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EN

One valley.
Two mountain worlds.



Your Mountain.Winter

All information for your holiday



www.tiroler-oberland.com

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Erlebnisraum Tiroler Oberland · Your Mountain.Winter

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Current opening times can be found on our website:
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~ 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.

© Photograph: Rudi Wyhlidal (5)





The perfect winter day –
bright sunshine and powder snow.

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. Alpine natural areas with winter hiking trails, toboggan runs, ice skating rinks and numerous natural adventure spots or historic cultural sites await you. Just like lovingly maintained leisure facilities, impressive winter mountain landscapes for snowshoe and winter hiking or authentic encounters with locals.

The special feature is the central location of the Ty-

rolean 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 ski areas, adventurous leisure parks, and much more. These can be easily explored within a few minutes by car or with our free ski bus. 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 decide every day on the spur of the moment what to do on your personal and individual holiday experience.

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



© 360FOTO.tirol

Prutz

The holiday resort Prutz is beautifully embedded in front of the wintry backdrop of the mighty Kaunergrat.

The central location makes Prutz the ideal starting point for winter activities in the region. The holiday paradise awaits you at the entrance to the Kaunertal, surrounded by an imposing, snow-capped mountain world. After all, there are perfect opportunities for outdoor activities during the cold season!

Whether it's a winter walk to the historic Pontlatz Bridge or to the famous mineral spring "Sauerbrunn", whether it's a sporty day of cross-country skiing, ending with a cosy get-together with the regional gastronomy, ... winter fun and winter activities are endless!

864 m above sea level
1850 inhabitants
791 guest beds



© 360FOTO.tirol

Faggen

The smallest municipality in terms of area of the Oberes Gericht district is only separated from Prutz by the Faggen river

A down-to-earth nature park community at the picturesque entrance to the Kaunertal. If you are looking for peace and the opportunity to take things slow during your winter holiday, then tranquil Faggen is the right place for you. In a relaxed atmosphere, you will perfect conditions for a relaxing holiday in the snow.

Start the day without any hassle, as relaxing and really switching off is all par for the course in Faggen. Nevertheless, the surrounding ski areas are easy to reach. Those who like to pack more action into their holidays can do so with ease – Faggen is right at the heart of a world of possibilities!

900 m above sea level
390 inhabitants
51 guest beds



© 360FOTO.tirol

Ried

In the midst of wonderful ski areas – the Ried holiday resort is uniquely centrally located.

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 place is the perfect starting point for the surrounding ski areas – easily accessible with free ski buses.

The Ried bathing lake is not only a popular place to relax in summer – in winter there is a popular circular hiking trail here. Relaxing and unwinding comes naturally in the dreamy white winter landscape. The village of Ried also has a lot to offer historically: In addition to the court and administrative headquarters, housed in Sigmundsried Castle, the village was a centre for trade and commerce from early on. Numerous old buildings still bear witness to this today.

876 m above sea level
1270 inhabitants
1718 guest beds



© 360FOTO.tirol

Tösens

Located between Ried and Pfunds, the charming village of Tösens is the starting point for unforgettable winter experiences!

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

Historically, the picturesque community also has a lot to tell: Ore was once mined high above Tösens. In summer 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. In winter, the ice skating rink invites you to spend fun afternoons and snowshoe hiking trails are practically on the doorstep.

931 m above sea level
720 inhabitants
197 guest beds



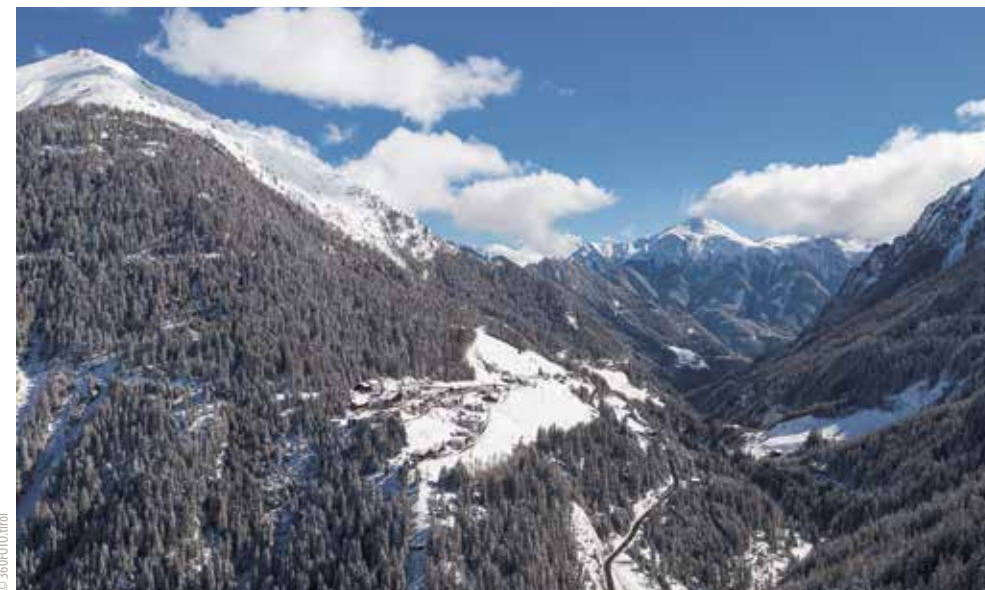
© 360FOTO.tirol

Pfunds

Comfortable, close to nature, traditional and diverse – that is what describes the holiday resort Pfunds best!

The unspoiled & imposing nature around Pfunds is made for winter sports lovers of all kinds. 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 wonderful ski areas, most of which can be easily reached by ski bus, and at the same time for the untouched natural landscapes on site. Whether it's cross-country skiing on the high-altitude trail, ski tours in untouched nature, ice skating or ice climbing in the middle of village or a fun toboggan ride, everyone gets their money's worth here. In addition to these numerous activities, the wild and romantic high valley, the Pfundser Tschey, attracts many winter sports enthusiasts to Pfunds.

970 m above sea level
2650 inhabitants
2170 guest beds



© 360FOTO.tirol

Spiss

Spiss, a small 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. No wonder that regular guests are always happy to come back to the family village at 1,626 metres above sea level for winter holidays!

On the one hand they benefit from the proximity to the Samnaun duty-free area and the ski bus to the Silvretta Arena Samnaun/Ischgl and on the other hand from the great cosiness and tranquility in Spiss.

1626 m above sea level
130 inhabitants
204 guest beds

Winter.Mountain. Worlds in the Tyrolean Oberland

From freshly prepared pistes to high-altitude cross-country ski runs to mirror-smooth ice rinks. Anyone who spends their holidays with us in the Tyrolean Oberland will be right at the heart of things. Right at the heart of things in terms of holiday fun, and also in the middle of the three country triangle. Hardly any other region is as suitable for varied holiday adventures as our holiday region.

The most valuable asset of our holiday region are our untouched mountains, which are ideal for relaxing hikes, adventurous mountain experiences and retreats. Authentic conversations and encounters with locals are also on the programme. Whether it's a snowshoe hike through snow-covered landscapes or a walk through the village, there is always something new to experience here. In order to get to know the Tyrolean Oberland even better, guided hikes

and wild animal feedings are of course also offered in winter. Pfundser Tschey, Kobl, the Langwiese, the frozen lake in Ried or the mountain world on the Kaunergrat with the Gogles Alm – these are probably the best-known destinations for a perfect winter day in our holiday region.

