

## **Galtür in summer: outdoor paradise for active holidaymakers**

*In summer, Galtür offers an impressive selection of outdoor activities for sports enthusiasts and those seeking relaxation. From alpine bouldering and climbing to mountain biking, hiking and trail running to cultural and nature-loving experiences, there are numerous opportunities to actively explore the region. The clear mountain air of the climatic health resort of Galtür ensures an ideal climate for relaxation.*

### **Bouldering and climbing in the Silvapark**

*The Silvapark bouldering area in Galtür offers 195 bouldering routes in 14 different sectors. They consist of varied granite rock formations, ranging from moderately difficult to challenging routes. Climbers can choose between various via ferratas, including the Gorfenspitz via ferrata, which is ideal for beginners, and more demanding routes such as the Ballunspitze, which offers ideal challenges for advanced climbers. [More info](#)*

### **Mountain biking on the Silva Trails**

*The Silva Trails trail park offers a variety of routes for mountain bikers. The Alpkogel Trail runs for 6.68 kilometres from the mountain station to the valley station and offers a wide range of bends and descents. Advanced bikers can venture onto the Birkhahn Trail, which is steeper and more technical. At Siggli's Base, beginners and families will find easier trails as well as a pump track and a jumpline for jumps. There is also a well-developed network of 130 kilometres of (e-)bike trails around Galtür. [More info](#)*

### **Hiking, mountaineering and trail running**

*With a network of 250 kilometres of trails, Galtür is an ideal starting point for hikes of all levels of difficulty. Whether leisurely family hikes to destinations in the Jamtal valley or challenging mountain tours, such as the ascent to the Ballunspitze – hikers will find a wide range of options here. For mountaineers, there are challenging routes at alpine heights that guarantee spectacular views. The region offers special trails for runners looking for alpine challenges. From steep ascents to soft trails, there is everything to delight trail runners. The Cross Trails powered by LEKI offer ideal conditions for training with poles. [More info](#)*

### **Mountain lakes and water fun**

*The mountain lakes around Galtür are peaceful retreats that invite you to relax after sporting activities. The Silvretta Reservoir and the Kops Reservoir offer idyllic places for hikes and offer breathtaking views*

of the surrounding mountains. The peaceful atmosphere and pure mountain air provide relaxation and a moment of tranquillity in the midst of the Alpine landscape. [More info](#)

### **Silvretta High Alpine Road, Alpinarium Galtür and Sports and Cultural Centre**

The Silvretta High Alpine Road is one of the most beautiful Alpine pass roads in Tyrol. The serpentine route with 34 hairpin bends leads from Partenen through the Vermunt to Galtür. Motorcyclists, mountain bikers and racing cyclists appreciate the many bends along the route. The Alpinarium Galtür is a modern museum that focuses on the history of the region and life in the high mountains. The avalanche protection wall integrated into the exhibition is particularly impressive. The Sports and Cultural Centre complements the leisure facilities with an indoor swimming pool, tennis courts and more. It is also a venue for cultural events, concerts and sporting events. [More info](#)

### **Alpine Experience & Silvretta Card Premium**

The Alpine Experience offers weekly guided hikes and adventure tours, where visitors are led through the mountains of Galtür on foot or by bike by experienced guides, learn about the culinary delights of the valley or discover insider tips about the region. [More info](#)

With the Silvretta Card Premium you can use buses and trains in Paznaun and Montafon free of charge. Plus the Silvretta High Alpine Road and discounts on the adventure programme. The card is available from all participating accommodations. [More info](#)

### **Holidays for allergy sufferers**

As a recognised climatic health resort, Galtür offers excellent conditions for allergy sufferers and people with respiratory problems. The low-pollen mountain air provides noticeable relief and the pure mountain air supports health and well-being. Especially in summer, when the pollen count is high in lower-lying areas, visitors to Galtür can enjoy a soothing break. [More info](#)

Further information at [Galtür - the holiday region for families in Paznaun | Galtür](#).

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