

Summer in Kappl: Sunny Mountain Adventure Park and Dias-Flow-Trail

In summer, Kappl is an ideal destination for families and outdoor enthusiasts who want to enjoy the Tyrolean mountains. With the Sunny Mountain Adventure Park, Kappl offers a varied adventure for the whole family, while the Dias-Flow-Trail provides mountain bike enthusiasts with an exciting riding experience. This combination of nature, fun and sporting challenges makes Kappl an attractive place for young and old.

Sunny Mountain Adventure Park: nature and fun for the whole family

The Sunny Mountain Adventure Park at an altitude of 1,830 metres offers families a wide range of leisure activities in the middle of the Verwall mountains. The adventure park is ideal for children, who can playfully explore nature and have lots of fun at the same time. A centrepiece of the park is the Sunny Mountain See, an artificial reservoir whose shore serves as a rest area and playground.

Another highlight is the large adventure playground, which is equipped with various climbing frames, swings and slides. This play area allows children to let off steam and improve their motor skills through play. For even more adventure, there is a low ropes course in the park that requires balance and dexterity from the children. In the natural environment, the little ones can move around safely.

The Sunny's Adventure themed trail features numerous interactive stations that introduce children to the flora and fauna of the Alps. For children who love animals, the adventure park is home to farm animals such as goats, sheep, pigs, rabbits, horses and donkeys. This not only provides entertainment, but also offers the chance to learn about the animals.

The adventure park is not only a place to play, but also to rest and relax. After a hike, families can refresh their feet in the cool water at the Kneipp facility and recharge their batteries for the rest of the day.

The offer is rounded off by a fishing pond where families can fish for a fee and prepare their catch directly at the barbecue stations - an experience that combines nature and culinary delights.

For families and groups looking to combine a nature experience with the fun of solving puzzles, the Kappl Escape Trail offers an extra outdoor adventure. Along a route of around 2.6 kilometres, participants work together to decipher clues and solve tasks – ideal for anyone wishing to explore Kappl in a playful way. The Sunny Mountain Carts promise even more action: on three wheels, you'll

travel along well-maintained gravel paths from the Alblittbahn's mountain station to its valley station – offering driving fun, alpine panoramas and a varied descent for the whole family.

Dias-Flow-Trail: mountain biking in Kappl

The 3.6-kilometre long Dias-Flow-Trail starts between the Sunny Mountain Adventure Park and the Diasbahn mountain station and leads through varied terrain. The flow trail is specially designed to offer a smooth riding experience, with gentle bends and moderate gradients allowing bikers to enjoy a harmonious yet exciting ride.

The trail is ideal for all those who want to enjoy mountain biking in a breathtaking mountain landscape without having to rely on technical challenges or big jumps. It offers a perfect introduction to mountain biking but is also an excellent choice for experienced riders who want to experience the "flow" on the trail. Once you reach the valley, the surrounding restaurants invite you to take a cosy break to round off the tour in a relaxed manner.

Further information at [Family paradise: Sunny Mountain Adventure Park](#).

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