

Into The Valley of the Alps – 7 or 9 nights

‘A wonderful ride through an area of outstanding natural beauty – definitely one of your favourites!’



As featured in
The Sunday Times



Kaprun

- See some of Austria's finest mountain scenery from two beautiful river valleys
- Easy-paced, relaxed itinerary – ideal for families and occasional cyclists
- Excellent hotels, many with swimming pools, sports and leisure facilities
- Many diversions on rest days: summer skiing, tobogganing, hiking, rafting, cable car trips into high mountains
- Rich fauna and flora, including ibex and eagles and wonderful wild flowers
- Optional extra nights in beautiful Salzburg

You start this tour in the village of Krimml, high in the Hohe Tauern National Park, close to Europe's highest waterfall which plunges 1,250 feet in three remarkable cascades. The cycling route follows the Salzach Valley on cycle paths through pine forests, picturesque villages and flower-strewn meadows.

As you near Kaprun the snow-capped peaks of Austria's highest mountain range come into view – the Grossglockner at 12,400 feet is an awesome sight. The route continues along the lakeside through stylish Zell am See to Maria Alm, an attractive village at the foot of the imposing Steinernes Meer mountain range. The 9 night tour continues through a dramatic gorge to Lofer, your last base before the return transfer to Salzburg.

This is a superb tour offering quality hotels, leisurely cycling away from traffic, and an enticing range of activities when you're not cycling. Remarkable scenery is guaranteed and ever-present.



Public pool at Zell am See



Gasthof Bad Hochmoos, Lofer

ITINERARY

9 nights: Krimml to Lofer | Arr ✈ Salzburg

7 nights: Krimml to Maria Alm | Arr ✈ Salzburg

Day 1 Krimml ■ HB ■ Arrival

Arrive in Salzburg. Transfer to your hotel in Krimml, your base for two nights. Krimml has a stunning location at the end of a beautiful valley between the Hohe Tauern and Kitzbüheler Alps – a wonderful location for the start of your holiday.

Day 2 Krimml ■ B&B ■ Rest day

The Krimml Waterfall - Europe's highest at 1,250 feet - is a "must see" today. Enjoy a walk up to the lower falls, and climb through the forest to the upper falls.

Day 3 Mittersill ■ B&B ■ Cycling day 21m; 33km

Cycle down the Salzach Valley, through alpine meadows and attractive villages to the small town of Mittersill where there is an outdoor swimming pool. Our hotel is conveniently located close to a choice of restaurants and cafes.

Day 4 Kaprun ■ B&B ■ Cycling day 17m; 27km

Follow a series of quiet roads and paths to Kaprun. With breathtaking views all around you will pass through some delightful villages. Admire the church at Schwarzenbach or try the outdoor pool in Piesendorf. You stay for two nights in a stylish hotel in Kaprun.

Day 5 Kaprun ■ B&B ■ Rest day

Take the cable car into the mountains behind Kaprun for summer tobogganing. See glaciers and Europe's highest reservoirs a few miles to the south. Some of Austria's finest scenery is to be enjoyed close to Kaprun.

Day 6 Maria Alm ■ B&B ■ Cycling day 16m; 25km

Follow the course of the river on a pleasant track to the lakeside resort of Zell am See. Spend some time in the charming pedestrianised old town, and take a refreshing dip in the nearby lake. The route continues through the valley to the attractive village of Maria Alm, your base for two nights.

Day 7 Maria Alm ■ B&B ■ Rest day

Maria Alm is surrounded by beautiful countryside. Take a cable car ride up into the mountains or cycle up the Leogang Valley for views of glaciers and some traditional Austrian villages.

Day 8 Lofer ■ HB ■ Cycling day 18m; 29km

Transfer back to Salzburg with your tour host if on 7 night tour. If on the 9 night tour follow the Saalach Valley past Lichtenberg Castle before entering a dramatic steep-sided gorge with huge caves. Lamprechts Cave, one of Europe's largest, is a short distance from the cycle track. Your hotel in Bad Hochmoos near Lofer is your base for two nights.

Day 9 Lofer ■ B&B ■ Rest day

Enjoy the scenery or take a chairlift ride up to the peaks of Loferer Alm. If you're still feeling energetic there are some spectacular walks or rafting on the Saalach River to enjoy.

Day 10 Return Home

Transfer to Salzburg for your return flight or some extra nights in this delightful city.



Salzach Valley



Maria Alm



Krimml Falls

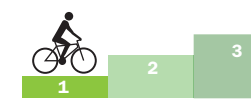
TOUR & TRAVEL INFORMATION

Terrain

Generally flat or downhill. Itinerary is nearly all on village roads, dedicated tracks or cycle paths. On day 6 the section from Maishofen to Maria Alm has a few short ascents and descents.

Daily Mileage

16-21m (25-33km)



Climate

May to September offer ideal cycling conditions. High summer (July and August) can have an almost Mediterranean warmth and dryness, with average daytime temperatures in the range 24-26°C (75-79°F). Rain is always a possibility, but prolonged periods of rain are unlikely.

Travel Information

Flights to Salzburg are available with British Airways and Easyjet from Gatwick, and with Ryanair from Stansted. Please check operators' websites for latest schedules and prices.

Transfer Information

Transfer from Salzburg to Krimml by minibus with our tour host on arrival – approx 2 1/2 hours. Return from Lofer (9 nt tour) or Maria Alm (7 nt tour) by minibus to Salzburg – approx 1 hour.

PRICES

Prices are per person and exclude flights. Board basis is bed & breakfast with one evening meal in Krimml and one in Lofer. Adult prices are based on two people sharing a room.

	MAY / JUNE	JULY / AUG	SEPT
ADULT			
7 nights	£ 649	£ 749	£ 649
9 nights	£ 749	£ 799	£ 749
CHILD (2-12 YEARS) (sharing a room with 2 adults)			
7 nights	£ 499	£ 499	£ 499
9 nights	£ 519	£ 569	£ 519

Single room supplement: £10 per night

DEPARTURE DATES 2010

May: Mon 24, Wed 26, Sat 29, Mon 31

Jun: Wed 2, Sat 5, Mon 7, Wed 9, Sat 12, Mon 14, Wed 16, Sat 19, Mon 21, Wed 23, Sat 26, Mon 28, Wed 30

Jul: Sat 3, Mon 5, Wed 7, Sat 10, Mon 12, Wed 14, Sat 17, Mon 19, Wed 21, Sat 24, Mon 26, Wed 28, Sat 31

Aug: Mon 2, Wed 4, Sat 7, Mon 9, Wed 11, Sat 14, Mon 16, Wed 18, Sat 21, Mon 23, Wed 25, Sat 28, Mon 30

Sep: Wed 1, Sat 4, Mon 6, Wed 8, Sat 11

Above dates are for the 7 and 9 night tours.

7 nights: Krimml (2), Mittersill (1), Kaprun (2), Maria Alm (2)

9 nights: Krimml (2), Mittersill (1), Kaprun (2), Maria Alm (2), Lofer (2)