

Nordic Skiing in Austria's Olympia Region

January 17, 2015- January 25, 2015 (trip#1506)



Overview

Imagine Nordic skiing on the sun-soaked, pristine snow of the Olympia region in Austria, the Seefeld plateau. This area, made up of six charming villages, is located 20 miles northwest of Innsbruck. It was the site of both the 1964 and 1976 winter Olympics: more recently it hosted the 2012 winter Youth Olympics. The cross country ski facilities and conditions are unparalleled

anywhere else in Europe. There are 279 km of meticulously groomed XC trails, about half tracked for classic skiing and the other half for skate skiing. For more information on this spectacular area go to: [Seefeld resort overview](#) The complete ski area map (4MB pdf) can be downloaded at: [Seefeld area XC ski map](#)



Breathe in the fresh, clear air as the trails take you through fields and hamlets with stunning views of the surrounding white-capped mountains. When you would like to relax and take in the scenery, you can stop at a trailside café or restaurant for a strudel, lunch, coffee or gluehwein, a spiced mulled wine well-liked by the Austrians.

Every day you can participate in ski expeditions guided by the trip's leaders, targeted at participants with intermediate-advanced Nordic skiing ability. Usually we will leave mid-morning and return to the hotel mid to late afternoon. A typical day's trip will cover 10-20 km (6-12 miles) including stops for snacks or lunch throughout the day.

If you want to take a break from Nordic skiing or you would like to bring along someone who does not Nordic ski, there are many alternatives. There is excellent downhill skiing nearby encompassing 48 km of alpine trails served by 30 lifts.

Alternatively, there are 142 km of cleared trails for winter walking where you can also take part in

the breathtaking landscape. An excursion to cultural attractions of Innsbruck, capital of the Tyrolean region since the Middle Ages, is only a short train ride away.



Accommodations

We will be staying at a luxurious four star hotel with easy access to the XC ski system. The accommodations are two people to a room. Note: a European double room usually features two twin mattresses in a single frame bed. Each bed is made up individually, but they are side by side.

We start the day with an extensive breakfast buffet. After a day of skiing we may choose to enjoy the hotel's spa facilities. Later on, we dine in the hotel's restaurant and enjoy a multi-course gourmet dinner with plenty of choices. If we still have some energy left we may go out into the village for local musical entertainment. We will sleep well each night under cozy Austrian duvets.

Equipment

You are encouraged to bring your own XC ski gear – you will feel more comfortable skiing on it during your stay. Alternatively there are several rental shops available. Since we will be out all day, you will want to bring along a day pack or larger fanny pack that can accommodate an extra thermal layer, snacks, and water. For winter walking warm boots, microspikes, and poles are recommended.

Trip Cost

The trip cost is \$1,950 for AMC members and \$2,000 for non-members. It starts on 1/17/2015 with your departure from the US and ends on 1/25/2015 with your departure from Innsbruck. It is recommended that non-AMC members join the AMC for \$50 and they will get the same price. The trip cost includes:

- Seven nights of deluxe lodging, breakfasts, lunches (light lunch at the hotel if we happen to be in the neighborhood at mid-day) and dinners. Meals are covered from dinner on 1/18/2015 through breakfast on 1/25/2015
- Use of the hotel's spa facilities including sauna, steam room, and more
- Seven day nordic ski pass
- Waterproof trail map
- Free regional bus transportation
- A resort pass which gives you discounted access to a large swimming pool, spa, museums and other resort amenities. Here is a link to the services covered: [Seefeld resort card](#)
- Emergency medical and evacuation insurance

All lunches, trail snacks, cross country ski rentals, alcoholic and other beverages, transportation to and from the hotel, and other personal expenses are not included in the price. There are cafés and restaurants along the trail where you can purchase lunches or you can buy groceries to make your own lunches.

Your transportation to and from Seefeld is your responsibility. Trip leaders will advise you as much as you need. Most participants will choose to fly in to the Munich or Innsbruck airport. Both have integral train stations with excellent connections to Seefeld. The hotel will provide shuttle service from the Seefeld train station.