Whether hikers, ice skaters, cross-country skiers or natural tobogganists, everyone will find the right adventure for their family with us.

Untouched, snow-covered favourite places in the middle of the mountains of the Tyrolean Oberland.

Skialpin

White splendour as far as the eye can see – winter sports enthusiasts will be in seventh heaven in the Tyrolean Oberland.

No wonder, as there are six first-class ski resorts right on your doorstep! Surrounded by the most beautiful peaks in Austria, Italy and Switzerland, winter holiday makers will enjoy an extra dollop of fun in the snow in the three-country region. The Nauders ski paradise and the Fendels and Kaunertal Glacier ski areas are right on your doorstep, and if that's not enough for you, the top ski destinations of Samnaun/Ischgl, Serfaus-Fiss-Ladis and the Venet in Zams are less than 30 minutes' drive away.

With over 620 kilometres of pistes to choose from, ski fans will be in their element. And that's not all – snowboarders and alternative winter sports enthusiasts also get their money's worth. From fun parks and action worlds to perfectly prepared slopes and deep snow, everything your heart desires is there.

Various notable offers such as free ski buses and association ski passes can also be made use of. Carve your way down extra-wide pistes, track your kilometres on the slopes, float over gorges on the cable car, reach fascinating heights, explore endless expanses, ... Here you can immerse yourself in the wonderful winter world in the Tyrolean Oberland, between ancient stone pine trees, craggy rocks and boundless freedom in fresh mountain air.



© Rudi Wyhidal

© Rudi Wyhidal

THE MOST BEAUTIFUL SKI RESORTS IN TYROL WITHIN REACH

- ▀ Kaunertal Glacier
- ▀ Winterberg Fendels
- ▀ Nauders at the Reschenpass
Zwei Länder Skiarena
- ▀ Serfaus-Fiss-Ladis
- ▀ Silvretta Arena
Samnaun/Ischgl
- ▀ Genussberg Venet



© Rudi Wyhidal

On our website you will find all information about the location of the ski areas, prices, ski schools, webcams, the opening status, ...

www.tiroler-oberland.com/en/skialpin

Be the first to ski on freshly prepared pistes – a real high!





From the accommodation
to the ski slopes with ease.

SKI BUS

No snow chains to mount in the cold, wet mud and no hassle with icy windows...

Doesn't it sound relaxing and stress-free to leave your car behind during your winter holiday and switch to free ski buses in the Tyrolean Oberland?

By the way, the environment will thank you if you use our sustainable transfer service.

With a valid ski pass, you can use many of our ski buses to the surrounding ski areas free of charge!

You can find all connections and timetables here:
www.tiroler-oberland.com/en/skibus



The Kaunertal Glacier

The Kaunertal Glacier region is one of the most alpine ski areas in the country.



© Kaunertaler Gletscherbahnen

Our ski bus takes you from the Tyrolean Oberland to one of the most impressive ski areas, with a total of 50 kilometres of slopes, for lots of wonderful moments. A stunning mountain panorama during the bus ride completes your unforgettable excursion to the Kaunertal Glacier..

KAUNERTAL GLACIER ROAD

Fascinating natural wonders can be admired from 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”, which leads directly to the ski destination Kaunertal Glacier.



© Freeride Festival, Daniel Zangerl

© Kaunertaler Gletscherbahnen

DID YOU KNOW THAT....

- ▶ the steepest slope in Austria, the “BLACK IBEX” with a gradient of 87.85%, is located on the Kaunertal Glacier?
- ▶ the Kaunertal Glacier is a popular backdrop for the international film world?
- ▶ the Kaunertal Glacier is a secret spot for freeriders?
- ▶ you can enjoy a breathtaking three-country view of the surrounding mountains of Italy, Switzerland and Austria from the viewing platform on the Karlesjoch?
- ▶ there is a 170 m long, illuminated ski tunnel in the glacier ski area?
- ▶ the Kaunertal Glacier is the largest barrier-free ski area in Austria?



© Kaunertaler Gletscherbahnen | Daniel Zangerl

ICY COLD INSIGHT

Do you find it hard to wait until you can put on your skis and spend an exciting day on the Kaunertal Glacier? The current webcams in the region provide ice-cold insight! As is well known, a picture says more than a thousand words ... especially when it's one live from the eternal ice!

Fantastic views of the snow-white mountain peaks guaranteed!



Top slope conditions and a wonderful mountain panorama included.

Winterberg Fendels

Directly with the gondola from Ried to the middle of the Fendels ski area!

After an impressive gondola ride over a deep rocky gorge, you have already arrived in the middle of the winter paradise of Fendels. 6 lifts with 16 perfectly maintained kilometres of pistes await you, a toboggan run that has been awarded a seal of approval and snow is guaranteed thanks to the north-facing slope of most of the pistes.



© Rudi Wyhlidal

In the ski resort of Fendels, the little ones will feel like grown-ups. Families with kids take priority here! Ski fans of all ages can look forward to a snow playground for fun times in Fendels. While mum and dad demonstrate their skills on the deep snow slopes or the two black pistes, the kids let off steam in the BIBI Kinderland or in the Kidspark Fendels.

© Rudi Wyhlidal

DID YOU KNOW THAT....

- ▶ you can also master a Fendler slope and the toboggan run once a week late at night?
- ▶ there is a kids' park for aspiring freestylers in Fendels?
- ▶ the Fendels toboggan run is an adventurous mountain cart track in summer?
- ▶ there are specially marked ascent routes for ski tourers in Fendels?
- ▶ the cable car lift in Ried im Oberinntal takes you straight to the heart of the Fendler piste experience, after our ski bus has brought you comfortably to the cable car in a very short time?



© Daniel Zangerl

NIGHT SKIING AND NIGHT TOBOGGANING

You can also enjoy the beautiful family ski resort until late at night. Every Thursday the lights go on in Fendels for night skiing and night tobogganing!

Nauders am Reschenpass Zwei Länder Skiarena

Enjoying the snow on the Reschenpass!

In Nauders it's still really fun to buckle up and race down the wide pistes with a wonderful Alpine panorama.

Surrounded by snow-covered alpine peaks, 13 modern lifts, including the new Goldsee lift, and wide slopes of all levels of difficulty await winter sports enthusiasts and make every day in Nauders a true experience. All freeriders and freestylers will also get their money's worth in Nauders on kickers & rails in the flow parks or on the numerous freeride routes. With the Nauderix childrens-area, the guest kindergarten and the children's restaurant, even the little ones are in good hands in Nauders.

The Schöneben-Haideralm ski area is located just 10 minutes from Nauders, directly on the lake Reschensee. The ski bus takes you free of charge from the Tyrolean Oberland to the two ski areas.

NAUDERS FACTS

- ▶ 75 kilometres of pistes
- ▶ Altitude from 1,400 – 2,750 m
- ▶ Guaranteed snow until spring
- ▶ 70 kilometres of trails in the three country triangle
- ▶ 8 kilometres of tobogganing fun
- ▶ in December 2021 the brand new Goldsee lift was opened



Perfect slope conditions on the wide slopes in Nauders on the Reschenpass.



