

# A VIRTUAL TOUR THROUGH TIROL

**Q & A** 

### KAUNERTAL

### SUSTAINABILITY & INCLUSIVENESS:

Could you tell us a bit more about CLAR? Why did you receive this award? How do tourists experience sustainability in your region? Could you give us more examples of sustainable practices? Do these also involve hotels and restaurants?

CLAR (Clean Alpine Region) is a programme operated by the Tirol Lebensraum Holding to support tourist destinations as they work to improve their sustainability performance. We received this award because we had already conducted numerous projects in the past and have incorporated sustainable development goals into our main strategy and seek to make continuous improvements in this regard. Our main goal is to establish and preserve a liveable region with a healthy combination of ecology and economy for tourists and residents.

### Sustainable experience:

- Summer 2021: Electric shuttle to and from Feichten Nature Park House; twice a day
- Tour guide: ""Wandern im Kaunertal Genau mein Klima" (Hiking in Kaunertal exactly my climate"
- Exhibition at the Nature Park House on the effect climate change has on alpine wildlife
- Installation of 13 public water fountains
- Nature Park partner business: Use of regional products and promotion of a sustainable mind-set
- "Get out of oil" project (accommodation & restaurants)

#### Sustainable practices:

- Use of rain water: 130,000 litres in water reservoirs
- 90 protected areas for sustainable forestation
- Planting of 400 old fruit tree types in order to increase biodiversity
- Awareness programmes and materials for schools and tourists

#### You mentioned e-mobility, are your buses electric?

For the upcoming summer season, we will offer a daily shuttle from Feichten to the Nature Park House with electric buses. Public transportation is still fossil fuel-based.

#### What is the title of the book you mentioned?

The name of the book is "Wandern im Kaunertal – Genau mein Klima" ("Hiking in Kaunertal – exactly my climate). The book is only available in German.

### What is the name of the hotel and the man who launched the initiative?

Charly Hafele, Hotel Weisseespitze\*\*\*\*

### What was the name of the first barrier-free hotel?

Hotel Weisseespitze\*\*\*\*

### What is a Nature Park partner?

A Nature Park partner is a local business that shares the mind-set and values of the Kaunergrat Nature Park. This mainly involves hotels and apartment complexes that want to be part of the Nature Park and make a contribution to sustainable development. The guidelines for a Nature Park partner are the Sustainable Development Goals (SDGs), formulated by the United Nations.



### In the video, we saw an attachment in the front of a wheelchair – is that a motor you can rent to reach the top of the mountain easier?

The Swiss Trac is an electric motor that you can attach to a wheelchair. The motor makes it easier to get around or go uphill. It has a range of up to 30km. You can rent it either in the Nature Park House or as a guest of the hotel Weisseespitze.

### How easy is it for people with disabilities to get around the valley?

Basically, it's as easy as it is for everyone else. You can use you own car, public transportation or our shuttles to explore Kaunertal.

Our website offers an overview of possible activities in this regard: https://www.kaunertal.com/en/Your-kaunertal/Accessible

In addition, the "Rolli Roadbook" offers you some tips for tour options. You can get it in the tourism information centre or look at it on our website: https://www.kaunertal.com/en/Your-kaunertal/Accessible/accessible-holiday/hike-excursions

### We discussed barrier-free mobility during the summer months. Still, Kaunertal welcomes more guests in winter. Is a barrier-free winter holiday possible as well?

We have slightly more guests in winter (winter 53.7%, summer 46.3% nights spent), and a barrier-free holiday is definitely possible. The ski resort Kaunertaler Gletscher is 100% barrier-free, which means all facilities including the restaurant – and there's even a special entry and exit area at the Falginjochbahn gondola.

Down in the valley we offer four barrier-free cross-country slopes and winter hiking trails. Special equipment can be rented at the Tyrolian company Praschberger Rollstuhltechnik.

