






















































































































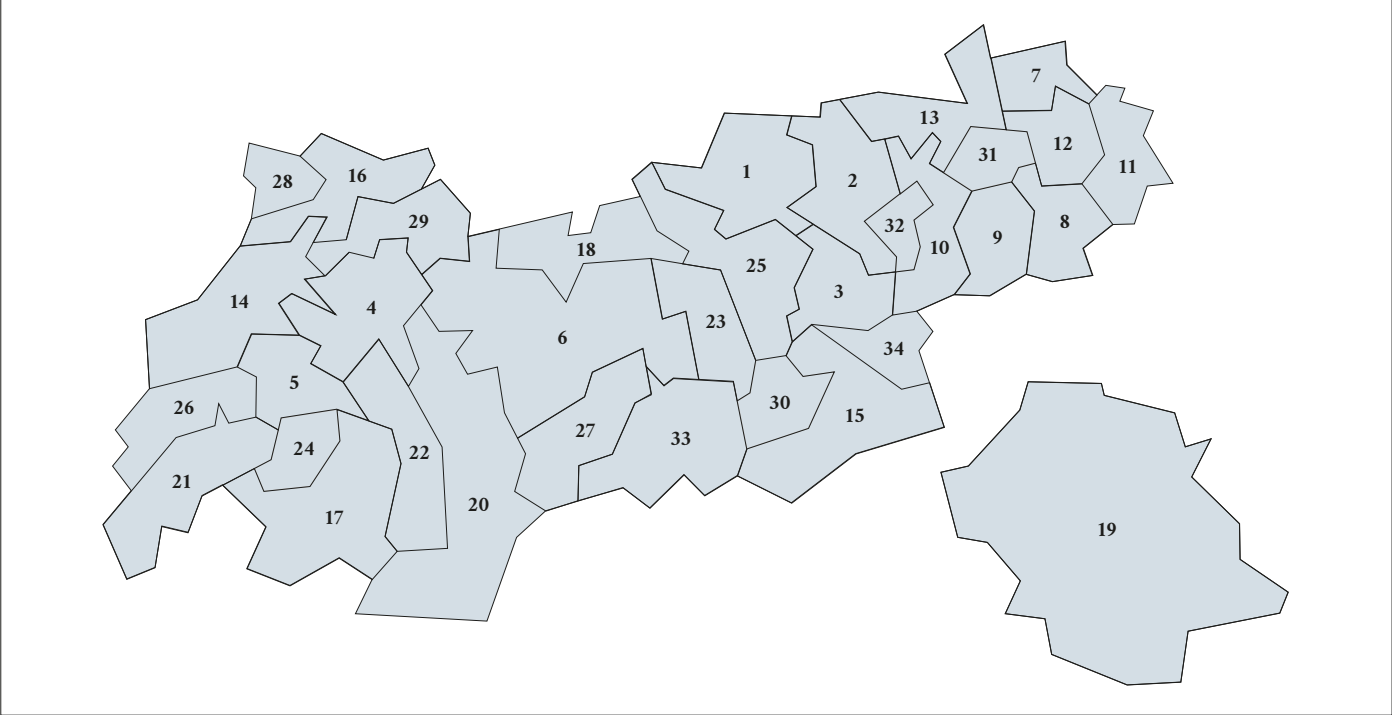


1 GOOD TO KNOW

1.1 Tourism Boards

Tourism Boards		Skiing 	XC skiing 	Winter Hiking & Snowshoeing 		< 50 km 	> 50-100 km 	> 100 km 	Families 	Glacier 
	Towns and villages in this region	Telephone number & e-mail address	Website	Region good for	Ski resorts in the region (letters indicate km of pistes)					
1	Achensee Tourismus	Achenkirch, Maurach, Pettau, Steinberg am Rofan	+43.5246.5300-0 info@achensee.com	www.achensee.com	  	A	Hochalmlifte Christl am Karwendel BB, Rofan Seilbahn			
2	Alpbachtal Seenland	Alpbach, Brandenberg, Breitenbach am Inn, Brucklegg, Kramsach, Kundl, Münster, Radfeld, Rattenberg, Reith im Alpbachtal	+43.5337.21200 info@alpbachtal.at	www.alpbachtal.at		  	Ski Jewel Alpbachtal Wildschönau			
3	Erste Ferienregion im Zillertal	Aschau, Bruck am Ziller, Fügen, Fügenberg, Gerlos, Hart, Hippach, Hochfügen, Kaltenbach, Ried im Zillertal, Schlitters, Strass, Stumm, Stummberg, Udenau	+43.5288.62262 info@best-of-zillertal.at	www.best-of-zillertal.at		  	Hochalmliftal-Hochfügen Spießbachbahn Fügen			
4	Ferienregion Imst	Imst, Imsterberg, Karres, Karvisten, Mils bei Imst, Nassereith, Roppen, Schönwies, Tarrenz	+43.5412.6910-0 info@imst.at	www.imst.at		A	Imster Bergbahnen			
5	Ferienregion Tirol West	Fließ, Grins, Landeck, Stanz bei Landeck, Tobadill, Zams	+43.5442.65600 info@tirolwest.at	www.tirolwest.at	 	A	Venet Bergbahnen			
6	Innsbruck und seine Feriendörfer	Aldrans, Ampezz, Axams, Birgitz, Flauring, Götzens, Gröden im Sellrain, Grinzens, Harting, Igls, Innsbruck, Inzing, Kramstein in Tirol, Kufai, Lans, Miesing, Mötz, Mutters, Natters, Oberhofen im Inntal, Oberperfuss, Obsteig, Patsch, Pettneu, Pfaffenhofen, Polling in Tirol, Ragnitz, Rietz, Rinn, Rum, Sellrain, Söll, Sistrans, St. Sigismund im Sellrain, Stams, Telfs, Unterperfor, Vals, Wildermieming, Zirl	+43.5132.5356-0 info@innsbruck.info	www.innsbruck.info	  	  	A A F F Kühtal	Aaxmer Lizum, Innsbrucker Nordkettenbahnen, Patscherkofel, Muttereralm, Rangger Köpfel		
7	Kaiservinkl	Kössen, Rettenschöss, Schwendl, Walchsee	+43.501.100 info@kaiservinkl.com	www.kaiservinkl.com	 	A	Hochkössen, Zahmer Kaiser			
8	Kitzbühel Tourismus	Aurach bei Kitzbühel, Jochberg, Kitzbühel, Reith bei Kitzbühel	+43.5356.66660 info@kitzbuehel.com	www.kitzbuehel.com	 	  	Bergbahn Kitzbühel			