5 SKI RESORTS – 2 COUNTRIES – 1 SKI PASS

From Nauders in Tyrol to Sölden in South Tyrol, the two-country skiing region offers winter sports fans a total of 211 kilometres of well-prepped pistes in North and South Tyrol. What is the very best part? You can enjoy skiing in all five areas with just one ski pass! The ski pass is already valid for the two-day ticket in the following ski areas:

- ▶ Nauders am Reschenpass
- ▶ Schöneben-Haideralm at the Reschensee
- ▶ Watles
- ▶ Trafoi am Ortler
- ▶ Sölden am Ortler

The ski bus takes you comfortably and free of charge from the Tyrolean Oberland directly to the Nauders & Schöneben ski areas.

Serfaus-Fiss-Ladis

Large adventure world with many kilometres of slopes and lifts

The Serfaus-Fiss-Ladis ski area with its three historic villages is located at an altitude of approx. 1,400 m on a sunny high plateau above the upper Tyrolean Inn Valley and attracts all age groups with a large selection of slopes and cable cars.

With family-friendly attractions and offers such as the children's snow pasture, the Murmlipark and Berta's children's area, ski schools, all-day childcare, children's restaurants, ... there is a really wide range for families! Serfaus-Fiss-Ladis has already been awarded several times as the most family-friendly ski area in the Alps by well-known platforms and companies (skigebiete-test.de, Best Ski Resort etc.). Constantly modernised transportation systems such as gondolas, chair lifts and even an underground train round off the skiing experience.

Tip: You can find the current ski bus timetables on our website!

SERFAUS-FISS-LADIS FACTS

- ▶ free ski bus from the Tyrolean Oberland
- ▶ Area – 460 hectares
- ▶ 162 measured & 214 driven kilometres of pistes
- ▶ 68 transport systems
- ▶ 52 km of cross-country skiing trails and routes prepared daily
- ▶ 100 km of signposted winter hiking trails
- ▶ Toboggan runs, fun areas, freeride slopes, evening events, ...



Over a hundred kilometres of pistes paired with action attractions.



Silvretta Arena Samnaun/Ischgl

On smuggler tracks through two countries

Summit happiness in two countries – because here the cross-border ski arena connects two unique ski areas in Switzerland and Austria. With the double-decker cable car from Samnaun-Ravaisch you can reach one of the largest contiguous ski areas in the Eastern Alps.

Alongside well preserved ski runs and guaranteed snow right through to spring, one thing above all will be waiting for you: Sunshine. On the numerous eastern, western, northern and southern slopes of the ski resort, you're always on the sunny side of life in this 360° area.

From the Tyrolean Oberland you can reach the valley station of the double-decker cable car in about 20 minutes by car or ski bus. The small village of Spiss is even closer, only a 10-minute drive away – right on the Austria / Switzerland border.

THE SAMNAUN-ISCHGL SKI AREA AT A GLANCE

- ▶ 239 perfectly maintained kilometres of pistes
- ▶ guaranteed snow from the end of November to the beginning of May
- ▶ Open-air concerts with international stars
- ▶ Accessible by ski bus from the Tyrolean Oberland!



With the double-decker railway in the middle of the ski arena Samnaun/Ischgl.

© Kurt Kirschner
© Samnaun – Andrea Badrut

GOOD TO KNOW

- ▶ The area is considered a paradise for freeriders: 14 kilometres of marked, unprepared downhill routes and the freeride slopes on the Piz Val Gronda make powder-snow pulses race.
- ▶ At around 160 days, Samnaun/Ischgl has one of the longest winter seasons in the Alps – where else does winter last almost half a year?
- ▶ The national border between Switzerland and Austria runs right through the middle of the Silvretta Arena – so you pass what is perhaps the highest customs office in Europe on skis.
- ▶ After an active day of skiing, perfect relaxation awaits you in the Alpenquell Erlebnisbad – see page 71 for more information.

PROBABLY THE HIGHEST SHOPPING STREET IN EUROPE!

The Swiss village of Samnaun has been exempt from Swiss customs duties since 1892. To this day, that means shopping pleasure with top brands at attractive prices.

Tip: About 40 duty-free shops in the Samnaun valley can be reached directly on the ski route via the two valley runs in Samnaun, the duty-free runs.

Genussberg Venet

A fine ski area with a magnificent all-round view ...

Breathe in the power given by the Tyrolean mountains and breathe out the stress of everyday life. Surrounded by a breathtaking panorama and the vastness of nature, focus on the essentials. This is pure nature. This is pure relaxation. This is the Genussberg Venet.

That's how beautiful it is, the Venet mountain of pleasure. At an impressive 2,212 metres, it towers high above the Landeck and Zams basin. With 22 kilometres of pistes, the mountain world of the Vernet is a magnet and home for all winter sports fans. Whether beginner or expert, big or small – everyone will find their perfect slope here. Tourers and snowshoe hikers also get their money's worth on the Venet: The impressively beautiful routes invite you to extraordinary and dreamlike mountain and enjoyment moments.

Insider tip for all adrenaline junkies:
The Venet is a paradise for all freeskiers and powder skiers.



REACH FOR THE STARS

A special highlight on the mountain of pleasure: the (weekly) stargazing and guided tour of the Venet observatory.

The sun slowly disappears behind the surrounding mountains and bathes the breathtaking view in red-orange light. The snow glitters under your feet and a unique starry sky opens up.

The observatory, placed directly on the summit which is unique in Tyrol, opens up a view of the multi-faceted heavenly world. Thanks to its top equipment, it allows undisturbed gazing at the celestial bodies.

Breathtaking views skywards on the Venet.

© Venet Bergbahnen | Venet Gipfelhütte

© Venet Bergbahnen | Daniel Zangerl

© Venet Bergbahnen | Lidija Marjanovic

Ski 6

The renowned ski areas of Nauders, Fendels, Kaunertal Glacier, Serfaus-Fiss-Ladis and Venet have joined together to form a ski pass association. In figures? That is more than 80 lifts and 350 km of slopes!

The selection of slopes and highly comfortable cable cars and chairlifts is almost inexhaustible! Thanks to the network ski pass, you can choose where you want to ski every day.

The Ski 6 is available in the participating ski areas, in the Pfunds ski ticket office (Stuben 40, 6542 Pfunds) and in the Ried ski ticket office (No. 28, 6531 Ried i.O.).



SNOWCARD GOLD

The SNOWCARD GOLD opens all turnstiles in Nauders, on the Kaunertal Glacier and in the Fendels family ski area as well as in the ski area Samnaun/Ischgl.

A real goldmine for two countries, around 365 km of pistes, more than 70 lifts, numerous fun parks and children's adventure worlds. The Association pass gives you the best skiing pleasure à la carte every day – which area will you choose today?

The SNOWCARD GOLD is available in the participating ski resorts and in the Pfunds ski ticket office (Stuben 40, 6542 Pfunds).



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

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. The Kaunergrat Nature Park House is at 1,600 metres above sea level and has quickly established itself as a popular year-round destination. Whether on the well-prepared cross-country ski trails or the winter hiking trails, the beauty of the Piller Sattel will inspire you!

Here, numerous animal and plant species find an excellent refuge to survive and thrive on 590 km². For example, the iconic animal of the Kaunergrat Nature Park, the ibex, lives in the Nature Park Region with a population of 1,200 specimens!



© Martin Lugger

EXHIBITION, VIEWS AND CUISINE

The multimedia exhibition "3,000 m VERTICAL" casts a spell over even the youngest "nature lovers" and thereby enables an exciting excursion for the whole family into the fascinating alpine world. In addition, the Cafe-Restaurant Gachenblick offers a great view of the Kaunergrat as well as great regional delicacies.

