



## Background information

---

### Glacier, mountains, lake – Summer in the Alps

The combination of the glacier, the mountains and a lake makes the Zell am See-Kaprun region in the Salzburger Land absolutely unique. Nowhere else are Austria's most beautiful features situated as closely together as in Zell am See-Kaprun. This unique Alpine landscape offers sports lovers, families and people looking for relaxation a great choice of activities and adventures right on their doorsteps: hiking and biking on the Kitzsteinhorn, the Schmittenhöhe or the Maiskogel; water sports in and on the crystal clear Lake Zell; paragliding with a view of the 3,000-meter peaks of Hohe Tauern, or a round on one of the most beautiful golf courses in the Alps.

#### Adventures for hikers and mountaineers

There are roughly 400 kilometers of hiking trails at every altitude – from the glacier to Lake Zell. Depending on their personal challenge level, visitors can reach the summits on foot or by cable car. Pleasure hikers soar comfortably in exclusive Porsche Design cable cars from the valley up to the Schmittenhöhe at an altitude of 2,000 meters. On the summit there is a wide choice of extensive hikes at high altitudes, always accompanied by the impressive panorama of the mighty peaks of the Hohe Tauern. A digital map enables hikers to plan the tours in advance. The free guided theme tours and the family adventure path "Schmidolin's Baptism of Fire" allow children and adults to go on exciting hiking expeditions. Hikers experience the full fascination of the world of mountains and glacier on guided adventure and panorama tours with experienced local mountain guides. Sports enthusiasts can climb their first 3,000-meter peak with a guide. Anyone wanting to escape from the daily grind for a longer period of time can set off on one of the new hikes lasting several days with overnight stays in mountain chalets. Individual tips and tour suggestions can be obtained directly from the tourism association. The breathtakingly diverse landscape, rustic mountain chalets and unforgettable mountain panorama of the Upper Tauern National Park are the highlight of such a tour. Summit conquerors explore four climate zones, from the valley into the world of the glaciers, in just one day on the new Kitzsteinhorn Explorer Tour accompanied by a National Park ranger.

Concentration, skill and fast reactions are also required in the climbing and boulder centre with its indoor high wire park. People can enjoy their first experience in the fascinating world of alpine sport under guidance. Five courses with a total of 50 different stations in the high wire park demand a great deal of skill, courage and coordination. The Höhenburg fixed rope route arena near the Kaprun high mountain reservoirs offers a special kind of mountain experience. Three fixed rope routes with differing difficulty levels lead visitors through the rocks of the history-charged Höhenburg. Professional mountain guides offer courses for beginners and guided climbing tours.

#### Vertical adrenalin kick: via ferrata at the reservoir dam from June 2017

Climbing fans will experience a completely new vertical climbing feeling in Zell am See-Kaprun from 11th June 2017: The new via ferrata at the Kaprun High Mountain Reservoirs will be the world's highest-situated via ferrata at a reservoir dam. Apart from unusual climbing elements, adrenalin fans will also be delighted by the impressive panoramic view to the Hohe Tauern National Park. With this facility, beginners and the



## Background information

---

advanced alike will manage new sporty challenges and enjoy an exciting climbing experience.

The Höhenburg via ferrata arena at the Kaprun High Mountain Reservoirs offers even more mountain experiences: Three via ferrate of various levels of difficulty lead through the rock of the history-charged Höhenburg. Professional mountain guides offer courses for beginners as well as guided tours of the via ferrate.

Concentration, skill and quick reaction are also required at the sports climbing and boulder gym and the attached indoor high rope course: first supervised experiences in the fascinating world of alpine sports can be made here. The high rope course with five obstacles courses and a total of 50 different stations requires plenty of skill, courage and coordination skills.

### **"Run and Walk": new offers and events for runners and Nordic Walkers**

If you prefer to spend your leisure time being active and outdoors, then is the "Trail Running Scene Awards"-winning Zell am See-Kaprun region recommended: Nominated in the category "Trail Running Region", the region achieved second place for its excellent diversity of routes, detailed signposting and suitable sports hotels. Anyone wanting to spend their leisure time being active in nature can discover the new "Run & Walk Park" in Zell am See-Kaprun this summer. Running enthusiasts can work up a sweat while running, trail running or Nordic walking on countless routes with differing terrains. From signposted routes through the town of Zell am See to alpine trails through the mountain world, the Citytrails region, with its differing difficulty levels, meets the running needs of both novices and experienced runners.

### **The biking district is setting trends**

Whether it's scaling the mountains by mountain bike or taking a gentle cycle with the family around Lake Zell: everyone will find what they're looking for on the 240 kilometre long cycling network in the region and along a total route of 2,000 kilometres in the Salzburg area. Modern E-bikes, enabling leisure cyclists to effortlessly explore the picture-postcard surroundings, are waiting at the many hire stations. A highlight for mountain bikers are the three designated freeride trails on the Kitzsteinhorn, which take riders through an altitude difference of 1,500 metres and three climbs down into the valley. Bikes can be taken on the glacier railway without having to pay a surcharge. The Maiskogel is the right address for uphill cyclists and freestylers can let off steam in the bike park in Kaprun. At the E-motocross park near the Schmittenhöhe valley station children and adults can race round the course with significantly more PS, but without any noise or exhaust fumes.