There are also a lot of barrier-free facilities like restaurants, shops, the Nature Park House and the Quellalpin (swimming pool & sauna) that are open throughout all seasons.

More information, along with photos, can be found at: <a href="https://www.kaunertal.com/en/Your-kaunertal/Accessible/accessible-holiday/wintersports">https://www.kaunertal.com/en/Your-kaunertal/Accessible/accessible-holiday/wintersports</a>

### SUMMER IN KAUNERTAL

We are currently seeing a revival of the so-called Sommerfrische, which are short individual summer retreats taken in natural surroundings. Do you see any potential here for Kaunertal? Especially in post-pandemic times?

There is definitely a trend towards individual summer holidays in the mountains and nature. We are also noticing this trend in the increasing number of nights spent with us. About 45% of our guests enjoy spending time in Kaunertal in the summer. As a small community with around 2,500 beds and a wide range of mountains and natural surroundings, we are able to offer a lot of space for each guest. We like to call it "alpine distancing". There are even some hiking trails where you can spend a whole day without meeting other people. Although it does contain high and steep mountains, and the "wilderness" of the Naturpark Kaunergrat, the whole area is actually very accessible. On the Kaunertaler glacier road you can drive over 26 km up to an elevation of 2,750 metres to the glacier and explore the variety of alpine nature with short hikes that begin right at the road. Our daily shuttles to mountain huts also make it easier for our guests to reach some of the summits. We are happy that we can offer an alpine experience to a broad range of people – from families to extreme mountaineers who use Kaunergrat as a training ground for Himalaya expeditions. There's a lot of potential, but we're still sort of a secret spot for summer holidays.



### What is the best month to visit Kaunertal? When does the summer season start?

Summer season starts at the beginning of June and ends at the beginning of October / mid-October. The best time for holidays is from the end of June to mid-September. Peak season is July and August.

#### Besides hiking, what are the main things to do or see in the Kaunertal valley?

The Nature Park and Nature Park House are one of the big highlights in the valley. There's also the glacier with the scenic glacier road where you can experience the amazing variety of alpine landscapes. The road, which is 26 km long, starts right behind Feichten and leads to the beginning of the glacier at 2,750m.

#### What special offers do you have for families with little children?

The best places for families are the Sommerberg Fendels, the area around the Nature Park house, the Kaunertaler Glacier with the scenic road, and the Quellalpin swimming pool.

#### Can you ski on the glacier in summer?

The ski season usually starts in the middle or the end of September and ends at the beginning of June. Right now, skiing is possible until 6 June 2021.

#### Is it possible to SUP in Kaunertal during the summer?

If you don't mind cold water, you can SUP on Weißsee lake next to the scenic glacier road. Water sports are prohibited on the Gepatsch-Stausee due to safety reasons. The next option is the swimming lake in Ried at the beginning of Kaunertal.

### WINTER IN KAUNERTAL

### Will there be any innovations and investments for the next winter sports season? How sustainable is Kaunertal tourism in winter?

It's very easy to have a great holiday without using a car in winter. Cross country slopes and winter hiking trails are in walking distance from almost every accommodation, and the Kaunertaler Glacier can be reached with the skibus. Also, because of the high altitude, we have a lot of natural snow for all winter activities and guaranteed snow from the beginning of October until the middle of June.

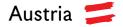
Last winter season, the Kaunertaler Gletscherbahnen replaced an old t-bar lift with a new gondola. The Falginjochbahn uses the latest cable car technologies and features a lot of sustainable aspects as well. The ski resort also has its own drinking water supply, a sewage plant and solar panels for the Weißsee glacier restaurant.

#### Does the Kaunertal valley organise any Para Alpine Skiing competitions?

In December 2020 we had Para Alpine World Cup and European Cup races at the glacier. In summer, we usually have the handbike battle on the Kaunertaler glacier road.

### When will the Adventmarkt in Feichten take place? What about Krampus night?

The Adventmarkt Winterwundertal will start on 27t November 2021 and will take place every Saturday until Christmas. We don't have a Krampus night in Kaunertal.



