



Summiteers and view-seekers on the go in Serfaus-Fiss-Ladis

Experiencing nature combined with plenty of exercise is the order of the day around Serfaus-Fiss-Ladis. What better way to immerse yourself in the impressive Tyrolean mountains than on foot? Whether on a family tour, a pleasure hike or a three-thousand-metre climb high in the Alps – the Tyrolean holiday region offers the right tour for every outdoor enthusiast.

Lush green alpine meadows, rugged rock formations and magnificent views of the sea of Tyrolean peaks. In Serfaus-Fiss-Ladis, mountain enthusiasts are spoiled for choice every day. A signposted trail network of around 500 kilometres spans the sunny holiday region high above the Upper Inntal valley in Tyrol. Many paths can even be walked with strollers. And thanks to the eleven cable railways, even the less fit can reach lofty heights and enjoy high-Alpine panoramic views. But best of all, every nature lover is guaranteed to find their favourite tour in the extensive network of trails.

Hikes for old and young

Hiking in Serfaus-Fiss-Ladis is an experience for the whole family and is even fun for children. To make this a success, the holiday region has come up with an innovative concept together with the well-known Austrian children's book author Thomas Brezina: on three adventurous themed trails – the *Pirates' Trail* in Serfaus, the *Witches' Trail* in Fiss and the *Explorers' Trail* in Ladis – guests young and old become secret investigators. They not only discover nature through play, but also solve exciting tasks. And that's not all: families can put a stop to the tricks of wily gnomes on the *Golden Man Trail*. The *Murmli Trail* takes the young adventurers to the home of mascot Murmli, while hikers of all ages get to explore nature in new ways on the *Family Adventure Trail*.

Pleasure hiking with a view

Plenty of sunshine, great panoramas and a perfect infrastructure – that's all you need to enjoy the mountains. And that's exactly what the three villages of Serfaus, Fiss and Ladis, where the sun shines for about 2,000 hours a year, have to offer. So it's no wonder that there are so many advertised gourmet tours around the high plateau. For example, those who want to experience the mountain world with all their senses can hike along the *Six Senses – Experience Trail* in Serfaus, the *Fiss Energy & Senses Trail* or the *Panorama Enjoyment Trail* between Serfaus and Fiss. For leisurely hikers, the view from the *Wode tower* in Ladis already offers a wide view of the Inntal valley.

Mountain tours with a challenge

The *Furgler* is the local mountain of Serfaus and a rewarding place for a mountain tour on narrow paths, with easy climbing stretches. In fact, climbing or traversing the Furgler is one of the most beautiful mountain tours in the region. The mountain rises high above Serfaus to the west and is a particularly panoramic three-thousand-metre peak. Climbing the Furgler can be made easier by taking the Lazidbahn cable railway. Hiking via the Furglersee lake and the Furglerjoch, you reach the summit at an altitude of 3,004 metres. But caution: the north ridge is only suitable for sure-footed mountaineers with a good head for heights.



Actively savouring and feasting

For those who want to experience spectacular views and plenty of exercise combined with excellent cuisine, the *Culinary Hike* is just the thing. Guests decide the hiking route and the stops themselves and get a four-course surprise menu as a reward for their efforts. But best of all: every guest in Serfaus-Fiss-Ladis gets to enjoy excellent hut cooking, as the rustic mountain restaurants, alpine chalets and huts all score high with multiple specialities. No matter where you stop for a bite, the outstanding dishes made from regional products are always guaranteed to be the ideal fortification for a hike.

Feeling good made easy

Whether before, during or after the adventures in nature – pleasure takes priority in Serfaus-Fiss-Ladis. Reason enough for the locals to set up “Feel-good Stops” at the most beautiful spots in the holiday region. True to the motto “switch off and put your feet up”, hammocks, ergonomic pleasure loungers, lounge furniture or beach chairs invite you to rest and relax throughout the area. What they all have in common is the magnificent panorama of mountain peaks, valleys and rugged rocky edges. Simply marvellous.

Tip: the “[Super. Summer. Card.](#)”, which every guest receives when booking accommodation in Serfaus, Fiss or Ladis, allows guests to use all operating cable cars and the hikers’ bus free of charge.

Further press information and free photographic material is available on our press portal under www.serfaus-fiss-ladis.at/en/Service/Press.

About Serfaus-Fiss-Ladis

“We are family” – so the motto goes for the Serfaus-Fiss-Ladis holiday region in Tyrol. This is because the mountains here don’t just have something to offer adults, but also children. The three mountain villages of Serfaus, Fiss and Ladis, each one steeped in history, lie on a sunny high plateau above Tyrol’s Upper Inntal valley, and are surrounded by the striking mountain peaks of the Samnaun mountain range and the Ötztal Alps. Located between 1,200 and 3,000 metres above sea level, the holiday region provides all guests with the best conditions for an eclectic summer holiday like no other. Amazing variety for the whole family. Adventure for lovers of action. Activities for lovers of outdoor sports. Astonishing panoramas for appreciative souls. Attractive food and drink for gourmets. Find out more at www.serfaus-fiss-ladis.at/en.



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