

Summer in the St. Johann in Tirol, Oberndorf, Kirchdorf and Erpfendorf region

(Long-distance) hiking, cycling and unforgettable mountain adventures for the whole family

In the Kitzbühel Alps, between the impressive Wilder Kaiser on one side and the Kitzbüheler Horn on the other, the towns of St. Johann in Tirol, Oberndorf, Kirchdorf and Erpfendorf can be found in an expansive valley area. It is here that holiday happiness is within your grasp - every guest will find their favourite spot. Active travellers and nature lovers will be delighted by the extensive hiking and cycling options available in the region. The unique natural landscape also provides the opportunity to walk or climb through narrow gorges and waterfalls or master the perfect tee-off on the golf courses sporting panoramic views. Families and connoisseurs are very well catered for in the mountain adventure realms and traditional mountain inns, where they can enjoy Tyrolean specialities. Or how about visiting the Baroque town centre of St. Johann in Tirol, and heading to the shops for a lovely souvenir to take home with you from your holiday?

Hike to many different natural gems in five days – and enjoy views of the Wilder Kaiser

Combine hiking in the St. Johann in Tirol region with adventures and breath-taking views. After all, wherever you hike to, the numerous signposted paths – available for all skill levels – lead through enchanting landscapes between the Kitzbüheler Horn and the Wilder Kaiser. A hiking tour might take you to flower-filled Alpine meadows, crystal-clear mountain lakes, thundering waterfalls, or you might traverse high summits and deep gorges. You can walk them on your own or as part of a group - while out on a guided tour. What's more, the themed and educational paths with their display boards along the sides of the routes provide lots of interesting information about the region's nature and history. One special hiking experience is the Koasa Trail, a long-distance path taking five days to complete. There are 86 kilometres and 4,700 metres of ascent to tackle, with the trail leading through the Niederkaiserkamm, proceeding through Kaiserbachtal, Teufelsgasse, Griesbachklamm and on to Eifersbacher Waterfall. The impressive Wilder Kaiser can be seen from a different angle every day during this lovely tour around St. Johann. On the way, there are various natural spectacles to discover. On the first day for instance, you get to the Maria Blut hermitage, which has been inhabited by hermits for 300 years. On day two you will see the Totenkirchl – one of the most famous climbing mountains in the Alps. The probably most adventure-packed path leads through Teufelsgasse (Devil's Lane) near Kirchdorf. According to legend, the devil has beaten an alley-like labyrinth into the rocks to mislead sinners. Eifersbacher Waterfall is the end point of this pleasure-filled hike. After heading up to the Kitzbüheler Horn, the route proceeds down via the Stanglalm to Oberndorf in Tirol – the finish of the Koasa Trail.

St. Johann is also the starting point for the first stage of Tyrol's long-distance hiking route, the Adlerweg. 420 kilometres in length, it is the king of all long-distance hiking routes in Tyrol. On the KAT Walk, the 'Kitzbüheler Alpen Trail', luggage transport is available, so, hikers don't have to carry all their belongings. The 106- and 76-kilometre Kitzbüheler Alpen Trail is a mountain hike of medium difficulty level, suitable for proficient hikers. The route sections are marked as 'KAT Walk' throughout. Besides the luggage transport, the hiking package also includes accommodation with half-board, a detailed route outline and return travel via public transport.

Climbing in fresh mountain air, along rushing waterfalls and in a bouldering hall

