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Your Mountain.Summer

All information for your holiday



www.tiroler-oberland.com

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Erlebnisraum Tiroler Oberland · Your Mountain.Summer

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Winter

Welcome to the heart
 of the winter sports world!

With snow-covered landscapes, fresh mountain air and numerous sports and leisure activities, the whole holiday region also impresses in winter. Whether alone in the vast nature, with friends in rustic alpine huts or while skiing – the villages in the Tyrolean Oberland give you the choice.



© Rudi Wyhlidal

Our holiday resorts present themselves as perfect starting points to discover different ski areas and activities. Some of the most beautiful ski areas in the Eastern Alps can be reached in a short drive – a total of 620 kilometres of pistes in three different countries promise top-class skiing enjoyment.

The local ski buses will take you comfortably and safely to your desired destination.

You will find a balance to everyday life not only on the ski slopes. Snowshoe hikes, ice skating fun and ski tours or cross-country tours promise special moments. Well looked after and marked winter hiking trails as well as the natural landscape entice you outdoors.



© Rudi Wyhlidal

© Rudi Wyhlidal

© Daniel Zangerl



Illuminated toboggan runs, such as the St. Ulrich natural toboggan run or the Hohlenegg toboggan run, are perfect for trips with family and friends. Guided tours with snowshoes or on skis are also possible. Experienced ski guides look forward to discovering the beauty of the mountains with you.



The Tyrolean Oberland – quiet,
spacious, varied, action-packed, ...
– makes holidaymakers' pulses race.

One valley. Two mountain worlds.

Natural, without staging for tourists. The Tyrolean Oberland region with the municipalities of Faggen, Prutz, Ried, Tösens, Pfunds & Spiss has followed this sustainable path from the very beginning.

You will spend quiet, relaxing hours while your holidays in harmony with nature. The untouched natural and mountain landscapes are the most valuable asset. These can be found everywhere in the Tyrolean Oberland – the region is focusing on sustainability and deceleration with various projects. There are natural alpine areas waiting for you with countless kilometres of hiking, cycling and bike trails, numerous natural experiences and playgrounds or historical cultural sites. Just like lovingly maintained leisure facilities, lush green areas and authentic encounters with locals. The special feature is the central location of the Tyrolean Oberland – embedded between two mountain worlds: the alpine retreat

with near-natural mountain experiences on the one hand and the modern experience worlds of the neighbouring regions on the other.

The surrounding holiday destinations promise entertaining excursions with perfectly developed hiking areas, adventurous leisure parks, and much more. These can be easily explored within a few minutes by bus, car, motorbike or bicycle. In the Tyrolean Oberland you are right at the heart of things, you can benefit from the contrasting leisure activities of both mountain worlds and spontaneously decide what to do on your personal and individual holiday experience.

The Tyrolean Oberland –
Alpine retreats & modern
worlds of experience.



© Rudi Wylhital

Prutz

The holiday resort Prutz is beautifully positioned against the backdrop of the mighty Kaunergrat.

Its central location makes Prutz the ideal starting point for activities in the region. The holiday paradise awaits you at the entrance to the Kaunertal, surrounded by an imposing mountain world. After all, the warm season offers perfect opportunities for outdoor activities!

Take a stroll to the historic Pontlatz Bridge or to the famous mineral spring "Sauerbrunn". On hot days, a detour to the Prutz outdoor adventure pool is always a good idea. Passionate cyclists appreciate Prutz above all because of its location on the former Roman road. The popular Via Claudia Augusta long-distance cycle route also leads along this path, on which you can cycle all the way to the Adriatic Sea.

864 m above sea level
1850 inhabitants
474 guest beds



© WEST Werbeagentur

Faggen

The smallest municipality in terms of area in the Oberes Gericht is only separated from Prutz by the Faggenbach.

A down-to-earth nature park community at the picturesque entrance to the Kaunertal. If you are looking for peace, quiet, and deceleration on holiday, you are in the right place in tranquil Faggen. This relaxed atmosphere offers the perfect conditions for a restful holiday. Start the day without any hassle, as relaxing and really switching off is all par for the course in Faggen.

Faggen lies to a large extent on the alluvial fan of the Faggenbach, which flows out of the Kaunertal. This is also popularly called Fagge and is a wonderful place to go fishing.

900 m above sea level
390 inhabitants
54 guest beds



© WEST Werbeagentur

Ried

In the midst of wonderful hiking and skiing areas – the holiday resort of Ried has a unique central location.

The many regular visitors would probably like Ried to remain a well-kept secret. With its wonderful location at the foot of the Ötztal Alps and the Samnaun Group, the village is already known beyond the borders as a popular holiday and excursion destination. From there is easy to reach sport locations as well as relaxing places.

So it is no surprise that the Ried bathing lake is a popular place to chill out. The place also has a lot to offer historically: In addition to the Court and Administrative offices, housed in Sigmundsried Castle, the town was a centre for trade and commerce early on. Numerous old buildings still bear witness to this.

876 m above sea level
1270 inhabitants
1398 guest beds



© WEST Werbeagentur

Tösens

Located between Ried and Pfunds, charming Tösens is definitely worth a visit!

The small holiday resort is characterised by a friendly community among its few residents. For example, there are 14 registered associations in Tösens. Here you can be sure that you will receive a friendly welcome.

It is interesting that the hamlets of Tösens, Übersachsen and Ganden, are separated by a large gorge with a torrent river. Historically, the picturesque community also has a lot to tell: Ore was once mined high above Tösens. Today you can hike to the restored silver mine or stroll along old, stone paths over the well-preserved Roman bridge on the Via Claudia Augusta.

876 m above sea level
720 inhabitants
156 guest beds



© Rudi Wylhital

Pfunds

Cosy, close to nature, traditional and action-packed –that is what best describes the holiday resort of Pfunds!

The unspoilt & imposing nature around Pfunds is just made for action-hungry hikers, mountaineers, mountain bikers and families. With its unique location in the border area of three countries and cultures, the holiday village can look back on an eventful history and today, numerous cultural monuments bear witness to its eventful past. Pfunds is also widely known for its numerous lavish folk festivals and traditional events. From the spring concert of music bands to the hearty alpine festivals, the sporty INN.Action weeks, the legendary Pfunds-Kerle-Fest to the traditional Alpine pasture drive in autumn – there is definitely something for everyone.

970 m above sea level
2650 inhabitants
2170 guest beds



© WEST Werbeagentur

Spiss

Spiss is a small holiday resort at the entrance to the Samnauntal that has quite a few surprises to offer!

The scattered settlement on the sunny slope of the Samnauntal is not only Austria's highest community, but is also the smallest village in the Tyrolean Oberland. And not to be forgotten: it is the most quaint choice for cosy family holidays! Everyone knows everyone in Spiss. Cosiness, warmth, hospitality – all these things are part of everyday life for the inhabitants of Spiss. It's no wonder that regular visitors are glad to keep coming back to this friendly little village 1,626 metres above sea level!

It is also interesting that Spiss was first mentioned in history in 1302, and that until 1980, it was only accessible via a narrow cart path.

1626 m above sea level
130 inhabitants
204 guest beds

Anton Renk & Stalanz

This hiking area with the imposing waterfall is nestled in the Glockturmkamm at the heart of our holiday region.



© Rudi Wyhliadal

From the unmanaged Anton-Renk-Hut you can see down to the Alm in Stalanz.

The Stalanz Alm above Ried is beautifully nestled on a small plateau with breathtaking views of the Anton-Renk-Waterfall. It can be reached on foot either via Fendels from the Sattelklause or from Ried. A trip there is well worth it both for culinary reasons, and because of the unique mountain scenery.



© Rudi Wyhliadal

More challenging tours, such as to the Karlspitze or the Grosser See, are also worthwhile hiking destinations.

Take advantage of the hiking pick-up bus, which will take you from the Spielebene (a little way below the Stalanz Alm) back to the Tourist information office! – Page 44

GOOD TO KNOW

- ▶ In the winter and spring months, fresh dairy products are available in the village diary of Ried.
- ▶ In the summer, production is moved to the Stalanz Alm. This is where delicious delicacies are made from fresh mountain milk.
- ▶ The Anton-Renk-Waterfall is the highest free-falling waterfall in Tyrol. There is a climbing wall in summer and an ice fall in winter for experienced climbers.
- ▶ The hike through thousands of alpine roses to the Anton-Renk-Hütte and the subsequent descent to the Stalanz Alm is a guaranteed highlight!



© Rudi Wyhliadal

The Anton Renk & Stalanz folder with all the tips is available from the Tourist information office.

Hidden behind the mountains, this mystical world is an real insider tip!

© Rudi Wyhliadal

Radurschlal

The Radurschlal, which is popular with hikers and cyclists, is a natural high valley near Pfunds.

From Pfunds, the Radurschlal runs around 15 kilometres from the valley floor over several terrain levels to the transition to the Langtauferer Tal – the border to South Tyrol. The wild and romantic Radurschlklamm is at the entrance to the valley, which is a worthwhile hike, especially in midsummer.

SCULPTURE PARK

Very close to the Radurschlalm, artists from Tyrol and abroad have created an alpine art exhibition made of pine wood. In the middle of the sculpture park you will also find an idyllic barbecue area, many streams and a small lake – the path there is suitable for pushchairs!



© Kurt Kirschner

EMERALD LAKE IN THE RADURSCHLAL

A very special natural jewel awaits behind the Hohenzollernhaus – an emerald-coloured mountain lake, which was only recently formed by a mudslide at an altitude of 2,200 metres. It is therefore impossible to estimate how long this treasure of nature will remain with us.



© Rudi Wythidal

© Rudi Wythidal

DID YOU KNOW THAT...

- ◀ in Radurschlal there is the largest continuous pine forest in the eastern Alps?
- ◀ the Hohenzollernhaus is also called "Albla" by the locals?
- ◀ one of the paths to the Hohenzollernhaus leads along a mighty waterfall?
- ◀ in summer, yoga courses are offered in the middle of the pine forest, followed by brunch on the alpine pasture?
- ◀ the Glockturm is not only the highest mountain in the Radurschl valley, but even in the entire municipality of Pfunds?
- ◀ every Tuesday, the hiker's bus goes from Pfunds into Radurschlal?



© Rudi Wythidal

REFRESHMENT STOPS IN THE RADURSCHLAL

The Radurschlalm lies at the end of the valley in the middle of a lush green alpine pasture, with a wonderful view of the imposing step in the terrain – the Hohenzollernhaus sits majestically upon it and is clearly visible.

The Hohenzollernhaus
Alpine Club hut sits
majestically on the terrain.

© Rudi Wythidal

Pfundser Tschey

With its very special charm and scenic beauty, the high valley is one of the very special treasures of the Tyrolean Oberland.

The wild and romantic high valley of Pfundser Tschey runs from approx. 1,600 m to 1,700 m above sea level above the village of Pfunds, and is as multifaceted as the Tyrolean Oberland as a whole. No matter what time of year, this mountain world is always something very special. In spring, when the crocuses bloom and the world comes to life again. In summer, when the flora and fauna really come to life and people and animals move to the alpine pastures. Autumn is also particularly beautiful up here, when the trees explode with colour and nature shines in its most beautiful toned. Of course, winter in the Tschey also has something magical about it. Whether big or small, old or young, biker or hiker – up here there really is something for everyone.

The two alpine pastures, Platzer Alm and Gschnairalm high above the Tschey valley definitely invite you to take a break.



Platzer Alm



Gschnairalm

DID YOU KNOW THAT...

- ▶ “Tschey” comes from the Romansh and means high valley?
- ▶ there are more than a hundred cooking huts and hay barns here?
- ▶ you can even go cross-country skiing here in winter?
- ▶ there are orchids in the Tschey?
- ▶ that Tschey was shortlisted for “Austria’s most beautiful place” in 2019?



