

## Summer 2023 in St. Anton am Arlberg, Austria For the love of the mountain (sports)



Lush, verdant greenery as far as the eye can see, exhilarating time spent in nature, invigorating alpine air and unparalleled panoramic views. Mountain summer awakes in St. Anton am Arlberg on 16th June 2023. This Tyrolean region has always exuded an inimitable charm with its wonderful mix of mountain sports and enthusiastic holiday hosts, from the "cosmopolitan village" of St. Anton on the banks of the Rosanna River, through the Stanzertal Valley with its communities of Pettneu/Schnann, Flirsch and Strengen. The choice of routes for hiking, climbing or (e-)biking is virtually limitless -with increasing numbers of visitors

appreciating alpine combinations such as "Bike & Hike". From the 2022 season, holidaymakers can look forward to a new and sporty long-distance hiking trail with a total length of 50 kilometres, the Arlberg Trail. Numerous events such as the "Mountain Sports Festival" (23<sup>th</sup> -25<sup>th</sup> June), the "Arlberg Giro" cycling race (30<sup>th</sup> July), or the dynamic "Mountain Yoga Festival" (31<sup>st</sup> August -3<sup>rd</sup> September) have established themselves as firm favourites amongst locals and visitors alike - either as participants or spectators. Not only active singles, couples and groups, but families and camping enthusiasts will find optimal infrastructure and ample space for leisure activities right through until autumn in St. Anton am Arlberg in the Austrian Alps. The St. Anton Summer Card is the perfect holiday companion with its many free services and valid for your entire stay. As an officially recognised KLAR! model region, the conscientious population of St. Anton am Arlberg and its Stanzertal communities are working on various sustainability and climate protection projects in a series of 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 am Arlberg. [www.stantonamarlberg.com](http://www.stantonamarlberg.com)

*Photo: Swap the ascent for a view - summery St. Anton am Arlberg/Tyrol epitomises alpine nature and authentic mountain sports experiences for every level of ability.*

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

## Info and News

### The Arlberg Trail - 50 kilometres of long-distance hiking

The sporty long-distance hiking trail in the pass region between St. Anton am Arlberg in Tyrol and Lech/Stuben in Vorarlberg has a total length of 52 kilometres, almost a fifth of which is covered by cable car. What's so special: the new concept allows the villages of the Austrian Ski Arlberg region to "merge together" not just in winter, but in summer too. Hikers can now walk the uniformly signposted routes on one day hikes from St. Anton to Stuben, from Stuben to Lech and from Lech to St. Anton, whilst savouring spectacular views. The moderately difficult hike can be started from all three villages in the valley, while alternative routes are also 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 at [arlbergtrail.com](http://arlbergtrail.com).

### St. Anton Summer Card - your holiday ticket

Anyone visiting the St. Anton am Arlberg region, even for as little as one night's stay in a hotel or guesthouse, receives the "St. Anton Summer Card" This free ticket is valid for the entire duration of your stay and includes many free services, participation in the weekly and children's programme, as well as special rates on many other activities. The Summer Card entitles the bearer, for example, to one free entry to Arlberg WellCom open-air swimming pool, or Arlberg Stanzertal wellness park, to St. Anton am Arlberg Museum and the Bergbau Gand hiking circuit. The weekly programme for cardholders includes (once weekly) free yoga sessions, guided hikes, archery, a torchlit hike and one green fee for the 9-hole golf course in the Nasserein district (handicap certificate required). Moreover, there is a €20 discount on the daily or half-day use of an e-bike in participating sports shops. All rides on the buses between Landeck and St. Christoph, as well as one day's use of St. Anton cable cars are also included. For a fee, holidaymakers can upgrade their ticket to a Premium Card and enjoy extra services. The St. Anton Summer Card is valid for the entire summer season from 16<sup>th</sup> June to 1<sup>st</sup> October 2022. [www.sommerkarte.at](http://www.sommerkarte.at)

### Take the Nightjet to the mountains - comfortable and eco-friendly

Thanks to its Railjet connection, St. Anton am Arlberg in Tyrol is an attractive destination for rail travellers from all over Europe. Reasonably priced connections are available for the approx. 5-hour journey from Stuttgart, while holidaymakers from the Munich area only need to plan around 3 hours for their journey. Austrian Rail (ÖBB) is now offering special combined tickets for night trains in summer 2023 for guests from certain, more far-flung regions, who can now travel comfortably to St. Anton am Arlberg from Hamburg, Düsseldorf and Amsterdam without having to worry about traffic. The Nightjet Combi-Ticket includes the (return) train journey in the ÖBB Nightjet service including seat reservation, as well as transfer to the desired hotel in the Tyrolean mountain village. For more information and bookings, please visit: [kombitickets.railtours.at](http://kombitickets.railtours.at)

### Electric infrastructure - expansion of charging stations

Since summer 2020, vacationers in St. Anton am Arlberg and the Stanzertal Valley have had five rapid-charging stations for e-bikes at their disposal, where empty batteries can be "refuelled" to up to 80 percent within just 20 minutes. Each station can accommodate four bikes, and five different cables are available for the different connections. 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, Mario-Matt-Platz in Flirsch and between the municipal offices and Hotel Post in Strengen. Further stations are in the pipeline.

## Top Events in Summer 2023

**Mountain Sports Festival from 23<sup>th</sup> to 25<sup>th</sup> June 2023.** Everything revolves around your personal mountain experience during these three days. No matter whether you are a seasoned pro or would like to get acquainted with a new sport – the Mountain Sports Festival in St. Anton am Arlberg has the perfect mix of adventure, new experiences and, of course, summit delights for everyone. Embark on an unforgettable tour with like-minded people, immerse yourself in a new world of sports, test the latest equipment from our exclusive partners and draw inspiration from an extensive supporting programme.

**Montafon Arlberg Marathon on 24<sup>th</sup> June 2023.** Perhaps the most beautiful mountain marathon in the Alps is known for taking its participants to their physical limits, but rewards them over and over again with fantastic 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 on 30<sup>th</sup> July 2023.** This classic road bike race on narrow tyres takes its contenders from St. Anton over the Arlberg Pass to Bludenz, through Montafon, over the Silvretta High Alpine Road and back via Paznaun, over a challenging route encompassing 150 kilometres and 2,500 metres in elevation difference.

**Filmfest St. Anton from 23<sup>th</sup> to 26<sup>th</sup> August 2023.** The late summer get-together for outdoor film enthusiasts takes place annually under the motto "Mountains, People, Adventure". Visitors experience the atmosphere of a major event in the relaxed ambience of this Tyrolean mountain community of St. Anton am Arlberg, where, in addition to fascinating footage, extreme athletes and film directors talk live about their experiences and adventures and comment on the works being presented.

**Mountain Yoga Festival from 30<sup>th</sup> August to 3<sup>th</sup> September 2023.** Namaste to the late summer highlight! The Tyrolean mountain village of St. Anton am Arlberg will again be turning into an open-air studio of gigantic proportions. The programme of the 7<sup>th</sup> Mountain Yoga Festival – 2023 - headlined "Diversity" - features professional sessions of diverse genres and ability levels. Beyond the yoga mat, the programme includes guided hikes, workshops, lectures, gentle music and healthy cuisine with regional ingredients.

## Authentic mountain sports in an exhilarating natural setting

**Biking, hiking, alpine summit experiences - with training included: lower oxygen levels at medium 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 above sea level). 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.**

### Boundless hiking opportunities from easy to high alpine

The Tyrolean alpine world opens up to holidaymakers for extensive walks in the healing mountain air on a 300-kilometre network of hiking trails in St. Anton am Arlberg. Expert hikers can take advantage of meandering trails that transcend provincial borders, while nature lovers marvel at Mount Rendl, which is ablaze with flowers, as 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 with the Summer Card). Well-marked trails in varying lengths and degrees of difficulty entice hikers to the untouched natural landscapes of the Verwall 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 in St. Christoph, which offered protection and shelter to traveling pilgrims in 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 trail currently encompasses some 300 kilometres over 24 stages and traverses striking peaks, mountain refuges, lakes and flower meadows, leading through the Karwendel and Rofan Mountains, to St. Johann am Wilden Kaiser.

