



Add some colour to your mountain holiday!

Summer has come and passed, now autumn has arrived! What is perhaps the most beautiful season in the Tyrolean Serfaus-Fiss-Ladis holiday region, autumn provides crisp mountain air, lots of sunshine, a pleasant climate – and an explosion of Alpine colours. Now is the best time to go hiking and mountain biking and to fall for fall.

As beautiful as a mid-summer mountain getaway can be, autumn is a much more pleasant time of year. Instead of the sweltering heat, you can now enjoy mild temperatures, often accompanied by the whisper of a gentle mountain breeze. Instead of fearing frequent afternoon summer thunderstorms, autumn affords crisp, fresh air – and breathtaking views and clear visibility. And last but not least, the autumn foliage surrounding Serfaus, Fiss and Ladis is an explosion of gold. One more thing: In the low season, traffic congestion, overbooked hotels and holiday stress are not part of our vocabulary. In September and October, the Tyrolean [Serfaus-Fiss-Ladis](#) holiday region has a lot to offer its autumn visitors – most notably the exciting hiking and mountain bike tours. We have a *Culinary Autumn* awaiting you again this year. There is no better time to de-stress with fall colours!

A mountain bike wonderland, Serfaus-Fiss-Ladis is steeped in colour in autumn

Serfaus-Fiss-Ladis has gained an excellent reputation among [bikers](#) over the years. It is known for its pristine trails and perfect tours, suited for beginner and intermediate levels and families and pros alike. The nine trails inside the first-rate bike park are each assigned different difficulty levels and lengths and are what make Serfaus-Fiss-Ladis legendary for its mountain biking. The early bird gets the trail all to themselves: the Serfaus-Fiss-Ladis Bike School organizes *Early Rides*. Riders meet as early as 7.20 am, and a guide takes them in a lift up to the Fisser Joch ridge – situated at 2,436 meters above sea level – and on to the best trails Tyrol has to offer in the early morning sun, leading them down into the valley for a late breakfast in the bike park. By the way: the Bikepark Serfaus-Fiss-Ladis takes full advantage of the golden autumn and has opened its doors until 16 October.

Autumn hiking on the sunny side high above the Upper Tyrolean Inntal valley

More than 500 kilometres of well-signposted [hiking trails](#) at 1,200 to 3,000 metres above sea level await. Eleven lifts take hikers up to the autumnal mountain wilderness. Countless mountain restaurants and alpine cottages: The technical specs on the hiking autumn around Serfaus, Fiss and Ladis alone will want you to hit the trails asap. The *Six Senses trail* is a themed trail that leads to Serfaus in just under four hours. Suitable for prams and strollers, the adventure hiking trail allows the next generation of explorers to experience the Tyrolean mountains with all five senses – and experience exciting sensory illusions. Visitors can make a pit stop at the *Hög Adventure Park*, where kids have the opportunity to try out different play stations and the grown-ups can relax and put up their feet by Högsee lake. The *Six Senses trail* tickles all of a hiker's senses while immersing him or her in a spectacle of colourful sensation. The autumn pops of colour are particularly beautiful on the *Alpenrosensteig* (Alpine Rose Trail). An insider tip for autumn is the tour that takes you into the untouched Urgtal valley. For blissful al fresco lunches, the Fiss-Ladis cable car company offers a picnic rucksack packed with regional specialities.



Culinary Autumn 2022: "Uafach guate" weeks to celebrate nature's golden season well

When the forest smells of mushrooms, when the trees are covered in their festive fall foliage and the crisp mountain air allows clear vistas, then it is finally here – autumn. And with it what is perhaps the most enjoyable time in Serfaus-Fiss-Ladis. When summer falls into a golden mountain autumn, the villagers and their guests celebrate the traditional *Culinary Autumn*. From 4 September to 16 October, the fête will revolve around tradition, customs, mountain romance and culinary delights. Speaking of culinary delights: every year, innkeepers delight their guests with the most flavourful culinary dishes. A number of cooking classes have taken on a plum theme this autumn. The *Art on the Mountain* event gives art enthusiasts a unique opportunity to observe stonemasons, sculptors, woodcarvers, painters, potters and woodturners. Not in an uninspiring museum but at a staggering 2,440 metres above sea level. Always a sight – and sound – to behold is the so-called Almbtrieb, or cattle drive, in Serfaus-Fiss-Ladis. Tractors and vintage cars will also come chugging down the narrow streets of Serfaus, Fiss and Ladis as part of the *Culinary Autumn* on 11 and 12 September. Nostalgia in an Alpine setting.

For further information about the holiday region Serfaus-Fiss-Ladis head to www.serfaus-fiss-ladis.at/en.

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

True to the motto "A cheer for the mountain summer", the Tyrolean holiday region of Serfaus-Fiss-Ladis represents variety and completely carefree mountain holidays at the highest level. For singles as well as best friends, families or three-generation groups. Because the mountains there not only have plenty to offer the grown-ups, but also the little ones. The three mountain villages of Serfaus, Fiss and Ladis, each of which enjoy history in abundance, are situated on a sunny high plateau above the upper Tyrolean Inntal valley, surrounded by the striking mountain peaks of the Samnaun mountain range and the Ötztal Alps. The mountain idyll provides the best conditions for an unforgettable mountain summer for all guests at an altitude of between 1,200 and 3,000 metres above sea level: full of living traditions, real adventures and culinary delights. But also with high mountains, cool mountain lakes and vast alpine pastures, where the jingling of cow bells is the latest thing to drive away everyday life. More information can be found at: www.serfaus-fiss-ladis.at/en.

For further information:

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