© Rudi Wyhital

In addition to its scenic beauty and the Platzer Alm, the high alpine Platzer Valley offers something of a rarity.

An old silver mine that has been restored and prepared for visitors in recent years.

More information can be found on page 90 or in the Platzer Mine folder.

Tip: Every Thursday the hiker's bus takes you up to the Pfundser Tschey. You can find out more about this and guided hikes in the weekly programme!

View of the wildly romantic high valley of Pfundser Tschey.

Kobl & Spiss

The two mountain worlds offer exciting family adventures and eventful hikes.



© Rudi Wylital

The early bird catches the worm on the sunrise hike to the Rauher Kopf.

Cosy hospitality and experiences with the local wildlife of a very special kind – this is what draws visitors to the mountain world of Kobl and Spiss.

Before nature begins to stir and the birds start to chirp, climb a mountain and then experience the most beautiful sunrise, that is exactly what you do here on the Kobl.



© Kurt Kirschner

For those who prefer to get up a little later, this mountain world has plenty of great hikes, for example to the Kobler Alm or to Alpe Zanders. A special highlight in early summer is the flower hiking trail in Zanders, near Spiss.

| Every Friday the hiker's bus drives up the Kobl!

GOOD TO KNOW

- ▶ The small hamlet of Kobl is home to the musicians known far beyond the country's borders, the "Pfund-Kerle".
- ▶ There is a wild animal enclosure with fallow and mouflon wild.
- ▶ On the Rauhe Kopf, you can experience the most beautiful sunrises with a view over the Inn valley, towards Switzerland and South Tyrol.
- ▶ In the Zanderstal, near the municipality of Spiss, there is a particularly rich variety of plants.
- ▶ The Fliesser Alpe Zanders is an enclave of Spiss.



© Kurt Kirschner

FEEDING WILDLIFE

Feeding the wild animals in the "Feichti" is also a very special experience on the Kobl. Here you have the chance to experience native wild animals up close and learn a lot about their life in the mountains.

Enjoy the most magical moments in the early morning hours on the Rauher Kopf.

© Rudi Wylital

Kaunergrat

The Kaunergrat rises impressively and majestically out of the Ötztal Alps – a mountain range on which there is a lot to experience.

The Kaunergrat is a 28 km long mountain range in the Ötztal Alps. Since 2003, the Kaunergrat Nature Park has stretched across this area. An attractive hiking area with a wide variety of tours stretches from the dry sunny slopes up to the glacier peaks. It is precisely these untouched natural and authentically managed cultural landscapes that are being perceived, valued and used by more and more people as a special feature of the landscape.

MOUNTAIN HUTS AND LODGES

Experience culinary delicacies at the long-established mountain huts and lodges in the region.



© Daniela Zangerl

Aifner Alm



© Daniela Zangerl

Falkauns Alm



© Daniela Zangerl

Gallruth Alm



© Daniela Zangerl

Verpeilhütte

DID YOU KNOW THAT....

- ◀ there are numerous three-thousand-metre high mountains in the Kaunergrat?
- ◀ there are around 1,100 species of butterflies to admire on the Kauner & Kaunerberger sunny slopes?
- ◀ about a third of all bee colonies of the native bee "Braunelle" in Austria are located in this area?
- ◀ there is an irrigation tunnel that you can walk through? The Kaunerberg waterway, which is unique in Tyrol, leads from Faggen via Kauns through the tunnel to the Gallruthalm.
- ◀ the tunnel is still used for irrigation today and is therefore not always accessible? Please inform yourself before the hike.

Don't forget your torch or flashlight!

HIKING TIPS

Aifner Spitze:
incomparable valley view

Panoramic high-altitude hike:
Aifner Alm – Falkauns Alm

Circular hike:
Gallruthstollen – Gallruthalm
– Falkauns Alm

The view of the breathtaking Kaunergrat makes hikers' pulses race.

© Jakob Dreier



High-altitude hike with a view of the impressive Kaunergrat.

© Kaunertal Tourismus – Roman Huber

TIP

You can get the climate hiking guide in combination with the Kaunertal hiking map at the Tourist information office.



Kaunertal Nature Park & Glacier region

Kaunertal, Kauns, Kaunerberg & Fendels.

The Nature Park & Glacier Region is one of the most tranquil holiday regions in the country. In the midst of a true mountain idyll, far removed from noise, hustle and bustle, each place enchants with its own romantic flair. Kauns, Kaunerberg and Kaunertal are member communities of the Kaunergrat Nature Park. The charming village of Fendels is in a fantastic panoramic location above the Inn valley at the entrance to Kaunertal.

KAUNERTAL GLACIER ROAD

Fascinating wonders of nature can be admired on the Kaunertal Glacier Road! 26 km, 29 bends and 1,500 m difference in altitude – these key data mark the “most beautiful dead end in the Alps”.



© Kaunertal Tourismus – Sportsphotographer Isidor Wösig

From Feichten the road goes past the Gepatschstausee up to 2,750 m to the Kaunertal Glacier. There you can hike through the accessible crevasse or take the cable car to over 3,000 metres, where fantastic views awaits you!

Tip: highly recommended by motorbike!



© Kaunertal Tourismus – Daniel Zanggerl

SOME OTHER HIGHLIGHTS OF THE REGION:

- ▀ Kauner Weiher – Naturbiotop
- ▀ Kaunerberg waterway
- ▀ Hidden Lake
- ▀ Burg Berneck
- ▀ Valley Museum

SOMMERBERG FENDELS

After an impressive ride in the cable car over a deep gorge, and then changing to the chairlift, which takes you through the deep forest to the mountain station, a ride on the speedy mountain carts is a lot of fun! When you get back to the top hungry, you can stop off at the Sattelklause mountain restaurant with its sun terrace or continue on foot for about 25 minutes along the educational animal trail, which is suitable for pushchairs, to the Fendler Alm. Or how about the adventure and water playground at the Sattelklause, the barefoot path, the gem puzzle with Bibi and Kauni, ...



© Kaunertal Gletscherbahn – Daniel Zanggerl

DID YOU KNOW THAT...

- ▀ the Gepatschhaus is the oldest alpine club hut in Austria?
- ▀ the highest bus stop in Austria is on the Kaunertal Glacier?
- ▀ the Gallruth tunnel is 990 m long?
- ▀ there is an audio-visual eyewitness archive in the Kaunertal?



© Kaunertal Tourismus – Severin Wegener

ÖGG-HÖFE

The Ögg-Höfe are located above Feichten at an altitude of 1,450 m, are valuable cultural monuments and the oldest farmhouses in Kaunertal. They were mentioned in history as early as 1420. Two of the three buildings are used for seminars or holiday homes, the third is privately owned.

Kaunergrat Nature Park

In the Nature Park Region
you are on the trail of nature!

Since 2003, the Kaunergrat Nature Park has extended over the Pitztal and Kaunertal valleys and the Sonnenhang Fliess. The Nature Park extends from Inn meadows up to the Wildspitze and can be explored in the "3,000 m VERTICAL" exhibition at the Nature Park Museum.



© Severin Wegener

VIEWING PLATFORM WITH AN ALL-ROUND VIEW

The natural and cultural panorama at the Gachen Blick directly in front of the Nature Park House keeps its promises! Experience a magnificent view of the Inn valley and in the direction of the Fliesser sun slopes.

THE BARRIER-FREE PILLER MOOR

Moors are among the rare and endangered habitats in Austria. The Piller Moor natural monument is considered to be one of the most beautiful high moors in Tyrol, and it has also been made accessible to people with restricted mobility.



© Daniel Zangerl



© Daniel Zangerl

© Severin Wegener

NATURE PARK HOUSE KAUNERGRAT

The Nature Park House is at 1600 metres above sea level, nestled between the Pitztal, Kaunertal and Inntal valleys. It houses the child-friendly exhibition 3000 m VERTIKAL and a restaurant with a wonderful panoramic terrace.

DID YOU KNOW THAT....

- ▶ the Nature Park Region has the highest proportion of organic farms in Tyrol?
- ▶ the Nature Park is home to the largest ibex colony in the Eastern Alps?
- ▶ 3 geocaches are installed in the middle of mountain meadows and moors?
- ▶ there were important archaeological finds such as a Rhaetian sacrificial site and ancient pieces of jewellery, tools, etc.?

TIP

These can be admired in the Archaeological museum Fliess. www.museum.fliess.at



© Jakob Dreus

GUIDED HIKES IN THE NATURE PARK

We go out into nature together with nature park guides, biologists, hunters and farmers. Discover the holiday region from its "most natural side".

You will learn interesting facts about various topics such as medicinal herbs, bees, forest, ibexes, etc.

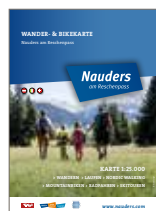
Take a deep breath in the middle of the Nature Park and draw fresh energy.



A view of Nauders:
From the Sellesköpfen, the view stretches all the way to Italy – past the village of Nauders and the Piz Lad and Bergkastel mountains.

TIP

The hiking guide, in which the most beautiful hiking trails and tours in the border triangle are listed with detailed descriptions, is available from the Nauders Tourist information office.



Nauders am Reschenpass

So far. So good.

Nauders am Reschenpass is located in the heart of the three-country region and benefits from its unique location between three cultures. The interplay between Austria, Switzerland and Italy makes Nauders an El Dorado, and not just for fans of culture and fun. For outdoor fans, there is also plenty to choose from between mountain adventures, bike tours and motorbike trips.

3-WAYS – Diverse hiking experiences on one route

You can experience all three fascinating sides to the Tyrolean mountains on this family-friendly walking route. Not only a lot of scenic beauty awaits you, but also a touch of culture and history. At the foot of the Piz Lad in Nauders, leisure hikers and families experience an eventful route with plenty of highlights.



© Nauders Tourismus – Daniel Zänggerl

KAISERSCHÜTZENWEG – On the history trail

To protect the Tyrol, as part of the Austro-Hungarian Monarchy, communication and protection trenches were once built on what is now a themed trail, wire enclosures were erected and caverns chiselled into the rock. Informative display boards along the exciting mountain path explain the history of the dilapidated posts and the rock caverns high above Nauders.

THE EDELWEISS TRAIL

Experience the queen of alpine flowers

The Edelweiss trail in Nauders bears the name of the coveted plant with good reason. Thanks to the botanical significance of its location on the Reschen Pass, the renowned hiking trail passes magnificent meadows of Edelweiss. But as beautiful as it may be: You are not permitted to take the white Alpine stars home as a souvenir. This is because Edelweiss is strictly protected and must not be picked!

GOLDWASSER ADVENTURE PARK

looking for gold at the Bergkastel

Water wheels, mills, small waterfalls, dams and much more await explorers at Bergkastel – Directly at the mountain station of the cable car. The Goldwasser Adventure Park is located right by the panoramic restaurant and offers fun and excitement in nature. Families experience the element of water in all its facets in the fun park and could try their hand at damn-building for example.

DID YOU KNOW THAT....

- ▶ Naudersberg Castle used to be used as a prison and place of jurisdiction?
- ▶ 56 km and 26 perfectly formed trails and the so-called 3-country enduro trails await you?
- ▶ Nauders has a hiking trail network of around 300 km.
- ▶ the white water lilies in the Schwarzer See are the highest in Austria?
- ▶ the village of Nauders is not even 5 km away from the Italian border?



© Nauders Tourismus – Florian Albert

SUMMER ACTIVITY PROGRAMME

In summer there is a diverse adventure programme for the whole family! Discover the region around Nauders together with experienced hiking and mountain guides as well as bike guides. In addition to hiking and cycling, highlights such as lama trekking, stirring ointments, ... can be experienced.

