



Holidays in Ötztal: both action and relaxation

The summer season in Tirol's longest side valley starts on 06 June 2025. Fine wellness at AQUA DOME, trails and lines amidst BIKE REPUBLIC SÖLDEN as well as 1,600 km of hiking trails – unrivaled Ötztal Valley entices visitors with a truly varied range of leisure activities. Thanks to the Ötztal Summer Card, vacationers can enjoy valley-wide inclusive services and discounts: ranging from mountain lifts and museums to swimming pools and public bus lines. The dense public transport network allows for a completely car-free stay. The Timmelsjoch High Alpine Road will open on Wednesday, May 21, 2025.

All in one card – Ötztal Summer Card

All holidaymakers staying overnight at one of the approximately 400 partner accommodations within Ötztal receive the Ötztal Summer Card free of charge for the entire duration of their stay. Alternatively, several sales spots offer this adventure card for three, five, seven or even ten days. Public transport lines and the twelve summer mountain lifts in Hochoetz, Sölden, Gurgl, Vent, Kühtai and Ochsengarten are included.

Admission to swimming pools, bathing lakes and museums is also free. Cardholders benefit from free admission to AREA 47 during selected periods. Depending on the season, a visit to AQUA DOME – Tirol Therme Längenfeld is free or discounted. All details about services included, partner accommodations and other benefits can be found at: [Summer Card](#)

On the mountains, get set, go!

Anyone who dreams of climbing a three thousand meter high peak has the chance to experience a high alpine adventure in Vent for the third time. Participants in the five-day mountain tour "My first real 3,000-meter Peak" should be fit, sure-footed and have a good head for heights. Experienced guides, equipment and overnight accommodation on the way to the summit of Similaun (3,606 m) are provided. Bookable dates are available in June, July, August, and September: [My first real 3,000-meter Peak](#)

The guided long-distance hiking stages along Ötztal Trek also promise a special mountain experience: the "Hut Hiking on Ötztal Trek" tour takes you from Erlanger Hütte at lake Wettersee to Frischmannhütte in four days. The "Summit Hiking on Ötztal Trek" stage leads across four peaks in five days. Both hikes can be booked on several dates throughout the summer: [Ötztal Trek](#)

The newly constructed Roskopf via ferrata in Hochoetz promises an exciting tour coupled with a unique summit conquest.





After an approximately one-hour ascent from Acherkogel gondola top station, the trail climbs approximately 300 meters up to Rosskopf (2,309 m). The route will be opened directly at the start of the via ferrata on 22 June 2025 from 10:30. First-time climbers can look forward to a reward and the following entertainment program, including live music.

Also Bergbahnen Hochoetz lift company has reason to celebrate on this day: on 22 June 1975, Acherkogel mountain gondola started operating for the first time. The ski area opened the following winter. Program details for the lift company's 50th anniversary are available online.

Guests in lower Ötztal can enjoy a truly memorable sunset on the mountain every week from 18 July to 08 August. The day ends with music, fine food and drinks at 2,020 meters in the Hochoetz Panorama Restaurant. The vista points of Rotes Wandl or Schaferkreuz offer awe-inspiring views of the setting sun. Dates and information can be found at: [Sunset on the Mountain](#)

From fun-packed games to enjoyment

Ötztal makes an ideal holiday destination for families. Adventurous hiking trails, exciting events and the cheerful mascot WIDI ensure unforgettable moments - even for the youngest guests. Among the special highlights ranks WIDIVERSUM, an interactive kids' adventure land at 2,020 meters where visitors search for the magic crystal and explore 36 play and puzzle stations as well as three theme trails leading to the surrounding huts and alpine pastures.

On 06 July 2025, WIDIVERSUM invites you to a great family festival with children's concert, pony riding and bouncy castle. Additionally, WIDI's join-in musical theater takes place every week. The adventure playgrounds in Oetz, Ochsendgarten, and Sautens are always worth a visit. A supervised WIDI children's activity program provides variety for the little ones ... and a well-deserved break for the grown-ups.

Trail running events in Ötztal

In summer, running aficionados meet again for two popular trail running events held in Ötztal. The Stuiben Trail Run in Umhausen will take place from 22 to 24 May 2025. This year, there will be a larger starting field of 800 participants. They will all battle their way uphill over 728 natural and man-made steel steps along the 159-meter tall waterfall. 950 runners will participate in the Glacier Trail Run in Gurgl, scheduled from 17 to 19 July 2025. Challenging trails between 2,000 and 3,000 meters above sea level await them - including fabulous views of the glacier backdrop. The side program for both events takes place from Thursday to Sunday. For the first time, there will be a live stream of the races on Saturday, starting at 6:30. More information: [Trailrunning](#)





Comfort zone or adventure land?

Lower Ötztal attracts visitors with rafting tours, canyoning and caving as well as Austria's largest outdoor adventure park. The Raft Battle officially kicks off the outdoor season on 03 May. Teams of 6 people face exciting challenges and compete against other boats.

At AREA 47, the only wakeboarding facility in western Austria and the 20,000 square meter WATER AREA promise a special adrenaline rush. Athletes can test their limits while bungee jumping or conquering the high ropes course at lofty 27 meters.

The unrivaled Bike Republic Sölden offers pure riding fun for all bikers thanks to 14 shaped lines, 16 natural trails, 13 enduro routes and two pump tracks. From the extreme Olm Volle Line for pros to the gentler Schtirggar Line for beginners, there's something for all skill levels. Sölden attracts biking fans with pure trail fun to its summer kickstart on 06 June. The 10th anniversary of the Alps' most flowing nation offers plenty of reason to celebrate at the big Bike Republic Sölden Birthday Party from 19 to 22 June. To round off the season properly, the traditional BRS National Holiday will take place from 03 to 05 October.

NEW in 2025: the Swatch Nines "Dirt District" course is open to all advanced riders for the first time. From 12 to 14 September, the Swatch Nines return to Sölden with awesome biking action!

The Ötztal Cycle Trail serves as a connecting element for all bikers, leading through the entire valley away from traffic over a distance of 50 km and across five climatic zones. On your mountain bike or e-bike saddle you can explore the most scenic spots of Tirol's longest side valley.

AQUA DOME - Tirol Therme Längenfeld offers the perfect balance to outdoor adventures. There are 12 indoor and outdoor pools, including three seemingly floating bowls, saunas, fitness area and restaurant. Younger guests are well looked after in the separate children's water world. Lake Piburger See in Oetz makes a great place for swimming, cooling off and relaxing, surrounded by forests and mountains.

In upper Ötztal, Gurgl focuses on high alpine summer wellness. On hot days the mountain air cools at almost 2,000 meters above sea level. Allergy sufferers in particular enjoy this pollen-free destination with exclusive accommodation options. Guests looking for relaxation can unwind during forest bathing, yoga or e-biking. Sporty vacationers enjoy Gurgl as a training base due to its high alpine altitude and temperatures.

More information under: www.oetztal.com





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