### **TRAVEL & INFO:**

### How can you reach Kaunertal by public transportation?

The closest airports are Innsbruck, Munich and Zurich. The closest train station is the city Landeck. From there you can continue the journey with public buses. In Kaunertal, you can either use public buses or our shuttles to the Nature Park House or the mountain huts to get around. A lot of activities can also be done without using any kind of transportation.

### Does Kaunertal offer a summer/winter discount card?

In summer we offer the following cards:

- Summercard basic
- Summercard basic additional package Kaunertaler Bergfreiheit
- Summercard gold
- Naturpark Card https://www.kaunertal.com/en/Your-kaunertal/In-Summer/Summercards

#### In winter we offer:

- the Winter-Tal-Card
- the Winter-Tal-Card basic & premium https://www.kaunertal.com/en/Your-kaunertal/In-Winter/Wintertalcard

### What are the accommodation options in the valley?

We offer all types of accommodation – from hotels to bed and breakfasts, apartments and camping.

What Covid-19 restrictions are in place – especially when visiting the Nature Park House? It's hard to say, as it changes in line with the development of the pandemic. The best way to get the latest information on Covid-19 restrictions is to visit the following website: https://www.willkommen.tirol/

### Are there currently any restrictions on travel to Austria?

The restrictions depend on the country you're traveling from. The best way to get the latest information on travel restrictions is to visit the following website: https://www.willkommen.tirol/



### **INNSBRUCK**

### **EXPERIENCES IN INNSBRUCK:**

### Claudia: What is the difficulty of cooking seasonally? What's so special about that?

Because these are all products from nature, we still need to learn from time to time as well. Not every piece or cut of pork tastes the same, has the same consistency or flavour. The same goes for beef, lamb and chicken. There's such a great variety out there, which is why we also have great variety in terms of what we serve. There are no real standards because we let the products influence the standard and the taste as well. My brother always says: the products are our actors and our people in our kitchen are the directors who make sure the products are put in the spotlight in the best way – maybe even with a few, but very few, special effects – and it all makes for the perfect movie in the end. The products are the star of the movie.

### People are searching more and more for natural and untouched spaces. What can Innsbruck offer?

There is plain nature all around Innsbruck: Nordkette in the north and Sillschlucht gorge with the ski jumping area Bergisel and the lower mountain terrace with the Olympic mountain Patscherkofel in the south. And right in town there are three lovely and quite large parks: Hofgarten, which is right next to the old town; Waltherpark, which is right on the opposite side of the centre (district St. Nikolaus-Mariahilf) and Rapoldipark, which is near the Sill river. Sellraintal, which is part of the Innsbruck region, is one of the valleys in Tyrol where you can still enjoy a holiday away from mass tourism.

### https://www.innsbruck.info/en/destinations/location/sellrain.html

### Antonella, you're a true Innsbruck expert. What is your favourite spot to end the day in a relaxing way?

I love to go for a run (if weather permits) through the forests right where I live – that's the area of the Nordkette, near the Alpine Zoo. If there's not enough time for that, I just walk up the steep lawn behind our house. During the summer months, a farmer in the area brings his sheep up there – I'm lucky to live just 15 minutes walking distance from the centre of town yet still in the middle of nature!

### Is it possible to visit the small farms around Innsbruck and buy local produce directly from the farm?

You can do this all over Tyrol. Innsbruck is special because of its alpine-urban combination. Culture and nature, tradition and innovation, relaxation and challenge – no other city combines extreme contrasts in such a delightful way like Innsbruck does. Yes, there are plenty of farms around Innsbruck where you can buy local produce directly at the farm! In addition, there are often navigation tracks along the streets to guide you to the corresponding farms.

### Travellers are increasingly looking for experiences. Which experiences would you recommend in Innsbruck? (e.g.: spend a day on a farm; cook with a chef...)

