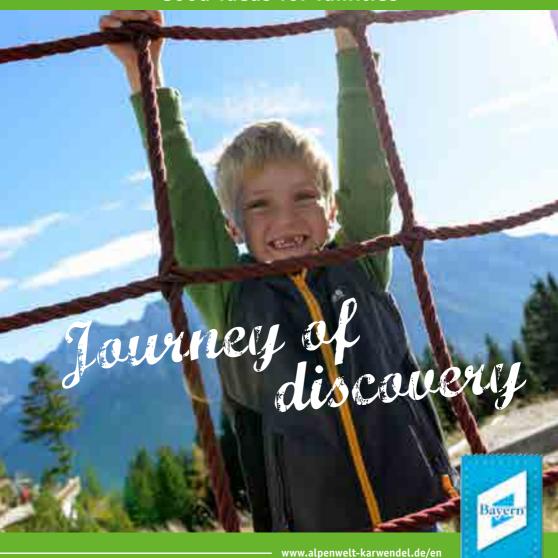
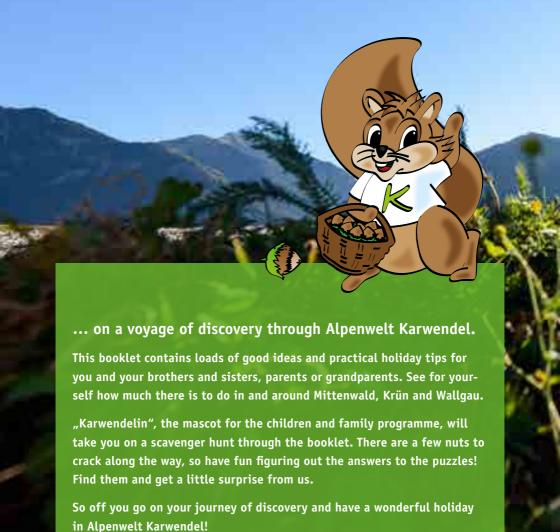


### **Good ideas for families**





### Come with us ....







# Alpenwelt Playgrounds Tlaygrounds

Do you like skimming stones on a lake and love playing hide-and-seek in the forest or splashing about in a stream? - Fantastic! There is loads of space for all of your nature adventures here.



### Dam building in the isar river

A few big stones and some mud, gravel and branches in between - and your dam is finished. The Isar and Seinsbach are great water play areas. Some rare birds and plants are at home here too. So please be careful where you step!

### Of course, we have great "proper" playgrounds in Mittenwald, Krün and Wallgau too. You can really have a great romp around here:

### Flößerspielplatz, Krün

Come with us and follow the trail of the ancient raftsmen ("Flößer")! The spot where they once went about on the banks of the Isar is a brilliant adventure playground today. There is a play raft, ropeway, climbing trail and even a BMX track for you to try out. You had better park your little brother or sister in the sand and mud area. Meet up with them again along the course of the stream at the water pumps.

### Naturspielplatz, Wallgau

Start out on the high seas in the pirate ship, then off to the climbing wall! There is even one especially for the little ones. Thanks to the big trees, it is very nice here on hot days too.

### Spielplatz Riedboden, Mittenwald

How about a trip along the Isar river? At the start and end of the route there is a large playground with a zip line, slides and more. Have fun!

Scavanger hunt 1

What colour is the Isar river in spring after the snow melts?





## Fun at the lakes

### Onto the slide, get set, goooo!

**Grubsee** with its bathing area is a paradise for mermaids and mermen alike. In summer it reaches temperatures of up to 26 degrees, making it one of the warmest lakes here. Whiz down the winding water slide, plunge from the jetty, then rent a pedal boat... There's lots of fun at Grubsee.

You can also enjoy splashing about, diving or canoeing at many of the other small lakes in Alpenwelt Karwendel. Most of them are of drinking water quality and reach bathing temperature from June to September. You can reach many of them by taking the tourist bus free of charge.

Whether it's because of the impressive trout and white sand, flower meadows and the sound of goat bells or the steep cliff panoramas - each lake has its own unique attractions. This variety will enchant you all. The best thing is: There is a lake or stream along (almost) every cycle or hiking trail.



Luis, 7 years

### What I love to do

I often go to Lautersee with my friends. We jump from the jetty and diving tower and play soccer on the meadow. Continue along the forest experience path to get there.





