



Nordic Academy's Euro Alps Tour

Experience the authentic Alps in this
boutique 10 day Nordic Walking tour



YOUR INVITATION

Join us for a trip like no other to and around Patrick's spectacular
homeland in the heart of Europe's alpine region.

Together over 10 days we will explore the local Grosses Walsertal valley region
in western Austria - not only taking in its majestic mountains, serene spring
lake, flower-filled alpine meadows, traditional culture and breathtaking
scenery but also experiencing its unique balance of man living in harmony
with nature (as recognised by UNESCO's classification as a model 'Biosphere
Reserve'). Excursions over the nearby borders into Switzerland, Germany and
Liechtenstein will ensure that your adventure is truly international.

This trip will be as full or as serene as you wish it to be, although one
thing is for sure – it will leave you feeling completely rejuvenated and
'on top of the world' both in body and in mind.

We look forward to sharing our alpine paradise with you and
providing you with an experience of a lifetime,

Patrick and Maree



"You can take pictures and try to
describe the experience to others
but really you have to see and do
it yourself to truly appreciate how
wonderful it is."

Naida G., Melbourne

TOUR HIGHLIGHTS

- » Enjoy guided Nordic Walks by internationally renowned experts
- » Visit 4 countries: Austria, Switzerland, Germany and the Principality of Liechtenstein
- » Experience a model world where man lives in sustainable harmony with nature
- » Indulge in 4 star service and the friendly hospitality of the Ganner family in the 'VitalHotel Walserhof'
- » Satisfy your appetite with delicious daily buffet breakfasts and 4-course dinners
- » Sit back and take in the views as you are chauffeured in style between walks and destinations
- » Enjoy the organised activities and extra outings which are included in the program
- » Select the tour group most suited to your fitness level and quest for either adventure or leisure
- » Relax completely - knowing that you have local hosts in Patrick and Maree who are there every step of the way to ensure you have a wonderful and carefree holiday!



nordic
academy

ABOUT NORDIC ACADEMY

Patrick and Maree aim to share the health benefits and enjoyment of Nordic Walking with as many others as possible. This was the basis for the creation of 'Nordic Academy Australia' back in October 2005.

Through their training system, national class network, two international licenses in New Zealand and Singapore, the grass roots classes in their local area and social excursions they aim to realise their dream of having more people on poles.

The Euro Alps Tour is the latest (and most exciting) service to be offered, and their hope is that it inspires people to not only think about their fitness and health as they work towards a goal but most importantly about living life to the full and creating memorable life experiences.

ABOUT YOUR HOSTS

Patrick Burtscher was born and raised in the local 'Grosses Walsertal' valley where the tour is based. He was a very active member of the community having been a ski instructor for 15 years, teaching in the local schools and starting up the popular 'Isamaennli' triathlon. In 2005 he left his idyllic lifestyle in the mountains to start a new life in suburban Melbourne where he now lives and has started a family with Maree.

Maree Farnsworth lived in 'Grosses Walsertal' with Patrick between 2003-05 during which time she immersed herself into every facet of the culture and region as possible – waitressing and minding children in one of the ski hotels, starting up a fitness class, teaching English and of course running Nordic Walking classes. Maree can speak German and understands the local dialect.

Patrick's heritage is quite special. His mother is known as the keeper of local 'Walser' culture, traditions, language and history. She also produces the 'Berg Tee' (Mountain Herbal Tea) which is unique and is sold in select tea houses in Vienna. Meanwhile his father is a pioneer of the alpine ski industry – contributing to the development of the modern snowboard and revolutionising ski binding technology with innovative design concepts still used today.

"Patrick and Maree, you went the extra mile in so many ways on our first Nordic Walking adventure with you. A humble and grateful thank you!"

Yvonne R., Sydney



Nordic Academy's Euro Alps Tour

www.nordicacademy.com.au

YOUR TOUR ITINERARY

Day 1 Arrive in Grosses Walsertal

Be greeted and picked up from Feldkirch by your hosts Patrick & Maree. Drive up through Grosses Walsertal valley to your accommodation at 1480 altitude metres. Settle in, then get acquainted with your fellow tour participants over dinner and welcome drinks.

Day 2 Grosses Walsertal

Nordic Walk: Faschina pass

Today we get outside to explore the mountain peaks, ridges and valleys at your doorstep in beautiful Faschina. Take in the fresh air, stunning scenery and enjoy Nordic Walking in one of the countries where the global trend began. We also visit a local working dairy, take a chairlift ride and have fun learning some German language basics.

Day 3 Grosses Walsertal

NW: Stein mountain

A journey in a cable car over a magnificent ravine will take us to the other side of the valley, where wildflowers drench the fields, a quaint chapel sits picturesquely, an alp hut serving delicious apple strudel and sometimes even snow on the upper slopes await. A relaxing sauna back at the hotel is a popular way to end this day.

Day 4 The Arlberg Massif

NW: Lech am Arlberg

Experience the famed 'Arlberg' mountain massif as well as the village chosen by Princess Diana and Europe's jet-set crowd each winter. Our Nordic Walk again takes us high up into the mountains to take in the wildflowers, cows grazing and authentic alp huts (and where cheese sliced off the barrel and home made schnapps can be sampled!)

Day 5 Grosses Walsertal

NW: Buchboden valley

Enjoy Grosses Walsertal from a different angle – from within its cool and lush valley floor. Crystal clear rivers and natural grottos provide delight as does the health spring which has attracted people for over 400 years. A visit to the local museum will help comprehend the history, traditions and environmental significance of this unique valley.

