

ACTIVE SUMMER BETWEEN GLACIER, MOUNTAIN, AND LAKE

Fancy hiking, biking, trail running, golf, yoga, SUP, swimming, or paragliding? Then head to Zell am See-Kaprun! Here in SalzburgerLand, summer holidaymakers will always find new sporty challenges. For example, wakeboarding on Lake Zell, conquering their first three-thousand-metre-high peak, or gravel biking on designated routes with the best panoramic views. This trio of glacier, mountain, and lake will automatically let your heart beat faster!

Whether mountain or water sports enthusiasts, outdoor athletes, leisure holidaymakers or cool families, pros or beginners - in Zell am See-Kaprun, you don't have to choose between air, earth, or water. Because all three elements are available in their most beautiful form, and are just waiting to be explored by active holidaymakers. Here are our top 7 activities around Zell am See-Kaprun at a glance:

"MY FIRST THREE-THOUSAND-METRE-HIGH PEAK"

At the high alpine excursion destination on the Kitzsteinhorn, you can experience glaciers and high mountains at close range. If you want to go even higher, climb 200 metres uphill from the TOP OF SALZBURG panorama platform (3,029 m) to the 3,203-metre-high peak of the Kitzsteinhorn in a small group, secured by a qualified mountain guide. The summit tour is offered once a week in summer, and is part of the weekly programme for all guests of Zell am See-Kaprun.

EVENTFUL HIKING DAYS

Hikers can look forward to over 400 km of marked trails. Part of the "Hohe Tauern Panorama Trail" offers the opportunity to follow in the footsteps of Empress Sisi to the Schmittenhöhe, and via the high-altitude promenade and "Mystical Forest" theme trail to Elisabethpark. Also for hikes: the "Hüttenrunde Maiskogel" hut tour and the "Alexander Enzinger Trail". Highlight: the new panoramic walk at the Schmittenhöhebahn upper terminus.

THE GREAT LONGING OF ALL FANS OF AQUA FUN

Banana boat, SUP, water ski, wakeboard, sailing boat, surfboard, pedalo, kayak - or simply a swimsuit or swimming trunks: all water sports enthusiasts can cool down at Lake Zell, with pleasant water temperature and an excellent quality of water. Hire stations for boats, kayaks and SUPs can be found around the lake. You can enjoy swimming at three lidos with heated pools and in public swimming areas. Insider tip: Yoga by the lake!

HOW ABOUT GRAVEL BIKING?

Gravel bikes combine the best of road bikes and mountain bikes. There are five designated routes for gravel biking around Zell am See-Kaprun. The routes are between 17 and 39 kilometres long and lead over around 750 to 1,950 metres in altitude, e.g. uphill to the Maiskogel or to the flanks of the Kitzsteinhorn.

ENDLESS MTB POSSIBILITIES

Mountain bikers with and without an electric motor will find 240 kilometres of cycle and bike trails around Zell am See and Kaprun. Some highlights for mountain bikers: the sporty uphill from Kaprun to the Alpincenter, three high-alpine single trails from the Kitzsteinhorn into the valley, and a trail on the Maiskogel. All these bike trails can be combined by using the cable car.

TRAIL RUNNING FOR BEGINNERS AND THE ADVANCED

The area around Zell am See-Kaprun is perfect for trail runners. Newcomers, "old hands" and pros will find the ideal terrain here - the best views always included! Three top trails in quick succession: the panoramic "Hochsonnbergalm Trail", the short and crisp "Schüttbach Challenge" and the "Schmitten-Ebenberg Trail".

PROBABLY THE MOST BEAUTIFUL GOLF COURSE IN THE ALPS

At the golf course in Zell am See-Kaprun, golf enthusiasts can enjoy the most beautiful 36 greens in the Alps. The golf club is the only 36-hole "Leading Golf Course" in the Alps. There are golf taster courses and various workshops and camps for beginners and the advanced.

EVENT TIPS FOR 2024:

Top 1: Grossglockner Ultra-Trail

The 110-kilometre route leads through three federal states, seven valleys and six towns - and past 14 glaciers and 300 three-thousand-metre-high peaks from 25 to 28 July 2024. There are five competitions (on partial routes) - with something for every trail runner.

Top 2: Traditional TriZell: international sailfish triathlon in Zell am See-Kaprun

Swimming in the crystal-clear Lake Zell, road cycling to Kaprun and back to Thumersbach, and running along the lakeside trail - the TriZell Triathlon is considered one of the most beautiful. The 37th edition will take place on 29 June 2024, and is great for beginners: There is no age group or timekeeping at the TriWomen.

Top 3: Tough but fair - IRONMAN 70.3 Zell am See-Kaprun

Considered one of the most beautiful triathlons in the whole of Europe, and having been voted "Global Best Overall Race" by the athletes themselves, IRONMAN 2024 will take place on 1 September. This event also counts as qualification for the 70.3 World Championships in Marbella in 2025. So, get off the couch and start training!

Top 4: This is how obstacle running is done in the third millennium

From 6 to 8 September 2024, the SPARTAN Trifecta Weekend will once again take place in Zell am See-Kaprun - even the SPARTAN EUROPEAN CHAMPIONSHIP 2024 will be held this time. Thousands of modern Spartans will take on the challenge of the world's largest obstacle course series during that autumn weekend. There are extra obstacle courses for children, young people, and adults - great fun!