Opening times:
Exhibition and cafe-restaurant www.kaunergrat.at

DID YOU KNOW THAT....

- ▶ experienced cross-country skiers can do their rounds on 12 km of trails through the quiet Nature Park Region?
- ▶ the Nature Park Region has the highest proportion of organic farms in Tyrol?
- ▶ one of our Winter Hiker's Buses drives to the Nature Park Region once a week?
- ▶ there were important archaeological finds such as a Rhaetian sacrificial site and ancient pieces of jewellery, tools, etc.?



© Daniel Zangerl

GUIDED TOURS IN THE NATURE PARK REGION

Discover the holiday region from its "most natural side". Together with mountain hiking guides and biologists, you go out into the untouched nature to discover the incomparable magic of winter. Visit our website for more information on guided tours. www.tiroler-oberland.com

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



Mountains, forests, snow and cosy hospitality – experience winter with all your senses.

Your Winter.Moments

Cold winter air, icy streams and lakes, snow-covered forests and peaks and the crunching of the snow under your shoes. This is exactly the kind of winter you dream of. In addition, there is authentic hospitality in the Tyrolean inns, where you will be spoiled with delicacies from the region. And where can you best experience this feeling of winter? Right here in the Tyrolean Oberland!

Tobogganing? Cross-country skiing? Hike through crisp snow? Discover wild animals in snow-covered forests? Or would you rather drop by the schnapps distillery? Winter in the Tyrolean Oberland offers a wealth of holiday experiences. For example, cross-country skiing on our Höhenlopie in the Pfundser Tschey or ice climbing in the middle of the village. Pure winter fun also awaits you on our ice rinks.

For those who prefer to take it easy, our mountain world offers plenty of hiking tours through lonely forests and up to the most beautiful peaks and alpine pastures. And then downhill with a fun toboggan ride. True to our motto "One valley. Two mountain worlds" you can experience enchanting winter nature experiences in the Tyrolean Oberland, both cold and heart-warming at the same time.

Winter & snowshoe hiking

With your snowshoes on, “walking” or “hiking” take on a whole new meaning. Whether on your own or with a mountain guide, you will discover the beauty of Tyrolean nature away from the slopes with crystal-clear views!

The fresh snow crunches under your shoes, the sun makes the whole surface glitter. Does that sound like a dream? It can come true here. You can experience your very own winter fairytale on numerous well-maintained hiking trails through the snowy landscape of the Tyrolean Oberland. Such peace and quiet, as you

don't often experience in the Tyrolean mountains, far away from the busy pistes, the Tyrolean Oberland offers the perfect retreat for a holiday where you can be completely offline and fully enjoy the winter days with us – and learn exciting things about the animal and plant world.

Snowshoe hikes through unspoiled natural landscapes.

Hiking tips & highlights

What you should definitely experience in the mountains of the Tyrolean Oberland:



© Kurt Kirschner

The high valley "Pfundser Tschey" with its cross-country ski trail, winter hiking trails, natural toboggan runs, ski tours and snowshoe tours.



© Kurt Kirschner

Winter hiking trails in our region – such as the romantic walk along the Faggen promenade in Prutz.



© Kurt Kirschner

Family tip: The winter hiking trail "Badsteig Wichtelwald" leads through a Christmas wonderland!



© Kurt Kirschner

Snowshoe hikes to the Gogles Alm with a great view and then tobogganing back down into the valley.



© Daniel Zangl

Weekly guided tours to the wild animal enclosure at the Kobl – Tip: Don't forget the toboggan for a fast descent!

Well equipped for your Winter.Moments

Enjoy and experience winter to the full with all its sporting diversity.

Our region pays special attention to quiet and gentle experiences in untouched winter landscapes. Thanks to a Winter Hiking Rucksack for hire, specialised winter hiking accommodation, guided tours, Winter Hiker's Buses, designated routes, ... nothing stands in the way of the perfect winter moment.



© Rudi Wyhidal

Numerous beautiful routes invite you to go winter hiking, from easy to difficult, for families as well as for active holidaymakers.

WINTER HIKING ACCOMMODATION

Specialising in winter hiking, they meet important criteria as accommodation to make your stay as pleasant as possible, such as:

- Winter Hiking Rucksack
- Information & maps
- Weather and avalanche situation report is available
- March tea at breakfast
- Laundry drying room

WINTER HIKING RUCKSACK

Did you forget your rucksack at home? No problem – a high-quality rucksack can be rented from the Tourist information office for € 5.00 per day.

This includes:

- Thermos
- 2 mugs
- 2 cushions
- 2 hand warmers
- First aid kit

WINTER.MOMENTS.CARD

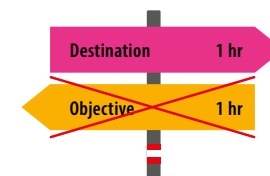
To round off the offer, you can purchase a card that combines numerous advantages for winter sports enthusiasts.

- 4 Guided walks
- Use of the Winter Hiker's Bus
- Ice skating
- 1x Ice climbing



GOOD TO KNOW

Please note that only the pink signs are valid in winter! The yellow hiking signs are only valid in summer. The designated winter hiking trails are regularly maintained. You can get the current status of these online or in the Tourist information offices. www.tiroler-oberland.com/en/status



Guided hikes

Discover glistening snow fields, white landscapes and snow-covered forests away from the hustle and bustle of the slopes!

Explore the wonderful winter world with our hiking guides, whether you are a beginner or an advanced hiker. Take a break from everyday digital life and get to know the Pfundsers Tschey or hike up to the Gogles Alm and after a long stop with a fun toboggan ride back down to the valley ... These are just two of numerous winter highlights that are on the programme with our guides.



The current weekly programme is available from the Tourist information office and can be found on our website.

Pure deep snow fun in the mountains of the Tyrolean Oberland.

Winter Hiker's Bus

Reach the most beautiful hiking areas stress-free and in an environmentally friendly way with our hiker's bus.

The most beautiful winter landscapes and views of the Alps are not only reserved for experienced mountaineers here in the Tyrolean Oberland. Even hikers who are not that fit, children, mountain novices or people who simply want to leave the car at home can get to the most beautiful starting points thanks to our Hiker's Buses. What is the best part? It protects the environment, our beautiful nature, and your nerves.

THESE DESTINATIONS ARE SERVED BY THE HIKER'S BUSES

- ▀ Wednesday:
Mountain world Kaunergrat
- ▀ Thursday:
Mountain world Tschey
- ▀ Friday:
Mountain world Kobl

You can get more information about the timetable from the Tourist information office or on our website:
www.tiroler-oberland.com/hikers-bus

Tobogganing

Sledging downhill in a flurry of snow followed by a cosy pit stop is always fun – whether it be by day under the bright sunshine or by night under the floodlights. Several natural toboggan runs in the Tyrolean Oberland promise pure tobogganing fun.

How did sledging actually come about? From the 17th century, blocks of ice covered with wood and wool were used primarily by the wealthy and aristocrats for pleasure. On these they whizzed down steep, icy ramps. The sport of sledging with wooden sleds became popular in the early 19th century. Luge and bobsledding have developed from this. Today there are luge world championships and the sport is even one of the Olympic disciplines.