For climbers too, the St. Johann Tirol region is a popular excursion destination and no longer an insider tip. After all, the Kaiser mountains and their rugged cliffs and summits, including the Ackerlspitze, the Mauckspitze and the summit formation 'Fleischbank' are well-known and popular climbing routes, not least thanks to professional climbers who can be found here regularly. At the foot of the Wilder Kaiser is the Schleier waterfall climbing crag. With its 200 routes it is one of the most beautiful climbing areas in Austria. Away from the busy daily grind, you get to experience the unique powers of the water here – two stunning waterfalls plunge over cliff faces. Families should pay a visit to the Hornpark climbing forest. It is the biggest high rope course in the Kitzbühel Alps and is situated at Angereralm mountain lake, right at the intermediate station for the Harschbichlbahn, operated by St. Johann cable cars. Climbing fans can let off steam on eight adventure-packed courses and more than 80 elements of varying difficulty levels, including a Flying Fox course. You also get to enjoy the legendary views of the Wilder Kaiser. Those who don't just want to experience that feeling of freedom in the trees, but on land and in the water, too, should give the Segway tours and stand-up paddling on the mountain lake a try. And when the weather isn't great, climbing enthusiasts will be delighted by the wide range of indoor offers available in the St. Johann in Tirol region. Work on your fitness, strength, and skills in the 800 square metre Koasa Boulder hall. The focus of this climbing facility is, as the name suggests, on bouldering – climb on blocks of rock with no rope or belt.

From the end of May until the middle of October there is also the opportunity to head out on guided climbing tours with qualified mountain guides, not just to get active, but to enjoy an intense experience in the fresh mountain air and take in the picturesque natural setting.

Challenging routes and new trails for cyclists of all levels

In St. Johann in Tirol there is an incredible number of options available for cyclists. Over 200 kilometres of road and mountain bike paths just wait to be discovered. From leisurely tours in the valley to challenging MTB trails, there is something for every cycling fan. Beginners and leisurely bikers can explore the area on an E-bike, while mountain bikers and downhill fans might opt for the bike parks in St. Johann in Tirol and Oberndorf. Since August 2020 the new Oberndorf Trails (OD Trails) have been providing plenty of fun and action. The first bike T-bar lift in Tyrol takes cycling enthusiasts speedily up to the dizzy heights – where the bike fun can begin.

There is an extensive route network available for road riders to choose from, between the Kitzbüheler Horn and the Kaiser mountains. You also get to enjoy the fantastic mountain panoramas of this rural area while at the same time enjoying Tyrolean hospitality. And the Kitzbühel Alps Trail is wonderful to explore by bike.

Paragliding or rafting: plenty of action and adrenaline-filled adventures in the air and on the water

Besides hiking, climbing, and cycling, the St. Johann region provides plenty of other exciting adventures. Those who want to see Tyrol's mountains from above and are looking for an adrenaline kick, might want to head on a tandem paragliding flight, or try a parachute jump. A 20-minute circular flight over the Kitzbühel Alps and a leap from 4,000 metres provides an unforgettable experience. For a more leisurely journey up in the air, book a balloon ride and enjoy the fantastic 360-degree panoramic views. Water sport fans can make the most of the variety-packed selection of canyoning and rafting courses and enjoy an unforgettable day in the gorges in Tyrol's mountains.

The perfect pitch and superb views to the Wilder Kaiser – 13 golf courses for beginners and pros

Golf is high on the agenda in the St. Johann in Tirol region. There are 13 golf courses in total that are easily accessible, within an hour's drive. It is not just the tempting golf courses themselves, but the breath-taking natural backdrop during a game that golfers really do appreciate. The views of the surrounding mountains, combined with the well-tended greens and a successful round of golf make a dream golf holiday. One popular course to tee-off on is the Golf and Country Club Lärchenhof in Erpfendorf in Tyrol. There you will find a top-notch 9-hole golf course, complete with driving range and a short-game park with a 6-hole academy facility. The golf facilities have received multiple awards, including special titles: 'second most beautiful golf facility and third best golf course in Austria'. Right next door is the Hotel Lärchenhof. A visit to the extensive wellness area in the hotel completes an exciting day of golf. There are also golf schools in the region which make getting started easy and help with improving your technique.

