

# *THE OLYMPIAREGION*

## *SEEFELD IN TYROL*

### **A WIDE ARRAY OF ACTIVITIES FOR THE WHOLE FAMILY**

Surrounded by the Karwendel Nature Park – the largest such park in the Eastern Alps – the Wildmoos landscape conservation area, the Wetterstein mountains and the Hohe Munde massif, the Olympiaregion Seefeld has all the makings of a variety-packed family holiday in a spectacular natural setting. The resort's prime location on a south-facing elevated plateau in the heart of the Alps promises extended hours of sunshine, not to mention the health benefits of being at an altitude of 1,200 metres. The five villages that make up the Olympic region – Seefeld, Leutasch, Mösern/Buchen, Reith and Scharnitz – have everything to keep sports fans and nature lovers of all ages happy, whether it's hiking, cycling, climbing, riding, golf or swimming.

### **FANTASTIC HIKING TRAILS FOR WALKERS OF ALL AGES**

In the summer season, tourists have access to **650 kilometres** of trails through the countryside, all offering panoramic views. The extensive network of well-signposted hiking trails, which holds the coveted seal of quality awarded by the Tyrolean provincial government, is second to no other within the Alps. Extra-wide hiking trails enable both young and old to experience the full beauty of the natural environment. The prime location on an elevated plateau, together with the gentle undulating terrain, provides visitors with easy access to the surrounding alpine countryside, without having to climb a mountain first.

### **DISCOVER THE OLYMPIAREGION SEEFELD – A SUMMER PROGRAMME**

One highlight planned for the summer is the programme of events Discover the Olympiaregion Seefeld – the GREAT OUTDOORS is waiting for YOU! Visitors of all ages will be able to discover the region with a weekly programme of activities running between end of May and beginning of October, focussing on different themes every day. Various organised events such as the Nature Watch (a

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fascinating exploration of the Karwendel Gorge) or the guided walk 'Animal Tracks & Traces', offer fantastic opportunities for kids to explore the region's unique natural environment. Seefeld provides plenty of opportunities for hands-on experience, too. Participation in these events throughout the region is free for all summer visitors with the Olympiaregion Seefeld Card.

### **THREE THEMED TRAILS ON THE BRUNSCHKOPF MOUNTAIN**

In addition to a large number of diverse themed trails, the themed trails on the Brunschkopf mountain offer yet another summer highlight that allows families to enjoy a wide range of family-friendly hikes. The Mental Power, Ice Age and Seefeld Ski Trails – three themed trails that join up to form a star shape at the top of the Brunschkopf mountain – take hikers on a journey of discovery to their inner selves, transport them back to a long-forgotten age, or give them the chance to experience the Seefeld region's Olympic story first-hand. The latter two trails include fun learning components specially for children, providing plenty of stimulation and interesting facts and figures. The Mental Power Trail helps all holiday-makers – both young and old – to disconnect from everyday stress and enjoy a relaxing few hours amid the most beautiful natural scenery.

### **THEMED HIKING TRAILS IN THE REGION'S FIVE VILLAGES**

In addition, the region's five villages are home to a diverse selection of hiking trails suitable for family excursions: Seefeld is the starting point for the Kaiser Maximilian Trail around the Wildsee lake. The trail features 11 stops along the lake shore, which provide walkers with all kinds of information about the unique scenery, flora and fauna of the Alps. The Stations of the Cross on the Pfarrerbichl hill offers a unique place of interest for visitors of all ages, too. The 14 info points along the way culminate in a circle of 23-ton stones positioned in a specific stellar constellation, representing the 12 apostles.

The elevated Leutasch valley, home to 24 different hamlets, is nestled between the Karwendel, Wetterstein and Hohe Munde mountains. With the idyllic Gaistal valley and its alpine pastures and huts and the transnational Camino de Santiago or Way of St James, the valley is a haven for hikers wanting to enjoy Tyrol's unspoiled great outdoors. The Spirit Gorge is a top attraction for a family excursion, telling the mystical legend of the ghost of the gorge and its goblins. The Spirit Gorge Trail is the longest of three trails through Spirit Gorge. Its path – not for the faint-hearted – follows an 800-metre-long elevated walkway to a panoramic bridge. The extremely secure walkway wends its way

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between the narrow rocks, 43 metres above the crystal-clear mountain water, revealing an abundance of secrets along the way.

