

HOLISTIC ENJOYMENT BETWEEN GLACIER, MOUNTAIN AND LAKE

Lounge feeling on a sun terrace overlooking the summerly Lake Zell, cool drinks in the beach club, Salzburg's highest-situated restaurant on the Kitzsteinhorn, four gourmet stations on the Schmittenhöhe, the gourmet trails between glacier, mountain and lake and eight Gault Millau restaurants: Zell am See-Kaprun is the epitome of Alpine delight. And this is not limited to culinary delights: because a guided herbal tour, a summit breakfast, the TAUERN SPA or a boat trip across the lake appeal to all the senses.

Far away from everyday life and surrounded by beautiful nature, the term enjoyment takes on a new meaning in Zell am See-Kaprun: the senses can relax and are stimulated at the same time, the mind becomes calm, the soul is nourished. With its beautiful walking and hiking trails, Zell am See-Kaprun offers countless opportunities to enjoy nature in peace and quiet. The diverse weekly programme with a sunrise hike followed by a mountain breakfast, yoga on the mountain or a guided gravel bike tour also deliberately aims at holistic enjoyment and relaxation with special experiences.

The "Kitzsteinhorn Explorer Tour", which takes participants from the centre of Kaprun to the Kitzsteinhorn, promises a unique nature experience. Accompanied by a national park ranger, explorers of all ages enjoy a bird's-eye view during this unusual expedition and, thanks to the spectacular 3K K-ONNECTION mountain railway, cover four climate zones in just a few hours. The ultra-modern cable car including panorama cabins in cool design reveal unprecedented views of the mountain world of the Hohe Tauern National Park. The highlight is a visit to "Top of Salzburg" - Salzburg's highest-situated panorama platform - on the Kitzsteinhorn as well as the "Gipfelwelt 3000" with cinema and National Park Gallery at 3,029 metres above sea level.

Another holistic experience for body, mind and soul is the TAUERN SPA in Kaprun, one of the most modern wellness oases in the Alps with twelve indoor and outdoor pools including two infinity pools, ten saunas and steam baths, Kidstein SPA for children, sophisticated treatment area and - brand new - drinks service directly to the sun lounger by the pool.

CULINARY DELIGHTS BETWEEN GLACIER, MOUNTAIN AND LAKE

Excellent restaurants and chefs as well as top hotels promise authentic moments of delight in the style of modern alpine cuisine in Zell am See-Kaprun: many culinary specialities can be enjoyed on the "Glacier", "Mountain" and "Lake" gourmet trails. In total, there are eight Gault Millau restaurants in Zell am See, four gourmet stations on the Schmittenhöhe and numerous "Via Culinaria" gourmet locations as well as cool food events all year round.

THE PILLARS OF A HOLIDAY: 100 % ADVENTURE, REAL SUSTAINABILITY AND THE BEST DIGITAL SERVICES FOR GUESTS

Zell am See-Kaprun focuses on sustainability at all levels: As a Climate and Energy Model Region, deliberate measures are taken in terms of travel, local mobility and climate-friendly tourism infrastructure. Numerous direct public transport services from European cities to the centre of Zell am See make it easy for guests to leave their car at home. All guests also receive the Mobility Card from the first day of their stay, which entitles them to use all of the region's public transport free of charge.

All mountain railways in the region run on 100% green electricity and numerous accommodation establishments and partners implement various measures in the area of environmental and climate protection as part of the Climate and Energy Model Region. The Kaprun High Mountain Reservoirs - by the way, a great summer adventure and excursion destination - generate "green" electricity in a climate-friendly way with the help of hydropower, saving over 500,000 tonnes of CO2 annually.

APP, MOBILITY CARD AND SUMMER CARD

The **Zell am See-Kaprun App** is the ideal digital companion for an active summer holiday: clearly structured, the app is a free of charge activity planner, event calendar, restaurant guide and mobile info point all in one. It provides information about current operating times of summer mountain railways, opening times of museums and excursion destinations, about the weather and events as well as the weekly programme. The Zell am See-Kaprun App is both a digital Mobility Card for all guests in Zell am See-Kaprun and a Summer Card for those guests who stay at one of the participating accommodation establishments.

In the period from 1 May to 31 October 2022, all guests in Zell am See-Kaprun will receive the **Mobility Card**: this card entitles to free of charge use of all of the region's public transport from the first night.

The **Zell am See-Kaprun Summer Card** is included exclusively for stays at participating partner accommodation establishments: The card is the key to a unique variety of experiences with more than 40 attractions for guests from 15 May to 31 October 2022. The offers of the premium partners are included in the card. These include the use of the mountain railways to the Schmittenhöhe and the Kitzsteinhorn, a boat trip on Lake Zell and admission to lidos and excursion destinations in the region. The bonus partners grant further attractive discounts. The card also includes participation in diverse activities of the weekly programme and the benefits of the Mobility Card.

HOLIDAYS BETWEEN GLACIER, MOUNTAIN AND LAKE - THE TOP LEISURE TIPS 2022:

- A **boat trip** on Lake Zell promises fun and refreshment: Rowing boats, pedal boats and electric boats can be rented at several places. Out on the water, you become aware of the incredible tranquillity. If you rather have a captain taking you across the lake, then you can take a leisurely panoramic round trip on the excursion boat MS Schmittenhöhe. On the deck of the boat, you enjoy an overwhelming view of the surrounding landscape with its three-thousand-metre-high peaks.

- An experience for all the senses promises the popular **musical mountain summer festival "Gipfel Klänge"** on Sunday, 3 July 2022 on the Kitzsteinhorn with traditional alphorn groups. On 26 June 2022, the **Mountain Festival** will be staged on the Schmittenhöhe: the Austrian band "Avec" will enchant the audience with their poetic songs and lyrics already the evening before.
- The **"Sunrise Breakfast"** on the Schmittenhöhe promises a special treat. On **26 June (4.45am), 17 July (5am) and 14 August (5.15am) 2022**, the trassXpress will take the participants uphill to the Schmittenhöhe, in a small group and still at dawn. After a short hike, participants will enjoy an amazing sunrise accompanied by the sounds of alphorns: A goosebump moment! For the subsequent mountain breakfast, the tour continues to the Panorama Restaurant Franzl. **(Only in fair weather!)**
- A delicious breakfast with exclusively organic and regional ingredients awaits gourmets at the **Sunday Organic Breakfast on Lake Zell**. The tables on the sun deck of the excursion boat MS Schmittenhöhe are lovingly set, Rosencafé owner and organic farmer Birgit Schattbacher from Fusch an der Glocknerstraße serves delicacies from her garden and farm. The organic breakfast will be served on **12 June, 3 July and 7 August 2022**. The tour starts at 9am at the "Esplanade" landing stage. Return at 11am.
- A **high-alpine summit breakfast** is served on the Kitzsteinhorn, which can be reached directly from the centre of Kaprun by using the spectacular 3K CONNECTION. On the glacier at over 3,000 metres above sea level, you can enjoy regional specialities as well as an almost infinite view of the surrounding three-thousand-metre-high peaks of the Hohe Tauern National Park. The Gletschermühle restaurant also invites you to enjoy regional products and dishes, some of which have been awarded the SalzburgerLand certificate of origin.
Those who don't want to go quite so high can go for a **picnic on the family mountain Maiskogel**. The picnic hamper can be ordered in advance and contains drinks as well as other regional delicacies such as Pinzgau bacon, ham, cheese, farm yoghurt and Gugelhupf for two people. The Maiskogel cable car takes you uphill, where you can then find a quiet spot on the meadow.
- "Alpine Delight" is the theme of the **three gourmet trails "Lake", "Mountain" and "Glacier"** with hand-picked locations that invite to enjoy the cuisine of Zell am See-Kaprun. The stars of all the dishes are the local ingredients, which literally grow on the doorstep and come from local producers, refiners and excellent food artisans. The locations on the three gourmet trails include mountain restaurants as well as inns and Toque-awarded restaurants.

- The Alpine Delight Weeks will also take place this year in Zell am See-Kaprun. Around this food sector presentation in September, holiday guests and locals can enjoy numerous culinary events: During these culinary weeks in autumn, top restaurants treat their guests to signature menus, special theme evenings, mystery dinners or culinary evenings with music. Workshops and cooking courses are also part of the extensive programme. Alpine delight is also celebrated directly on deck of the MS Schmittenhöhe.