



Continuing Education
University of Wisconsin - Stevens Point



Alpine Delights 2023

September 14–October 1, 2023

Led By: Richard Ruppel and Jutta Brendel

An Itinerary for Alpine Delights 2023 **September 14th–October 1, 2023**

We have named this tour Alpine Delights because it includes some of our favorite smaller villages and towns offering sites of cultural and historical interest while providing a broad choice of walking and low-impact hiking in the foothills of the Austrian, German, and Italian Alps.

Thursday, September 14

Departure from USA to Munich, Germany.

Friday, September 15

Arrival in Munich, Germany.

Accommodation: Hilton Munich City. Rosenheimer Str. 15, 81667 Munich, Germany.

Afternoon walking tour of historic sites in the inner city of Munich.
Group welcome dinner (included in trip fee).

Saturday, September 16

Departure via motor coach to Füssen in southwest Bavaria.

Accommodation: Luitpold Park Hotel

Afternoon walk through Füssen.
Tour the famous castle of Ludwig II: Neuschwanstein (included in trip fee).
Group dinner (included in trip fee).

Sunday, September 17

Hike: Hopfensee Lake Round. 6.88 km/4.3 miles. Two-hour walk. It offers magnificent views of the surrounding Alpine panorama.

Important Note About Hikes

These day hikes are suggestions. We may decide to change day hikes as we develop the tour or receive additional recommendations. Weather will determine what we can do.



Monday, September 18

Hike: From Alatssee Lake to Salober Alm (meadow) 5.92 km/3.7 miles, 2 ½ hours.

Alternative Plan: Visit Hohen Schwangau or the Benedictine Monastery.

Tuesday, September 19

Hike: Zirmgart with Fortress Falkenstein Loop, a 12 km/7.5-mile loop, 5 hours.

Wednesday, September 20

Motor Coach Transfer to Merano (Italy).

Accommodation: Prinz Rudolph Hotel.

Upon arrival, an orientation stroll through the heart of Merano. Group Dinner (included in trip fee).



Thursday, September 21

Hike Sissi's Path.

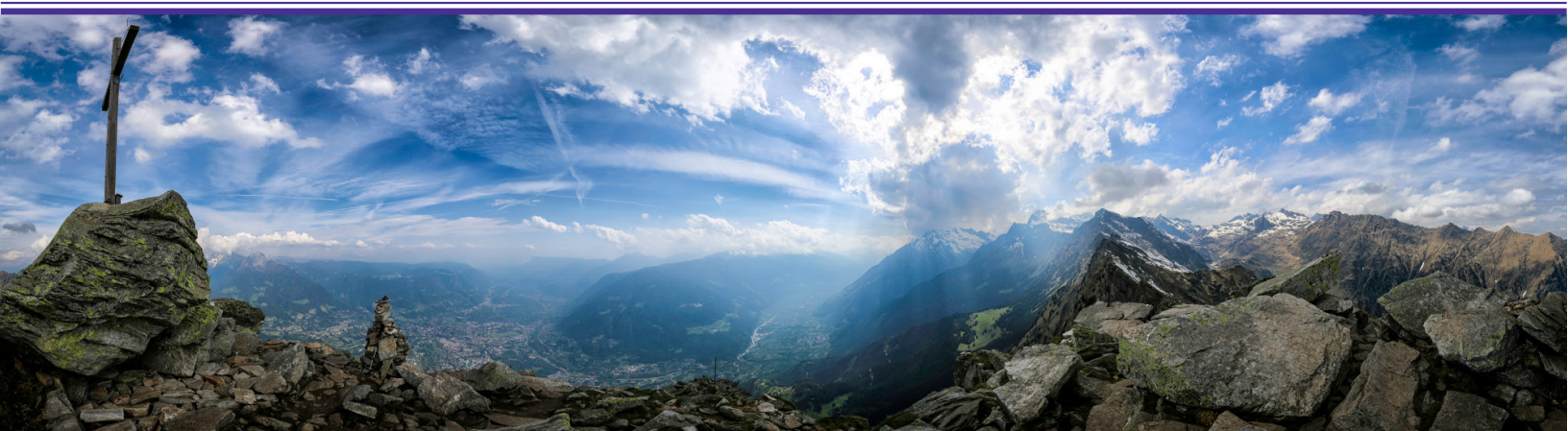
Merano Castel Trauttmansdorff better known as “Emperess Sissi's Path,” a scenic historic and culturally rich 3 mile walk, ascending some 377 feet from the Kurhaus (Spa) of Merano and ends in the castle gardens.

Friday, September 22

Hike: Ridge Walk Quarazze, an ascending ridge walk offering grand views of Merano and the surrounding peaks. 4 km./2 ½ miles or 90 minutes each way with an ascent of 521 ft.

