



HEDONISTIC HIKING

Austria and the Dolomites - 9 Days

Splendours of the Austrian and Italian Tyrol

This tour starts in Innsbruck and explores the delightful Tyrol landscape of Austria and Italy. We hike in the beautiful Deferegggen valley in the Hohe Tauern National Park with spectacular views of Austria's highest peak, the Grossglockner (3798m). We cross the border from Austria into Italy on foot to hike in the UNESCO World Heritage mountain scenery of the Dolomites and discover the region's captivating Tyrolean hospitality and culture. We have a guided tour of the fascinating museum in Bolzano, which is dedicated to the 5,300 year old Otzi frozen man, before finishing in Verona with its impressive Roman arena and world-famous opera festival.

What is included?

- **8 nights' accommodation** in three wonderful hotels
- **Two experienced and knowledgeable guides** to look after all your needs and bring this stunning area to life
- **All meals** including excellent wines
- **Gourmet picnic lunches** each day and snacks en route
- **Support vehicle**, enabling you to walk as much or as little as you please
- **Transport** in air-conditioned minibus
- **All museum entries** as per the itinerary
- Comprehensive **pre-trip information**

Tour Highlights

UNESCO World Heritage landscape of the Dolomites

Spectacular alpine hiking

Fascinating Tyrolean culture in Italy and Austria

Accommodation

Sport Resort Hohe Salve: A hotel with extensive spa and fitness facilities in the town of Hopfgarten

Macher's Landhotel: Comfortable family-owned hotel with excellent restaurant in the Hohe Tauern National Park. Sauna and steam room

Bad Moos: Four-star hotel with pool, extensive spa facilities and stunning mountain views of the Dolomites

Itinerary

Day 1

Meet in Innsbruck at 10.30 am at the Hotel Innsbruck on Innrain 3. A short drive takes us to the Tyrol. We stop en route for a light lunch and a visit to the “*Silberstadt*” or silver town of Schwaz, a medieval gem which once rivalled Vienna in its wealth and importance. We stay for two nights in a resort hotel in the charming village of Hopfgarten nestled into a lovely valley at 622m. Dinner in a local restaurant this evening.



Day 2



We take the cable car from the centre of the village up to 1178m. Our hike takes us past a couple of pretty lakes, climbing through pine forest to an easy trail through the lush alpine pastures on the slopes of Hohe Salve mountain. We enjoy wonderful views down to the valley, across to Kitzbuhel and, on a clear day, to the snow-capped peaks of the Hohe Tauern National Park. We picnic just below the summit before descending to a popular Gasthof for a refreshing drink before taking the cable car back to the village. No van access today, both guides hike with the group and carry the picnic. Dinner in a local restaurant. **(11.5km/7 miles)**

Day 3

We depart Hopfgarten and head to the Hohe Tauern National Park. We drive the Grossglockner High Alpine Road, one of the most fascinating panoramic roads in Europe taking us to over 2500m. Enjoy stunning views of Austria’s highest mountain and the Pasterze glacier, the longest in the Eastern Alps. Our home for the next three nights is the welcoming Macher family hotel in the lovely village of St Jakob in Deferegggen at 1390m. Dinner in the hotel this evening.



Day 4

We hike up a lush valley, following the path of a pretty mountain stream surrounded by magnificent



mountain peaks. Our destination is Jagdhausalm, a cluster of a dozen stone houses embedded in a picturesque natural backdrop at over 2000m altitude. The hamlet is one of the oldest alpine pastures in Austria dating back to the early Middle Ages. We eat in a tiny inn with magnificent views before descending down the valley. **(18km/11 miles)**. Today both guides hike with the group and there is no van access during the day. Dinner this evening is in a local restaurant.

Day 5

We take a cable car and chair lift above the tree line to 2300m from where our hike starts. Quiet trails ascend up to a saddle at 2700m, through beautiful pastures with delightful wild flowers, from where we enjoy fabulous views of small mountain lakes, waterfalls and magnificent snow-capped mountains. We descend on a pretty rocky trail following the trail of a mountain stream and take the cable car back to the village. No van access today, both guides hike with the group and carry the picnic. Dinner in the hotel restaurant. **(12km/7.5 miles)**



Day 6



We depart St Jakob and hike up to the border with Italy at a spectacular mountain lake. We picnic whilst still in Austria and then hike across the border on foot. **(11km/6.8 miles)** From here a beautiful drive takes us to the Val Pusteria and onto Sesto in the Dolomites where we stay in a luxurious hotel with a magnificent spa for the final three nights of the tour.

Day 7

A short drive takes us to the start of our hike. We follow an easy trail through ancient pine forest before climbing, steeply at times, to emerge above the tree line at the 1918 Austro-Italian border. We see vestiges of the intense fighting that took place in the region in World War I. Picnic in an alpine meadow. No van access today, both guides hike with the group and carry the picnic. In the afternoon we enjoy spectacular views of Dolomite peaks. Descend to the hotel by cable car. Dinner in a local restaurant this evening. **(12km/7.5 miles)**



Day 8

Our final hike is a magnificent circuit starting in the Fiscalina valley from where we climb on a well-graded mountain trail to the heart of the Sesto Dolomites/Dolomite peaks. Stunning scenery with picturesque lakes and ever-changing scenes of spires and pinnacles, soaring peaks – including the renowned Tre Cime - and vast scree slopes with beautiful alpine blooms. No van access during the hike today, both guides hike with the group and we eat lunch in a mountain refuge. This is a very challenging but extremely rewarding day, we ascend/descend over 1000m, but it is well worth the effort! **(19.5km/12.1 miles)**



Day 9

We depart Sesto after breakfast and drive to the city of Bolzano (approx 2 hours) where we visit the museum dedicated to the 5,300 year old Otzi frozen man. After lunch in a nearby trattoria we continue on to the city of Verona to arrive at the airport by 4.30 pm, followed by Verona train station.



For more details on the Opera Festival in Verona and dates for performances in 2020 please visit <http://www.arena.it/arena/en/pages/schedule-arena-di-verona.html>

Walking: Mountain hiking, a few sections on dirt roads but mostly on well-graded alpine trails, rocky in places. Significant amount of ascent/descent each day, from 500m-800m, and 1000m on the final day, often with a hike-in picnic carried for you by both guides or lunch in a mountain restaurant. A very good level of fitness is required.

Shortest/Longest Day: 11km/6.8 miles and 19.5km/12.1 miles

Useful links to our website

[Innsbruck](#) City Page

[Verona](#) City Page

[Bolzano](#) Museum Blog post

[Verona Opera Night](#) Blog post

See all our [Tour Dates](#) for this and other tours

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