Ried and there the youngsters in particular are at the forefront! The young, exceptional talents prove their skills on the runners in regular competitions. So it makes sense that a local, traditional toboggan manufacturer is not far away – the oldest toboggan and sled builder in Austria is in Prutz. The company has proven itself for over 130 years and still manufactures a wide variety of models from ash wood with perfect craftsmanship.

There are a lot of interesting things to say about our region in connection with tobogganing: There is a toboggan run in

Convince yourself – whether on foot or with a lift, a fun toboggan ride with a stop at a rustic hut must not be missed!

Tobogganing fun in its most beautiful facets.

Toboggan runs in the Tyrolean Oberland

Racing down into the valley surrounded by snow-covered nature – how much fun is that!



© Rudi Wyhidal

RIED-HOHLENEGG

The 1.2 km long Ried natural toboggan run is the perfect change from skiing. Fun and action are guaranteed! Whiz through the snowy winter landscape on an illuminated toboggan run. Information and dates for the toboggan evenings can be found in the current weekly programme.

| | | | |
|--------------------------|---------|------------------------|---------------------------------|
| Length | 1.2 km | Access | on foot |
| Altitude start | 1,000 m | Difficulty | medium |
| Altitude finish | 880 m | Admission/Price | free |
| Height difference | 120 m | Contact | Ried Tourist information office |

Tip: Below Hohlenegg in the direction of Ried is the Langwiese. If the snow conditions are good, you can also spend fun afternoons there with toboggans, bobsleds and making snowmen!

PFUNDS

You should not miss a toboggan run on the illuminated natural track or even during the day. In about 20 minutes you can walk to the toboggan hut (you find the opening times in the current weekly programme). After the cosy magic of the hut in the quaint toboggan hut, it's off back into the village. **Tip:** In the immediate vicinity of the starting point of the toboggan run is the St. Ulrich chapel, from here you have a wonderful view of Pfunds.

| | | | |
|--------------------------|---------|------------------------|-----------------------------------|
| Length | 1.1 km | Access | on foot |
| Altitude start | 1,160 m | Difficulty | medium |
| Altitude finish | 1,020 m | Admission/Price | free |
| Height difference | 140 m | Contact | Pfunds Tourist information office |

Tip: Winter hiking trails are maintained in the Pfunds Tschey, which also invite you to go tobogganing. When the snow conditions are good, a small children's ski slope is prepared in the village – perfect terrain for fun bob rides and first attempts at skiing.

FENDELS

The toboggan run in Fendels offers a special experience for the whole family. You can easily reach the starting point of the toboggan run with the 4-seater chairlift. The fun can begin after just a few minutes' journey time. **TIP:** Night tobogganing on the floodlit slope every Thursday from 19:00 to 22:00 is particularly popular. Awarded the quality seal for natural toboggan runs.

| | | | |
|-----------------------------|--|--------------------------|-----------|
| Length | 4.5 km | Access | with lift |
| Altitude start | 2,300 m | Difficulty | medium |
| Altitude finish | 1,350 m | Height difference | 950 m |
| Price for the ascent | www.kaunertaler-gletscher.at | | |
| Contact | Kaunertaler Gletscherbahnen GmbH, Tel. +43(0)5475/5566 | | |



© Daniela Zangert

Cross-country skiing

Whether skating or classic style, whether a beginner or an endurance athlete – the cross-country skiing offer in and around the Tyrolean Oberland is so extensive that you have to be in good physical shape to try out all the trails.

There is plenty of cross-country skiing to be done in the three country triangle with the holiday regions of the Kautenthal, the Tyrolean Oberland and Nauders am Reschenpass. The region is spanned by a network of 120 kilometres of trails – from romantic valley trails to challenging high-altitude trails, for both skaters and “classic” fans. Fans of the Nordic sport can easily cross over the border from Tyrol to South Tyrol and the Engadin in Switzerland. Some of these

trails lie between 1,440 m and 1,900 m above sea level and so they have guaranteed snow – ideal for exercise as the altitude increases the training effect. In Prutz and Pfunds, cross-country ski runs are also prepared in the valley when the snow conditions are good. Of course, the local partners also offer introductory courses for beginners and courses for advanced learners, as well as rental of the appropriate equipment.

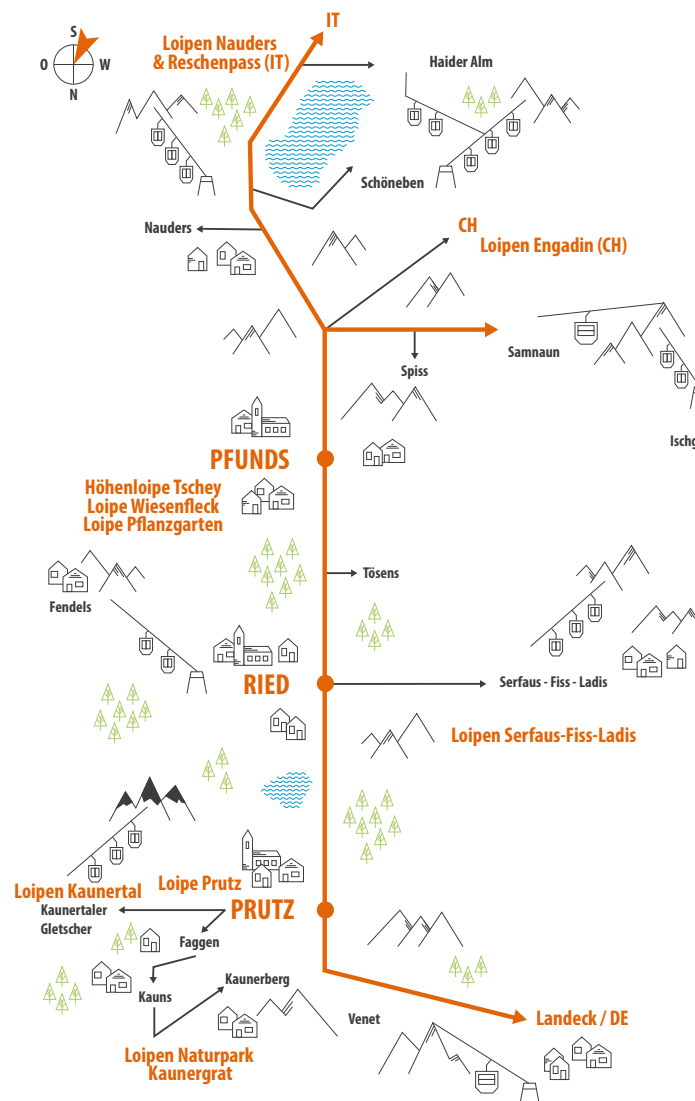
Perfect training on the high-altitude trail in the Pfunds Tschei.



Whether skating or classic cross-country trails, in Pfunds and Prutz this is possible in the valley as well as at high altitude.

Cross-country ski areas at a glance

The perfect starting point for Nordic winter sports!



© Kurt Mischner

DID YOU KNOW THAT...

- ▶ the high-altitude trail in the Pfunder Tschey is one of the most scenic trails in Tyrol?
- ▶ there are illuminated night-time trails in the Kaunertal & Engadine?
- ▶ you can cross the national border to Italy on cross-country skis in Nauders?
- ▶ cross-country trails are also prepared directly in the Kaunergrat Nature Park?
- ▶ cross-country skiing is one of the healthiest sports of all? It is considered to be particularly easy on the joints and is also a perfect full-body workout.