Saturday, September 23

Take a Chairlift Merano-Tirol from Merano to Segenbühel/Dorf Tirol. Then a bus will take us to the town centre of Dorf Tirol, where one can catch a Hochmut Cablecar to the summit of Mutspitz, the highest peak that dominates Merano.



Sunday, September 24

Motor Coach transfer from Merano to Olang-Valdaora in the Pustertal Valley.

Planned stop on the way at Southern Tyrol Museum of Archaeology in Bolzano (included in trip fee) to learn about Ötzi the Iceman, the oldest example of a human being anywhere, found in a glacier in 1990. We have this unique opportunity to learn about Ötzi and what the archaeologists have learned about his life and times. Private group walking tour of historic downtown sites in Balzano is included in the trip fee. After the tour, we will continue our journey to Olang-Valdaora.

Accommodation: Agstner's Hotel Reinegg, Via Aue 14 Olang – Kronplatz, 39030 Valdora, Italy. The Hotel Agstner S Rainegg in Olang offers breakfast and dinner included in the price for all three nights. (All three dinners and breakfasts are included in trip fee.) *The chef's cooking class pending final approval to be arranged on one of the three late afternoons.*

The Rainegg Hotel in the Kronplatz region is a family establishment, run with loving care and offering Alpine and Mediterranean cuisine plus Tyrolean hospitality, cozy, peaceful rooms and contemporary comforts. Hotel Rainegg in Olang on the Kronplatz is ideally situated for leisurely hikes in the wonderful landscape of the Puster Valley. It is well suited for excursions into the Dolomites, a UNESCO world natural heritage site, since June 2009.

Monday, September 25

Take a cable-car up to the Kronplatz and hike around the summit. Visit the Messner Mountain Top Museum devoted to the history of Alpine climbing (Both the cable-car and museum are included in trip fees).

Group breakfast and dinner (included in trip fees).

Tuesday, September 26

Hike: Lanzwiese Alm – Angerer Alm Loop from Mittenolang – Valdara di Mezzo. 12.3 km./7.7miles. 4 ½ hours.

Alternative: Hike the Panorama Way from Valdora/Olang to Brunico/Bruneck. 8.6 km/5.4 miles. – 2 ½ hours. In Brunico, visit a fabulous open-air museum and return to Olang via public bus (included in trip fee).

Group Dinner and breakfast (included in trip fees).



Wednesday, September 27

Group breakfast (included in trip fees).

Motorcoach Transfer from Olang-Valdaora to Kitzbühel (Austria).

Accommodation: Hotel Goldener Greif

Included in the trip fee is a three-day Wanderpass good on all lifts and local transportation.

Hike: Schwarzsee Loop in Kitzbühel. A leisurely walk around a scenic lake. 2.5 km./1.6 miles.

Group Dinner in Kitzbühel (included in trip fee).

Thursday, September 28

Ascend on foot to the Middle Station of the Kitzbüheler Hornbahn (cable-car, included in trip fee) and after lunch at the mid-station, take the cable car down OR take the cable car up to the Midstation and descend on foot to Kitzbühel. OR since this hike is a loop, one could hike both ways.

9.6 km./6 miles. 4 ½ hours. ascent: 1,500 ft.

Alternative: Take the cable car to the summit and enjoy the views, return to the mid-station and hike back to Kitzbühel.

Friday, September 29

Hike: Schleier waterfall. 6.7 km/4.2 mile hike. 2 ½ hours

Saturday, September 30

Morning walk. Afternoon free to do as you please. Farewell group dinner (included in trip fee).

Sunday, October 1

Transfer from Kitzbühel to Munich Airport via Motor Coach.

Departure from Munich for the United States.



Meet Your Guides

Richard Ruppel and Jutta Brendel



Richard Ruppel has led or co-led 19 tours for UWSP Adventure Tours (and its earlier incarnations). From 1994-2005, he led cultural bicycle tours of Europe (Belgium and the Netherlands, Denmark, France, Germany, Italy), two tours of the Czech Republic, and three tours of Switzerland. Since 2005, he designed and led nine cultural walking/hiking tours: Vienna to Venice 2010, Switzerland and Italy 2011, Switzerland, and France in 2013, co-led with Jutta Salzburg, Bad Gastein, Cortina and Trieste in 2015, The Grand Tour: Munich to Florence in 2017, Alpine Trekking in Switzerland, Italy and France 2018, Sorrento, Amalfi Coast and Capri 2019 and most recently in 2022 the Scandinavian Tour: Stockholm,

Copenhagen, Oslo, and Bergen. Richard is a retired emeritus Professor of German at UWSP, has spent years studying, teaching, and researching in the German speaking countries.

