

Walking trails of Innsbruck and the Stubai Alps

Trip Code: ADW

Version:



WALK & TREK



GUIDED GROUP



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

- Optional visit the famous Olympic Bergisel ski jump
- Explore the charming ancient city of Innsbruck on a walking tour with a local guide

AT A GLANCE

- 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 a traditional lunch at the Sulzenauhutte 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 is centre based, all walks are day walks, meaning you can do as much or as little as you wish. It is good to remember that as we want to explore several different areas, we will be using public transport on most days. We will usually be back at our hotel by mid to late afternoon and so there is a nice amount of free time to explore the city (a short bus ride into Innsbruck from the hotel) - or to relax in the spa at the hotel.

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

Joining Arrangements & Transfers

This week of walking is based around Innsbruck, Austria which easily reached from other European and worldwide destinations by road, rail, coach or plane.

Travelling around Europe by train or coach is very easy.

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

Innsbruck has its own international airport with excellent onward taxi, bus and train connections to neighbouring cities and countries.

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

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

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.

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Accommodation

The 4* Hotel Burgstall in Neustift im Stubaital 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.

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

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 contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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.

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)

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 01/08/2025 and the trip is subject to change