

Holiday time in the Tiroler Zugspitz Arena

THE family holiday in summer 2021!

The ideal family holiday in 2021? Of course, it has to strike the right balance between experiences enjoyed as a family and organised childcare. So that adults and children can reconnect but parents also have the opportunity to relax. School psychologist Linda Siebenhüner explains why this is so important this year in particular.

Holidaying together enriches the lives of both adults and children. After lockdown and home schooling the desire for normality and freedom is increasing by the day. And this goes for children in particular. Child and school psychologist Linda Siebenhüner explains why family holidays are particularly important in 2021. “Common experiences are important for leaving behind established daily routines and stimulating other sensory channels. This reduces the stress level and, particularly in children, has a positive impact on the development of brain structures.” So the holiday region needs to offer an abundance of shared activities that enable parents and children to feel like families again. At the same time the destination should offer childcare so that parents have the time and space to relax again. And it should also be close by. An ideal choice for this year's first holiday is the Tiroler Zugspitz Arena, Tiroler Familiennester region, on the sunny (Austrian) side of Germany's highest mountain.

Active family time is as beneficial for parents as children

Even a break of a few days offers families the chance to spend relaxed quality time together – and to cement relationships. However, it is worth taking a few tips to ensure that this first holiday only results in tears of joy. Opportunities to retreat should be created so that the new proximity is not restrictive. Psychologists also advise putting your cards openly and honestly on the table

before the holiday: Who expects what from this break together? Mum and dad want some time to themselves occasionally in the evening. The children also want to decide what the family does from time to time. Ideally, of course, the holiday destination should have a great deal to offer both parents and children. Which can even be beneficial in the long run! According to psychologist Linda Siebenhüner, the memories of common experiences also help to deal with the pressure to perform in school. “The space created helps parents to slow down and the children to feel their own bodies and experience self-efficacy.”

An essential consideration for the first holiday of 2021: short distances to holiday happiness

The first holiday trip after lockdown shouldn't last too long. So better to have a long weekend than a two-week break. It's also best not to holiday too far from home. So ideally to the Tiroler Zugspitz Arena, close to the border in Tirol. And by the way: The Tiroler Zugspitz Arena can be reached in a wonderfully relaxed frame of mind and an environment-friendly manner by train via Munich and Garmisch-Partenkirchen.

Activities for all ages

The sunny side of the Zugspitze is the ideal meeting place for young and old alike. From a water experience trail to an enchanted forest and beaver path – in the seven hamlets that comprise the Tiroler Zugspitz Arena hikers of all ages can enjoy a wealth of experiences. Even the smallest adventurers will have a whale of a time on the “Almsee circuit”. Meanwhile, older kids keen to reach for the sky will adore the high-ropes course in Bichlbach. Or in bad weather the climbing hall in Ehrwald.

Children need strong wings: and the best place to strengthen them is on holiday

Enjoying experiences together with their families and playing and romping around with their peers are important for the development and spiritual wellbeing of children and foster social skills. So high-quality programmes for children and teens really are a godsend: As a partner region of the Tiroler Familiennester, the Tiroler Zugspitz Arena offers a free children's programme with a wealth of adventures for four- to nine-year-olds. The Tiroler Familiennester take advantage of Tirol's alpine environment – including its forests, meadows and streams – and attract visitors with an abundance of play programmes and quality-assured accommodation. Seventeen tourism regions belong to the Tiroler Familiennester – and are committed to high quality standards. In the summer of 2021 Kasimir Kräutermandl is waiting to greet the smallest guests of the Tiroler Zugspitz Arena.

Meanwhile, adults can look forward to climbing, biking, canyoning and many more exciting activities. During our family summer kids from the age of ten can look forward to the thrilling youth programme on the Tyrolean side of the Zugspitze. And if children are happy, their parents are too. And can finally spend quality time together again as a couple.

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The Tiroler Zugspitz Arena lies on the Austrian side of the Zugspitze in the Außerfern region of Tyrol, nestling between the Wetterstein Mountains with the Zugspitze to the north and the Mieminger range to the south. It comprises the villages of Ehrwald, Lermoos, Berwang, Bichlbach, Biberwier, Heiterwang am See, Lahn-Wengle and Namlos. The Zugspitze marks the border between

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Germany and Austria. It is accessible from both the German and Austrian sides of the frontier. From Ehrwald the Tiroler Zugspitzbahn cable car serves the western summit of the Zugspitze.

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