experience our adventure in Austria through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it will be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

**Tying trip to AMC mission:**

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

## **AMC Membership**

If you would like to join AMC, and save \$100 off the cost of the trip, please visit the website:

[Join AMC](#)

### **What trip price of \$ 3145 (AMC members); \$ 3245(non AMC members) includes:**

- 8 nights 4 star shared accommodation hotel in Leutasch
- 1 night at Munich Airport hotel
- Use of local bus in the area
- All breakfasts and dinners as specified in itinerary
- On group round trip fare on Rosshutte funicular and cable car
- Entrance fee to Leutasch Gorge Waterfall trail
- Group shuttle from FlixBus stop in Seefeld to/from hotel
- Group Flixbus from Seefeld to Munich on June 13th
- Group train from Munich airport into Munich for farewell dinner and tour
- AMC overhead expense fee
- Medical Evacuation Insurance

### **What trip price does not include:**

- International flight to/from Munich
- Beverages at dinner
- Souvenirs and items of a personal nature
- Optional activities during free time
- Trip cancellation insurance
- Housekeeping tips, room service charges etc.
- Transfer between Munich airport and Leutasch hotel (There is a direct FLIXBUS service from Munich airport to Seefeld up to 8 times a day for about 20 euros each way!)
- Rental of any hiking poles

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. **It does not include insurance for travel delay, interruption, trip cancellation, or loss of baggage.** If these possibilities concern you, individual travel insurance is

recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters.

### **Cancellation Policy:**

The AMC Adventure Travel cancellation policy is based on the premise that your cancellation may not raise the cost to other participants or the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$100. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead. Should the leaders be able to replace you with another acceptable participant, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

Before Sept 1, 2022, the minimum cancellation fee is \$100.

Sept 1, 2022 and after, the minimum cancellation fee is \$300

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to *force majeure* [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc.

### **How air travel is to be handled:**

While participant airfare is not included in the trip price, leaders may assist participants in making suitable reservations. Participants will be told when and where they must join the group for the official start of the trip's planned activities. Once your air tickets are purchased they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders. The leaders will send out a document with a list of suggested flight from your home airport which will work to get you to Munich in time for the start of the trip.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval (June 2021). The final price of the trip will be adjusted in accordance with the best final arrangements we can make. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included. **Any savings we achieve, as well as any cost increases we incur, will be shared by trip participants.** Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip's financial accounting is complete.

### **Conditioning and activity/fitness level:**

Participants should be comfortable hiking up to 4 to 6 hours and 15 kilometers per day with elevation gain of up to 3575 feet (if you opt to do the optional hike extensions). Participants should have recent previous experience hiking on rolling/hilly/rocky/mountainous terrain.

### **Application process or how to apply:**

To apply, you must complete and submit the Participant Application ([download application](#)) , Confidential Health Questionnaire ([Download AMC Medical Form](#)) and AMC Liability and COVID Release forms (Download [AMC Liability Form](#) and [AMC COVID Release Form](#)) as well as enclosing a registration deposit of \$1000. You will be considered qualified for the trip when the leaders have determined by conversation with you that you and the trip seem to be a good match. You will be formally accepted, and your check will be deposited. Deposit checks from wait-listed applicants will not be cashed until we offer them a spot on the trip AND they accept.

### **Payment Schedule:**

Final Payment of \$2145 (or 2245 for non-members) due no later than Feb 15, 2023

Please make payments by check payable to the “**Appalachian Mountain Club**” and mail all forms (**please do not staple them together**) to:

Ginette Beaudoin  
66 Graham Street  
Biddeford, ME  
04005

### **Safety:**

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 volunteer 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 camps, and transportation in vehicles, on foot, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* [AMC Liability Form](#) as well as COVID release form [AMC COVID Release Form](#) and call if you have any questions.

### **Risks of trip activities:**

Participants should be adequately prepared for cold and hot weather hazards such as wind chill, hypothermia, dehydration, rain, sun exposure and insect bites by ensuring they have sun protection, personal first aid kit, bug repellant and extra layers in their day pack during each



day's activities.