### **Water sports in and around Lake Zell**

The crystal clear water of Lake Zell invites visitors to swim, water ski, sail and surf while enjoying views of the impressive mountain world. Stand-up paddling requires the use of oars instead of sails and enables people to conquer Lake Zell while standing on a surfboard with a paddle in their hand. Performing yoga exercises while stand-up paddling is a particularly challenging balancing act for active types. Qualified experts offer the workout on Lake Zell every Sunday in July and August from 10.00 a.m. to 11.30 a.m. The whole family will find what they are looking for at the three lidos and the indoor swimming pool in Zell leisure centre. Adventure seekers can set out on a rafting and canyoning tour with experienced guides on the Salzach and Saalach rivers –

## Background information

---

guaranteed to set the pulse racing. Sports enthusiasts can experience a very different connection with the element water during yoga on a stand-up paddling board.

### **Experience the region serenely from the air**

The mountains also offer ideal conditions for hang-gliders, skydivers or paragliders to explore the landscape around Lake Zell. Tandem jumps or paragliding start on the two local mountains of the region – the Schmittenhöhe and the Kitzsteinhorn. All aviation sports are offered by the flight school in Zell am See-Kaprun. After a successfully completing a training course, participants can obtain the Austrian or German aviation license.

### **Drive against the backdrop of the Alps**

Golfers will find the 36 most beautiful greens in the Austrian Alps in Zell am See-Kaprun. The location of the golf club, which is among the “Leading Golf Courses of Austria“, is unique in Europe. The perfectly groomed and park-like fairways run along the foot of the mountains, offering perfect views of the Schmittenhöhe and the Kitzsteinhorn – after which the two 18 hole championship courses are named.

### **Fun sport for the whole family**

Hikers on the Schmittenhöhe can enjoy golf in a whole new way. Instead of a white ball, players on the disc golf course aim to throw a frisbee disc into 18 target baskets. The course goes around 450 metres down into the valley from 1,850 metres and is fun for the whole family. As is the "Maisiflitzer": the all-year round toboggan run on the Maiskogel is the first and only one of its kind in the Salzburg region. The "Alpine Coaster" speeds approximately 1,300 metres down the mountain at up to 40 kilometres per hour. Built-in waves, jumps and loops provide extra thrills. Guests can enjoy a different kind of experience in the mountains and natural surroundings while geocaching – the electronic treasure hunt via GPS. Young and alike can let off steam in the fun parks with skateboard features and half pipes, while playing street soccer, street ball or street hockey, and on the beach volleyball courts in the bathing areas around Lake Zell.

### **Alternative summer sport**

Whether across meadows and fields or along Lake Zell, riding enthusiasts can enjoy the landscape from a different perspective on long riding trips. Tennis enthusiasts will also find the best conditions for playing in Zell am See-Kaprun: modern indoor tennis courts and well-maintained outdoor courts offer place to hit some balls whatever the weather. A more steady hand is required on the many mini golf courses and skittles alleys in the region. Yoga on the local Schmittenhöhe mountain in Zell am See offers fans of the Indian teaching a combination of fresh mountain air, movement and relaxation at a height of 2,000 metres. An experienced yoga trainer teaches the exercises against the backdrop of the surrounding three-thousand metre peaks on 9th, 16th, 20th and 30th July and on 3rd and 10th August. The sports-filled morning is rounded off with a yoga breakfast in the Schmitten café. Entrance for the 2-hour long courses, which start at 9.00 a.m., is included in the cable car ticket.



## Background information

---

### Glaciers and snow pleasure in summer

It's not only skiers and snowboarders who can get moving all year round on the Kitzsteinhorn, the only glacier ski area in the Salzburg region. Visitors can enjoy ice cold activities on hot summer days in Austria's only ICE ARENA. This winter playground with slides, snow beach, magic carpet and a safe glacier trail offers visitors a place to cool off in summer at more than 3,000 metres altitude. Excursionists can glide through the snow on sliding equipment or relax in the sun while enjoying some refreshing "Gletscherprise" against the impressive backdrop of the National Park. The new adventure playground at the Alpincenter completes the day and turns it into an unforgettable experience.

### About Zell am See-Kaprun:

Glaciers, mountains and lake – the all-year round destination of Zell am See-Kaprun in Austria brings together the diversity of the Alps. In the unique natural paradise at the edge of the Upper Tauern National Park sports enthusiasts, active holidaymakers, families and those seeking relaxation will discover a wide range of experiences in both summer and winter. These include the 3,000 summit world on the Kitzsteinhorn, the only glacier ski region in the Salzburg region, the Maiskogel family region, the local Schmittenhöhe mountain, crystal-clear Lake Zell and the multi-award winning 36 hole golf complex. Tradition and authenticity are reflected in the events and culinary specialties of the region. Top class sporting events such as the Ironman 70.3 world championships 2015 and the Großglockner Ultra Trail continue to draw people to the breathtaking mountain world. The hotel industry impresses with the Salzburger Hof, the only five-star superior hotel in the region. Guests can find relaxation in the 20,000 square metre water and wellness world at the Tauern Spa and in many other traditional pampering hotels.

### Press contact for further information and printable photo material:

Zell am See-Kaprun Tourismus

Mag. Marina Latini

Brucker Bundesstrasse 1a

A – 5700 Zell am See

Tel. +43 6542 – 770

[welcome@zellamsee-kaprun.com](mailto:welcome@zellamsee-kaprun.com)

[www.zellamsee-kaprun.com](http://www.zellamsee-kaprun.com)

[www.facebook.com/zellamseekaprun](https://www.facebook.com/zellamseekaprun)

[www.twitter.com/ZellKaprun](https://www.twitter.com/ZellKaprun)