

## **EVENTFUL AND ACTIVE HOLIDAYS BETWEEN GLACIER, MOUNTAIN AND LAKE**

**Hiking, cycling, e-biking, trail running, yoga, triathlon, golf, stand-up paddling, swimming, paragliding and much more: Zell am See-Kaprun offers the best conditions to practise your favourite sport or to try something completely new in the most beautiful natural landscape. For example, climbing your first three-thousand-metre-high peak or getting on a gravel bike.**

The crystal-clear air, the amazing, beautiful landscape and the diverse hiking, biking and themed trails in Zell am See-Kaprun are pure inspiration for an active holiday. Well-marked hiking trails lead across Zell's local mountains, uphill to alpine pastures and high up to the three-thousand-metre-high peaks of the Hohe Tauern National Park.

A very special experience is the summit tour "My first 3,000" on the Kitzsteinhorn. Accompanied by a certified mountain guide and secured on a rope, the last 200 metres in altitude are mastered from the "Top of Salzburg" excursion destination to the 3,203-metre summit. The tour is available once a week during the summer months and is part of the diverse summer weekly programme, which is aimed at all guests in Zell am See-Kaprun. Guided hiking and biking tours, biking technique training, golf taster courses and various camps are part of the region's activity programme: This is the ideal way to add new experiences to an individual sports holiday.

Particularly enjoyable are tours by e-bike, yoga by the lake or on the mountain, a rowing boat trip on the quiet lake in the morning or a hike on the region's 400 kilometres of perfectly marked trails. With the Schmittenhöhe golf course and the Kitzsteinhorn golf course, golf enthusiasts will be delighted to find the 36 most beautiful greens in the Alps: the Zell am See Kaprun-Saalbach Hinterglemm Golf Club is the only 36-hole "Leading Golf Course" in the Alps. In addition, Zell am See-Kaprun has for many years been the venue for well-known international sports events such as the Grossglockner Ultra-Trail or IRONMAN 70.3.

### **ACTIVE HOLIDAYMAKERS ENJOY ALL THE FREEDOM**

Guests enjoy even more freedom with the Zell am See-Kaprun Summer Card, which reveals a unique variety of experiences with more than 40 attractions from 15 May to 31 October 2022. The card is included exclusively with stays at participating partner accommodations and also includes the Mobility Card, which allows the use of all of the region's public transport free of charge. The Zell am See-Kaprun App is also an indispensable digital companion for active holidaymakers, providing daily updates on the weather, events and operating times of the mountain railways: In addition, in the wallet of the app you can find the Mobility Card and the personalised Summer Card.

## THE ACTIVITY AND SPORTS TIPS FOR SUMMER 2022:

- With its excellent water quality, **Lake Zell** is an Eldorado for water sports enthusiasts. The spectrum ranges from leisure and distance swimming to water skiing, sailing, surfing, pedal boating and kayaking to tyre rafting and stand-up paddling. Boat rental stations are available around the lake.
- The "**Hohe Tauern Panorama Trail**" is an impressive long-distance hiking experience that has been complementing the mountain sports available in the Hohe Tauern National Park holiday region since summer 2021. In the course of 17 stages, hikers cover 270 kilometres from the starting point at the foot of the Krimml Waterfalls to the Grossarl Valley. Stage 10 follows the footsteps of Empress Sisi from the Pinzgauer Hütte to the summit of the Schmittenhöhe, and then leads via the Höhenpromenade trail and the "Mystic Forest" theme trail to Elisabethpark on Lake Zell.
- Zell am See-Kaprun boasts **240 kilometres of cycling and biking trails**: there is a choice of leisurely tours with lake and mountain views as well as sporty up-hill routes and high-alpine single trails from the Kitzsteinhorn into the valley. The **Tauern Cycle Track**, one of the most popular long-distance cycle tracks in Europe, leads through the region.
- The first **leisure mountain bike trail** has been leading uphill to the Schmittenhöhe since summer 2021. The route boasts around 900 metres in altitude along wide forest trails towards the summit. Once you reach the top, various places to stop for refreshments and an impressive panoramic view of the Pinzgau Grass Mountains, Lake Zell and the Hohe Tauern are waiting as a reward.
- Zell am See-Kaprun is ideal for **gravel biking**: Six newly created routes meet the requirements of the new trend sport, which combines all the advantages of road cycling and mountain biking. The routes are between 17 and 41 kilometres long and lead over approx. 750 to 1,950 metres in altitude, for example uphill to the Maiskogel or to the flanks of the Kitzsteinhorn.
- Beginners and families passionate about biking appreciate the **Maiskogel Trail**: It leads from the MK-Maiskogelbahn upper terminus via numerous wide and narrow banked curves, waves and smaller jumps to the Stanger intermediate terminus. The trail is 4.6 kilometres long and covers around 430 metres in altitude: Due to the wide design and the low slope inclination, the trail is the perfect introduction for downhill beginners. But experienced bikers will also enjoy the new trail on Kaprun's local mountain.

## EVENT TIPS 2022:

- From 26 to 29 May 2022, the "Eat, sleep, run" camp opens the running season in Zell am See-Kaprun. It is aimed at amateur runners who can effortlessly cover between eight and ten kilometres and are keen to improve their technique skills under professional guidance. Together with an experienced team of coaches led by former professional cross-country runner Andras Tomaselli, these four days are all about perfect body awareness, rhythm and light-footedness. In addition to daily running sessions, the programme also includes training planning, performance diagnostics, running shoe advice and fireside chats on the topic of nutrition and much more. During the running camp, participants will stay at the 4-star superior hotel Sportresort Alpenblick, which treats its guests to a modern style of nutrition and a spacious SPA. The number of participants is limited to 10 to 15 people.
- Endurance athletes and fans of triathlon will get their what their heart desires at the TriZell Triathlon on 24 and 25 June 2022. The TriZell is going into its 35th edition: 1.5 kilometres of swimming, 40 kilometres of cycling and 10 kilometres of running have to be managed in the Olympic distance.
- The Grossglockner Ultra-Trail is a unique adventure in a fascinating landscape: from 29 to 31 July 2022, the 110-kilometre route leads through three federal states, seven valleys and six towns, past 14 glaciers and 300 three-thousand-metre-high peaks. The athletes will cover 6,500 metres in altitude. There will be a total of five competitions (in separated sections).
- Around 2,500 international athletes are expected to take part in IRONMAN 70.3 on 28 August 2022: The competition is considered one of the most beautiful triathlon events in Europe.
- In autumn 2022, the new SPARTAN Trifecta will take place in Zell am See-Kaprun for the first time. From 9 to 11 September, thousands of "Spartans" will take up the challenge of the obstacle race. There are competitions for children, youths and adults: the SPARTAN Race is currently considered the biggest outdoor playground for adults. The Olympic idea of "taking part is everything!" is the motto.
- The Women's Trail is the popular trail run weekend for women, which will take place for the fifth time in Zell am See-Kaprun from 23 to 25 September 2022. The popular night run is on the agenda on Friday evening, followed by further runs on Saturday and Sunday. Trail running, yoga and relaxation workshops will also be available throughout the weekend.