### For (E-)MTB fans, racing cyclists, leisure lovers and families

St. Anton am Arlberg is a popular spot for all kinds of cyclists. The trails of the well-signposted 350-kilometre route network are sometimes extremely challenging, but always reward with fabulous views of some of the most beautiful high valleys in the Alps. St. Anton is also an ideal starting point for racing cyclists: challenging routes stretch away to the east and west for alpine explorations, such as the sporty tour to the Kaunertaler Glacier, the scenic Silvretta High Alpine Road or the "Three Pass" journey to Bregenzerwald Forest and Lake Constance. A challenging 20-kilometre route takes (E-)MTB fans to the Heilbronner Hut in Verwall. The route

leads over asphalt and gravel paths as well as along 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.

### Climbing at all levels of difficulty

With its steep and rocky faces, the Arlberg presents a whole 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 wildly 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 Weißschrofenspitze Peak. Climbing fans of every age 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.park 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.

### Alpine combinations in summer

Increasing numbers of holidaymakers appreciate combined mountain experiences such as "Bike & Hike", i.e. an MTB tour to the starting point of a hike or climbing route. "Bike & Summit", the combination of a tour on two wheels with an alpine summit ascent, is increasingly becoming the focus of mountain sports enthusiasts. The Darmstädter Hut, eleven kilometres south of St. Anton am Arlberg in the Verwall Mountains, for example, is particularly suitable for this. A well secured gneiss climbing area can be found around this Alpine Club House and the nearby Kuchenspitze Peak (3,148 metres above sea level), with seven climbing areas and around 70 routes.

### 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, or paragliding, climbing or on adventure hikes** at lofty hikes.

### Nine holes with panorama

The mountainous landscape of St. Anton am Arlberg is perfect for golfers who relish an extra challenge - because you play on high alpine terrain on the fairways and greens in the Nasserein district. A challenging 100 metres in elevation difference need to be negotiated on this varied nine-hole course, which is "tricky" not just in terms of stamina required, 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.

## Family holidays in St. Anton am Arlberg

Parents don't have to wait until Hoppl the floppy-eared mascot takes off with their young ones before they can relax on holiday. 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. 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.

### Hiking holidays for inquisitive kids

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 Arlberg's fascinating history at the lovingly designed "Erlebniswelt - 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.

### A blooming world record

Every year in August, a small floral "Sensation" 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 - 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 WunderWanderWeg. (WonderWalkingTrail).

### Detective Trail - interactive quiz tour through the village

Guests can playfully learn interesting facts about the Tyrolean mountain village and its history along an interactive treasure hunt. The creative quiz tour begins and ends at the tourist information office and includes 14 stops: among them the Galzighbahn 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. Price from € 7 (incl. small surprise at the finish), children up to age of 6 can participate for free. More mature fans of exciting brain games can also look forward to a new detective trail for young people and adults from 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 trail 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.

### Visit the Arlberg in a rolling living room

Camping at ground level, 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, [ArlBerGlifE Ferienresort](#) offers apartments and three stylish lodges of 60 square metres each with kitchen, flat-screen TV, private garden with barbecue and private sauna. During the day, 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). 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 blessing, not only for a good night's sleep.

