

WINTER SKIING & WALKING



Discover some of Europe's most beautiful landscapes laden in snow, whether it is on foot, on snow-shoes or by gliding across the snow on cross-country skis. With comfortable accommodation, expertly planned activities and congenial company, this range of cross-country skiing, snow-shoeing and winter walking holidays will appeal to outdoor enthusiasts of all abilities.

TOUR OPTIONS:

	<u>Number of days</u>	<u>Price Guide pp (NZD)</u>
Cross-country Skiing:		
Switzerland (Kandersteg)	8	\$1,330
Italy (Toblach)	8	\$1,200
France (Lamoura – Haut Jura)	8	\$1,250
Austria (Ramsau)	8	\$1,170
Walking & Snow-shoeing:		
Austria (Mayrhofen)	8	\$1,400
France (St Lary)	8	\$1,300

NB: All options have selected departure dates (see full details below)

Tours Include

- En-suite accommodation (Half Board) – twin or double rooms, single supplement applies.
- Ski Leader and equipment hire.

Destination Flights & Transfers can also be arranged (additional tariff)

Additional services

- Eurolynx also has access to a wide range of other services including: accommodation, car hire, motor home hire, rail tickets and passes, sightseeing excursions, ferry tickets.

*Information and rates based on information as at October 2005 and are subject to tariff and exchange variance.
NB: Detailed itineraries on following pages are priced in GBP.*



Eurolynx Travel Limited
Specialising in wholesale travel for Europe
 P O Box 68637, Newton, Auckland 1032, New Zealand
 DX: CP29517
 Tel.: 64-9-361 3661 Fax.: 64-9-361 3664
 Email: info@eurolynx.co.nz
 Web: eurolynx.co.nz

Agent Stamp:

Cross-country Skiing

Discover some of Europe's most beautiful landscapes laden with snow, whether on foot, using snow-shoes or by gliding across the snow on cross-country skis. Drawing on our philosophy, offering comfortable accommodation, expertly planned activities and congenial company, our cross-country and winter walking holidays will appeal to outdoor enthusiasts of all abilities.

Cross-country Skiing is the perfect way to explore the beautiful winter landscape. Essentially the technique is to glide across the snow using skis which are lighter and narrower than those used for downhill skiing. Light shoes, rather than rigid boots, clip into the ski at the toe, creating flexibility. Incredibly good for the body (one of the best cardiovascular sports) and for the spirit, with wonderful mountain vistas, snow-laden trees, blue skies and endless snow-covered meadows. It is an activity to be shared by all those with an enthusiasm for the outdoors in winter.

Important Facts

- ✓ An HF Holidays' Ski Leader will accompany each holiday to co-ordinate all local arrangements including equipment hire, advice on suitable skiing or walking areas and to lead the day's activities. Your Leader will offer plenty of assistance and encouragement, particularly to beginners; the style tends to be informal rather than structured classes.
- ✓ All equipment hire and ski trail passes are included in the price of your holiday.
- ✓ Each holiday offers 5 days of activity plus a free day when you could ski or walk independently, or visit a local place of interest.
- ✓ For maximum flexibility, local transport and chairlifts are not included in the price.
- ✓ If snow conditions are insufficient to provide a full programme of skiing, your Leader will organise a flexible mix of cross-country skiing, snow-shoeing or winter walking.

Choosing the right level for you

Cross-country skiing is suitable for anyone of reasonable fitness and can be enjoyed by people of all ages. We have four levels that you can choose from:

Beginners Cross-country Skiing & Winter Walking

A great way to try cross-country skiing at a more relaxed pace in the company of other beginners. You'll quickly learn the basics and soon be gliding across the snow. Time is divided equally between mastering essential skills, with the guidance of your Leader, and enjoying guided walks in the local area on specially prepared footpaths. Walks along these compacted and waymarked trails are typically 3-6 miles with 300ft-1,000ft of ascent.

Beginners

The Beginners cross-country skiing option is suitable for those who have never skied before and those who would like to go over the basics again. The pace is taken slowly, progressing to longer distances and gently undulating terrain by the end of the week. Daily trails typically last 3-5 hours with plenty of breaks and guidance.

Intermediates

The Intermediates option is aimed at those with some previous cross-country experience and with good balance on skis. It is ideal for those who wish to improve their technique, progressing to longer tours and steeper ascents and descents. The skiing is mainly on prepared loipe, although we may also try some off-track skiing. Typical trails are 4-6 hours and require a good level of fitness.

Experienced

If you enjoy skiing at a lively pace over more challenging terrain, try our Experienced option. You should be able to competently tackle ascents and descents and have good fitness and stamina. Typical trails are 4-7 hours with a mix of skiing on and off the track.