Serfaus-Fiss-Ladis

Our neighbouring region has a lot to offer for the adventurous and action-hungry!

5 things that you absolutely must have done once on the sunny plateau:

© Seilbahn Komperdell | Christian Waldegger



Ride the highest air cushion subway in the world.



© Bergbahnen Fiss | Christian Waldegger

Feel the feeling of weightlessness with the Skyswing or the Fisser Flieger.

© Seilbahn Komperdell | Christian Waldegger



Whiz down into the valley on one of the fun summer toboggan runs on curvy rails.



© Serfaus-Fiss-Ladis Marketing GmbH | Christian Waldegger

In the Crystal Cube, the glass cube with a 360° panoramic view, let the culinary delights and mountain world have an effect on you.

© Bergbahnen Fiss | Christian Waldegger



© Panorama Flüge Tirol

Get an adrenaline kick from a bird's eye view starting in Fiss by paragliding and marvel at the breathtaking view of our entire mountain and valley world.

There is no room for boredom in Serfaus-Fiss-Ladis!





© Samnaun / Andrea Badrutt

DID YOU KNOW THAT....

- ▶ Samnaun is the highest duty-free shopping mile in Europe?
- ▶ there is a dairy in Samnaun where you can buy original Swiss raclette cheese?
- ▶ the world's first double-decker cable car was built in Samnaun?
- ▶ there is the custom of "Clauwau" on St. Nicholas Day in Samnaun?
- ▶ Samnaun has 250 km of marked hiking trails to offer?

Samnaun

Duty-free shopping experience, culinary highlights and sporting variety – Samnaun has all this to offer.

Samnaun, the tranquil village in the Swiss Engadin, has a lot up its sleeve! Regardless of whether you discover the great variety of plants in the Samnaun mountains while hiking or explore the duty-free shopping zone in the village. Samnaun has been the only duty-free paradise in Switzerland since 1892. Everyone will find just the right thing for them here. Some sporting tips for the Samnaun excursion: the disc golf course with 18 holes in Samnaun Dorf, the family climbing and bouldering park on Alp Trida or the wooden bowling alley on the Alp Trida Sattel.



© Venet Bergbahnen AG

Venet

Lush alpine meadows, the view of different valleys as far as the eye can see and several summit victories.

Our neighbouring region of Venet is considered a really worthwhile excursion destination. A fabulous all-round panorama coupled with stress-free enjoyment of nature entices you here! The area can be easily reached by cable car from Zams and is the starting point for numerous hiking trails.



© Venet Bergbahnen AG | Dr. Norbert Span

4 THINGS YOU MUST HAVE DONE ON VENET

- ▶ experience the sleek curves and rapid straights at up to 40 km/h on the Venet Bob – Alpine rollercoaster
- ▶ take in the overwhelming sight of the night sky over Tyrol in the observatory
- ▶ do the 5 km long mountain cart route with the TobiCarts
- ▶ greet the sun with yoga at 2,212 m

The classic
Summercard

The Summercard allows you to take advantage of a wide variety of offers across the region, at no extra cost. From free entry to open-air pools and the bathing lake, free use of the ÖBB post buses, guided hikes and numerous museums to attractive discounts, everything is included here for an eventful summer holiday.

Available for free in connection with a booking from all hosts in the Nauders – Tyrolean Oberland – Kautertal region.



Service details and prices can be found at www.tiroler-oberland.com

The summer hit
**Summercard
 GOLD**

For even more summer fun and active enjoyment, the Summercard GOLD is available at an additional cost. With this card you can benefit from further advantages and inclusive services, such as the use of the surrounding cable cars, the glacier road, ... and much more.

You can get the Summercard GOLD in our Tourist information offices and from selected hosts. The Summercard must be presented when purchasing the Summercard GOLD.



Service details and prices can be found at www.tiroler-oberland.com

Hiking and mountain climbing

The unspoiled natural and mountain landscapes form the most valuable capital in the Tyrolean Oberland – these can be found around Ried, Prutz & Pfunds in all directions. Impressive alpine natural areas with countless kilometres of paths, climbs and hiking trails await.

Forget your everyday worries and clear your head. Where could be better for that than hiking in the Tyrolean Oberland? With so many snow-covered peaks in view, lush alpine meadows under your hiking boots and the next hut as your destination, all your worries are quickly forgotten. This is because only one thing counts: taking a deep breath and enjoying the moment. Wait a second, wasn't that a chamois over there? In the largely unspoiled nature of the hiking region in Tyrol, it is not uncommon to come across native Alpine animals such as ibexes, eagles or bearded vultures. A unique experience that you will tell your friends about when you get back off holiday too!

Majestic mountains on the way to the Platztal mine.



The breathtaking panorama on the way to the Anton-Renk-Hut.

DID YOU KNOW THAT....

- ▶ there are over 300 kilometres of marked hiking trails in the Tyrolean Oberland?
- ▶ some hiking trails are so alpine and unspoiled that you often don't see anyone all day long?
- ▶ our hiking guides who are local regional professionals, of course, know any special tips and places and would be happy to show them to you?
- ▶ there are many rustic huts and lodges where you can stop and enjoy Tyrol?
Tip: Lodges and culinary delights folder
- ▶ our hiker's bus takes you to the starting points within our beautiful mountain world and picks you up again on different days?



The last few metres before the Hohenzollernhaus.

© Rudi Wyhliedl



Mountain huts and lodges

Experience culinary delicacies in the rustic huts and lodges.

“Kaiserschmorra, Kaskneidlsuppa and Brettljause” – welcome to the cuisine of the mountains, to the huts and lodges in the Tyrolean Oberland!

What could be better than stopping off at one of the quaint mountain huts or lodges after a demanding mountain hike? Get the “Schmankerlpass” at the Tourist information office and nothing will stand in the way of exploring the senses and taste!

All information about our huts and lodges can be found at: www.tiroler-oberland.com/huts-lodges

© Rudi Wyhliedl

Hiking tips & highlights

What you absolutely must see in the mountains of the Tyrolean Oberland.



© Rudi Wyhliedl

... the mystical sculpture park and the emerald lake in the mountain world of Radurschl, which was newly created by a force of nature



© Rudi Wyhliedl

... the breathtaking view of the entire Upper Inn Valley in the middle of the Kaunergrat mountains



© Daniel Zangerl

... the countless rustic hay barns & cooking huts in the midst of impressive nature in the mountain world of Tschey



© Rudi Wyhliedl

... the sunrise on the Rauher Kopf, when the mountains of Kobl and the entire valley are bathed in warm, glistening light



© Rudi Wyhliedl

... the comfortably grazing goats and cows right in front of the magnificent backdrop of the Anton-Renk-Waterfall in the Stalanz mountains



The Emerald Lake in the Radurschltal valley, created by the force of nature.

© Ruedi Wyhlihal

These destinations are served by the hiker's buses:

- ▶ Mountain world Radurschl
- ▶ Mountain world Kaunergrat
- ▶ Mountain world Tschey
- ▶ Mountain world Kobl
- ▶ Mountain world Stalanz

You can find the timetable and everything you need to know about the hiker's bus here: www.tiroler-oberland.com/hikers-bus

Hiker's bus

So close to the destination – without a car – easy on your nerves and environmentally friendly.

The prettiest views and hiking highlights of the Alps are not just reserved for experienced mountain lovers in Tyrol. Thanks to our hiker's buses, hikers who are no top athletes, children or mountain beginners can also get to starting points from which it is not that far to various hiking destinations in our mountains. What is the best part? A car-free holiday guaranteed! Protects the environment and your nerves.



Through the Stalanz hiking area to the Anton-Renk-Waterfall.

© Ruedi Wyhlihal

Guided walks

Discover the Tyrolean Oberland with its 300 km of marked hiking trails together.

The varied programme with trained hiking guides, who take you on exciting herb hikes, sunrise hikes or gorge tours to the most beautiful places around Ried, Prutz and Pfunds, is particularly popular.



The most beautiful hiking tours at a glance, it's best if you just take a look at the interactive tour portal, here you will find all the hotspots in the Tyrolean Oberland hiking area in a clear and up-to-date manner. maps.tiroler-oberland.com

Does that sound just like your kind of holiday? You will find more information about guided hikes in the weekly programme! www.tiroler-oberland.com/weekly-programme

Bikes

Get on your bike, get ready, go! The Tyrolean Oberland with its different mountains is a dream for every cyclist.

Whether long-distance cycle paths over passes, or mountain bike routes to the most beautiful alpine pastures and peaks, valley idyll with the road bike or trail power – nothing stands in the way of an unforgettable two-wheeled adventure in our region. With numerous rental options and even certified bike accommodations, our holiday region is perfect for your cycling holiday. And if you don't want to get on your bike alone, the wide range of guided tours is just what you need.

Cyclists have so many options on the region's numerous

well-developed and certified mountain bike trails. The same goes for all racing bike freaks, because with the Stelvio Pass, Kaunertal Glacier Road, Pillerhöhe or Timmelsjoch you can experience the most beautiful tarmac alpine roads and passes very close by.

And those who prefer less effort simply get on their e-bike and let things roll. Or explore the upper Tyrolean Inn Valley on the two long-distance cycle paths Innradweg and the Via Claudia Augusta cycle path which is family-friendly and has great infrastructures.

Bike tour through almost untouched landscapes.



Climb up with the e-bike!

THINGS YOU SHOULD DEFINITELY DO ON A BIKE HOLIDAY IN THE TYROLEAN OBERLAND

- ▶ Cycle through the Pfundser Tschey and count the "Stodl"
- ▶ Jet across the spectacular suspension bridge on the Wildbachtrail
- ▶ let the thighs make your way to one of our lodges and then enjoy a well-deserved snack there
- ▶ Rent an e-bike and leave the village behind you like in flight
- ▶ Cycle through a piece of cultural history and cycle along the Via Claudia Augusta or Inn Cycle Path
- ▶ Get up early and cycle from the green valley floor to the eternal ice on the Kaunertal Glacier
- ▶ Let the adrenaline flow with the sharp drop into the neighbouring Serfaus-Fiss-Ladis bike park
- ▶ Take THE classic bike photo at the famous Nauderer Photo rock – with a view of Reschensee



© Rudi Wylital

WILDBACHTRAIL

Anyone looking for the ultimate adrenaline rush has come to the right place on the Wildbachtrail! The 3.4 kilometre single medium difficulty trail leads from Fendels to Ried through forests and meadows, over rough and smooth terrain.

INN TRACK IN PFUNDS

The pump track in Pfunds is the perfect practice area for honing your cycling skills. The terrain was built purely with natural materials and inspires the young and wild and ambitious mountain bikers as well as motivated occasional cyclists equally.

Mountain bikes

Helmet on and away you go! The Tyrolean Oberland is one giant adventure area for mountain bikers.

With its picturesque Alpine pastures, arduous mountain paths and staggeringly narrow downward passages, the Tyrolean Oberland is a first-class resort for MTB diversity! Whether it's an alpine tour, a Tschey tour, across the Radurschltal valley or a Roman trail tour – explore the most beautiful routes in the region and plan your next mountain bike adventure!

But also spectacular trails, breathtaking views and lots of downhill action make your holiday in our region a true pleasure on two wheels. From amateur cyclists to adrenaline junkies, there is something for everyone here.



© Rudi Wylital

E-bike

Cycling with a tailwind – with e-bikes, even the most strenuous tours can be mastered with ease.

