

SUMMER NEWS 2024: NEW SPORTING OPPORTUNITIES AND PLACES TO VISIT IN TIROL

Whether enjoying day tours or challenging multi-day tours in hiking boots, pedalling furiously along up or downhill trails, running through alpine terrain, rope climbing, or embarking on adventurous discovery tours with the whole family: Tirol's regions have a wealth of new opportunities and excursion destinations in store again this summer. Here, an overview of Tirol's new summer attractions in 2024:

Hiking

Panorama-Schützensteig Trail at Glungezer · Hall-Wattens Region

The new Panorama-Schützensteig trail in the Hall-Wattens region leads from Tulfein cable car mountain station via the Hirschvogelsteig to Bärenbaderjöchl and back to the original starting point. The circular route extends over a length of 4.5 kilometres and elevation differences of around 250 metres on Mount Glungezer, while offering fantastic views of the Inntal Valley and the opposing Karwendel mountains in around 1.5 to 2 hours walking time. Thanks to its easy accessibility, the trail is suitable for all ability levels. www.hall-wattens.at/en/tours/panoramic-tour-baerenbader-joechl.html

Hiking on the sunny side: Sunnenseite'n Trail · Stubaital

Guests can now hike on the sunny slopes of the Stubaital Valley on the new Sunnenseite'n trail from Fulpmes to Neustift. A suspension bridge of over one hundred metres in length forms the trail's highlight, offering views of Neustift and the head of the valley with the Stubai Glacier. The trail is 7.5 kilometres long and leads from the middle station of the Schlick2000 Hiking Centre in Fulpmes along a new forest path to Kartnall Guesthouse in Neustift. Thanks to its sunny location at medium altitude, the Sunnenseite'n Weg is accessible almost all year round. www.stubai.at/en

Hiking between Austria and Italy: Wipp Traverse · Wipptal

Three mountain ranges, from the Stubai Valley to Sterzing in South Tirol, are traversed on the Wipp Traverse hiking tour starting in the Tirolean Wipptal Valley. The tour takes five days, with daily stages covering anything between 800 and 1,200 metres in altitude. The special feature of this tour is that you always stay at the same hotel, travelling to the starting point and back by public transport or hotel transfer. This means you can cover the scenic tour

with a light day rucksack and enjoy the comforts of your hotel at the end of every day. www.wipptal.at/wipp-traverse-sommer

Mountain Biking

New Marchkopf Tour • Erste Ferienregion im Zillertal

A new connection leading to the Rastkogelhütte offers a varied route via Sidanjoch and the Zillertaler Höhenstraße Alpine Road. The Marchkopf Tour is 43.6 kilometres long and, with 1,980 metres of ascent and a duration of 5.5 hours, it is considered to be relatively challenging. Ambitious bikers can even extend the tour to a mega ride encompassing five mountain passes over a distance of 76 kilometres and 3,720 metres in altitude. www.best-of-zillertal.at/en

MTB Family Area Streiteck • Kitzbüheler Alpen – Brixental

The new MTB Family Area Streiteck near the valley station of Sonnenrast chairlift in the Brixental Valley is an excellent meeting point for MTB families and beginners. At 1.4 kilometres in length, the area offers ideal conditions for testing and improving skills. The fastest access to the practice area is via Sonnenrast cable car and the Sonnenrast trail; alternatively, you can reach the area with the conveyor belt and practice trail in just under 30 minutes via the hiking trail to Pengelstein. www.kitzski.at/en/hiking-biking/kitzbike-trails.html

New “Silva Trails” Bike Trail Park in Galtür • Paznaun-Ischgl

From summer 2024, the new Silva Trails Bike Trail Park in Galtür will offer a range of trails from easy flows to technically challenging single trails, as well as special routes for children and families. With a circuit, a practice area, two jump lines, pump track and four trails, the park is perfect for beginners and experienced bikers alike. Thrills are guaranteed thanks to a gradient of two to ten per cent on the trail that descends from 1,970 metres to 1,630 metres above sea level.

Adventurous natural trails at Ischgl-Samnaun Bike Trail Park • Paznaun-Ischgl

The starting points of the adventurous nature trails in the impressive setting of Silvretta Bike Arena Ischgl-Samnaun can be found up to altitudes of 2,800 metres above sea level. Eight trails offer a total of 60 kilometres of pure mountain biking fun between 2,861 metres and 1,352 metres above sea level, with more trails in the pipeline. www.ischgl.com/en/Active/Active-Summer/Biking-Ischgl

Official bike routes for the first time in Kaunertal • Kaunertal

Mountain bike enthusiasts have had a long wait, but from summer 2024 the time has finally come: Kaunertal Valley in the Tirolean uplands has officially signposted and authorised mountain bike routes for the very first time. The predominantly leisurely tours lead along forest trails to scenic locations and great places to stop for refreshments at mountain huts, such as tours to the Aifner Alm, Mount Langetsberg or the Kaltenbrunn Pilgrimage Circuit. www.kaunertal.com/en/Your-kaunertal/In-Summer/Rad-Bike

