

## **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 'Kaiserblick' panoramic platform with a glass floor and a view of 30 three-thousand metre peaks at the Schmittenhöhebahn mountain station.

### **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: SUP-yoga on 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 2025:**

#### **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 24 to 27 July 2025. There are five competitions (on partial routes) - with something for every trail runner.

#### **Top 2: Tough but fair - IRONMAN 70.3 Zell am See-Kaprun**

It was voted one of the most beautiful triathlons in the world by 55,000 athletes: In the Global Athletes' Choice Awards 2024, the bike course came 2nd in Europe and 4th in overall satisfaction. In 2025, the IRONMAN 70.3 will take place on 31 August! For the IRONMAN stars of tomorrow, the IRONKIDS will be held on 30 August and all enthusiastic amateur runners will get their money's worth at the Night Run Austria on 29 August.

#### **Top 3: Double the triathlon-fun: the traditional TriZell**

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 next edition will take place from 5 to 6 July 2025. NEW: In 2025, an aquathlon will take place - an exciting endurance sports competition that combines swimming and running in one thrilling event.

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

From 12 to 14 September 2025, the SPARTAN Trifecta Weekend will once again take place in Zell am See-Kaprun. This autumn weekend, thousands of modern Spartans will take on the challenge of the world's biggest obstacle course series. There are extra obstacle courses for children, young people and adults - great fun!