Whether it's a long or short route, up the mountain or comfortably riding through the valley – e-bikers will find the perfect conditions in the Tyrolean Oberland for unforgettable cycling tours. How about a romantic tour through the Radurschltal valley or a detour to the Alpine plateau of the Tschey? You will even be able to reach Italy effortlessly on an e-bike! So what are you waiting for? Get on your bike and discover the prettiest spots of the e-bike destination, the Tyrolean Oberland! Here, the best vantage points are not only reserved for top athletes – with the support of an e-bike, leisure cyclists can also easily reach their destination.



Detailed maps and information material are available from the Tourist information offices.



© Severin Wegener

LONG-DISTANCE CYCLE TRACKS

- ▶ **Via Claudia Augusta:**
Along 700 kilometres towards the sea! The popular long-distance cycle path leads from Donauwörth in Germany to Mediterranean Italy.
- ▶ **Inn cycle path:**
530 kilometres and three countries – the famous Inn Cycle Path scores particularly well in terms of diversity.
- ▶ **Etschtal valley cycling route**
Full speed south! Nature meets culture and sport on this beautiful long-distance cycle path.

Road bike & long-distance cycle paths

Feel the tarmac under your tyres, the wind in your hair and the feeling of freedom.

ROAD BIKE

Arduous snaking roads, challenging bends, passes with magnificent views – the Tyrolean Oberland offers racing cyclists a dream-like area for unforgettable tours. Off to the renowned Stilfserjoch, on the panoramic road to the Kaunertal Glacier or on the Livigno tour to Italy – every racing cyclist will find the best route for their profile in Tyrol.

LONG-DISTANCE CYCLE TRACKS

The diverse holiday region also offers optimum conditions for those who like to sit on the saddle a little longer. Finally, there are three spectacular long-distance cycle routes that take you directly through the Tyrolean Oberland or start in the immediate vicinity!



© Rudi Wyhital

Guided tours

Did you leave your bike at home on holiday, or would you like to venture on a new tour? No problem!

All those who don't want to explore the beautiful bike trails of the Tyrolean Oberland alone will of course still get their money's worth. Whether beginner or advanced, mountain biker or e-biker – everyone is sure to find the perfect option for themselves here.

Be it leisurely tours to one of our alpine pastures or even bike & hike experiences up to a summit. Everything is possible here!

The range of guided tours can be found in the current weekly programme or on our website at: www.tiroler-oberland.com/biking

HIRE

With so much biking fun on offer you can count on plenty of shops for bike and accessory hire.

All bike rentals can be found on our website at: www.tiroler-oberland.com/biking



© Kurt Kirschner

Families & children

Lots of fun, fresh air and a large portion of adventure every day! Doesn't that sound like the perfect family holiday destination? So get going and have an outdoor adventure in the Tyrolean Oberland.

At every turn the Tyrolean Oberland proves that family holidays don't just have to be confined to the playground. And as every child knows – the best adventures take place outside: in enchanted pine forests, at crystal-clear bathing lakes or on adventurous rock climbing walls. The Tyrolean Oberland is known for its natural, down-to-earth and family atmosphere with lots of child-friendly accommodation.

Numerous forest and adventure playgrounds, easy yet exciting hiking and biking trails,

rapid rafting tours, mystical castles and palaces await for shared adventures...

We are a partner region of the Tyrolean Family Nests – high quality standards can therefore be found at all levels. Our region is particularly characterised by the natural and varied children's and youth programme: Forest, meadows and streams – you don't need much more to inspire children, young people and parents.

As so-called Nest partners, many of our accommodations are also well prepared for the perfect family trip.

Family hike from the Radurschlalm to the Hohenzollernhaus.



A cosy picnic with the family at one of the numerous mountain lakes in the Tyrolean Oberland.

WHAT ARE THE MOST IMPORTANT INGREDIENTS FOR A FAMILY HOLIDAY?

Plenty of games, fun and adventure. It is good to know then that exciting attractions and fun activities are part and parcel of a family holiday to the Tyrolean Oberland! And a very special figure accompanies us in almost everything we experience in the Tyrolean Oberland!

Who is it?

A few clues:

- fluffy fur
- big, friendly teeth
- always equipped with hiking boots and a magnifying glass
- accompanies you in the children and youth programme
- he will pick you up with the Bibi-Express and take you on a fun ride through the village

That's right, our mascot Bibi! He helps us to discover the Tyrolean Oberland from a completely new perspective.



Children's and youth programme

There is always something going on! The Tyrolean Oberland is one of the most adventurous valleys in Tyrol.

Archery, carving or discovering Altfinstermünz Castle? All this and much more is on our programme. Your children and youths will be in the best of hands in the Tyrolean Oberland. With an exciting weekly programme there is plenty of fun and entertainment on holiday. But of course family days should not be missing.



Want to find out more?
All information can be found on
our website or in the brochure.
www.tiroler-oberland.com/kids-youth-programme

ADVENTURE BACKPACK

In order to make the spirit of adventure complete, families can hire an Adventure Backpack in the villages' Tourist information offices and from their accommodation providers. Each rucksack contains a magnifying glass, a net, a set of binoculars, a shovel, boxes and pens and a colouring book. Every hike on the discovery tour is equipped for kids in this way. Hiring a backpack costs € 5.00.



TYROLEAN FAMILY NESTS

The Tyrolean Oberland has been one of the quality-certified Tyrolean Family Nests for several years!

The Association of Tyrolean Family Nests is a Tyrolean quality association and stands for high quality standards. A Family Nest Region is a destination with a high quality range of leisure activities for families. An overview of all member companies can be found on our website!



ADVENTURE PASS

The kids can get their Adventure Pass stamped at different stations in the Tyrolean Oberland. The mascot Bibi has hidden the small boxes with the stamps well.

Child-friendly adventures have therefore been planned for the hunt for the stamps and little stamp punches. Everyone who has collected all the stamps in their pass by the end gets a little surprise in the Tourist information office. The Adventure Pass can be collected free of charge from your host or in the Tourist information office.

The weekly youth programme promises fun, variety and guaranteed no boredom!



Playgrounds and adventure areas

Can your children hardly wait for the next adventure in the Tyrolean Oberland? There's something to discover at every corner. So listen out and keep your eyes peeled! Little adventurers will find a new holiday highlight to explore with every step they take here.

OCHSENBÜHEL FOREST FUN AND ADVENTURE AREA

Spacious adventure playground in Pfunds and exhibition tree house with lots of interesting information about the forest, nature and history. And it's not just the children who will love it here, this natural playground offers everything from a Flying Fox to climbing facilities, balance stations...and an idyllic barbecue area.

BADSTEIG

A whole gang of gnomes escaped along the Badsteig in Pfunds. Whether up on the trees or along the water, the various gnomes are hiding with their animal friends. Let's see if you can spot all the gnomes.

MINI FUNDUS

Right by the side of the Via Claudia Augusta, a number of the buildings in Pfunds have been lovingly re-created in miniature form. That's how a mini-Pfunds was born.

SCULPTURE PARK

The sculpture park in the Radurschtal is perfect for a leisurely day with the whole family. There is plenty to be discovered here in the pine forest. You can have a leisurely barbecue at the barbecue area, and the small mountain lake next to the sculpture park provides the perfect way to cool off after a day full of action.



“FEICHTI” WILDLIFE RESERVE

Have you ever fed or even touched a local wild animal? This is an extraordinary experience that will be remembered forever. The wildlife enclosure is on the Kobl, high above Pfunds. Guided tours can be booked at the Tourist information office.

WILDLIFE OBSERVATION IN FENDELS

Animal lovers - don't miss out! Here in the game reserve in Fendels you can experience the forest animals up close and in their natural environment. You can learn a lot of interesting things about the forest and wildlife.

ALPACA HIKE IN FENDELS

With insight into the origin, husbandry, care and feeding, you get to know the calm, gentle charisma of the animals. Then, during the alpaca hike, where the cuddly little animals are led on a leash, a relationship of trust is built up – fascinating for young and old!

BIBIS MÄRCHENWALD

Bibi, Bibirella, the friendly moss men, the dragonfly princess and the powerful magician Crustulum, who lives in Sigmundried Castle: They all welcome families to the fairytale forest in Ried. Together with the cheeky group, visitors embark on a magical journey.

BIBIS WASSERKRAFT

It gurgles, bubbles and sparkles at every corner.

The adventure area at the bathing lake in Ried is an Eldorado for all water lovers. Here you can see and feel the power of the water. Bibi explains all sorts of interesting things about water and its tremendous power.

ADVENTURE PLAYGROUND ON SOMMERBERG FENDELS

Right by the mountain station of the 4 seater Fendels chair lift, there is a large playground for visitors with a range of play equipment from slides to climbing frames. An artificial water run with various dam and play elements is great fun for young and old. A Kneipp facility and a small pond with raft refreshes on hot summer days. The trampoline facility encourages athletic children and adults to acrobatic jumps.

4 ELEMENTS PLAYGROUND IN SPISS

Discover the 4 elements of fire, earth, water and air in the Clis adventure playground in Spiss. In this idyllic forest area you will experience fun and games using natural materials that come together in the forest. The barbecue area invites you to take a leisurely break.

Of course, that's not all that the Tyrolean Oberland has to offer in terms of adventure areas. A list of all playgrounds and adventure areas can be found on our website: www.tiroler-oberland.com/play-areas

Fun in the water

Whether after a demanding hiking tour, a strenuous cycling adventure or simply as a day trip – a welcome cool down in the refreshing water works wonders! The Tyrolean Oberland offers numerous possibilities for water lovers. From bathing lakes to outdoor pools to indoor bathing fun, we have everything here!

Water is life or pure fun! And what better way to enjoy this than at one of the beautiful spots at the heart of our mountains? It is entirely up to you whether you want to relax and dream on the sun-bathing lawn or get involved in action-packed activities. In our holiday region, there are plenty of multifaceted, refreshing water-related sporting opportunities.

In addition to indoor pools, outdoor pools and the bathing lake, there are also numerous mountain lakes waiting for families and brave water rats.

What does that mean for you? That's right – pack your bathing suit and go to the Tyrolean Oberland to get to know the element water from a very special side.

Cooling off in the Ried bathing lake on hot summer days is fun.



© Rudi Wyhital

FACTS ABOUT THE LAKE

- ▶ over 2.5 hectares of water surface
- ▶ at the deepest point 4 m deep
- ▶ 40 metre wide wave water slide
- ▶ Multiple award-winning water quality, as the inflow comes from the overflow of the drinking water reservoir
- ▶ the bathing lake has only existed since 1979

WEEKLY SERIES OF EVENTS

Lake Sunset with live concerts, cocktails and children's programme (see page 111)

Bathing lake Ried

A popular excursion destination in the Tyrolean Oberland

The idyllic bathing lake in Ried is one of the most popular leisure attractions in the Tyrolean Oberland! Surrounded by lush meadows and green forests, you are bound to fall in love with it.

Various games and activities also make the lake an ideal getaway trip for families: Highlights like the Action Tower XXL, lake island, pirate boat, pedal boats, standup paddle-boarding and volleyball await visitors. The "Bibis Wasserkraft" water playground is also there.



© Daniel Zangger



© Rudi Wyhital

Open air swimming pools

Cool off on hot days in a relaxing atmosphere.

ADVENTURE POOL PRUTZ

The adventure open-air pool entices visitors with its 42 metre water slide, three swimming pools, a children's swimming pool and a counter-current system. After going swimming, why not soak up the sun and relax in the 15,000 square metre sunbathing area? And if you are feeling a little hungry, there are tasty meals and snacks in the swimming pool restaurants.

PFUNDS OPEN AIR POOL

A 750 square metre, solar-heated pool awaits you in the Pfunds open air pool. Pools for children, non-swimmers and competitive swimmers offer the right swimming environment for everyone. Beach volleyball fans can let off steam on the court.