You can do these things all over Tyrol. . Innsbruck is special because of its alpine-urban combination. Culture and nature, tradition and innovation, relaxation and challenge – no other city combines extreme contrasts in such a delightful way like Innsbruck does. A good way to explore Innsbruck in one day would be to stroll through the inner city (old town, Maria-Theresien-Strasse), visit the Court Church or the Imperial Palace, do some shopping and take the Nordkettenbahn up to Hafelekar peak in the afternoon. You might want to stop first at the Seegrube level to enjoy lunch in mountain air. There are lots of



possibilities to take small walks of 10 - 30 minutes. The more athletic people can do more walking, of course – maybe even walk down all the way.

### Which three places in Innsbruck should you absolutely not miss when you visit?

Altstadt (old town), with its historical sights, typical medieval houses and many shops and restaurants. Nordkette, where you can get up from 575 metres above sea level to nearly 2,300 metres within 30 minutes. Up there you have a unique view down to the valley and Innsbruck and an extremely contrasting view over the Karwendel Nature Park, facing towards the North. Finally, the charming north side of the Inn river, opposite the town centre: this district is called Sankt Nikolaus-Mariahilf and is considered an insider's tip!

### Can you still do river rafting in Innsbruck?

Not right in Innsbruck, but in the Ötztal and the Imster Schlucht gorge near the town Imst (upper Inn valley).

### WINTER IN INNSBRUCK:

What, if any, are the planned winter sport innovations for the coming winter? Will there be new or renovated lifts or slopes, or new facilities for skiers and snowboarders? There are few other places in the world like Innsbruck that offer the urban feel of a city, but in the shadow of a mountain landscape. If you want to transform your skiing holiday into something very special, you can combine the best of both worlds in an often snowy Innsbruck. Mountain panoramas and sightseeing, action and relaxation – they all come together in Innsbruck. The new SKI plus CITY Pass Stubai Innsbruck offers the full package in one ticket. It includes 13 ski areas, 22 city experiences, three indoor pools, the use of the entire ski bus network as well as the Innsbruck Sightseer hop-on, hop-off bus tour.

### TRAVEL & INFORMATION:

### What are the plans to ensure safe summer holidays? What are the Covid-19 restrictions in restaurants?

Obviously, the hygiene standards in the hospitality industry are already very high and compliance is continuously monitored. On top of the "normal" standards we are also now taking more precautions in terms of disinfecting tables and menus and anything guests might touch, and we also have disinfecting stations at the entrance and by the toilets. On top of this some regulations will be in place from 19 May onwards when we are able to open up again.

For example, an "entry test" will be required to visit a restaurant. This is either a negative Covid-19 test (antigen test valid for 48 hours, PCR test valid for 72 hours) or proof of vaccination or past infection – and children from the age of 10 will also need an entry test Guests will need to register with us – i.e. leave details like their name, telephone number or email address for easier tracing – just in case.

Guests will be required to wear a FFP2 mask upon entry and whenever they are not seated at their table. An FFP2 mask is mandatory for children from the age of 14; regular face masks may be used by children aged 6-14.

There will be a distance of two metres between tables.

The maximum group size will be four adults plus children (from two households only) inside, or ten people outside.

Eating and drinking will only be allowed when you are seated – this applies to indoors.



Staff will be required to wear masks (if they are tested once a week: normal mouth-nose protection; if not: FFP2 masks).

Restaurants will close at 10 pm.

https://www.austria.info/en/service-and-facts/coronavirus-information

### After reopening the Wilderin, will the offer of take-away food in glass jars remain?

Yes, we will continue to sell our food in glass jars. There is a vending machine (called Jay Jay) located next to the Wilderin offering our food as well as products from various farmers and producers from all across the Alps. It's also open outside our restaurant opening hours (at the moment from 7:00 am to 11 pm).

