

Summer 2022 in St. Anton am Arlberg/Austria

Pure mountain sports for all



What constitutes a perfect Tyrolean mountain summer? For some, it's exhilarating moments in nature's midst. Mountain air, lush greenery and panoramic views that push everyday life to the back of the mind and flood the senses with alpine sunshine. Others replenish flagging energy levels with active sports, guide their bikes down scenic trails or around challenging serpentine bends, allow their boot-clad and enthusiastic feet to

carry them through the landscape, before savouring that inimitable adrenalin rush of reaching a mountain summit. Some, on the other hand, prefer to take it easier on holiday and explore the local history, immersing themselves in the myths and legends of exciting historic sites. Those wanting to share in all of this and more, spend their mountain summer in St. Anton am Arlberg. From the "cosmopolitan village" of St. Anton on the banks of the Rosanna River, through the Stanzertal valley with the communities of Pettneu/Schnann, Flirsch and Strengen, this Tyrolean region has always exuded an inimitable charm with its wonderful mix of mountain sports and enthusiastic holiday hosts. Not only sports lovers, but families and camping fans too will find optimal infrastructure and ample space to relax safely here in the Austrian Alps. Tip: Those travelling environmentally friendly by rail get off the train right in the centre of St. Anton am Arlberg. The summer season starts on 18th June 2022.

Information on the latest on-site safety measures is available [here](#).

www.stantonamarlberg.com. *Photo: Swap the ascent for a view - summery St. Anton am Arlberg/Tyrol is the epitome of natural beauty and authentic mountain sports for every level of ability. Picture courtesy of: St. Anton am Arlberg Tourist Board/photographer Patrick Bätz*

Info and Service

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". The free ticket is valid for the entire duration of stay and includes many free services, participation in the weekly and children's programme, as well as special rates on many other activities. For example, each Summer Card entitles the bearer to one free admission to the 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 free yoga sessions (once a week), guided hikes, archery, a torchlit hike and one green fee for the 9-hole golf course in the Nasserein district (handicap certificate required). Moreover, from summer 2022 there will be 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 the St. Anton cable cars are also included. For a fee, guests 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 18th June to 3th October 2022. www.sommerkarte.at

Electric infrastructure - expansion of charging stations

Vacationers in St. Anton am Arlberg and the Stanzertal Valley have had five rapid-charging stations for e-bikes at their disposal since summer 2020, where empty batteries can be "refuelled" up to 80 percent charge within 20 minutes. Each station has space for four bikes, and five different cables are available for different adapters. The new charging stations are located at the mountain station of Rendlbahn cable car, at 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 planned.

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

St. Anton am Arlberg in Tyrol is an attractive destination for rail travellers from all over Europe. The mountain village is a Railjet station, with seven direct connections daily from Vienna and Zurich. St. Anton am Arlberg Tourist Board operate the local railway station ticket office as a Service Centre. In addition to classic ticket sales, the station also 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 guests don't actually need a car throughout the entire holiday region: buses regularly commute to and from all districts and the surrounding regions in the Stanzertal Valley and those staying in St. Anton am Arlberg direct can make the most of the convenient location and access everything on foot anyway.

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 space to enjoy the perfect mountain summer.

Endless hiking, from leisurely to high alpine

A 300-kilometre network of hiking trails in St. Anton am Arlberg opens the Tyrolean alpine world up to holidaymakers for extensive walks in the healing mountain air. Expert hikers can take advantage of meandering trails that transcend provincial borders, while nature lovers marvel at Mount Rendl ablaze with flowers and families 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 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.

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

St. Anton am Arlberg is a popular spot for every cyclist genre. 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 has taken (E-)MTB fans to the Heilbronner Hut in Verwall since the summer of 2020. The route leads over asphalt and gravel paths as well as a steep trail (a total of 1,600 metres in elevation difference) and can be combined with tours to Paznauntal or Montafon. 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.

Climbing for all levels of ability

With its steep and rocky faces, Arlberg presents a whole range of climbing opportunities for free climbing. The „Klettergarten“ (rock climbing area) at Schanner Gorge is a particularly popular destination for sport climbers, 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 one of the most challenging, but also one of the most beautiful in the Alps. The almost two-kilometre-long route leads high above St. Anton on a long ridge to Weißschrofenspitze Peak. Climbing fans of all ages enjoy the Verwalltal recreation area, where they can try out the high and low rope course, with a total of 22 climbing stations at heights of up to 12 metres. 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. Tricky bouldering variants are also 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 swiftly gaining popularity with mountain sports enthusiasts. The Darmstädter Hütte, eleven kilometres south of St. Anton am Arlberg in the Verwall Mountains 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: professional outdoor experts such as [H2O Adventure](#) or [Kayak School Arlberg](#) help visitors quench their thirst for adventure in the midst of the high alpine landscapes surrounding the holiday region of St. Anton am Arlberg – be it rafting, kayaking or canyoning tours down the Rosanna River, paragliding, climbing or adventure hikes at lofty hikes.

Nine holes with panorama

The mountainous landscape of St. Anton am Arlberg is perfect for golfers who enjoy that extra challenge - because you play on high alpine terrain on the fairways and greens in the Nasserein district. A challenging 100 metres in altitude need to be negotiated on this varied nine-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.

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. 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. 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 the whole family can learn about Arlberg'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, the tree house, along "Kuh'len Weg" trail or in the WunderWald Forest. QR codes are 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 "Sennsation" can be found 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 blooms - 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.

Places, tips and activities

The Versatile Verwall Valley

A particularly attractive hiking and cycling route leads through the Verwalltal recreation area, not far from St. Anton's village centre. Past lush meadows, sections of forest, small streams and the emerald green Lake Verwallsee, the trail is flat and easy to negotiate, even when using a pram. 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, 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 out for a few laps of the specially built cross-country 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 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 two ideally situated 4-star campsites in Pettneu. In addition to classic camping, ArlBergrlife 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. All 145 pitches at Camping Arlberg have their own multifunctional eight square metre private bathroom in a biological wooden cabin. 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.

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 shared project between the municipality and Tourist Board connects two tunnels and three show huts along a route of 750 metres. www.bergbau-gand.at

Home for the yoga community

The yoga community 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 arl.flow 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. The stadium's roof terrace can also be used in good weather.

Indoor sports centre with trampoline hall

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, while climbing fans can also look forward to 80 square metres of indoor bouldering facilities and 70 climbing routes. arl.park Trampoline Hall extended its facilities in 2019 and now covers a total area of 1,000 square metres with 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 the ultra-modern ARLBERG-well.com, Centre for Wellness and Communications in St. Anton am Arlberg. The complex is also 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.

Proactive environmental protection and self-generated electricity

As an official KLAR! model region since 2021 (climate change adaption model region), 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. The holiday region also strives to participate in the KLAR! support programme (Climate Change Adaptation Model Regions). The recently constructed local heat distribution network went into operation in autumn 2020, which is well on its way to saving no less than 5,000 tonnes of heating oil in its first year.

Arlberg electricity makes St. Anton autonomous

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 same capacity is also used to supply the Rosanna power plant, making St. Anton am Arlberg self-sufficient in terms of power 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.

Further information is available from St. Anton am Arlberg Information Offices under +43 5446 2269-0 or www.stantonamarlberg.com

Events and dates in summer 2022

Start of the summer season: 18th June 2022

E-Bike Fest from 24th to 26th June 2022. Electric exhilaration put to the test and alpine combinations in summer: at the fourth E-Bike Festival, there will also be guided "E-bike & Hike" tours in the mountain world of St. Anton am Arlberg.

Montafon Arlberg Marathon on 25th June 2022. Possibly the most beautiful mountain marathon in the Alps takes its participants over the provincial border and some 42 kilometres (1,600 metres in elevation difference), through alpine forest and hiking trails and the Verwall European Nature Reserve to St. Anton am Arlberg.

Arlberg Giro on 31st July 2022. 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 Paznauntal, over a route encompassing 150 kilometres and 2,500 metres in elevation difference.

Film Festival St. Anton from 24th to 27th August 2022. In several outdoor movies we show athletes doing their adventure sports all over the globe – and they have one thing in common: they will all enter our Film Festival-stage for interviews.

Mountain Yoga Festival from 1st to 4th September 2022. Take a deep breath, roll out your mat and soak up the the energy: the international yoga scene is convening in St. Anton am Arlberg for the fifth time. All sessions and workshops are based on the motto *stronger together*.

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 2,415 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. 300 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 350 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 a trampoline hall, more than a hundred climbing routes as well as space for various ball sports.

Winter: ski arena 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 305 kilometres of slopes and 88 lifts and cable cars. 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. With over one hundred different routes, however, the multi-functional sports centre is particularly well equipped for climbing and bouldering, including a Via Ferrata climbing route leading on to the roof and the trampoline hall “arl.park”. From morning until evening the Arlberg WellCom in St Anton am Arlberg as well as the Wellnesspark Arlberg-Stanzertal in Pettneu invite you to enjoy relaxing hours in their lavishly arranged wellness areas. 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.

**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:** 2.415 in St. Anton/6.126 entire holiday region
- ◆ **Total number of beds:** 8.208 / entire holiday region: 11.138
- ◆ **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

ENTERTAINMENT

- ◆ **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 new 18 metre high activity centre. The new arl.park trampoline hall with total surface area of 1.000 squaremeters was added in 2019. It is equipped with 14 trampolines, Bagjump Airbags with freefall tower, Airtrack tumbling mats and bungee-trampoline
- ◆ **BIKING:** 350 km of mountainbike tracks, bike hire (also E-bikes) in the sportshops, further information in the Tourist Office
- ◆ **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 (300 km). Senn's WunderWanderWeg (WonderHikingTrail): an adventure walk for the whole family
Guided HIKING TOURS:
 - guided hiking tour to an alpine pasture dairy farm
 - guided walking tour with explanation on mountain flowers (Flirsch: on Wednesday; St. Anton: on Tuesday)

- ◆ **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 cafés and bars, in the villages of Pettneu, Flirsch and Strengen there are more than 20 restaurants and bars
- ◆ **ST. ANTON SUMMER CARD:** Anyone visiting the St. Anton am Arlberg region receives the Summer Card for as little as one overnight stay in a hotel or guesthouse. The 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 conditions for many other activities. For example, one free admission per Summer Card to the Arlberg WellCom or Wellnesspark Arlberg-Stanzertal swimming pools, to the St. Anton am Arlberg Museum and to the Bergbau Gand circular hiking trail. The weekly programme includes free yoga sessions (once a week), guided hikes, archery, a torchlight hike and a green fee for the 9-hole golf course in the Nasserein district (course entry required). In addition, there is a €20 discount on the daily or half-day use of an e-bike in participating sports shops. Also included are rides on all buses between Landeck and St. Christoph and use of the St. Anton mountain railways for one day. For a fee, holidaymakers can "upgrade" their ticket to the Premium Card with further offers. The offer is valid from 19 June to 26 September 2021.
- ◆ **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, 2 indoor courts at the sports centre arl.rock
- ◆ Guided **VILLAGE TOUR:** every Monday, free of charge