

XC Skiing in the Austrian Alps Leutasch, Austria

AMC Adventure Travel Trip #2325
February 12-19, 2023



Images in this prospectus are from the trip leaders

TRIP OVERVIEW

Join us for a return visit to Seefeld-Leutasch, Austria's top cross-country skiing destination with over 245 km of cross-country trails for skiers of all abilities.

The region is protected to the south from the warm Föhn wind which often melts the snow in other resorts, while the Wetterstein mountains to the north shield Leutasch from the biting cold, letting the snow-laden clouds approach from the west. The result? A snow-capped region with a surprisingly pleasant climate. Fifty unique family-run restaurants are distributed throughout the entire ski area, allowing us to stop trailside every day for a hot lunch and a chance to warm up.

Throughout our time together we will endeavor to enjoy and understand this wonderful region via the AMC's mission of education, conservation, and appreciation of the natural world.

This trip can be enjoyed on its own or combined with #2324 XC Skiing in the Italian Alps for a two-week adventure through the Tyrolean Alps.

Planned Itinerary:



Feb 11 or prior: DEPART USA

Depart from the USA on a flight to Europe

No meals, accommodation, or activities are provided today.

image by lufthansa.com



Day 1 – Feb 12: ARRIVE IN THE AUSTRIAN ALPS

Arrive in Leutasch and check into our hotel. Take your first ski near our hotel or relax in the hotel's wellness center before the trip officially begins at 6PM with welcome drinks and dinner.

Meals included: Welcome Dinner

Accommodation: 4* Hotel in Leutasch



Day 2 – Feb 13: LEUTASCH

Our first ski will be a “warm-up” from the start of the nordic trails a short walk from our hotel. You are welcome to bring your own ski gear or rent from the town's ski shop.

Meals included: Breakfast & Dinner

Accommodation: 4* Hotel in Leutasch

Activity: 10km easy route around the Leutasch Valley with 100m elevation gain.

Need more challenge? Advanced skiers can continue with one of the trip leaders to the end of the valley or head for some of the hillier terrain nearby.



Feb 14- 18: 3 SEEFELD-LEUTASCH

Each day we will explore the [Seefeld-Leutasch](#) region, with over 245km of trails. One day we may cross the border and ski to Mittenwald, Germany. Some of these adventures will involve a short bus or train transfer. We will stop trailside every day for a hot lunch and a chance to warm up.

Meals included: Breakfast & Dinner

Accommodation: 4* Hotel in Leutasch

Activity: Each day, we will ski up to 12-16km with an elevation gain of up to 300m and a moving time of up to 4 hours.

Need more challenge? Advanced skiers can extend mileage or seek alternate routes with one of the trip leaders.



FREE DAYS

We will be in a very special location and it's okay to opt-out of xc skiing to take a day trip to Innsbruck or try an alternate activity like backcountry skiing or snowshoeing. Although these activities are not included, we can help you find a local guide.

Meals included: Breakfast & Dinner

Accommodation: 4* Hotel in Leutasch



Day 8 - Feb 12: DEPARTURE DAY

Today after breakfast we will say goodbye and either continue to other destinations or return to our departure airports.

Meals included: Breakfast only

Accommodation: None provided / Departure day



image from hotel-kristall.at

What to Expect

Difficulty Rating: This trip is rated a difficulty of [Moderate](#). To enjoy this trip, you should be able to ski up to 12-16km or ~4 hours daily for several days in a row. Advanced skiers will have alternate and additional trail options for more challenge. Our pace will be relaxed so that we may enjoy the scenery and we will take breaks in trailside restaurants along the way to sample the local Tyrolean fare.

Weather: Weather wise, we can expect an even mix of sun and clouds during our trip. The average temperatures during this time are 26-37 degrees. Mountain weather can be unpredictable and cross-country ski apparel including suitable insulation layers will be required. See the gear list at the end of this prospectus for more info.