### How many tourists does Innsbruck welcome annually? Which are the main source markets?

In 2019, we had 1.7 million arrivals and 3.4 million overnight stays. The main markets are Germany, Austria and Switzerland, China, Italy and the Netherlands

### Do Polish tourists mainly come to Innsbruck for a day trip during their holidays in Tyrol or do they stay longer?

Polish tourists have an average stay of three days in Innsbruck

### Is the Innsbruck Card still available, and what are the benefits? Does the SKI Plus CITY Pass also work in summer?

The Innsbruck Card is your key to exceptional experiences: cardholders get a lot of things for free or at a discount. The card includes free admission to Innsbruck's museums and one upwards and one downwards journey on the lifts and cable cars in and around Innsbruck. The hop-on, hop-off Sightseer bus is also included, as well as many other top attractions such as Swarovski Crystal Worlds and the Hall Mint Museum. With a single card, you can experience it all: from breathing in fresh alpine air at an altitude of over 2,000 metres above sea level to visiting the best sights and attractions in the valley.

### What happened to the plans to reduce traffic on the Brenner Highway by creating a new tunnel from Wipptal to Zillertal?

This problem is a perennial one and leads constant political discussions, and is therefore an ongoing process.



### PITZTAL

### **EXPERIENCES IN PITZTAL:**

I can imagine that the region offers a perfect setting for both active holidays and recreation in nature. Do you have a suggestion for us to combine both here at the Hochzeiger?

As far as hiking and mountaineering are concerned, Pitztal is generally for people who are familiar with alpine regions. This is mainly, but not only, due to more than 50 peaks that are over 3,000 meters. Nevertheless, the Hochzeiger region is more than family friendly. That's why we are proud to have a peak which is accessible to people of all ages – grandparents and their grandchildren, young couples, people who are new to hiking and want to start slower. The peak in question is the Sechszeiger which is about 2,560 meters high. What makes it accessible to everyone is that you can start at the Hochzeiger valley station or the intermediate station. However, you can also get almost to the top with the Sechszeiger double chairlift. After that it's a cosy hike of about 15 minutes to the Sechzeiger summit cross.

### Is stone pine the same as Zirbenholz?

The stone pine (botanical name: Pinus pinea) is a different tree than the Swiss pine (Pinus cembra). However, in some dialects it is also referred to as Austrian stone pine or just stone pine.

### The stone pine is very diverse and several products can be made out of it. Could you give us some ideas from local producers?

Here in Pitztal, we have a stone pine oil extraction plant at the Reinstadler sawmill, where they extract 100% pure essential pine oil from all components of the stone pine, such as bark, branches, needles, etc. The oil is distilled out of the wood chips. It can then be used in various ways. For example, we use the oil for our stone pine coffee. There is also the "Alpienne" company, which produces a wide variety of stone pine products. You can also find companies in the Pitztal region that produce stone pine beds, stone pine pillows, carvings, jewellery and much more.

### Are there any Spa experiences / treatments with stone pine? How about a stone pine sleep spa?

There are several hotels that offer treatments with the Swiss pine. For example, the Biohotel Stillebach has rooms with Swiss pine furniture and the Arzlerhof and the Hotel Wildspitze offer Swiss pine sauna and massages.

### Any recommendations for a five to six-day hut-to-hut hiking tour in Pitztal?

The "Kaunergrat-Runde" is a five-day-hike that leads from St. Leonhard to the Tiefentalalm, Arzler Alm, Kaunergrathütte, Verpeilhütte, Gallruthalm, Tiefentalalm/Neubergalm and back to St. Leonhard.

## Any recommendations for easier trails suitable for families with children? Are there any hotels that offer babysitters and kids programmes to keep children occupied so the parents can go hiking?

All hiking routes around the Hochzeiger region are suitable for families, and huts like the Mauchele Alm, Leiner Alm or Tiefentalalm are also easy to reach.

We have a lot of hotels that are family friendly. For example, the Kinderhotel Stefan, Pitzis Kinderhotel, Hotel Vier Jahreszeiten...

