

PRESS RELEASE

Five unforgettable themed hiking adventures in the Paznaun

The Silvretta group, with its 74 three-thousand metre mountains, is one of the loveliest mountain regions in the Central Alps area. Whether it is a safari in the eternal ice, spectacular sunrises up on the summit, three 3000 metre mountains in one day, action-packed hiking across suspension bridges and water fun, or an altitude trail with nine stages – in summer 2021 guests staying in Paznaun can fill their bucket list with plenty of panoramic views and exciting hiking adventures.

A glacier safari on the Jamtal glacier

Experience the glacier. Out on the LOWA glacier safari with mountain guides, performance-oriented hikers aged 16 and over get to experience one of the best known glaciers in the Eastern Alps. Proper use of crampons and safety ropes are as much on the agenda as glaciology. The route proceeds past glacial mills, glacier gates and rock formations created from the ice which feature a pronounced glacial polish. On the route, glaciology comes to life, and participants learn lots of exciting facts about the eternal ice, dangerous glacial crevasses and the specific features of the Jamtal glacier too. After a refreshment stop in Jamtalhütte, it's then back to Galtür. The medium difficult day tour (walking time 5 ½ hours; 650 metres ascent) can be booked in summer 2021, from July to September, every Saturday, whatever the weather. Cost per person - € 49.- or 39.- (with the Silvretta Card Premium). Taxi transfer, mountain guide, climbing belt and crampons are included. Those who want to can test LOWA hiking shoes free of charge. All information: [here](#)

Sunrise on the Mittagkopf

On the summit of the Mittagkopf, a colourful sunrise and impressive views to Paznaun are in store for early risers. Breakfast on the mountain included. Early on Tuesday mornings, we head up by taxi into Visnitztal for the guided sunrise hike. Still in semi-darkness, participants hike up to the Mittagkopf (2249m) in around 45 minutes. Unforgettable moment – when the sun slowly rises above the Samnaun group, heralding the start of the day with its splendid colour-play. After this natural spectacle, proceed past the blossoming Alpine roses, down to Visnitzalm, where a hearty Alpine inn breakfast awaits. A leisurely forest path leads back into the valley, passing Rotwegkapelle to get to Kappl. On this medium difficulty level tour some 300 metres of ascent are

tackled in 5 hours. Cost includes taxi, breakfast and guide. Children up to the age of 10: 27.-, adults 44 Euro. Silvretta Premium Card holders pay 20 or 29 Euro. All information: [here](#)

Three, three-thousand metre mountains in one fell swoop

Surrounded by the mighty glaciers of the blue Silvretta, about which even Hemingway rhapsodised, every Thursday from the end of June until the end of September, performance-oriented hikers scale three, three-thousand metre mountains in one go during a guided summit hike. Over one day, in six hours, taking in over 1100 metres of climbing. On the way to the summits of the Breite Krone (3079m), the Grenzeckkopf (3047m) and the Bischofspitze (3029m), in spite of the elevation, hikers are amazed by a colourful variety of plants and with a bit of luck, might even catch sight of the King of the Mountains – the ibex. Breath-taking views to the surrounding mountains included. The tour is suitable for performance level hikers who have a good level of fitness. Cost: Adults 31 Euro, children up to the age of 16: 23 Euro, Premium Card holders hike for free. All information: [here](#)

Action for families on adventure hiking trail Idalp

Boredom doesn't stand a chance. The 7.5 kilometre adventure hiking trail Idalp takes hikers and active families from Ischgl through three Alpine vegetation zones and four adventure-packed breaks up to the Idalp. On the **Walk of Lyrics** head out to the tracks of Rhianna, Udo Jürgens and Sting – all of whom have already appeared in Ischgl – with three staged sound points continuing to the impressive Kitzloch ravine. After crossing the ravine, it's then on to the Fimbabach, on two spectacular **suspension bridges**, over 100 metres in length and up to 70 metres high. Those who want to can have a short stop at the **Adventure Stage**, at the same level as the intermediate station for the Silvrettabahn. Here Schwarzwassersee and Pardatscher See Lakes provide refreshment, whereas a forest and lakeside course, a bouldering wall, two climbing towers, the reed boat and a slack line course provide the action. The path continues through high Alpine scenery to the **Vider Truja Adventure Park** at Vidersee. Around the small reservoir lake you proceed on an adventure path with water mills, water and sand pit play area, climbing frame and a water-conducting system. New for 2021: Slack lines, slides along with Kneipp, bouldering sections and trampolines. From here it just five minutes to the Idalp. Those who fancy taking in the descent can, after a refreshment stop in Alpenhaus, go via the cable car into the valley, or transfer to the **Skyfly** at the intermediate station and dart back to Ischgl on the Flying Fox at speeds of up to 85 km/hr. Superb snack tip: the barbecue areas at Pardatscher See and Vider Truja Park. All information: [here](#)

Stage hikes on the Paznauner high altitude trail

11,000 metres altitude, 120 kilometres and nine stages, which can also be tackled individually. The Paznauner high altitude trail tempts performance-oriented hikers out to enjoy mountain tours in a variety-packed natural landscape. The circular route from See via Kappl, and also Ischgl to Galtür and back to See, is as challenging as it is impressive. Whether it is one, two, three or even all nine stages - for the individual routes hikers will need between three and a half to nine and a half hours to cover seven, and up to 22 kilometres per day. Metres of ascent vary between 700 and 2000 metres. Common to all stages are the spectacular natural impressions in a landscape that is continually changing. In between, traditional Alpine inns await, serving delicious regional Paznaun foods and providing cosy sleeping areas, since after each stage you will be spending the night in bothies, or down in the valley. Whether they tackle one, two or even hiking all nine stages in a row, is up to hikers themselves. All information: [here](#)

Dialogue partner: Christoph Pfeifer has been working in Paznaun as a full-time mountain guide and ski instructor for 25 years. He loves and lives for his job. For this Galtür man it is not just a job, it is a calling to show guests from across the globe the loveliest aspects of his homeland.

All information about Paznaun can be found at: www.ischgl.com, www.galtuer.com, www.kappl.com and www.see.at.

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Direct images download available here: [Adventure hiking 2021](#)

Image captions:

Paznaun_Erlebniswandern_2021_1: Out on the LOWA glacier safari with mountain guides, performance-oriented hikers aged 16 and over get to experience one of the best known glaciers in the Eastern Alps © TVB Paznaun – Ischgl

Paznaun_Erlebniswandern_2021_2: On the summit of the Mittagkopf, a colourful sunrise and impressive views to Paznaun are in store for early risers © TVB Paznaun – Ischgl

Paznaun_Erlebniswandern_2021_3: Surrounded by the mighty glaciers of the blue Silvretta, every Thursday from the end of June until the end of September, performance-oriented hikers

scale three, three-thousand metre mountains in one go during a guided summit hike. © TVB Paznaun – Ischgl

Paznaun_Erlebniswandern_2021_4: The 7.5 kilometre adventure hiking trail Idalp takes hikers and active families from Ischgl through three Alpine vegetation zones and four adventure-packed breaks up to the Idalp © TVB Paznaun – Ischgl

Paznaun_Erlebniswandern_2021_5: The Paznauner high altitude trail tempts performance-oriented hikers out to enjoy mountain tours in a variety-packed natural landscape © TVB Paznaun – Ischgl

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