© Daniel Zangerl

CROSS-COUNTRY SKIING SCHOOLS, RENTAL & COURSES OFFERED

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

TIP: Use the Winter Hiker's Bus & Skibus to get to the cross-country ski trails in the neighbouring regions!



Discover the most beautiful ski tours in the Tyrolean Oberland.

Ski tours

Fun in the snow away from the hustle and bustle. Make tracks through enchanting, glittering snowy landscapes and get to know the quiet winter nature from its most beautiful side.

The fascination of ski touring – there is no better way to experience the wintry mountain world away from the pistes than on a ski tour in the three country triangle! Leisurely as well as demanding tours and powdery descents inspire ski tourers – impressive mountain panoramas and unique natural spectacles are always included. Start off your skiing tour in the three country triangle!

Up the glistening white slopes in total serenity and then

weaving back down through the deep snow – going on a ski tour means not just hitting the slopes on your own. The Tyrolean Oberland has snow-capped peaks that are well worth discovering.

Whether easy, moderately difficult or demanding tours, the Tyrolean Oberland offers them all. Ski tour routes up to 3,000 metres above sea level, ski tours directly on the piste, one and multi-day tours, guided ski tours and even night ski tours await you.

Ski tours

On a ski tour in the Tyrolean Oberland you can expect a harmony of nature experience and sporting challenge.

GUIDED SKI TOURS

Do you want useful insider tips and the best possible safety? Then a guided ski tour is ideal for you! Accompanied by mountain guides with expert local knowledge, you will embark on a journey of discovery through the grandiose alpine world of the Tyrolean Oberland. The excellent organisation makes the excursion into the deep snow unforgettable – we promise! (see ALPINCENTER DREILÄNDERECK p. 93)

SAFETY WHEN GOING ON A SKIING TOUR

If you set out in the deep snow without a local mountain guide, you must adapt your tour to the snow and weather conditions as well as the current avalanche situation. Safety is always the utmost priority!

| Avalanche situation report for the region at: www.lawine.report

Experience the fascination of the wintry mountain landscape away from the pistes in a totally new way, with the best ski tours in the three country triangle!

OUR TOP SKI TOUR TIPS IN THE THREE COUNTRY TRIANGLE:

- ▬ Fendels, cable car mountain station – Fendler Alm
- ▬ Nature Park House – Aifner Spitze
- ▬ Kaunertal Glacier Road – Glockturm
- ▬ Pfunds – Tschey Gschnairalm
- ▬ Pitztal – Wildspitze
- ▬ Matthäuskopf (Samnaun)
- ▬ Rojental (Innerer Nockenkopf)
- ▬ Ortler-Alpen (Suldenspitze)

Recommended reading: “Skitouren im Dreiländereck – Die schönsten Routen von Nauders bis ins Münstertal” / 94 tours: South Tyrol – Graubünden – Tyrol (Upper Vinschgau, Münstertal and Nauders).

6 QUESTIONS TO BE ANSWERED AS PREREQUISITES FOR YOUR PERFECT SKI TOUR:

- ▬ What is my own ability/condition?
- ▬ Am I familiar with the touring equipment or do I still need more information?
- ▬ Do I know what to do in an emergency?
- ▬ Does the level of difficulty of my tour match my ability?
- ▬ How many metres of altitude do I want to climb & what do I have to expect at that altitude?
- ▬ Who will go with me?

In addition to appropriate clothing, every ski tourer should carry a complete set of safety equipment that he or she can use:

- ▬ LVS device (avalanche transceiver)
- ▬ Probe
- ▬ Shovel
- ▬ Mobile phone
- ▬ ideally also an airbag avalanche backpack

SKI TOUR CAMP

1 week – 1 starting point |
3 peaks – 3 countries

The week-long ski tour camp is interesting for off-piste sports fans. Scale three different summits in three countries in one week!

Visit our website for more information
www.tiroler-oberland.com

The winter paradise of the Tyrolean Oberland is an excellent starting point for fantastic ski tours.



Sweeping pirouettes
get pulses
racing faster

ICE RINKS

The mirror-smooth adventure spots in the villages ensure lots of fun and variety on the ice. Whether on the always perfectly maintained ice skating rinks or the curling rinks – you are sure to have a lot of fun!

TIP: The ice rinks are often illuminated in the evening.

More information can be found in the current weekly programme.

- ▀ Ice rink and curling rink in Pfunds at the Ensplatz
- ▀ Ice rink in Tösens at the tennis court
- ▀ Ice rink and curling rink in Ried at the H2O
- ▀ Curling rink in Prutz



Ice climbing & paragliding

Climb impressive walls of ice or fly through clear mountain air – experience the adventurous side of the Tyrolean Oberland.

ICE CLIMBING

Ice axes, crampons, ice screws and a fair amount of courage and skill – only with these can the mighty frozen waterfalls be conquered. Thanks to the altitude, there are countless waterfalls in the Tyrolean Oberland and in the Kaunertal, which invite you to climb the ice in winter.

ICE CLIMBING AT NIGHT – A SPECIAL HIGHLIGHT!

With expert guidance and supervision, mountaineers with a head for heights can experience a safe introduction to the fascinating world of ice climbing twice a week! Well secured, equipped with a helmet, crampons and ice tools, the 17 m high ice tower in the centre of Pfunds can be conquered.



Information: see “Eisfälle im Kaunertal und Oberen Gericht”



PARAGLIDING & TANDEM FLIGHTS IN WINTER

There is hardly anywhere that you can feel the freedom of flying as directly as in the risers of a paraglider. Fly over the snowy Tyrolean mountains on a paragliding or tandem flight. For beginners there is Roland Patsch's flight school – the experienced tandem pilot will fly with you safely and relaxed over the peaks and valleys of the Tyrolean Oberland.

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



ICE FALLS IN THE INN VALLEY

- 1 Renk falls
- 2 Wiesafleck
- 3 Pflanzgarten
- 4 Zollwachgully
- 5 Rübezahl
- 6 Gullygalerie
- 7 Hengst

ICE FALLS IN KAUNERTAL

- 8 Sagmühl falls
- 9 Ice garden
- 10 Gsallbach falls
- 11 Mühlbach falls
- 12 Twisted Thread
- 13 Ice twins
- 14 Fear of Lust
- 15 The Yellow River

Ice climbing is one of the most adventurous winter sports in the Tyrolean Oberland.

© Kurt Wirschner

Archery

The Pfunds 3D-Bogenstadl is the ultimate year-round recreational facility for families and archery enthusiasts.



© Kurt Kirschner

Archery in winter? In the resort of Pfunds this is possible in the indoor Bogenstadl in the centre of the village. Here, archery enthusiasts can look forward to an 18-metre-long shooting range, numerous 3D targets, a shooting cinema and a children's area. Whether young or old, the Bogenstadl in Pfunds is a real highlight in the archery scene – all year round.

Ask the Tourist information office about the times for introductory courses and the opening times of the indoor Bogenstadl.

Even in summer, archery fans won't miss out here. In the five-hectare outdoor course you will find 28 3D animal dummies and a varied natural landscape. Regardless of whether you prefer to do it with the traditional longbow or a recurve bow, here you can go "hunting" with all types of bows. Every station is a challenge for the archers.

© Kurt Kirschner

WHY ARCHERY?