DID YOU KNOW THAT...

- ▶ you can use all outdoor pools and the bathing lake for free with the Summercard?
- ▶ the outdoor pools and the bathing lake are all along the Via Claudia Augusta cycle path and are therefore also worthwhile destinations after a cycle tour?



© Daniel Zangger



© Andreas Schallber

GOOD TO KNOW

- ▶ Guests with the Summercard receive a discount on entry!
- ▶ Indoor pool with bubble lounge and children's area
- ▶ Sauna area with traditional Finnish sauna, gentle organic sauna, aromatic steam bath and infrared cabin

Quellalpin

Swimming pool, sauna area & leisure.

In the indoor pool and sauna area on the roof of the building, you will enjoy views of the Kaunertal mountains as you immerse yourself in a natural wellness experience. Wood, granite, hay, and the award-winning spring water characterise the style and ambience of the resort.

Also on offer, plenty of options for spending time together, such as the Talgenuss restaurant which offers traditional, down-to-earth cuisine, a fitness studio, a beach volleyball court, a tennis court, bowling alley, shooting gallery, the Kaunertal Hall and the Nature Park Exhibition with eyewitnesses archive.



© Andreas Schallber

Indoor pools nearby

When the weather isn't suitable, or your feet are tired from hiking and biking.



© Mario Curti

ALPENQUELL ADVENTURE POOL IN SAMNAUN

Enjoy a soothing day in the highest bathing centre in Switzerland, the Alpenquell adventure pool in Samnaun Compatsch. There you will find a sauna world with relaxation room in addition to the multi-purpose pool, adventure pool and children's paddling pool.



© Johannes Freilheim

POOL AREA MINERAL BATH BOGN ENGIADINA

The Bogn Engiadina in Scuol offers you rest and relaxation – and this in the middle of the beautiful Lower Engadine mountains. Here you bathe in pure mineral water. There are six indoor and outdoor pools to choose from with massage jets, bubbles, waterfalls and a flow channel as well as a brine pool. Tip: Discount with your Summercard



© AQUA DOME

AQUA DOME TIROL THERME LÄNGENFELD IN ÖTZTAL

The modern and architecturally impressive spa resort in the Alps, in the heart of Ötztal, scores with a futuristic-looking water and sauna world.

The wellness pool, with its own water world for children, can be reached in just under an hour's drive from our holiday region.



© AQUA DOME – Alexander Lohmann

Outdoor – Adventure

Would you like to embark on an adventure full of thrills and action? Do you want to be very close to wild and unspoiled nature? There isn't just one way to do this in the Tyrolean Oberland, there are so many!

Would you like a whole lot of thrills? Rafting in the raging river, canyoning through smooth gorges, conquering the mountain world running or paragliding high above the mountain world of the holiday resorts. You can even surf on the Inn and practise archery here in the Tyrolean Oberland! And that is not all we have to offer. We guarantee you

one thing – you will definitely not get bored on your holiday here.

Don't you believe us? Convince yourself of the wide range of action and adrenaline kicks.

Take your loved ones with you and experience unforgettable action experiences together in the Tyrolean Oberland!

Outdoor Action – discover the Tyrolean Oberland from a completely new perspective

Trail running

Through deep gorges, along the ridge, past the roaring waterfall.

The region around Ried, Prutz and Pfunds attracts with trails in the wide, untouched landscape. Trail running is a sport and nature experience at the same time. Perfect for improving your personal fitness and testing your limits.

The routes are varied, the views are magnificent. Each run is another milestone in your personal trail history. On narrow paths, rocky ridges and between mountain pastures you will get your pulse racing – a stop at one of the numerous huts and lodges is just the ticket.

Higher, faster, stronger – discover the mountains of the Tyrolean Oberland while running.



© Rudi Wyhidal

SALOMON 4 TRAILS

Running on proven ways - in summer 2021, the well-known trail run event SALOMON 4 TRAILS have left its footprints on the magnificent running routes in the Tyrolean Oberland.

Find out about the length and difficulty of the respective running route in the tour portal: maps.tiroler-oberland.com



© Rudi Wyhidal

© Rudi Wyhidal

Archery

“Bullseye” for your holiday in the Tyrolean Oberland! Draw your bow, aim and shoot!



© Kurt Kröschner

On the 3D archery course close to nature and the indoor archery barn in Pfunds, you can try out and perfect all aspects of your archery skills. The archery sports centre in the border triangle guarantees fun for young and old.



© Romant Huber

Have you spotted an ibex on the mighty crags or a pheasant in the bushes? And the big birds of prey have settled down in the line of fire! Five hectares, 28 3D fake animals and a diverse natural landscape:

Archers, don't miss it: Whether summer or winter, archery goes on all year round in the Tyrolean Oberland! What you should not miss as an archery fan are the numerous events and tournaments, such as the big archery tournament and medieval festival in spring.

GOOD TO KNOW

- ▶ Equipment rental possible!
- ▶ Introductory courses are also offered.
- ▶ There is a family route on the archery course.
- ▶ At the refreshment station you will find a newly designed, public barbecue area.



© Petra Greil

REFRESHMENT AFTER THE ARCHERY ADVENTURE

The nearby Fischeralm and the newly designed barbecue area at the refreshment station invite you to linger – the way there is bike and buggy-friendly!

In the footsteps of Robin Hood – young and old can try their hand at archery.

© Daniela Zangger

Rafting, canyoning & paragliding

Between high mountains and rock formations, these sports awaken a very special, unforgettable feeling.

DISCOVER TYROL'S RIVERS BY RAFTING

Tyrol's wild streams and rivers – especially the river Inn – have a magic attraction on daring water lovers in colourful dinghies and neoprene wetsuits.

A short introduction is needed, special requirements are not necessary. A certain level of water resistance and a bit of adventurous spirit are definitely beneficial.

High speed action awaits on a rafting tour on the river Inn; the “wild” section between Pfunds and Prutz is for good reason one of the most popular rafting areas in Europe, and the site of many professional providers.

CANYONING

You can either avoid or tackle gorges head on. The latter is called canyoning and sorts the men from the boys.



© Angela Neurer

PROVIDERS

H2O Adventure

Nr. 231 | 6531 Ried i. Oberinntal
+43 5472 6699
info@h2o-adventure.at
www.h2o-adventure.at

WhyNot Adventures

Stuben 9 | 6542 Pfunds
+43 5474 5481
info@whynot-tirol.com
www.whynot-tirol.com

Panorama Flüge Tirol

Roland Patsch
Hintere Gasse 117 | 6542 Pfunds
+43 650 398 2773
tandemfluege@aon.at
www.tandemfliegen-tirol.com



© Panorama Flüge Tirol | Roland Patsch

Admire the Tyrolean mountains from a bird's eye view – experience this exhilarating feeling on a tandem flight!

CLIMBING WITH A DIFFERENCE – FROM THE FOREST ROPE PARK TO THE ADVENTURE PARK

Get your pulse racing at the various forest rope and action parks that run across the forest, along craggy rock faces and across rivers.

Pure adrenaline – rafting action on the Inn!

© Ruedi Wyhli

Climbing in the Tyrolean Oberland

Buckle up your climbing harness and away you go – it's an incredible feeling when you look down!

ANTON RENK VIA FERRATA

Ascending to the Fallenden Bach stream – the Anton Renk via ferrata above Fendels is one of the most spectacular in Tyrol, but also one of the most difficult.

SAUERBRUNN CLIMBING GARDEN

There is a small but fine practice climbing garden right next to the Sauerbrunn spring in Prutz.

TSCHINGLS BOULDERING AREA

In the summer of 2021, a completely new bouldering area with numerous, exciting bouldering challenges has been created near Pfunds.

ALPINCENTER DREILÄNDERECK

Association of professional mountain guides from Ried, Prutz and Pfunds

Local, certified mountain guides offer a varied mountain sport experience in the Tyrolean Oberland. They guarantee experience and passion for the Tyrolean mountains.

The mountain guides take you into the beautiful mountainous world. In the three country triangle you will find numerous adventure opportunities for an unforgettable holiday.

www.tiroler-oberland.com/en/alpincenter-dreilaendereck

SPORTS CLIMBING

- 1 Fernergries
- 2 Nauders climbing garden
- 3 Sauerbrunn Prutz
- 15 Laimo

MULTI-ROPE ROUTES

- 4 Anton-Renk-Hut
- 5 Madatch towers
- 6 Watze Ost-Pfeiler
- 12 Schweikert
- 13 Kleiner Dristkogel
- 14 Hidden Paradise

VIA FERRATA

- 7 Anton-Renk-via ferrata
- 8 Edelweiss trail Nauders
- 9 Tyrol trail Nauders
- 10 „Holderli Seppi“ climbing route Fernergries

CLIMBING FACILITIES

- 11 Pfunds tree top rope course

BOULDERING

- 16 Tschingls



You can climb high on the via ferrata in the region.

A holiday for all tastes

Holiday fun with an adrenaline rush and a guaranteed fun factor!

Even though a holiday in the Tyrolean Oberland could be spent exclusively on the superb hiking and cycling paths of the region, the diverse holiday destination has more to offer! However it is that you like to keep active on holiday: In the Tyrolean Oberland you will certainly find the best conditions for this.

Would you like to burn off some energy in a tennis match or a beach volleyball battle? Surfing against the current with UP-STREAM surfing? Recharge tired legs with Kneipp therapy? Explore the region on horseback? Or cast your fishing line into the crystal-clear mountain spring water? On the other hand, how about a game of mini golf? Just one summer is barely enough to try out all the sport that the Tyrolean Oberland has to offer!

The wide range of offers can be found on our website:
www.tiroler-oberland.com



© Rudi Wyhidal
© Rudi Wyhidal



© Kurt Kirschner

TIP: OUTDOOR GYM RUN FOREST

The exercises on the forest mile in Pfunds are designed to improve strength, mobility and body control. The modern elements such as slacklines, sling training, ropes, ... can be used to build muscle and increase coordination as well as to improve the cardiovascular system.

In the middle of this “outdoor fitness studio” there is a barefoot path to stimulate the foot reflex zones.

TIP: TENNIS COURTS IN THE REGION

With the Summercard you can use a selection of tennis courts in the region for free.

Sports equipment rental and further information can be found at:
www.tiroler-oberland.com

Surfing on the Inn,
an absolute highlight
in the Tyrolean Oberland!



The Eldorado of curves in the Tyrolean Oberland

Experience the dream of motorcycling pass by pass and curve by curve. Due to its central location in the three country triangle, the Tyrolean Oberland is the ideal place for motorbike holidays and excursions.

Would you like to discover Austria, enjoy a coffee in Italy or would you rather visit beautiful Switzerland?

Starting from the Tyrolean Oberland you can combine all this in a wonderful day tour! 30 alpine passes within a radius of 150 kilometres offer motorcyclists endless driv-

ing fun, magnificent mountain panoramas, cultural treasures, culinary diversity and numerous sights. Not to forget an infinite number of curves in all shapes and sizes. The dreamy landscapes and wonderful mountain roads in the Tyrolean Oberland will get your and your bike's motor running.

One engine –
two wheels –
endless freedom.

Motorcycling

Natural beauty combined with tarmac roads and fantastic alpine passes.

7 regions, 3 countries, one passion – under this motto, 7 regions in the Alps have joined forces and put together perfectly designed tours for all lovers of two-wheeled sports under the name MotoAlps. The alpine passes around the Tyrolean Oberland have been a popular destination for motorcyclists for many years.



A total of three multi-day themed tours as well as ten day and half-day tours were developed, which are shown on the MotoAlps tour map. In addition, information such as GPS data, tour descriptions, photos and a film are available for download and inspiration for all tours. You can also find road condition reports, speed limits, emergency numbers and roadside assistance.