9	Kitzbüheler Alpen – Brixental	Brixen im Thale, Kirchberg in Tirol, Westendorf	+43.57507.2000 info@kitzbuehel-alpen.com	www.kitzbuehel-alpen.com		  	Bergbahn Kitzbühel und Skiwelt Wilder Kaiser Brixental			
10	Kitzbüheler Alpen – Hohe Salze	Angath, Angerberg, Hopfgarten im Brixental, Itter, Kellhaus, Kirchbichl, Mariastein, Wörgl	+43.57507.7000 info@hohe-salze.com	www.kitzbuehel-alpen.com	  	  	SkiWelt Wilder Kaiser Brixental			
11	Kitzbüheler Alpen – PillerseeTal	Fieberbrunn, Hochbichl, St. Jakob im Haus, St. Ulrich am Pillersee, Waidring	+43.5354.56304 info@pillersee.at	www.kitzbuehel-alpen.com	  	  	Skiarena Saalbach Hinterglemm Leogang Fieberbrunn Steinplatte Waidring, BB Pillersee Buchensteinwand			
12	Kitzbüheler Alpen – St. Johann in Tirol	Erpfendorf, Kirchdorf in Tirol, Oberndorf in Tirol, St. Johann in Tirol	+43.5352.63335-0 info@kitzalsp.com	www.kitzbuehel-alpen.com	  	  	Skigebiet St. Johann Skilifte Lärchenhof, Skilifte Kirchdorf			
13	Kufsteinerland	Bad Haring, Ebbs, Erl, Kufstein, Langkampfen, Niederdorf, Niederdorferberg, Schwoich, Thiersee	+43.5372.62207 info@kufstein.com	www.kufstein.com	 	A	Schneeberg-Hagerlfite Thiersee			
14	Lechtal Tourismus	Bach, Elbigenalp, Elmen, Forchach, Gramais, Häselgrub, Hinterhornbach, Holzgau, Kaisers, Pfafflar, Stanzach, Steeg, Vorderhornbach	+43.5634.5315 info@lechtal.at	www.lechtal.at	 	A	Jöchelspitze, Skilifte Knittol			
15	Mayrhofen Hippach	Brandenberg, Ginzling, Hippach, Mayrhofen, Ramsau im Zillertal, Schwendau	+43.5285.6760 info@mayrhofen.at	www.mayrhofen.at		C	Mayrhofner Bergbahnen			
16	Naturparkregion Reutte	Breitenwang, Ebenbichl, Höfen, Lechaschau, Moos, Pilsch, Pinzgau, Reutte, Vils, Wängle, Weichenbach am Lech	+43.5272.62336 info@reutte.com	www.reutte.com	 	A	Hahnenkamm Reutte, Konradshütte Ebenbichl			
17	Nauders – Tiroler Oberland – Kaunertal	Faggen, Fendels, Kaunerberg, Kaunertal, Kams, Nauders, Pfunds, Prutz, Ried im Oberinntal, Spiss, Tönsen	+43.50.225.100 office@nauders-tiroler-oberland-kaunertal.com	www.nauders-tiroler-oberland-kaunertal.com	  	  	Fendels Kaunertaler Gletscher Skigebiet Nauders-Bergkastel			
18	Olympiaregion Seefeld	Leutasch, Mösen-Buchen, Reith bei Seefeld, Scharnitz, Seefeld in Tirol	+43.50.8890 info@seefeld.com	www.seefeld.com	  	A	Gschwandkopf Seefeld, Rosshütte			
