

# FUN FOR ALL AGES: VARIED ACTIVITIES FOR THE WHOLE FAMILY

*We have all been there: when children need to be motivated with every step anew. But those times are now over. Tirol has a wealth of varied activities to offer in the mountains. All of which are guaranteed to keep boredom at bay, making family holidays pure pleasure for people of every age.*

Whether in the saddle, on a rope or with an animal on a lead - Tirol offers multifaceted leisure activities that make every child's heart skip a beat. All ensure the little ones have fun exercising in nature, while grown-ups spend a relaxing holiday in the mountains. Even hikes become successful escapades, thanks to exciting adventure trails.

## **Adventurous hikes**

Children from the age of six who love both hiking and the mountains can spend several days cocooned in the Alps with their parents on the new and improved [KAT Walk Family](#). The family-friendly long-distance hiking trail leads through the Kitzbühel Alps from Hopfgarten to Fieberbrunn over five days and four stages. Climbing parks, puzzle tours, alpine flower gardens, mountain carts, giant swings, adventure playgrounds and many other highlights make the multi-day tour a varied experience. The comprehensive all-round package with overnight accommodation in family-friendly establishments, meals, luggage transport, information material and advice cater for every need and leave no questions unanswered.

The [Stubai Tree House Trail](#) is also fun for hikers, along which children can climb seven spectacular tree houses on a route that is easy to walk and suitable for pushchairs. Each of them is dedicated to a different theme based on the home of Baldin the Dwarf, who welcomes young and old hikers directly as they arrive at the middle station of the Kreuzjochbahn lift in Schlick 2000. Families will spend around two hours whilst surmounting almost 100 metres in altitude difference in this varied world of adventure between the forest floor and the treetops.

## **Action on the ropes, in the saddle and on three wheels**

Yet more adventure awaits young Tirol holidaymakers in the [family-friendly climbing parks and bouldering areas](#). With over 40 certified climbing routes for the whole family, Climbers Paradise Tirol offers great family experiences and outdoor time together. Especially in the regions of Achensee, Pitztal, Tiroler Oberland and Wilder Kaiser, families will find climbing in the weekly children's programme agenda - some of which are free of charge. Bouldering areas, such as in Pitztal or Kaunertal, are ideal for smaller children, whereas youngsters can fully enjoy sport climbing with a guide.

Families who love biking, on the other hand, are well catered for in the family-friendly Serfaus-Fiss-Ladis region. [Bikepark Serfaus-Fiss-Ladis](#) boasts a perfect infrastructure with cable cars and family-friendly downhill runs such as the Milky Way, Vuelta or Morning Glory - all of which are designated blue trails. Moreover, action-packed downhill and freeride trails await bikers of every age. Different skill levels and disciplines can be easily combined. The little ones can train their dexterity and balance and gather first experiences on the pump track in the Kids Park directly at the valley station of the Waldbahn lift. The family friendly [Hög Trail](#) is yet another new attraction in the region, which starts directly at Seealm Hög.

You will be riding on not two wheels, but three at [Zirbenpark Hochzeiger](#) in Pitztal. Where "ZirbenCarts", specially developed mountain carts for downhill fun, take you from the mountain station of the Hochzeiger 2.5 cable car on a 5.5-kilometre-long speedy descent into the valley. Before the ride down into the valley, it is also worth exploring the many attractions of the ZirbenPark, such as the new motor skills course, the XXL marble run at Zirbenwasser, or the Zirben tree house. Those not wanting to miss out on fun on two wheels will enjoy the new, second MTB trail from the Hochzeiger 2.5 mountain station in combination with the [Hochzeiger Family Trail](#) down to the valley station at 1,540 metres above sea level.

## **Animal adventures and nature-based learning**

A unique experience and real highlight of a family holiday in Tirol for children is a hike with alpacas. Once a week, families in the Seefeld region can take part in an [Alpaca Hike](#), become acquainted with the docile and good nature of these furry animals and find out why increasing numbers of alpacas can be found in Tirol. With a walking time of around one hour, the alpaca tour is also easily manageable with small children.

The [Alpine Farm School](#) in the Tirolean Wipptal Valley provides families with older children a unique opportunity to take a peek behind the scenes, learn more about work on the alpine pasture and even lend a hand themselves. The 4.5-day basic courses, which take place on Helga's Alm (alpine farm) in the Valsertal Valley, are part of a one-week stay where, in addition to mowing with a scythe, building a sloping fence, bringing in hay and working to clear avalanche damage, you will also learn interesting facts about flora and fauna and learn how to prepare mountain dishes according to old recipes.

## **Family holidays in 17 quality-approved Tirolean regions**

In addition to the many excursion destinations and leisure opportunities throughout the province, it is primarily [Tirol's quality approved family regions](#), that make summer holidays truly unforgettable. No less than 17 regions have specialised in families and offer, in

addition to child-friendly accommodation and quality-certified childcare, a free, educational nature care programme for children and young people. Summer 2023's motto will be "Aquatic adventures with Stoffl Strudelwurm and his friends". Young guests can look forward to imaginative adventure worlds by the stream with a climbing competition, underwater telescope and other great activities, while parents enjoy a little time out.

Further information and tips on family holidays in Tirol can be found under <https://www.tyrol.com/things-to-do/family-holidays/family-attractions>.

### 6.053 Characters

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With its 34 regional associations, **Tirol** is one of the leading holiday destinations in the Alps. Tirolean tourism is characterised by almost 200 years of history and various pioneering achievements. Summer and winter guests alike appreciate the alpine mountain landscape and nature, the high quality of service and infrastructure, as well as the welcoming hospitality. Based in Innsbruck, Tirol Werbung GmbH is part of the Lebensraum Tirol Holding GmbH group of companies and serves as the provincial tourism marketing organisation, working towards positioning Tirol as the most sought-after and spiritually energising location in the alpine world.

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