

Summer in the Mountains – Family Holidays in Tirol

Submitted by: Horton PR

Wednesday, 8 May 2013

When planning a family holiday move away from the administrative role of booking flights and searching for accommodation and invest some energy visualising how that time away will be best spent. An active holiday in the mountains has all the elements to create a fulfilled and fun-filled family break. During the school holiday months of July and August the local tourist boards in the Austrian Tirol have put together some exciting and varied children's programmes. The activities are all about giving children the opportunity to create their own adventures, whilst others are focussed on engaging parents too and offering the chance to be together as a family. Flexibility on a family holiday is key and as registration is up to 5pm the day before families have the freedom to pick and choose what works best for them. And with cost a high priority too, it is good to know many of the activities are at affordable prices and some are even free.

Where? Mayrhofen

Mayrhofen has long been regarded as one of Austria's top ski resorts and come summer the mountains turn into a different type of playground, offering a huge choice of activities spanning from hiking and cycling to horse riding or rafting. The Actionclub Zillertal and the Mayrhofen-Hippach tourist board have put together a comprehensive children's programme for families, at affordable prices. From 9th July – 31st August, activities for 6-16 year olds include horse riding (10€), high rope course (from €8), free tennis, rafting on the Ziller river (from €10), canyoning (from €8), adventure and a survival day, including building dams and stone bridge (€12). For more information click [here!<http://www.mayrhofen.at/en/101030/101188/childrens-programme.html>].

How much: Thomson Lakes & Mountains (www.thomsonlakes.co.uk; 0871 230 8181) has 7 nights on half board at the 4* Hotel Neuhaus in Mayrhofen from £1868, based on two adults and two children sharing a quad room. Price includes return flights from Gatwick to Innsbruck, resort transfers and half board, free bike hire, free excursion and free guided walks. Regional airports, including Glasgow (+£30), Newcastle(+£30), Manchester and Birmingham (no supplement). For resort information visit www.mayrhofen.at

Where? Galtür

The Paznaun Valley is home to the resorts of Kappl, See, Ischgl and Galtür, providing the perfect setting for a family adventure. Special activity programmes for children are on offer, with mostly free participation and only minimal costs for riding cable cars or equipment rental. The weekly programme offers a mix of children only activities, such as horse riding (€5) or activities for the whole family, such as climbing on the natural stone wall or bouldering on Austria's first outdoor bouldering area for children (€5). On the evening they offer a free night-time family hike with lanterns through Galtür. The Youth Club Paznaun offers 11 – 16 year olds a more adventurous taste of the mountains, including lake swimming, mountain biking followed by a 'chill and grill' bbq, a GPS treasure hunt, rafting and canyoning and bouldering too. For more information download the pdf [here!http://www.galtuer.com/media/ischgl/tvb/pdfs/kidsclub_paznaun_2013_englisch.pdf]. How much: Zenith Holidays (www.zenithholidays.co.uk; 020 3137 7678) has 7 nights at the 4* Hotel Ballunspitze in Galtür starting from £1700 for 2 adults and 2 children, on half board (Buffet

breakfast, afternoon tea and evening meal) including transfers to and from Innsbruck airport

Flights from Gatwick to Innsbruck cost from £260pp. It's also possible to fly from other airports into Munich. Regional airports into Munich, include Edinburgh (from £142pp), Manchester (from £100pp) plus there is a transfer supplement of £80pp

For resort information visit www.galtuer.com

Where? Westendorf

Westendorf is one of the most attractive mountain villages in the Kitzbüheler Alps-Brixental region of Tirol. The children's programme they have put together embraces the idea that holidays are for families to spend time together. Opt for an easy hike for parents and children, a family adventure on the farm (€5) or a torchlit hike for all, alternatively the children may like to have some fun alone and can go pony trekking (€10) or enjoy an adventure hike with stone painting (€2). For more information click [here!<http://www.kitzbuehel-alpen.com/en/childrens-and-family-programme.html>].

How much: Specialist rental agency Interhome (020 8877 6370; www.interhome.co.uk property ref AT6363.200.2) has a holiday apartment to rent in Westendorf, sleeping up to 5 people close to the centre of the resort, with prices starting from £448 for 7 nights. Flights are available from Gatwick to Innsbruck with easyJet.com.

For resort information visit www.kitzbuehel-alpen.com

Where? Seefeld

Seefeld is one of Tirol's most loved and varied resorts for families with no shortage of things to do. The mountains make a natural playground for kids and the local tourist office has put together a fun-filled children and family activity programme. Children can have a go at horse riding (€18), bread baking (€7,50), test their skills on the high rope course over the Spirit Gorge (€27). Days out for the whole family take on an animal theme, with lama trekking (€21), a family hike with mountain donkeys (€45) and a sunset ride with huskies (€40) all on offer. Families can also spend a day on the farm tending to the animals and enjoying homemade delights (€18) or experiencing a tractor journey to the beautiful Karwendel nature reserve (€12). For more information download the pdf

[here!http://www.seefeld.com/pdf/drucksorten-gj/sonstiges/e_kinderprogramm_2013_screen.pdf].

How much: Inghams (www.inghams.co.uk; 01483 791 114) has 7 nights at the 3* Hotel Alpina in Seefeld on half board, with prices starting from £1348, based on two adults and two children sharing a family room.

Price includes return flights from Gatwick to Innsbruck, resort transfers, daily drinks with dinner, daily packed lunch and daily afternoon tea/coffee and cake. Regional airports, including Manchester (+£69), Birmingham (+£49), Leeds-Bradford(+£69) and Edinburgh (+£69) are also available.

For resort information visit: www.seefeld.com

Where? Alpbach

Alpbach has a lot to offer families of all ages. Babies can enjoy the view along the paths suitable for buggies in Juppi's Enchanted Forest, whilst children will love the Alpbach Kinderpark with its small zoo, trampolines, mini golf and a go-kart track as the teens head to the outdoor centre in Kramsach, which offer a high rope course, canyoning and rafting. The Juppi's daily children's programme offers

4 -12 year olds an action-packed week of activities, including themed walks and water games. The programme is free with the resort visitor card - for more information visit [here!<http://www.alpbachtal.at/en/summer/hits-for-kids-in-summer/juppi-kids-club>].

How much: Crystal Summer (www.crystalsummer.co.uk; 0871 230 8180) has 7 nights on half board at the 4* Hotel Alphof in Alpbach from £1820, based on two adults and two children sharing a quad room. Price includes return flights from Gatwick to Innsbruck, resort transfers and half board as well as free guided walks. Regional airports, including Glasgow (+£30), Newcastle(+£30), Manchester and Birmingham (no supplement).

For resort information visit www.alpbachtal.at

For more information on the Tirol region www.visittirol.co.uk or keep updated at www.facebook.com/visittirol

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