

Women With Wings
TRAVEL

& FAL presents

JOIN Fresh Air Life in the Austrian Alps

JUNE 2014



Join the Fresh Air Life girls as they spend a week hiking amongst the wildflowers and remote snow capped mountains of the Austrian Alps. Strategically placed close to the borders of Austria and Italy, the charming village of Mayrhofen is the ideal base from which to set out and the perfect place to return home each evening.

Several of our ladies will be spending 2 nights in old town Munich before the tour officially begins. We welcome you to join them – this is a great way to shake off jet lag before the hiking tour begins!

ITINERARY

OPTIONAL PRE-TOUR MUNICH ADD ON

We will be starting our journey exploring stunning Munich. JOIN US...

THURSDAY, JUNE 12 Arrive Munich

Please make your way to the Torbrau Hotel, our home for the first two nights.

Ideally located in central old town, the Torbrau has been in operation since 1490, making it the oldest hotel in central Munich. A full buffet breakfast is offered each day. Ladies will be arriving on different flights, but we will make arrangements to meet at a specified time for welcome drinks.

FRIDAY, JUNE 13 MUNICH

Breakfast at the hotel, then we are off on a half day guided walking tour through the historical heart of Munich. Afterwards, spend the afternoon exploring on your own, or take advantage of the excellent shopping in this area. Dinner on your own (B)

SATURDAY, JUNE 14

Depart Munich ~ Arrive Mayrhofen

Breakfast at the hotel. Morning free before our mid day private transfer to Mayerhofen to begin our hiking tour.

Welcome to the Hotel Waldheim, a 4 star hotel owned by the Pfister family who pride themselves on their service, their accommodation, and their food.

Located just a few minutes walk from the village of Mayerhofen, the Waldheim is in a quiet location overlooking meadows and valleys. All bedrooms have ensuite bathrooms with shower or bath, cable TV, sages, bath robes and yes, hair dryers!

As is the norm in Austria, twin beds are set up with a large frame with separate mattresses and bedding.

Meals: BLD

SUNDAY, JUNE 15 Penken Summer Pastures

The lower station of the Penken Gondola is less than five minutes' walk from the Hotel Waldheim. The gondola

SUNDAY, JUNE 15

Continued...

takes us 1,200 metres up from the valley floor to the slopes of Penkenalm. Here we walk through open pastures, abundant with wildflowers in spring and summer, and affording magnificent views of the valley floor and surrounding mountains – an ideal opportunity to get our bearings for the rest of the week.

Easier Walk: 6 miles with up to 1,180 feet of ascent and Descent / Harder Walk: 8 miles with up to 1,800 feet of ascent and descent.

Meals: BLD

MONDAY, JUNE 16 The Ziller Valley or the Karspitze Summit

Today, we either take a short drive eastwards to walk in the meadows and pastures around the picturesque alpine village of Brandberg, surrounded by spectacular peaks; or travel down the main Ziller Valley towards Zell am Ziller, taking a gondola to begin the ascent of the Karspitz. At 7,400 feet, we are able to attain its rugged peak and enjoy the

Tour Inclusions

- Fully escorted by Jenn Hewlett of *Fresh Air Life*
- 7 night HF Holidays Hiking Tour in Mayrhofen, Austria
- All meals included in Mayrhofen
 - Transfer from Mayrhofen to Munich
 - Farewell dinner
 - Fresh Air Life & Women With Wings special touches

Optional Munich Inclusions

- 2 nights at the charming Hotel Torbrau in old town, Munich
- Full buffet breakfast each day
- Half day walking tour of old town
 - Afternoon free (great shopping)
- Private transfer from Munich to our hotel in Mayrhofen

Price Details

- A non-refundable deposit of \$750 CAD due at time of booking.
- Final balance due on March 10, 2014
- Tour based on a minimum of 20 participants

Tour Exclusions

- International Airfare
- Local transport to/ from walks—est CAD 140.00
- Insurance coverage

MONDAY, JUNE 16 Continued...

panoramic views we have earned.
Easier Walk: 6 miles with up to 820 feet of ascent and 2,130 feet of descent / Harder Walk: 7½ miles with up to 2,100 feet of ascent and descent.

Meals: BLD

TUESDAY, JUNE 17 The Upper Tux Valley or the Plauerer Hütte

Our choice today is to travel either southwest to the head of the Tux Valley, where a gondola takes us to the start of our walk, which descends through a wild landscape beneath the high glaciers, and on through alpine pastures to the valley floor; or southeast to the head of the Upper Ziller Valley, where our route rises to an exhilarating high level traverse in dramatic scenery, with snow capped peaks close at hand.

Easier Walk: 7½ miles with some ascent and 2,300 feet of descent / Harder Walk: 9 miles with up to 2,300 feet of ascent and descent.

Meals: BLD

WEDNESDAY, JUNE 18 Free day

Enjoy a hike on your own or with the FAL ladies, or spend the day lazing with a good read. Jenn Hewlett will be organizing some activities for this free day!

Meals: BLD

THURSDAY, JUNE 19 Finkenberg Gorge or the Heimjoch

Today we can either follow an attractive circular route from the hotel, taking in the dramatic Finkenberg Gorge and the delightful Leonard Stock Weg back through the forest; or travel north to take a cable car to the start of our walk which rises over the Heimjoch, passing through wild and remote terrain to cross a spectacular pass, before descending to the village of Brandberg.
Easier Walk: 7 miles and up to 1,150 feet of ascent and descent / Harder Walk: 7 miles and up to 2,170 feet of ascent and 3,940 feet of descent. **Meals: BLD**

FRIDAY, JUNE 20 Down the Zamserbach or a mountain traverse

We begin the day with the spectacular journey up to the high Schlegeiss dam at the head of the Zamserbach Valley. The reservoir here is surrounded by dramatic glaciers and high snow-capped mountains. We can then choose either an

FRIDAY, JUNE 20 Continued...

attractive riverside valley walk, or ascend on a mountain path to a breathtaking high-level traverse on the Berliner Hohenweg.
Easier Walk: 5½ miles with some ascent and 1,840 feet of descent / Harder Walk: 6½ miles with up to 2,990 feet of ascent and descent.

Meals: BLD

SATURDAY, JUNE 21

After a leisurely breakfast, we depart for Munich airport; the departure time will be timed around the flights which ladies have booked today. This transfer is included in your tour cost. Farewell & bon voyage to those who are continuing to other destinations.

Meals: B



AUSTRIA only:

\$1580.00 CAD

Single Supplement \$145.00 CAD

MUNICH add-on:

\$499.00 CAD

Single Supplement - please inquire

Pricing based on twin occupancy

CONTACT

For more details, please contact
Cindy Horton or Pamela Such
cindy@trvlconcepts.com || pamela@trvlconcepts.com
T: (604) 926-8511

