

Adventure hiking in Kappl: adventures and enjoyment of nature

Kappl in Paznaun offers a variety of hiking experiences in summer. From relaxed pleasure hikes, bike & hike routes and long-distance hiking trails to themed hikes such as the bee hike or an alpaca hike – the options are varied. The adventure programme with guided hikes and treasure hunts also attracts families and nature lovers.

Hiking in Kappl offers the right terrain for pleasure hikers and mountain enthusiasts. Around 200 kilometres of marked hiking trails lead through a varied landscape, ranging from gentle alpine meadows to alpine mountain paths. The hiking trails are well signposted and there are numerous places to stop for refreshments in the mountain lodges, which offer regional delicacies. In addition, the bus and cable car connections, which are free with the Silvretta Card Premium, ensure a hassle-free journey to the starting point of the hike.

The Paznaun High Route is a challenge for ambitious hikers. The long-distance hiking trail leads over 130 kilometres through the imposing mountain landscape of the Paznaun and connects the villages of See, Kappl, Ischgl and Galtür. The high-altitude trail is divided into nine stages, which demand top athletic performance from hikers and offer magnificent views of the Alps.

Themed hikes: Experience nature and knowledge

Kappl offers various themed hikes that combine nature with exciting stories and educational content.

The bee hike on the bee nature trail is an extraordinary experience. On this 2.7-kilometre hike, visitors learn interesting facts about the way bees live, their importance for nature and honey production. There are several information boards along the educational trail that vividly explain the cycle of bee life and the role of the beekeeper. This tour is an educational and entertaining experience, especially for children.

For animal lovers, Kappl offers the opportunity to take part in an alpaca hike. This guided hike leads through the picturesque landscape accompanied by alpacas and offers a relaxed way to experience nature. Alpacas are known for their calm and friendly nature, which makes the hike a special experience.

The sunrise hike to Mittagkopf is a popular excursion from the Alpine Experience Programme. Hikers set off early in the morning to experience the sunrise on the 2,249-metre-high summit. The view over the awakening mountain world is breathtaking and a unique natural spectacle. After the hike, a traditional mountain breakfast is served at the Visnitz Alpe lodge, which includes regional delicacies.

The treasure hunt is specially designed for children. Equipped with a treasure map, the little hikers set off from Sunny Mountain Park to discover hidden treasures. Those who find the solution word can pick up part of the treasure at the tourist information centre.

The gourmet hikes as part of the Culinary Paznaun event provide gourmet moments at lofty heights. In summer, seven mountain lodges in Paznaun are sponsored by a top local chef who prepares a special gourmet dish for the lodge using local ingredients. The dishes can be savoured throughout the summer at the participating lodges.

Bike & Hike: the combination of cycling and hiking

For those with sporting ambitions, Kappl offers the opportunity to combine hiking with a bike tour. With Bike & Hike, participants first ride a mountain bike on selected routes to a starting point at high altitude, from where they then set off on a hike. This combination makes it possible to reach more remote destinations more quickly and still enjoy the scenic diversity of the Paznaun while hiking. In Kappl, there are various routes to choose from, ranging from leisurely to challenging tours.

Alpine Experience for families and adventurers

As part of the Alpine Experience Programme, Kappl and Paznaun offer weekly guided hikes, workshops, training sessions and other adventures where participants can immerse themselves in the mountain world of Paznaun. The tours and workshops are led by experienced guides who also provide interesting information about the history, culture and nature of the region. These experiences are ideal for anyone who wants to delve deeper into the secrets of the mountain world. All programme items from the Alpine Experience can be booked online.

Further information at [Hiking in Kappl in Tyrol | Kappl](#).

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