DID YOU KNOW THAT...

- ▶ you can ride the Kaunertal glacier panorama road on your motorbike in about 1.5 hours, which is considered the “most beautiful dead end in the Alps”?
- ▶ the Tyrolean Oberland is the ideal region for motorcycle holidays and excursions due to its central location in the three country triangle A-I-CH?
- ▶ there are accommodation establishments in our region that are completely geared towards motorcycle guests? Enjoy the comfort so that bikers and bikes feel good!
- ▶ due to the many surrounding alpine passes with their serpentines, switchbacks and beautiful mountain roads, our region is also a fixed part of international tour books?

Info at:

www.motoalps.com

www.kurveneldorado.com



OUR TOP TIPS

- ▶ **Tour 1:** Tyrolean Oberland – Meran – Timmelsjoch – Ötztal – Tyrolean Oberland
- ▶ **Tour 2:** Tyrolean Oberland – Reschenpass – Stilfser Joch – Umbrailpass – Ofenpass – Engadin – Tyrolean Oberland
- ▶ **Tour 3:** Tyrolean Oberland – Engadin – St. Moritz – Bernina – Livigno – Ofenpass – Schluderns – Tyrolean Oberland
- ▶ **Tour 4:** Tyrolean Oberland – Landeck – Imst/Hahntennen – Elmen – Elbigenalp – Warth – Lech – Zürs/Flexenpass – St. Anton – Landeck – Tyrolean Oberland
- ▶ **Tour 5:** Tyrolean Oberland – Feichten – Toll booth – Gepatschstausee – Kaunertal glacier (29 turns) and back

More tips at www.tiroler-oberland.com/motorcycling

Surrounded by numerous passes, the Tyrolean Oberland is a true paradise for motorcyclists.

© Daniel Zangerl

© Daniel Zangerl

© www.nabe-design.com

Culture and sights

In the Tyrolean Oberland, culture is not only experienced, but also lived. With a great selection of sights, many different customs and handicrafts that have been taught since the old days, a holiday in our beautiful region is a true journey through time.

With its unique location in the border region straddling three countries and cultures, the Tyrolean Oberland has had a colourful history. Where the Romans once crossed the Alps on the Via Claudia Augusta, numerous cultural monuments today stand testament to the region's eventful history. Bridges, fortresses, castles and museums are interspersed with quaint farmyards, distilleries and attractive locations in the Tyrolean Oberland. A cultural and culinary journey of discovery through the Tyrolean Oberland is definitely worth it!

Experience culture in the Tyrolean Oberland up close.

Culture

Experience palaces and castles, fascinating museums and old crafts up close...

Another highlight around every corner – culture and lots of sights await you in the Tyrolean Oberland. It's not just the multitude of cycling and walking routes which make the Tyrolean mountain region a remarkably varied location. The Tyrolean Oberland has also got a lot to offer in terms of cultural and traditional sights!



The castle in the middle of the village bears witness to a bygone era.

ALTFINSTERMÜNZ FORTRESS

The former border and customs station is the perfect place to look back into the Middle Ages. Stroll through the imposing vaults, get a little shudder in the dark corners – Altfinstermünz is definitely worth a visit!

SIGMUNDSRIED CASTLE

During exciting tours you will learn everything about the landmark of Ried – once the location of the Court, today one of the most important cultural monuments in the region.

| You can find more information in the current weekly programme.

DID YOU KNOW THAT....

- ▶ the Pontplatz Bridge in Prutz was the scene of the Napoleonic Wars in 1809?
- ▶ the Brotherhood of the Holy Sepulcher in Pfunds is a UNESCO World Heritage Site?
- ▶ Sigmundsried Castle takes its name from Duke Sigmund dem Münzreichen?
- ▶ there is a traditional Roman bridge from the Middle Ages in Tösens? It is probably the oldest bridge in Tyrol.
- ▶ there is a newly designed rest area with an IN.KLÄNG stele in the centre of Pfunds?
- ▶ according to legend, the first Germanic settlers from Pfunds settled in Prais? The steep meadows of the abandoned hamlet are still cultivated today.

The defence tower of the Altfinstermünz Fortress rises majestically out of the Inn.





© Kurt Kirschner

The special healing spring Sauerbrunn is located directly on the Via Claudia Augusta cycle path.

HISTORICAL TOUR OF RIED

Bilingual information boards have been installed at a total of 22 stations in Ried and Tösens, which take you on a historical journey through our holiday resort.



Get the free booklet from the Ried Tourist information office.

PFUNDS FOLK MUSEUM

With its authentic display rooms from the 14th century, the old farmhouse conveys incomparable impressions of the past.

MUSEUM SERFAUSER LAUSER

Here you can experience up close what rural life was like back then. Pick herbs, grind grain and bake bread – exciting insights await you here.

SAUERBRUNN SPRING

Mineral water that is particularly rich in iron gushes from the Sauerbrunn spring in Prutz, directly on the Via Claudia Augusta. This spring was tapped in 1750 and long before that, Emperor Maximilian I.

PLATZERTAL MINE

In the newly restored Platzertal mine, you will gain moving insight into the once arduous day's work in the ore deposit. Incidentally, it was also the highest mine in Europe.



© Agentur Pöschl

The Stele from the "IN.KLÄNG" project; can be found in many places in the Tyrolean Oberland.

GREIT MILL & SAWMILL

There is also a lot of exciting things to do here. Go on a journey through time in the old smoke kitchen and parlour and marvel at the art of bread baking by the farmers' wives. Of course you can also help with the baking, the bread can be tasted afterwards.

FRAUNS SHEEP WOOL FACTORY

Here you can see very well-preserved, water-powered machines for processing wool and buy real sheep's wool socks, felt wool and knitted items from the past as well as modern items in the associated shop.

TURALOCH

The tower, the symbol of the village of Pfunds. It stands directly on the Inn Bridge and was built by Duke Welf in the 10th century. Over the years, the tower has been used as a fortification but also as a residence.

Information such as opening hours, guided tours, etc. can be found on our website or in the current weekly programme.

IN.KLÄNG

Nature lovers will find so-called "Stele" at important places in the Tyrolean Oberland.



The wooden elements, which are more than two metres high, tell special stories about the landscape along with the voices of locals. The Tyrolean Oberland is rich in places with a lively, inner-Alpine cultural landscape, intact natural areas as well as in special stories and people who stand behind them, shape these places and have been farming in "IN.KLÄNG" with nature for generations.



Gourmet and culinary delights

Traditional mills, welcoming hut owners, long-established schnapps distilleries, rustic inns, young alpine farmers, winegrowers in the valley and brewers on the mountain – if you go in search of culinary traces in the Tyrolean Oberland, you will find it almost on every corner.

Gourmets know: It's not just the architecture and museums that make up a region's culture but also the cuisine! Not only die-hard gourmets know that the Tyrolean Oberland has a lot to offer when it comes to feasting and enjoying ... On a culinary discovery tour through the mountain region, visitors will encounter new delicacies and delights at every crossing in the path.

When centuries-old craft combines with authentic moments of enjoyment, that is what gives the holiday some flavour!

Take your time to get to know and love the cuisine and customs of our region. Visit our local lodges, which are managed with a lot of passion, work and heart and soul and have been managed for hundreds of years in an almost unchanged way.

What could be better than stopping off at one of the quaint mountain huts or lodges after a demanding mountain hike?



Tyrolean Marend with the best view from the Kobler Alm.

© Rudi Wyhidal

Huts, lodges and mountain inns

Where could the food taste better than with a first-class view of the mountains?

MOUNTAIN WORLD RADURSCHL

- ▲ Radurschlalm, 1,794 m
- ▲ Hohenzollernhaus, 2,123 m

MOUNTAIN WORLD TSCHHEY

- ▲ Berghof in Greit, 1,407 m
- ▲ Gschnair Alm, 2,042 m
- ▲ Platzer Alm, 2,181 m

MOUNTAIN WORLD KOBL & SPISS

- ▲ Sonnenhof am Kobl, 1,430 m
- ▲ Kobler Alm, 1,921 m
- ▲ Fliesser Alm (Zanders), 2,003 m

MOUNTAIN WORLD STALANZ

- ▲ Stalanger Alm, 1,931 m

MOUNTAIN WORLD FENDELS

- ▲ Sattelklause, 1,900 m
- ▲ Fendler Alm, 1,970 m

MOUNTAIN WORLD KAUNERGRAT

- ▲ Aifner Alm, 1,980 m
- ▲ Falkaunsalm, 1,962 m
- ▲ Gallruthalm, 1,980 m

IN THE VALLEY

- ▲ Fischeralm, 970 m
- ▲ Fischerranch 913m



© Rudi Wyhidal

Ask in our Tourist information offices for the Almen & Kulinarik folder.

Farm shops

Sample handmade delicacies in the traditional farm shops.

PFUNDS FARMERS' SHOP

The products here range from tasty farmhouse bread and hand-made jams and juices, honey, schnapps, liqueurs, a variety of cheeses, bacon, cakes, herbs and spices, pine and mountain hay stuffed cushions, to hand-made souvenirs.

- ▶ at the Tourist information office in Pfunds
- ▶ Opening hours: every Friday from 17:00 to 19:00

GERTI'S FARM SHOP IN TÖSENS

Homemade products are sold in the farm shop: schnapps, liqueurs, honey, jam, herbal tea, herbal salt, vinegar, hay pillows, cereals, ...

- ▶ Contact: Sturm family, Untertösens 1, 6541 Tösens
- ▶ www.museum-serfauser-lauser.at/gerti-s-ladele

SALES/SHOWROOM MUSEUM SHEEP'S WOOL FACTORY

Lovingly manufactured individual pieces such as sheep's wool socks, felt products, seat covers, medicinal wool, etc.

- ▶ Opening hours and further information: www.museum-schafwollfabrik.at
- ▶ Contact: Schöpf family, Frauns 101/1, 6531 Ried i. O., Tel: +43 (0) 680 31 250 85

FARM SHOP KOFLER

The Kofler family runs an orchard and processes their harvest into great products. A visit to the schnapps distillery is particularly recommended.

- ▶ Opening times: according to the current weekly programme
- ▶ Contact: Kofler Obst, 6522 Prutz, Feldgasse 2, Tel. +43 (0) 660/7199403

MAIR FARM SHOP IN FAGGEN

Products of the highest quality including eggs, potatoes, milk, pasta, schnapps etc.

- ▶ Opening times: open all day (self-service)
- ▶ Contact: Hof Mair, 6525 Faggen, Faggen 2, st.mair@utanet.at, Tel. +43 (0)680 246 1580



© Rudi Wyhidal

Regional producers

Best quality from the farmer around the corner!

By promoting our regional products, we strengthen local agriculture and the local economy and also make a small contribution to climate protection.

On our homepage we give the regional producers from the Tyrolean Oberland a stage. From fine brandy to honey or stone pine pillows to delicious meat products, you will find everything your heart desires in our holiday region.

EPA S`BESCHT

From the field and work surface directly to the end user. With this project, the TVB Tiroler Oberland would like to make it possible to bring regional producers and customers closer together. In the online directory you will find producers from all over the region with all kinds of delicacies and handicraft products and where they can be found.

| www.tiroler-oberland.com/regional-producers

TIROLER WIRTSCHÄUSER (TYROLEAN INNS) & BEWUSST TIROL (CONSCIOUSLY TYROL)

These two awards promote the use of local food in the hotel and catering industry. They strengthen the cooperation between tourism and agriculture as well as the preservation of the love for Tyrolean food.