New Bachl Trail and Erspähe Schlägle Trail • Tiroler Zugspitz Arena

A new flow trail on the Grubigstein in Lermoos provides biking fun for every skill level. Take the Grubigstein cable car or ride up the mountain via the forest road, where you will find the

2.8-kilometre new Bachl Trail at the middle station. Numerous bends, rollers and jumps provide adrenalin-inducing fun, while various lines offer great entertainment for beginners and advanced riders alike. The Schlägle Trail, which has undergone a major reshape, is now also new and improved. The natural character of the trail has been retained, yet the quality and fun factor have been significantly increased. www.zugspitzarena.com/en/Summer-in-the-Mountains/Biking

Family & Day Trip Destinations

Alpbachtal storytelling benches · Alpbachtal

The new Alpbachtal storytelling benches offer several wonderful locations to stop and listen to stories in Reith im Alpbachtal. Before the stories can be listened to as audio files, however, visitors must generate the necessary power by turning the crank at the respective station. Interesting facts about the respective location are then revealed. The new benches, which feature two languages and Braille, invite visitors to pause and linger at existing, disabled-friendly locations such as Hildegard Garden, the viewing platform, Reitherkogel cable car or Lake Reither See. www.alpbachtal.at/en/discover-the-alpbachtal/restbench%20stories

Extension of the GOASberg Mystery Tour · Kitzbüheler Alpen – Brixental

The GOASberg Mystery Tour in the Kitzbühel Alps -Brixental Valley offers an entertaining hike for young hikers. Eight mystery stations, a viewing platform with a climbing wall, a giant swing and large hidden object scene of the region with all its leisure activities turn the 3.5-kilometre-long themed trail into an entertaining adventure. www.kitzbueheler-alpen.com/en/bri/so/hiking/mystery-tour.html

Water fun at LärchwaldBachl · Mayrhofen-Hippach

The Mountopolis FunSportStation in the Mayrhofen-Hippach region offers water fun for all ages, right next to the Penken Kombibahn lift. Kids can really let off steam at the Lärchwald-Bachl Stream, with various attractions such as a waterwheel, spiral scoop, wooden barrels and flumes. Guaranteed to bring cool refreshment on hot summer days! [www.mayrho-fen.at/en/stories/mountopolis-funsportstation-penken](http://www.mayrhofen.at/en/stories/mountopolis-funsportstation-penken)

New themed circular trail at Burgschrofen · Mayrhofen-Hippach

A new, partly interactive themed circular trail allows families to immerse themselves in the legends, myths and stories of the village in the protected landscape of Burgschrofen in Schwendau in the Zillertal Valley. There are tales of the devil, plundering knights, a great treasure and people being forced into exile. It remains a mystery to this day as to who once lived on Burgschrofen Hill and which buildings were actually located here. Visitors can discover the diversity of this striking location at six stations on the new themed circular trail and find answers to an array of questions. www.mayrhofen.at/en/stories/theme-trail-burgschorfen

Long-distance hiking trail for families: Höfe-Trail · Osttirol

The Höfe Trail is Austria's first long-distance hiking trail completely tailored to the needs of families who enjoy hiking. It reveals the beguilingly diverse and unspoilt mountain farming landscape of the Tirolean Gailtal Valley and the Carinthian Lesachtal Valley via five moderate

daily stages on easy paths. The trail winds its way across flower meadows, through shady forests, along bubbling streams and from mountain farm to mountain farm, where special farm experiences await hikers of all ages. Starting from one of the quality-certified and family-run partner farms of the Höfe Trail, the environmentally friendly hiking bus takes you to the respective starting points of the day's hike. www.osttirol.com/en/discover-and-experience/summer/hiking/long-distance-hiking-trails/hoefe-trail

Alpine Life open-air museum in Innervillgraten · Osttirol

The Alpine Life open-air museum in Innervillgraten invites you to discover the craftsmanship of yesteryear and experience the creativity of past generations. A place where history and craftsmanship come alive. The museum with an ensemble of buildings including the Wegelate sawmill, Lodenstampf, Lüfter mill, "Neuhauser" farm and "Riepenkammer" alpine hut has been built and lovingly restored in recent years by the Villgraten Heritage Association, so that it can welcome its first visitors in summer 2024. www.osttirol.com/en/open-air-museum-alpine-life

Following in bees' footsteps: Kofele's Bee Nature Trail · Innsbruck Region

Seven educational stations devoted to bees will attract families to the Patscherkofel in Innsbruck from summer 2024. Little explorers can help mascot Kofele become a beekeeper and follow in the bees' footsteps from the mountain station to the Hochmahdalm. Those who collect all the exciting facts about the industrious little creatures will also receive a great surprise when they answer the puzzle correctly. www.patscherkofelbahn.at/bienenlehrpfad

Six digital adventure trails · Tiroler Zugspitz Arena

Six digital adventure trails await young hikers in the Tirolean Zugspitz Arena from summer 2024. These will extend across the entire region, so that guests in Ehrwald, Lermoos, Bibberwier, Bichlbach, Heiterwang and Berwang will all be able to explore an adventure trail. Using a smartphone, young explorers can go through various adventure worlds centred around the fictional characters Cora, Mia, Castor, Augustus, Johann and Finn. They are introduced to the history and culture of the region in an entertaining way, while experiencing nature in a playful way. www.zugspitzarena.com/en/Summer-in-the-Mountains/Summer-for-Families

