

The perfect summer has so many elements - Variety filled time-out in the Hohe Salve region

The Hohe Salve region takes its name from the loveliest viewing mountain in the Kitzbühel Alps. The Salvenkirchlein church sits enthroned on an elevated position and has been a well-known pilgrimage destination since the 16th century. However, for a long time now it has been more holidaymakers than pilgrims who have been enjoying an exceptional time away from the daily grind here. The town of Wörgl is the region's bustling centre, with its 14,000 inhabitants, shopping opportunities, restaurants and cafés. It is regarded as the gateway to the Kitzbühel Alps. The towns of Hopfgarten, Itter, Kelchsau, Angath, Angerberg, Mariastein and Kirchbichl inspire with their rural infrastructures, providing so much romance in unspoilt natural surroundings, lovely churches and inns. The many different elements have a variety-packed mix, with ideal pre-requisites for an all-round versatile holiday – providing relaxation and recuperation, which looks different to each individual. Around the Hohe Salve and its sister mountain, the Kleine Salve, holidaymakers enjoy a perfect set-up for hiking and cycling, using cable cars for support if need be. Anyone is looking for secluded expanses, can head to the Kelchsau, a seemingly forgotten lateral valley. Wherever you go, you will always enjoy the food in the Hohe Salve. There are so many regional producers, and numerous restaurants provide a refreshing new take on old recipes.

Lovely views: Hiking with panoramic views

The Hohe Salve (1829m), the loveliest viewing mountain in the Kitzbühel Alps, and next to it, the Kleine Salve, its little sister, provide hikes of varying difficulty levels. Those who prefer things to be more leisurely, can travel up via gondola from Hopfgarten and Itter, and enjoy the panorama, and the views to more than 70 three-thousand metre mountains, all while simply strolling along. Sitting enthroned right at the top is [Salvenkirchlein](#), the highest pilgrimage church in Austria, next to that is the [Gipfelalm](#) with its 'Umadum Stub'n' and revolving terrace, which serves up a free 360-degree view to feast on. The [lake circuit](#) provides a variety-packed family hike, proceeding to three reservoirs - the emblems of the region. In contrast, Kelchsau is a tranquil lateral valley with secluded Alpine pastures – and an ideal starting point for extended mountain tours, to the [Schafsiedel](#) for instance. Special hiking destinations also include the [Mariastein pilgrimage church](#) with its early Tyrolean state insignia and the [Hundsalm ice and stalactite caves](#) in Angerberg, the only freely accessible caves in Western Austria.

With or without a tail wind: everything always rolls here

[Cycling](#), whether it is on a racing bike, on gentle tours or punchy [trails](#) – more than 800 kilometres proceed alongside rivers, over enchanting Alpine meadows and up to view-packed summits. From super easy to mega challenging. Enthusiastic experts have forged the network around the Hohe Salve with passion and understanding. Here, in the first and biggest E-road bike region, the infrastructure is fantastic. From bike transport on cable cars and buses, to cyclist-friendly accommodation, exemplary signposting and routes, to training offers and test centres, state-of-the-art servicing, hire and battery replacement stations, along with super events for aficionados. The [summer activity programme](#) includes numerous guided tours. Anyone who prefers to be out and about solo, can book their own personal dream day with one of the local bike guides.

Conscious relaxation and enjoyment – Special offers

Yoga while enjoying the views to the Kleine Salve, meditation in a very special place in open natural surroundings, a workshop in a traditional Alpine inn to show how the forest and meadows are a pharmacy, or uncover the secrets of green cosmetics. The [summer activity programme](#) in the Hohe Salve has so many

offers with regard to enjoying a purposeful time and the natural surroundings. Apropos, what food is there in the Hohe Salve, where can you buy delicious cheese, and juicy ham? The [market place](#) is a platform where local farmers and regional producers provide information about their products.

Variety: there has to be a little bit of fun and action

Lovely to look at, but even nicer to lift off yourself. Thanks to ideal thermal conditions and easy accessibility, the Hohe Salve is a hotspot for paragliders. Anyone who would like to try out a [tandem jump](#) with an experienced pilot can book with one of the local providers. However, on 2nd June the [Dirndl and Lederhosen Day](#) steals the show from these magical skyline adventures. It's then that 'Schuhplattler' folk dancers and 'Weisenbläser' bands set the right tone, all wearing traditional costume – and guests can use the cable cars for half price.

Everything you need – holiday joy for families

[Swimming pools and swim lakes](#) are part and parcel of a summer holiday, just like suncream and ice cream. Relaxing retreats with smaller children include Moorstrandbad Kirchbichl, one of the oldest in all of Tyrol, and the solar-heated outdoor swimming pool in Itter. Older children prefer Salvenaland swim lake in Hopfgarten, enjoying adventurous jumps from the footbridge, heading to the platform, the climbing ice-berg and water trampoline. Those who want to can also enjoy themselves in the pool. Want more action? Then get out of the water and head straight to the neighbouring Salvenaland leisure park. With its summer toboggan run and mini-golf facility, giant bouncy cushions and bouncy castle, it provides an extra helping of fun and is one of the most sought-after [leisure and play parks](#) in the Hohe Salve region. At RITTER playground on view-packed Rosenweg in Itter, families journey back to medieval times. Here a mighty play castle made from wood, modelled on Itter Castle – the landmark of the town - enjoys a regal setting. Quiz boards impart details and facts in a fun way. Yet at times it just has to be 'Halligalli' (that's 'fun' to you and I), which means that the indoor playground in Kirchbichl provides a perfect alternative, in case it rains. When the sun is indeed shining, there are the [mountain adventure worlds](#), with the Hohe Salve leading the way as a unique viewing mountain. On the summit, very close to the well-known Salvenkirchlein, Salvis Kraxl Platzl is the ultimate for children who are keen to get moving. The [sport and fitness area](#) in Itter also provides a space for some relaxed training, and is suitable for all age groups. Incidentally, those of you who like collecting 'points' can increase your own fun factor while hiking, with the ['Stempelpass' \(a booklet in which you collect stamps from various places\)](#). One date to mark in your diary is the 13th October – during the [family day](#) the Hohe and the Kleine Salve are transformed into a paradise for children, with a variety-packed programme of play options, exciting stations and culinary highlights. In celebration of the day, cable car tickets are available at half price.

Made easy – time out for your car

The Kitzbühel Alps is a pioneering area when it comes to mobility. The four holiday regions: Hohe Salve, Brixental, St. Johann in Tirol and Pillerseetal have, with their mobility concept, come together to set new standards. So your 'Kitzbüheler Alpen Card' (guest card) is automatically your train and 'S-Bahn' ticket for local public transport services, which run on a regular basis. Every day around 60 trains and S-Bahn services operate on the 66 kilometre route between Wörgl and Hochfilzen. Anyone who has checked in electronically before the start of their holiday, will already get to enjoy free travel when they get to Wörgl. Regio- and city bus services in the Hohe Salve region are also included –and not just in the nearby area, but right through to Kitzbühel too.

Further information: Hohe Salve region, Innsbrucker Straße 1, 6300 Wörgl, www.hohe-salve.com