

NORDIC WALKING DISCOVERY OF THE ALPS!!

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

Together over nine days we will explore the local Grosses Walsertal valley in western Austria; not only taking in its spectacular mountains, spring lake, 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'). Day excursions over the nearby borders into Switzerland, Germany and Liechtenstein will ensure that your adventure is truly international.

Additionally, in between the guided Nordic Walks there will be opportunities to indulge in other local activities, attractions and pastimes: from authentic working alpine dairies to museums, from a high ropes garden to paper making, from full fondue dinners to afternoon coffee & cake, or from a pampering massage to simply kicking back on a sun-filled terrace to take in the awe-inspiring panoramas...

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.



FEATURES

- Enjoy guided daily Nordic Walks taking in the best of each location
- Visit 4 countries: Austria, Switzerland, Germany and the Principality of Liechtenstein
- Enjoy the hospitality of the local Kohler family whilst staying in their beautiful and fully equipped 'Hotel Alphof' (complete with new wellness area to relax in after a big day out!)
- In-house breakfast and dinners included.
- Chauffeured transport to and from the walks is provided - all you have to do is have your walking shoes on and NW poles in hand!
- Extra activities and outings offered to experience local culture, cuisine and history first hand (do as many or as little as you wish)
- NW poles can be hired over there for a small fee (saves transporting your own)
- Local hosts are there every step of the way to ensure you have a wonderful and carefree holiday to remember!





ITINERARY

Day 1 Arrive in Grosses Walsertal

NW: Faschina

Arrive in Feldkirch, be met by your hosts Patrick & Maree. Drive up through Grosses Walsertal valley to Faschina at 1480 altitude metres. Settle into your accommodation and then go for a Nordic Walk to stretch the legs and familiarise self with your beautiful surrounds.

Day 2 Grosses Walsertal

NW: Stein

A ride in a cable car over a magnificent ravine will get the heart started for our first full day in the Alps. Take in the fresh mountain air, stunning scenery and enjoy Nordic Walking in one of the countries where the global trend began. There is time in the afternoon to undertake any of the optional local activities - visit a working dairy or the Walser Heimat museum. This evening a special candlelight dinner is put on by the hoteliers Frau and Herr Kohler.

Day 3 Switzerland & Liechtenstein

NW: Rhinetal

The Rhine river forms the border between Switzerland and Liechtenstein and offers some flatter but no less amazingly picturesque walking. The afternoon will be spent in the rich pocket-sized Principality of Liechtenstein and its unique capital city of Vaduz.

Day 4 Grosses Walsertal

NW: Fontanella

Get to know Patrick's home village of Fontanella. A walk around the 'Dorf zentrum' (town centre) and its spectacular outer-lying 'suburbs' will take you back to another era - a slower time where townsfolk stop in the street for a leisurely chat.

Day 5 Germany

REST DAY

A drive around the edge of Lake Constance (Bodensee) to Meersburg over the border is offered. Enjoy some relaxation in the saunas or the thermal pool where the view over the lake is amazing! Alternatively you may choose to just lull about in Faschina for some of your own r'n'r. This night is a quiet and early one to prepare for tomorrow's special alpine experience.

Day 6 Grosses Walsertal

NW: Zafernhorn

Rise very early to get up and out onto the walking trails - a spectacular sunrise witnessed from the top of a mountain awaits! In the afternoon you can go for a swim in the refreshing mountain lake (Seawaldsee) to recover from the morning's walk or give yourself a different challenge on the fun high ropes course.

Day 7 Lech am Arlberg

NW: The Arlberg

Experience the famed 'Arlberg' mountain massif as well as the village chosen by Princess Diana and Europe's jet-set crowd each winter. (Also where Bridget Jones' Diary 2 was filmed.)

Day 8 Grosses Walsertal

NW: Buchboden

See Grosses Walsertal from a different perspective - from within its cool and lush valley floor. Spend your last afternoon partaking in some paper making or relaxing on a terrace with a long cool drink or two. Our last evening will be celebrated with the traditional alpine meal of cheese fondue (make sure you're hungry!).

Day 9 Leave Grosses Walsertal

Pack up and leave Faschina. Drive down through Grosses Walsertal to Feldkirch, where we will lunch together one last time at the medieval Schattenburg Schloss (castle). The must have dish is their famed Wiener Schnitzel - a fitting way to end this trip.

FINER DETAILS

Tour dates:	Wednesday 23 June - Thursday 1 July 2010
Tour starts at:	Feldkirch train station, 12 noon
Tour ends at:	Feldkirch train station, 3pm
Location:	Faschina, which is in Vorarlberg - Austria's western most province bordering Liechtenstein, Switzerland and Germany.
Overseas travel:	Own responsibility and expense. Recommended route is via plane to Zurich, Munich or Innsbruck and then train to Feldkirch.
Tour group:	Numbers limited to small group size (8 people to 1 leader). Minimum number of 6 persons required for tour to go ahead.
Accommodation:	Hotel Alphof, Faschina. Single or double rooms - all with private shower and balcony.
NW prowess & fitness:	To maximise enjoyment of the trip, a proper Nordic Walking technique and a reasonable degree of walking fitness is required. Each walk will be between 1½ to 3 hours in duration.
Spending Money:	Required for lunches, drinks and optional activities. Budget approximately 30 Euro (\$50 AUD) per day
Prices:	\$1760 - double/ twin bed \$1820 - single bed accommodation
Booking:	To reserve your place in this international and extraordinary Nordic Walking trip a 50% deposit is required by 28 February 2010.
Further Info:	Contact Patrick: phone 0433 775 227 or patrick@nordicacademy.com.au

Related web links:

- Accommodation: www.alphof.at
- Grosses Walsertal, Vorarlberg: http://www.tiscover.com/at/guide/136374at,en,SCH1/objectId,RGN869344at_season,at_1_selectedEntry_home/home.html
- Grosses Walsertal - UNESCO Biosphere Reserve: <http://www.biosphaerenparks.at/bsr/englisch/walsertal/walsertal.html>
- Vorarlberg - a pictorial: http://www.vorarlberg.at/english/pdf/v-praesentation-allg_3.pdf

