

Summertime in the mountains simply seems to be made for generating new energy through motion and exercise. And the Summer Active hosts in St. Anton am Arlberg have devised a perfect offer for just that: a portfolio full of highly varied leisure activities. From visiting a high-rope garden to mountain biking to nordic walking tours to golfing, climbing or archery - what a spectrum! Our specially devised children's theme days make sure that the young ones feel just as good as their elders, who can then savour their own activities free as the breeze, knowing the kids are taken care of. The Summer Active Card includes a range of services, all free of charge; and in the framework of a weekly programme, numerous other offers are available at reduced prices. This top product is available only from the "Summer Active" partners (see list at www.sommer-aktiv.at) and it is free!

ADDITIONAL OFFERINGS

■ High rope climbing garden



The high rope climbing garden in Verwall takes all generations up to the airy heights. Rapelling and traversing, overcoming the force of gravity in secured terrain ensures that lots of adrenalin and fun will flow, both at your new mobility and the joy of it all. The whole family should try it! For the children: a low rope climbing garden

For »Summer Active« guests: reduced price

■ arl.rock



Badminton, tennis, volleyball, football, indoor hockey, squash, bowling and most of all, climbing – all these sports can be tried out and practiced under one and the same roof in St. Anton am Arlberg. The arl.rock sports centre provides exercise, the Resto Bar answers all your needs for food and drink. Practical: at the arl.rock shop, visitors can buy - or rent - all the equipment their heart desires. Its special climbing activities led to the name of this centre: »arl.rock« sports centre. 60 boulders in 6 different grades of difficulty will entice you to test your climbing skills at heights where you can simply jump to the ground. An additional 460 m² of climbing surface offers a variety of lead-climbing spaces with special zones for beginners, advanced climbers and experts. Outdoors, there are additional climbing routes, a 17-meter high rapelling station and a further 250 m² of climbing surface.

Special highlight: The "Dry Tooling" area for summertime climbing joys with crampons and ice pick!

For »Summer Active« guests: reduced price



■ Rafting & Canyoneering & Tubing



Tyrol's upper Inn Valley awaits you with roaring white water streams, gorges and ravines. The offer ranges from canyoneering all the way to the wet pleasures of rafting on the Inn River and other white water streams in the region. It goes without saying that the safety of all participants takes uppermost priority.

For »Summer Active« guests: reduced price

■ Museum St. Anton am Arlberg



St. Anton am Arlberg numbers among the Alpine winter resorts with the richest history of traditions. How it came to pass that this town was destined to become the birthplace of modern skiing and how the legendary call of ski sports pealed like a bell throughout the world is something you can see for yourself at the Museum St. Anton am Arlberg. The museum is housed in a beautifully sited villa.

For »Summer Active« guests: free entrance

■ St. Anton Card



The St. Anton Card combines both mountain experiences and the relaxations of a wellness programme in inexpensive fashion. With the card, all operating mountain lifts as well as the swimming pool at ARLBERG-well.com can be used every day of the week. Enjoy fantastic hiking excursions into the heart of high alpine scenery, and then immerse yourself into the bathing world at the ARLBERG-well.com centre.

For »Summer Active« guests: reduced price

■ Arlberger Supersauser



A huge spectacle for the entire family is offered by the "Arlberger Supersauser". The summer sledding run on tracks flies down a length of 680 meters in Pettneu. A 26% gradient makes sure that you'll feel the wind whiz through your hair on the course, which descends 180 meters of altitude.

For »Summer Active« guests: reduced price

■ Tyrolean Evening



D'Arlberger – that's what the most harmonious sounding hallmark of St. Anton am Arlberg calls itself. The group of customs revivalists has stirred the enthusiasm and approval of spectators for more than 20 years. Twice weekly the ensemble presents traditional music, dances and songs in the Arlbergsaal auditorium.

For »Summer Active« guests: reduced price

■ Exciting Paragliding



Floating over the Arlberg - free as an eagle: discover new holiday perspectives in tandem flying with experienced paraglider pilots! Info: Flight School Connection, cell phone: 0664-141 51 66, www.fca.at

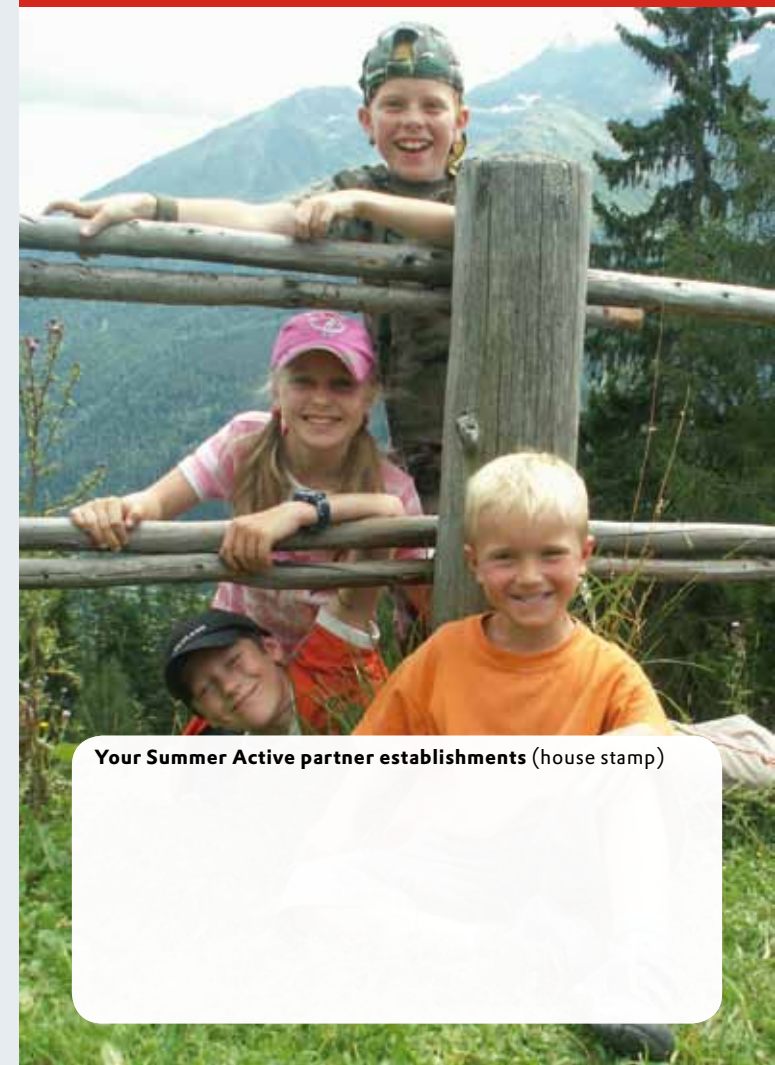
For »Summer Active« guests: reduced price