Day 6 Germany – Lindau

REST DAY

A day to give the body a rest and instead head 'overseas' to Germany. We drive to Bregenz, one of Austria's famed cultural cities, on the edge of Lake Constance (Bodensee) and then take a ferry over the border to the beautiful old island town of Lindau. Shopping, dining, strolling or just sitting by the pretty harbour – whatever takes your fancy.

Day 7 Grosses Walsertal

NW: Fontanella/ Zafernhorn + Seawaldsee lake

On the Leisure Tour, today will be a day to explore the trails around Patrick's home village of Fontanella, learn about and pick the flowers and herbs to make your own mountain tea and then finish off with a swim in the refreshing mountain lake. On the Fitness Tour, you will earn a relaxing swim in the lake by first climbing a spectacular peak where incredible views and signing of the book at the 2107m summit rewards this challenging walk. Tea mixing and tasting will help to wind down and relax the body at the end of the day.

Day 8 Switzerland & Liechtenstein

NW: Rhinetal valley

The Rhine river creates the border between Austria, Switzerland and Liechtenstein and offers the opportunity to cross its borders on a flatter but no less amazingly picturesque Nordic Walk. In the afternoon we visit the rich pocket-sized Principality of Liechtenstein, where a guided tour of its capital Vaduz will reveal some of its treasures.

Day 9 Grosses Walsertal

NW: Damuels plateau

We venture over to the other side of Faschina to visit its sister village Damuels. Our last Nordic Walk will seek out mountain peaks to take panoramic photos of the region which has been experienced from all angles and heights. Our last evening will be a celebration of a wonderful time spent together sharing a very special time and place.

Day 10 Depart Grosses Walsertal

Farewell to Grosses Walsertal with a drive along the valley's storybook road down to the historic town of Feldkirch where the tour began. There is time to meander around and take in some of its old world charms before we lunch together at the medieval Schattenburg Schloss (castle) - where a famed 30cm Weiner Schnitzel awaits the daring!

** This program is flexible and may vary due to weather, service schedules, activity availabilities or unforeseen circumstances. **

"The scenery was easily the best I've ever seen in my life. The trip was a great balance between fitness, scenery, adventure and relaxation."

Chris V., Melbourne



Nordic Academy's Euro Alps Tour

www.nordicacademy.com.au



THE FINER DETAILS

Tour start/ end:

'Feldkirch Hauptbahnhof' train station, 2pm

Location:

Faschina, Vorarlberg – Austria's western most province bordering Liechtenstein, Switzerland and Germany.

Tour group size:

Numbers limited to small group size (max.16). Minimum number of persons required for tour to go ahead.

Tour Inclusions:

- » 9 nights accommodation in a 4 star traditional alpine hotel - complete with modern wellness area, indoor heated pool, gymnasium, bowling alley and outdoor terrace
- » 9 dinners (4 courses from a 2-option menu) + 9 full buffet breakfasts
- » Chauffeured transport for the entire tour
- » Guided Nordic Walks by internationally re-known experts: Patrick Burtcher and Maree Farnsworth
- » Programmed additional activities (inc: city tour of Vaduz, mountain tea project, guided local museum tour, dairy visit, German language lesson)
- » 6 week training plan for fitness preparation
- » 'Go Nordic' tour t-shirt
- » Souvenir photo and DVD of tour (upon return home)

Overseas travel:

Own responsibility and expense. Recommended route is via plane to Zurich, Munich or Innsbruck and then train to Feldkirch Hauptbahnhof. Travel insurance is compulsory.

NW prowess & fitness:

To maximise enjoyment of the trip, a proper Nordic Walking technique as well as walking fitness suitable to the tour program are required.

Tour group types:

- | | |
|--------------|--|
| Leisure Tour | Nordic Walk duration is between 1½ to 3 hours
Slow to medium pace
Length of walks is 4 - 8 kms (nb. these are ALPINE kms)
Walks include moderate climbs and descents |
| Fitness Tour | Nordic Walk duration is between 2½ to 4+ hours
Medium pace
Length of walks is 6 - 12+ kms (nb. these are ALPINE kms)
Walks may include steep climbs on rocky paths at times |

NW equipment:

NW poles can be hired in Austria for a small fee (saves transporting your own). Recommendations on back packs, shoes and accessories are given upon registration.

Weather:

Early Summer in the Alps means mostly sunshine and temperatures around the low 20's, but it is possible to have temperatures in the mid 30's or at the other extreme – low teens with snowfalls on the peaks.

Spending money:

Required for lunches, drinks and optional activities. Budget approximately 30 Euros per day.

Bookings:

Places in this exclusive tour are limited. To reserve a place make a AUD\$400 deposit ASAP. An Early Bird saving of \$200 is available for bookings up until 15 February. Full payment is required by 31 March.

Cancellations:

Cancellations up until 31 March lose their deposit. Cancellations after 31 March incur the following fees: between 1 – 30 April is 50% of tour cost, from 1 May to tour start is 100% of tour cost.

Ensure your travel insurance covers cancellations!

Children:

This tour is not suitable for persons under the age of 18.

To book:

Contact Patrick on 1300 791 740 or
email: euroalps@nordicacademy.com.au



Map of Vorarlberg, Austria and surrounding countries of Germany, Switzerland and Liechtenstein



Dates & Prices

Leisure and Fitness Tours run simultaneously

Tour 1: 22 June - 1 July 2012

Tour 2: 6 July - 15 July 2012

Early Bird \$ 2580 Double / \$2730 Single

After 15 Feb \$2780 Double / \$2930 Single



**nordic
academy**

Nordic Academy

PO Box 127 Forest Hill, Victoria 3131, Australia

Freecall (Aust only) 1300 791 740

euroalps@nordicacademy.com.au

www.nordicacademy.com.au