- ▶ it develops concentration and coordination
- ▶ it develops willpower
- ▶ it is ideal for freeing your mind from the hustle and bustle of everyday life
- ▶ it is perfect for team building
- ▶ it is the perfect alternative on grey, wintery days



© Roman Huber

BOGENSTADL FACTS

Introductory courses for beginners are also offered in the Bogenstadl. The equipment can be hired on site from our archery trainer.

For everyone who is still looking for something to do in the evening: The Bogenstadl is also open for you then.

Aim, shoot and bullseye – at the Bogenstadl in Pfunds.



Experience animals up close

Feed deer, pet llamas or go sledding with huskies like deep in Alaska? These are all things that you can experience up close in the Tyrolean Oberland.

“FEICHTI” WILDLIFE RESERVE

Have you ever touched or even fed a local wild animal? This is an extraordinary experience that will be remembered forever. The wild animal enclosure is located in the hamlet of Kobl, high above Pfunds. Guided tours can be booked in 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 animals of the forest directly 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!

CARRIAGE RIDES

Driving through the wintry landscapes of the Tyrolean Oberland in a horse-drawn carriage and enjoying the sunny winter afternoons? Does that sound like something out of a fairy tale? Yes, but here your personal winter fairy tale can become a reality. Ask for more detailed information about the horse-drawn carriage rides at the Tourist information office.

HUSKY SLED RIDES

Do you want to ride through the winter behind quiet paws on skis and feel the wind in your ears? That is exactly what you can experience on the husky rides of the “Wild Paws Adventures” through snow-covered landscapes of the Tyrolean Oberland. You can also get to know the husky family and learn a little about their lives.



Immerse yourself, recharge your batteries, chill out – relaxation time in the pools of the region.

Swimming and wellness

What could be more relaxing than a dip in the warm pool after a demanding day of sports?

Imagine you have been on your feet all day. For example when skiing or strenuous trudging through the deep snow – just wonderfully tired from the fresh mountain air during the day. Doesn't the idea of diving into warm thermal water and refreshing your tense muscles in gentle waves sound amazing?

Even on days when you want to leave the slopes behind, sleep in late and comfortably swim your lengths after a late, hearty breakfast... In or-

der to relax, there is not only one place to go in and around the Tyrolean Oberland, where you can exchange your gloves for slippers and simply let your soul run free.

In addition to swimming pools, there are also saunas, steam baths and massages. So, whether in the ski area in the morning and in the water in the evening, or all day long on a tickling bubble lounge – it's up to you how you relax in the midst of the Tyrolean mountains!



© Andreas Schaller

IN AND AROUND THE QUELLALPIN:

- ▶ Sauna complex
- ▶ Cross-country ski trail right in front of the door
- ▶ Fitness centre
- ▶ Bowling alley
- ▶ Shooting range
- ▶ Permanent exhibition – climate, glaciers, Kaunertal

Indoor pools nearby

After a demanding day of skiing in the evening or just to unwind.

QUELLALPIN

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 spring water, which has been awarded the seal of quality, make up the style and ambience of the leisure facility.

The restaurant Talgenus with traditional, down-to-earth cuisine, the fitness studio, the bowling alley and the shooting range complete the offer and offer numerous opportunities for joint activities.

The Kaunertal Tourist information office is in the same building – you can get more tips there.



© Andreas Schaller



© Mario Curti

ALPENQUELL ERLEBNISBAD IN SAMNAUN

Enjoy a soothing day in the highest bathing centre in Switzerland, the Alpenquell Erlebnisbad 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.



© Bogn Engiadina Scuol

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 is a choice of six indoor and outdoor pools with massage jets, jacuzzi, waterfalls, flow channel, brine pool and a spacious sauna area.



© 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 Lehmann

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!

Historic farmhouses, old castles and fortresses, ... – there is a lot to discover in the Tyrolean Oberland.

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. The fact that the Tyrolean mountain region is an extremely varied area is not only evident from the various winter sports options. The Tyrolean Oberland has also got a lot to offer in terms of cultural and traditional sights!



© Kurt Kirschner

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!

| Tip: Guided tours of the fortress are offered once a week!

SIGMUNDSRIED CASTLE

During a relaxed winter walk through Ried im Oberinntal you come across the impressive Sigmundsried Castle. It was first mentioned in history in 1381, and has been used for various purposes over the years, including as a prison.

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

DID YOU KNOW THAT....

- ▶ the Pontlatz 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?
- ▶ in the centre of Pfunds there is a fountain in honour of the "Pfunds-Kerle", which also tells interesting facts about their homeland and plays their most famous songs.

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

© 360FOTO.at/ral

© Kurt Kirschner





© 360FOTO.tirool

There are many churches and chapels in various architectural styles to be discovered in the Tyrolean Oberland.

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 "Historischer Rundgang durch Ried" from the Tourist information office.

MINI FUNDUS

At the Mini Fundus in Pfunds, even the little ones will feel big. The most historic buildings in Pfunds were painstakingly recreated and erected directly on the Via Claudia Augusta.

IN.KLÅNG

Nature lovers will find so-called "Stele" at important places in the Tyrolean Oberland. The wooden elements, which are more than two metre high, tell stories of the landscape with the voices of locals. The Tyrolean Oberland is rich in places with a lively, inner-alpine cultural landscape, in intact natural areas as well as in special stories and the people behind them who shape these places and have been farming in "IN.KLÅNG" with nature for generations.

CHURCHES AND CHAPELS IN THE TYROLEAN OBERLAND

In our holiday resorts of Prutz, Faggen, Ried, Tösens, Pfunds and Spiss, lovers of old frescoes and those interested in Gothic or Baroque architectural styles will find all kinds of things to see. In our region we have more than 20 churches and chapels as well as numerous wayside shrines.



© Kurt Kirschner

The Mini Fundus directly on the Via Claudia Augusta.

FRAUNS SHEEP WOOL FACTORY

Here you can see very well-preserved, water-powered machines for processing wool and learn a lot about the work in a sheep's wool factory on an interesting tour of the museum. In the shop there you can buy real sheep's wool socks, felt wool and knitted items like in the past, as well as modern wool products.

TURALOCH

The tower, the symbol of the village of Pfunds. It is located 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.



The folder "Kultur-Natur-Ausflugsziele" is available free of charge from the Tourist information office. Convince yourself of the numerous cultural tips in and around our region.

Gourmet and culinary delights

Traditional inns, welcoming hut owners, long-established schnapps distilleries, rustic farm shops, village dairies, wine-growers in the valley and beer brewers on the mountain – if you go in search of culinary delights in the Tyrolean Oberland, you will find them 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 mo-

ments 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 rustic huts and local inns and let a freshly baked Kaiserschmarren melt in your mouth. And a glass of wine with it too... It is for good reason that Austrian cuisine is known and loved far beyond the borders.

Enjoy our traditional dishes and delicious delicacies ...

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

SALES/SHOWROOM MUSEUM SHEEP'S WOOL FACTORY

Lovingly crafted individual pieces such as sheep's wool socks, felt products, seat covers, medicinal wool, etc. can be admired and bought here.

- ▶ Opening hours and further information: www.museum-schafwollfabrik.at
- ▶ Contact: Schöpf family, 6531 Ried i. O., Frauns 101/1, 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

VILLAGE ALPINE DAIRY RIED

Tasty delicacies such as grey cheese, which has won eight gold awards, mint spice and clarified butter are offered in the village alpine dairy in Ried. Here you can find dairy products from Ried farms – in addition to the finest enjoyment, you support regional agriculture with your purchase!

