



ten lakes family cycle

explore europe your way

A UTracks holiday is all about exploring Europe - your way. It's about U + the walking tracks and cycling trails you want to discover. Since we began in 2006, UTracks has quickly become known as the leaders in active European holidays. Our itineraries are creative - and very affordable. Set your own pace on a flexible self guided trip or enjoy the benefits of an experienced local guide on a guided tour. Together with our sister company Sherpa Expeditions, we offer over 400 active tours across the continent and it's many exotic islands. There's an active holiday idea everyone including families, culinary enthusiasts, history buffs, experienced alpine walkers or those that just want to see Europe differently. The physical demands range from introductory to challenging - with all offering unique opportunities to discover the 'untrodden' Europe, spanning postcard landscapes, centuries-old cultures, rural lifestyles and tempting culinary delights. Compare the price and you will see that we offer exceptional value active programs that are virtually all-inclusive, giving you more time to enjoy the natural and cultural wonders you've come to experience. Whether you prefer cycling or walking, 2-star or 4-star, small groups or self guided, land, river or sea - UTracks can help you to explore Europe exactly the way you want.

TRIP COST

Joining Salzburg : \$950

Trip Concludes: Salzburg

All prices are per person

OPTIONS & SUPPLEMENTS

- **M - Mid Season**
Surcharge: \$80
- **H - High Season**
Surcharge: \$130
- **Electric Bike**
Supplement: \$170
- **Single Supplement:** \$200
- **child aged 6-11**
sharing with 2 adults: \$470
- **child aged 12-14**
sharing with 2 adults: \$630

As the trip price is based on twinshare, a single supplement is payable if you are not sharing with a friend / family member - or a single traveller supplement if you are travelling solo*. Please refer to the price options for costs or ask our office for details. Note regarding single rooms - The single supplement guarantees the privacy of your own room, however, rooms can at times be small and in some places may not enjoy the same facilities as double/twin rooms.

* The single traveller surcharge is only available on trips deemed suitable for solo travellers. It is usually more expensive than the single supplement due to the extra cost for luggage transfers and organisation.

TRIP NAME:	TEN LAKES FAMILY CYCLE
TRIP CODE:	ALF
TRIP DURATION:	7 DAYS
GRADE:	INTRODUCTORY TO MODERATE - 2
ACTIVITY:	SELF GUIDED CYCLE
ACCOMMODATION:	6 NIGHTS HOTELS, INNS & GUESTHOUSES
DATE DETAILS:	EVERY SATURDAY TO WEDNESDAY FROM 21 APR TO 6 OCT



highlights

- Family friendly cycling through the scenic Austrian Lakes District
- Explore enchanting Salzburg, the city of Mozart
- Discovering beautiful lakeside towns
- Swimming in the lakes and lidos (water parks)
- Tasting the local specialties like Schnitzel and apple strudel
- The unspoiled nature of Austria's largest moor area

the trip

The Austrian Lakes region of Salzkammergut is one of the most delightful and charming regions in all of Europe and a perfect playground for a family cycle adventure. Made famous by the film, the Sound of Music, its breathtaking landscapes feature postcard perfect alpine lakes, high rolling mountains, verdant green meadows and scenic valleys. On this one week self guided cycling trip in Austria you will pedal at a relaxed pace and with kids bikes, tag-along bikes, trailers and electric bikes available, the whole family will be catered for. Beginning in Mozart's home town of Salzburg, where there is time to explore this enchanting city, you'll soon be immersed in an alpine wonderland as you cycle through Salzburg's stunning alpine foothills en route to the many picturesque towns, stopping enroute for a well deserved apple strudel, swimming from lakeside beaches and spending a day at the lido enjoying the slides and rafts and high ropes course.





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IMPORTANT NOTES

M-Mid Season

H-High Season

DN1-Mid season is from 12 May to 22 Jun and 1 Sep to 28 Sep.

High season is from 23 Jun to 31 Aug. Supplement applies to mid and high season departures.

itinerary at a glance

Day 1	Arrive Salzburg
Day 2	To Holzöster/Dorfibm (approx. 30 or 45 km/18.5 or 28 mi + train journey)
Day 3	Rest day or cycle along the Salzach river to Burghausen (40km/25mi)
Day 4	Continue to the Trumer Lakes district (35km/21.7mi)
Day 5	Rest day to visit the lido and challenge yourself on the high ropes course
Day 6	Cycle back to Salzburg (35km/21.7mi)
Day 7	Trip concludes