### Come with us to the world of the gorge ghost!

Hexenkessel (the witch's cauldron), pools and torrents in the rocks - this is his fantastic realm in **Leutascher Geisterklamm gorge**. His legend will accompany you along metal walkways high above the roaring stream. Wander through the wild gorge to the 80 metre-high panoramic bridge on the border with Tyrol. What a force of nature!

Hiking along the water is amazing. For example, a moor spirit is said to hide in the **Finz Gorge** near Wallgau. Hikers and mountain farmers claim to have seen her here, even in trees. Perhaps you will discover the good-natured little spirit as you march through the gorge.

**Hüttlebach Gorge** is another great natural experience. Setting out from the banks of the Isar river in Krün, you will soon come to a climb along the cliff wall up to the viewing area.





A hike through the roaring Partnach gorge in Garmisch-Partenkirchen is quite an adventure too.



### Barefoot hiking

The mountains have lots of stories to tell, about ghosts, animals, glaciers and stones from the time of the dinosaurs. There is always something new to discover on the nine themed tours around Alpenwelt Karwendel: take a guess, solve a puzzle or try your luck at the long jump with the animals. The hiking will become a secondary matter.



There are three themes tours on Kranzberg. The mountain in Mittenwald is a real jack-of-all-trades.

Pinecones tickle your feet, then moss, bark and pebbles, and at the end, spring water. Of course there is usually a lot of giggling along the **Mittenwald barefoot hiking route** too. And at the very end you can splash about and play to your heart's content at the water station. But walking barefoot is also healthy: It makes you more agile and strengthens your muscles and joints, stimulates the heart and circulatory system and makes you tougher!

The barefoot path with its 24 stations starts at 1,223 metres next to Berggasthof St. Anton. The **Kranzberg chair lift** will take you right there. Refreshments are available and the panorama is a real stunner. So off with your shoes and socks and enjoy the free tickles!





All of the routes are available online in our tours module on our website. Convenient: Walking times and altitude profiles are provided as well as some special tips and huts along the way that serve delicious Kaiserschmarrn pancakes. Or get the "Stunning trails" brochure, which is also a great guide.









### Yoo hoo! The Isar can flow as wildly as it pleases here with us.

The 25 info and play stations along the "Isar – Natur-Erlebnisweg" (isar nature experience trail) in Krün allow you to discover so much about life in Bavaria's third-largest river: plants, birds and more. Here you can feel, listen and tread your way through the water or watch the fish steps through a large viewing window.

Imagine: The ice age glacier that formed the Isar valley was around 2,000 metres in height! In doing so, it carried large rocks with it by the tonne, such as corals and mountain crystal. You will find some of them on the "Kieselsteinlehrpfad" (pebble experience trail) near Krün. Or collect your own treasures and polish them yourself at Haus der Steine in Krün.



Benedikt, 6 years

What I love to do

Do you like fairy tales? - I do. That's why I like the "Märchenweg" (fairy tale tour) in Wallgau. I can meet the Frog King and Snow White there. Mum reads to me and often adds a little extra to the story. For example, Ludwig the fairy tale king also enjoyed spending time in the mountains here.





# To the animals on the pastures

Pet goats, try fresh cheese or even stay on the mountain overnight? — A walk to one of the many mountain huts and alpine cabins in Alpenwelt Karwendel makes all of these things possible.

Relaxed hiking: With children, plan about one and a half times the recommended ascent and descent times. This leaves enough time for a drink and a snack and a chance to catch your breath. If you are staying overnight in the hut, you can experience the sunset on the mountain.



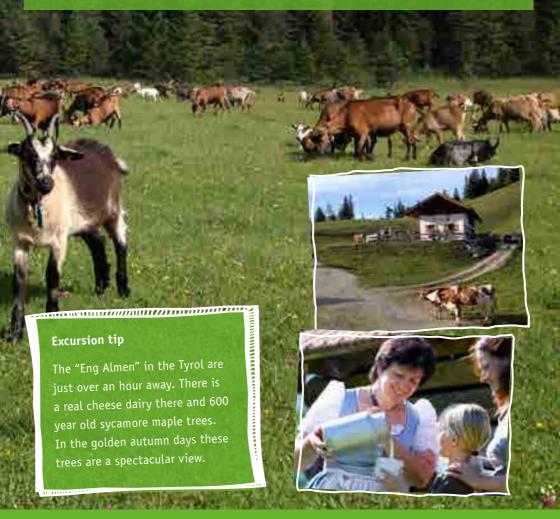
### Scavenger hunt 3

The Soiernseen glisten above Krün. Bavarias Fairy I Tale King loved those lakes. What's his name?