Meals & Lodging: Our accommodations will be at a traditional Austrian alpine hotel within walking distance to the trail system. We have stayed at this hotel several times and are looking forward to experiencing their new rooftop pool overlooking the alps. We will be staying in classic alpine rooms that are clean, charming, and smaller than typically found stateside. Part of the “charm” is that beds often include two mattresses on a single platform. Solo travelers will be paired with a same gender roommate. Single rooms *might* be available with a single supplement.

Participant Expectations: This is a group activity and we will be spending many, but not all, hours together. We expect that everyone will pitch in and contribute to helping each other have a great time.



TRIP PRICE

The trip will cost \$2,595 for AMC members and \$2,695 for non-members. Non-members can join AMC for \$50 by clicking [here](#).

Included in the price: 7 nights of lodging at a 4* hotel, 7 breakfasts, 7 group dinners, local bus & train transport, and emergency medical and evacuation insurance. A limited number of single rooms (single supplement) might be available at an additional cost.

Not included in the price: The cost of ski tickets, rentals, lunches, drinks, and incidentals - essentially anything not specifically detailed above, *is not* included in the price. We recommend budgeting ~\$15/day for lunches, ~\$60/week for ski tickets, and ~\$120/week for ski rentals.

Round-trip airfare (~\$1300) and land travel to / from your airport *is not included* and we will provide information on suggested flights when it is time to book your flights.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC Adventure Travel excursions and, in accordance with AMC, you are subsidizing some of the leaders' cost. The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC.

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. The final price will be adjusted in accordance with the best final arrangements we can make. As with all Adventure Travel Committee excursions, this trip is run on a non-profit basis; any savings we achieve, as well as any cost increases we incur, will be shared by trip participants.



How to Proceed

To apply to the trip, email karenbarsantiAMC@gmail.com to let her know that you are interested in receiving the trip application forms.

We will send you the application materials which you will need to print, complete, sign and return along with the required deposit check of \$1,000 made payable to the Appalachian Mountain Club.

Prior to your acceptance as a participant in this trip, you will be asked to discuss with us your capabilities and experiences. We may also request references to confirm your fitness level and suitability for participating in trip activities. While the leaders will make a reasonable attempt to ensure a good “fit” between the trip and participants, you are ultimately responsible for being aware of the risks involved in the activities and for conducting yourself accordingly. You are ultimately responsible for your own safety.

Your acceptance onto the trip will not happen until the leader(s) have determined by a telephone conversation with you that you and the trip are a good match. Once you have been officially accepted your deposit check will be processed, the trip’s cancellation policy will take effect including a \$300 minimum cancellation fee, and final payment will be due by September 15, 2022.

Terms and Conditions

By booking a trip with us, you agree with the [terms and conditions](#). Please read this information and contact the trip leaders with questions.