F R A N C E



Lamoura - Haut Jura

Situated on the border with Switzerland, Lamoura is a picturesque village in one of the best cross-country skiing areas in Europe. The unique scenery offers gentle rolling hills, attractive spruce woodland, limestone crags and wide meadows.

A U S T R I A



Ramsau

Ramsau offers unrivalled cross-country skiing in stunning scenery. Lying on a wide sunny plateau at the foot of the Dachstein Massif, the resort enjoys an excellent snow record and wonderful views.

Guided Cross-country Skiing

Cross-country Skiing

Beginners and Winter Walking

The wooded, rolling hills of the Jura offer excellent opportunities for winter walking and learning to cross-country ski for the first time. Prepared walking trails include the peaceful Forêt du Massacre, around the frozen lake of Lamoura and up to the Crêt des Landes where there are terrific views of the Orbe Valley and the high Alpine peaks.

Beginners

Ski direct from the hotel on gentle trails ideal for beginners, winding through woodland and meadows to pretty farmsteads and frozen lakes. Progress to undulating routes above the village through forest and pastures to enjoy the tranquillity and natural beauty of the *Haut Jura Natural Park*.

Intermediates and Experienced

Enjoy the incredible range of trails radiating from the village including the famous route of the *Grande Traversée du Jura* and the circuit of the Les Arobières. Ski to the nearby villages of Les Rousses and Prémanon through attractive woodland and along the Orbe Valley into Switzerland.

Total length of trails: 220km

Height of resort: 1,160m-1,400m

Other activities: Downhill skiing at Les Rousses, snow-shoeing, dog-sledding and museums.

Hotel La Spatule

A comfortable, two-star hotel at the foot of the ski trails in the centre of the village. There are **26 en-suite bedrooms**, some with balconies. **Facilities** include a restaurant, ski room, bar, lounge and games room.



Flights: (provisional)
British Airways **Out** **Return**
 Heathrow-Geneva 08:30-11:05 11:55-12:40
 Manchester-Geneva 13:55-17:00 21:30-22:25
Manchester Flight Supplement: £30
 Coach transfer to Lamoura: 45mins
Independent Travellers: Transfer from Geneva Airport by joining the HF Holidays' coach (supplement £25 return) or reach the hotel by train and ski bus.

DATES & PRICES

Haut Jura Half Board		
Number of nights	7	7
Flight included?	Yes	No
Beginners and Winter Walking (JMLWS)		
Sun 12 Feb	749	469
Beginners (JMLWB)		
Sun 29 Jan	679	469
Sun 19 Feb	749	469
Intermediates (JMLWI)		
Sun 5 Feb	679	469
Experienced (JMLWE)		
Sun 5 Feb	679	469

Prices are in £'s per person and include **Half Board** accommodation, HF Holidays' Ski Leader and equipment hire.

Single room supplement: £11.50 per night

Local walks' transport: (payable locally): allow €35 (approx £25)

Deduction for own skis, poles and shoes: £20

Cross-country Skiing

Beginners and Winter Walking

Follow winter hiking and skiing trails through the beautiful alpine pastures around Ramsau and pass quaint farmsteads that enjoy dramatic views of the surrounding mountains. Walks may include the charming Sattelberg footpath and the Kulmberg Trail.

Beginners

Admire the rugged Dachstein Massif as we ski amid pretty chalets and through attractive snow-covered meadows to the neighbouring hamlets of Kulm and Schlidehen. There may also be the opportunity to ski on the Dachstein Glacier at 2,700m.

Intermediates

Ramsau has an extensive range of cross-country trails ranging from long, gentle runs through mixed woodland to more challenging routes such as the Rössingloipe and the Rittisberg ridge. Trails wind directly from the hotel through meadows up to traditional inns and viewpoints.

Total length of trails: 150km

Height of resort: 930m-2,700m

Other activities: Snow-shoeing, downhill skiing at Schladming, horse-drawn sleigh rides, skittles and swimming.

Hotel Timmelbauerhof

A traditional three-star, family-run hotel in a quiet rural location, close to the ski trails. There are **55 en-suite bedrooms** with balconies. **Facilities** include a lounge, dining room, bar, ski room, drying room, games room, sauna and solarium.



DATES & PRICES

Ramsau Half Board		
Number of nights	7	7
Flight included?	Yes	No
Beginners and Winter Walking (DCLWS)		
Sun 29 Jan	635	439
Beginners (DCLWB)		
Sun 22 Jan; 5 Feb	635	439
Sun 12 Feb	715	439
Intermediates (DCLWI)		
Sun 22 Jan; 5 Feb	635	439
Sun 12 Feb	715	439

Prices are in £'s per person and include **Half Board** accommodation, HF Holidays' Ski Leader and equipment hire.