Information at:
www.tiroler-wirtshaus.at
www.qualitaet.tirol/projekte/bewusst-tirol



© Rudi Wyhidal



© Rudi Wyhlel

PARTNER COMPANIES

Gerhard Maass, maass-brand

Kaunertalstrasse 3, 6522 Prutz,
Tel. +43(0)650 522 7717
or +43(0)664 13 233 61,
info@maass-brand.at
www.maass-brand.at

Kludia & Heinz Kofler

Feldgasse 2, 6522 Prutz,
Tel. +43(0)660 7199403,
k.kofler@tsn.at

Peter Gspan

Dorf 509, 6542 Pfunds,
Tel. +43(0)699 81631854,
p.gspan@tsn.at,
www.gspan-alpen.at

Guided tours and tastings possible, advance booking is requested.

Schnapps distilleries

Tiroler Schnapsroute – on the trail of culinary tradition.

Schnapps distilling has a long tradition. Find out from the master distillers about the processing of fruit into fine distillates. As part of such tours (approx. 1.5 hours) you will learn how the special clarity, fruitiness and purity of the local spirits come about. For a small fee, you can enjoy the high quality on your own palate while tasting the brandies.

Embark on a culinary journey of discovery through the variety of Tyrolean fruit brandies on the Tyrolean schnapps route. You will learn more about the long tradition and the art of distilling schnapps, which is constantly being refined and reinterpreted.

You can find more information about the Tyrolean schnapps route at: www.tirol.at/schnapsroute



© Rudi Wyhlel

Beer brewery & wine growers

Of course, the Tyrolean Oberland also includes good wine and good beer.

DIE BERGBRAUER brew local organic beer and the two wine-growers benefit from the sunny climate – Terra Austriacus and Vinum Fundus. It is no secret that the Tyrolean Oberland has a lot to offer in culinary terms. In the small hamlet of Greit near Pfunds, the finest organic craft beer has been brewed by hand since summer 2020. And the Tyrolean Oberland with its two winegrowers also has a lot up its sleeve for wine lovers. Thanks to the sunny and exceptionally mild climate here, the holiday region has excellent soil for wine. But see the art of brewing beer or viticulture for yourself here.

All information can be found at: www.diebergbrauer.tirol
www.trainings-akademie.com/unser-weingut
www.vinumfundus.at

SCHMANKERLPASS

If you like to combine mountain air with culinary treats, then the Gourmet pass, locally known as the Schmankerlpass, is your hiking accessory for a particularly enjoyable time. This is because you don't just get "gourmet points" for the pass from simply conquering peaks or reaching a certain altitude! No, you collect more valuable points the more culinary delights you try! Simply stop for a bite to eat at one of the alpine huts and mountain inns chosen which are renowned for their particularly good regional dishes. Once you have tasted all the delicacies, practical surprise gifts await you at the end.

It just sounds delicious, doesn't it? So what are you waiting for – the SCHMANKERLPASS is available at the Tourist information office!

Restaurants, Bars & Cafés

Hungry? Enjoy a good meal
or relax with a drink...

RIED

Alpenrestaurant Ried

Tel. +43 (0) 660/9002095 | <https://alpenrestaurant-ried.business.site>

Café Köhle | Tel. +43(0)5472/6289 | www.baeckereikoehle.at

Gasthof Riederstüb'n | Tel. +43(0)676 7734712 | www.riederstubn.com

Hotel Belvedere | Tel. +43(0)5472/6328 | www.hotel-belvedere.at

Hotel Linde | Tel. +43(0)5472/6270 | www.hotel-linde.at

Hotel Riederhof | Tel. +43(0)5472/6214 | www.hotel-riederhof.at

Hotel Truyenhof | Tel. +43(0)5472/6513 | www.truyenhof.at

H20.Adventure Bar/Restaurant | Tel. +43 (0) 5472/6699 | www.h2o-adventure.at

Restaurant Pizzeria Café Köhle | Tel. +43(0)676/5732599

Pizzeria Plus Emi | Tel. +43(0)5472/6520 | <https://bistro-pizzeria-emi.business.site>

Seerestaurant Ried | Tel. +43(0)5472/21042 | www.seerestaurant-ried.at

Vinotek Hafele | Tel. +43 (0) 5472/62080 | www.vinotek-hafele.at

PRUTZ / FAGGEN

Bacchus Keller | Tel. +43(0)650/2644255

Bambi Imbiss & Pizzeria | Tel. +43(0)660/1234679 | www.imbissbambi.at

Cafe Köhle | Tel. +43(0)5472/20785 | www.baeckereikoehle.at

Café Allegra | Tel. +43 (0) 50/4346220

Dave's Café & Bar | Tel. +43(0)676/7333521 | www.daves-prutz.at

Gasthof Gemse | Tel. +43(0)676/5402940

Hotel Post | Tel. +43(0)5472/6217 | www.postprutz.at

Pizzeria Gutmann (Eni Service station) | Tel. +43(0)50/227765225

Pizzeria Josephe | Tel. +43(0)664/7883040

Restaurant Pizzeria Felsenburg | Tel. +43(0)5472/22197 | www.felsenburg-prutz.at

Willis Fischerranch | Tel. +43(0)664/4218552 | www.fischerranch.info

TÖSENS

Gasthof Tschuppbach | Tel. +43(0)5477/443 | www.gasthof-tschuppbach.at

Café Köhle | Tel. +43(0) 660/85 920 87 | www.baeckereikoehle.at

Gasthof Wilder Mann | Tel. +43(0)5477/203 | www.toesens.at

PFUNDS

Hotel Kreuz | Tel. +43(0)5474/5218 | www.hotelkreuz.at

Das Lafairs | Tel. +43(0)5474/5757 | www.daslafairs.com

Fischeralm | Tel. +43 (0) 50 225 300

Hotel-Gasthof Traube | Tel. +43(0)5474/5210 | www.traube-pfunds.at

Hotel Tyrol by VAYA | Tel. +43(0) 50 1256 36 | vayaresorts.com

Gasthaus Hirschen | Tel.+43(0)676/7335703 | pizzeria-gasthof-hirschen.business.site

Gasthof Berghof | Tel. +43(0)5474/5254 | www.berghof-pfunds.com

Hotel Edelweiss | Tel. +43(0)5474/5264 | www.edelweiss-pfunds.at

Hotel Kajetansbrücke | Tel. +43(0)5474/5831 | www.hotel-kajetansbruecke.at

Gasthof Sonnenhof | Tel. +43(0)5474/5259 | www.gasthaus-sonnenhof.at

Restaurant Florian | Tel. +43(0)5474/5914 | www.restaurantflorian.com

Pfundser Stüberl | Tel. +43(0)5474/52 82

Pizzeria VaBene | Tel. +43(0)5474/521620 | www.vabene.co.at

Postgarten & Postbar | Tel. +43 5474 56 06 | www.post-pfunds.at

Ugis Imbiss | Tel. +43(0)660/5445078 | pfundser-ugis-imbiss.brunch-lunch-dinner.at

Valhalla (Café, Pub) | Tel. +43(0)5474/20016

Fux Lounge | Tel. +43(0)5474/5210 | www.traube-pfunds.at

SPISS

Hotel Landhaus Paradies | Tel. +43(0)5474/5171 | www.landhaus-paradies.at

Gasthof Alpenrose | Tel. +43(0)5474/5162 | www.alpenrose-spiss.com



Golden autumn

Autumn in the Tyrolean Oberland, a season that couldn't be more diverse. Long-distance hikes with a breathtaking panorama, markets that invite you to stroll and browse and festivals where you can get to know Tyrolean customs first-hand.

A unique play of colours in nature! The Tyrolean Oberland becomes a colourful holiday destination in every respect when the leaves gradually start to turn orange-red. You immerse yourself in a world in which tradition, regional mu-

sic and local cuisine are at the forefront. The holiday possibilities at this time of the year are particularly varied. After all, active athletes and connoisseurs alike will find perfect conditions for untroubled holiday fun in autumn.

Colourful autumn has arrived
at the Ried bathing lake.



© Kurt Kirschner

YOU SHOULD SPEND AUTUMN IN THE TYROLEAN OBERLAND IF...

- ▶ you find autumn to be the most beautiful season to enjoy nature's array of colour and seasonal delicacies.
- ▶ you want to experience the customs of your holiday region up close at traditional markets, festivals and events.
- ▶ you prefer to explore a region in peace and quiet, away from the hustle and bustle of summer.
- ▶ there is nothing more beautiful for you than hiking or cycling through the brightly coloured forests of Tyrol.

Autumn hiking & mountain climbing

Immerse yourself in this mystical time before the first snow falls and breathe in the clear mountain air of the golden autumn.

For many people, autumn is the most beautiful time of the year for hiking and being active. It is hardly surprising since it's not just the unique blaze of colour of the deciduous and larch forests that you enjoy at this time of year but also magnificent visibility! On a clear day you can get unique views far into the surrounding valleys and enjoy the last rays of sunshine in a particularly intense way. Even after the busy summer days, many huts and lodges are still open – so nothing stands in the way of an extended break on the sun terrace, sweetened with a heavenly piece of apple strudel, even in autumn! The practical hiker's bus also operates until mid-October and is the most convenient way to reach the starting points of many beautiful autumn hikes!

Culture and customs

Autumn is harvest time and therefore the most beautiful holiday time for gourmets!

After all, when else could the fruits and grapes ripened in the summer sun be tasted better than freshly harvested and processed? Every year without fail, visitors from near and far come to make the most of the diverse alpine autumn in the Tyrolean Oberland. Numerous markets, festivals and traditional events make autumn in the Tyrol a very diverse time of year – the perfect opportunity to get to know the traditional customs of the region first hand!



© Rudi Wyhidal

The best traditional events in the alpine autumn

CATTLE DRIVES IN RIED AND PFUNDS

Celebrate the return from the mountain pastures together with the farmers of the region and welcome the festively decorated animals!

PFUNDS SHEEP DRIVE

Traditional music and regional delicacies await you at this traditional event, where around 400 mountain sheep and goats are herded into the village and are sheared.

PFUNDS AUTUMN FESTIVAL AND PRUTZ APPLE FESTIVAL

After the harvest season, there are celebrations in the villages in the Tyrolean Oberland – with regional delicacies and lots of music.



© Kurt Kirschner

THREE COUNTRIES MARKET

With more than 50 market stalls from Austria, Italy and Switzerland, the crème de la crème of regional farmers and producers gather at the Three countries market in Pfunds.

The musically framed market invites you to enjoy and stroll on a beautiful autumn day.



© Kurt Kirschner

RIED AUTUMN MARKET

The autumn market in Ried im Oberinntal attracts with traditional folk music and countless regional delicacies – a must for all connoisseurs!

The special ambience in the authentic Sigmundsried Castle does the rest for an event worth experiencing.

Fabulous destinations

Thanks to its central location, countless exciting excursions can be undertaken from the Tyrolean Oberland. Do not miss visiting landmarks such as the Golden Roof in the provincial capital of Innsbruck, the church tower of the sunken village of Graun/Reschen, which still rises out of the water today, or the Alpine Zoo with many local animals.

The three country triangle Italy – Switzerland – Austria, where we are located, makes it possible to visit a wide variety of different places and sights in a short time. Due to our lively past, we and the surroundings of our beautiful land have a lot up our sleeves, from palaces and castles to museums and scenes from excavation sites

to vantage points and monuments! Old handicrafts and evidence of the hard work of the past, such as water-powered mills and saws, factory buildings, old residential and farmhouses, can be visited – and in some cases you can even experience up close what it was like to live back then...

Discover interesting stories behind the nearby destinations in Austria, Italy and Switzerland.

5 TOP TIPS in the area around the Tyrolean Oberland

We invite you on a journey of discovery to exciting places and buildings between culture, history and our breathtaking nature...