#### What entertainment do you offer for children?

There are plenty of facilities for children: the ZirbenPark, Naturparkhaus, Wasserwelten Stillebach, Pitzis KidsClub, PitzPark, Pitzis Treasure Hunt...



### The Pitztal area is a hiking paradise, but are there also places to go for a swim?

Wasserwelten Stillebach, PitzPark, Landschaftsteich Piller, Landschaftssee Kaitanger (all outdoor),

#### Which waterfall did we see in the video? How do you get there?

You'll find more than 50 waterfalls in Pitztal. The most famous ones are the Bichler waterfall, Pfitschebach waterfall, Söllberg waterfall and Stuiben waterfall. There are also viewing platforms at these places, most of which can be reached after a short hike. The waterfall in the video was the Stuiben waterfall.

### Tell us more about the new ibex museum in St. Leonhard. Is it open to visit?

The Tiroler Steinbockzentrum is dedicated to the changing history of relationships between people, nature and culture in Pitztal.

It views itself as a service point for environmental education, as a place for the presentation of a culture of remembrance, and as a meeting point for curious people. All of these aspects are accessible to visitors and relate closely to life. The ibex centre opened last summer and has been a popular destination for both guests and locals ever since. This is due to the ibex that live in the centre, as well as the outstanding food and view of the restaurant "Ansitz am Schrofen". The restaurant will open on 19 May.

### Are the ZirbenCarts Covid-19 safe? Can you provide a picture of a ZirbenCart?

The ZirbenCarts are Covid-19 safe. You can ride them on your own or with children under 12 years or 150 metres. They are cleaned after each ride.

### **GLACIER SKI AREA:**

#### Is the glacier ski area open in summer?

The Pitztal Glacier is open for skiing until 6 June. Summer opening months are from 1 July to 24 September.

### What are the current plans to connect the Pitztal ski area with the ski area in Sölden?

Due to the current global pandemic, there are no new activities at the moment.

### TRAVEL & INFO:

### Do you offer a summer card and what does it include?

The Pitztal Sommer Card is available from 27 May to 17 October. You can get the card by staying in one of over 100 partner establishments. 16 attractions are included – for example the cable cars in the Hochzeiger region and Pitztaler Glacier, XP Adventure Park, Kaunertal Glacier Road, the climbing centre in Imst, the Alpine Ibex centre, public transport, and much more.

### How do you get to Pitztal by public transportation? Is it possible to travel by train?

You can reach Pitztal by train. After you arrive at Imst-Pitztal train station, you travel further by bus.

### What accommodation options are available? Can you rent mountain cottages or stay overnight in mountain huts? Can you stay at a farm?

You'll find hotels, apartments, bed and breakfasts, and farms and chalets. There are also several mountain huts available for overnight stays, such as the Kaunergrat Hütte, Braunschweiger Hütte or Ludwigsburger Hütte.



### KUFSTEINERLAND

### Tell us about mobility and public transportation in the region of Kufstein (key word: last mile).

Staying in the Kufsteinerland region has various benefits. Kufsteinerland is also known as the gate to the Tyrolean Alps and therefore to the most connected region in terms of transport. If you arrive at Munich Airport, the BAYERN TICKET gets you to Kufsteinerland cost-efficiently, quickly and sustainably.

After you arrive at the centrally located train station in Kufstein, you will see the bus station outside. Local buses are included in the Kufsteinerland Guest Card. Since April 2021 Kufstein has also been offering the BIKE TIROL programme just outside the train station: Electric bikes and mountain bikes are available for rent at the station. There are also several other bike rental locations in and around Kufstein.

### You mentioned a self-guide for your "energy spots". How does that work?

Get a folder about the energy spots in the region at the tourist information in the centre of Kufstein or in one of the offices in Bad Häring, Thiersee or Niederndorf. The brochure contains a map and detailed descriptions of the places: https://issuu.com/kufsteinerland/docs/kraftplaetze?fr=sZGZkNzUzMzc

The folder is still only available in German. However, employees at the local tourism board will be happy to help and give you further information.

