

## **A break on the sunny side of the Zugspitze**

**Out into the great outdoors and into the Tiroler Zugspitz Arena – in the Austrian region around Germany’s highest mountain active holidaymakers can enjoy restful tranquillity, pristine nature and time-honoured traditions. Some with a rucksack and climbing boots, others with a mountain bike or rope and snap hooks. Some equipped simply with a pushchair. The Tiroler Zugspitz Arena offers an abundance of fabulous activities to discover, experience and enjoy in the fresh mountain air. The traditional summer highlight: the solstice mountain bonfires on 19 June.**

Sometimes leisurely and mindful, at other times sporty and intensive. But always enjoyable. In keeping with a motto of active experience amid pristine nature, the charming hamlets of Ehrwald, Lermoos, Biberwier, Berwang, Bichlbach, Heiterwang am See and Namlos make up the Tiroler Zugspitz Arena. Just a stone’s throw from the German border holidaymakers will find not only Tyrolean flair but also a rich variety of ideas for a rewarding break from the daily grind.

### **#justbreathe // Feel the power of nature on foot**

Hiking means making time for yourself, pausing and achieving inner peace. Discovering slowness. In the Tiroler Zugspitz Arena nature dictates the rhythm, with more than 150 valley hiking trails, summit tours and experience paths of various difficulty levels showcasing the spectacular scenery of no fewer than four mountain ranges. Anyone who does not feel safe striking out alone can contact the local mountain sport schools, which have put together a varied offering. As well as classic high-altitude hikes, their mountain and mountain hiking guides also arrange themed tours at sunrise or to roaring waterfalls and mysterious mountain lakes.

### **#justbike // Cycling fun for everyone**

Anyone who thinks that the majesty of the mountains can only be experienced at a leisurely pace is mistaken. Mountain bikers experience it too, thus recharging their batteries for new highs in everyday life. Pleasure cyclists head to Lake Heiterwanger See while trail lovers discover fresh sporting challenges on the freeride trail on the Grubigstein in Lermoos. In the Tiroler Zugspitz Arena more than 100 tours and trails are waiting to be discovered. From the gentle Grubigalm trail for beginners to the flowing and steeper Blindsee trail, the routes in the

“Approved Bike Area” offer an incomparable opportunity to appreciate nature. Anyone who so wishes can join a guided tour or improve their riding technique in the “Skill Area” alongside the valley station of the Grubigsteinbahn in Lermoos. And here’s a tip: Every cyclist will find a suitable ride, or an e-bike if they so desire, at one of many hire and service stations.

## **#justfamily // What families can experience in the mountains**

There is no better playground than nature – whatever the season. Whether it’s discovering the secrets of plants with the herb gnome, enjoying an abseiling adventure by a waterfall or hearing the legends about the hidden treasure in the Loisach springs – the family-friendly summer activities in the Tiroler Zugspitz Arena are not just exciting, they’re informative too. As well as traditional family activities in beautifully designed children’s playgrounds, themed trails and a petting zoo, families can also experience mountain adventures and thrills. So how about kids rafting, monster roller tours or a mountain kart trip, for example? Among the top five activities are the Flying Fox zipline in Bichlbach, which provides a real adrenaline rush, and the 1.3-kilometre summer toboggan run in Biberwier. Anyone who prefers a little more tranquillity can take a boat trip on Lake Heiterwanger See or explore the alpine reservoir high above Ehrwald. Sporty parents will be able to walk round the lake in an hour on the new path even with a pushchair. With carved wooden figures to admire and a raft and water wheel to enjoy, the time will pass in a flash. As a partner region of the Tiroler Familiennester, the Tiroler Zugspitz Arena also offers a top-quality, free children’s programme with a wealth of adventures for four- to nine-year-olds.

## **#justwater // Relaxation and enjoyment of nature by the water**

The lakes in the Tiroler Zugspitz Arena are unique and provide the perfect opportunity to combine enjoyment of nature with fun. Anyone wishing to switch off from life’s stresses and strains can cool down in idyllic bathing lakes, hike to the Loisach springs or find inner peace paddleboarding on Lake Heiterwanger See. Water rats adore Lake Mittersee because its moor water is not only healthy but also warms up quickly, often reaching 22 degrees. Lake Seebensee is a natural gem with its turquoise-blue water. Nestled idyllically at 1,675 metres amid the wild mountain scenery, it is a popular destination for hikers and mountain bikers alike. Anglers and divers love Lake Blindsee, which lies hidden beneath the Fernpass. The visibility of this lake can reach up to 30 metres thanks to the clarity of its water.

## **#justadventure // A natural adventure playground**

In the Tiroler Zugspitz Arena mountains, action and enjoyment of nature go hand in hand. While some enjoy chilling in the sun, others can test their limits rock-climbing. Sports climbers will find 160 climbing routes of all difficulty levels around the Zugspitze. A particular attraction is the exceptional length of the climbing season here because the routes are south-facing. Anyone who prefers to be attached to a steel cable should check out the Tajakante via ferrata, one of the most beautiful in Austria in terms of landscape. Anyone with less of a head for heights can explore wild and romantic mountain gorges and waterfalls whilst canyoning. This is best done accompanied by a qualified guide. Those taking part in these tours literally immerse themselves in an enchanted world and experience the mountains from a fresh perspective.

## **#justgaze // A glowing night sky and flaming mountains**

Even night owls can come into contact with nature in the Tiroler Zugspitz Arena because the day is far from over when the sun sets. One especially atmospheric evening event is Star Night, which is held weekly on the Zugspitze when the night sky is clear and features a multivision show and a live presentation. Just once a year – on 19 June in 2021 – the Tiroler Zugspitz Arena is lit up by the legendary summer solstice mountain bonfires. On this evening the longest day and the shortest night are celebrated with spectacular fire motifs. It is a tradition that has its roots way back in the fourteenth century, when the aim was to drive out demons and evil spirits with the bonfires. The mountain bonfires of the Tiroler Zugspitz Arena have been included in the UNESCO Intangible Cultural Heritage list since 2010.

## **#justescape // Swap screen for a mountain panorama**

Sometimes a short break from the daily routine is all that it takes to recharge your batteries. So it's great that the Tiroler Zugspitz Arena is situated directly behind the German-Austrian border and can be easily reached via the toll-free Munich – Garmisch-Partenkirchen or Ulm – Füssen motorways. Once they've arrived, holidaymakers can move around with complete flexibility with the "Z-Ticket". This advantage card offers numerous inclusive services including a free ascent and descent with the Tiroler Zugspitzbahn cable car, five trips on other mountain cableways, a boat trip on Lake Heiterwanger See and Lake Plansee and use of all regional buses. Holders also enjoy free access to bathing lakes and swimming pools. Anyone with a lust for adventure will be in their element with a free trip on the summer toboggan run and the opportunity to ride king-size scooters down the mountain trail in Biberwier.

# BASIC PRESS INFORMATION



The “Z-Ticket” is valid from 8 May to 7 November 2021 and can be purchased for three to thirteen consecutive days at all valley stations of the mountain railways and in the tourist information offices in Ehrwald, Lermoos and Berwang.

More information is available at [www.zugspitzarena.com](http://www.zugspitzarena.com) and from the Tiroler Zugspitz Arena, tel. +43 567-320-000.