My active summer on the Arlberg

St. Anton am Arlberg's endless facets will surprise you every day. A bevy of activities for the whole family will provide days full of diversity in the middle of Tyrol's mountain world. That's how summer holidays were meant to be!



For further details: Tourist Office
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www.sommer-aktiv.at



Your Summer Active partner establishments (house stamp)

■ Sporting Nordic Walking



Nordic Walking is the ideal counterpoint to running. Besides the fun factor, Nordic Walking provides perfect training for the whole body. The overall muscle structure is activated, but in the most pleasant way imaginable. On top of that, Nordic Walking is outstanding cardio-vascular training. And something else: try it out with one of our inspired instructors.

For »Summer Active« guests: included

■ Ultra-Precise Golfing



St. Anton's charming 6-hole alpine golf course with driving range and putting green provides both beginners and experienced golfers equal challenges. The alpine location of the links will stir your enthusiasm through the charms of the scenery and the sporting surprises.

For »Summer Active« guests: included

■ Family Table Tennis Competition



Wanting Action-Packed fun for the whole family?! Then get you Bats up and enter your family in the arl.rock table tennis competition.

For »Summer Active« guests: included

■ Multi-faceted Mountain Biking



The Arlberg region beckons to all bikers with a splendid network of mountain biking trails: a total of about 200 kilometers of scenic and diverse paths await you. All the routes are well marked. Something for every taste and ability: easy going paths to get started with, well selected routes to offer measured challenges and super-demanding tours.

For »Summer Active« guests: included

■ Summer Curling



Whoever has tried (and thus, fallen in love with) curling, becomes addicted to the pleasure. In fact, so much so that it can also become a passion in summertime. And even without frozen surfaces, this winter sport is marvellous fun and, most of all, a sporting challenge. On asphalt, the name of the game is: precision aiming of the curling stones towards the target. The "curling stones" are supplied by us.

For »Summer Active« guests: included

■ Joyful Hiking



A hiking paradise called Arlberg: 300 kilometers of marked hiking trails lead into the enchanting Verwall valley and the Lechtal Alps. The perfect network of trails boasts the sought-after Hiking Seal of Quality of the State of Tyrol. A special highlight is the Arlberg stage of the "Adlerweg Trail," where you can experience hiking with all five senses. The adventure of nature coupled with culture and enjoyments of the palate.

For »Summer Active« guests: included

■ Bowling



Lovers of bowling are at the right address in arl.rock. The sports centre opens its arms to bowlers with top quality lanes, specially treated surfaces, fully electronic systems that even include scoring, of course. The pleasant ambience of the area is further enhanced by "Moonlight Bowling". An unusual black-light effect veils all your sporting efforts with a very special aura.

For »Summer Active« guests: included

■ Nightly Torchlit Hike



An extraordinary experience for the whole family: the torchlit hike at night. St. Anton am Arlberg is well worth a walk even in the darkness. Together with our masters of ceremonies, you will surely have an unforgettable evening under Tyrol's starlit skies.

For »Summer Active« guests: included

■ Exciting Archery



Together with your family, or all by yourself, you can learn the ancient tradition of shooting with bow and arrows right here in St. Anton am Arlberg. You'll discover that it is a very unusual sport for young and old. Try it out! Who knows, maybe you'll hit the bulls eye right off the bat.

For »Summer Active« guests: included

FOR »SUMMER ACTIVE« GUESTS, INCLUDED IN WEEKLY PROGRAMME

■ Hoppl's Children's Programme



From Monday through Friday, Hoppl – the funny mascot for our Summer Active agenda – has a programme crammed full of diversity for the youngest guests. From 10:00 am until 4:00 pm that means discovering nature, taking part in fun-filled games and venturing out towards big adventures designed for children. Professional child care specialists supervise all the goings on throughout the programme.

For »Summer Active« guests: included

■ Football and Volleyball Tournament



St. Anton will provide definitive proof that a stage setting of mountain peaks is no reason to keep the football flat on the ground. Twice weekly in the Summer Active programme, everything revolves around the round leather sphere – there's a Volleyball Tournament and a Football Tournament. Anyone and everyone can take part, all that's necessary is to register.

For »Summer Active« guests: included

■ Sixcup



Six Cup is a completely new type of sport with a huge fun factor. Objective: shooting coloured cubes, so-called Cyoballs, as often as possible into three different high plexiglass cups. In the Classic Game version, as many as six players take the field against each other.

For »Summer Active« guests: included