Walking Trails of Innsbruck and the Stubai Alps

Trip Code: ADW

Version:

WALK & TREK	GUIDED GROUP	4 MODERATE



HIGHLIGHTS

- A perfect introduction to alpine hiking
- Ride to the 'top of Innsbruck' on the Nordkette cable car for impressive panoramic views
- Walk in the picturesque Stubai valley

- Explore the charming ancient city of Innsbruck on a walking tour with a local guide
- Centre based at a beautiful hotel with Tyrolean cuisine

AT A GLANCE

- 5 days walking
- Maximum altitude 2334m
- Join at Neustift im Stubaital

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Welcome to Innsbruck and all it has to offer, a beautiful and vibrant city with a backdrop of the impressive Nordkette mountain range and just beyond, the Stubai Alps - a stunning mountain range ideal for walkers of all levels. We base ourselves in Neustift im Stubaital, just outside of the city and spend the week hiking some of the best trails around. We reach some magical viewing points and incredible high level walks by using public transport and cable cars (and so also saving our knees) making this holiday a perfect introduction to not only this stunning area but also to alpine hiking. Whether we are taking in the view from the 'top of Innsbruck' and the Nordkette cable car, eating traditional Tyrolean cuisine or walking in the stunning Stubai valley, the blend of alpine adventure and rich culture makes this area a must see hiking destination.

Is this holiday for you?

This holiday is planned to make the most of this stunning area. Each day we'll enjoy a hike of between 8km to 13km and with ascents between 300 and 700m. We'll be walking on a variety of trails from Innsbruck's busy streets to mountain paths which will be more unsteady underfoot - paths are generally good.

As this holiday in centre based, all walks are day walks, meaning you can do as much or as little as you wish. To be able to explore all the different valleys and mountains, we'll use local transport most days. We usually return to the hotel by mid to late afternoon, leaving time to relax in the spa at the hotel or take a short bus ride into Innsbruck to explore the city further.

Itinerary

Version:

Holiday Information

What's Included

- A qualified guide,
- All accommodation as described,
- Meals as described in the meal plan,
- All land transport and transfers required by the itinerary

What's not Included

- Travel insurance,
- Meals as described in the meal plan,
- Miscellaneous personal expenses,
- Airport transfers,
- Entrance fees and costs involved in any optional activities

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

This week of walking is based from Neustift im Stubaital (near Innsbruck), Austria.

The easiest way to reach Neustift im Stubaital is to fly to Innsbruck and take the bus which runs every 30 minutes taking about 40 minutes. (2025 - bus no. 590).

Travelling around Europe by train or coach is also very easy.

Trainline and RailEurope can be used to plan your train travel, and Flixbus or Eurolines if you prefer to travel by coach.

Meal Plan

All breakfasts (from Day 2 to Day 7) and 6 dinners are included in the holiday price.

Lunch on Day 5 is also included at the Sulzenauhutte, a traditional German Alpine Club mountain hut, where we'll enjoy a hearty alpine lunch featuring authentic Tyrolean specialities.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Accommodation

We stay at the 4* Hotel Burgstall in Neustift im Stubaital, which is located 23km away from Innsbruck. The furnishing is a blend of elegant comfort and modern luxury. They pride themselves on combining excellent hospitality with the typical Tyrolean charm.

If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost (but are very limited).

Note: The accommodation(s) mentioned are given as examples of the type of accommodation used for this trip. The actual accommodations may vary between departures depending on availability.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may ‘feel’ the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

You should make an allowance for lunches, additional snacks, drinks etc. Beer, wine and soft drinks are available every night. We estimate that approximately 300 - 350 Euros should adequately cover typical personal spending requirements

Baggage Allowance

For this holiday you should take one piece of luggage (you should be able to comfortably carry / move this bag yourself) and a daypack (of around 30 litres). Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your luggage to a minimum.

You should bring the following items:

- Walking shoes or lightweight boots
- Trainers or sandals
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts
- Socks & underwear
- Fleece jacket or warm jumper
- Lightweight waterproof jacket & overtrousers
- Sunhat
- Sunglasses
- Daypack 25 litres
- Sun protection (including for lips)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Small towel (for swimming)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The following items are optional:

- Walking poles
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

We sell this holiday on a Land Only basis, joining at the group accommodation in Neustift im Stubaital. The nearest airport is Innsbruck. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

With expert local knowledge, we have created a holiday filled with the walks, views, places and things to do that we love, and that we think really show off this simply stunning area. Our wonderful expert guides are also extremely enthusiastic and knowledgeable about the area.We've included all uplifts and cable cars - so you don't need to worry about this extra expense.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change