



Ötztal moves active people and those seeking relaxation

Tirol's longest side valley has a lot to offer in summer: a 1,600 km hiking trail network, the 50 km long Ötztal Cycle Trail, 12 shaped lines & 18 natural trails spread across the BIKE REPUBLIC SÖLDEN, outdoor action in all its facets, wellness enjoyment at AQUA DOME as well as local museum culture and adventures in the Nature Park. Here everyone will find their dose of relaxation, adrenaline and mountain exploration. Thanks to the Ötztal Summer Card, guests enjoy countless services included and discounts on admissions, summer mountain lifts and public transport. Holidays without car? No problem: the valley's mobility options are tightly scheduled.

Fabulous hiking area

Everyone can enjoy exercise on a total of 1,600 km of signposted and marked trails. At the entrance to the valley, leisurely walking paths lead through the orchards of local apple farmers, and scenic hikes for sporty people are available throughout the valley. The glacier-topped mountains at the uppermost end of the valley attract summiteers. The mountain lifts of Hochoetz, Sölden, Gurgl and Vent ensure effortless ascents to higher altitudes where picture-book panoramas await you.

If you want to crack the magical three-thousand-meter mark, you can do so as part of "My first real 3000 meter peak". A small group of like-minded people climbs Similaun peak (3,606 m) or Fluchtkogel summit (3,500 m) with guides but without any lift rides. The tour starts in the mountaineering village of Vent. The package includes accommodation, mountain and hiking guides, equipment rental and an all-round service. There is the opportunity to climb the peaks on six dates.

Hut hiking and long-distance hiking is trendy. The unrivaled Ötztal Trek leads into the high alpine landscape of the Ötztal and Stubai Alps. Since this year, several stages can be booked with the local partner "Mountain Travel Service": a true insider tip is the route from Erlanger Hütte to scenic Frischmannhütte. The offer includes a stay in the valley, a hut taxi, a tour accompanied by a hiking guide and two overnight stays including half board at the mountain huts.

The Top Mountain Gourmet Gondola at Kirchenkarbahn in Gurgl invites gourmands to join a culinary tour. Connoisseurs can enjoy the Hohe Mut Alm picnic backpack, filled with delicacies from the region, in a high alpine atmosphere. The mountain breakfast served up there at 2,600 meters provides further moments of enjoyment. A





perfect blend of mountain scenery and Alpine Yoga Summer at Hohe Mut Alm guarantees pure relaxation and harmony of body and mind.

Bikers' hearts beat faster

The family-friendly Ötztal Cycle Trail connects the entire valley. Away from the busy main road, holidaymakers can cycle 50 kilometers from Haiming to Sölden. Both attractive and varied stages ensure great fun for young and old. The return journey can be made by bus, which transports bicycles in a special trailer. The Enjoyment E-bike Tour is strongly recommended: twice a week, e-bike guides accompany cyclists from Obergurgl to the area's most scenic spots.

Mountain bikers will find their preferred terrain in the BIKE REPUBLIC SÖLDEN. Featuring 18 natural trails, 12 shaped lines, 13 enduro routes, 214 km of mountain bike tours and 2 pump tracks including skills centers, beginners and pros can indulge their passion like nowhere else. A total of 850 km of varied routes await in Tirol's longest side valley. The huge range guarantees the right thing for all skill and fitness levels: from hut and lake tours, bike & hike routes to e-bike loop trails. At AREA 47, Austria's largest outdoor adventure park at the entrance to the valley, there is a true highlight for bike enthusiasts even in bad weather, in the evenings or in the winter months: Austria's first indoor bike park with kids' pump track, flow line, jump line with landing bag and skills area.

The unparalleled Ötztaler Cycle Marathon is an internationally renowned major event. The road cycling race covers 227 kilometers, four alpine passes and 5,500 altitude meters and will take place for the 43rd time this year, as usual on 01 September.