Single room supplement: £3 per night
Local walks' transport: (payable locally): allow €35 (approx £25)

Deduction for own skis, poles and shoes: £30

Flights: (provisional)
Lufthansa Airways **Out** **Return**
 Heathrow-Munich 11:05-13:55 15:05-16:15
 Manchester-Munich 11:05-14:05 15:10-16:25
Manchester Flight Supplement: £30
 Coach transfer to Ramsau: 3hrs
Independent Travellers: Transfer from Munich Airport by joining the HF Holidays' coach (supplement £60 return). There are also good bus links from Salzburg Airport.

SWITZERLAND



Kandersteg

The pretty village of Kandersteg is a long-established winter resort set high on a plateau in the beautiful mountains of the Bernese Oberland. Here even the shortest of excursions presents glorious views of snowcapped peaks and glaciers.

Cross-country Skiing

Beginners and Winter Walking

Walks and ski trails may include the frozen lake of Oeschinen, the quiet banks of the River Kander and the magnificent Gemmi Pass with its breathtaking panorama of Mont Blanc and the Matterhorn.

Beginners

Kandersteg is the perfect place to try cross-country skiing for the first time. Gently undulating routes lead directly from the hotel across meadows and through the evergreen forests of the Kander Valley, while magnificent views can be enjoyed from the wonderfully sunny plateaux of Sunnbüel and the Oeschinen.

Intermediates

For intermediate skiers there are plenty of opportunities to explore further afield. Follow panoramic trails up through beech and pine forest to the Höh viewpoint or enjoy a wide selection of routes along the Lötschental valley.

Total length of trails: 174km

Height of resort: 1,200m-2,000m

Other activities: Snow-shoeing, downhill skiing at Oeschinen and Sunnbüel, skittles and torch-lit walking.

Hotel Alfa Soleil

A comfortable and friendly three-star hotel, located close to the village centre with ski trails immediately opposite. There are **35 en-suite bedrooms**, many with balconies. **Facilities** include a lounge, restaurant, ski room, bar, indoor swimming pool, gym and sauna.



Flights: (provisional)

Swiss Air	Out	Return
Heathrow-Zurich	08:50-11:40	15:35-16:25
Manchester-Zurich	08:45-11:50	16:50-18:00

Manchester Flight Supplement: £35

Train transfer to Kandersteg: 2hrs 30mins

Independent Travellers: There are good rail links from Zurich and Geneva Airports.

DATES & PRICES

Kandersteg Half Board

Number of nights	7	7
------------------	---	---

Flight included? Yes No

Beginners and Winter Walking (KALWS)

Sat 28 Jan	739	525
Sat 4, 11 Mar	725	499

Beginners (KALWB)

Sat 7, 14 Jan	725	499
Sat 28 Jan; 4, 25 Feb	739	525

Intermediates (KALWI)

Sat 14 Jan	725	499
Sat 4, 25 Feb	739	525

Prices are in £'s per person and include **Half Board**, en-suite accommodation, HF Holidays' Ski Leader and equipment hire.

Single room supplement: £6 per night

Local transport: (payable locally): allow 70SFr (approx £29)

Deduction for own skis, poles and shoes: £43

ITALY



Toblach

Set high in the Italian province of Südtirol, just south of the Austrian border, Toblach is surrounded by beautiful scenery with an excellent network of cross-country trails. Known as Dobbiaco in Italian, this picturesque village is ideally located to explore the unique scenery of the Dolomites.

Cross-country Skiing

Beginners and Winter Walking

Discover the unique Tirolean mix of Austrian and Italian influences in the architecture, food and lifestyle as we explore the villages around Toblach and admire the exceptional views of the Pustertal valley from snow-covered footpaths and well prepared ski trails.

Beginners

The astounding beauty and choice of cross-country trails make Toblach a favourite for beginners. Ski on the gentle gradients of the Pustertal Valley to the village of Niederdorf or along the scenic disused railway line linking Toblach with Cortina through the deep Höhlensteintal Valley with views of the spectacular Drei Zinnen peaks and Toblach's frozen lake.

Total length of trails: 200km+

Height of resort: 1,240m-Plätzwiese plateau 2,000m

Linked with: Niederdorf, Innichen, Sexton and Cortina

Other activities: Downhill skiing, ice-skating, torch-lit walking, skittles and swimming.

Hotel Laurin

A comfortable, three-star Tirolean-style hotel in spectacular surroundings, 15 minutes' walk from the village centre and ideally situated for the ski trails. There are **27 en-suite bedrooms**, some with balconies. **Facilities** include a restaurant, ski room, bar, sauna, steam rooms, solarium and whirlpool.



Flights: (provisional)

GB Airways	Out	Return
Gatwick-Innsbruck	14:05-17:00	18:00-18:55

Coach transfer to Toblach: 3hrs

Independent Travellers: Transfer from Innsbruck Airport by joining the HF Holidays' coach (supplement £65 return) or reach Toblach by train.