Walking times, maps and places to take a break are included in the online tours module (see page 11) and the "Stunning trails" brochure. Opening hours and contact details for the 80 huts and alpine cabins around Mittenwald, Krün and Wallgau are available at www.alpenwelt-karwendel.de/en/huts-alpine-cabins.

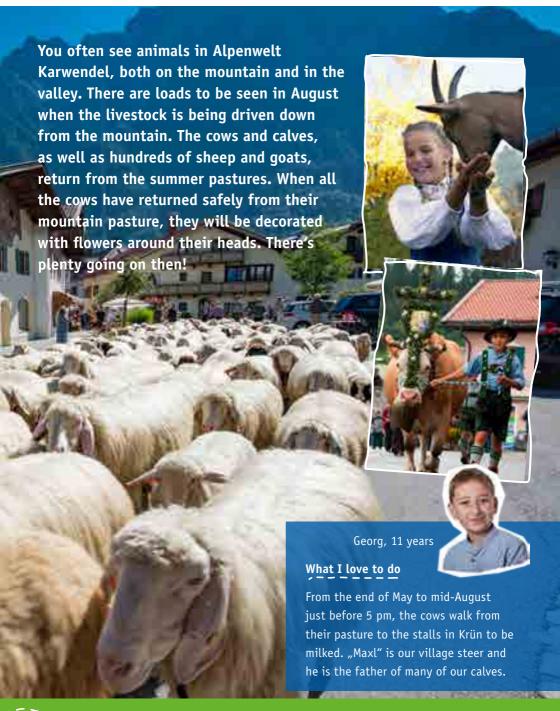
Maaah! - Over 100 goats with kids graze on the "Buckelwiesen" (hummock meadows) around Goas-Alm near Mittenwald. The farmer uses their fresh milk to make delicious chéese and even ice-cream. Try a taster as a snack or in the farm shop.

No bleating to be heard, just the sound of happy cow bells on the many pastures. The young cows are on summer holiday up here - just like you;-). Around the alpine huts you can play catch in the meadows, count the cows or simply relax. In the meantime your parents can enjoy the view of the mountains.

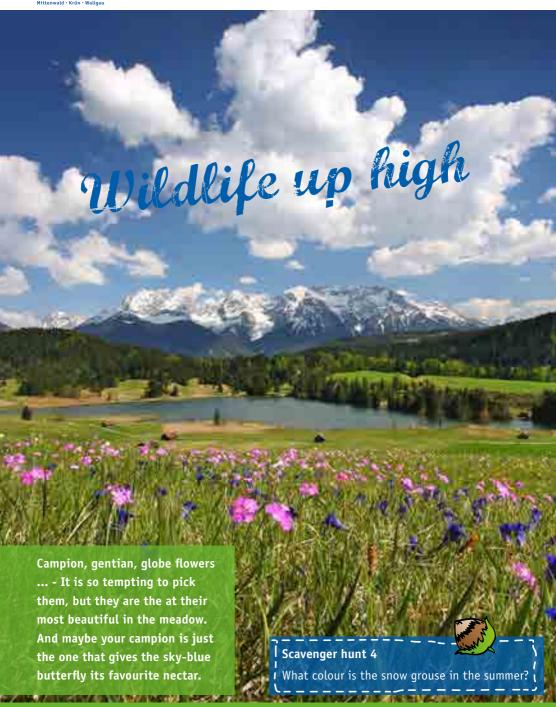
















The **Karwendel cable car** gondola will take you to the kingdom of the chamois and snow grouse. Did a giant forget his telescope up there? - Bergwelt Karwendel near the mountain station really does look like this! Inside you will learn a lot about nature in the mountains and it even rumbles. Outside you can go for a comfortable hike on the panorama trail. Alpenpark Karwendel, where the eagles live, is just next door in Tyrol.