Mountain adventures for young and old

The Hochoetz Adventure Mountain provides ultimate fun for families and couples. Together with the mascot WIDI, visitors go in search of the magic crystal in the WIDIVERSUM, an interactive adventure land at 2,020 meters. 36 activity and puzzle stations, three theme trails to the surrounding huts and alpine pastures as well as the thrilling WIDI's MOVIE SHUTTLE 5D cinema make children's eyes light up. The adventure playgrounds in Oetz, Ochsegarten and Sautens are also worth a visit. There is a supervised child activity program for the little ones in many hamlets.

Lower Ötztal is completely dedicated to outdoor action. White water fun, dizzy heights, rugged ravines and Austria's largest outdoor adventure park, AREA 47, promise adrenaline rushes. Canyoning, rafting tours and caving are just a few among the varied activities. AREA 47 attracts water sports enthusiasts with the only wakeboarding facility in western Austria. In the 20,000 square meter WATER AREA, the XXL slide park, cannonball, blobbing, slip'n'slide, splash track and many other attractions guarantee endless thrills. Sporty people can push their own limits while bungee jumping, climbing the 27 meter high ropes course and many more attractions. Even





spending the night in wooden huts and eating in the stylish restaurants is a special experience.

At AQUA DOME - Tirol Therme Längenfeld, the focus is entirely on rest and relaxation. Offering 12 indoor and outdoor pools - including three eye-catching floating bowls, sauna parlors, fitness and gastronomy areas as well as a separate children's water world, everyone will find relaxation. Highly idyllic lake Piburgersee in Oetz makes a heaven of peace in the middle of nature.

High alpine wellness is a top priority in Gurgl. Located at almost 2,000 meters, the village provides fresh and cool mountain air on hot summer days. Those seeking relaxation and especially allergy sufferers enjoy the pollen-free holiday destination with exclusive accommodation and very gentle activities. Alpine Summer Yoga, Zirbenwald Nature Lounge and excitingly staged hikes with audio guides promise ultimate relaxation and great variety.

Multi-faceted leisure activities

In addition to the wide range of sports on offer, culture vultures also get their money's worth: at Ötztal's museums you get exciting insights into the valley's historical and traditional facts. An entire adventure village in Umhausen is dedicated to the glacier mummy "Ötzi". Film fans can immerse in the universe of the famous secret agent James Bond, 007 ELEMENTS at over 3,000 meters.

The Motorcycle Experience World is located at the Top Mountain Crosspoint in the foothills of the Timmelsjoch High Alpine Road. Europe's highest motorcycle museum houses over 500 historic motorcycles and sports cars. Conferences, meetings, concerts and regional events are regularly held at Gurgl Carat, Europe's highest congress and event center.

Attractive discounts

The ultimate Guest Card, which is available to holidaymakers all year round, opens up exclusive moments, price advantages in the Adventure Shop and discounts on public transport. As an upgrade for the summer months, the Ötztal Summer Card packs attractive premium services on top. For example, free ride on public buses and 12 summer mountain lifts, free admission to swimming pools, bathing lakes and museums, selected admissions to AQUA DOME and AREA 47, guided hikes and a lot more. The Ötztal Summer Card is available when staying overnight in one of 400+ partner accommodations. It is also available as a purchase card for 3, 7 or 10 consecutive days. From 07 to 20 October, the Summer Card will be extended as a purchase card at a reduced price.

Car-free holidays

Visitors don't need their own car for a holiday in Ötztal. The destination in the heart of Europe is so well connected that it is easy to travel by public transport. Ötztal-Bahnhof





train station provides the valley with perfect connections to international express trains. Public buses run in 30-minute intervals between the entrance and the uppermost part of Ötztal. Shuttles and taxis are available for the last miles to your accommodation. Be it in the valley or on the mountain, Ötztal Guests can get anywhere by public transport, hiking bus, hut taxi and mountain lift. It is even free of charge for holders of the Ötztal Summer Card.

Cyclists and bikers can enjoy a special treat on the public bus lines. During the summer months, most of the buses are equipped with special bike trailers. Therefore bikers can take full advantage of valley-wide bicycle transport at no extra cost if they are in possession of a valid bus ticket.

More details: oetztal.com

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