



# SUMMER PROGRAMME

Hiking | Mountain Sport | Family & Children

2014



SILVRETH  
**Gartür**.com  
PAZNAUN-ISCHGL

**ISCHGL**.com

**kappl-see**.com  
PAZNAUN-ISCHGL



**SUMMER PROGRAMME 2014** .....

**OUTDOOR PROGRAMME** .....

**KIDS - & YOUTH PROGRAMME** .....



## DETAILS & INFORMATION

For further details and information, see the local posters and the latest weekly programme.  
Please register by 17:00 on the day before (Sunday by 12 am) at the relevant information point.

**Pre-requisite for all walking tours:** Good footwear, Rain protection, Sun protection  
there is the possibility of stopping off at a mountain hut for food on most walks)

Subject to modification!

..... **Hiking | Mountain Sport | Family & Children**

..... 23. June – End of September 2014

..... 23. June – 5th of September 2014



programme. Subject to programme modification.  
Information office.

sun and hat, Optional drink and food

## PLEASE NOTE

Please select walks carefully on the basis of your physical shape and equipment!



### **Demanding, high-alpine tour**

Good physical condition and appropriate equipment needed



### **Less demanding hike**

Walking equipment and ankle-high boots needed



### **Walk suitable for prams**

## IT'S GREAT TO KNOW...

Taking part in many events on the outdoor, children's and youth programme is free of charge for all Paznaun visitors! The Silvretta Card all inclusive, which you will receive at your accommodation completely for free, allows you to use cable cars, chairlifts, public transport, swimming pools (both indoor and outdoor), museums and the Silvretta High Alpine Road without any costs. There are costs for some events and activities organised by companies, however. We kindly ask you for your understanding of that.

## KIDS & TEENS

Children and teenagers can look forward to an exiting schedule. The Kids Club looks after little ones between the ages of four and ten. Teens from 11 to 16 years old can get active in a non-parent zone. The respective events are indicated with appropriate icons.

The organiser reserves the right to deny guests the chance to take part if a large number of participants creates a safety issue. Changes to the schedule can occur. Those participating do so at their own risk. Organiser: TVB Paznaun – Ischgl



Kids



Teens



## Welcome to Paznaun

Welcome to Paznaun! It is Monday morning and the exciting weekly programme of Alpine activities is being presented, including hiking, climbing and bouldering. The childcare assistants at the Kids & Youth Club introduce themselves and provide information about the programme highlights in the valley. Guests can register for the programme points directly on-site. Then it's time for some climbing on the natural stone climbing wall – action for all the family!

<b>Duration:</b>	approx. 0,5 hour
<b>Meeting point:</b>	10 am Siggli's Alpin Club in Galtür (next to soccer ground)
<b>Registration:</b>	not necessary

**Participation is for free!**



Family



## Galtür Introduction to climbing on a natural stone climbing wall

Get your first taste of the world of climbing with experienced mountain guides from Galtür. Under expert instruction and with the right exercises, you'll soon make it up the 25 m of Austria's highest natural stone climbing wall at the Alpinarium during your taster session. Whether you're young or old: Just climb to your heart's content.

- Duration:** approx. 2 to 2,5 hours
- Meeting point:** 10.30 am and 2 pm, Sigg's Alpin Club in Galtür (next to soccer ground)
- Registration:** Before 12 am the previous day at all tourist offices in Paznaun  
Registration absolutely necessary!

Participation is for free!



Family



Mountain  
Sport



## Galtür / Secluded paths to the most beautiful views in Galtür

Visitors to the climatic health resort of Galtür are immediately struck by its extraordinary setting: As the highest village in Paznaun at 1,600 m, it offers the best views of the Silvretta. In Galtür, the huge mountains and glaciers seem just a step away without being threatening. Instead, the wide valley floor with its tranquil side valleys invites you to relax and unwind. Spend a magical and unique Alpine summer high up in the mountains in Galtür.

