

EXPLORE MORE TOGETHER DISCOVER TIROL'S WINTER LANDSCAPE WITH A GUIDE

Tirol's breathtaking winter landscape is the perfect place for outdoor adventures. No matter whether on skis, with an ice pick in your hand or with crampons on your feet, there is no better way to explore the region than in the company of an experienced guide. Visitors who book a guide not only benefit from local knowledge but can be sure to be safe when out and about in the mountains. Here is our selection of guided activities in Tirol, from nature walks to freeride adventures.

Pure Freedom: Freeriding & Ski Touring

For many, freeriding is the very essence of freedom on skis. Away from the groomed slopes, freeriders can look forward to fresh powder and first tracks. Backcountry skiing is a wonderful experience but can also be dangerous due to the varying terrain and snow conditions. A local guide will help you stay safe as well as showing you the best spots for your own individual ambition and ability level. Hiring a mountain guide is a good investment that will give you and your friends memories for a lifetime.

Staying Safe in the Mountains

Tirol offers a wide range of [freeride camps](#) and ski touring courses where participants can learn how to assess the risk of avalanches and how to stay safe in the mountains. If you don't have the necessary equipment to complete such a course – or if you are planning on heading off-piste – then you can hire everything from the [Österreichischen Alpenverein \(Austrian Alpine Club\)](#), including checklists with the things you need for a safe and enjoyable time in the mountains. The Austrian Alpine Club is also a good address when it comes to [booking guided activities](#). Mountain guides for individuals or groups can be hired through the Austrian Alpine Club or the [Tirolean Association of Mountain Guides](#).

More tips

- Current Tirol advertising campaign “Moments”: <https://youtu.be/cwlfXL1dW1s>
- [Tirol Avalanche App](#)
- lawinen.at – latest information on current avalanche risk level

Enjoying special moments together

Hiring a guide is a good idea not only for freeriding and ski touring but also for plenty of other winter activities. Many of the best things to see, do and explore in the region are made even better by the company of a local happy to share their expertise, knowledge and insight.

Biathlon: Combination of Shooting and Skiing

Biathlon is a popular alpine sport combining cross-country skiing and rifle shooting. Visitors to Tirol keen to have a go can sign up for a [biathlon introduction course](#) offered in a range of places including Seefeld, Hochfilzen and East Tirol. Participants learn how to cross-country ski as well as how to shoot from both a standing and lying position – just like the professionals.

Ice Climbing: The Fascination of Ice

Ice climbing is among the most spectacular disciplines in the world of winter sports. [Tirol's frozen waterfalls](#) offer perfect conditions to take on this challenging yet beautiful sport. Those new to ice climbing can try their hand under the watchful eye of an experienced guide at the [Ice Climbing Park](#) near the Matreier Tauernhaus or at one of the dedicated ice climbing areas in the [Paznaun Valley](#) and the [Sellrain Valley](#). Equipped with ice picks, crampons and a safety rope, participants will learn how to scale the heights while staying safe and learning about the landscape.

Ice Swimming: Training for Mind and Body

Ice swimming is training for both mind and body – and an activity which has become increasingly popular in recent years. There are plenty of places in Tirol where those brave enough to plunge into the icy waters can do so with the help of an experienced guide. From an [ice swimming workshop](#) with renowned local “cold coach” Josef Köberl to an [ice swimming workshop](#) with certified Wim Hof instructors Flo Mausser und Martina Sowinz in the Ötztal Valley, there are lots of opportunities to try out this trendy new sport. Further highlights include the [Nature Ice Palace](#) on the Hintertux Glacier and [ice swimming in the Weißsee lake](#) with mental trainer Marcel Schmid on the Kaunertal Glacier.

Experiencing Nature: Out and About with Park Rangers

Tirol's nature parks are a paradise for nature lovers – also in winter. [Guided walks with park rangers](#) in the Kaunergrat Nature Park, [follow-the-tracks animal adventures](#) in the Lech Nature Park as well as [wild animal watching](#) in the Hohe Tauern National Park are special highlights sure to create memories for a lifetime. The [Karwendel Nature Park](#) and the [Ötztal Nature Park](#) also offer guided walks and hikes where visitors can experience up close the flora and fauna of the Austrian Alps.

Culture & Cuisine: Themed Tours & Foodie Highlights

Tirol is not all about sport – it also has plenty to offer when it comes to culture and cuisine. Book a guided tour of [Innsbruck](#), [Kufstein](#) or [Hall in Tirol](#) to learn about the rich history of these towns and see some of the most important architectural highlights. Foodies can sign up for the [Innsbruck Food Tour](#) or [Culinary Craft Tour](#) inviting visitors to eat and drink their way through Tirol's regional capital. Last but certainly not least, there are [themed guided tours](#), [costume guided tours](#) and [museums](#) where you can learn about the history and culture of the region.

From action and adventure to alpine animals, Tirol offers outdoor activities for all tastes and interests. Book a guide to make the most of your time in the region and be sure of returning home with memories for a lifetime. For more information and to book a guide please visit www.tyrol.com.

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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