detailed itinerary

DAY 1	<p>Arrive Salzburg</p> <p>Salzburg, the City of Mozart, simply oozes culture everywhere. Whether you choose to stroll along the Salzach river with an ice cream, glance over Salzburg from high up from the hill, Kapuzinerberg, or start with a shopping spree in the Getreidegasse, you can feel the wonderful atmosphere that Salzburg offers. Salzburg will enchant people of all ages! After a welcome meeting where you will be provided with your rental bike, the evening is at leisure.</p> <p>meals: NIL</p>
DAY 2	<p>To Holzöster/Dorfibm (approx. 30 or 45 km/18.5 or 28 mi + train journey)</p> <p>After a short ride on a local train (experienced cyclists can cycle to Oberndorf), you will arrive in Obendorf, the birthplace of the famous Christmas carol 'Silent Night'. It is then time to cycle onwards, following the lovely Salzach River and into the diverse landscapes of Austria's largest moor area. Here the warmer waters of the Lakes Höllersee and Holzöstersee as well as a lido water park await for everyone to enjoy.</p> <p>meals: B</p>
DAY 3	<p>Rest day or cycle along the Salzach river to Burghausen (40km/25mi)</p> <p>After a swim in the wonderful warm moorland lake, come and join the funny "Wanderbauergolf" - a special kind of miniature golf along funny walking paths, played with wooden bats. Alternatively you can head out for a loop cycle along the river Salzach to Burghausen, a beautiful city with a very charming old town.</p> <p>meals: B</p>
DAY 4	<p>Continue to the Trumer Lakes district (35km/21.7mi)</p> <p>Time seems to stand still here in the nature reserve. Today's ride will see you pass a virtual animal paradise to Michaelbeuern. From there it is onto the Trumer Lake District which boasts three crystal clear lakes; Obertrumer See, Mattsee and Grabensee. This is the ideal spot to cool off, have fun and relax in the glistening water after your cycle.</p> <p>meals: B</p>
DAY 5	<p>Rest day to visit the lido and challenge yourself on the high ropes course</p> <p>Feel like a swim? There are not just one, but three massive lidos (entrance fee included) nearby. Try the slide or the raft or more - this place has a lot to offer for the young and young at heart. There is also the choice to experience the adventure of a high ropes course and swing (*opening hours permitting - see note below for opening times), which reaches as high as 35 metres (entrance fee included). With such fun activities on offer it is unlikely anyone will rest today!</p> <p>meals: B</p>





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DAY 6 Cycle back to Salzburg (35km/21.7mi)

Today you cycle along the awesome lake "Wallersee" with its beautiful lidos and then further to Eugendorf. From there you cycle along the old "Ischler Bahntrasse" a train track that is no longer in use, to the city of Mozart: Salzburg. Now is the time to visit all the lovely attractions of one of the most beautiful cities in Europe. As a reward for the kids for finishing the journey why not treat yourselves to a delicious ice cream or try the original Salzburg chocolates, Mozartkugeln, at the place where they are made. Be sure to leave enough time to explore Salzburg as there is so much to see: a visit to Mozart's birth place, the cathedral, Mirabell palace or Hohensalzburg Castle to name a few sites. The water fountains in Hellbrunn Palace are a lot of fun as well.

meals: B

DAY 7 Trip concludes

Trip concludes after breakfast. Talk to us if you wish to add an additional day in Salzburg.

meals: B

inclusions

- 6 breakfasts
- 6 nights 3 star hotels, inns and guesthouses on a twin share basis with ensuite facilities (hotel taxes extra, payable locally - allow €10-15)
- Bicycle, 21 or 7 speed with pannier & bike computer - kids bikes, tag-along and trailers available (electric bike available - supplement applies)
- Luggage transfers
- Entrance fee for high rope course Seeham (when open) and the lidos on the Trumer Lakes
- Salzburger Seeland card with numerous inclusive services
- Welcome briefing
- Emergency hotline
- Information pack including route notes and maps per room, GPS data on request

items not included

- Travel to and from Salzburg
- Items of a personal nature such as telephone calls, souvenirs and laundry etc.
- Travel insurance - mandatory
- Lunch and dinner daily and beverages
- Transfers not included in the program
- Tour guide - this is a self guided trip
- Helmet (not available for rent - please bring your own well fitted helmet)
- Hotel taxes, payable locally - allow €10-15

getting there

BY CAR Driving routes can be accessed via the following websites: www.viamichelin.com

PARKING & TRANSFERS There are a limited number of hotel parking spaces free of charge and reservations are not possible. An underground carpark in Salzburg will cost approximately EUR60-80 per week, payable on site, no reservation possible.

BY TRAIN Salzburg is easily accessed by train from points throughout Europe. If you are flying into Munich, take the train from the airport to the main train station and then continue by train to Salzburg.

BY AIR The nearest airports are Innsbruck, Salzburg, Munich and Vienna. It is possible to reach the starting point by train from these airports. If you require assistance booking flights or making your rail arrangements, please let us know.





