

Breathe deeply. Fee at ease. Rejuvenate.

Gurgl in summer 2026

Fresh mountain air, tranquility and a landscape that quickly makes you forget everyday worries. In summer, the mountain village of Gurgl in Upper Ötztal is a place for everyone who appreciates seclusion, high quality and being close to pristine nature. All your senses will be delighted. Enjoy interactive forest bathing, an exclusive breakfast between heaven and earth, trail running in the glacier realm - or anything in between. Slowing down in a high alpine style is the order of the day.

Even on hot summer days, Gurgl remains pleasantly cool. Those seeking relaxation, and especially allergy sufferers, appreciate the pollen-free location at altitudes between 1,900 and 2,150 meters above sea level. Direct access to the high mountains and a compact, well-preserved village structure with top-class hotels and restaurants truly live up to the name "Diamond of the Alps". Be it high alpine wellness, sporting activities or culinary treats, the entire choice of offers reflects the holiday destination's premium standards.

Forest bathing. Reimagined. Interactive at Ochsenkopf

Starting in summer 2026, the Forest Bathing Trail at Ochsenkopf, easily accessible from the village center, will become an interactive **discovery and meditation trail featuring 12 stations**. Nestled among stone pine trees, larches and panoramic alpine views, several exercises invite you to breathe consciously, listen and mindfully explore your surroundings. Calming and invigorating at the same time. Via web app, a QR code at each station allows you to delve deeper into the positive effects of forest bathing and the special power of the natural surroundings.

More information: [Ochsenkopf Forest Bathing](#)

Aiming high. Completely relaxed. Hiking, climbing, biking

Whether directly from the hotel or conveniently accessed via summer mountain lifts, Gurgl offers a wide range of active exploration options. A ride up to Hohe Mut Alm enchants visitors with panoramic views of 21 peaks higher than three thousand meters. A particular highlight is the Kirchenkar viewing platform, directly accessible on the gondola lift of the same name. Reach new heights on the beginner-friendly **Hohe Mut via ferrata**, the nearby **Zirbenwald via ferrata** or the challenging **Schwärzenkamm via ferrata**.



Road cycling enthusiasts can tackle the legendary **Timmelsjoch High Alpine Road**, one of the most scenic and demanding panoramic roads in the Alps. Mountain bikers and e-bike riders will find charming hut-to-hut tours where regional refreshments are served amidst varied terrain.

Enjoyment with a view. Culinary excellence at its finest

Gurgl sets the standard for gourmet fans: **three restaurants** boast Gault & Millau Toques while Austria Stube at Gourmet & Wine Hotel Austria also holds a **Michelin Star**. This summer, special moments of indulgence await you in the mountains. The rustic **mountain breakfast at Hohe Mut Alm**, served every Friday from 9:00 onwards, combines regional delicacies such as Tirolean bacon, mountain cheese and marinated salmon trout with awesome views of myriad three thousand meter high peaks. Even more extraordinary: breakfast in the **Gourmet Gondola in Hochgurgl**, where fine regional specialties are served directly to a gondola cabin of Kirchenkarbahn - floating silently between 2,147 m and 2,839 m above sea level. Bookable in the Adventure Shop.

Legend of horsepower above the clouds: Top Mountain Motorcycle Experience

Europe's highest-altitude motorcycle museum is a must-see, not just for horsepower enthusiasts. Over **580 motorcycles** and **40 vehicles** shown on 4,500 square meters, along with a 4D cinema, interactive exhibits and changing exhibitions, promise a truly captivating experience. A visit to the museum - admission is included in the Summer Card - can be perfectly combined with a drive along the **Timmelsjoch High Alpine Road**, the highest mountain pass in the Eastern Alps at 2,509 meters, connecting North and South Tirol.

Read more: [Top Mountain Motorcycle Experience](#)

Glacier Trail Run. Between ice and vastness

From **16 to 19 July**, the uppermost part of the valley will once again become a popular meeting point for the international trail running scene. The renowned **Glacier Trail Run** leads along technically demanding trails between 2,000 and 3,000 meters above sea level, with the awe-inspiring peaks of Ötztal always in view. The longest distance, "Glacier Trail 62K", covers 61.1 kilometers and 3,600 altitude meters and is the sporting highlight of this superbly organized event. The **54th Glacier Flea Hike** from Obergurgl (1,930 m) to Vent (1,900 m) on **02 August**, focuses less on personal bests and more on the shared alpine hiking experience.



Gurgl Carat. Alpine space for inspiration

State-of-the-art Gurgl Carat Congress & Event Center offers a stage for artistic creation, concerts and events amidst the high alpine mountains. For about 40 years, Gurgl's Music Forum has been fascinatingly combining art and nature here. This year, the **Orchestra Week (01-09 August)** and the **Choir Week (08-16 August)** invite musicians and singers to take part in orchestra rehearsals, sectional rehearsals, vocal training, yodeling workshops and excursions into the mountains. The newly created sounds will be presented to the public at the closing concerts on 09 and 14 August.

Taste the liquid heritage of Ötztal

Who produces the best stone pine schnapps? This question is answered annually at the **Stone Pine Master Challenge** taking place at Hohe Mut Alm. On **01 August**, participants present their own creations and face the judgment of a panel of experts. Guests are warmly welcome to watch, taste and join the festivities. The event perfectly complements a deeply rooted tradition: in the ancient Stone Pine Forest south of the village, which is up to 400 years old, locals have been collecting pine cones already for generations to produce this liquid gold of the Alps.

Ötztal Summer Card: Your key to summer adventures

The Ötztal Summer Card includes all summer mountain lifts within the valley, public bus rides and admission to swimming pools, lakes and museums. The holiday card is automatically included if you stay at one of the approximately 400 partner accommodations spread across Ötztal valley. Alternatively, you can also regularly purchase it for three, five, seven or ten days.

More information: [Summer Card](#)

Event highlights at a glance

- **16-19 July 2026:** Glacier Trail Run
- **01-09 August 2026:** Orchestra Week, Gurgl Music Forum
- **01 August 2026:** Stone Pine Master Challenge, Hohe Mut Alm
- **02 August 2026:** Glacier Flea Hike
- **08-16 August 2026:** Choir Week, Gurgl Music Forum
- **Every Friday:** Mountain breakfast at Hohe Mut Alm

All event highlights: [Events in Gurgl](#)



Sustainable travel, relaxed mobility options

Gurgl can be easily reached by train via Ötztal-Bahnhof station. From there, regular bus services take guests directly to the holiday village. All accommodations in Gurgl are within walking distance while the mountain lifts provide convenient access to higher altitudes right from the village center.

Read more: [How to get to Gurgl](#)

Note: In summer 2026, the first section of Hohe Mut gondola lift will be temporarily out of service due to construction works. An attractive alternative is the hiking trail via Zirbenalm and Stone Pine Forest, a truly idyllic and relaxing way to reach the start of the second section. A free shuttle bus also connects the valley and the middle station. From there, the gondola operates as usual.

Detailed information at: www.gurgl.com

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