Three new escape trails in Berwang · Tiroler Zugspitz Arena

Three new escape trails in Berwang in the Tiroler Zugspitz Arena offer three exciting mountain adventures. Once equipped with the necessary gear, the whole family can embark on a mysterious journey. The riddles, which are hidden at various locations on the mountain, must be solved with meticulous detective work in order to reach the next mystery location. Fun and games are thus integrated into nature in a most entertaining way. www.zugspitzarena.com/en/Summer-in-the-Mountains/Summer-for-Families

New mountain attractions in Gerlos · Zillertal Arena, Zell-Gerlos

Many new attractions for families await guests of all ages in the Zillertal Arena. Latschenland play paradise at Isskogel offers new highlights for children, such as a ball tower with a wooden ball track, as well as a yoga platform. A wooden ball track also provides entertaining fun for kids in Gerlos Adventure Land. The new facilities are further complemented by a high ropes course and the Locandy radio play adventures at Isskogel and the adventure trail in Gerlos. www.zillertalarena.com/en/gerlos/summer

New attractions at Skiwelt Wilder Kaiser · Kitzbüheler Alpen – Brixental

Deceleration is the motto of the wonderful Alpinorama circular route. Newly created resting places invite you to unwind, enjoy the peace and quiet and take in the magnificent panorama from summer 2024. The “Spoggolino” ball track in the Alpinolino Discovery Park will also be extended, so that fun races can be organised on two tracks. The viewing platform at Zinsbergbahn cable car top station and an expansion of the adventure game in Ellmi’s Zauberwelt at Ellmau cable car are yet more new additions to the Alps of Kitzbühel.

Padel, a new sport conquers Tirol · Seefeld Region

Padel is an emerging racket sport which, once you have stepped onto the court, ignites a veritable passion and enthusiasm for winning. That’s how the first indoor padel club in Tirol came about in the WM-Hall in the Seefeld region. Six modern indoor courts, a shop and restaurant are available to beginners and professional athletes alike – offering entertaining fun not only on rainy days. www.casapadel.at

Climbing

First adaptable via ferrata with nature trail · Nauders

The new Goldgrat via ferrata in Nauders on the Reschen Pass not only offers expansive and deep views, its design also allows it to be adapted to different levels of ability. At five stations, it teaches climbers in the Tirolean uplands the most important basics of via ferrata climbing, making the Goldgrat route to the 2,912-metre high Bergkastelspitze the first educational via ferrata trail in the Alps. www.nauders.com/en/Your-Nauders/In-Summer/Climbing/Klettersteig-Goldgrat

New climbing area at Verpeil Gorge · Kaunertal

Impressive rock formations and numerous boulders make climbing in the Kaunertal Valley in the Tirolean uplands particularly attractive, which is why the programme has now been extensively expanded. The family friendly “Verpeilschlucht” climbing area with 15 new climbing routes has been created at the entrance to the Verpeilschlucht Gorge in the main town of Feichten. A 140-metre-long climbing route is also being built on the over 100 metre high “rock face” in Feichten. The new attraction is rounded off by the “Schwarzwand” viewing platform. www.nauders.com/en/Your-Nauders/In-Summer/Climbing/Klettersteig-Goldgrat

New, family-friendly climbing area in St. Jodok · Wipptal

The new climbing area at Stafflacher Wand in St. Jodok in the Wipptal Valley is ideal for families and easily accessible by public transport, thanks to its proximity to St. Jodok railway station. With routes in six sectors in difficulty levels ranging from 3 to 9, both climbing novices and pros will be in their element. www.wipptal.at/Upload/Klettern/Klettergarten%20Stafflacher%20Wand.pdf

Trail Running

Five new trail running routes • Erste Ferienregion in Zillertal

Discover five new trail running routes in the Erste Ferienregion in the Zillertal Valley, which invite you to explore as you run through alpine terrain on fantastic alpine trails up to Kelllerjoch, through the alpine landscapes of Hochfügen, or over a long mountain ridge to three peaks in the upper Zillertal Valley. Several of the routes can be combined, so that increasingly or less challenging trail running laps can be completed, depending on your mood and fitness level. www.best-of-zillertal.at/sommer/sommeraktivitaeten/trailrunning-spieljoch-hoch-fuegen

Cross-Trail powered by LEKI • Paznaun-Ischgl

“Cross Trail” is the name of the most original form of trail running, and the Paznaun-Ischgl region will be offering the perfect trail from summer 2024. Nine new, signposted routes lead through technically challenging and often rocky terrain. The starting points for the tours, which combine brisk hiking with running in the high mountains, are the cable car stations or bus stops in Paznaun; LEKI poles are available for hire in the sports shops in the valley. www.paznaun-ischgl.com/en/Active/Cross-trail

Further information on summer holidays in Tirol can be found at www.tirol.com/summer-holidays

With its 34 regional associations, **Tirol** is one of the leading holiday destinations in the Alps. Tirolan 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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