

PRESS RELEASE

Adventure hiking in Paznaun

With spectacular suspension bridges, water-based adventure parks and themed trails - in summer, families can hike their way to exciting highlights in the Paznaun mountains.

Hiking in Paznaun means discovering new and exciting things. What is there for families to explore in summer in the mountains? Here are the most stunning adventure trails and hiking destinations:

Idalp Adventure Hiking Trail

The 7.5-kilometre long trail from Ischgl to Idalp takes hikers and families on a two-hour hike through three alpine vegetation zones up to the Idalp. After crossing the impressive Kitzloch gorge, you have to cross the Fimbabach stream on two spectacular suspension bridges, the 120 metre-long Kitzloch bridge and the 110 metre-long Bärenfalle bridge. You'll need a head for heights here, as at the highest points are 70 metres above the ground. The path continues up to the Idalp. Anyone who doesn't fancy walking down after the tour can take the cable car back down to Ischgl in comfort after stopping for a bite to eat at the Alpenhaus or in the Vider Alp. <https://www.ischgl.com/en/Active/Active-Summer/Summer-Tips/Idalp-adventure-hiking-trail>

Adventure Stage

The adventure starts from Ischgl at the middle station of the Silvrettabahn at 1,683 metres altitude. After a short ascent, families reach the idyllic Schwarzwassersee lake and the first adventure zone. From there, the path suitable for prams leads through a wild and romantic coniferous forest up to the Pardatschersee lake. Here there is a forest and lakeside obstacle course where structures recreated from nature made of stone, wood and ropes continually challenge ambition and creativity. A boulder wall, two creatively designed climbing towers, the reed boats and a slackline course promise plenty of action. Snack tip: In addition to chances to cool off, the Pardatschersee lake also provides BBQ areas. <https://www.ischgl.com/en/Active/Active-Summer/Summer-Tips/Adventure-Stage>

Sandli water playground

The Sandli water playground, which is easily accessible from Ischgl, is part of the nearby panoramic circular hiking trail. The water playground treats families with children to various wooden and stone elements as well as a viewing platform and a small resting place with play figures. During its construction, special attention was paid to conserving the wetlands. <https://www.ischgl.com/en/Active/Active-Summer/Summer-Tips/Sandli-Water-playground>

Smugglers' circuit

Hiking and shopping galore is in store on the cross-border smugglers' circuit, where guests walk in the footsteps of old black-market traders from Ischgl to the neighboring duty-free resort of Samnaun in Switzerland. If you want to save time, take the Silvrettabahn and Flimjochbahn from Ischgl directly up to the 2,757-meter-high Flimjoch and enjoy the wonderful panoramic view of the surrounding Samnaun, Silvretta and Verwall mountain groups before making the descent to

Samnaun. Duty-free shopping is a must there. In order to avoid encountering any problems, however, the current customs regulations should be observed when making duty-free purchases of exclusive brands of perfumes, luxury watches, jewelry, tobacco products or designer fashion items. Unlike the smugglers of old who had to carry their bags of loot weighing up to 50 kilos back, hikers tired of a day at the shops can travel back to Ischgl in comfort on the cable cars and chairlifts. <https://www.ischgl.com/en/Active/Active-Summer/Summer-Tips/Smugglers-circuit>

Sunny Mountain Adventure Park

The Sunny Mountain Adventure Park is located at the mountain station of the Diasbahn in Kappl at 1,830 metres altitude. There is a forest rope course to discover in addition to water storage areas, a slide tower, a climbing tree and swings. Educational attractions like the Flaxi village or the alpine herb and stone garden provide plenty of variety here. In the petting zoo you can get close to ponies, donkeys and sheep. The Alm museum right next door is all about life on the Alpine pastures in Paznaun. You not only get knowledge about rural life and agricultural history here, but also get to look behind the scenes of butter and cheese production. <https://www.kappl.com/en/Active/Active-Families/Highlights-in-summer>

Games, Sport and Water Park in See

The Games, Sport and Water Park in See extends over three water areas, from the large bathing lake with a total area of 6,000 m² and a depth of 4 metres to the children's bathing area with 1,000 m² and a depth of 0.4m to the idyllic natural pond below the complex. If you don't fancy getting wet, there is also plenty of dry action available on the separate playground with its slide, beach volleyball court, football pitch and tennis court. <https://www.see.at/en/Active/Active-Families/Play-Sports-and-Waterpark>