### **Excursion tip**

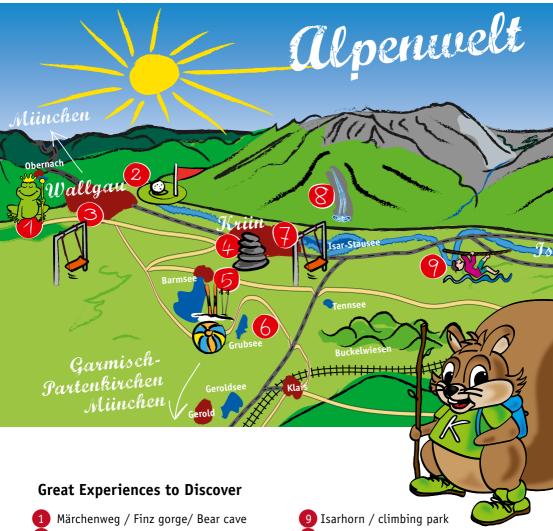
A trip to the Zugspitze will take you high up too. Or even closer, to the Herzogstand, where Walchensee is at your feet.

At Innsbruck Alpine Zoo you can see bears, eagles, lynx and much more. The train runs every hour, direct from Mittenwald or Krün/Klais.

Do you know who whistles when there is danger and wears soft soles like climbing shoes on his hooves? - The chamois! It and other wild animals such as the rare sandpiper are at home in Karwendel. If you don't startle them and stay on the path, you will be helping to make sure they want to stay here.

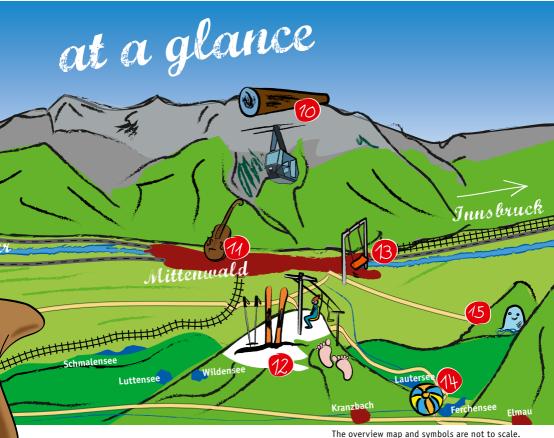






- Wallgau golf course
- 3 Naturspielplatz an der Finz
- 4 Haus der Steine (House of Stones)
- Barmsee ski lift
- 6 Grubsee
- 7 Isar nature experience trail / Flößerspielplatz
- 8 Hüttlebach gorge

- 10 Karwendel cable car / "giant telescope"
- 11 Violin-making museum
- 12 Kranzberg with themed tours, toboggan run and ski area
- 13 Spielplatz Riedboden / indoor climbing
- 14 Lautersee / Ferchensee
- 15 Leutascher Geisterklamm gorge



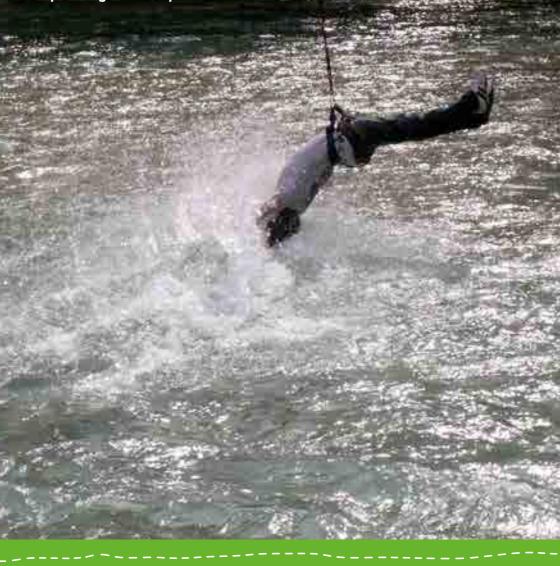
With the Guest Card you will receive lots of discounts and can travel free of charge on the ski and hiking bus. In addition to this, if you stay for a minimum of 3 nights, one mountain or valley ride on the Kranzberg chairlift and one entrance to the Karwendelbad (indoor swimming pool) are free of charge.\* For more info please ask your host or visit www.alpenwelt-karwendel.de/en/visitors-card

<sup>\* (</sup>except for closure and maintenance periods; Please note the final closure of Karwendelbad on November 7, 2016).



### Wild water,

Strap in, take a run-up and go! It's all happening here on the <u>Isar zip line</u>. There is also a climbing tower, high ropes course and Tipi village on the premises at the Isarhorn.