Your Trip Leaders



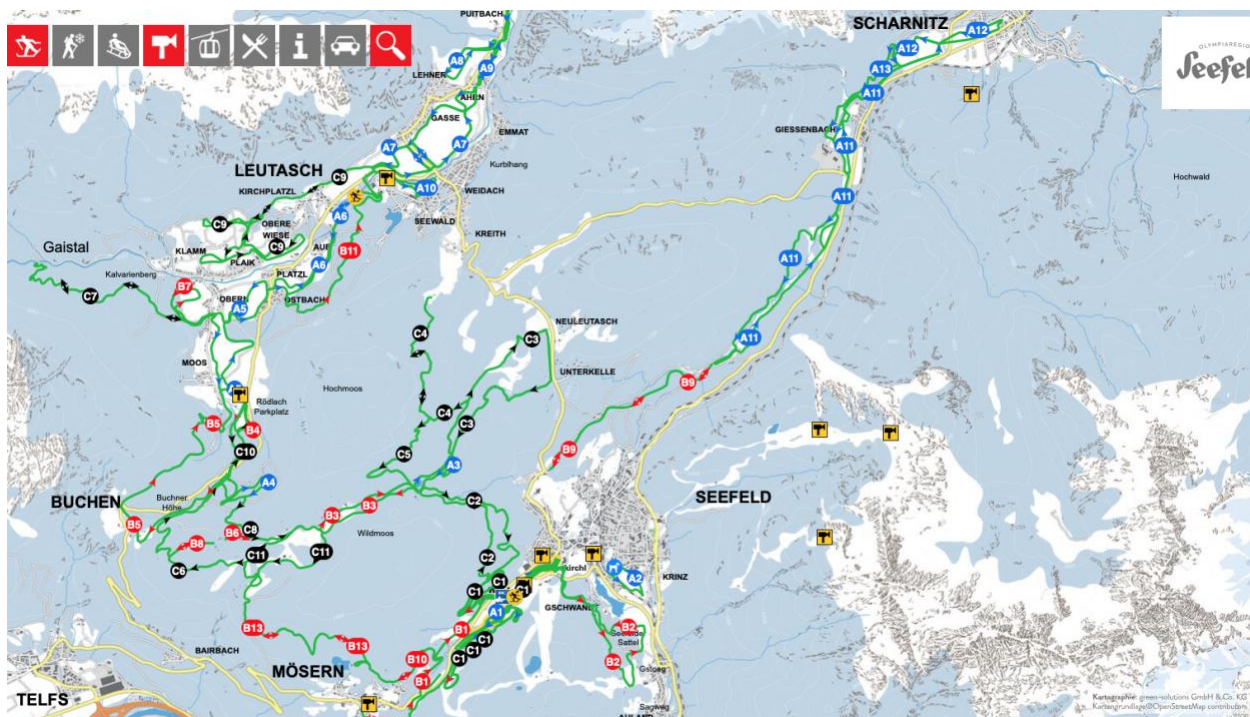
Karen Thurston Barsanti

Karen is a member of the NH Chapter and has led trips for over 15 years for NH Excursions, NH Family Group, August Camp, and Adventure Travel. She is certified by Wilderness Medical Associates International in Wilderness First Aid, AED, and CPR. She is a past Chair of the AMC's NH Chapter and currently serves as Treasurer of AMC's Adventure Travel. Karen has led multiple trips to Europe and enjoys sharing good times and great adventures with fellow club members. She led this XC ski trip with Steve in 2020. Karen can be reached at 603-770-1980 or karenthurstonbarsanti@gmail.com.



Steve Cohen

Since 2012 Steve has planned and led twenty-seven Adventure Travel trips to such destinations the Haute Route (from Chamonix, France to Zermatt, Switzerland), the Alta Via II through the Italian Dolomites, the tour of the Jungfrau region (Switzerland), Patagonia, the high mountains huts of Austria, etc. Steve is an avid XC skier for the past 15 years; he skis both classic and skate style. He developed this Austrian XC ski trip and led it in 2015, 2016, 2018, and 2020 [with Karen]. He lived in Europe for four years and is fluent in both the French and German languages. Steve can be reached at 617-997-6861 or scohen1234@gmail.com. He is currently chair of Adventure Travel.



Click [here](#) for an overview of the ski tracks.

Required Gear:

- Passport, Medical Insurance Card, and EU-required Vaccine Credentials
- Backpack (20-25L) with waterproof pack cover
- 2 insulated water bottles
- Personal first aid kit with head lamp
- Outer-layer: xc ski jacket, pants, hat, gloves/mittens
- Base and Mid-Layers: wool or Polartec socks, pants, and tops
- Waterproof hiking boots for walking around town or in case you want to go snowshoeing
- Sun protection: sunglasses, lotion, and lip balm
- Leisure clothes for travel and hotel
- Personal toiletries

Optional Recommendations:

- Ski Gear. *You can rent or bring your own.*
- Gaiters
- Ear plugs for light sleepers
- Ziploc baggies for packing snacks
- Reading materials for breaks in the action
- Luggage locks