### **EXPERIENCES IN KUFSTEINERLAND:**

### Is "nature response" an Austrian concept, and is it special to Kufsteinerland?

©Naturesponse is a concept developed by the "Sabine Schulz Kommunikation" agency. We worked with her to match it to the regional uniqueness of Kufsteinerland. In addition, all of our guides are trained in ©Naturesponse. Basically, it's all about moving responsibly and mindfully through our natural surroundings – and getting energy from these surroundings in the process.

#### Is there a reason why Kufsteinerland is a special place for positive energy?

We live in a very varied landscape – surrounded by stunning mountains with clean lakes, a small and lively town and eight rural villages, all with their unique offerings and culture. Bad Häring is the first and oldest spa site in Tyrol, for example. So yes, there is a lot we can be positive about, and to us it is special.

### Can you book a "nature response" session or guided tour?

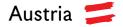
Yes, just get in touch with one of the guides through the Kufsteinerland Tourism Board.

#### What is the name of the exercise Harry mentioned?

It is a Qigong exercise called "Connecting Heaven and Earth". It is one of many exercises Harry incorporates into his guided tours, and he also adapts it to what a given group needs. In general, he can customise his tours as needed.

### What is the name of the lake Harry mentioned in regard to Tai Chi?

Harry mentioned Thiersee lake, which is a lake in a valley just above Kufstein. The lake has crystal clear water and sits just underneath the mountain Pendling.



### What are your recommendations for experiences for the whole family? What do you offer for children?

The Kufsteinerland Guest Card includes various experiences for children, such as the Wildlife Park, a small zoo, the Haflinger stud farm or the Festung Kufstein. There's also a special kids tour programme – and participation is free of charge with the Kufsteinerland Guest Card. The region offers ample choice of easy hikes and local huts for a pit stop. With the Kaiserlift, you can "float" up the Kaisergebirge nature reserve at an elevation of 1,200 metres (free for kids up to 18 years of age). Halfway up there is new adventure trail for kids that teaches them about the flora and fauna of the region.

### Is it possible to SUP in Kufsteinerland during summertime?

Yes, you can SUP at the Hechtsee and Thiersee. There are also possibilities to SUP on the Inn river.

### Are the Haflinger horses actually from the region?

The horses are typically Tyrolean – very robust and pretty horses that are made for life in the mountains. The Haflinger horse has its origins in Tyrol. Thanks to a clever breeding policy and targeted marketing measures, the Tyrolean Haflinger Breeding Association has ensured the worldwide distribution of the breed. The "Haflinger" has become a Tyrolean cultural treasure and an ambassador for the country. Today, Haflinger horses from Tyrol are at home on all continents.

The primary breeding area of the association is in Tyrol and in Vorarlberg and Salzburg. Today, more than 1,000 breeders are supported by the stud farm in Ebbs in Kufsteinerland. The association's breeding events are a great attraction and therefore a significant economic factor for the region.

### Will the Knights' Festival take place this year?

It is scheduled to take place from 1 to 3 October. However, all events are subject to change and whether or not they take place will depend on the situation and rules at the time of the event.

### TRAVEL & INFORMATION:

### What are your recommendations for local dishes to try while in Kufsteinerland?

There are many culinary delights in Kufsteinerland. Here you will find everything from award winning cuisine to traditional, local restaurants and mountain huts. We recommend the Kaspress-Knödel, which are cheesy dumplings typical to the Tyrol region. If you cannot decide between all the dumplings on the menu, ask for a "Tris" (three different local dumplings on one plate). You can either eat the dumplings in soup or with salad. For dessert, order the Kaiserschmarrn – a sweet dish made out of fluffy pancake chunks served hot with cranberries or apple sauce.