### **AMC Travel Terms and Conditions:**

Please visit the following link to read AMC Standard policies: [AMC Standard Terms and Conditions](#)

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### **YOUR VOLUNTEER 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 has led several Austrian Alps adventure trips through the years for both hiking and cross country skiing. She has also lead Adventure travel trips to Yosemite, Bryce and Zion National Parks, Easter Island, Peru, Minnesota, Tuscany, Dolomites, Spain, France, Patagonia, Bolivia, Azores Islands, Australia and New Zealand for the AMC. She has hiked to over 30 high Alpine Huts throughout Austria, Germany, France and Switzerland and has hiked the NH 4000 footers. Her interests include hiking, photography, cross country hiking, snowshoeing, travel, and introducing others to adventure travel.

**ADDRESS:** 66 Graham Street, Biddeford, Maine 04005

**PHONE:** (207) 590-4431

**EMAIL ADDRESS:** [ginette4000@yahoo.com](mailto:ginette4000@yahoo.com)

**CO-LEADER:** ANNA PANSZCZYK

Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to New Zealand, Australia, Dolomites – Italy, Austria, Azores, Yosemite National Park, Minnesota, Peru, Easter Island, Australia, New Zealand, 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 hiking. 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 as well as Kepler Track in New Zealand. 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

**PHONE:** 781-648-2492;

**EMAIL:** [annatp12@gmail.com](mailto:annatp12@gmail.com)

**Gear/Packing list:**

You will be required to provide your own daypack, weather proof outerwear, hiking poles, as well as broken in hiking boots. **If you wish to save on luggage, you can opt to rent hiking poles once you arrive in Leutasch, but you will still need to bring the rest of your hiking gear with you.**

**Clothing:**

Polypro tops (long and short sleeve) and bottoms  
Fleece top  
Soft Shell or similar jacket and pants  
Raingear, top and bottom, Gore Tex or similar; not vinyl  
Wool or fleece hat  
Waterproof mittens/gloves  
Sock liners  
Hand warmers  
Slippers  
Casual wear for lodge and sleeping  
Wool socks and footwear appropriate for Apres hiking

**Gear:**

Hiking poles and good hiking boots  
Sun Screen, sun glasses  
Gaiters, warm hat or headband  
Daypack, water bottles, thermos  
Camera with extra battery and memory card  
Headlamp and extra batteries

**Personal:**

Prescription and OTC personal medications  
Personal first Aid kit  
Contact lens supplies  
Toiletries such as toothpaste, toothbrush, shampoo, conditioner, etc  
Plastic bags, thick ones and large enough to keep things dry inside your daypack  
Alarm clock or just use the one on your smart phone

**Links to check out:**

[https://shop.flixbus.com/?\\_ga=2.212193300.1418555266.1519905615-1000382663.1519905615](https://shop.flixbus.com/?_ga=2.212193300.1418555266.1519905615-1000382663.1519905615)

<http://hotel-kristall.at/en/>

### **Hotel Amenities;**

- **Breakfast Buffet** with a wide variety of good & healthy products, fresh Orange juice and vegetable juice
- **Afternoon buffet** from 03.00 to 05.00 pm with homemade cakes and snack bar
- **6 – course menu** and Theme Evenings with salad buffet
- **Saturday: 7-course Candle light dinner**
- **Sunday: breakfast** with Smoked Salmon and Champagne
- **Welcome-Aperitif** on your Arrival Day
- **Use of well-being facilities** (2 indoor Pools, Jacuzzi, Sauna, ...)
- **Spa bag** with bathrobe, towels and Slipper
- **Free Wi-Fi** in the room & lobby
- **Hiking Backpack** for free rent
- Once a week **Lantern Procession** which ends at our “Mulled Wine Hut”
- Once a week **Folk Live Music** in our lobby
- Once a week **Live Music with dance**
- Free use of our **Nordic-Walking Poles**
- **Free Shuttle Service** on Arrival & Departure day from/to the train stations Mittenwald (D) and Seefeld (A)