

Summer holidays in Ischgl: nature, action and relaxation

In summer, Ischgl transforms into a paradise for outdoor enthusiasts and relaxation seekers alike. The impressive mountain landscape of the Tyrolean Alps offers a wide range of activities that go far beyond classic hiking. With an extensive network of hiking and biking trails, exciting leisure attractions and first-class recreational opportunities, Ischgl is a top destination for active holidaymakers.

(E-)biking in Ischgl

With a network of over 400 kilometres of marked mountain bike trails, the region offers varied and challenging tours. The cross-border Silvretta Bike Arena Ischgl/Samnaun offers experienced riders 100 kilometres of challenging natural trails and downhill routes that guarantee pure thrills and adrenaline. For e-bikers, there is a well-developed network of e-bike-friendly trails with charging stations, making longer tours through the picturesque surroundings even more enjoyable. A particularly attractive option is the "(E-)Bike & Hike" concept, which combines hikes with mountain bike tours. This means that even remote peaks and mountain pastures can be reached quickly and easily. [More info](#)

Hiking in Ischgl

Hikers can explore the impressive mountain world on 200 kilometres of hiking trails. The well-signposted paths lead through idyllic valleys, across alpine pastures and up to breathtaking mountain peaks. The hikes to the picturesque mountain lakes, such as the Berglisee or the Madleinsee, which offer ideal resting places in unspoilt nature, are particularly recommended. Families and beginners will find numerous circular routes, while experienced hikers can undertake challenging summit tours, such as to the three three-thousand metre peaks. There are also Cross Trails powered by LEKI, which offer sporty hikers and runners a special challenge. Many high-altitude destinations can be easily reached with the summer mountain lifts. [More info](#)

Attractions in the Silvretta Arena

The Vider Truja adventure park on the Idalp is located at an altitude of over 2,300 metres and guarantees family fun with water games, a bouldering area, sand playground, Kneipp facility, barbecue areas, sun loungers and much more. The Ischgl archery course offers archery in the midst of nature, where visitors can test their accuracy in the alpine environment. Next to it, nestled between the Schwarzwasser and the Pardatscher See, is the Adventure Stage, an adventure playground with games of skill and a climbing tower. From there, the Walk of Lyrics, which is dedicated to the stars of the Top of the Mountain concerts, leads back down into the valley. For families and treasure hunters, there is

a modern GPS treasure hunt along the way, where hidden clues have to be found in nature. For the more adventurous, the Skyfly, a zipline, leads over a distance of two kilometres at a height of 50 metres from the middle station to the valley. [More info](#)

Alpine Experience

For adventurers, the Paznaun - Ischgl region offers the Alpine Experience, with which you can explore the surrounding area on weekly guided mountain tours, bike training, nature workshops and other special activities. The experiences provide a deeper insight into the nature and culture of the region and can be booked online. [More info](#)

Relaxation in the Silvretta Therme

In addition to the many outdoor activities, Ischgl also offers the perfect opportunity to relax. The Silvretta Therme, a modern wellness paradise, is the ideal place to unwind after an active day in the mountains. On 2,500 square metres, guests will find everything their heart desires: from indoor and outdoor pools and various saunas with breathtaking views of the surrounding mountain landscape to a fitness area and restaurant. [More info](#)

Entertainment and enjoyment

Numerous top events take place in Ischgl in summer, making a visit to the region even more varied. Renowned sporting events such as the PIUT, the Ischgl Ironbike and the E-Bike World Championships for Everyone and cultural and culinary highlights such as the Ischgl Classics and the Culinary Paznaun offer something for every taste. [More info](#)

Those who want to round off the day with a culinary treat will also find numerous first-class restaurants in Ischgl, ranging from traditional Tyrolean cuisine to international gourmet creations. Some of these restaurants have been awarded toques and offer culinary delights at the highest level. [More info](#)

Further information at [Ischgl - the Tyrolean adventure paradise | Ischgl](#).

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