

## High altitude, relaxing and full of enjoyment: Summer in Gurgl

Hiking along gentle panoramic trails, enjoying nature's tranquility while forest bathing and rounding off the day with a fine gourmet dinner in an exclusive restaurant - Gurgl offers both relaxation and enjoyment at the highest level. Beyond 2,000 meters above sea level, in the uppermost part of Ötztal Valley, you will find the Diamond of the Alps, surrounded by awesome three thousand meter high peaks and impressive glacier scenery. A summery "cool-down" with fresh mountain air, attractive natural wellness options and breathtaking landscapes. Gurgl attracts with varied activities, slowing down atmosphere and relaxation for body and mind.

Even on hot days, the air in Gurgl remains pleasantly fresh. Thanks to direct access to the high mountains, there are myriad opportunities for gentle exercise and active relaxation. Sportspeople and those seeking relaxation especially appreciate the positive effects of high alpine altitudes - allergy sufferers in particular benefit from the pollen-free air.

### Home of top-class gastronomy

No less than **four restaurants** in Gurgl (Grünerhof, Hochfirst, Edelweiß & Gurgl, Gourmet & Wine Hotel Austria) have been awarded toques by Gault & Millau. Additionally, Austria Stube (Gourmet & Wine Hotel Austria) recently received one of the coveted Michelin Stars, in addition to its four toques. These awards are only given to restaurants offering creative, high-quality and exquisite cuisine. Here, regional ingredients meet the highest culinary arts - a truly unique experience for all the senses. Guests enjoy not only the finest flavors, but also outstanding ambiance and service. More detailed information: [Michelin Star & Toque-awarded Restaurants](#)

### On mountain trails & Panoramic routes

Whether you start directly from the hotel or comfortably take advantage of the extensive network of trails using the summer mountain lifts, Gurgl offers breathtaking glacier scenery without much effort. An excursion to Hohe Mut Alm boasts panoramic views of 21 three thousand meter high peaks. Among the special highlights ranks Kirchenkar viewing platform, which is directly accessible via Kirchenkar gondola lift. From there, you enjoy a sweeping view of the high alpine mountains. Walking a little further, you will reach the striking mountain ridge coupled with stunning panoramic vistas and a true summit experience.



Cyclists will also find perfect conditions at the Diamond of the Alps. Road cycling fans can tackle the legendary queen's stage to Timmelsjoch Pass - a demanding challenge offering spectacular views. Mountain bikers and e-bikers comfortably reach charming huts and fine mountain dishes. All alpine refreshment stops serve traditional meals prepared with a lot of passion and regional ingredients.

Scenic Hohe Mut via ferrata, opened in 2024, combines fitness and coordination with awe-inspiring views. The rather easy route offers exciting climbing sections and guarantees truly memorable mountain exploration - also ideal for beginners and children. Further opportunities to reach high altitudes are the nearby Zirbenwald via ferrata and the challenging via ferrata on Schwärzenkamm mountain ridge. Find out more: [Summer Activities in Gurgl](#)

### **Find peace, recharge your batteries: Nature is a wellness heaven**

Gurgl is a place where nature becomes an oasis of peace - just perfect for escaping everyday life, taking a deep breath and gaining new perspectives. Forest bathing has been proven to have a soothing effect while providing deep relaxation. Along the theme trail at Ochsenkopf, wooden bathtubs, lounge nets and a treehouse invite you to pause, enjoy the silence and explore alpine nature with all your senses. A retreat for body and soul - amidst the majestic mountains. In addition to the theme trail at Ochsenkopf, other outstanding places invite you to unwind in Gurgl: the alpine Stone Pine Forest with trees up to 400 years old. In idyllic Rotmoostal side valley, charming Haflinger horses spend their summer on the pastures. More information: [Wellbeing for body and soul](#)

### **Breakfast above the clouds - Relaxation with a view**

Morning silence, the first rays of sunshine, fresh mountain air and panoramic views of the Ötztal Alps: a mountain breakfast at 2,600 meters altitude offers a culinary experience at the highest level. Regional products, freshly baked bread and aromatic local herbs promise moments of enjoyment in a unique setting. Great moments for all senses. Find out more: [Mountain breakfast](#)

### **Museum with plenty of horse power - Top Mountain Motorcycle Experience**

Over 550 historic motorcycles and sports cars on display across 4,500 square meters are really worth a visit - not just for passionate horsepower fans. Europe's highest motorcycle museum is a must-see for all Gurgl guests and excursionists crossing Timmelsjoch Pass. Interactive stations provide a hands-on motorcycle experience. 4D cinema, exciting simulations, changing exhibitions and seasonal specialties enjoyed in the full-service restaurant make a visit to the museum a complete experience.



Another highlight is the Timmelsjoch High Alpine Road connecting North Tirol and South Tyrol. This highest pass crossing of the Eastern Alps (2,500 m) promises stunning alpine scenery. Whether by car, motorcycle, road bicycle or public bus, panoramic rest areas and info stations along the entire route invite you to while away some moments. Information panels provide deep insights into culture, history and nature on both the Austrian and Italian part of the valley. More detailed information: [Timmelsjoch High Alpine Road](#) & [Europe's Highest Motorcycle Museum](#)

### **Gurgl Carat – Alpine space for inspiration**

Gurgl Carat Congress & Event Center offers a stage for artistic creation, concerts and all kinds of events amidst the mountains. Here, the Gurgl Music Forum has been combining art and nature in a fascinating way for around 40 years. This year, the Orchestra Week (02-10 August) and the Choir Week (09-17 August) invite musicians and singers to orchestra rehearsals, solo vocal rehearsals, vocal training, yodeling courses and mountain excursions. At the closing concert - orchestra on 09 August / choir on 16 August - the participants will present the new sounds to an audience. Another highlight at Gurgl Carat is the lecture by mountaineering legend Reinhold Messner on 31 July 2025. Find out more: [Gurgl Carat Congress Center](#)

### **Maximum benefits for Summer Card holders**

A single Card that includes all of Ötztal's summer highlights! Thanks to the ultimate Summer Card, holidaymakers can use all 12 summer mountain lifts and valley-wide public transport lines free of charge. Admission to swimming pools, bathing lakes and museums is also free. In Gurgl, for example, admission to Top Mountain Motorcycle Experience is already included. During certain holiday periods, AREA 47 and AQUA DOME are included as well. In total, guests can save over € 600 if visiting all included highlights and attractions. The Summer Card is automatically part of your holiday when staying overnight at one of the approximately 400 partner accommodations. Alternatively, it can be purchased on-site or in advance from the Adventure Shop - either for three, five, seven or ten days. All details about included services, partner accommodations and many other benefits can be found at: [Summer Card | Ötztal | oetztal.com](#)

### **Sustainable travel, relaxed arrival: It's so easy to reach Gurgl**

Gurgl in Tirol stands for top-notch quality even when it comes to getting there. Those traveling by train can easily reach Gurgl via the nearest train station in Ötztal-Bahnhof. From there, regular bus lines comfortably take guests to the high altitude mountain village.



For those traveling by car, the following applies: once arrived, you can leave the car at your accommodation. All distances are short in Gurgl - whether to the hotel, the hiking trail or restaurant. The entire village is within easy walking distance and state-of-the-art mountain lifts take guests directly into high alpine nature. Thus, your vacation in Gurgl doesn't start as soon as you arrive, but rather with a relaxing and panoramic journey. Find out more: [Getting to Gurgl](#)

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