

Kappl: Family Paradise in summer and winter

Kappl in Paznaun offers a wide range of family-friendly activities in both summer and winter. The region is known for its close-to-nature orientation and offers numerous opportunities for relaxation and adventure in the Alpine landscape. Child-friendly attractions, easy hiking trails and well-equipped ski areas make Kappl a suitable destination for families who want to spend varied days in the mountains in both summer and winter.

Summer in Kappl: adventure and nature for families

In summer, the Sunny Mountain Adventure Park, located at 1,830 metres above sea level at the Diasbahn mountain station, plays a central role. The park is easily accessible and includes various play and recreation areas for children. These include an adventure playground, farm animals and a lake, where children can explore nature together with the fox "Sunny". The Sunny's Adventure themed trail – an exploration trail for nature lovers of all ages – leads along easy-to-walk paths through the area surrounding the adventure park and offers information boards and adventure stations along the way, where children can learn about Alpine nature and wildlife in a fun way. The trail is designed in such a way that even younger children can easily join in while the adults enjoy the impressive mountain scenery of the Silvretta mountain range.

Another highlight is the treasure hunt, which takes place in summer. Equipped with a treasure map, families set off in search of hidden clues along the path from Sunny Mountain Adventure Park to the valley. This exciting activity encourages cooperation and team spirit within the family and is rewarded with a piece of the treasure at the end.

In summer, the Alblittbahn makes it easier to reach the Niederelbehütte and makes the hike an attractive option for active families too. There are also climbing facilities available around the Kreuzjochblick climbing area and the family-friendly Märchenwiese practice climbing area, as well as the 'Sunny Mountain Carts' and the Kappl Escape Trail.

In addition to family-friendly hikes, sporty families have the option of combining hiking with cycling. The Bike & Hike concept is well developed in the region. Families cycle by mountain bike to high starting points and continue their tours on foot. This combination makes it easier to reach more distant hiking destinations and makes for a varied day.

Winter in Kappl: family-friendly ski area and fun in the snow

In winter, Kappl is transformed into a snow-covered paradise for families. As part of the Kappl & See ski area, the Kappl ski area is particularly family-friendly and offers perfect conditions for beginners

and families with its 42 kilometres of slopes. The quiet and well-organised pistes are ideal for children and beginners who are taking their first turns in the snow. Special beginners' areas and the Kappl ski school offer support for young and old beginners to learn how to ski.

The wintry Sunny Mountain Adventure Park is a highlight in the ski area for the little ones. Here, children can playfully gain their first experience on skis. The children's area is equipped with practice lifts, a conveyor belt and numerous fun elements that make it easier for children to start skiing. Professional ski instructors are on hand to teach children their first steps on the slopes.

Away from the slopes, there are also numerous winter activities in Kappl that are specially tailored to families. A speedy toboggan ride on the six-kilometre natural toboggan run provides fun and action. The toboggan run starts at the Sunny Mountain Restaurant and leads down into the valley in fast bends. Night tobogganing is particularly exciting, with the run being atmospherically lit once a week for an exciting ride in the dark.

Year-round experiences for families

Both in summer and winter, Kappl offers the Alpine Experience Programme, which is also specially put together for families. In summer, the programme includes guided hikes, games and discovery tours in the Paznaun mountains. Children learn about nature and their surroundings in a playful way while letting off steam in the fresh mountain air.

In winter, the Experience Programme includes ski courses, snow games and guided snowshoe hikes. There are also special family offers where parents and children can take part in winter activities together, such as the alpaca hike or torchlight hike.

Further information at [Family holidays in the Tyrolean Paznaun valley](#).

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