- ▶ The alpine dairy is only open in winter.
- ▶ Opening times: according to the current weekly programme
- ▶ Contact: 6531 Ried, Dorfstrasse 98, Tel. +43 (0) 650 280 59 67



© 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 website 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-wirtschaft.at
www.qualitaet.tirol/projekte/bewusst-tirol



© Daniel Zangerl



© 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.



© 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 terms of culinary highlights. 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 convince yourself of the art of brewing beer or of viticulture in this country.

DID YOU KNOW THAT...

- ▶ the beer of the mountain brewers is produced at over 1400 metres above sea level!
- ▶ Emperor Maximilian I promoted viticulture in Tyrol!
- ▶ we have a "SCHMANKERL-PASS" here in summer that you can use to collect points with delight?
- ▶ you get tasty regional dairy products first-hand in Ried in the dairy?
- ▶ in the Tyrolean Oberland, several farm shops offer high-quality delicacies and specialties?

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

Restaurants, Bars & Cafés

Hungry? Enjoy a good meal or a relaxed toast with a good glass of something to 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

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

PRUTZ / FAGGEN

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

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

Café 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

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

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 | <https://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

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

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

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

Ugis Imbiss | Tel. +43(0)660/5445078

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



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 Swarovski Crystal Worlds in Wattens.

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 – to discover culture, history and our breathtaking nature ...



© Innsbruck Tourismus – Tom Bause

INNSBRUCK

A trip to Innsbruck is well worth it: admire the shimmering shingles on the Golden Roof, marvel at the view from the impressive Bergisel ski jump or take a tour of the Tyrolean State capital on the Hop-on-Hop-off-Bus, surrounded by breathtaking mountain scenery.

RESCHENSEE

The wonderful view of the Ortler is unique, the panorama is enriched by the tower in the lake, which, as the last witness of the sunken village of Graun, brings history to life. The Reschensee is at an altitude of 1,500 metres – and therefore also offers ideal conditions for ice skating, ice sailing and snow kiting.



© IDM Stadhof-Alto Adige, Benjamin Pfischer



© Rhätische Bahn

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 the craftsmanship and works of famous artists both indoors and outdoors.

EISWEG ENGADIN

The Eisweg Engadin is a 3 km circular ice skating trail that runs through the forests of the Lower Engadine near the villages of Scuol and Sent.



© Eisweg Engadin



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

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/en/a-z

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) 05472 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



© shutterstock.com | Andrey Kuzmin

Ski hire

Don't you have your own equipment? You can easily borrow the sports equipment you need from the sports shops in our region and let the winter fun begin!

| Information can be found at: www.tiroler-oberland.com/en/skihire



© Kurt Kirschner

Ski schools

The first attempts with skis or snowboards can be a challenge without help. All the better that there are top trained, professional ski instructors in the region who will show you and your children the perfect tricks to ski skilfully.

| Information can be found a: www.tiroler-oberland.com/en/skischool



© Heidi Wylhidl

Mountain and ski guides – ALPINECENTER DREILÄNDERECK

Book your individual, privately guided mountain tour. Whether with snowshoes or touring skis – the world of untouched snowy nature is open to you!

The association of local, state-certified mountain guides guarantees a diverse range of mountain sports in the Tyrolean Oberland. Your experienced companions will impress you with their experience and passion for the Tyrolean mountains.

| You can find all the important information on our website:
www.tiroler-oberland.com/en/alpincenter-dreilaendereck



© Heidi Wylhidl

Events

Whether cultural, sporting or culinary, a wide variety of events is guaranteed!

Whether in summer or in winter: 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.

ACTION IN THE EVENING

Can't you get enough of winter sports in the evening? Then visit the great evening events in the Tyrolean Oberland. Whether you are making the last runs on the piste during night skiing, speeding down through the winter forest on a toboggan at a late hour or putting your skills to the test with curling – the Tyrolean Oberland also has a lot to offer in the evenings.



© Kurt Kirschner

COSY GET-TOGETHER IN ADVENT

Don't miss out on the advent markets & punch evenings during the most beautiful time of the year. "Zamstian" with mulled wine and delicious biscuits, feel the magic of Advent and look forward to Christmas together.

ACTION, FUN AND EXCITEMENT

This is what the fascinating ski shows around the Tyrolean Oberland offer. Just the right thing for all winter sports fans. Experience breathtaking tricks and daring jumps by freestylers and ski instructors, accompanied by music and light shows. Let yourself be surprised by adventurous evening shows under the starry sky.

DID YOU KNOW THAT...

- ▶ every two years there is a musically staged search for a hostel through Krippenstrasse in Pfunds?
- ▶ savory regional products are offered at the Christmas Advent markets?
- ▶ it is still possible to go skiing or tobogganing late at night during the evenings?
- ▶ there is ice skating fun at the ice rink in Ried once a week in the evening?



© Rudi Wychital

WEEKLY PROGRAMME

In our weekly programme & on our 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/weekly-programme

Whether leisurely or action-packed – all kinds of highlights await you.

© Kurt Kirschner

SCHLITTSCHUHGAUDI!

Evening magic at the ice rink. NEW since winter 2021/22 there is a fantastic evening on the ice in Ried at the H20 Adventure! Here the ice rink for ice skating and playing hockey as well as the curling rink are illuminated until late in the evening. Upbeat music and refreshments at the kiosk let the brisk Kuven dance across the ice almost by themselves! Don't miss out on this fun!

You can find more information in the weekly programme and on our website.

MONDSCHNEIPICKNICK

In the middle of the icy and deep black winter night, you will experience special heavenly events such as shooting star nights, super moons, wrapped up warm on cosy sheepskins... In front of the crackling campfire, we take in the impressive world of stars in the Milky Way. The unspoiled high valley of Pfundsers Tschey is far away from brightly lit cities and light sources and is therefore ideal for marvelling at the enchantingly sparkling constellations under expert guidance.

The evening events in the Tyrolean Oberland will warm your heart.



Alpine natural areas with countless kilometres of hiking, cycling and biking trails await you.

Summer time

Welcome to the heart of the summer mountains!

The mountain summer in the Tyrolean Oberland inspires with an incomparable range of sports and nature experiences – climbing next to a thundering waterfall, yoga in the pine forest, archery in the 3D parcours, and the impressive nature in the Tyrolean Oberland is made for hikers, mountaineers and mountain bikers alike.



© Rudi Wyhidal

Wild streams like the Inn magically attract daring surfers in colourful inflatable boats and neoprene suits, and paragliding makes dreams of flying come true.



© Rudi Wyhidal

With so much sport and nature, of course, culture and cuisine should not be neglected during your holiday! The Tyrolean Oberland attracts visitors throughout the summer with numerous cultural sights and culinary delights as well as a variety of events.



All information can be found in the brochure "Your Mountain. Summer"



© Rudi Wyhidal

A FAMILY PARADISE ALL YEAR ROUND

Lots of fun every day, fresh air and plenty of adventure – in summer in the Tyrolean Oberland the best experiences await young and old explorers. Whether on family hikes in enchanting stone pine forests, on sunny bathing days in crystal-clear lakes or on guided tours on imposing rock climbing walls. There are also numerous forest and adventure playgrounds for shared adventures. We are a partner region of the Tyrolean Family nests – high quality standards can therefore be found at all levels.



Juni.Bluama.Zeit

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