© Innsbruck Tourismus – Christof Lachner

INNSBRUCK

A trip to Innsbruck is well worth it: admire the shimmering shingles on the Golden Roof, observe brown bears and sea otters up close in the Alpenzoo or take a tour of the Tyrolean State capital on the hop-on hop-off bus in the midst of a breathtaking mountain backdrop.

RESCHENSEE

The church tower, which rises straight out of the water of the Reschensee in nearby Italy, is a must-see. The reservoir, which is also ideal for water sports, has a emotional story.



© Daniel Zingert



© Rhätische Bahn / Erik Stockand

BERNINA EXPRESS

A very special experience is a ride on the Bernina Express – probably the most spectacular crossing of the Alps. Through 55 tunnels, over 196 bridges and with gradients of up to 70 per thousand, you can enjoy the view along the UNESCO World Heritage from Switzerland to Italy in the panorama car.



© Innsbruck Tourismus | Swarovski

SWAROVSKI CRYSTAL WORLDS

The name “Swarovski” is world-famous. In Wattens in Tyrol you can immerse yourself in a world of cut glass. Admire treasures and works by famous artists both indoors and outdoors.

MERAN

Meran in South Tyrol/Italy with its vineyards and the weekly market attracts with Mediterranean flair. Make a day trip there that you will remember for a long time!



© IDM Patrick Schmeibacher

TIP: Our folder “Kultur-Natur-Ausflugsziele” is available in the Tourist information office – with many interesting destinations for your holiday!

Events

The Tyrolean Oberland has a lot of events to offer – cultural, sporting as well as culinary.

Roaring folk and alpine festivals, mild evenings with summer concerts, magical mountain fires, colourful cattle drives, exciting sporting events – all of this is an expression of lovingly cultivated tradition. The festivals around the Tyrolean Oberland are as diverse as the mountains and valleys around our beautiful holiday resorts. Countless traditions have developed in Tyrol over the centuries – to this day, many of them are kept alive with great commitment and are duly celebrated at festivals and events.



© Kurt Kirschner

LAKE SUNSET

In summer, the event series “Lake Sunset” takes place at the Ried bathing lake. Every Wednesday, throughout July and August, visitors listen to local bands at 17.00. There is also a lot for the youngest ones at Lake sunset – a separate animation programme with hand-icraft station and games awaits the little ones. Great for families!

MEDIEVAL FESTIVAL & ARCHERY TOURNAMENT

The fortress walls of Altfinstermünz always offer an impressive backdrop for the impressive medieval festival in spring. On the following weekend, the historic event will be followed by a sporting highlight – the archers compete in the exciting 3D archery course.

PFUNDS KERLE FESTIVAL

The trio from Pfunds with Paul Köhle senior, Martin Köhle and Joe Wachter has been inspiring a constantly growing fan base in many countries for years. The “Pfunds-Kerle” are known far beyond the borders of Tyrol. Every year in August countless guests celebrate the famous summer adventure week with the big Pfunds-Kerle-Fest.

PRUTZ MUSIC FESTIVAL

Every year at Whit weekend, the already legendary 3-day music festival takes place with varied music (top artists), a colourful entertainment programme and a football tournament.

TYROLEAN EVENING IN PRUTZ

Tyrolean evenings with dances, music from “Musikkapelle Prutz”, choirs and films take place on two dates in Prutz. Visitors can also look forward to Tyrolean delicacies. Furthermore, our regional producers present their products.

In our weekly programme & on the website you will find guided hikes, suggestions for cultural sights and much more. We would be happy to inform you about events in our region and the surrounding area! www.tiroler-oberland.com/en/events

Music on the mountain – varied and entertaining, like here with live music on the Gschnair Alm.

© Florian Albert



Juni. Bluama. Zeit

Tiroler Oberland
Bad - Prutz - Pfunds

© Kurt Mischner

The alpine meadows are something quite special, especially in early summer when the many herbs and bright flowers are blossoming. The untouched nature in the Tyrolean Oberland is a great treasure that needs to be preserved. That is why June in the Tyrolean Oberland is declared the “meadow month”. The varied programme leads through blooming meadows, to committed farmers, enthusiastic beekeepers, imaginative herbal teachers. In numerous workshops we get to know and use the power of nature.

JUNI. BLUAMA. ZEIT GOURMET ESTABLISHMENTS

Creative restaurateurs in the Tyrolean Oberland create tasty dishes based on the theme of meadows and herbs. At least one dish with regional ingredients from the meadow or from the herb garden is on the menu in June..

WEEKLY PROGRAMME

DIVERSITY. BUTTERFLIES

- discover the butterfly house and permaculture garden with specialist biologists

MADE. IN. TYROLEAN. OBERLAND

- regional producers and farmers introduce themselves
- Company tours and culinary delights, produced in the Tyrolean Oberland

(WILD) BEES. HONEY

- behind the scenes of the Tyrolean beekeepers
- visit to the apiary and wild beehives
- Workshop: Make your own beeswax wrap

MEADOWS. ALPINE PASTURES. VALLEYS

- Nature educator, herb hikes, nature photography and hut keepers

HERBS. HEALTH

- get to know and use the inexhaustible power of alpine nature

GOURMET. TIME

- Culinary excursion through nature – cooking courses with regional products

The meadow month was developed in cooperation with FUTOURIST (a Project of Tiroler Umweltnatwalschaft) funded by the European Fund for Regional Development and Interreg V-A Italy-Austria 2014-2020.



~ We proudly present: ~ THE OUTDOOR WEEKS IN THE TYROLEAN OBERLAND

INN. Action

- UP-STREAM SURFING on the Inn in Pfunds
- Torrent trail with guide
- Canyoning in the gorge
- Stand-up paddling
- Wild water rafting on the Inn

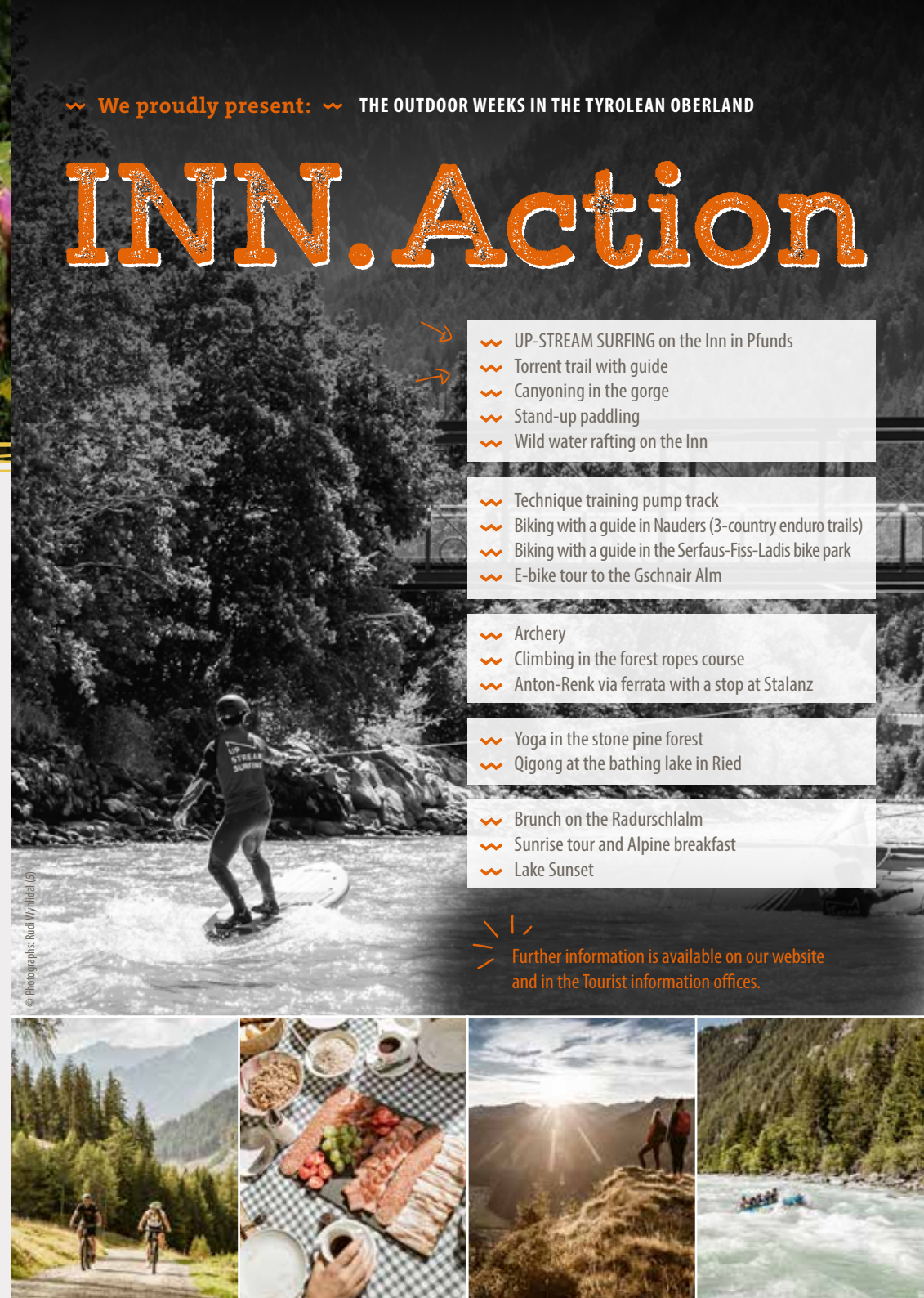
- Technique training pump track
- Biking with a guide in Nauders (3-country enduro trails)
- Biking with a guide in the Serfaus-Fiss-Ladis bike park
- E-bike tour to the Gschnair Alm

- Archery
- Climbing in the forest ropes course
- Anton-Renk via ferrata with a stop at Stalanz

- Yoga in the stone pine forest
- Qigong at the bathing lake in Ried

- Brunch on the Radurschlalm
- Sunrise tour and Alpine breakfast
- Lake Sunset

Further information is available on our website and in the Tourist information offices.



© Photographs: Rudi Wylhiedl (5)



Doctors and pharmacies

In emergencies, things have to be done quickly – here is an overview of medical assistance

RIED

**General practitioner & Pharmacy
Dr. Stefan Krehn**
Ried im Oberinntal 1
6531 Ried im Oberinntal
(at the St. Katharina home)
Tel.: +43 (0) 5472 22110

PFUNDS

**General practitioner Pfunds Med
Dr. Straninger & Dr. Huber**
Stuben 45
6542 Pfunds
Tel.: +43 (0) 5474 20102

PRUTZ

**General practitioner
Dr. Philipp Plangger**
Mühlgasse 6
6522 Prutz
Tel.: +43 (0) 5472 6202

At the weekends, the doctors in our region alternate with the emergency services. You can find the current on-call services here:
www.aektirol.at/bereitschaftsdienste

The nearest public pharmacy is in Landeck. Specialist doctors in the region can be found in A-Z on our website.



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Infrastructure

If you want to know quickly
WHERE you can find WHAT in our region ...



© Ruedi Wyhli/dal

Going to the hairdresser's on holiday, looking for a taxi or the nearest grocery store? You can find exactly what you need online, sorted by category and location. Of course, the contact details and addresses are also listed there.

EMERGENCY TELEPHONE NUMBERS

- 122** Fire brigade
- 133** Police
- 144** Emergency services
- 112** Euro-Emergency telephone
- 140** Alpine Emergency telephone, Mountain rescue



A practical A-Z whether for excursions, health, culinary delights or simply to find a parking space nearby – scan the QR code here and off you go!
Or on our website: www.tiroler-oberland.com/a-z



Snowshoe and winter hikes in the untouched winter landscape.