

REDISCOVER TIROL WINTER ADVENTURES FOR EVERYONE

Adventures don't always have to be big and brash. Sometimes it's enough to glide across the ice on a frozen lake or climb a mountain and let your gaze wander from peak to peak. Other adventures demand courage and determination, whilst still others offer peace, enjoyment or shared memories. Winter in Tirol provides the perfect backdrop for all this and more – for new experiences and big discoveries, but also for smaller achievements and for moments that live long in the memory.

Upon and below the snow and ice

Gliding across the ice on a frozen lake, feeling the chill of the winter air on your cheeks and enjoying the silent snowy landscape all around – [ice skating](#) is a winter experience that feels familiar and yet has something magical about it every time. Provided the ice has been checked by experts and found to be thick enough to skate on, Tirol's natural lakes invite you to wrap up warm, strap on your skates and enjoy the unique feeling of cruising along on the frozen water where bathers cool off in summer. Ice skating enthusiasts visiting Innsbruck this winter will find a new highlight to enjoy – [Ice Magic](#). This winter attraction running from November until February invites locals and tourists alike to skate through the city centre past some of the city's famous buildings with their illuminated facades. There are plenty of stands along the route selling hot drinks as well as regular ice-disco evenings where you can show off your moves.

Cross-country skiing is another great winter activity which often flies under the radar. The [Seefeld Region](#) is home to a network of cross-country skiing trails catering for all abilities as well as a dedicated practice area for first-timers. Or why not have a go at biathlon? This traditional winter sport combines cross-country skiing with rifle shooting, challenging participants to give their all on the trails before calming down and getting their breathing under control in order to hit as many of the targets as possible. It is this contrast between exertion and precision which makes this sport so appealing – and every target hit brings a small sense of achievement. Taster sessions are available at the several locations in Tirol, including the [Obertilliach Biathlon Centre](#) in Osttirol.

Climbing in winter? What may sound like an oxymoron is, in fact, one of the most thrilling adventures you can undertake in Tirol. Ice climbing involves scaling frozen waterfalls with

ice picks in your hands and crampons on your feet. The huge hanging walls of ice demand respect and can be intimidating at first. You need confidence in your equipment – and, above all, in yourself. In the [Taschach Gorge](#) in the Pitztal Valley, there are numerous secured ice-climbing routes, whilst on the [Stubai Glacier](#) there is a 20-metre-high ice-climbing tower aimed at giving novices the chance to try out this fun sport in a safe environment. With every step you will find your confidence growing as you focus on the next handhold and foothold that propel you upwards. The sense of achievement upon reaching the top is like no other.

Another traditional summer sport which has also made the leap into the winter months is what is known as via ferrata. This term, which literally means ‘iron road’ in Italian, refers to climbing routes with metal handholds and footholds anchored into the rock as well as a steel cable from start to finish where you can clip in for safety. Topping out at 2,431 metres, the new [Pfaffenbühel winter via ferrata](#) in Hochfügen features a 28-metre-long rope bridge to the summit. The via ferrata, which is around 260 metres long with a 115-metre elevation gain and a difficulty rating of B (easy/intermediate), starts at the top of the Waidoffenbahn cable car.

Reaching new heights

Leave the hustle and bustle of civilization behind for a moment, float silently above the snow-covered landscape and let your gaze wander across the mountains. A winter hot-air balloon ride at [Lake Achensee](#) or in the [Kaiserwinkl](#) is an unforgettable experience. The wind determines the direction, leaving you free to admire the winter wonderland far below as the world passes by.

Another adventure you won’t forget in a hurry is a tandem paragliding flight in the [Zillertal Valley](#) or at [Lake Achensee](#). Accompanied by an experienced pilot, you will glide over snow-covered landscape, feel the cold winter air on your face and, for a few moments, experience the feeling of flying like a bird over the mountains. Those who prefer to gain altitude step by step can embark on their first ski tour in the [Kaunertal Valley](#) with an experienced guide. Ski touring is one of the most popular winter sports in the Alps and invites skiers with good fitness levels to walk up the mountain away from the marked ski slopes before swooping down off-piste. A great way to escape the crowds on the slopes and enjoy the peace and quiet of the mountains.