19	Osttirol	Adolfersbach, Almt, Ambach, Arns, Asling, Außervillgraten, Dölsach, Gaimberg, Heinfels, Hopfgarten in Deferegg, Innersvillgraten, Iselsberg-Strauch, Kals am Großglockner, Kartitsch, Lavant, Leutasch, Lienz, Matreje in Osttirol, Nalsdorf, Nalsdorf-Debnau, Oberlienz, Obertillach, Prägraten am Großvenediger, Schlatten, Sillian, St. Jakob in Deferegg, St. Johann im Walde, St. Veit in Deferegg, Strassen, Thurn, Tristach, Untertillach, Virgen	+43.50.212.212 info@osttirol.com	www.osttirol.com	  	  	Familien- und Skigebiet Kartitsch, Bergbahnen Obertillach – Golzenstipp, Großglockner Resort Kals Matreje, Skizentrum St. Jakob im Defereggental, Hochpustertaler Bergbahnen – Skizentrum Sillian, Lienzener Bergbahnen (Hochstein, Zettelfeld)			
20	Ötztal Tourismus	Haiming, Ochsengarten, Hochgurgl, Längenfeld, Öbergurgl, Öetz, Sautens, Sölden, Umhausen, Vent	+43.57200.0 info@oetztal.com	www.oetztal.com	 	  	Gletscherskigebiet Sölden Öbergurgl-Hochgurgl Skirigion Hochoetz Vent, Umhausen-Niederthai			
21	Paznaun – Ischgl	Galtür, Ischgl, Kappl, Pians, See im Paznaun	+43.50990.100 info@paznaun-ischgl.com	www.paznaun-ischgl.com	 	  	Kappl, See im Paznaun, Silvapark Galtür Silvretta Arena Ischgl			
22	Pitztal	Aarz im Pitztal, Jerzens im Pitztal, St. Leonhard im Pitztal, Wems	+43.5416.86999 info@pitztal.com	www.pitztal.com		  	Hochzeiger Bergbahnen Pitztal Gletscher & Rifflsee			
23	Region Hall-Wattens	Abbsau, Baumkirchen, Fritzens, Gnadenwald, Hall in Tirol, Mils bei Hall, Thaur, Tignes, Volders, Wattenberg, Wattens	+43.5223.45544-0 office@hall-wattens.at	www.hall-wattens.at	 	A	Glungezerbahn			
24	Serfaus-Fiss-Ladis	Fiss, Ladis, Serfaus	+43.5476.6239 info@serfaus-fiss-ladis.at	www.serfaus-fiss-ladis.at		  	Serfaus-Fiss-Ladis			
25	Silberregion Karwendel	Buch in Tirol, Gallzein, Jenbach, Kolbass, Kolbassberg, Pöll, Schwarz, Stans, Terfens, Vomp, Weer, Weerberg	+43.5242.63240 info@silberregion-karwendel.com	www.silberregion-karwendel.com	 	A	Burglift in Stans, Hüttgiglitz in Weerberg, Kellerjochbahn Schwarz Pöll, Schwanerlfite Weerberg, Skilift in Kolbassberg			
26	St. Anton am Arlberg	Flirsch, Pettneu am Arlberg, Schnaan, St. Anton am Arlberg, St. Christoph am Arlberg, Strengen	+43.5446.22690 info@stanton-arlberg.com	www.stanton-arlberg.com		C	St. Anton am Arlberg			
27	Stubai Tirol	Falpones im Stubai, Mieders, Neustift im Stubai, Schönbach im Stubai, Telfes im Stubai	+43.501.881-0 info@stuba.at	www.stuba.at		  	Ellerlfite Neustift, Seiserbahnen Mieders Schlick 2000 Stubai Gletscher			
28	Tannheimer Tal	Grän, Jungholz, Nesselwängle, Schattwald, Tannheim, Zöblen	+43.5675.6220-0 info@tannheimer-tal.com	www.tannheimer-tal.com	  	A	Jungholz, Nesselwängle, Füssener Jochl Grän, Tannheimer BB Neunerköpfe, Tannheimer BB – Zöblen Schattwald			
29	Tiroler Zugspitz Arena	Berwang, Biberwier, Bichlbach, Ehrwald, Heiterwang, