

## Press information Summer 2023

[STANTONAMARLBERG.COM](https://stantonamarlberg.com)



## PRESS – INFORMATION

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## New events and established highlights for summer 2023 holidays in Tyrol **The finest mountain sports in St. Anton am Arlberg**



*Panoramic summer hike on the Hohe Riffler (3,168 metres) in St. Anton am Arlberg - not many people are familiar with the unspoilt nature and sheer vastness of this Tyrolean region and its mountain world. © TVB St. Anton am Arlberg/Photographer Patrick Bätz.*

Those who like to be active will certainly appreciate the extensive network of trails and paths in St. Anton am Arlberg - whether hiking, climbing or (e-)biking, a combined "(e-)bike & hike" tour, as a family, couple or single. The genuine charm of this Tyrolean region is conveyed not least by the passionate hosts and numerous family-run businesses in the "cosmopolitan village" of St. Anton and Stanzertal communities of Pettneu/Schnann, Flirsch and Strengen. Numerous major sporting events have become established highlights in the summer diary, some of which are being revamped for the new season: the "E-Bike Fest" will be presented in June 2023 as an upgraded "Mountain Sports Festival", on the eve of the legendary "Arlberg Giro" at the end of July the International Cycling Criterium celebrates a rapid comeback. Responsibility for nature is always a top priority: as an official KLAR! model region, the people of St. Anton am Arlberg are working on various sustainability and climate protection projects in successive phases. The region has in fact been self-sufficient in terms of energy supply with its self-generated "Arlbergstrom" electricity since 2006. Tip: those travelling environmentally friendly by rail get off the train right in the centre of St. Anton. The municipality has recently become home not only to the highest situated ICE train station in Austria, but also in the world. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

## Top events in summer 2023

### **New: Mountain Sports Festival from 23rd to 25th June 2023**

Visitors to the restyled Mountain Sports Festival from 23rd to 25th June 2023 in St. Anton am Arlberg will experience the many different aspects of alpine sports. Whether it's e-biking, hiking, alpine touring, climbing, trail running or road biking - local guides will share their valuable knowledge during guided tours and courses, so that guests can enjoy their Tyrolean mountain summer safely and with optimum preparation. The Expo Area in St. Anton am Arlberg's village centre is the starting point on all days. Similar to the former "E-Bike Fest", those interested can test the latest equipment and e-bikes from renowned manufacturers of various outdoor brands to their heart's content (availability permitting). The weekend is rounded off by a varied programme, including live music, a film night and activities for younger guests.

### **Montafon Arlberg Marathon on 24th June 2023**

Perhaps the most beautiful mountain marathon in the Alps is known for taking its participants to their physical limits, whilst rewarding them time and time and again with fabulous views. Transcending borders and well away from traffic, the trail leads over 42 kilometres of forest and hiking trails (1,250 metres in elevation difference) from St. Anton am Arlberg via Winterjöchle to the Montafon community of Silbertal. Runners with lesser aspirations have two shorter variants to choose from, as well as a children's trail.

### **Arlberg Giro, and International Cycling Criterion, 29 and 30 July 2023**

In the summer of 2023, the cycling scene will be turning its attention to St. Anton am Arlberg - at least those who can't experience the live spectacle on site. Two top events will take place there: at the 12th edition of the legendary Arlberg Giro (30th July), almost 1,500 participants will take part in the cycling marathon, which leads from St. Anton over the Arlberg Pass to Bludenz, through Montafon over the Silvretta Alpine Road and back to Paznaun (encompassing 150 kilometres and 2,500 metres in elevation difference). After a lengthy break, the International Cycling Criterion will also take place again on the eve of the Arlberg Giro (29th July) - a high-speed circuit through the narrow streets of St. Anton am Arlberg, which also attracts many well-known top athletes.

### **St. Anton Film Festival from 23rd to 26th August 2023**

The alpine outdoor film festival is firmly anchored in St. Anton am Arlberg. True to the tagline "Mountains, People, Adventure", extreme athletes, filmmakers and mountain-loving audiences have been getting together in late summer for the last 27 years. This major event is made particularly charming by the welcoming atmosphere of the Tyrolean mountain community: where protagonists and directors share their experiences with the audience and offer live commentary on their recordings in relaxed ambience.

### **Mountain Yoga Festival from 31st August to 3rd September 2023**

The soothing surroundings of St. Anton am Arlberg lend this yoga festival a retreat character. Many yoga enthusiasts will meet again in late summer for the seventh time to share their practice in the midst of beautiful nature. The programme includes a wide variety of styles and levels and is therefore also suitable for beginners. Beyond the mat, guided walks, workshops, lectures, soft sounds and healthy cuisine with regional ingredients complete the holistically aligned activities on offer.

## **New route and rules Dynafit Transalpine-Run on 9th and 10th September 2023.**

Europe's probably toughest alpine crossing will once again take ambitious trail runners to the mountain world of St. Anton am Arlberg in Tyrol on two stages. The 18th Dynafit Transalpine Run initially leads from Lech via St. Anton am Arlberg in Austria through Switzerland to Prad am Stilfserjoch in South Tyrol/Italy. No less than 268 kilometres and 15,330 metres in elevation distance must be surmounted along this course, whose route has been around 80 percent revised. In 2023, solo runners are also eligible to compete for the first time.

### **Authentic mountain sports in an exhilarating natural setting**

**Biking, hiking, alpine summit experiences - and training included: lower oxygen levels at moderate altitudes are a valuable side-effect of mountain sports, which is why many athletes take advantage of the myriad of opportunities for fitness and endurance training in St. Anton am Arlberg (1,304 metres). Speedy mountain ascents are facilitated by the Arlberg cable cars: they whisk holidaymakers to Mounts Rendl, Gampen, Kapall, Galzig and the 2,811-metre high Valluga. Once at the top, nature enthusiasts will discover a huge variety of hiking tours, food lovers can sample culinary delights at rustic mountain inns, while holidaymakers have ample room to enjoy the perfect mountain summer.**

### **Arlberg Trail - five villages, three stages, one challenge**

A tour around the Arlberg Pass: spanning three daily stages, the Arlberg Trail also connects all Arlberg resorts for summer guests. Cable car rides are already included in the total length of 52 kilometres, leaving around 40 kilometres of hiking in a spectacular alpine landscape. One possible route leads from St. Anton am Arlberg to Stuben (15 kilometres, 6.5 hours walking time, 674 metres ascent), from Stuben via Zürs and the Seekopf to Lech (14.6 kilometres, 5 hours walking time, 667 metres ascent) and from there back to St. Anton (12.4 kilometres, 6.5 hours walking time, 1,220 metres ascent). It is also possible to start from the other valley villages. The tour, which is classified as moderately difficult, is ideally started in a clockwise direction, so that the routes and cable car rides coordinate perfectly. The pure walking time of 18 hours is spread over a total of 6,038 metres in elevation difference (9,550 m with the cable car rides). Individual stages and alternative routes are also possible. The tour can be booked together with your own Arlberg Trail ticket, your choice of 3- or 4-star hotels and other additional services such as luggage transport at [arlbergtrail.com](http://arlbergtrail.com)

### **Unlimited hiking from easy to high alpine tours**

The Tyrolean alpine world opens up to holidaymakers for extensive walks in the healing mountain air on a 400-kilometre network of hiking trails in St. Anton am Arlberg. Experienced hikers can take advantage of meandering trails that transcend provincial borders, while nature lovers marvel at Mount Rendl, which is ablaze with flowers and inquisitive hikers sharpen their senses along Senn's WunderWanderWeg (WonderHikingTrail). Those who prefer walking in company, can join one of the guided tours offered by the Arlberg-Arena Mountain Hiking School (free once a week from your 2nd overnight stay with Summer Card). Well-marked trails of varying length and difficulty lure you into the unspoilt nature of the Verwallgruppe and Lechtal Alps.

### **Long distance hiking trails of international repute**

Pilgrims encounter many highlights along the famous Way of St. James to Santiago de Compostela. The literally highest point to the northwest of Spain is located, however, at the tranquil Maiensee Lake above St. Christoph, a sub-district of St. Anton am Arlberg. The historic Arlberg Hospiz Hotel, which offered hikers shelter and accommodation as early as the 14th century, is also on the route. The "Eagle Walk", Tyrol's most spectacular long-distance hiking route, also begins (or ends) here. This 300-kilometre-long hike (over 24 stages) leads hikers past mighty peaks, refuge huts, mountain lakes and flower-filled meadows, through the Karwendel and Rofan mountains to St. Johann am Wilden Kaiser.

### Popular biking area for every level of ability

St. Anton am Arlberg is also a popular area for bikers of every genre. An extensive, newly signposted network of routes for e-bikes and mountain bikes (220 kilometres in total) invite you to experience the region at your leisure. For racing cyclists, for example, challenging routes stretch away to the east and west through some of the most beautiful high valleys in the Alps, such as the sporty tour to the Kaunertal Glacier, the charming Silvretta High Alpine Road or the three-pass ride to the Bregenzerwald and Lake Constance. A challenging 20-kilometre route leads (E-)MTB fans to the Heilbronner Hut in Verwall. The route leads over asphalt and gravel paths, as well as a steep trail (total of 1,600 metres in elevation difference) and can be combined with tours to Paznaun or Montafon. The scenic Stanzertal cycle path between St. Anton am Arlberg and Schnann is asphalted from start to finish, making it particularly suitable for families with small children.

### Electrical infrastructure - steady expansion of charging stations

For several years now, vacationers in St. Anton am Arlberg and the Stanzertal Valley have had five rapid-charging stations with space for four e-bikes each at their disposal. Empty batteries can be "refuelled" to up to 80 percent there within just 20 minutes. The charging stations are located at the mountain station of Rendlbahn cable car, St. Anton am Arlberg Tourist Information Office, Arlberg Stanzertal Wellness Park in Pettneu, Hotel Basur in Flirsch and between the municipal offices and Hotel Post in Strengen. Further charging possibilities are available at the Darmstädter Hut, Konstanzer Hut, and Heilbronner Hut.

### Climbing in all levels of difficulty

With its steep and rocky faces, the Arlberg presents a wide range of climbing opportunities for free-climbing. The "Klettergarten" (rock climbing area) at Schanner Gorge is a particularly popular destination, with 40 different routes (in grades of difficulty ranging from 3 to 9). Bouldering enthusiasts can scramble over boulders up to eight metres high along the ruggedly romantic rocky walls of the gorge. Experienced alpinists appreciate the region for its many high alpine multi-pitch routes. The Arlberg via Ferrate, for example, is considered by those in the know to be not only one of the most challenging in the Alps, but also most of the most beautiful. The almost two-kilometre-long route leads high above St. Anton on a long ridge to the Weißschrofenspitze Peak. Climbing fans of all ages can try out the high and low rope course, with a total of 22 climbing stations at heights of up to 12 metres at the Verwalltal recreation area. Arl.rock sports and climbing centre in St. Anton am Arlberg attracts visitors in all weathers with its almost 1,000 square metres of climbing space. Of around 100 challenging climbing routes, 30 are located in the outdoor area where two climbing routes lead up the 18-metre-high outdoor tower. Easy to more challenging bouldering variants are ready and waiting inside. Summiteers enjoy a well secured gneiss climbing area around the Darmstädter Hut and Kuchenspitze Peak (3,148 metres above sea level), with seven climbing areas and 58 routes.

### (E-)Bike & Hike

Combined tours of cycling and hiking are enjoying increasing popularity. The St. Anton am Arlberg region offers variants for beginners as well as experienced alpinists. The excursion to the Sattelkopf (1,985 metres), St. Anton's local mountain, is considered to be moderately challenging (total ascent of 739 metres - bike 409 metres /hike 330 metres, length: 17 kilometres). The combination of "Bike & Summit" promises additional summit bliss: more experienced mountain sports enthusiasts can, for example, climb the Zwölferkopf (2,556 metres), which requires considerably more fitness and sure-footedness, but rewards efforts with a unique summit feeling (total ascent of 1,076 metres - bike 576 metres/hike 500 metres, length: 23.4 kilometres). The entire variety of tours is clearly presented on the St. Anton am Arlberg [interactive map](#).

### Highest golf course in Tyrol

Ski slopes in winter, alpine terrain for golfers in summer: the course in the district of Nasserein at 1,340 metres is steeper and hillier in places than other courses - so it's perfect for golfers who like a challenge. A demanding 100 metres in altitude need to be negotiated on the fairways and greens of this varied 9-hole course, which is "tricky" not just in terms of fitness, but also in terms of play. Amateurs are offered the opportunity to learn how to drive, chip and putt during coaching lessons, children's afternoons or golf license courses.

### Quench your thirst for adventure in every element

Raging white waters, deep canyons and steep gorges: in the midst of the high alpine landscapes surrounding the holiday region of St. Anton am Arlberg, professional outdoor experts such as H2O Adventure or Kayak School Arlberg help visitors quench their thirst for adventure – be it rafting, kayaking, canyoning tours on the Rosanna River, paragliding, climbing or on adventure hikes at lofty hikes.

### Family holidays in St. Anton am Arlberg

**Parents know: holidays are only relaxing when summer fun is also guaranteed for the little ones. In addition to the already adventurous natural landscape, an exciting holiday programme awaits in the St. Anton am Arlberg region. Every Monday to Friday from 10 to 16 hrs, children aged 4 to 16 years can discover nature during little forays with professional supervisors and the resort's entertaining mascot, "Hoppl the Hare." Participation in the programme is free with the St. Anton Summer Card and includes varying activities such as building dams, building rafts or observing animals. Families are also highly recommended to visit the pram friendly Verwalltal Valley, not far from the village centre, where a new landscaped pond was created in summer 2022. The flat cycling or hiking route leads past natural playgrounds, interactive stations on local myths and legends, as well as the emerald green Lake Verwallsee, whose magnificence is truly captivating.**

### Shared hiking experiences

The "Mutspuren - Feel the Courage" Panorama Trail on Galzig at 2,100 metres above sea level is easily accessible via cable car, where families can learn about the Arlberg region's fascinating history at the lovingly designed "Erlebnisswelt - Adventure World". A circular trail in Schann entitled "Faith and History" is dedicated to various themes such as the Swabian Children, alpine farming and the "Golden City" and also includes a treasure hunt. Senn's WonderWalkingTrail around the Senn Hut above St. Anton am Arlberg is yet another popular day trip destination for families. The adventure trail extends to Lake Maiensee in St. Christoph and connects adventure stations in the herb garden, on the tree house, along the "Kuh'len Weg" trail or in the WunderWald Forest. QR codes are also positioned along the trail, which can be decoded using a smart phone. The various stages were awarded the golden innovation prize for "Ideas and Nature" and "Best Offer for Children". Trained herbalist and Sennhütte hostess, Tanja Senn, also organises weekly guided tours. Tip: so-called "Kraxen", i.e. carriers for putting younger children on one's back, can be rented in St. Anton's sports shops.

### A blooming world record

Every year in midsummer, a small floral "Sennsation" is presented above St. Anton am Arlberg in Austria: Since 2017, the Sennhütte has been the official record holder for the world's largest floral arrangement with well in excess of 100,000 edelweiss flowers - and that in the form of a single giant edelweiss. Visitors can find out more about this powerful alpine symbol at the Edelweiss-Stadl and adjacent nature trail, which is part of the WonderWalkingTrail.

### Interactive quiz tour through the village

The Detective Trail is an innovative way to get to know St. Anton am Arlberg a little better. It takes you through 14 stations in the Tyrolean mountain village. Families learn a lot about the Stanzertal villages and their history in the form of an interactive scavenger hunt. The creative quiz tour begins and ends at the tourist information office and includes 14 stops, among them the Galzigbahn cable car with its visionary "Ferris wheel", the old railway station and Arlen Castle, where a groundbreaking encounter took place in the 14th century that has shaped the region to this day. Route descriptions and pictures guide the "detectives" from puzzle to puzzle, to be solved with the help of on-the-spot clues. **Distance and duration:** approx. 5 km/3 hours. A new mystery trail with even trickier tasks for somewhat older detective enthusiasts (young people and adults) will be available in summer 2023.

## Places, tips and activities

### The Versatile Verwall Valley

A particularly attractive hiking, running and cycling route leads through the Verwalltal recreation area not far from St. Anton's village centre. Passing alpine meadows, forests, mountain streams and the emerald green Lake Verwallsee, the route is flat and easy to negotiate, even when using a pram. Those seeking peace and quiet, should find a spot next to the new landscaped pond by the lake and enjoy the panorama. Active guests and climbing fans especially will enjoy making a stop at the high and low rope course, with a total of 22 climbing stations at heights of up to twelve metres. Those that dare can conquer their fear of heights on the "Flying Fox" zip wire over the Rosanna Gorge. There is a playground with a fire pit by the lake and another barbeque and picnic area near the Wagner Hut, an inviting meeting point for locals and visitors (open daily from 10 to 18 hrs). Interactive nature stations allow visitors to playfully immerse themselves in the myths and legends of the St. Anton am Arlberg region. The 35 metre long steel cable suspension bridge at the waterfall has also provided many an adrenalin rush, while bike enthusiasts can look forward to sampling the delights of the Pump Track, Northshore Trail and Co. at the "EldoRADO" Bike Areal. Alternately, you can take the latest KTM E-motocross bikes for a few laps of the specially built cross track. "EldoRADO" also features easy curves and obstacles for younger riders and is even suitable for balance bikes.

### Winter and summer camping on the Arlberg

A comfortable 4-star campsite with allocated and free pitches is located in Pettneu, just a few minutes from St. Anton. For the more discerning, there are also family-run holiday apartments (ArlBerglife Ferienresort) and three luxurious lodges of 60 square metres each, with kitchen, flat-screen TV, private garden with barbecue and private sauna. However, those who opt for the classic camping option will also be pampered with every comfort: in addition to the standard facilities, all camping guests have access to a lounge with cooking facilities, daily bread service, breakfast buffet and a ski and bike store room. Just outside the front door, scenic tours of the surrounding Tyrolean mountains entice, for example via the Stöcklweg to the historic Nessler Alm in a northerly direction, or southwards to the picturesquely situated Malfon Alm with views of the Lechtal Alps. Regular bus services shuttle from Pettneu to St. Anton am Arlberg (free with the summer card).

### Gand Mining - history brought to life

Follow in the footsteps of Tyrolean ore mining history - as well as the region's mysterious past: the former Gand mining area in St. Jakob, a sub-district of St. Anton am Arlberg, has been accessible to visitors on a circular hiking trail since 2019. This joint project between the municipality and Tourist Board connects two tunnels and three show huts along a route of 750 metres.

### arl.flow - yoga all year round

It is not only the international Mountain Yoga Festival in late summer that attracts yogis to the Arlberg. arl.flow in the Karl Schranz stadium now also has its own yoga room which local yoga enthusiasts and holidaymakers can use all year round. In addition to courses in various styles for beginners and advanced students, the programme includes children's yoga, meditation and relaxation sessions. The stadium's roof terrace can also be used in good weather.

### arl.park - indoor sports centre in St. Anton am Arlberg

Tennis, squash, bowling, climbing, bouldering: active holidaymakers can let off steam all year round at the ultra-modern arl.park sport and climbing centre in St. Anton am Arlberg. Highlights include the many climbing possibilities in varying levels of difficulty, including 80 square metres of bouldering facilities and 70 climbing routes. The adjoining trampoline hall extends the facilities to an area of no less than 1,000 square metres, including 14 jumping fields, airtrack floor jumping mats and bagjump airbags with freefall tower.



### Swimming, sauna and co. – relax with views of the peaks

Peace-seeking winter holidaymakers can relax tired muscles and regenerate in the soothing waters of Wellnesspark Arlberg Stanzertal in Pettneu, or at Arlberg WellCom, Centre for Wellness and Communications in St. Anton am Arlberg. The latter regularly serves as a venue for sporting and international events. Moreover, numerous hotels in the Tyrolean holiday region offer wellness and therapeutic treatments.

### Escape Room - solve the whodunnit

Teamwork and communication: holidaymakers can put their detective skills to the test in the only escape room in the St. Anton am Arlberg holiday region, at Landhaus Murr. The case in questions deals with the disappearance of the "Arlberg Giro" trophy, which the participants only have an hour to solve before the award ceremony. As so often in life, the key to solve the mystery is: teamwork. Advance registration (required) via [arlbergescapes.com](http://arlbergescapes.com)

### From small reception to grand occasion - St. Anton am Arlberg event location

Your own congress, meeting or corporate event in St. Anton am Arlberg? All this and more are possible. State of the art convention facilities also belong to the lively culture of this cosmopolitan mountain village, which can be combined with a variety of outdoor experiences. Arlberg WellCom sets the benchmark here with its spacious leisure and wellness landscape, the World Cup Hall and neighbouring Karl Schranz Finish Stadium. Other venues include St. Anton am Arlberg Museum with its idyllic park and the Arlbergsaal with its quintessential Tyrolean charm.

### St. Anton Summer Card - the dynamic holiday ticket

From the very first overnight stay, holidaymakers will receive the St. Anton Summer Card free of charge from their accommodation provider, during the period from 16th June to 3rd October 2023. The ticket, valid until the day of departure, includes various free admissions (Tyrolean Evening, Gand Mine and Museum), participation in the torchlit hike, guided tours according to the weekly programme and free use of all buses between Landeck and St. Christoph. From the 2nd night onwards, there are also guided hikes, archery, a yoga session, green fee for the 9-hole golf course in the Nasserein district (handicap certificate required) and participation in the children's programme. The 3rd night adds one free entry to one of the Arlberg WellCom or Wellnesspark Arlberg Stanzertal swimming pools, as well as unlimited use of all mountain lifts for one day, while selected sports shops offer cardholders a €20 discount on the (half) day rental of an e-bike. The swimming pools in St. Anton am Arlberg and Pettneu can be visited a second time free of charge from five nights onwards, and holidaymakers who stay 8 nights or more may use these services all over again. For a fee, the summer card can be upgraded to a Premium Card with numerous additional offers for 3, 5 or 7 days. All information can be found under [www.sommerkarte.at](http://www.sommerkarte.at)

### Proactive environmental protection and self-generated electricity

**St. Anton am Arlberg's commitment to environmental protection includes various ecological measures and projects, ranging from alternative energy generation and waste disposal to nature-friendly piste maintenance. Green electricity was originally generated in 1921 with the first local hydroelectric power station, enabling St. Anton am Arlberg to be completely independent in terms of energy supply since 2006. Thanks to the newly built local heating network with an annual heating output of 16.5 GWh, to which more than 80 company buildings are already connected, more than 4.35 million litres of heating oil and thus 11,600 tonnes of CO<sub>2</sub> have been saved since the plant's completion in November 2020. As an officially selected KLARI-Modellregion (Climate Change Adaptation Model Regions for Austria), the environmentally conscious local community is working intensively on various sustainability and climate protection projects and is currently in phase 2 of the Austria-wide programme. Current measures include the renaturation of the pond below the Nessleralm, the establishment of a KLARI regulars' table for the exchange of ideas among local residents, as well as numerous other educational and information events. As an advocate of key technology in the transport revolution, St. Anton am Arlberg is also actively involved in the transition to electromobility as part of the "So fährt TIROL 2050" project.**

### **Arlberg electricity makes St. Anton self-sufficient**

The independent power supply in St. Anton am Arlberg is a unique project. In 2005, the Kartell power plant was expanded and put into operation together with its eponymous lake, which holds around eight million cubic metres of water and generates circa 33 million kilowatt hours of electricity per year. The entire storage volume of the Kartell Lake is used again by the existing Rosanna power plant, making St. Anton am Arlberg self-sufficient in power supply since 2006. Moreover, the municipality operates a wood chip fired biomass heating plant, which is designed to supply up to 80 residential units. The plant is also connected to a solar system for the heating of warm water.

### **GreTA – New tool for environmentally friendly travel**

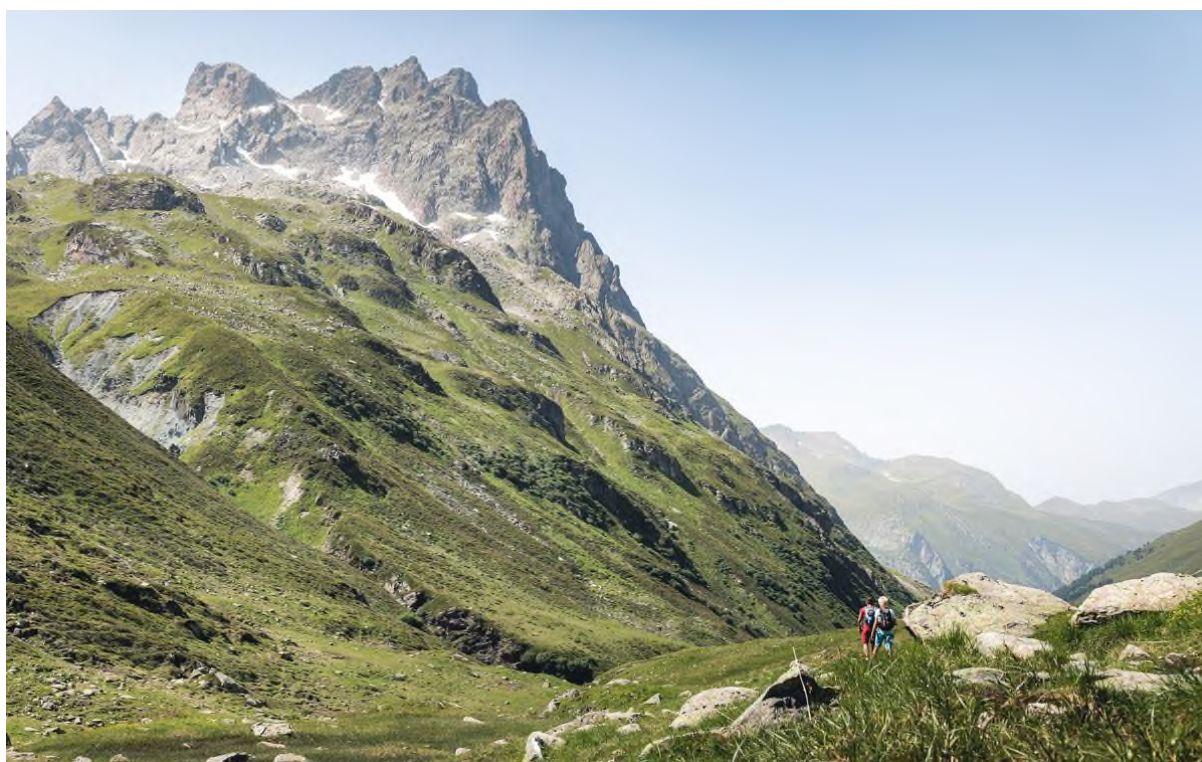
St. Anton am Arlberg is considered an attractive rail destination throughout Europe. The tourism association use the local railway station ticket office as an additional Service Centre. Overnight guests don't need a car to get around the entire Tyrolean region anyway, as a sophisticated bus system ensures maximum mobility to and from all parts of the village as well as surrounding communities in the Stanzertal valley. Those staying directly in St. Anton am Arlberg can access everything on foot anyway, on account of the short distances. Thanks to GreTA (Green Travel Alternatives), holidaymakers have already been managing their journey with a view to minimising their carbon footprint from beginning to end since summer 2022. Austrian Rail also have special offers for guests from certain regions, who can travel from Hamburg, Düsseldorf, Amsterdam, Vienna or Graz without having to deal with traffic jams. The so-called Nightjet Combi-Ticket includes the (return) train journey with seat reservation and transfer to the desired hotel. There will also be an ICE connection between Munich and St. Anton from 24th June to 9th September 2023.

### **Summer 2023 calendar of events at a glance:**

16.06.	Start of the Summer Season
23.-25.06.	Mountain Sports Festival
24.06.	Montafon Arlberg Marathon (Mountain Run)
03.07.	Tour of Austria Stage Start
09.07.	Hour of reflection for car drivers outside Arlberg WellCom
14.-16.07.	Village Festival at St. Anton am Arlberg
22.-23.07.	Parish Fair in St. Jakob
29.07.	International Cycle Criterion
30.07.	Arlberg Giro – Cycle marathon
04.-06.08.	St. Anton am Arlberg Town Band Marquee Festival
14.-15.08.	Parish Fair in Pettneu
15.08.	10th Arlberg Herb Festival at the Sennhütte
18.-20.08.	Parish Fair in Flirsch
23.-26.08.	27th "Mountains, People, Adventure" Film Festival
31.08.-03.09.	7th Mountain Yoga Festival St. Anton
03.09.	Parish Fair in Schnann
09.-10.09.	Dynafit Transalpine Run
16.09.	Almabtrieb (Cattle Drive) and Farmers' Festival

**Further information is available from the Information Office in St. Anton am Arlberg/Austria under +43 5446 2269-0 or [www.stantonamarlberg.com](http://www.stantonamarlberg.com)**

## A walking tour of discovery from St. Anton am Arlberg/Tyrol Hut hopping along the Verwall Circuit



*The expansive region of St. Anton am Arlberg in Austria is home to the Verwall Circuit, renowned for its panoramic views.*

*© TVB St. Anton am Arlberg/photographer Patrick Bätz*

A network of around 400 kilometres of trails in and around St. Anton am Arlberg opens the Tyrolean mountain world up for hikers. The expansive mountain range of the Verwall Alps between the Lechtal and Silvretta Alps are considered to be a particularly scenic insider's tip. Mountain sports enthusiasts surmount up to 3,710 metres in elevation difference on the specially designed Verwall Circuit, while enjoying first-class hut-hopping along the way on tours of two to eight days. From the starting point in St. Anton am Arlberg, the route leads via the Konstanzer Hut, Darmstädter Hut, Niederelbe Hut, Edmund Graf Hut and Malfon Alm back to the original departure point. The 44-kilometre round tour takes around 18 hours of pure walking time (level of difficulty: challenging); you can rest at all the huts and, apart from the latter, even spend the night there. In-between stops for refreshments at these mountain huts, which are all set in breathtaking locations, the alpine trails also lead over loose scree, snow and ice. Rewards for all these exertions are manifold: in addition to wide open spaces to regenerate, motivated hikers can look forward to enjoying a host of Tyrolean specialities. With several award-winning gourmet restaurants as well as international cuisine in the valley-based villages, hearty alpine cuisine creates a charming counterbalance and reflects the culinary versatility of Austria's "global village," St. Anton am Arlberg. The Verwall Circuit is featured on the interactive map with a detailed route and altitude profile, points of interest and interesting facts about the individual huts. Those who do not wish to undertake a multi-day hike can also explore these mountain eateries as part of a day tour. All paths are marked throughout, steep sections are secured with ropes. The tour is open until late September. For more information, variants and hiking suggestions, please visit [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

### Tip for a day trip destination and stop for refreshments: Wagner Hut (1,509 metres)

Mountain lovers can start the Verwall Circuit in the eponymous valley, the entrance to which is located at Mooserkreuz on the western boundary of St. Anton am Arlberg. After a good three-and-a-half kilometres, having passed the Stations of Legends, “EldoRADO” biking area and the high and low rope climbing garden, hikers reach the historic Wagner Hut in around 45 minutes. This pleasant meeting place for locals and visitors alike enriches the experience of this short hike through the Verwall Valley, especially for families. The guesthouse can look back on a long and eventful history, as the foundation stone of this former warden’s house was originally laid back in 1880. A few years later, engineer Carl Wagner converted it into a hunting lodge and gavet it the name it bears to this day. Guests have been welcomed and entertained here since the 1920s. Palates are pampered with delicious Tyrolean cuisine: ranging from flattened cheese dumplings, to beef goulash and quark strudel. Fresh and predominantly regional ingredients are carefully prepared and used in accordance with traditional recipes. After enjoying some refreshments, a detour (approx. 500 metres) to the glistening green waters of Verwallsee Lake is well worth making for all those not hiking the whole circuit. Open: 16th June to 3rd October 2023 (warm meals available from 10-18 hrs, overnight stays not possible). [www.wagnerhuetten.at](http://www.wagnerhuetten.at)

### Konstanzer Hut (1,688 metres)



*Konstanzer Hut in St. Anton am Arlberg, Austria © TVB St. Anton am Arlberg/Photographer Patrick Bätz*

Few people are aware of just how extensive the St. Anton am Arlberg region is. Even locals only know of some of the remote high valleys from hearsay. The Konstanzer Hut, however, is idyllically located in the forest where the Pfluntal, Schönverwalltal and Fasultal valleys merge. After first opening in 1885, it was destroyed by a mudslide and rebuilt in a safer location 700 metres further on in 1990, before being expanded again in 2019. The approximately three-and-a-half-hour ascent from St. Anton encompasses some eleven kilometres, passing the Wagner Hut and Verwallsee Lake, before continuing through the valley over some steeper serpentine. Once there, guests are spoiled by the Schöpf-Eberhart family with Austrian-European cuisine. Alongside favourite classics such as apple strudel, bowls have been recently added to the menu. One highlight is the in-house aperitif, “Paterol,” which can be savoured beautifully in the sunny garden with views of the eponymous 3,056 metre high Mount Patteriol – described by mountain enthusiasts as a “dream of a mountain” and the “Matterhorn of St. Anton”. Konstanzer Hut is even suitable for young explorers from the age of seven, as part of the Alpine Club's “Mit Kindern auf Hütten” (With children to huts) initiative. Open: 23<sup>rd</sup> June to 23<sup>rd</sup> September 2023 (warm meals available from 10-18 hrs). [www.konstanzerhuetten.com](http://www.konstanzerhuetten.com)



### Darmstädter Hut (2,385 metres)



*Darmstädter Hut in St. Anton am Arlberg, Austria © TVB St. Anton am Arlberg/Photographer Patrick Bätz*

The Darmstädter Hut lies nestled amidst lush alpine flora in the impressive Moostal Valley south of St. Anton am Arlberg. The splendid stone house with its striking red-and-white striped shutters can be reached from the centre of St. Anton from the Rendlbahn cable car valley station in around three and a half hours. The twelve-kilometre route may be shortened somewhat by taking a gondola ride (operating days in summer: Wednesday and Thursday). Set against views of the Verwall mountain range, innkeeper Andreas Weiskopf rewards hikers on the sun terrace with his popular dumpling variations, and freshly baked pastries for dessert. Seven climbing routes, as well as a marked bouldering area for day trips can be found near the Darmstädter Hut, as well as the mighty Kuchenspitze Peak (3,148 metres). A crash pad is available to rent from the hut. For children, the accommodation offers adventure areas with climbing blocks and equipped climbing gardens, as well as four-legged housemates including marmots, ponies and domestic pigs. Open: 24<sup>th</sup> June to 17<sup>th</sup> September 2023 (warm meals available from 10-18 hrs). [www.alpenverein.de/Darmstaedter-Huette](http://www.alpenverein.de/Darmstaedter-Huette)

### Niederelbe Hut (2,310 metres)



*Niederelbe Hut in St. Anton am Arlberg, Austria © TVB St. Anton am Arlberg*

Built between 1930 and 1931, the Niederelbehütte stands picturesquely next to Lake Seßsee on a plateau in the upper Sessladtal Valley, from where Paznaun Valley opens up beneath its perches. The accommodation can be reached from St. Anton am Arlberg in around four and a half hours walking time over a distance of 14 kilometres. As a member of the Austrian Gourmet Region, the Jehle family serves hearty and typical regional dishes such as “Brettljause” cold platter or “Tyrolean Gröstl” sautéed potatoes with meat and fried egg. In the past, guests have even been able to sample fine cuisine from star chefs at 2,310 metres above sea level. Niederelbe Hut has already featured several times on the "Culinary Way of St. James" by star chef Eckart Witzigmann, where international master chefs showcase their gourmet skills. Open: 23<sup>rd</sup> June to 24<sup>th</sup> September 2023 (warm meals available from 10-18 hrs). [www.niederelbehutte.at](http://www.niederelbehutte.at)

### Edmund Graf Hut (2,375 metres)



*Edmund Graf Hut in St. Anton am Arlberg, Austria © TVB St. Anton am Arlberg/Photographer Patrick Bätz*

The three-and-a-half-hour hike from Pettneu, a municipality in the St. Anton am Arlberg region, through Malfontal Valley to the Edmund Graf Hut is considered a moderately difficult mountain tour - there are just under 1,200 metres of altitude difference to be surmounted over a good seven-and-a-half kilometres.. This mountain refuge on the upper Kapplerboden, which dates back to 1884, is now under young management: host Fabian Kolp is just 20 years old and has been managing the hut since summer 2021. Even as a child, he loved the trips to the Edmund Graf Hut. On hearing that the previous tenants were retiring, he seized his chance. The sun terrace with views of the Tyrolean Verwall mountain range is particularly popular among visitors, while the small lake right next to the hut and stream with a water wheel are especially popular with children. In terms of cuisine, roast pork is a top favourite. Alternatively, guests can choose between cold meat and cheese platters, hearty soups and apple strudel. Open 24<sup>th</sup> June to 24<sup>th</sup> September 2023 (warm meals available from 10-18 hrs). [www.edmund-graf-hütte.at](http://www.edmund-graf-hütte.at)



### Malfon Alm (1,687 metres)



*Malfon Alm in St. Anton am Arlberg, Austria © TVB St. Anton am Arlberg/Photographer Patrick Bätz*

A stop at Malfon Alm makes a most befitting end to the final few kilometres of the Verwall Circuit hut hopping tour, high above St. Anton am Arlberg. The mountain inn owned by Gabriel Neururer and Pia Zimmermann, however, is also well worth visiting for just a day trip. Starting in the municipality of Pettneu, the approximately five-kilometre-long trail alongside Zeinisbach stream first leads downhill before heading uphill again, parallel to the Malfonbach stream. After a steep section through a shady forest, the one-and-a-half-hour route takes you past grazing cows and a few more serpentine bends to your final destination. Since early June, the Malfon Alm owners have provided summer grazing pastures for 91 calves, cattle and mother cows. In addition to soul-soothing animal encounters, hikers can look forward to enjoying delicious dishes, such as “Käsespätzle” (cheesy pasta), roasted pork and Tyrolean dumplings with bacon straight from the wood-fired stove. “Kaiserschmarrn” pancake made with eggs from the farm’s own chickens also comes highly recommended. Open: 27<sup>th</sup> May to late September 2023 (warm meals available from 10-18 hrs). [www.stantonamarlberg.com/malfon-alm](http://www.stantonamarlberg.com/malfon-alm)

## Alpine Combinations: Mountain Sport Trends in St. Anton am Arlberg, Austria Experience more of the mountains, thanks to “(E-) Bike & Hike“

Whether beginner, hobby or professional athlete: St. Anton am Arlberg in Tyrol enjoys international repute for its sporting character, with activities and routes suitable for people of every ability. Increasing numbers of holidaymakers appreciate combined mountain experiences such as “(E) Bike & Hike”, i.e. an MTB tour to the starting point of a hike or climbing route. These excursions on two wheels are then extended by a summit adventure, although “Bike & Summit”, tours are primarily suitable for more experienced alpinists. The Darmstädter Hut, eleven kilometres south of St. Anton am Arlberg in the Verwall Mountains, is a particularly suitable destination. A well secured gneiss climbing area surrounds this Alpine Club House and the nearby Kuchenspitze Peak (3,148 metres above sea level), with seven climbing areas and around 70 routes to sample. Those planning to embark on the classic “(E-)Bike & Hike” for the first time, will find three very different tour suggestions below. St. Anton am Arlberg’s [interactive map](#) is your perfect holiday companion for all these adventures. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)



**Tour #1: Trip to the local Mount Sattelkopf in two and a half hours.** Arriving guests in St. Anton am Arlberg are usually quick to notice the Sattelkopf summit cross (1,985 metres) in the distance. It is, in fact, not that far away: the combined “(E-)Bike & Hike” tour to this Tyrolean village’s local mountain is particularly suitable for beginners and pleasure-lovers. Start in a westerly direction from St. Anton am Arlberg Information Office, towards the Rendlbahn cable car. Immediately after the pedestrian bridge, follow signs to “Moostalweg”, continue straight ahead until the second cattle gate and turn right at the next fork, where you head on to Tritschalm alpine farm for

a break. A well-marked, not too challenging hiking trail follows in a north-westerly direction. After a relaxed kilometre, holidaymakers pass Tritscher Köpfl Peak, before finally reaching Sattelkopf Summit. The return journey may be along the same route, but with a 180-degree change of perspective. The mountain world of St. Anton am Arlberg can always be experienced from a different vantage point. *Difficulty rating: moderate. 739 metres in elevation difference (bike 409 m/hike 330 m) Length: 17 kilometres (bike 11.4 km/hike 5.6 km). Total time approx. 5.5 hours (bike approx. 1:45 hours/hike 2:45 hours).* [maps.stantonamarlberg.com](http://maps.stantonamarlberg.com)

*Photo (download): Whether by bike, on foot, or a combination of the two - not every holidaymaker is aware of how extensive, high alpine and yet unspoilt the Tyrolean region of St. Anton am Arlberg is.*

*Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz*



**Tour #2: From Flirsch via Dawinalm to the “Großen See” (Great Lake).** A wonderful combination of flowering alpine meadows, idyllic mountain lakes and regional Tyrolean specialities can be discovered on the easy to moderately difficult “(E-)Bike & Hike” tour from Flirsch, located around 12 kilometres east of St. Anton am Arlberg in the Austrian Stanzertal Valley. The tour starts at the local tourist office, from where bikers - either electrically powered or under their own steam - follow the main road through the Pardöll district and on to the turnoff towards Dawin. Continue along well-

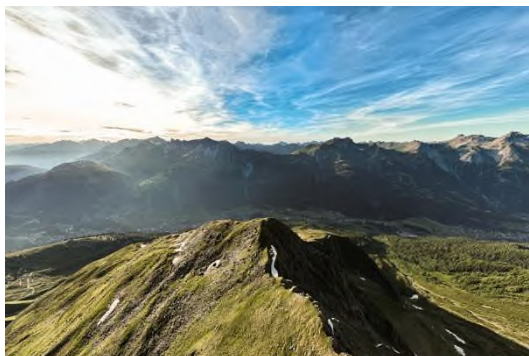
signposted forest paths to the eponymous alpine farm, from where the short hike below the Eisenspitze Peak begins. It then takes around 15 minutes to reach this special source of spiritual power at Lake “Großen See”,



where visitors can reward themselves with a scenic rest. The same route is taken for the return journey, alternatively bikers can cycle from Dawinalm via Schönverill back to Flirsch. *Difficulty rating bike: moderate/ hike: easy. 1,040 metres in elevation difference (bike 960 m/hike 80 m) Length: 24.3 kilometres (bike 23.3 km/hike 1 km). Total time approx. 3 hours (bike approx. 2:30 hours/hike 0:30 hours).*

[maps.stantonamarlberg.com](https://maps.stantonamarlberg.com)

*Photo (download): Nature rewards mountain lovers many times over for their efforts on this combined bike and hiking trail from Flirsch to the "Großer See" source of spiritual power in Tyrol's Stanzertal Valley, part of the St. Anton am Arlberg region. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz*



### **Tour #3: Via Rendlalm to the imposing Zwölferkopf Peak.**

Zwölferkopf Peak towers majestically over St. Anton am Arlberg at 2,558 metres above sea level, providing a mighty backdrop for summer guests to experience unique summiteering moments above the Austrian mountain village. 2,050 metres above sea level can be reached on two wheels, followed by a black-rated mountain trail, which is the section that classifies this route as a challenging "(E) Bike & Hike" tour. The route starts at St. Anton's tourist information offices in the village centre. Follow the asphalted Stanzertal cycle path eastwards to the "Guhl" bend, where a turn-off leads in

the direction of Alpe Rendl, from where you cycle uphill on the forest path along a pleasant incline. After a short rest at the picturesquely situated Rendlalm, the main part of the tour awaits alpine combination enthusiasts. While still in the saddle, cycle along the somewhat steeper northern flank of the Zwölferkopf to the parking area, just under 500 metres in altitude below the finish line. Now on foot, outdoor fans follow the signpost along a narrow path. Suitable footwear, sure-footedness, a head for heights and a sense of direction are required for the last stage, hiking poles are recommended. The route initially leads through the avalanche barriers. Soon, however, hikers will be moving steadily towards their destination on the western ridge of the Zwölferkopf. Patience is also required, as the summit cross only appears along the very last metres of the hike. *Difficulty rating: moderate/ hike: challenging. 1,336 metres in elevation difference (bike 825 m/hike 511 m) Length: 23.4 kilometres (bike 20.2 km/hike 3.2 km). Total time approx. 4.5 hours (bike 2:10 hours/hike 2:30 hours).* [maps.stantonamarlberg.com](https://maps.stantonamarlberg.com)

*Photo (download): Zwölferkopf Peak towers majestically over St. Anton am Arlberg at 2,558 metres above sea level, which alpine combiners conquer in a challenging but panoramic "(E-)Bike & Hike" tour.*

*Picture courtesy of: St. Anton am Arlberg Tourist Board*

### **Tip: The "inexhaustible mine of information" for holidays in St. Anton am Arlberg**

It is a route planner, travel guide and source of inspiration all rolled into one: a digital mastermind for summer and winter holidays. As a central tool, it bundles and structures everything the region has to offer. The tourism association, guides and accommodation providers ensure that data is always up to date, enabling the map to provide detailed information on opening hours, closed hiking trails and slopes. Thanks to the involvement of the local community, it contains insider tips as well as personally tested, realistic walking and trip times for all tours. "The map already includes so much data in such high quality, it would be a real disadvantage for guests not to use it. And new information is being added all the time," says Martin Ebster, Tourism Director of St. Anton am Arlberg. "The interactive map is an inexhaustible mine of information for anyone and everyone to plan and enjoy their holiday with us."

[maps.stantonamarlberg.com](https://maps.stantonamarlberg.com)

**About St. Anton am Arlberg.** *St. Anton am Arlberg is one of the world's most prestigious winter sports resorts, with over 300 kilometres of exciting downhill runs and 200 kilometres of backcountry terrain. The Austrian holiday region also impresses in summer with various activities and sporting events against a spectacular Alpine backdrop. Gourmet holidaymakers appreciate the multiple award-winning cuisine in the tradition-conscious Tyrolean mountain village. Entente Florale awarded St. Anton am Arlberg with gold for its projects on quality of life, sustainability and environmental protection and named it "Europe's most beautiful village in bloom." In spring 2021, St. Anton am Arlberg was selected as an official Climate Change Adaptation Model Region.* [www.stantonamarlberg.com](https://www.stantonamarlberg.com)

St. Anton am Arlberg, Austria, Tyrol

## Family delights and Tyrolean summer ambiance



Enjoy a leisurely hike to alpine pasturelands early in the morning and welcome the new day with a picnic on a flower-strewn meadow. After a refreshing splash in a mountain stream, parents and children can make plans on how to spend the rest of the day: Who fancies a climb on the high and low rope course? How about an (e)-mountain bike tour? Do we want to watch the wildlife, or would we rather go canyoning? Families can enjoy a varied yet relaxed summer holiday in the Austrian region of St. Anton am Arlberg. Everything is so close together, it's easy to reconcile a wide variety of interests, while the **St. Anton**

**Summer Card** allows families to enjoy free benefits and further extras. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo (download): The Verwalltal Valley recreation area and emerald-green Verwallsee Lake are popular destinations in the Tyrolean region of St. Anton am Arlberg, not just for families. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz*

**For buggy pilots, trackers and budding climbers.** Parents don't have to wait until Hoppl the floppy-eared mascot takes off with their young ones before they can relax. From Mondays to Fridays, four to sixteen-year-olds learn all kinds of practical things during the professionally guided forays through nature, such as how to build a dam or a sundial, while mum and dad indulge in the essential pleasures of rest and relaxation. Families are also highly recommended to visit the pram friendly Verwalltal Valley, not far from the village centre. Its flat cycling or hiking route leads past natural playgrounds, interactive stations on local myths and legends, a climbing area and the emerald green Verwallsee Lake, whose magnificence is truly captivating. The Stanzertal cycle path between St. Anton am Arlberg and Schnann is asphalted from start to finish, making it particularly suitable for families with small children.



**Quiz tours through the village.** In 2021, the Detective Trail expanded the range of activities for families in St. Anton am Arlberg. Guests can playfully learn interesting facts about the Tyrolean mountain village and its eventful history along an interactive scavenger hunt. The creative quiz tour begins and ends at the tourist information office and includes 14 stops along a route that encompasses around five kilometres, including the Galzigbahn cable car with its visionary "Ferris wheel", the old railway station

and remains of Arlen Castle at Schlosskopf, in the St. Anton district of Nasserein. Route descriptions and pictures guide "detectives" from puzzle to puzzle, to be solved with the help of on-the-spot clues. Price from € 7 (incl. a small surprise at the finish), children up to age of 6 can participate free. Older brain game fans can look forward to a new crime trail for young people and adults, in which the theft of the Arlberg Giro trophy has to be solved. In this combination of outdoor escape game, scavenger hunt and mystery city tour, participants take on the role of an investigation team and are in contact with the "investigation office" via chat. On their own, they follow clues and traces, secure evidence and check alibis before solving the case.

*Photo (download): Families can take part in the "Detective Trail", an interactive scavenger hunt through St. Anton am Arlberg/Austria. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz*

**Hiking holidays for inquisitive kids.** The "Mutspuren - Feel the Courage" Panorama Trail on Galzig at 2,100 metres above sea level is conveniently accessible via cable car. Once at the top, families can learn about the St. Anton am Arlberg region's fascinating history at the lovingly designed "Erlebniswelt - Adventure World". Another loop trail with treasure hunt entitled "Faith and History" in the neighbouring municipality of Schann, focuses on various themes such as the Swabian Children, alpine farming and the "Golden City". Senn's WonderWalkingTrail at the Sennhütte above St. Anton am Arlberg offers just as much entertainment. The trail extends to Lake Maiensee in St. Christoph and connects adventure stations in the herb garden, on the tree house, along the "Kuh'len Weg" trail or in the WunderWald Forest, where QR codes facilitate convenient smartphone assistance. The various stages were awarded the golden innovation prize for "Ideas and Nature" and "Best Offer for Children". Trained herbalist and Sennhütte hostess, Tanja Senn, also organises weekly guided tours.

**A blooming world record.** Every year in midsummer, a small floral "Sennsation" is presented above St. Anton am Arlberg in Austria: where well over 100,000 edelweiss flowers grow in the form of a single giant edelweiss at the Sennhütte. The world's largest flower arrangement has also been officially listed by Guinness World Records since 2017. Visitors can find out more about this powerful alpine symbol at the Edelweiss-Stadl and adjacent nature trail, which is part of the WonderWalkingTrail.



**The Versatile Verwall Valley.** A particularly charming hiking and cycling route leads through the Verwalltal recreation area, not far from St. Anton's village centre. Passing alpine meadows, forests, mountain streams and the emerald green Lake Verwallsee, the trail is flat and easy to negotiate, even when using a pram. If you are looking for peace and quiet, settle down at the new landscaped pond by the lake and enjoy the panorama. Young climbing fans especially will enjoy making a stop at the high and low rope course, with a total of 22 climbing stations at heights of up to twelve metres. Those that dare can conquer their fear of heights on the "Flying Fox" zip wire over

the Rosanna Gorge. There is a playground with a fire pit by the lake and another grill and picnic area near the Wagner Hut. Interactive nature stations allow kids to playfully immerse themselves in the myths and legends of the Tyrolean region of St. Anton am Arlberg. The 35 metre long steel cable suspension bridge at the waterfall has also provided many an adrenalin rush, while bike enthusiasts can look forward to sampling the delights of the Pump Track, Northshore Trail and Kick-Off & Co. at the "EldoRADO" Bike Areal. There are also easy curves and obstacles for younger riders, which are even suitable for balance bikes.

*Photo (download): Like Tarzan in Tyrol - the high and low rope course in the Verwalltal valley of St. Anton am Arlberg is home to 22 climbing stations at heights of up to twelve metres. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz*



Summer Season 2023 in St. Anton am Arlberg

## Mountain happiness for every kind of holiday



**Green meadows in lieu of white slopes, rejuvenation in lieu of powder action: St. Anton am Arlberg reveals its multifaceted nature with a wealth of activities for people of all ages during the warmer season. Summer visitors experience the birthplace of alpine skiing in its original mountain village form, in-between relaxing open-air yoga sessions and exploring the area on foot or by bike. The inquisitive may try their hand at a spot of archery in the fresh mountain air, while those wanting to indulge in the essential pleasures of rest and relaxation may retreat to a spa, as nature lovers roam through the pristine Tyrolean terrain. Sports**

**center arl.park offers a waterproof alternative for when the weather doesn't play ball. The ticket to a holiday: from their very first overnight stay in the holiday region, guests receive the St. Anton Summer Card, which includes various discounts and free offers depending on the length of stay.**

**[www.stantonamarlberg.com](http://www.stantonamarlberg.com), [www.sommerkarte.at](http://www.sommerkarte.at)**

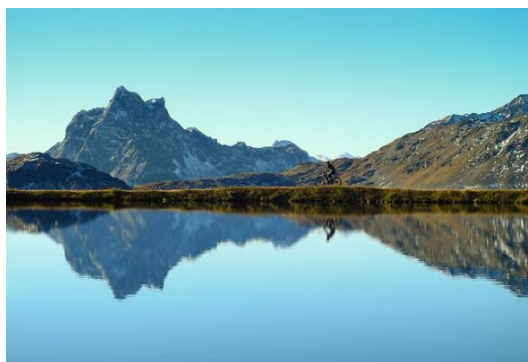
*Photo: Depending on preference - families with kids can spend both adventurous and relaxing mountain holidays in St. Anton am Arlberg. Picture courtesy of: St. Anton am Arlberg Tourism Association/photographer Patrick Säly*



### Morning stretches against a healing backdrop

Yoga and mountain air - go hand in hand. Which is why not only fitness enthusiasts will start the day in St. Anton am Arlberg with a professionally guided Hatha Flow Yoga session. These gentle body exercises for beginners and experts are on the agenda several times a week at Gampen Mountain. Holidaymakers with the St. Anton Summer Card receive a free yoga lesson from the 2nd overnight stay.

*Photo: Fitness fans in St. Anton are lured to the early morning yoga sessions. Picture courtesy of: St. Anton am Arlberg Tourism Association/photographer Patrick Säly*



### Actively out and about on foot and by bike

The mountain world demands to be experienced with all the senses during the day. With its 220-kilometre network of routes, St. Anton am Arlberg is a popular destination for two wheeler fans of all kinds. Those who have never sampled the delights of an e-bike, can use one to set off on their journey to some of St. Anton's most beautiful natural locations and abundance of mountain huts. Guests with a summer card receive a reduction on the rental fee from the 3rd overnight stay. MTB fans will also relish the exciting experiences provided by the Pump-Track, Northshore Trail und Co. at the

“EldoRADO“ Bike-Areal in Verwalltal. The 400 kilometre hiking trail network, however, includes numerous



tour options with the opportunity to stop at quaint locations for refreshments. Those with a good head for heights can try their luck at climbing or bouldering.

*Photo: Bike tours take summer guests in St. Anton am Arlberg to some of the region's most beautiful natural spots. Picture courtesy of: St. Anton am Arlberg Tourism Association/Dominik Strolz*



### Alternative options for wind, weather and wellness fans

Those who prefer to spend their afternoons at ground level can try some of the activities offered down in the valley with the St. Anton Summer Ticket. Maximum concentration is required at the 9-hole golf course in Nasserein or during a spot of archery, while visitors to the Arlberg Wellcom or the Arlberg-Stanzertal Wellness Park can swim and relax to their hearts' content. Even in gloomy weather, plenty of sporty fun is assured at „arl.park“ sports and climbing centre: In addition to a climbing area of nigh-on 1,000 square metres, classic indoor sports such as tennis, squash, bowling, or the

trampoline hall invite you to some shared hours of sporting fun.

*Photo: A great alternative for active holidaymakers on not only bad weather days in St. Anton am Arlberg: arl.park sports and climbing centre. Picture courtesy of: St. Anton am Arlberg Tourist Board/Patrick Bätz*



### A nightcap in the evening Arlberg sunshine

As summer days draw to a close in St. Anton, many pedestrians can be found strolling through the mountain village. Some may still be gradually making their way home after a scenic hike or bike tour and enjoying a well-earned drink after all their efforts. Whether savouring a glass of bubbly spritz in the evening sunshine at a street cafe, or a plate of something deliciously Tyrolean around the corner - it is well worth taking a closer look at the menus of the dining establishments in St. Anton. Over 40 restaurants, bars and cafes offer hungry holidaymakers a wide selection of

international cuisine and elegant cocktails.

*Photo: As summer days draw to a close in St. Anton am Arlberg, the Tyrolean mountain village lures its guests out for strolls with a culinary finale. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Christoph Schöch*

New milestone for the Arlberg region in Tyrol and Vorarlberg:  
Long-distance hiking trail "Arlberg Trail" as the first shared summer project

## Five villages, three stages, one challenge



In the summer of 2022, the Arlberg Trail burst onto the mountain scene – thus creating a whole new challenge for alpine enthusiasts. The sporty long-distance trail in the pass region between St. Anton am Arlberg in Tyrol and Lech/Stuben in Vorarlberg has a total length of 52 kilometres, of which almost one fifth is covered by cable car. What makes it so special: it enables the villages of the Austrian Ski Arlberg region to “grow together” in summer too, allowing hikers to walk the consistently signposted routes on one day hikes from St. Anton to Stuben, from Stuben to Lech and from Lech to St. Anton, whilst savouring their spectacular views. What St. Anton’s Tourist Board Director, Martin Ebster, has to say about the new and symbolic long-distance hiking trail. “The Arlberg Trail bridges the gap between sporting aspirations, a genuine experience of nature and quality tourism, connecting what has long belonged together in people's minds and hearts.” The moderately difficult hike can be started from all three villages in the valley, alternative routes are available. Pure walking time is around 18 hours with 6,038 metres of altitude difference (9,550 m incl. the cable car rides). The hike can be booked with your own Arlberg Trail ticket, 3- or 4-star hotels of

your choice, as well as other additional services such as luggage transport [arlbergtrail.com](https://www.arlbergtrail.com). The associated mountain railways operate throughout the summer season from 16 June to 3 October 2023. [www.stantonamarlberg.com](https://www.stantonamarlberg.com)

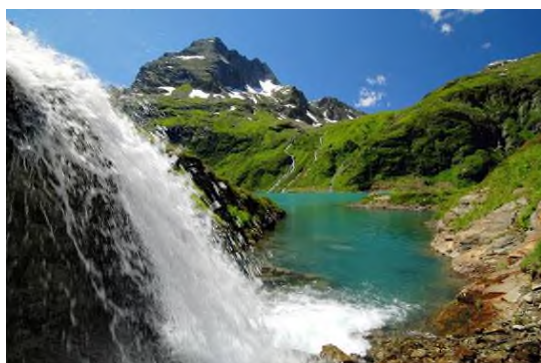
Photo ([download](#)): A highlight and the highest point of the Arlberg Trail - the Valluga at 2,811 metres above sea level high over St. Anton am Arlberg is part of the new long-distance hiking trail in Tyrol and Vorarlberg. Picture courtesy of: Arlberg Marketing GmbH



Picture courtesy of: Arlberg Marketing GmbH

Well I never! Ten unusual facts about St. Anton am Arlberg

## Flower records, pilgrim heights and mosquito-free holidays



Summers at St. Anton am Arlberg are characterised by mountain sports, high alpine summit adventures and outdoor recreation steeped in welcoming Tyrolean hospitality – of which we are all well aware. Our decidedly different cocktail of facts reveal some of the more unusual secrets harboured by this spectacular holiday region. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo (download): Not many people have heard of Lake Kartellsee in the Moostal Valley south of St. Anton am Arlberg/Austria - this inconspicuous reservoir in the middle of the hiking area, however, enables the holiday region to be self-*

*sufficient in terms of power supply. Picture credit: St. Anton am Arlberg Tourist Board/Wolfgang Burger*

### ***Did you know that ...***

#### ***... the Way of St. James reaches its highest point near St. Anton am Arlberg?***

Pilgrims encounter many highlights along the famous Way of St. James to Santiago de Compostela. However, the literally highest point until the northwest of Spain is located at the tranquil Maiensee Lake above St. Christoph, a district of St. Anton am Arlberg.

#### ***... St. Anton am Arlberg holiday region is completely self-sufficient in terms of power supply?***

A unique, but certainly not the only sustainable project in the holiday region is provided by the Kartell power plant. The lake of the same name holds around eight million cubic metres of water and generates around 33 million kilowatt hours of electricity per year. The same capacity is also used to supply the Rosanna power plant, making St. Anton am Arlberg self-sufficient in terms of power supply already since 2006.

#### ***... holidaymakers have almost no need to fear mosquito bites?***

St. Anton am Arlberg can in fact boast of being a mosquito-free zone. Due to the altitude of the Tyrolean mountain village (1,304 metres above sea level) and its climatic conditions, living conditions for these bloodsucking pests are unfavourable - a blessing not only for getting a good night's rest.

#### ***... a "Guinness World Record" blooms in St. Anton am Arlberg?***

It all began with 1,600 hand-planted edelweiss shrubs: and now, every year in midsummer, over 100,000 edelweiss grow in the form of a huge flower at the Sennhütte above St. Anton am Arlberg. In 2017, a jury from "Guinness World Records" even recognised this floral splendour as the world's number one in terms of numbers of flowers.

#### ***... hobby athletes train here like the pros?***

Beneficial side-effect: due to the lower oxygen content at medium altitudes, many athletes take advantage of the myriad of opportunities for fitness and endurance training in St. Anton am Arlberg (1,304 metres).

**... St. Anton am Arlberg was an important mining region?**

Delve deep in the rock formations to follow in the footsteps of the Tyrolean ore mining history and discover the region's mysterious past: the former mining area of Gand in St. Jakob, a sub-district of St. Anton am Arlberg, has been accessible to visitors on a circular hiking trail since 2019 via a 750-metre long circular hiking trail, with two tunnels and three show huts.

**... golfers on the Arlberg around must negotiate around 100 meters in altitude?**

The mountainous landscape of St. Anton am Arlberg is perfect for golfers who enjoy a little extra challenge. A testing 100 metres in altitude need to be negotiated on the varied nine-hole course, which demands a certain level of stamina and presents a "tricky" game.

**... there is a jelly baby plant?**

From the "drunken forest" to the "cool trail" at the Sennhütte above St. Anton am Arlberg, not only children realise that: it is never too late to learn. Trained herbalist Tanja Senn provides exciting answers. The various stages of her garden were awarded with the gold innovation prize for "Ideas and Nature" and "Best Offer for Children".

**... cooking fat is used here to produce biodiesel?**

Strict waste separation has long been de rigueur in St. Anton am Arlberg. Even used cooking fat is collected, which is used, for example, to produce biofuel for vehicles. Moreover, all local mountain restaurants are proud bearers of the Austrian environmental seal of approval.

**... hospitality services start at the train station in St. Anton am Arlberg?**

Those commencing their mountain summer holiday in a climate-neutral way by rail, get off the train right in the centre of St. Anton am Arlberg. Working in conjunction with Austrian Federal Railways, the tourism association uses the station counter as an additional office with comprehensive advice for guests, in order to "pick up" arriving guests in the holiday region in an even more personal and focussed manner.



St. Anton am Arlberg: Camping in the Tyrolean holiday region

## Visit the Arlberg in a lounge on wheels

Camping in a tent, a stylish road trip or some time out in alpine lodge ambience: St. Anton am Arlberg offers the very best conditions for holidays in mobile accommodation. Only a few kilometres from the “cosmopolitan village” of St. Anton am Arlberg, you will find one ideally situated 4-star campsite in Pettneu. In addition to classic camping, ArlBerghlife holiday resort offers apartments and three stylish lodges of 60 square metres each with kitchen, flat-screen TV, private garden with barbecue and private sauna. Panoramic tours of the surrounding Tyrolean mountains entice during the day, for example via Stöcklweg Trail to the historic Nessler Alm in a northerly direction, or southwards to the picturesquely situated Malfon Alm with views of the Lechtal Alps. Regular bus services shuttle from Pettneu to St. Anton am Arlberg (free with the summer ticket). Camping fun without the bites: thanks to the altitude and climatic conditions in St. Anton am Arlberg, living conditions for mosquitoes are unfavourable, which is a true blessing, not just for a good night's sleep. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)



### Tips for trips north:

#### Hike to the Nessler Alm along the Stöcklweg trail

This meadow and forest tour dedicated to the “Forces of Nature” extends from Pettneu am Arlberg to Nessler Alm Farm, home to goats, chickens, pigs and some 60 head of cattle. Stöcklweg trail extends over 7.5 kilometres (414 metres in elevation difference) past Gridlonbach, Pleißereck and finally the Old Nessler Thaja, where it seems time has been suspended in the in-house museum: Historical copper kettles, butter churns and alpine dairy equipment bear witness to the rural history of the

Stanzertal Valley, which goes back to the 12th century. After savouring the house speciality of spinach-cheese-dumplings at Nessler Alm Farm, around 200 metres to the east, holidaymakers can make their way back to Pettneu via Mount Kalvarienberg. A well-known place of peace and reflection, together with its listed chapel. Total duration: approx. 3.5 hours, degree of difficulty: easy to moderate, refreshments available: Nessler Alm (1,600 metres), Gasthof Almfrieden (1,530 metres). For more hikes to the Nessler Alm and trail descriptions, please visit [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo (download): Pleasant Nessler Alm Farm above Pettneu in the Tyrolean holiday region of St. Anton am Arlberg is accessible via several forest and hiking trails. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz.*



### Tips for trips south:

#### Hiking or (e-)bike tour to Malfon Alm.

The 7.6 km long hike (1,207 m elevation difference) to the scenic Malfon Alm begins on the banks of the Rosanna and alongside Malfonbach Stream, south of Pettneu. The path becomes increasingly steeper through the shady forest, and, after crossing the brook, the mountain world opens up and offers stunning views of the Lechtal Alps. Possible shortcuts across meadows are signposted for hikers, while bikers stay on the wider forest road. After a few hairpin bends and around two hours walking time, the picturesquely situated Malfon Alm appears. From there, it

is also worth walking up to the small Malfonteich pond. Ambitious hikers can continue the tour to the Edmund Graf Hut (another 2 hours) or to the Hoher Riffler (another 2.5 hours). Level of difficulty: medium, refreshments available: Malfon Alm (1,687 m), Edmund-Graf-Hut (2,408 m). Video of the tour on [YouTube](#), detailed route description under [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo (download): From Pettneu am Arlberg/Austria hikers reach the wildly romantic Malfon Alm in two hours. Picture courtesy of: St. Anton am Arlberg Tourist Board/Patrick Bätz*

### **St. Anton Summer Card: your holiday ticket**

Whether Hotel, accommodation provider and camp site: From the first overnight stay in the period from 16 June to 3 October 2023, holidaymakers receive the St. Anton Summer Card free of charge in their accommodation. The ticket, valid until the day of departure, includes various free admissions (Tyrolean Evening, Mining Gand and Museum), participation in the torchlight hike, guided tours according to the weekly programme and free use of all buses between Landeck and St. Christoph. From the 2nd night onwards, there are also guided hikes, archery, a yoga session, a green fee for the 9-hole golf course in the Nasserein district (course licence required) and participation in the children's programme. With the 3rd night, a free entry to one of the swimming pools Arlberg WellCom or Wellnesspark Arlberg Stanzertal as well as unlimited use of all mountain railways for one day are added, while selected sports shops offer card holders a €20 discount on the (half-)day rental of an e-bike. The swimming pools in St. Anton am Arlberg and Pettneu can be visited a second time free of charge from five nights onwards, and from the 8th night onwards holidaymakers may even use all services again. The summer card can be extended to a premium card with numerous additional offers for 3, 5 or 7 days for a fee. All information at [www.sommerkarte.at](http://www.sommerkarte.at)

## St. Anton am Arlberg: Free ticket with many extras The new ticket to a summer holiday



**Yoga, hiking and „Hoppl the Hare“:** From 16 June 2023, the St Anton Summer Ticket tempts again with attractive offers for visitors of all ages. From just one overnight stay in St. Anton am Arlberg, hotels and guesthouses will be handing out the free leisure card to their guests with various free offers, which will vary depending on the length of stay from the 2023 season onwards. The St. Anton Premium Ticket is also available: for a fee, guests can upgrade their holiday with an additional package for three, five or seven days and enjoy, for example, unlimited use of all St. Anton's cable cars and swimming pools.

[www.stantonamarlberg.com](http://www.stantonamarlberg.com), [www.sommerkarte.at](http://www.sommerkarte.at)

*Photo: The St. Anton Summer Card in practical credit card format will be available to guests in 2023 in a new design language. Picture courtesy of: St. Anton am Arlberg Tourism Association*

**Diverse perspectives:** From the first overnight stay in the period from 16 June to 3 October 2023, holidaymakers receive the St. Anton Summer Card free of charge in their accommodation. The ticket, valid until the day of departure, includes various free admissions (Tyrolean Evening, Mining Gand and Museum), participation in the torchlight hike, guided tours according to the weekly programme and free use of all buses between Landeck and St. Christoph. From the 2nd night onwards, there are also guided hikes, archery, a yoga session, a green fee for the 9-hole golf course in the Nasserein district (course licence required) and participation in the children's programme. With the 3rd night, a free entry to one of the swimming pools Arlberg WellCom or Wellnesspark Arlberg Stanzertal as well as unlimited use of all mountain railways for one day are added, while selected sports shops offer card holders a €20 discount on the (half-)day rental of an e-bike. The swimming pools in St. Anton am Arlberg and Pettneu can be visited a second time free of charge from five nights onwards, and from the 8th night onwards holidaymakers may even use all services again. The summer card can be extended to a premium card with numerous additional offers for 3, 5 or 7 days for a fee.

**For little explorers:** children can discover nature during little forays with the resort's entertaining mascot, "Hoppl the Hare", on Mondays to Fridays from 10 to 16 hrs. Under professional supervision, the children learn useful skills - such as how to read a map, light a fire and how a sundial "ticks".



**St. Anton "unlimited":** The St. Anton Premium Ticket is available as an additional package in summer 2023. In combination with the Summer-Ticket, card holders enjoy unlimited use of all St. Anton cable cars, the swimming pools at Arlberg WellCom and Wellnesspark Arlberg-Stanzertal – for either three, five or seven days. Unlimited participation in the weekly programme is also included (with guided walks, yoga, archery or Nordic walking). The 3 day add-on package is available for € 65, 5 days cost € 76, 7 days € 87 (children € 38/€ 43/€ 48). Furthermore, guests with Premium Ticket enjoy numerous additional discounts from St. Anton partner companies, for example, arl.park Sport & Climbing Centre. For more information, visit [www.sommerkarte.at](http://www.sommerkarte.at)

*Photo: "With the newly designed St. Anton Premium Card, summer holidaymakers on the Arlberg can make unlimited use of all mountain railways, among other things. Picture courtesy of: St. Anton am Arlberg Tourism Association*



## Recreation Area in St. Anton am Arlberg Fun und Action in the „Fable“ Verwall Valley



Those in the know appreciate Verwalltal Valley in St. Anton am Arlberg as a year-round place of recreation. Holidaymakers encounter an array of stations to explore, relax or push themselves to their physical limits in the recreational area around the valley's eponymous lake. These include interactive mythical sites and winding bike trails - all without the encumbrance of traffic. A bus commutes between St. Anton am Arlberg and the Verwalltal Valley, which passengers can use free of charge. If you are looking for peace and quiet, settle down at the new landscaped pond by the lake and enjoy the panorama.

[www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo: As if painted on water - Lake Verwallsee near St. Anton am Arlberg is known for its emerald green waters.*

*Photo courtesy of: St. Anton am Arlberg Tourism Association*

### Walking, wonder, waterfall

The vibrant Verwalltal Valley is part of St. Anton am Arlberg's 400 kilometre hiking trail network, which starts near the village centre. Between meadows, forest sections, brooks and the emerald green lake, the route runs evenly and is easily passable even with prams. Visitors discover, for example, the 35-metre-long steel suspension bridge at the waterfall or the modern high and low rope gardens with a total of 22 climbing stations. Under expert guidance, children and adults "swing" through the course at heights of up to twelve metres. The brave can conquer their vertigo on the "Flying Fox" above the Rosanna. Interactive nature stations along the way allow visitors to playfully immerse themselves in the myths and legends of the St. Anton am Arlberg region.



### From a feat of strength to a delicious rest

Verwalltal Valley is closed for cars. This comes in handy for cyclists: Because MTB fans can head to the "EldoRAdo" Bike Areal to let off steam on the Pump Track, Northshore Trail and Co., while youngsters savour the delights of riding around easier bends with a few obstacles thrown in for good measure. They are even suitable for scooters. When energy levels start to flag, welcoming Wagner Hütte invites you to take a pleasant breather. Those who prefer to take their breaks in the great outdoors will appreciate the barbeque and picnic area nearby - or make themselves comfortable at the playground next to

the lake's emerald green waters, which is also equipped with a fire pit.

*Photo: Pure MTB Power – "EldoRAdo" Bike Area entices many active holidaymakers to the Tyrolean Verwalltal Valley near St. Anton am Arlberg. Photo courtesy of: St. Anton am Arlberg Tourism Association/Photographer Daniel Köll*

Summer in St. Anton am Arlberg: children's programme for every age

## Buggy pilots, trackers and young climbers



**From watching wildlife to canyoning: children can look forward to an exciting holiday programme in the summer months. While the little ones explore the natural landscapes, other daring youngsters can have a go on the climbing wall and high rope course. Parents have the opportunity to take lots of lovely walks on paths suitable for pushchairs. Excursions along varied trails and to the mighty summits become a real nature adventure. Tip: From the very first overnight stay in the holiday region, guests receive the St. Anton Summer Card, which contains various discounts and free offers graded according to the length of stay.**

**[www.stantonamarlberg.com](http://www.stantonamarlberg.com)**

*Photo: A short break along the Alpenrosen Trail – in St. Anton am Arlberg there are many family-friendly hiking routes. Photo courtesy of: St. Anton am Arlberg Tourism Association/ Photographer Thomas Klimmer*

**For buggy passengers.** A training track for cross-country skiers in winter and a day trip destination for families with prams in summer: the 40 kilometre long network of St. Anton am Arlberg's cross-country ski trails offer wide paths for walking with easy up and downhill sections. One tour takes walkers 10 kilometres through the Verwalltal Valley and around the lake, whose name it bears. Those looking for views over Kapall, Galzig, Valluga and Rendl, should take the gondola lift up to the top terminal of the Arlberg cable car. Once there, parents can enjoy the alpine scenery while the children let off steam at the playground. Hikers can carry straight on from there with their little alpine fans: From the Rendlbahn, for example, a trail leads past Tritschalpe into the Moostal Valley and back to St. Anton. Prerequisite for this two- to three-hour walk is that the pushchair or buggy is suitable for all-terrain - ideally with pneumatic tyres and a handbrake. Alternately, child carrier backpacks are available to hire from sports shops in St. Anton.

**For young naturalists.** Holiday guests aged from four to sixteen years enjoy forays through the natural landscapes with the resort mascot, "Hoppl the Hare" every Monday to Friday. Fire, water, air and earth – each day is dedicated to a different theme. From 10 to 16 hrs, professional child carers teach the youngsters how to read maps, build rafts and observe wild animals in their natural habitat. The Wonder-Walking-Trail next to the „Sennhütte“ is a special destination for the whole family. Children and adults can discover all sorts of interesting facts about the local flora and fauna at various interactive stations along this trail, which is around one kilometre in length.

**For great adventurers.** There is certainly no time for getting bored - even for the older ones! Teenagers spend adventurous days on vacation having a go at biking or archery, as well as on torch lit evening walks. Bearers of the St. Anton Summer-Card can experience this and other leisure activities free of charge at the Arlberg. These free guest passes are issued to visitors from only one night's stay and are valid this season from 16 June until 3 October.

**What the Summer Card has in store for kids.** The ticket, which is valid until the day of departure, includes various free admissions (e.g. Gand Mining and St. Anton Museum), participation in the torchlight hike, guided tours according to the weekly programme and free use of all buses between Landeck and St. Christoph. From the 2nd night onwards, there is also participation in the children's programme, guided hikes or archery. With the 3rd night you get a free entry to one of the swimming pools Arlberg WellCom or Wellnesspark Arlberg Stanzertal as well as unlimited use of all mountain railways for one day. The swimming pools in St. Anton am Arlberg and Pettneu can be visited free of charge a second time from five nights onwards, and from the 8th night onwards holidaymakers can even make use of all services again.

The St. Anton Premium Card can be booked as an additional package for 3, 5 or 7 days (from € 65 per adult, € 38 per child). In addition to allowing unlimited use of all operating cable cars and free admission to the Arlberg WellCom or the Wellnesspark Arlberg-Stanzertal and the museum, this ticket grants discounts at arl.park Sport & Climbing Centre, the low and high rope courses at Verwalltal or for rafting, canyoning and tubing tours in Oberinntal. [www.sommerkarte.at](http://www.sommerkarte.at)

**Overview of children's playgrounds.** Whether high up on the mountain with views of the lake or in the centre of town – you will find a variety of playgrounds in the entire St. Anton am Arlberg holiday region. Time flies for the boys and girls when they are sliding down a tree trunk, balancing on a hanging bridge or bouncing on a trampoline (with safety nets).

St. Anton:

- in the Dorfpark (Village Park)
- at Lake Verwallsee
- at Museum St. Anton
- at the top station of Gampen-, Rendl- and Galzigbahn lifts
- at Arlensattel
- at Sennhütte

Pettneu: at Wellnesspark Arlberg Stanzertal

Schnann: below the church

Flirsch: next to football pitch

Strengen: next to the football pitch



Hiking in and around St. Anton am Arlberg/Austria

## Fire, lakes and mountain air



With a hiking network of over 400 kilometres, holidaymakers can explore this Tyrolean mountain world on extensive walks in healing mountain air. Expert hikers are able to take advantage of meandering trails that transcend provincial borders, while nature lovers marvel at Mount Rendl, which is ablaze with flowers, and families sharpen not only their sense of smell along Senn's WunderWanderWeg (WonderHikingTrail). Those who prefer walking in company, can join one of the guided tours offered by the mountain hiking school in St. Anton am Arlberg

(with summer card free of charge from the 2nd overnight stay). All tour tips can be found on [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo (download): Summer guests visiting the Tyrolean holiday region of St. Anton am Arlberg can explore varied routes on 400 kilometres of hiking trails in the midst of magnificent mountain landscapes. Picture courtesy of: St. Anton am Arlberg Tourist Board/Josef Mallaun*

### Since time immemorial and for everyone

The "Mutspuren - Feel the Courage" Panorama Trail on Galzig at 2,000 metres above sea level is effortlessly accessible via cable car, where the whole family can learn about Arlberg's fascinating history at the lovingly designed "Erlebnisswelt - Adventure World". Another trail in Schann entitled "Faith and History", is dedicated to various themes such as the Swabian Children, alpine farming and the "Golden City". Visitors will be able to experience the turbulent past of the former "Gand" mining industry on a 750-metre circular hiking trail in the St. Anton district of St. Jakob. The famous Way of St. James also traverses St. Anton am Arlberg: the historic Arlberg Hospiz Hotel in St. Christoph offered protection and shelter to traveling pilgrims in the 14th Century. Coincidentally, the "Eagle Walk", Tyrol's most spectacular long distance hiking route, also begins (or ends) here. This hike is presently around 300 kilometres in length (over 24 stages) and leads hikers past alpine peaks, refuge huts, mountain lakes and flower-filled meadows, through the Karwendel and Rofan mountains to St. Johann am Wilden Kaiser.



### The mountain "is on fire" along the "Alpenrosenweg - Alpine Rose Trail"

Hikers encounter a "red sea" on the southern slopes of Mount Rendl in St. Anton am Arlberg, especially during the months of June and July. This is due to the many alpine roses blooming there, which give the impression of a floral fire. The trail starts behind the top terminal of the Rendlbahn cable car (accessible on foot or by gondola) with a playground and fabulous views of the Lechtal Alps and Verwallgruppe Mountains. The trail then heads down to the Rendlalm, where experienced tourers can

extend the route to include an ascent of the Zwölferkopf (2,558 metres).

**Duration:** around 4 hours (6 hours without the cable car), **level of difficulty:** moderate, **refreshments available:** Rendl cable car top terminal (2,030 m), Rendlalm (1,791 m)

*Photo (download): A sea of alpine roses – many heathers bloom on Mount Rendl just south of St. Anton am Arlberg, especially in June and July. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Christian Schranz*



### Feast and be amazed along the Stöcklweg Trail in Pettneu

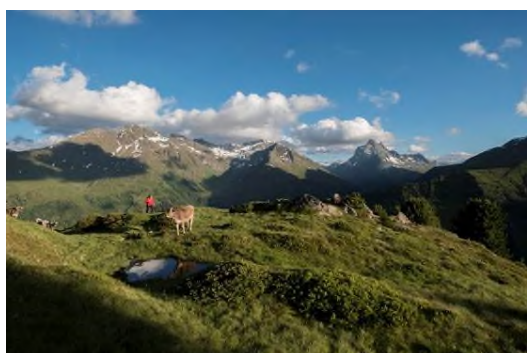
This meadow and forest tour extends from Pettneu am Arlberg to Nessler Alm Farm, which is also home to goats, chickens, pigs and 60 cows. The Stöcklweg trail is around 7.5 kilometres in length (with 414 metres in elevation gain) and takes walkers past Gridlonbach, Pleißereck and the old Nessler Alm Farm, where time appears to have stood still in the in-house museum. Historic copper kettles, butter churns and dairy equipment bear witness to the history of the Stanzertal Valley, which dates back to the 12th century. After enjoying a hearty snack, or one of the “spinach and cheese dumpling” house specialties,

holidaymakers can walk back down via “Kalvarienberg”, known by many as a place of reflection and home to a listed chapel.

**Duration:** approx. 3.5 hours, **level of difficulty:** easy to moderate, **refreshments available:** Nessler Alm (1,610 m)

*Photo (download): Walkers pass two Nessler alpine pastures at once on the Stöcklweg Trail above Pettneu am Arlberg.*

*Picture courtesy of: St. Anton am Arlberg Tourist Board/Photographer Patrick Säly*



### Berggeistweg (Mountain Spirit Trail) between Tirol und Vorarlberg

The cross-border ascent to Kaltenberg Hut begins in the St. Christoph sub-district of St. Anton, where the Arlberg Pass reaches its zenith. To the rear of Gasthof Valluga, hikers enter the Berggeistweg Trail and follow its many winding bends, through alpine meadows and the Maroisen Lakes, until stopping for a break in Vorarlberg. The mountain inn with its characteristic red shutters and stunning views of the surrounding mountains is nestled at the intersection between Klostertal and Verwall. The return route leads along the Paul-Bantlin-Weg Trail, past the

Albonaseen Lakes. The round walk is 15 kilometres long with 675 metres in altitude difference.

**Duration:** approx. 6 hours, **level of difficulty:** moderate to difficult, **refreshments available:** Kaltenberg Hut (2,089 m), further refreshments available in St. Christoph (1,800 m).

*Photo (download): Tyrolean cattle or Vorarlberg cows? It is difficult to say - holidaymakers traverse borders on the Berggeistweg Trail, close to St. Anton am Arlberg. Picture courtesy of: St. Anton am Arlberg Tourist Board / Photographer Bernd Ritschel*



### Senn's WunderWanderWeg (WonderWalkingTrail) for all the senses

Hiking with all your senses it what it is all about at Senn's WunderWanderWeg high above St. Anton am Arlberg This adventure trail designed especially for children begins at Lake Maiensee in St. Christoph. The Alpine Flower and Herb Trail encircles the Sennhütte and entrances families with around one thousand different plants to smell, touch, taste and admire, including the largest edelweiss of the Alps, with over 100,000 blooms. “Herbal bread baking” and “healthy Kneipp foot-bathing” also feature on the Sennhütte weekly

programme. On 15 August, the annual Arlberg Herb Festival will also take place there.

**Duration:** approx. 1.5 hours, **level of difficulty:** easy, **refreshments available:** Sennhütte (ca. 1,500 m)

*Photo (download): Visitors to the Sennhütte above St. Anton am Arlberg can admire the largest edelweiss in the Alps during the summer months. Picture courtesy of: St. Anton am Arlberg Tourist Board*

## Limitless Hiking in St. Anton am Arlberg As far as your feet will carry you



Pack your rucksack, tie up your laces and off you go! St. Anton am Arlberg offers nigh-on limitless possibilities with a 300 kilometre network of walking trails. Themed trails such as the “Faith and History” round tour in Stanzertal take you not only into the midst of this alpine world, but also through the region’s pastoral history. Those who simply can’t get enough of Tyrolean nature, can embark on the 280 kilometre long Eagle Walk, a spectacular long distance hiking trail over 24 stages in total. And with the cross-border Arlberg Trail, a whole new challenge has been created for alpinists in several

stages around St. Anton am Arlberg. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo: Hiking with views of the peaks - a 400 kilometre long network runs through the mountains of St. Anton*

*Picture courtesy of: St. Anton am Arlberg Tourism Association/ Photographer Patrick Säly*

### Long-distance hiking trails with a world reputation

Imposing peaks, mountain lakes and colourful alpine meadows. At 300 kilometres in length, the “Eagle Trail” is one of the most spectacular long distance hiking trails in Tyrol. It traverses the entire province in 24 stages from St. Johann am Wilden Kaiser, over the Karwendel and Rofan Mountains and up to St. Christoph am Arlberg. Particularly challenging sections can be bypassed, making it very appealing to pleasure walkers and alpinists alike. Pilgrims also encounter many a highlight on the famous Way of St. James to Santiago de Compostela. But the literal highest point to the northwest of Spain is at the tranquil Maiensee lake above St. Christoph.

### „Faith and History“ themed trail

Hikers are introduced to a piece of Tyrolean history along the three and a half kilometre long „Faith and History“ themed trail around the Arlberg village of Schnann in the Stanzertal valley. The 13 stations along the trail tell stories of bygone farming life, the fate of the “Schwabens” children and famous villagers, such as organ builder Josef Sies and the magician, „Schnanner Drajer“. [www.themenwegschnann.at](http://www.themenwegschnann.at)

### Guided Hikes

Those who prefer walking in company, can join one of the guided tours offered by the mountain hiking school in St. Anton am Arlberg. Holders of the St. Anton Summer Card can even go on tour with the pros for free once (from the 2nd night in accommodation in the region) - as well as ride the Arlberg cable cars for free for one day from the 3rd night. The summer card is valid from 16 June to 3 October 2023. [www.sommerkarte.at](http://www.sommerkarte.at)

### Arlberg Trail – 50-kilometre long-distance hike

Since summer 2022, a new long-distance hiking trail has been leading from St. Anton am Arlberg via St. Christoph to Stuben, Zürs, Lech and back to St. Anton. The Arlberg Trail has a total length of 50 kilometres, of which almost a fifth is covered by cable car, and can also be completed in individual stages. A total of 15 hours of walking is calculated to cover the 3,351 metres in elevation difference (4,322 m including the cable car).

Interactive Map under <http://maps.stantonamarlberg.com/en>



Climbing in St. Anton am Arlberg

## With shark's teeth, turrets and jagged ravines



**Narrow crevices, looming overhangs, jagged ridges – there are around 70 different climbing routes in varying levels of difficulty to choose from in and around the alpine peaks of St. Anton am Arlberg. The Arlberg via Ferrata is an absolute must for experienced climbers – considered to be one of the „Extreme Classics“ in the Alps, it takes daring alpinists right up to the proverbial shark's teeth. More information under [www.stantonamarlberg.com](http://www.stantonamarlberg.com)**

*Photo: Panoramic views and no fear of heights – summer balancing act on the Arlberg via Ferrata, along the ridge to Weißschrofenspitze. Photo courtesy of: St. Anton am*

*Arlberg Tourism Association/ Photographer Bernd Ritschel*

**The Arlberg via Ferrata.** 2,000 metres of steel cable, 1,050 cable clamps, 500 hooks: Almost two kilometres long, the Arlberg via Ferrata is considered to be among the most beautiful and at the same time most challenging tours in the entire Alps. Well secured but very exposed in parts, it leads high above St. Anton on a long ridge to the Weißschrofenspitze Peak. After entering the route at 2,543 metres (not far from the top station of the Vallugagrät lifts) it becomes quickly apparent what is expected of the daring alpinists, as a vertical drop of 20 metres emerges after the first turret (difficulty grade C/D). The crux of the climb, however, is at the next rock face on the way to the Knoppenjochspitze Peak (D). From there, the route leads over a second exposed descent (C/D) and an easier ridge passage in the direction of Lorfekopf. Now it is decision time: Those who prefer, can climb down here from the Lorfescharte and walk back down a leisurely trail to Kapall. Those who haven't had enough yet, can venture across the Lisungrat ridge to the next highlight: the so-called „shark's teeth“ with its prominent jagged ridges and turrets. After an easier section, the ridge leads up over a series of short, steep steps (C/D) to the highest point – the Weißschrofenspitze Peak at 2,752 metres. When visibility is good, climbers are rewarded here with views extending to Lake Constance. It is time to revive those flagging energy levels once again, as the descent to the top station of the Kapallbahn lifts includes some exhausting sections (C/D) and should not be underestimated. Depending on the weather and prevailing conditions, four to six hours need to be planned for this route.

**Climbing areas.** Around 40 diverse routes in the Schnanner Gorge (difficulty grade 3 to 9) provide lots of fun and the odd adrenalin kick! Bouldering enthusiasts can also try their luck along the wildly romantic rock faces measuring up to eight metres in height. A well secured gneiss climbing area has emerged around Darmstädter Hut and Kuchenspitze Peak (3,148 metres above sea level), with seven climbing walls and around 70 routes.

**The lighter version** are the high and low rope gardens at Verwalltal. Beginners can “dangle” around at six to twelve metres above the forest floor on a sixteen section course (or six stations at one and a half metres high) in this natural playground.

**Under-cover.** Those not wanting to forego their climbing experiences when the weather isn't playing ball, can let off steam at arl.park Sport and Climbing Centre in St. Anton am Arlberg. In total, there are 70 indoor and 30 outdoor climbing routes in levels of difficulty ranging from 3 to 9. An 80 square metre bouldering area also offers diverse routes with separate areas for beginners, intermediates and experts.

## Year round active fun in St. Anton am Arlberg **arl.park Sport & Climbing Centre**



**Climbing and bouldering, as well as tennis, volleyball, badminton, squash and bowling: active sport lovers are well catered for at arl.park Sport & Climbing Centre in St. Anton am Arlberg – all year round. A trampoline hall with a total area of 1,000 square metres complements the facilities offered. [www.arlpark.at](http://www.arlpark.at)**

*Photo (download): Paradise for climbers – the architecture of arl.park in St. Anton am Arlberg is reminiscent of a rock*

*Photo courtesy of: St. Anton am Arlberg Tourist Board*

### **Outside**

The extravagant, rock-like architecture of the arl.park already indicates the flagship of the sports centre from the outside: With a total of 1,000 square metres of climbing area, there are around 100 different climbing routes of varying levels of difficulty available – 30 of which are climbed outdoors. Those who prefer it a little less steep can choose from one of the two via Ferrate routes, which both lead to the 18-metre high tower in the outdoor area.

### **Inside**

Climbers can look forward to an 80 square metre bouldering area and around 70 climbing routes in varied levels of difficulty ranging from 3 to 9. There are plenty of alternatives for guests who prefer to keep their feet on terra firma: in addition to the tennis court squash players have their own designated court and there are extra facilities for bowling enthusiasts with four modern lanes. The associated indoor trampoline hall is equipped with 14 trampolines, Bagjump Airbags with freefall tower, Airtrack tumbling mats and bungee-trampoline over a surface area of 1,000 square metres.

### **For your insides**

Those wanting to enjoy a meal in stylish lounge ambience, or just watch all the goings on in the sports hall, should visit the „Skiing Buddha“ Restaurant. Table reservations are accepted by phone under +43 5446 26252.

## Sustainability in St. Anton am Arlberg

### Self-sufficient thanks to Arlberg hydropower



Take a holiday where nature is still undamaged. Breathe clear mountain air and forget the stress of everyday life. In summer wander through a picture book landscape with green alpine pastures, abundant flower meadows and splashing mountain streams. In winter explore the extensive skiing area and allow the majestic background to overwhelm you. Those who spend their holiday in St. Anton am Arlberg, enter a uniquely protected nature. Ecological measures and projects, from alternative power production and consequential waste disposal to exemplary piste care are only a part of the environmental commitment of St. Anton am Arlberg. The holiday region is also trying to

participate in the KLAR! support programme (Climate Change Adaption Model Regions). In 2020, the newly built local heating network went into operation. So far, 4,35 million litres of heating oil and thus 11,600 tonnes of CO<sub>2</sub> have been saved. As a key technology in the transport revolution, St. Anton am Arlberg is also actively involved in the transition to electromobility as part of the "So fährt TIROL 2050" project. [www.stantonamarlberg.com](http://www.stantonamarlberg.com). Photo: Kartell Reservoir in the Moostal in St. Anton am Arlberg. Photo courtesy of: St. Anton am Arlberg Tourism Association

### KLAR! region Arlberg Stanzertal

In January 2022, the first phase as a climate change adaptation region was completed. So far, various workshops and an exhibition have been held to inform the population; in addition, the topic has been integrated into the school curriculum in St. Anton am Arlberg and its municipalities. In phase 2, further measures have been added since May 2022. These included the renaturation of the pond below the Nessleralm, the establishment of a KLAR! regulars' table for the exchange of ideas among local residents, training for local hiking guides, a guide for all tourism businesses as well as various educational and information events. [www.klarbergstanzertal.at](http://www.klarbergstanzertal.at)

### Chemical-free artificial snow - cleaner than nature

A total of 88 percent of the slopes in St. Anton am Arlberg have artificial snow-making facilities. The snow crystals that cannons blow into the ski area are even cleaner than natural snow, because they consist only of drinking quality water and air. These strict regulations, which forbid the use of any chemicals in snow-making operations, apply to the whole of Tyrol. When the melt water from artificial snow then flows into streams and rivers in spring, it simply returns to its natural origins. The stream water in turn supports energy production down in the valley, which is used again the following winter, for example in snow-making operations - a perpetual environmentally friendly cycle. According to the principle of "as much as necessary, as little as possible", the piste grooming machines record the exact snow depth in real time through an integrated GPS system and thus help with even more effective, environmentally friendly snowmaking operations.



**The Kartell Reservoir – The Arlberg's own hydropower makes St. Anton self sufficient**

The independent power supply in St. Anton am Arlberg is a unique project. In 2005, the Kartell power plant was expanded and put into operation together with its eponymous lake, which holds around eight million cubic metres of water and generates around 33 million kilowatt hours of electricity per year. The entire storage volume of the Kartell Lake is used again by the existing Rosanna power plant, making St. Anton am Arlberg self-sufficient in power supply since 2006. Moreover, the municipality operates a wood chip fired biomass heating plant, which is designed to supply up to 80 residential units. The plant is also connected to a solar system for heating water.

**Waste separation - clear case**

For a long time strict waste separation has been the norm in St Anton am Arlberg. Even the old cooking fat is collected and then, for example, appears as biodiesel for vehicles. It should be no surprise that all St Anton am Arlberg mountain restaurants are distinguished with the Austrian Environmental Seal of Quality. This certification includes standards for waste water disposal, waste separation and also the appropriate application of cleaning products.

**Environmental infrastructure**

Last but not least is the good accessibility of St Anton am Arlberg to the international railway network, which is an essential contribution to environmental protection. "Those who holiday with us can confidently leave the car at home", says Director of Tourism, Martin Ebster. "The railway station is centrally located and from here the hotels and other accommodations can be quickly reached". In the Service Centre, the Tourist Association is available directly at the station to advise guests and sell tickets. The valley stations of the mountain railways, shops and restaurants are also centrally located in the village. Moreover, regular Wander, Ski and Village buses run throughout the entire holiday region from the local St Anton districts and out to Flirsch, enabling holiday makers to reach their destinations easily. "The reduction of individual traffic and the traffic-free village centre is also an enormous plus in the quality of life", says Martin Ebster. For him, all environment and nature protection measures are an investment in the future. "It is part of our principles that the gift of nature has to be protected and we believe that tomorrow's decisions should consider the future generations".



Summer 2023

**Notes:**



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**Notes:**



## St. Anton am Arlberg inspires in both summer and winter

### **Boundless possibilities from flower flair to winter air**

**St. Anton am Arlberg enjoys an outstanding reputation as a year-round destination with cosmopolitan charm. Here, some of the ingredients that ensure visits to this Tyrolean holiday region are absolutely unforgettable: superlative winter sports area, excellent customer service, uniquely engineered gondola system with “Ferris wheel”, Arlberg WellCom wellness centre, the finest gourmet cuisine, nigh-on limitless hiking opportunities, arl.rock multifunctional sports centre, as well as a wide choice of exciting events ranging from music, film and local tradition, to cuisine and sport.**

The Tyrolean mountain village, with its 2,387 inhabitants, together with the neighbouring villages of Pettneu, Flirsch and Strengen, fulfils the highest demands and yet still retains much of its originality and traditional charm. Holiday-makers in St Anton am Arlberg treasure the alpine cosiness at 1300 metres altitude as much as the hospitality and international orientation. A mountain village, traditional and modern at the same time, with the scenery of a gigantic summit world and the amenities of a worldly holiday resort.

#### **The summer: adventures in the meadows**

The cradle of alpine skiing is also inspiring in the summer. Walkers, mountain and rock climbers will find a large selection of routes, from easily accessible up to high-alpine. 400 kilometres of marked walking paths, awarded with the Tirol Walking Stamp of Quality, offer fresh possibilities every day to experience the wide-ranging mountain world of the Arlberg. Mountain bikers have over 220 kilometres of tracks and numerous tour variants. The sloping nine-hole golf course in the Nasserein district is a challenge for even experienced golfers. Families can enjoy gentle experiences on the adventure walks, which appeal to all the senses. The Wonder Wander Way around the Senn Hut, at an altitude of 1500 metres, familiarises one with alpine nature. Guests can stretch out and simply allow themselves to be spoiled at the leisure and wellness area of the Arlberg WellCom. Those who would like to clamber happily amongst the trees and swing from tree to tree like Tarzan and Jane, will find the correct location in the high and low wire garden in Verwall - and with the arl.park in St. Anton am Arlberg, a multifunctional sports and climbing centre that offers numerous indoor activities, such as the trampoline hall, more than a 100 climbing routes as well as space for various ball sports.

#### **Winter: skiing pleasure of unparalleled standards**

The opening of the Flexenbahn cable car turned St. Anton, together with St. Christoph, Stuben, Lech and Zürs into Austria's largest inter-linked ski area, with more than 300 kilometres of slopes and 88 lift and cable car systems. Moreover, freeriders can look forward to 200 kilometres of virgin terrain - while winter holidaymakers are spoilt for choice with all kinds of events, including the weekly “Schneetreiben – The Snow must go on” ski show, the “New Orleans meets Snow” music festival and iconic “White Thrill” race. St. Anton am Arlberg is also a member of the “Best of the Alps”; an association of the eleven most prestigious mountain resorts in the Alps. Local, well-informed ski instructors or guides gladly offer winter sports fans help and advice and they also know exactly when each slope offers the optimal conditions. Not only do skiers come into their own in St Anton am Arlberg, cross country skiers are lured by a Loipe network of approximately 40 kilometres. Toboggan runs in St Anton am Arlberg, Pettneu, Schnann, Flirsch, as well as ice rinks for skating and curling, provide for additional sporting alternatives. The multifunctional arl.park sports centre is particularly well equipped for climbing and bouldering also in winter, even with a via ferrata climbing route leading on to the roof. And from morning until evening guests can enjoy relaxing wellness hours at the Arlberg WellCom in St. Anton am Arlberg and at the Wellnesspark Arlberg-Stanzertal in Pettneu. What makes a holiday in St Anton am Arlberg so special is, not least the unique combination of almost boundless skiing pleasure and cosy stop together with a variety of gastronomic choices, from Tyrolean delicacies up to the distinguished international top cuisine.

Tourism Association St. Anton am Arlberg

St. Anton am Arlberg \* St. Christoph \* St. Jakob \* Pettneu \* Schnann \* Flirsch \* Strengen

## Facts and figures

from Innsbruck airport	approx. 100 km
from Friedrichshafen airport	approx. 140 km
from Memmingen airport	approx. 170 km
from Zürich airport	approx. 200 km
from Munich airport	approx. 250 km
Railway station	Expresstrain station
<b>Holiday resort</b>	
No. of residents in St. Anton	2,387
No. of residents - entire holiday region	6,210
Bars/restaurants in St. Anton	60
Bars/restaurants - entire holiday region	80
No. of beds in St. Anton	8,322
No. of beds - entire holiday region	11,136
Overnight stays St. Anton Summer 2022	192,602
Overnight stays entire holiday region Summer 2022	284,556
<b>Hiking area</b>	
Valley altitude	St. Anton 1,304 m, St. Jakob 1,300 m, St. Christoph 1,800 m, Pettneu 1,228 m, Schnann 1,180 m, Flirsch 1,157 m, Strengen 1,029 m
Peak altitude	Valluga 2,811 m
Hiking trails	approx. 400 km
Wonder Wander Way	an adventure walk for the whole family
Arlberg Climbers’ track	Length 2,800 m, approx. 4 - 6 hours walking time
Mountain restaurants and snack bars	approx. 30
<b>Biking trails</b>	approx. 220 km
<b>Lifts</b>	cable cars chair lifts
	4 2
<b>Guided hiking tours</b>	Village tour, Alpine hut tour, Alpine flowers tour
<b>St. Anton Summer Card and St. Anton Premium Card</b>	From the first overnight stay in the period from 16 June to 3 October 2023, holidaymakers receive the St. Anton Summer Card free of charge in their accommodation. The ticket, valid until the day of departure, includes various free admissions and activities from the weekly programme as well as free use of all buses between Landeck and St. Christoph. The number of nights increases the scope of free services for summer guests, including guided hikes, archery, yoga sessions, wellness admissions or use of the mountain railways. For a fee, the summer card can be extended for 3, 5 or 7 days to a premium card with numerous additional offers. All info at <a href="http://www.sommerkarte.at">www.sommerkarte.at</a>

<b>Sporting opportunities</b>	climbing, bouldering, tennis, squash, volleyball, basketball, table tennis, badminton, bowling, trampoline hall
arl.park	
Arlberg WellCom	heated indoor and outdoor swimming pools, sauna, fitness, massage
arl.park	New trampoline hall with a total surface area of 1,000 squaremeters, 14 trampolines, Bagjump Airbags with freefall tower, Airtrack tumbling mats and bungee-trampoline
golf	9-hole golf course, Putting Green
High Wire Garden	nature circuit, 16 stations, 6 to 12 metres high
Low Wire Garden	6 stations, 1,5 metres high
paragliding	training, trial courses, tandem paragliding
swimming	heated indoor and outdoor pools at the Arlberg WellCom indoor swimming pool in the Arlberg Stanzertal Wellness Park
<b>Kids</b>	play grounds, full day supervision (from 16 June)
<b>Contact</b>	info@stantonamarlberg.com, www.stantonamarlberg.com



**St. Anton 1.304 m, St. Jakob 1.300 m, St. Christoph 1.800 m  
Pettneu 1.228 m, Schnann 1.180 m, Flirsch 1.157 m, Strengen 1.029 m**

- ♦ **Inhabitants:** 2.387 in St. Anton/6.210 entire holiday region
- ♦ **Total number of beds:** 8.322 / entire holiday region: 11.136
- ♦ **Altitude of highest point served by lift:** 2.811 m
- ♦ **Railway station:** St. Anton is served by many international trains
- ♦ **Nearest airports:** INNSBRUCK (100 km), FRIEDRICHSHAFEN (140 km),  
ZURICH (200 km), MUNICH (250 km); MEMMINGEN (170 km)
- ♦ **Uphill facilities:**

Galzigbahn	1.320 m – 2.086 m
Vallugabahn I	2.091 m – 2.645 m
Vallugabahn II	2.642 m – 2.811 m
Gampenbahn	1.310 m – 1.850 m
Kapallbahn	1.846 m – 2.330 m
Rendlbahn	1.312 m – 2.030 m

## FROM A TO Z - THE ST. ANTON GUIDE

- ♦ **ARLBERG CLIMBERS' TRACK:** The 2.800 m long track passing over several peaks in the Lechtal Alps takes about four to six hours and is only suitable for experienced climbers with a good head for heights. Climbing equipment and protective helmet must be worn. There are two starting points on the track - one is about 20 minutes from Valluga Ridge, the other about 15 minutes from the Kapall chairlift summit station
- ♦ **Arlberg WellCom** – leisure area with heated indoor and outdoor swimming pools, fitness center, massage
- ♦ **arl.park:** The multi-functional sports centre in St Anton am Arlberg, arl.park, offers numerous activities thanks to its versatile floor and the sporty architecture of the Hall: various ball games such as tennis, squash, volleyball or badminton, bowling and, above all climbing and bouldering are available. A fixed-wire climbing route leads to the roof of the 18 metre high activity centre. The associated indoor trampoline hall with total surface area of 1.000 square meters is equipped with 14 trampolines, Bagjump Airbags with freefall tower, Airtrack tumbling mats and bungee-trampoline
- ♦ **BIKING:** 220 km of mountainbike tracks, bike hire (also E-bikes) in the sportshops, further information in the Tourist Office
- ♦ **CONCERTS:** „Trachtenkapelle“ St. Anton or St. Jakob at Gertrud-Gabl-Platz or in the Arlbergsaal, every Wednesday at 8.30 p.m., free of charge. Every Friday in Pettneu, Schnann and Flirsch
- ♦ **GOLF:** 9-hole golf course, situated in Nasserein, Driving Range, Putting Green, Sand Bunker
- ♦ **HIGH AND LOW WIRE GARDEN:** the nature circuit of the High Wire Garden in St Anton am Arlberg, with 16 stations at 6 to 12 metres high, offers a challenge for beginners and experienced. For young climbing fans a Low Wire Garden is available with six stations at one and a half metres high. The adventure course also has a climbing wall and five "Flying Fox" zip wires.
- ♦ **HIKING:** relaxing and getting fit in the clean pine forest air on our hiking paths which are carefully laid out, maintained and well signposted (400 km). Wonder Wander Way: an adventure walk for the whole family
- ♦ **HIKES WITH GUIDE:** Free guided alpine hikes start regularly in the village centre of St. Anton am Arlberg. A guided flower and herb hike also takes place every Wednesday in the municipality of Flirsch, and in St. Anton on Thursdays.

- ◆ **HOPPL'S CHILDREN'S PROGRAMME:** Hoppl the Hare presents an All-Day Adventure Programme for young guests and little mountain climbers aged between 4 and 16 years (Free, as part of St. Anton Summer Card services)
- ◆ **LAKE VERWALL:** situated amidst delightful countryside, app. 10 minutes' walk beyond "Wagner Hütte"; children's playground
- ◆ **MUSEUM ST. ANTON AM ARLBERG:** The Museum in the Arlberg Kandahar House offers a comprehensive survey of the history of skiing in the Arlberg Region, which ranks as the "Cradle of Alpine Skiing". The exhibits also document the culture and the folklore of the region and trace its development as a tourist area.

◆ **MOUNTAIN HUTS:**

Ansbacher Hütte	2.376 m	Putzenalpe	1.726 m
Augsburger Hütte	2.340 m	Rendlalpe	1.791 m
Darmstädter Hütte	2.384 m	Rodelalm	1.580 m
Edmund-Graf-Hütte	2.375 m	Roßfallalpe	1.800 m
Friedrichshafener Hütte	2.138 m	Sennhütte	1.480 m
Heilbronner Hütte	2.308 m	Tritschalpe	1.725 m
Kaiserjochhaus	2.310 m	Galzig	2.068 m
Kaltenberghütte	2.089 m	Valluga	2.647 m
Konstanzer Hütte	1.765 m	Gampen	1.842 m
Leutkircher Hütte	2.261 m	Kapall	2.330 m
Niederelbehütte	2.310 m	Rendl	2.030 m
Stuttgarter Hütte	2.305 m	Jausenstation Verwall	1.440 m
Ulmer Hütte	2.279 m		
<u>Pettneu:</u>		<u>Pettneu/Schnann:</u>	
Nessleralm	1.476 m	Fritzhütte	1.727 m
Ganatschalm	1.854 m	<u>Strengen:</u>	
Malfonalm	1.687 m	Dawin	1.840 m
Almfrieden	1.530 m		

- ◆ **PARAGLIDING:** training, trial courses, tandem paragliding - „Flight Connection Arlberg“
- ◆ **RESTAURANTS – CAFÈS – BARS:** In St. Anton, St. Jakob and St. Christoph am Arberg there are about 40 restaurants, 20 cafès and bars, in the villages of Pettneu, Flirsch and Strengen there are more than 20 restaurants and bars
- ◆ **ST. ANTON SUMMER CARD:** From the first overnight stay in the period from 16 June to 3 October 2023, holidaymakers receive the St. Anton Summer Card free of charge in their accommodation. The ticket, valid until the day of departure, includes various free admissions (Tyrolean Evening, Mining Gand and Museum), participation in the torchlight hike, guided tours according to the weekly programme and free use of all buses between Landeck and St. Christoph. From the 2nd night onwards, there are also guided hikes, archery, a yoga session, a green fee for the 9-hole golf course in the Nasserein district (course licence required) and participation in the children's programme. With the 3rd night, a free entry to one of the swimming pools Arlberg WellCom or Wellnesspark Arlberg Stanzertal as well as unlimited use of all mountain railways for one day are added, while selected sports shops offer card holders a €20 discount on the (half-)day rental of an e-bike. The swimming pools in St. Anton am Arlberg and Pettneu can be visited a second time free of charge from five nights onwards, and from the 8th night onwards holidaymakers may even use all services again. The summer card can be extended to a premium card with numerous additional offers for 3, 5 or 7 days for a fee. All information at [www.sommerkarte.at](http://www.sommerkarte.at)
- ◆ **SWIMMING POOL:** heated indoor and outdoor pool at the Arlberg WellCom; indoor swimming pool at the Wellnesspark Arlberg-Stanzertal in Pettneu
- ◆ **TENNIS:** 1 outdoor court at the Arlberg WellCom, 1 indoor court at the sports centre arl.park
- ◆ **TYROLEAN EVENING:** with the traditional local folklore group „d'Arlberger“, every Tuesday at 8.30 p.m.



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**ST. ANTON AM ARLBERG  
TOURISM ASSOCIATION**

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**ARLBERG**  
MAY BE FOREVER

**Tirol**