### History brought to life

Follow in the footsteps of Tyrolean ore mining history - as well as 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. This joint project between the municipality and Tourist Board connects two tunnels and three show huts along a route of 750 metres. [www.bergbau-gand.at](http://www.bergbau-gand.at)

### New home for the yoga community

The yoga scene in St. Anton am Arlberg has grown significantly in recent years, thanks not only to the international Mountain Yoga Festival. Local and vacationing yogis now have their very own room for their sessions with [arLflow](#) in the Karl Schranz Stadium. In addition to courses for beginners and advanced students in various styles, the programme includes children's yoga, meditation and relaxation sessions. In good weather, the stadium's roof terrace is used.

### **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.

### **Relax with views of the peaks**

Peace-seeking holidaymakers can relax tired muscles and regenerate in the soothing waters of Arlberg WellCom, Centre for Wellness and Communications in St. Anton am Arlberg. The complex is used regularly as a venue for sporting and international events. As with Wellnesspark Arlberg Stanzertal in Pettneu, Summer Card holders enjoy free admission here too. Moreover, numerous hotels in the Tyrolean holiday region offer guests 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, in the basement of the "Murmel Bar." The case in questions deals with the disappearance of the "Arlberg Giro" trophy, which 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).

## Proactive environmental protection and self-generated electricity

**St. Anton am Arlberg has been an official KLAR! Model Region (Climate Change Adaptation Model Regions for Austria) since 2021 and its commitment to environmental protection includes various ecological projects and measures - ranging from alternative energy generation and waste disposal, to nature-friendly piste maintenance. The recently constructed local heat distribution network went into operation in autumn 2020, which saved no less than 5,000 tonnes of heating oil in its first year of operation. 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.**

### KLAR!-Region Arlberg Stanzertal

In January 2022, the first phase as a climate change adaptation region was completed. Thus far, various workshops and an exhibition have been held to keep the general public informed; moreover, the topic has been integrated into the school curriculum in St. Anton am Arlberg and its municipalities. Further measures are to be implemented during phase 2 from May 2022. These include renaturation of the pond below Nessleralm, 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 and numerous other educational and informative events.

### 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 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 terms of 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.

### Leave your car at home - take the train straight to the village centre.

As a Railjet station, St. Anton am Arlberg offers seven direct connections a day from Vienna and Zurich. The tourist board also uses the local railway station ticket office as a Service Centre. In addition to classic ticket sales, the station functions as an additional tourist office with guest advisory and other services. Thanks to the cooperation with ÖBB (Austrian Rail), the Tourism Association is able to provide even more professional and personal service to arriving visitors. Overnight visitors don't need a car to reach their destination throughout the entire holiday region: buses shuttle regularly to and from all parts of the village and surrounding regions in the Stanzertal Valley, which guests can use for free thanks to the Summer Card. Those staying directly in St. Anton am Arlberg can access everything on foot anyway, due to the village's compact layout.



**Summer 2022 calendar of events preview:**

16 <sup>th</sup> June	Start of the Summer Season
23 <sup>th</sup> to 25 <sup>th</sup> June	Mountain Sports Festival St. Anton
24 <sup>th</sup> June	Montafon Arlberg Marathon (mountain race)
14 <sup>th</sup> to 16 <sup>th</sup> July	Village Festival in St. Anton am Arlberg
27 <sup>th</sup> to 30 <sup>th</sup> July	World Press Cycling Championships 2023
29 <sup>th</sup> July	International Cycle Criterion
30 <sup>th</sup> July	Arlberg Giro – Cycle marathon
4 <sup>th</sup> – 6 <sup>th</sup> August	Bass brand festival in St. Anton am Arlberg
23 <sup>th</sup> to 26 <sup>th</sup> August	27 <sup>th</sup> Film Festival "Mountains, People, Adventure"
30 <sup>th</sup> to 3 <sup>rd</sup> September	7 <sup>th</sup> St. Anton Mountain Yoga Festival
16 <sup>th</sup> September	Almabtrieb Cattle Drive and Farmers' Festival
1 <sup>st</sup> October	End of the Summer Season

*Details subject to change.*

**More information:** <https://www.stantonamarlberg.com/en/service/press/current-press-releases>