<b>Duration:</b>	approx. 2 hours
<b>Meeting point:</b>	1 pm Intersport Wolfart Galtür (towards the Alpinarium)
<b>Registration:</b>	not necessary

**Participation is for free!**



MONDAY



## Galtür / Lantern hike through Galtür

The night-time atmosphere submerses Galtür and the local Gorfenspitze and Ballunspitze mountains in a special light. As silence falls, a night-time walk is a particularly special experience. We walk through the resort with lanterns and enjoy the evening scenes in this high Alpine village for a peaceful end to an adventure-packed day's holiday.

<b>Duration:</b>	approx. 1,5 hours
<b>Meeting point:</b>	8 pm tourist office Galtür
<b>Registration:</b>	Before 12 am the previous day at any information office in Paznaun

**Participation is for free!**





## Kappl Fishing & barbecuing in Sunny Mountain adventure park



All teenagers between the ages of 11 and 16 can get the chance to cast a line and try to reel in some fish at the pond in the Sunny Mountain adventure park. With the huge number of fish in the pond there is space for everyone who takes part. After the fishing is done, the catch of the day will be tossed onto the barbecue. The fishpond also makes a great place to chill without your parents around.

<b>Duration:</b>	Half-day programme
<b>Meeting point:</b>	10 am valley station Diasbahn Kappl
<b>Registration:</b>	Before 12 am the previous day at any information office in Paznaun
<b>Costs:</b>	€ 7,-



Teens

TUESDAY



## Galtür Panoramic walk to suit everyone to the Breitspitze

The hike to the Breitspitze promises views of a very special kind. From up here, you'll enjoy breathtaking panoramas – not just into the valley and to the Kops reservoir, but also all the way into the Montafon valley. This easy hike is also well suited for families with children or people with moderate fitness. Here you'll see Galtür at its best!

<b>Duration:</b>	approx. 3 to 3,5 hours   300 meters asc
<b>Meeting point:</b>	9 am valley station Birkhahnbahn Galtür
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun

**Participation is for free!**





## Ischgl Bike Day with Silvretta Bike Academy

The Kids Bike Day is an action-packed day of fun! Firstly you are given the chance to train your cycling balance and increase your comfort with a bike. Then you can take on an obstacle course sure to test your ability and strength – and guaranteed to be a lot of fun! We then get a chance to refill our batteries with a typical cyclists' meal at Niki's Ranch in the wildlife park. There is a final chance to do a short trip and experience cycling along some relatively easy narrow tracks. All in all you're sure to have a great time on a bike!

<b>Duration:</b>	Full-day programme
<b>Meeting point:</b>	9.30 am Ischgl information office
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 47,50 (includes guides, bike, helmet, spaghetti and drink)



Teens

TUESDAY



## Kappl Explore the woods with a forest ranger

As well as offering general facts about the forests, forestry management and the protective role of forests, we will be happy to answer any general questions on the use of forests as recreational areas during the hike. Learn about the forest code, find out how to identify different species of fungi and berries and discover the important role that forests play in making high mountain valleys like Paznaun habitable.

<b>Duration:</b>	approx. 3 to 4 hours   ca. 250 meters asc
<b>Meeting point:</b>	10 am valley station Diasbahn Kappl
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun

Participation is for free!



Family



Hiking



## **Kappl** Klara, the herbal witch provides enchantment in Sunny Mountain Adventure Park

Klara the herbal witch has opened up her own witches' school in Paznaun. It's all very lively in the witches' kitchen. Things bubble and steam and there are spells cast during the witch games. Be bewitched!

Please bring your own barbecue items with you!

**Duration:** Full-day programme  
**Meeting point:** 9.30 am valley station Diasbahn Kappl  
**Registration:** not necessary

**Participation is for free!**



TUESDAY



## See Family hike to the Versing alp

We'll set off together from Medrigalm, passing beautiful scenery and streams, to Versingalpe at 1,937 m altitude. A local dairyman will give us an insight into his everyday working life in the mountains. We'll find out what the animals get up to in the mountains and how they spend their "summer holidays".