DATES & PRICES

Toblach Half Board

Number of nights	7	7
------------------	---	---

Flight included? Yes No

Beginners and Winter Walking (TBLWS)

Sat 4 Feb	689	449
-----------	-----	-----

Beginners (TBLWB)

Sat 14, 28 Jan	689	449
----------------	-----	-----

Prices are in £'s per person and include **Half Board**, en-suite accommodation, HF Holidays' Ski Leader and equipment hire.

Single room supplement: £7 per night

Local transport: (payable locally): allow €10 (approx £7)

Deduction for own skis, poles and shoes: £30



Winter Walking & Snow-shoeing

Mayrhofen, Austria

The Tirolean resort of Mayrhofen is a firm favourite with our walking guests, both in summer and in winter. The valleys which converge on the village offer excellent walking on specially prepared trails to the neighbouring villages of Finkenberg and Brandberg. With snow-shoes and an experienced guide you can head off the beaten track to enjoy breathtaking ridges and summits.

St Lary, France

Set in the Pyrenees, the village of St Lary offers a wonderful range of footpaths which ascend from the Aure Valley to reach tiny farming hamlets and peaceful pastures on the surrounding hillsides. With snowshoes you can explore further on exhilarating routes along broad ridges reaching rounded summits and descending through tranquil forests, rich in wildlife.



Winter Walking & Snow-shoeing

Anyone who enjoys alpine walking during the summer will love being able to discover these stunning landscapes in winter. Footpaths and forest trails run along the valley bottoms and across lower mountain slopes, offering awe-inspiring views of the snow-covered mountains.

Snow-shoeing (*or raquettes*) is fun and enjoyable. You simply clip the snow-shoes onto your walking boots and in no time you are traversing the countryside on deep snow. With reasonable fitness you can reach summits and places of interest which would normally be unattainable unless on skis. These holidays include three days snow-shoeing with an experienced local guide, two days walking with an HF Holidays' Leader, and a free day to explore independently.

Hotel Waldheim

A four-star, family-run hotel a short distance from the centre of Mayrhofen. There are **20 en-suite bedrooms**, many with balconies. **Facilities** include a lounge, restaurant, bar, sauna and solarium.



DATES & PRICES

Mayrhofen Half Board	Code: GWLWW	
Number of nights	7	7
Flight included?	Yes	No
Winter Walking & Snow-shoeing		
Sat 14 Jan	729	529
Sat 21 Jan; 11 Mar	749	549

Prices are in £'s per person and include **Half Board** en-suite accommodation, equipment hire and the services of an HF Holidays' Leader and local guide.

Local walks' transport: (payable locally): allow €40 (approx £30)

Flights: (provisional)

Austrian Airways	Out	Return
Gatwick-Innsbruck	16:45-19:30	18:00-18:55

Coach transfer to Mayrhofen: 1hr 30mins

Independent Travellers: Transfer from Innsbruck Airport by joining the HF Holidays' coach (supplement £50 return) or reach Mayrhofen by train.

Walk details:

5 to 8 miles with 1,500ft to 2,300ft of ascent in a day. Walks use prepared snow paths and farm tracks. Snow-shoe walks take in broad ridges and wooded slopes and include some steep sections.

Height of resort: 630m

Other activities: Downhill skiing, cross-country skiing, horse-drawn sleigh rides, skittles and swimming.

Hotel Mercure Coralia

A large three-star hotel located on the edge of the village, 5 minutes' walk from local amenities. There are **65 en-suite bedrooms**, many with balconies. **Facilities** include a lounge, restaurant, breakfast room, bar and conference rooms.



DATES & PRICES

St Lary Half Board	Code: LALWW	
Number of nights	7	7
Flight included?	Yes	No
Winter Walking & Snow-shoeing		
Sat 4, 11 March	699	489

Prices are in £'s per person and include **Half Board** en-suite accommodation, equipment hire and the services of an HF Holidays' Leader and local guide.

Single room supplement: £13.50 per night

Local walks' transport: (payable locally): allow €45 (approx £32)

Flights: (provisional)

British Airways	Out	Return
Gatwick-Toulouse	13:50-16:35	17:10-18:00

Manchester

Connecting flights available from £110
Coach transfer to St Lary: 2hrs

Independent Travellers: Transfer from Toulouse Airport by joining the HF Holidays' coach (supplement £45 return) or reach St Lary by train and bus.

Walk details:

6 to 9½ miles with 1,800ft to 2,500ft of ascent in a day.

Walks use farm tracks and wooded footpaths on lower slopes. Snow-shoe walks include some steep sections to reach summits and broad ridges.

Height of resort: 840m

Other activities: Downhill skiing, cross-country skiing, swimming and dog-sledding.