

ISCHGL OPENS Summer 2023:

316 new adventures await



For many people, the Alps means one thing: winter sports. But for those who know about the summer, it's an entirely different experience. This summer, the Paznaun Valley is opening 300 new bouldering routes, nine trail running paths, four family treasure hunt routes, a 3D archery course, and a brand-new digital assistant on tap.

Bonkers Bouldering: As well as being physically demanding, a healthy whole-body workout that trains coordination, body awareness, mobility, grip strength and is mentally stimulating, bouldering is also very social – no surprises then that it's becoming a popular alternative to lifting weights. With many of us needing to get creative in lockdown, bouldering took off in a big way. According to the [Association of British Climbing Walls](#), around one million people in the UK now climb regularly. 300 newly developed routes are launched this summer in the Silvapark Galtür bouldering park at the foot of the Ballunspitze. Tyrol's largest natural rock boulder arena (1,800 to 2,000 metres) was made accessible by Austrian bouldering pioneer Bernd Zangerl. It features 445 different routes and is perfect for beginners as well as experienced climbers. With beginner-friendly slabs, technically challenging elevation cracks and far overhangs, it's a great challenge. Also new: Online photos and POI locations. The children's and beginners' area is 10 minutes' walk from the Alpkogelbahn mountain station. Highlight for pros: the Anam Cara sector with extremely difficult routes up to 8c. Bouldering mats can be rented in Galtür. Info: [here](#)

E-Bike and Climb: Try the new bike and climb packages in Galtür and Ischgl. From Ischgl head to the Heidelberger mountain hut, it's a 1.5-hour adventure e-bike ride to 20 climbing routes varying in 6c+ to 8a+ grades, perfect for climbing fans who love challenging, steep terrain. In Galtür, two renovated climbing parks Jamblock and Hüttenblick at the Jamtalhütte offer 29 routes varying in grades from 4 to 7 are easily accessible by e-bike in the Jamtal area. Both E-Bike & Climb routes are available to download as GPX tracks. More info: [here](#)

Trail Times: Paznaun has opened nine new appealing and demanding trail running routes covering 85 kms, with about 8,300 metres of elevation as well as varying distances and breathtaking views along the way. Trail running is a discipline that enables participants to lengthen their stride – with those taking

part having to plan their own itineraries. Maps and descriptions are there to inspire at Trails sponsored by LEKI. Medium challenging trails cover 3.7 kms with an ascent of 790 m in altitude; more demanding routes include 13.2 kms and around 1,200 m in altitude. All new trails start from cable car lift stations or bus stops. (Leki) poles can be hired in the sports shops in Paznaun. All info: [here](#)

Family Fun Treasure Hunt Paznaun: This new treasure hunt is incredible fun for the whole family and makes a hike entertaining and exciting with four treasure maps to follow, all available from the tourist office. Discover the hidden treasures from a cable car along the route and receive a reward at the end of every mountain tour. Hidden containers contain letters that together act as the solution word for the reward. All information: [here](#)

Mountain 3D Archery: Paznaun is opening a new 3D fun shoot for archers of all skill levels and ages. Take aim and shoot unique animal replicas along the 1.7km long course with 32 3D targets (lifelike targets of animals, including ibex, marmot and grouse) that challenge shooters to adjust for distances, steep angles and natural obstacles. Guided beginner tours as well as training courses are available. Open: 1 July to 15 October - Monday to Friday from 10:00 to 16:00 and Sunday from 10:00 to 13:00. Reached on foot from Ischgl or via the Silvrettaseilbahn middle station and is located at the Adventure Stage at Pardatschersee. More information will follow soon.

PIA: Need an answer to a question about the Paznaun region? The new Personal Interest Assistant aka PIA is an intelligent, informative and flexible travel companion. PIA provides guests with tailor-made content such as current live data from the hiking trails, knows all the activity options in Paznaun for different tribes, provides up-to-date information on bookable events, open restaurants, museums or pre bookable activities and, equipped with a booking and payment function, helps customers to plan their holiday in the best possible way. conversational experiences

Further information at www.paznaun-ischgl.com

To book a holiday in Paznaun-Ischgl this summer, go to www.ischgl.com and choose from the range of accommodation, where five nights' bed and breakfast is from €207/£180 pp, including the local Silvretta Card which entitles guests to many free services, such as use of cable cars and chairlifts.

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