**Duration:** approx. 4 hours | 200 meters asc  
**Meeting point:** 9.30 am music pavilion See  
**Registration:** not necessary

**Participation is for free!**





## See **By the light of colourful lanterns**

Be enchanted by the beautiful summer landscape on a fantastic lantern hike with your family and soak up the evening atmosphere in See, a laidback holiday destination. Young and old alike can discover the sun, moon and stars by lantern light before finishing off a unique day in Paznaun.

<b>Duration:</b>	approx. 1,5 hours
<b>Meeting point:</b>	8 pm tourist office See
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun

**Participation is for free!**



Family



## Galtür Three 3,000 m peaks in a day!

Climb three 3,000 m peaks in a day in the Silvretta region – Galtür makes it possible! You can conquer three 3,000 m peaks in the same day, surrounded by the striking glaciers and protected by the giant summits of the Blue Silvretta area such as the Piz Buin and Fluchthorn. Galtür offers more! Take up the challenge! Here you can experience the peak of happiness with a difference!

<b>Duration:</b>	6 hours (walking time 5 to 5,5 hrs) 1.100 meters asc
<b>Meeting point:</b>	7.30 am village square Galtür
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	taxi transfer according to the tariff listing of Jamtaltaxi



## Galtür / GPS treasure hunt through Silvapark

In Galtür's Silvapark we hit the trails– equipped with GPS units – and try to solve the Silvapark puzzle. Who will be the best at finding the right coordinates? A successful combination of technology and nature.

Bring a drink and a snack with you!

<b>Duration:</b>	Full-day programme
<b>Meeting point:</b>	9.30 am valley station Birkahnban Galtür
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun

**Participation is for free!**



Teens

WEDNESDAY



NEW

## Ischgl Family walk through the village

We will take a look together at some of the nicest parts of Ischgl and stop off at the “Sandli” water playground. The playground is the perfect place to rest with its numerous wooden and stone features to explore, viewing platform and small relaxation area. We will then head to the Ischgl Funpark, which has plenty of games and activities to keep little ones entertained.

**Duration:** Approx. 2 hours  
**Meeting point:** 10 am Ischgl information office  
**Registration:** Not necessary

**Participation is for free!**



Family



Hiking



## **Galtür** Happiness on this earth ... is being on the back of a horse!

Head to the horse-riding centre! Today we'll enjoy an exciting day with family Zangerle and the Haflingers, craft colourful horseshoes and experience what it feels like to see the surrounding area up high on a horse. Since as the wonderful saying goes, 'Happiness on this earth is on the back of a horse.'

<b>Duration:</b>	Half-day programme
<b>Meeting point:</b>	1 pm Siggli's Alpin Club in Galtür (next to soccer court)
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 5,-



Kids

NEW



## Kappl Sunrise hike to the Mittagkopf with mountain breakfast

An early morning taxi will take you up to Visnitzal Valley. We will then climb for around 45 minutes in semi-darkness to the Mittagkopf (at 2,249 m). An array of colours will unfold before us as we take in the sun slowly rising over the Samnaun Alps to herald a new day. After the natural spectacle finishes we will wind our way down again to enjoy a hearty mountain breakfast at the Visnitzalm restaurant with bacon, cheese, sausage and coffee.

<b>Duration:</b>	Approx. 5 hours   300 meters asc
<b>Meeting point:</b>	valley station Diasbahn Kappl (time given on registration)
<b>Registration:</b>	Until 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 24,- for adults € 18,- for children up to the age of ten. Covers taxi transfer and breakfast
<b>Minimum group:</b>	5 people



Hiking

## Kappl / Green gold | A variety of herbs around the Alpe Dias

The diversity of herbs growing in Paznaun forms the basis for its flavoursome milk and all its secondary products. These herbs also feature in our kitchens and medicine cabinets. The diversity and special properties of these Alpine herbs form the focus of the herb-walk around the Alpe Dias. At the newly established museum of farming close to the Sunny Mountain adventure park, you can find out lots of exciting and useful information about these Alpine herb wonders. The highlight is making herb teas and salves together etc.