Tirol is also home to plenty more ways to enjoy the winter. In [Serfaus-Fiss-Ladis](#), for example, there is the Fisser Flieger, the Serfauser Sauser and the Skyswing – three different attractions inviting visitors to swoop over the slopes while skiers carve their tracks far below. Those who prefer to stay a little closer to the ground can try their hand at freestyle skiing and snowboarding for the first time in one of [Tirol’s snow parks](#). Boxes, rails and kicker lines all feature prominently, for example at the Steinplatte snow park in Waidring or in the Penken Park in Mayrhofen. The larger snow parks offer a range of different jumps and obstacles for freestylers of all abilities, from beginners to experts.

Special moments for families

Skiing and snowboarding are great, but sometimes it's nice to take a break. An adventure can also begin beneath the surface. The [Spannagel Cave](#) at the Hintertux Glacier is a fascinating world like no other. The only marble cave in the Central Alps, it leads some 500 metres underground into the heart of the mountain and can be explored in the company of an experienced guide.

The [Schwaz Silver Mine](#) also leads deep underground. Visitors travel around 800 metres into the mountain, where a guided tour lasting 90 minutes recounts the history of silver and copper mining during the Middle Ages. A great way to experience Tirolean history up close and learn how people lived and worked here hundreds of years ago.

Thrill-seekers can try their hand at [bob rafting](#) at the luge and bobsleigh track in the village of Igls near Innsbruck. This sport sees up to five people at a time hurtle down the track at speeds of up to 90 km/h in a specially designed foam bobsleigh. Participants must be at least ten years of age.

For a special start to your day's skiing in [Fieberbrunn](#), it's time to set your alarm and be one of the first to enjoy the freshly groomed slopes as the sun slowly rises behind the mountains and the first rays of sunshine warm your face. This unique experience is available on selected dates throughout the winter and plenty of few runs on the empty slopes followed by a hearty breakfast. First line skiing is also available in the [Hochzillertal ski resort](#) on selected Saturdays from January to March 2027.

Sometimes the adventure isn't about the next adrenaline rush, but about a special moment. At the [iceQ](#) café and restaurant high above Sölden, panoramic views and culinary delights come together at 3,048 metres above sea level. The gondola ride up makes it clear just how small you can feel amidst the giant peaks of the Ötztal Alps. New this season is [Wednesday Night Fever](#), where every Wednesday evening (starting December 23, 2026) visitors can combine night skiing and tobogganing with a summit dinner at the iceQ restaurant or the FALCON restaurant.

Further adventures for the whole family can be found at www.tyrol.com/activities/holiday-ideas/winter-holiday/adventures-for-families.

Night-time adventures

Spending the night in an igloo is surely one of the most unusual and memorable ways to experience winter in Tirol. Surrounded by walls of snow and ice, hardy visitors can enjoy the sound of silence until the next morning – for example, in the [Kühtai Iglu-Dorf](#) or in the [Ötztal Valley](#).

As darkness falls, the mountain landscape transforms. Plenty of resorts in Tirol offer night skiing, where selected slopes are illuminated with powerful floodlights. In the [SkiWelt Wilder Kaiser – Brixental](#) there are around ten kilometres of floodlit slopes available. Those who prefer tobogganing will find opportunities for night-time runs in places such as [St. Anton am](#)

[Arlberg](#), [Maria Waldrast](#), [Ischgl](#) and [Osttirol](#). [Night-time cross-country skiing](#) in the Ötztal Valley and [ski touring evenings](#) in Alpbachtal also bring winter to life after sunset.

Tirol's light installations have become increasingly popular in recent years. In Reutte, for example, the Ehrenberg castle ruins will be shining bright once again this winter following extensive renovation work. [LUMAGICA Reutte](#) invites the whole family to embark on an enlightening journey around the world accompanied by Rüdiger the Knight. From November to February, magical light installations and interactive stations transform these historic castle ruins into an atmospheric winter adventure for young and old alike. At Lake Kampler See in the Stubai Valley, the new [Lichterpark](#) will open from the first Sunday of Advent, featuring seven stations and light installations along the shores of the lake. In the capital Innsbruck, the Hofgarten park in the centre of the city will come to life once again this winter as part of [LUMAGICA Innsbruck](#) starting in mid-November.

Whether you're looking for thrills and new challenges or special moments to pause and reflect – Tirol has winter adventures to suit every taste. Find more inspiration for [winter fun for adventure seekers](#) and [adventures for connoisseurs](#).

With its 34 regional associations, **Tirol** is one of the leading holiday destinations in the Alps. Tirolean tourism is characterised by 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 Gruppe and serves as the provincial tourism marketing organisation. Its primary mission is to enhance the allure of Tirol as a holiday destination.

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