Wellness park at the panoramic restaurant in See

Pure relaxation is in store at the wellness park at the panoramic restaurant at 1,800 metres above sea level. Located right next to the mountain station of the cable car in See, there are two Kneipp pools, a foot massage path and refreshing mountain water to fill up water bottles with. In the esoteric part of the wellness park, visitors can learn about the signs of the zodiac and the various stones and crystals that correspond to them along with discovering sound cylinders, stone circles and experiencing how energies increase or change in colour therapy or chromotherapy. <https://www.see.at/en/Active/Active-Summer/Wellnesspark>

Little Ballun family climbing route

The Little Ballun fixed-rope climbing route in Galtür is a major attraction for children and families who love climbing. The wonderful views of the Silvretta mountains add to the great experience of the varied climbing section. The fixed-rope climbing tour is rated A/B for difficulty and is therefore well suited for children of around eight years of age and older. As some individual sections are somewhat exposed and rated at B level, the tour should only be attempted in good weather. Families with children need between 1.5 and 2 hours to walk the route spanning a close to 100-metre altitude difference. The best time of year to try the climbing route is from June to the end of September. Please note: The climbing route is well secured in primary rock, but walking

without previous knowledge and experience is not recommended. In addition to suitable equipment such as a helmet, climbing harness, climbing route gear and sturdy shoes, adequate strength and endurance are also essential. <https://www.galtuer.com/en/Active/Active-Summer/Climbing-bouldering/Vie-ferrate/Little-Ballun>

Silvapark Galtür

The Silvapark Galtür is one of the largest bouldering parks in Europe. The area at the foot of Ballunspitze, designed and developed by bouldering legend Bernd Zangerl, offers friction plates perfect for beginners, technical cracks and overhanging roofs between 1,800 and 2,000 metres of altitude and offers around 175 boulders in eight sectors. The children's and beginners' area with its easy beginners' routes is about a ten-minute walk away from the mountain station of the Birkhahnbahn. Rainy day tip: In its award-winning building, the Alpinarium in Galtür houses exciting exhibitions as well as a 98 square-metre and almost four-metre high indoor bouldering wall. All the information can be found on: <https://www.galtuer.com/en/Active/Active-Summer/Climbing-bouldering/Boulder-sections>

Summer 2020 news: *A holiday in Paznaun can be booked without a deposit and can be canceled free of charge up to seven days before arrival.*

Good to know: Guests are guaranteed to enjoy their quality time in Paznaun in full relaxation and 100% worry-free. The hosts not only ensure for the well-being of their guests with passion and dedication. With the 'Concierge for your health' concept, Paznaun is going far beyond the required COVID-19 measures. You can see on www.ischgl.com just what is included in the new concept.

In summer, the cable cars in Paznaun are open as follows: Galtür: 3 July until 27 September 2020; Ischgl: 3 July until 13 September 2020; Kappl: 3 July until 20 September 2020; See: 26 June until 20 September 2020. The popular weekly programme with guided tours for Paznaun guests also takes place with prior registration and in compliance with social distancing and hygiene rules.

The latest information on all the open accommodation options, mountain huts, restaurants, facilities and attractions as well as booking options can be found at: <https://www.paznaun-ischgl.com/en>.

All the information about Paznaun can be found at: www.ischgl.com/en, www.galtuer.com/en, www.kappl.com/en and www.see.at/en.

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Click here for a direct picture download: [Adventure hiking 2020](#)

Captions:

Erlebniswandern_2020_1: Adventure hiking in Paznaun © TVB Paznaun – Ischgl

Erlebniswandern_2020_2: The 7.5-kilometre long trail from Ischgl to Idalp takes hikers and families on a two-hour hike through three alpine vegetation zones up to the Idalp © TVB Paznaun – Ischgl

Erlebniswandern_2020_3: In the petting zoo in Kappl you can get close to ponies, donkeys and sheep © TVB Paznaun – Ischgl

Erlebniswandern_2020_4: The Games, Sport and Water Park in See extends over three water areas, from the large bathing lake to the children's bathing area to the idyllic natural pond below the complex © TVB Paznaun – Ischgl

Erlebniswandern_2020_5: The Little Ballun fixed-rope climbing route in Galtür is a major attraction for children and families who love climbing © TVB Paznaun – Ischgl

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