

WINTER HOLIDAY IN ZELL AM SEE-KAPRUN

ACTIVE WINTER DAYS BETWEEN GLACIER, MOUNTAIN AND LAKE

Mountains, snow and winter air around Zell am See-Kaprun are the best fitness centre in the world! It starts high up on the pistes in Salzburg's only glacier ski resort on the Kitzsteinhorn from October onwards. Not enough? The Ski ALPIN CARD includes 408 kilometres of pistes. Want to try something other than skiing? The off-piste activity programme inspires with ski touring routes, perfectly groomed cross-country ski tracks, guided snowshoe and winter hikes as well as the Kitzsteinhorn Explorer Tour - eventful and moving holiday moments for everyone!

Is it the 30 three-thousand-metre-high peaks around the Hohe Tauern? Is it the 408 kilometres of pistes included in the Ski ALPIN CARD? Or the numerous cross-country ski tracks in the valley? There is something in Zell am See-Kaprun that turns even couch potatoes into convinced winter sports enthusiasts who - as soon as breakfast is over - rush outside into the open air. And this happens particularly quickly with ski-in/ski-out: out of the hotel door, uphill onto the mountains, into winter fun!

ALPS AT THEIR VERY BEST: WINTER SPORTS BETWEEN GLACIER, MOUNTAIN AND LAKE

The Kitzsteinhorn glacier ski resort stands for top piste conditions, snow parks and pristine powder slopes. Freeriders appreciate five signposted deep-snow routes near the lifts: the Freeride Info Base and the Info Points at the start of the routes provide tips on safety and inform about the current avalanche situation. And on Freeride Monday, there is expertise from professionals for beginners and advanced skiers. The Maiskogel at the foot of the Kitzsteinhorn is an ideal ski mountain for children, families and beginners. The Schmittenhöhe in Zell am See can be reached directly from the town centre and via six lower termini. The mountain encompasses a diverse winter sports area and reveals fabulous views of the three-thousand-metre-high peaks around the Hohe Tauern National Park. The Trass on the Schmittenhöhe is what the Black Mamba is on the Kitzsteinhorn: with gradients of up to 70 per cent and a downhill run of 1,000 metres, the Trass is quite a challenge, but also rewards with tremendous views of the wintry Lake Zell in the valley.

SKI TOURING: NEW AND TESTED ROUTES AS WELL AS GUIDED TOURS

Zell am See-Kaprun boasts attractive ski touring opportunities for beginners and experienced mountain sports enthusiasts alike. In Thumersbach, the Ronachkopf ski touring mountain is reserved exclusively for ski tourers and snowshoe hikers. There are variants for ascents of easy and intermediate difficulty, and the piste is groomed for the descent. Refreshments are available at the Enzianhütte below the 1,350-metre summit. There are also two marked uphill routes on the Kitzsteinhorn: they start at the Langwied cable car terminus at just under 2,000 metres above sea level and lead right through the glacier ski resort: the Eiskönigin (Ice Queen) route uphill to 2,450 metres and the Eisbrecher (Icebreaker) route uphill to 2,875 metres. On the Maiskogel, there is a marked uphill route that starts directly at the lower

terminus of the MK Maiskogelbahn. It leads over 970 metres in altitude and around 6.5 kilometres uphill to 1,733 metres above sea level. The descent on the Kitzsteinhorn and Maiskogel is on secured pistes. Thus, these tours are not only perfect for altitude training, but are also safe for all beginners. Those who want professional guiding join the weekly ski tour with mountain guides to the 2,642-metre high Tristkogel. The ski tour leads through wonderful terrain to the Kitzsteinhorn. The route to the summit covers almost 700 metres in altitude and takes about three hours. The reward for the effort: magnificent views and unforgettable downhill runs.

CLASSIC OR SKATING: NORDIC SPORTS AROUND ZELL AM SEE-KAPRUN

Fans of Nordic sports get what their heart desires in Zell am See-Kaprun - in classic style as well as skating. 107 kilometres of perfectly groomed cross-country ski tracks, from the small circular track to the sporty and challenging skating track, make the region accessible. Tip for beginners and connoisseurs: the Schlossloipe in Kaprun. Cross-country skiers looking for a sporty challenge will find it on the region's diverse tracks. And sporty night owls look forward to the illuminated night tracks.

ADRENALIN BOOSTER FOR ALL THOSE LOOKING FOR A CHALLENGE

Great fun for the whole family: measuring 1.3 kilometres in length, the fun slope on the Schmittenhöhe is one of the longest in the world. No less than four snow parks on the Kitzsteinhorn provide diverse setups with superpipes, kickers, rails and boxes for beginners as well as experts. No wonder that the best freestylers in the world prepare for their contests up here. From kicker to deep snow: Boasting five designated routes, the off-piste paradise on the Kitzsteinhorn ensures epic downhill runs in powder snow that can be accessed directly from the piste. The weekly Freeride Monday offers beginners the opportunity to practice for the terrain with the help of professionals. The highlight for freestylers: Austria's best superpipe on the Kitzsteinhorn.

SPORTS EVENTS TO JOIN IN OR WATCH IN WINTER 2023/24

- 3 to 5 November 2023. It's SNOWTIME: This is how we celebrate the early start to the season on the Kitzsteinhorn in Zell am See-Kaprun. Many winter sports brands present their brand-new equipment for free testing on the glacier. There will also be ski and snowboard workshops, the Freeride Film Festival and expert talk with Anna Veith at Kaprun Castle.
- To kick off the 2023/24 ski touring season, the Bergwelten Ski Touring Festival presented by Garmin will take place on the Kitzsteinhorn from 24 to 26 November 2023. The perfect opportunity for a first ski tour with mountain guides. In addition to equipment tests and product training, ski touring enthusiasts can refresh and improve their avalanche know-how for the winter.

- Experience the fascination of freeriding every Monday as part of Freeride Monday on the Kitzsteinhorn, including skiing technique and safety tips from the pros, from December 2023 to April 2024. Free Monday is open to all skiers and snowboarders aged 13 and over.
- January and February 2024: The early bird has the freshly groomed pistes all to itself. At the Ski'n'Brunch on the Schmittenhöhe, the mountain is yours as early as 7am. A breathtaking sunrise, a fantastic piste and a delicious brunch are waiting at the top.
- On 19 and 21 January 2024, Zell am See-Kaprun will host the Winter Spartan Race. The world's best and toughest steeplechasers will compete in the Sprint, Super and Kid's Race disciplines. Who has what it takes to be a real Spartan will be decided at the end!
- The Winter Sports Camp, an exclusive winter sports and inspirational weekend with Felix Gottwald, will take place from 18 to 21 January 2024. The native of Zell is Austria's all-time most successful Olympic athlete. At the camp, the 47-year-old conveys his love for activity and winter sports.
- At the legendary X Over Ride on the Kitzsteinhorn on 23 March 2024, the professionals of the freeride scene will compete in deep snow and collect valuable points for the Freeride World Tour qualification.
- All freeriders who don't like to go it alone can improve their skills and broaden their horizons of experience together at the Zell am See-Kaprun Freeride Glacier Camp from 1 to 4 February 2024. Qualified "Freeride Experience" ski guides lead the way into high alpine terrain: the locals know the best options for freeriders.

Tip! The Falstaff Gourmet Ski Days combine sports and culinary delights over two weekends (7 to 10 March and 14 to 17 March 2024). Skiers enjoy fantastic culinary delights from award-winning chefs and fine wines from top vintners in an impressive setting. In addition, there are mountain hut delicacies, BBQ, food markets, show cooking and much more.