Extensive offers for families and children: mountain adventure realms, water fun and play areas

Families are always welcome in St. Johann in Tirol, Oberndorf, Kirchdorf and Erpfendorf. There are ten mountain adventure realms in total in the Kitzbühel Alps, which guarantee plenty of fun and adventure. On a voyage of discovery children meet dinosaurs, witches, and ghosts. The well sign-posted hiking paths are also suitable for children. Next to Kletterwald Hornpark at the mountain lake in St. Johann, is the 'Moor & More Adventure World'. Here, kids get to explore the unique moor landscape. Two adventure paths with play stations proceed through the impressive moor – little ones can answer lots of puzzle questions with their parents and the moor elf, Törfchen, and learn all about the variety of Tyrol's natural surroundings. On hot days holidaymakers can head to the outdoor pools in St. Johann, Oberndorf and Kirchdorf. After a challenging cycle tour or an extended hike, they provide a refreshing cool off. On rainy days, water lovers can splash about in the indoor pool, Panorama Badewelt, in St. Johann. For parents there is an extensive wellness and sauna area, while the little ones can whizz down the 38-metre turbo slide. And the indoor 'Murmi's Kinderland' in Kirchdorf provides a large play area which features giant slides, trampoline, and a climbing volcano for children up to the age of ten.

Strolls and gourmet hotspots in the centre of St. Johann in Tirol

If you enjoy a coffee or a freshly tapped beer St. Johann in Tirol is the right place for you. There are lots of little cafes, bars, and inns in the Baroque town. On the market square and in the small lanes, around the Maria Himmelfahrt church, you will also find lots of lovely shops and boutiques. Or on Fridays you could visit the weekly market to buy some regional fruit and vegetables and enjoy culinary specialities. Getting there is easy and convenient. As well as by bus and train, the town is also easy to get to by car. And if you plan to buy a lot, there are plenty of car parking spaces available in the town centre. For road cyclists who are enjoying an extended tour there are also great options available to recharge batteries and get a few souvenirs to take home.

Tyrolean delicacies in the Alpine inns and mountain guesthouses

Along with the unforgettable adventures in the natural surroundings and variety-packed options for sport and leisure that you can experience in the St. Johann in Tirol region, Austrian food is not to be missed. Good food has long been valued in Tyrol. Whether it is in a traditional inn or mountain guesthouse, or in a restaurant in the valley – teamed with the fresh mountain air and breath-taking views of the Kitzbühel Alps and the Wilder Kaiser, this is a wonderful way to bring a culinary evening to a close. The focus of Tyrol's cuisine is on freshness, quality, and regionality. Then there is Tyrolean hospitality, too. Probably the best known and most popular culinary highlight is the dumpling festival which has been taking place every year in September for over 40 years.

Kitzbühel Alps Summer Card: your entry ticket to Tyrol's mountains

Guest holding a Kitzbühel Alps Summer Card clearly are at an advantage since there are numerous offers in the summer. For instance, with this family-friendly ticket 38 cable cars and the chair lift can be used as often as you want to get up the mountain free of charge. Summer Card holders* also get a 10 and 50 percent discount on entry to swimming pools, swimming lakes and museums. Outdoor sports and popular excursion destinations are part of the deal as well. The 'Panoramakarte' can be used between two and fourteen days.

St. Johann Card: free guest card with plenty of benefits and discounts

Anyone who makes the St. Johann in Tirol region their base can enjoy lots of benefits and discounts with the St. Johann Card. The personalised guest card is available directly from your hosts in St. Johann in Tirol, Oberndorf, Kirchdorf and Erpfendorf. Guests who are travelling without a car can use the full bus and train network for free with this attractive card. The St. Johann Card also includes Park & Ride facilities. As well as the practical mobility programme, guided hikes, cycle tours, guided tours of towns and a climbing programme are also included. There are discounted activities for solo travellers, couples, and families. For instance, reduced entry to Golf and Country Club Lärchenhof in Erpfendorf, and to the St. Johann in Tirol Museum.