1. Pina







Do you have a head for heights and steady feet? Then ask one of our mountain guides to go on a tour with you. You can learn safety techniques and tricks from him beforehand at the Isarhorn or at the climbing garden near Mittenwald.

Mountain guides and schools offer basic and introductory courses for the whole family, as well as hiring out equipment. The Mountain Rescue Team will show you their exciting work during workshops within the children and family programme.

Try some indoor climbing at the Isarena in Mittenwald. You can also climb at the Alpine Association's boulder hall or in the Climbing Forest in Garmisch-Partenkirchen.

This will put muscles on your arms... and it's fun too! - Trek rafts are small inflatable boats that can be used to raft down streams and rivers. From August to October you can give these agile little things a go. First you learn how to paddle properly and move safely on the water with the rafting school at Ferchensee. Then off to the Isar river.



## Cycling and golf





Strength and stamina are a must in Alpenwelt. Here there are crisp trails, varied tours and a whole lot of mountain bike fun. Grit your teeth in the Karwendel valley and follow the trail of the Transalp crack riders. Or cycle from one lake to another and reward yourself with a cool drink at an Alpine cabin!

Play a relaxed game of golf in Wallgau. **Karwendel Golf Club** offers introductory and family deals on its nine-hole course, along with an awesome panorama.

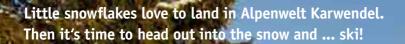
For more ball games, such as tennis or football, simply ask at the tourist office. They will also be able to tell you where the next summer toboggan run is.



Good preparation is everything. The cycle schools in the region provide helmets, rental bikes, technical training and guided tours. Find tips for your bike tours in our tours module on our website and in the brochure "Get on your Bike" - free of charge, of course.







This is a cinch at Kranzberg Ski Paradise. First, get used to the two boards in the kid's park. Then one of the seven lifts will bring you closer to the magic carpet - on lovely wide pistes. They are covered in artificial snow if Mr Frost is not in town. You can take a break at the many cabins, alpine huts and inns around Kranzberg. And if you would like to try mountain climbing on skins, take the easy ski tour route on Kranzberg!

You'll have great fun as a beginner too by the Barmsee ski lift near Krün. Whether it's your first time on skis or you want to pick up some cool skiing or snowboarding tricks, learning is fun at the three ski schools in Alpenwelt Karwendel.





Then onto the sled, get set, goooo! Fly like the wind around fast bends to the valley. The
Kranzberg chair lift goes to 1200 metres, right to the start
of the toboggan run. Or would you prefer to go up on foot? great. Thanks to a separate ascent path, not only is this sunny
run fast, it's also safe for children. Sleds can be hired at the
valley station. There are some cool bob runs in Krausegarten and
Puit in Mittenwald too.



Josi, 5 years

### What I love to do

I love tobogganing in my minibob at Witter in Wallgau or Bärnbichl in Krün. We build our hills and Daddy takes funny photos - it's so much fun!





Do you know "Lena" Neuner? This nice biathlon star from Wallgau has won many gold medals at the Olympics and World Cups. Even as children, she and her team mate Martina Beck whizzed along the cross-country ski trails in Alpenwelt Karwendel; so let's get going, just like Lena and Martina: Off we go!



You can ice-skate or play ice hockey on three natural ice rinks in Krün, Klais and Wallgau as well as at Mittenwald Arena. The Bavarians love Bavarian curling even more. Whoever is closest to the target - the "Daube" - wins. Parents can try out this sporting fun three times a week, children can test their skills during the children's programme.

The EV Mittenwald ice-hockey games can get really heated. Make sure you get tickets when they are playing during your holiday!



The ski schools provide useful tips on proper skiing technique. The stars of tomorrow often train at the biathlon facility in Kaltbrunn near Krün. Whether it's the "sporty trail" there or the further 145 kilometres of cross-country skiing that you are looking for, you will find it at www.alpenwelt-karwendel.de/en/cross-country-ski-run-and-piste-reports







Find more ideas for your winter holidays in the "Magic Alpine World" brochure.

The snow grouse has some super tricks up its sleeve for surviving in the deep snow of the high mountains. Thanks to the feathers on its feet, it can run as if it is wearing snow shoes, for example. Come and visit it at "Bergwelt Karwendel", a nature exhibition right next to the Karwendel cable car mountain station.