Jutta Brendel is a native of Germany, speaks fluent Italian and has been to Italy countless times. She has led six Italian tours, has planned tours of the Amalfi coast and of Sicily, planned and led a tour of the Etruscan Countryside including Rome, was co-leader of a Tuscan bicycle tour, with Richard and planned northern Italian destinations such as Stresa, Lake Garda, Verona, Venice, and Trieste, among others. Recently, Jutta and Richard co-led the Sorrento and Amalfi Coast 2019 tour trekking the world-renowned Path of the Gods, hiking on Mt. Vesuvius, and exploring the Herculaneum, Pompeii and the Isle of Capri. Jutta speaks fluent German, Italian and English and is widely travelled in Europe.

Pricing

Registration Fee

Total cost of tour per person: **\$5,899**

Payment Schedule:

\$299 non refundable deposit due at registration

\$2,800 due by **Tuesday, November 1, 2022**

\$2,800 due by **Wednesday, February 1, 2023**

\$840 single room supplement*

***If you choose to book "my own room" (single supplement), \$840 will be added to your total.**

Since we make financial commitments in advance, no refunds will be issued for cancellations less than 90 days prior to the trip. Cancellations received more than 90 days before the trip will receive a full refund minus \$299 non-refundable deposit. However, you may send a substitute in your place. Please email us at uwspceweb@uwsp.edu to inform us of a cancellation or substitution.

A Look at Our Destinations



Füssen (Germany) lies in the Bavarian Allgäu along the historic scenic Alpine Road that extends from Lindau on Lake Constance and to Berchtesgaden. It is also the first stop on the German Romantic Road that leads to Würzburg. Füssen lies on the River Lech, features a Benedictine Monastery, the infamous Castle of King Ludwig II, Neuschwanstein, as well as the castle of his parents, Hohenschwangau. There is a plethora of scenic walks and a variety of hikes for every ability, right from the town.

Merano (Italy) may be a small city, nestled in the mountains, but it is also an elegant city which treasures its cultural past, its history and combines it with modern international elan. It is a bilingual city (German and Italian) known for its artistic flair, but also for its many green spaces. The old section of the city, the Steinach with its arches and narrow walkways, is particularly beautiful. Merano dates to the Middle Ages and much of the architecture of the Belle Epoque is still in evidence today as one can see in the Merano Theater or in the Kurhaus (spa). Merano is a spa town where one can “take the waters” and be restored through spa-treatments. Today, Merano boasts some 18 Km of walking paths and is known for its many gardens filled with palms, oleander, and beautiful flowers which Queen Sissi of Austria much admired. The gardens of Trauttmansdorff Castle feature a botanical garden that covers 12 acres. The area offers fine hiking with spectacular views for the more ambitious. There is a Women’s Museum housing an extensive collection of clothes from 1820-1990 as well as a museum devoted to the history of tourism in the South Tyrol. We will make time for an excursion to Excursion to the Museum of Archeology (ticket included in trip fee) in Bolzano to learn about and “meet” **Ötzi the Iceman**, the oldest example of a human being, found in a glacier in 1990. From Merano, we will travel to Olang-Valdaora in the Pustertal.



Olang-Valdaora in the Pustertal Valley (Italy) is a small village, which lies at the foot of the Kronplatz, a stunning domineering tableau peak, which we will visit via cable car. The village, nestled among fields and the forests of the Alpine foothills, offers as a backdrop--the stunning rocky summits of the Dolomites. Walking/hiking can be accessed directly from the village itself. Nature is right at our door. The Kronplatz features a mountain top museum (included in trip fee) dedicated to the history of Alpinism financed by Reinhold Messner—perhaps the greatest Alpinist of all time. There is also an extensive wonderful open air museum (included in trip fee) in nearby Bruneck. From Olang-Valdaora, we will travel to Kitzbühel in the Austrian Tyrol.



Kitzbühel (Austria) is internationally known as an upscale skiing town situated at 2,500 feet. It is a small town of 8,000 residents, who have become hosts to the world. The 750-year-old town center has maintained the traditional Alpine chalet architecture. Kitzbühel lies at the foot of the Kitzbühler Horn and is framed by the Südberge mountain which is known for its untrammeeled nature and easy hikes as well as ambitious hikes offering grand panoramic views. The extraordinary views of the Wilder Kaiser range, the Hohe Tauern and Austria's highest Alp, the

Großglockner, dazzle hikers in Kitzbühel at every turn on the path. Kitzbühel is the first hiking region to be certified for the European Hiking Quality Seal. This award for hiking quality distinguishes hiking centers with a diverse network of well marked trails for all abilities, offering free guided hikes and providing information on all aspects of hiking.