Take the gondola and save money in St. Johann in Tirol

Anyone who wants to feel like a child again might want to spend their autumn holidays in St. Johann in Tirol, right in the middle of the Kitzbühel Alps. After all, from 1st to 29th October even adults can book a return trip on St. Johann's cable cars for the kids' rate (12 Euro). The only pre-requisite is the guest card, which holidaymakers automatically receive for their overnight stay in St. Johann in Tirol, Oberndorf, Kirchdorf and Erpfendorf; it includes bus and train travel. Head up from the valley station to the Harschbichl (1604m), right beneath the impressive Kitzbüheler Horn (1996m). Once you get to the top, the 'action mountain' demonstrates where it gets its name from: Master your skills in the Kletterwald Hornpark and on the via ferrata routes. Speed downhill on mountain bikes or mountain carts on two or three wheels. Want to try something new? Give archery a go, or try a parachute jump and enjoy the panoramic views of the Kitzbühel Alps from above. www.kitzalps.cc

Facts about the St. Johann in Tirol, Oberndorf, Kirchdorf and Erpfendorf region

Location

The four towns in the region are part of the Kitzbühel Alps and are located in Leukental, a wide valley basin in the Tyrolean Unterland at the foot of the Wilder Kaiser, Niederkaiser and the Kitzbüheler Horn.

St. Johann in Tirol: This market town is located at 659 metres altitude. It is the heart of the region, and its ideal location provides the opportunity for you to get into the mountains quickly to enjoy some sport and keep fit after a leisurely coffee or shopping tour. The locals call their town 'Sainihåns'. After the area had been a part of Bavaria for a long time, it initially fell to Tyrol in 1505 under Emperor Maximilian I. In 1875 St. Johann was linked to the railway network and thereby experienced an economic boost. In the St. Johann Museum, you can visit an exhibition about the region's history and the Kaiser Mountains. Famous people born in St. Johann in Tirol include ski racer Manuel Feller and singer DJ Ötzi.

Oberndorf in Tirol: Oberndorf is located at 687 metres altitude in the valley basin in front of the Wilder Kaiser and provides a great photo opportunity. For families, this picturesque town is a popular travel destination. Nestling between the Kitzbüheler Horn and the Kaiser Mountains, one of the loveliest hikes in the summer leads through Bichlach, a hilly landscape with woodland and lots of pond areas. The Baroque parish church is in the centre of the town and the biggest wooden fountain in the world in front of the historic Müllnerhof is worth a visit, too. In winter, a gondola operated by St. Johanner Bergbahnen takes you directly to the ski area on the Kitzbüheler Horn.

Kirchdorf: Kirchdorf is located at 640 metres altitude and owes its name to the oldest church in the district. It was built here in the 8th century, with the foundation stone of the current sacral building dating to 1200. Along with the impressive ecclesiastical history, pretty farmsteads and Alpine pastures in full bloom characterise the village. You can hike to Kaiserbachtal from the town of Gasteig, and to Stripsenjochhaus hut as well as the Feldberg (1,577 metre). In winter Kirchdorf even has its own small family ski area.

Erpfendorf: A visit to Erpfendorf is a special experience, particularly for hikers and active holidaymakers. Numerous hiking paths start in the town, including one which leads to the Griesbachklamm gorge. The Golf and Country Club Lärchenhof with its 9-hole golf course and driving range is also in the village and offers an extensive selection of short courses. In winter, there is access to the pistes on the Steinplatte, which proceeds to Reit im Winkl in Germany.

Getting here

Take the train from Munich main train station – depending on the connection – with one or two changes in Kufstein or Wörgl, and in roughly two hours, you will reach St. Johann in Tirol. Anyone who wants to go to Oberndorf, needs to get off one stop before St. Johann. For travel to Kirchdorf or Erpfendorf, we suggest you take the bus from St. Johann in Tirol.

If arriving by car from Munich, take the A8 to Salzburg. At the motorway junction Dreieck Inntal, then the A93 and head for Kufstein. After the Kufstein-Süd exit, take the B173 and B178 via Scheffau am Wilden Kaiser and Ellmau to St. Johann in Tirol. It is around 30 kilometres from Kufstein to St. Johann in Tirol.

The closest airport is Salzburg, a good 60 kilometres north-east. Innsbruck airport is around 100 kilometres to the southwest and is fairly quickly accessible by car. From Munich airport, 155 kilometres north, it takes around two hours to St. Johann in Tirol.

Press information – Summer general incl. facts

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