<b>Duration:</b>	approx. 4 hours
<b>Meeting point:</b>	10 am valley station Diasbahn Kappl
<b>Registration:</b>	Until 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 5,-



Family

THURSDAY



## Ischgl Into Switzerland on ancient smugglers' paths

Travel up by cable car and chairlift to the Flimjoch at 2,757 m altitude. Enjoy fabulous panoramic views of the surrounding mountain ranges of the Samnaun, Silvretta and Verwall, as well as the Ötztal Alps, with the 3,774-metre-high Wildspitze. Hike to Samnaun in Switzerland along old smugglers' paths used by our ancestors. Stop off for a 1.5 hour break for some varied duty free shopping in the duty free area before heading back to Ischgl by cable car and chairlift.

- Duration:** approx. 4 to 4,5 hours | 650 meters asc (walking sticks advisable for the descent)  
Descent in Samnaun difficult when wet
- Meeting point:** 9 am, Fimbabahn station in Ischgl (until 6<sup>th</sup> of July)  
9 am, Silvrettabahn station in Ischgl (from 7<sup>th</sup> of July)
- Registration:** Until 5 pm the previous day  
at any information office in Paznaun

Participation is for free!



Family



Hiking



**Kappl** Experience the cheese making process at 'Alpe Dias' with an alpine dairy farmer with focus on goats cheese products

The cheese is one of the traditional local delicacies. The cheese gets its particular taste from the range of alpine herbs that animals also get to graze on throughout the summer. A traditional alpine dairy farmer (known as a Senner) will give you a unique insight into the art of cheese making as you get to discuss and experience the process and sample some local cow's and goat's products.

<b>Duration:</b>	Approx. 2,5 hours
<b>Meeting point:</b>	09.45 am at 'Alpe Dias' (above mountain station in Kappl)
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 7,-



Family

THURSDAY



## See Summit hike to Rotpleiskopf

The Rotpleiskopf Mountain is just a fraction below the imposing 3,000-metre level with a peak of 2,936 metres, but it has no shortage of breath-taking views compared even to bigger mountains. A six-person cable car will help you get up to the Medrigalm meadow. From there you can walk along the track to the Ascherhütte hut at 2,256 m. You will then start to climb the peak, with your efforts sure to be rewarded by the views at the top.

<b>Duration:</b>	Approx. 5½ hours   1,100 meters asc
<b>Meeting point:</b>	8.30 am valley station Medrigochbahn See
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun

Participation is for free!

See

## Family walk along the Schaller Klamm and trip to Medrigalm spa

NEW

Water is the gold of this day and age. We will experience that in many different ways on this day trip. Together we will walk from the village to the nearby Schaller Klamm ravine. We will spend around 1½ hours walking through the ravine, which has a series of impressive waterfalls. Platforms are available to allow you to get close to these wonders of nature. After this exertion we then will take a cable car to the Medrigalm spa, for a different kind of encounter with water. This will allow you to calmly enjoy the relaxing nature of the element. You can also get something to eat at Medrigalm's mountain restaurant.

<b>Duration:</b>	Full-day programme
<b>Meeting point:</b>	9.30 am music pavilion in See
<b>Registration:</b>	Not necessary

Participation is for free!





## See Water rats ahoy!

Action and pure thrills are on offer in Tyrol's unique river and ravine areas. With guidance from experienced pros, you have the choice of either crossing real ravines, experiencing some cool slides or canoeing on the Inn. One thing is certain – you are guaranteed to get wet!

Bring your own Swimming togs and towel, rain jacket and warm clothing and your own snacks!

<b>Duration:</b>	Full-day programme
<b>Meeting point:</b>	9.30 am music pavilion in See
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 30,- for rafting and transfer (€ 42,- for adults)



Teens



## Galtür Bouldern rocks!

Never heard of bouldering? Then the time has come! Bouldering is climbing without ropes on natural boulders of rock. It sounds dangerous but isn't because thick foam mats at the base are part of a boulderer's standard equipment and well-trained mountain guides will show you how to do the first few moves. The Silvapark bouldering area contains the perfect rock for everyone – even children can test whether bouldering is for them because Galtür is home to Austria's first outdoor bouldering area for children.