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trip grading - introductory to moderate

The trip is graded introductory to moderate. The daily distances cycled each day are between 30 and 45km/18.5 and 28mi. The route follows river Salzach River and travels through numerous nature reserves and past countless lakes, with many options to stop for a swim. There are a few longer ascents between the Trumer Lakes and Lake Mondsee. You will always cycle on well-maintained cycle paths. Note the minimum height to access the climbing park is 130cm/4'3". Helmet use is mandatory on all bike rides and you are strongly encouraged to bring your own well-fitted helmet. We recommend cycling as a family together as much as you can prior to joining the trip to ensure everyone is fit and confident.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

a note on our self guided adventures

Self guided walking or cycling requires individuals to use problem solving skills, be adaptable and have a keen eye. On self guided cycling tours it is expected that you will know how to repair punctures and make minor adjustments to gears, handlebars and seats. For anything more serious, our local partner will be able to assist. It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!) Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure. If you've never been on a self guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest. Please be assured that our written material issued to you for route finding is updated regularly and we provide a 7day service hotline in the event of any problems. Using directions and maps can be more difficult for solo travellers as often two heads are better than one when it comes to finding your way. There is a certain level of the unknown that comes with self guided trips, however with a methodical approach potential problems will be averted. The freedom of a self guided trip is something that, once experienced, is sought time and time again.

joining instructions

Three weeks prior to departure you will receive your hotel list. On arrival at your first hotel in Salzburg there will be a briefing where you will receive your route notes, maps and bike.

accommodation

PRE TOUR

Please speak with our team if you wish to extend your stay in Salzburg.

DURING TOUR

During the trip you will be staying in good quality hotels and guesthouses which have been selected for their suitability for families. Many have family rooms. In Austria note that a twin room is not always associated with having two beds! Quite often a twin bed has one or two mattresses on the same bed frame but with two separate duvets. Sometimes there might be two beds positioned together, but they cannot be separated because of constraints of the room. Please accept our apologies for this, but having inspected many hotel rooms, there are not many twin rooms which have two separated beds, except in more modern or international style hotels.





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fast facts

COUNTRIES VISITED

Austria

VISAS

Visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see www.schengenvisa.info.com/schengen-visa-countries-list/ for countries part of the Schengen). Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

CLIMATE

The trip runs between April to October during the European spring, summer & autumn. The months of June to August are busy times, with average temperatures ranging between 5-18 degrees Celsius (41-64 degrees Fahrenheit) in spring and autumn, and 15-25 degrees Celsius (59-77 Fahrenheit) in summer. You should be prepared for temperature variations up to 38 degrees Celsius (100 Fahrenheit) and down to 10 degrees (50 Fahrenheit), even in the middle of summer. It is important to take enough water with you and encourage your children and yourself to drink as regularly through the day.

MIN GROUP SIZE

1

SPECIALIST GEAR REQUIRED

Helmet (not available for rent - please bring your own well fitted helmet), wet weather gear and optional but recommended - padded shorts, gel seat. A detailed packing list is provided on confirmation of your booking.

special notes

SEEHAM HIGH ROPE COURSE - OPENING HOURS

Please note that the Seeham high rope course is not open everyday. The opening hours are as follows:

20 May to 9 July: Sat, Sun & bank holidays 9:30am-5:00pm

10 July to 10 Sep: Wed-Sun 9:30am-5:00pm

11 Sep to end of Oct: Sat, Sun & bank holidays 9:30am-5:00pm

*opening hours are subject to change. See their website for up-to-date information <http://parks.hochseilpark.at/en/hochseilpark-seeham/opening-hours/>

how to book

Booking a UTracks holiday is simple. You can book online, via our secure payment facility, at your own convenience. Alternatively, fill out our booking form - which can be found at the back of our brochure, on our website or we can email you a copy - then scan/email, fax or post the form to your nearest UTracks or World Expeditions office, or travel agent, with the relevant deposit by cheque or credit card (note: surcharges may apply for credit card payments if full payment is made). UTracks has access to competitive airfares to Europe. Contact us, or your travel agent, for assistance with your travel arrangements including flights, travel insurance & additional accommodation.

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There's even more tips and ideas on our blog at <http://www.utracks.com/discover>





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slide shows

UTracks invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers. Ask our staff for a slide show schedule or register on our website – www.utracks.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.utracks.com or contact our office.

IMPORTANT NOTE

THESE TRIP NOTES REPRESENT THE MOST CURRENT INFORMATION AVAILABLE FOR THIS ITINERARY, AND SUPERSEDE ANY INFORMATION DETAILED IN THE CURRENT BROCHURE, INCLUDING BUT NOT LIMITED TO THE ITINERARY AND PRICE.

talk to us

If you require any further assistance regarding this trip or any other adventure, please contact your nearest UTRACKS or World Expeditions office.



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