



Golden times for gourmets: in Serfaus-Fiss-Ladis, this is the season for active adults over 50

High above the Upper Inntal valley in Tyrol, travellers over 50 can experience their own personal golden season in September and October: clear mountain air, gentle panoramic hikes, leisurely e-bike tours, and regional specialities with authentic Tyrolean hospitality. Less hustle and bustle, more space, and a varied event calendar make autumn 2025 in Serfaus-Fiss-Ladis a getaway for body, mind, soul, and palate.

When a golden light falls over the meadows and forests, the mountain panorama shimmers against the sky, and the air is so clear that the landscape appears freshly polished – then autumn has arrived in Serfaus-Fiss-Ladis. Now the stage belongs to the true connoisseurs: those seeking peace and quiet and active holidaymakers over 50 will find their refuge here. Gentle panoramic trails, leisurely e-bike tours, and culinary excursions lead you to your destination without any rush. The barley soup at the mountain huts here tastes just as good as the potato goulash at *Culinary Autumn* 2025. The calendar is packed with art, music, and living traditions, making autumn the most relaxing time to travel and the most rewarding for the senses. Accommodation options to suit every need and genuine Tyrolean hospitality ensure a getaway in the utmost comfort. Because in Serfaus-Fiss-Ladis, autumn is not merely a stopgap, but the crowning glory of the year.

Autumn is the time to move

Up here, where the Tyrolean Oberinntal valley far below shines like a green carpet in the sun, autumn doesn't do things by halves. At an altitude of 1,200 to 2,000 metres, routes with evocative names such as the *Panorama Enjoyment Trail*, *Six Senses Trail*, *Quellenweg*, and *Wildtierweg* (wildlife trail) lead through a symphony of warm colours. Ten cable cars take the steep climb out of the equation, leaving more time for the essentials: walking, enjoying the view, lingering a while. Those who prefer pedalling to walking can hop on an e-bike and cruise through the autumnal gold with battery-powered ease. Rental stations in Serfaus, Fiss, and Ladis and strategically placed charging stations (power connections) in the hiking area make the trip even easier. The mountain air? Low in pollen and invigorating. The view? Far enough to make plans. The space? So generous that you don't just hike or cycle here, you breathe in freedom itself.

Culinary delight at any height

If you're seeking the colourful season, you'll not only see it in Serfaus-Fiss-Ladis, but also taste it. On the sun terraces of the huts and mountain restaurants, the chefs bring the very best of the region to the table. *Kaiserschmarren* pancakes made from *Fisser Góggala*, hearty potato dishes, and fine Tyrolean classics – served with a generous portion of sweeping views and a glass of *Fissky Imperial* whisky, distilled locally from *Fisser Imperial Gerste*. If you want to top that, turn these sensory delights into a mountain sport: the *Culinary Hike*. You move from one gourmet station to the next – there are six mountain restaurants to choose from – letting yourself be guided by the scent and choosing a new course from the four-course surprise menu at each stop.

Culture meets zest for life

When colour and flavour have reached their peak in Serfaus-Fiss-Ladis, it's time for *Culinary Autumn*. From 1 September to 19 October 2025, the three mountain villages will be dedicated to potatoes. Simple in origin, great in variety, they dominate menus and markets, and fill festive tables and alleyways with fragrance and character. Locals and visitors celebrate the golden season



amidst the lovingly decorated squares, hay bales, and pumpkins. *Kunst am Berg* brings creativity into the open air, allowing works to be created to the rhythm of the mountain wind. The *Golden Fine Arts Festival* combines alpine scenery with art, music, and culinary delights – a blend that leaves a lasting impression. At the *Almabtrieb* in Fiss, the cattle's journey home becomes a parade of colours, sounds, and living customs. But the best thing is: the sunny high plateau has more than just a programme to offer. People here live and celebrate with intensity and warmth. Those seeking the good in life will find peace, depth, and inspiring moments.

The crowning glory of the year

Hospitality on the Tyrolean high plateau is not merely a friendly handshake, but an attitude. In Serfaus-Fiss-Ladis, it is a lived experience, from the first eye contact to the last farewell. Anyone coming here in autumn will get more than just clear mountain air and golden slopes: the "Super. Summer. Card.", which can be purchased for a small fee at designated partner accommodations, grants visitors unlimited access to all open cable cars until 19 October. In addition, the SFL guest card, which every overnight guest receives, lets you use the hikers' bus free of charge and take part in guided tours. Convenient, hassle-free, and at no additional cost. The Serfaus Underground brings urban ease to the village, so you can take a welcome break from driving. In addition, the accommodation options here do not sell comfort as an extra, but deliver it as standard. For travellers over 50, this means less organising, more experiencing. And that's exactly what makes this time of year up here so unique and irresistible.

Further press information and free photographic material is available on our press portal under www.serfaus-fiss-ladis.at/en/Service/Press.

About Serfaus-Fiss-Ladis

"Moments that last!" – under this motto, the Tyrolean holiday region of Serfaus-Fiss-Ladis invites you to enjoy a summer holiday at the highest level. Here, guests of all ages, whether alone, as a couple or with the whole family, can experience unforgettable moments and relax far away from everyday life. In Serfaus-Fiss-Ladis, it's not just adults who get their money's worth – even the little ones will find their own personal holiday happiness. The three charming mountain villages are located on a sunny high plateau above the Upper Inntal valley in Tyrol and are surrounded by the distinctive peaks of the Samnaun mountain range and the Ötztal Alps. Between 1,200 and 3,000 metres above sea level, the region offers everything that makes a mountain lover's heart beat faster: exciting experiences for the whole family, varied outdoor activities for sports enthusiasts, thrilling adventures for action fans, breath-taking panoramas for connoisseurs and culinary highlights for gourmets. You can find more information at www.serfaus-fiss-ladis.at/en.



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