<b>Duration:</b>	Full-day programme
<b>Meeting point:</b>	9.30 am valley station Birkhahnbahn Galtür
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 5,- for hire equipment





## **Kappl** Sample mountain cheese making with an alpine dairy farmer

Paznaun Almkäse mountain cheese is one of the traditional local delicacies. The cheese gets its particular taste from the range of alpine herbs that animals also get to graze on throughout the summer. A traditional alpine dairy farmer (known as a Senner) will give you a unique insight into the art of cheese making as you get to discuss and experience the process and sample some cows cheese, butter and more local products.

<b>Duration:</b>	Approx. 2,5 hours
<b>Meeting point:</b>	09.45 am at „Alpe Dias“ (above mountain station in Kappl)
<b>Registration:</b>	Before 5 pm the previous day at any information office in Paznaun
<b>Costs:</b>	€ 7,-



Family

## **Kappl** / At the farmers' market at Kappl village square

While parents sample delicious food from the 'Genusregion' at the farmers' market (from 6 pm), children get to enjoy fun with the kids club Paznaun. Afterwards at 8,30 pm the music group Kappl or Langesthei provides a great atmosphere with trumpets, drums and the like.

**Duration:** Approx. 4 hours  
**Meeting point:** 6 pm – Kappl village square  
**Registration:** not necessary

(Child supervision from 7.30 - 9.30 pm)

Participation is for free!



## Galtür LOWA Glacier safari with Intersport Wolfart



Experience and feel the eternal ice of the Jamtal glacier in Galtür.

The millennia-old ice of the alpine glaciers is fascinating, massive and alive. On a LOWA glacier safari into the eternal ice, you'll make your first experiences together with trained mountain guides on one of the best-known glaciers of the Eastern Alps. The glacier taxi will take you all the way into the Jamtal valley. After securing and checking the gear, the pro will guide you across eternal ice. You'll get to experience the Silvretta glacier world up close, surrounded by remarkable 3,000 metre high mountains. After a stop at the Jamtal hut, it's back to Galtür in the afternoon. This tour puts average demands on the coordination and fitness of participants and takes place in any weather.

- Duration:** approx. 6 hours  
(walking time approx. 5,5 hrs) | 650 meters asc
- Meeting point:** 8.30 am Intersport Wolfart Galtür  
(towards the Alpinarium)
- Registration:** at Intersport Wolfart until 4 pm the day  
before - equipment check +43(0)5443/8295
- Costs:** € 20,- per person for equipment plus taxi transfer  
according to the tariff listing of Jamtaltaxi

Participation from 16 years on, opportunity to test LOWA hiking boots for free as well as hire equipment to reduced prices.



## 2 days Alpince camp with Intersport Wolfart

In summer 2014 we have two opportunities for you to join an Alpine camp, powered by Intersport Wolfart. It's all about Alpine themes like climbing, bouldering, via ferrata, etc. Skilled mountain guides will teach the small groups theroretically and of course practically all their knowledge and will equip them with perfect equipment from Intersport Wolfart.

**26<sup>th</sup> -27<sup>th</sup> July**

**Bouldering & Climbing**

minimum age - 12

climbing III. – IV. grade is necessary

**16<sup>th</sup>-17<sup>th</sup> August**

**Familycamp | Via ferrata & Climbing**

suitable for small kids

**Meeting point:**

on the first camp day at 9 am at Intersport Wolfart sportshop (opposite the ‚Alpinarium‘) for a welcome and material check

**Costs:**

€ 89,- p.p. for 2 days Alpince camp + goody bag for all participants (accomodation not incl.)

**Infos & Registration:**

Intersport Wolfart

+43 (0) 5443 / 8295

sport.wolfart@vol.at





## **Impressum**

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