Mösern/Buchen is the smallest village in the Olympic region and occupies a stunning location on the south-facing side of the plateau. The largest free-hanging bell in Tyrol, the **Peace Bell**, can be accessed from here, affording walkers and hikers a breathtaking view over the Inn Valley. The bell is reached via the Peace Trail, which comprises a total of seven different info points that encourage inner reflection and contemplation. Paths also lead from Mösern/Buchen, affectionately known as the swallows' nest of Tyrol, towards two natural phenomena – the irregularly appearing lakes Lottensee and Wildmoossee. The Möserer See, Tyrol's warmest lake for bathing and swimming, can be accessed from Mösern/Buchen.



Towering high above the Inn valley, Reith is home to a unique protected dwarf pine moor and the **Reither Spitze** mountain at 2,373 metres. The village offers mountain hikes in Alpine terrain, as well as a diverse range of culture and culinary-related hikes for the whole family. Led pony rides are also available for children. The **Bee Nature Trail** is truly unique and offers hikers and nature lovers the chance to gain a fascinating insight into the mysterious lives of bees and related insects. The bee hotel accommodates wild bees, solitary bees and bumblebees, and provides long-term lodgings for honey bees, whose activity in the beehive can be observed through a glass window.

Scharnitz, the western gateway to the 727 km<sup>2</sup> Karwendel Nature Park – the largest of its kind in the Eastern Alps – is the perfect place for walks, mountain biking and mountain hikes that cater for all ages and levels of ability. Other top sites include the **Gleirschklamm** gorge, which carves its way through a dynamic rock landscape, alongside the crystal clear turquoise waters of the river Isar, and the water-themed nature trail, which begins at the very source of the Isar.

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## CLIMBING WITH THE WHOLE FAMILY

Climbers appreciate the diverse climbing experiences available in the region, which include via ferratas – some of which are suitable for families – aerial adventure parks and traditional climbing to suit all levels of ability.

## LIFTS TO THE SUMMIT

Tourists can make use of different mountain railways and lifts in the summer: the Rosshütte mountain railway and the Gschwandtkopf lift. The two gondolas and funicular railway on the Rosshütte mountain take passengers up to 2,064 metres, saving them the climb to the top – a great relief for families with small children! The activities on the Rosshütte during the summer season are also great for families. The Rosshütte Funpark is packed with attractions, such as a large kid's adventure playground themed on coal-mining in Seefeld, together with a giant trampoline and the new 'landing bag'. This giant 15m x 15m bouncy cushion provides a soft landing for both kids and adults as they jump from up to 9 metres – fantastic fun for all! The jumping station is manned by professional staff during the summer season. After riding up the mountain with the Gschwandtkopf lift, tourists can enjoy a fascinating view across the Inn valley while relaxing on sun loungers on the Alpine pastures.

## OTHER OUTDOOR AND INDOOR LEISURE ACTIVITIES

Family holidays in the Seefeld region can be packed with a whole host of other sports: golfing, tennis or riding, for example, get everyone involved. The golf clubs and riding centres offer specialist training and private lessons for visitors of all ages.

The numerous natural swimming lakes, such as Seefeld's Wildsee lake and the Mösersee lake, which is one of the warmest swimming lakes in Tyrol, are popular with all the family for cooling off and taking a dip. The Strandperle swimming facility on the shores of the Wildsee lake is paradise on earth for young swimmers. It comprises a children's playground, children's pool, a heated pool and a beach volleyball court. Pedalos and rowing boats are also available for a short trip out to the middle of the lake. The Reither Strandbad lakeside swimming area opposite is perfect for tranquil

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sunbathing. There is also plenty to do on rainy summer days, or as an alternative to the lakes: The indoor Olympia leisure pool complex offers fun for all the family, with over 630 m2 of pool facilities. The Alpenbad Leutasch leisure pool also has an abundance of special amenities for children. Both swimming pools have water slides and beautiful sunbathing lawns for a quiet, relaxing break.

Tired legs from a day's hiking can find relief in one of the five wonderfully refreshing Kneipp water therapy areas, which are fantastic places to take a rest and recharge the batteries for the next round of action.

The 3D cinema Cinepoint Seefeld in the Olympia Sports and Congress Centre, shows different films every day and is great for a cosy evening with the family.

The Seefeld region will also be putting on its usual annual children's programme again this summer, offering child discounts and attractive special package offers.



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