

Summer in See: activities for families and adventurers

See in Paznaun offers a wide range of activities in summer, with nature experiences and variety for every taste. Families can relax in the Games, Sports & Water Park, while hikers can let off steam on varied routes and cosy mountain lodge trails. Guests can easily reach the Medrigalm with the summer cable car, an ideal starting point for hikes and the popular Bike & Hike offer. Adventure-seekers will also find ideal conditions for paragliding or on the Cross Trail powered by LEKI. See promises an active and relaxing summer holiday.

Family-friendly summer holidays in See

See is particularly family-friendly and offers numerous child-friendly activities and leisure options in summer. The Games, Sports & Water Park provides an entertaining programme with water games and sports such as beach volleyball and tennis. Another highlight is "Seebis Bärenwelt" on the Medrigalm, where children can practise their skills on a motor skills course and climbing facilities. The Medrig Carts, special downhill carts, can be used to cover the 2 kilometre route between the Zeinisbahn mountain and valley stations. Guided themed hikes and treasure hunts also provide exciting experiences specially tailored to families. [More info](#)

Hiking and experiencing nature

The extensive network of 180 kilometres of hiking trails in See offers a variety of tours for hikers of all ages. From leisurely family trails to challenging mountain tours, everything is included. The summer cable car facilitates the ascent to the Medrigalm and Zeinisbahn mountain station, from where hiking trails lead to idyllic alpine pastures and viewpoints. Popular routes such as the hike to the Versing Alpe offer a combination of nature enjoyment and Tyrolean mountain lodge culture, allowing hikers to immerse themselves in the alpine flora and fauna. [More info](#)

Paragliding in See

Experienced pilots and beginners alike can fulfil their dream of flying and enjoy spectacular views of the Paznaun. The starting point on the Medrigalm offers ideal conditions for paragliders, with stable thermals and panoramic views of the surrounding peaks. Tandem flights under professional guidance are available for beginners, providing a safe introduction to paragliding and a bird's eye view of the Alpine panorama at the same time. Every year, the Medrigalm is the venue for the "Geigerman" relay triathlon, in which paragliders, mountain bikers and trail runners as a team compete against each other. [More info](#)

Sporting adventures: Bike & Hike and Cross Trail

See offers a comprehensive outdoor programme for sports enthusiasts. The Bike & Hike concept makes it possible to combine mountain biking and hiking so that guests can comfortably cycle to the starting point of the hike and enjoy the scenery. The Cross Trail powered by LEKI challenges ambitious athletes with demanding trails that test fitness and skill and is ideal for anyone looking for a sporting challenge uphill. [More info](#)

The Alpine Experience in See

The Alpine Experience Programme in See offers a wide range of outdoor activities that immerse visitors in the alpine landscape. The weekly programme focuses on guided hikes, nature discovery tours and sporting events. These experiences are aimed at both families and adventure-seekers. Holders of the Silvretta Card Premium receive additional discounts on selected Alpine Experience offers. [More info](#)

Silvretta Card Premium

The Silvretta Card Premium makes summer holidays in See even more attractive and offers many free or discounted services. With this card, guests have unlimited use of all cable cars in See, Kappl, Ischgl, Galtür and other areas. Holidaymakers also benefit from free use of the regional buses. For cyclists, the card offers free daily bike transport on the cable cars and special discounts on bike tickets. [More info](#)

Further information at [Holidays in See | Experience the Paznaun - Ischgl region](#).

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