The final trip cost will be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. Currently, we estimate the cost of a winter round-trip airfare between the East Coast and Austria to be \$1200.

AMC Adventure Travel trips are run on a non-profit basis. Leaders are volunteers who are not compensated except for their travel costs associated with the trip. The advertised trip cost includes a surcharge which goes toward the administrative expenses of the AMC Adventure Travel program.

The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does *not* include insurance for travel delay, interruption, or cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Ready to apply?

Download the participant application documents (application, confidential medical form, supplemental medical form [if appropriate], and assumption of risk and release form) from the following web folder:

[Application documents](#)

Complete the forms and enclose a registration deposit of \$1000 payable to the *Appalachian Mountain Club*. Mail everything to Steve Cohen at 104 Manet Road Chestnut Hill, MA 02467. You will not be accepted, and your check will not be deposited, until the leaders have determined by telephone conversation with you that you and the trip seem to be a good match. The final balance of \$950 is due October 15, 2014.

Cancellation

Our cancellation policy is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. Minimum penalty schedule: \$100 before June, 2014, \$250 July and August 2014, and \$500 thereafter. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant.

We expect a group size of 16 people, including the 2 leaders. This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip.

In the unlikely event that the trip is cancelled because not enough acceptable participants apply, everything you have paid will be refunded in full.

Participant experience and risks

The trip is geared to people with intermediate to advanced crossing country skiing skills. This means as a minimum: herring-boning up steep hills, strong snow plowing and turning for downhill control, smooth striding and gliding, and stamina for 10-20 km per day with moderate elevation gain. The daily ski expeditions led by the trip's leader and co-leader will be appropriate for those with this skill level. The trip leaders will adjust the daily itinerary based on the participants' proficiency. Several of the days may be long and strenuous.

The trip takes place at the elevations of ~4,000-6,000ft. Although these elevations are not high, the combination of physical exertion and slightly lower oxygen levels require that we pace ourselves and pay attention to proper nutrition and hydration.

This trip welcomes spouses, friends, and/or significant others who are not intermediate-advanced XC skiers. One could use the many beginner XC tracks or do one of the several alternative activities highlighted above. The one critical caveat: the daily guided Nordic ski trips will be aimed at those with intermediate-advanced XC ski skills.

Questions and requesting materials

If you have any questions, please feel free to contact us. We prefer to handle your inquiries by email if they are straight forward or by phone if they require discussion. The contact information is immediately below, with the leader biographies.

Trip Leaders

Steve Cohen leads trips for the AMC Boston Chapter. He has been a participant on many major excursions in the last ten years including trips to Alaska, the Smoky Mountains, Maroon Bells (near Aspen, CO), Grand Tetons/Yellowstone, Tour du Mont Blanc, Escalante



Canyons (Utah), etc. In 2010 he organized and led a 14 day non-AMC trek along the Haute Route from Chamonix, France to Zermatt, Switzerland. In 2011 he went rock climbing in the Dolomites (Italian Alps). In 2012 and 2013 he led AMC hut-to-hut treks in the Dolomites along the Alta Via II and in the Jungfrau region of Switzerland. He lived in Europe for four years and has a good command of both the French and German languages. Steve has been an avid XC skier for the past 15 years; he skis both classic and skate style. Steve can be reached at 617-997-6861or scohen1234@gmail.com.

Sarah Keats is currently one of the Co-Chairs of the Maine Chapter Young Members. She has been leading AMC Maine Chapter trips since 2011. She raced cross country skiing when she was in high school, which consisted of both skate ski and classic ski competitions. She continues to be an avid skier, including skate ski, classic ski, and some back country skiing. Sarah has been hiking mountains over 4,000 feet since she was 12 years old, and completed the Adirondack 46 when she was younger and in July of 2012 she finished her New England 67, NH 48, and Northeast 111/115 on Cannon Mountain. She has been to Austria before on a short trip where she hiked one of the Alps and saw the area where the Sound of Music was



filmed. Sarah can be contacted at 207-756-4226 or slkski@gmail.com.