

ACTIVE HOLIDAY BETWEEN GLACIER, MOUNTAIN AND LAKE

Fancy some activity in beautiful natural surroundings? Hiking, cycling, e-biking, trail running, yoga, triathlon, golf, stand-up paddling, swimming, paragliding and much more: Zell am See-Kaprun is the perfect stage for your favourite sport or perhaps even a new sporty challenge. For example, climbing your first three-thousand-metre-high peak, getting on a gravel bike or enjoying a bit of wakeboarding on Lake Zell.

The fresh air, the crystal-clear lake, the stunningly beautiful landscape and the diverse hiking, biking and themed trails provide plenty of inspiration for your next active holiday in Zell am See-Kaprun. Well-marked hiking trails lead uphill to Zell's local mountains, across gentle green alpine pastures or high up into rocky and snow-covered regions of the three-thousand-metre-high peaks of the Hohe Tauern National Park.

An unforgettable experience is the summit tour "My first 3,000-metre-high mountain" on the Kitzsteinhorn. Accompanied by a qualified mountain guide and secured by rope, you climb the last 200 metres in altitude from the "Top of Salzburg" excursion destination to the 3,203-metre summit of the Kitzsteinhorn in a small group. The tour is available once a week in summer, and is part of the diverse weekly programme for all guests of Zell am See-Kaprun. Guided hiking and biking tours, first gravel bike experiences, bike riding technique training, golf taster courses and various workshops and camps are also part of the range of activities in the region: This is the ideal way to add new facets to an individual sports holiday.

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

EVEN MORE ACTIVITIES WITH THE ZELL AM SEE-KAPRUN SUMMER CARD

Guests enjoy even more freedom of movement with the Zell am See-Kaprun Summer Card, which reveals a unique variety of experiences with more than 40 attractions from 15 May to 31 October 2023. The card is included exclusively with stays at participating partner accommodations, and also includes the Mobility Card, which allows the use of all public transport in the region free of charge. The Zell am See-Kaprun App is also an indispensable digital companion for active holidaymakers, providing daily updates on the weather, events and operating hours of the mountain railways. The Mobility Card and personalised summer card are ready for use at any time in the wallet of the Zell am See-Kaprun App.

THE ACTIVITY AND SPORTS TIPS FOR SUMMER 2023:

- **Lake Zell**, with its excellent water quality, is an Eldorado for water sports enthusiasts. Happy water fans on banana boats or action tyres, sporty swimmers, water skiers, sailors, surfers, pedal boat and kayak riders and even stand-up paddlers enjoy the lake. Rental stations for boats, kayaks and SUP can be found around the lake.
- The **"Hohe Tauern Panorama Trail"** is considered the most impressive long-distance hiking experience in the Hohe Tauern National Park holiday region. Over the course of 17 stages, hikers cover 270 kilometres from the starting point at the foot of the Krimml Waterfalls to the Grossarl Valley. Stage 10 follows the footsteps of Empress Sisi from the Pinzgauer Hütte to the summit of the Schmittenhöhe and further along the high-altitude promenade and the "Mystic Forest" theme trail down to the shores of Lake Zell, in the Elisabethpark.
- Fans of two wheels will find **240 kilometres of cycling and biking trails** in Zell am See-Kaprun: there is a choice of leisurely tours with lake and mountain views as well as sporty up-hill routes and high-alpine single trails from the Kitzsteinhorn into the valley. The **Tauern Cycle Track** is one of Europe's most popular long-distance cycle tracks and leads through the region.
- The first leisure mountain bike trail has been leading up to the Schmittenhöhe since summer 2021. The route climbs 900 metres in altitude along wide forest paths towards the summit. Once you have reached the top, there are various places to stop for refreshments and an impressive panoramic view of the Pinzgau grass mountains, Lake Zell and the Hohe Tauern.
- Around Zell am See-Kaprun you will find ideal terrain for **gravel biking**: Six designated routes make gravel bikers' hearts beat faster. These routes combine the advantages of race cycling and mountain biking. The routes are between 17 and 41 kilometres long and lead over approx. 750 to 1,950 metres in altitude, for example up to the Maiskogel or the flanks of the Kitzsteinhorn.
- Bike-enthusiastic beginners and families appreciate the **Maiskogel Trail**: The trail leads from the MK-Maiskogelbahn upper terminus via numerous wide and narrow banked curves, waves and smaller jumps with a moderate gradient to the Stanger intermediate terminus. Around 430 metres of altitude are covered over a length of 4.6 kilometres: Due to the wide construction and the low slope gradient, the trail is the perfect introduction for downhill beginners. But experienced bikers will also enjoy the new trail on Kaprun's local mountain.

EVENT TIP 2023:

- At the 36th TriZell Triathlon on 2 and 3 June 2023, endurance athletes and fans of triathlon sport will get what their heart desires. The Austrian National Triathlon Championship over the Olympic distance will also be held as part of the race this time.
- RedBull X-Alps - probably the toughest paragliding race in the world - is back. Like in 2021, Zell am See-Kaprun is once again the finishing stage of this unique and action-packed race. Spectators will be at close range on the shore when the pilots make a final spot landing on a small platform in the lake.
- The Grossglockner Ultra-Trail is a unique adventure in a fascinating landscape: from 27 to 30 July 2023, the 110-kilometre route leads through three federal states, seven valleys and six towns, past 14 glaciers and 300 three-thousand-metre-high peaks. The athletes will overcome 6,500 metres in altitude. There will be a total of five competitions (in subsections).
- Around 2,500 international athletes are expected to take part in IRONMAN 70.3 on 3 September 2023: The competition with a 1.9 km swim, 90 km bike course and 21.1 km run is considered one of the most beautiful triathlon events in Europe.
- In autumn 2023, the SPARTAN Trifecta will once again take place in Zell am See-Kaprun. From 8 to 10 September, thousands of Spartans will take up the challenge of the world's largest obstacle race series. There are competitions for children, youths and adults: The SPARTAN Race is currently considered the biggest outdoor playground for adults. The Olympic idea of "taking part is everything" applies.