There you will also learn about other animals in the mountains and look 1300 metres (!) down into the Isar valley from the panorama window. With eagle eyes and a little luck, you will spot one of the perfectly camouflaged snow grouse on the panorama trail.

A torchlight hike by night is also fantastic (see children and family programme). Tramp through the woods in winter with other children and parents until your come to a cosy cabin. Or maybe you would prefer a sleigh ride? Wrapped up nice and warm with bells ringing as you pass the "Buckelwiesen" (hummock meadows). They look funny in winter, like giant white pillows on the landscape. And there is still time for a proper snowball fight afterwards.



stag and doe are at the feeding station. Experience red deer up close on a guided hike through the winter forest. Please note: This is only suitable for children over the age of 6. Kindly register at the tourist office one day before.

Do you like dogs too? Huskies are my favourites with their ice-blue eyes. Like many other dogs, they come to the international sled dog race in Wallgau every winter. Oh boy, they're fast!



# Music, traditions and Bavarian life

You often hear both robust brass music and delicate violin tones in Alpenwelt Karwendel. Here, almost everyone learns an instrument and plays in a music band. And in Mittenwald they have been making violins for over 300 years. Call in to the demonstration workshop at the violin-making museum!

### **Excursion tip**

A trip to the royal castles of Ludwig II of Bavaria is a real fairy tale experience: Neuschwanstein, Hohenschwangau and the Venus Grotto.

### Scavenger hunt 6

What are the names of the carnival figures who wear wooden masks in Alpenwelt Karwendel?



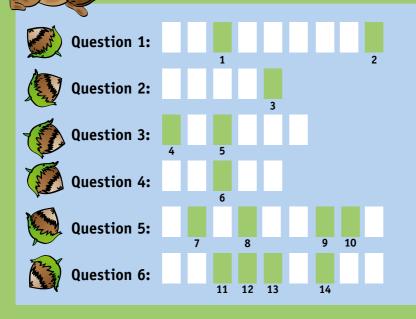
traditional evenings to experience the music, costumes and dance live.



## Got all the answers?

Did you finish the scavenger hunt and find all of the answers? – Super! Please fill them in below.

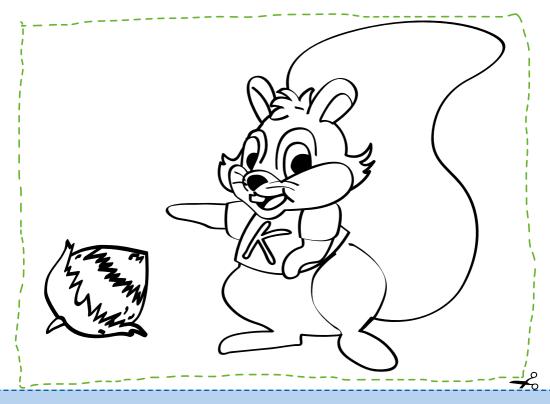
Then transfer all letters marked in green into the text on the right, and hey presto, you already have the solution. Please enter the solution on the following page, cut it out and bring it to one of the tourist offices (see pg. 38) to collect a little surprise from us. Have fun!



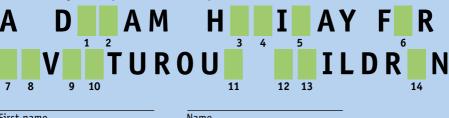
Alina, 9 years

Need any clues?

If you get stuck on one of the scavenger hunt just ask your host.



### What can you experience in Alpenwelt Karwendel?



First name

Name

Street

Post code

City

Email

Country

- I consent to my data being saved by Alpenwelt Karwendel GmbH and subsequently used for marketing purposes. I can revoke my consent at any time.
- Yes, I would like to subscribe to the Alpenwelt Karwendel newsletter.



