



Quiet Winter Wonders

The true wonders of winter are not loud. You can experience and enjoy them first-hand on winter hikes around Serfaus-Fiss-Ladis in the Upper Inntal valley in Tyrol.

As you trek step by step through the white winter wonderland, the snow crystals sparkle like a thousand diamonds in the sunlight. Instead of whizzing down the slopes, winter hikers are intensely aware of every detail around them, enjoying nature to the fullest. With no stress, lift tickets, or skis. And above all, with no need for athletic exertion! Reason enough for lots of active holidaymakers to discover winter hiking as an alternative to traditional skiing holidays. The focus is less on the physical challenge and more on mindfully experiencing nature. And the [Serfaus-Fiss-Ladis holiday region](#) offers the ideal conditions for the whole family to do so - even the littlest ones.

A different way to experience the mountain landscape

Slow down, actively relax, and do something good for yourself: Serfaus-Fiss-Ladis offers opportunities for everyone to do so. Because the [winter hiking](#) motto here is: fun for everyone. Thanks to the low barrier to entry, low risk of injury, and reduced mountain hazards, all members of the family can leave everyday life behind step by step while hiking through the pristine nature. From the *Almpromenade trail* at 2,000 metres above sea level to the *Fiss Energy & Senses Trail* - a total of more than 100 kilometres of groomed winter hiking trails and themed routes attract visitors to the region.

Fancy something a little more active?

If you want to immerse yourself even deeper in unspoiled nature, choose [snowshoes](#) as your means of transport to cut across country on quiet soles. Through snow-blanketed forests, over white mountain pastures, even up to solitary summit crosses. One of the most popular routes among the locals is the 2.5-hour trek from Neuegg to Obladis. Those who feel confident in the snow and want to make their own way will find six signposted routes around the three mountain villages. Just follow the snowshoe symbols and the red and yellow signs. Everyone else can join the guided tours offered by the local ski schools and mountain guides.

An experience for everyone

Active families are also well catered for in Serfaus-Fiss-Ladis. The *Meditation Trail* leads to the *Hög Family Lights Chapel*, a romantic gem on the eastern shore of Högsee lake. Here, the Lord's Prayer is artistically depicted in seven sculptures set out along 450 metres. If you want to keep hiking further, simply add on the Rundwanderweg Högsee (circuit around the Högsee lake). Both hiking trails are also suitable for excursions with younger children; the best way for them to accompany their parents is in a baby carrier or on a toboggan. Incidentally, this also applies to the *Panorama Enjoyment Trail*. It leads from the [Komperdellbahn](#) top station in Serfaus to the Möseralmbahn top station in Fiss, along a route with no steep inclines that offers breath-taking views of the Tyrolean Alps. So that you can enjoy this panorama properly, [Feel-good Stops](#) with comfortable deck chairs, hammocks, and even wicker beach chairs offer inviting spots to linger along the way. If the entire route is too far, you can shorten it by taking the Sunliner or Waldbahn cable car back down the valley, for example.



Exercise and enjoyment in the snow

Going for long hikes in the snow has lots of positive effects on the body. Above all, it lifts your mood and relieves stress, while the sunlight also replenishes your vitamin D stores. And speaking of the sun: the sun shines 2,000 hours a year in Serfaus-Fiss-Ladis, so you can also benefit from it in winter. And last but not least, the forest does its part as well: therapists recommend trips to the forest even in winter. Just like with summer forest bathing, Shinrin Yoku - mindfully walking through the forest - the scent of the forest also has a beneficial and soothing effect in winter.

And what's still missing? The culinary delights, of course! After a few hours in the snow, you just have to stop in for a bite. In fact, stopping at a [mountain hut](#) and refuelling with regional specialties is the perfect way to round off the experience. If you just can't get enough, check out the *Six Senses trail*. It leads past the Hög Alm, the Seealm Hög, and the Madatschen restaurant. You can't get more enjoyment than that.

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 at www.serfaus-fiss-ladis.at/en/Service/Press.

About Serfaus-Fiss-Ladis

True to the motto "Where my heart is at home!", the Tyrolean holiday region of Serfaus-Fiss-Ladis offers varied and carefree winter holidays at the highest level. It is a feel-good place where all visitors can take some time out to relax and enjoy themselves carefree: whether alone, as a couple, or with the whole family. Because in Serfaus-Fiss-Ladis, the mountains have something to offer for everyone, young and old alike. The three historic mountain villages lie on a sunny high plateau above the Upper Inntal valley in Tyrol, surrounded by the distinctive mountain peaks of the Samnaun mountain range and the Ötztal Alps. The holiday region offers all visitors the ideal conditions for a unique winter holiday full of variety at between 1,200 and 2,828 meters above sea level: activities for winter sports enthusiasts. Variety for the whole family. Adventures for action heroes. Breath-taking panoramas for connoisseurs. Exceptional specialties for gourmets. You can find more information at www.serfaus-fiss-ladis.at/en.

For further information:

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