### Info for the

### In the event of an emergency

Fire-brigade, rescue, emergency doctor, 112 Police, 110 Mittenwald Police, +49 (0) 88 23 / 92 140 Garmisch-Partenkirchen Hospital, +49 (0) 88 21 / 770

### **Indoor Swimming Pools**

Karwendelbad, Mittenwald, +49 (0) 88 23 / 82 22 (closed from Nov 2016!)
Alpspitz-Wellenbad, Garmisch-Partenkirchen, +49 (0) 88 21 / 75 33 13
Alpenbad, Leutasch +43 (0) 52 14 / 63 80
Olympia-Erlebnisbad, Seefeld, +43 (0) 52 12 / 32 20

### **Mountain Cable Cars**

Karwendel Cable Car, +49 (0) 88 23 / 93 76 76-0 Kranzberg Chair Lift, +49 (0) 88 23 / 15 53

### Museums

Haus der Steine (House of Stones), Krün, +49 (0) 88 25 / 562 Geigenbaumuseum (Violin-making Museum), Mittenwald, +49 (0) 88 23 / 25 11





All events are always online at www.alpenwelt-karwendel.de/en/events-bavaria

Family friendly accommodation can be found in the host directory or at www.alpenwelt-karwendel.de/en/find-book

The children and family programme as well as further information for a successful holiday with your family are available at the tourist offices (p. 38). www.alpenwelt-karwendel.de/en/family

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### grown-ups

### Fun + Sport Summer

### **BICYCLE RENTAL / MTB TOURS**

Mittenwald:

Biker-Bahnhof, +49 (0) 8823 / 91 43 5 Fahrrad Frank, +49 (0) 8823 / 12 93, Fahrräder Kittmann, +49 (0) 8823 / 14 49 active adventures, +49 (0) 8823 / 93 81 403

Bikepoint Karwendel, +49 (0) 88 25 / 92 18 80 Wallgau:

Auto-Motorrad Holzer, +49 (0) 88 25 / 21 41

### HORSE RIDING

Schmalensee Stud, +49 (0) 88 23 / 23 54

### TREK RAFTING

active adventures, +49 (0) 88 23 / 93 81 403

Isarhorn, Bergschule Alpenwelt Karwendel, +49 (0) 175 / 24 66 966 Isarena, Mittenwald, +49 (0) 88 23 / 57 71 Die Werdenfelser Bergführer, +49 (0) 151 / 516 801 92

Golfclub Karwendel, Wallgau, +49 (0) 88 25 / 21 83 Karwendel Spielgolf, Mittenwald, +49 (0) 172 / 82 00 705

All mountain bike and cycling tours are described in detail in the online tours module: www.alpenwelt-karwendel.de/en/tours-karwendel

### Fun + Sport Winter

Barmseelift. Krün Kranzberg Ski Paradise, Mittenwald, +49 (0) 88 23 / 59 95

At the ski schools and from the following: Bergschule Alpenwelt Karwendel, +49 (0) 175 / 24 66 966 Haushaltswaren Seitz, +49 (0) 88 23 / 55 54 Kranzberg Chair Lift, + 49 (0) 88 23 / 15 53

### **ICE SPORTS / RENTAL**

Ice Sports Centre Arena Mittenwald, +49 (0) 88 23 / 93 86 41 Natural ice rinks in Krün, Klais, und Wallgau

### SKI SCHOOLS / SERVICE / RENTAL

Erste Skischule Mittenwald, +49 (0) 88 23 / 35 82 und 85 48 Skischule Alpenwelt Karwendel, +49 (0) 88 23 / 80 80 oder +49 (0) 88 25 / 92 13 199 Skischule Krün-Wallgau, +49 (0) 88 25 / 92 18 80 oder 0 172 / 51 46 232 Ski- und Langlaufschule Isartal, +49 (0) 172 / 95 68 196

Luis, 6 years

Get your free postcards

On the next page there are two postcards for you. Why not send them to your grandparents or friends?





### Tourist-Office Mittenwald

Dammkarstr. 3 D-82481 Mittenwald

Tel. +49 (0) 88 23 / 33 981 Fax +49 (0) 88 23 / 27 01

touristinfo@mittenwald.de

### Tourist-Office Krün

Rathausplatz 1 D-82494 Krün

Tel. +49 (0) 88 25 / 10 94 Fax +49 (0) 88 25 / 22 44

touristinfo@kruen.de

### Tourist-Office Wallgau

Mittenwalder Str. 8 D-82499 Wallgau

Tel. +49 (0) 88 25 / 92 50 50 Fax +49 (0) 88 25 / 92 50 66

touristinfo@wallgau.de

www.alpenwelt-karwendel.de	e/en	
www.alpenwelt-karwendel.de		





Greetings from Alpenwelt Karwendel



Greetings from Alpenwelt Karwendel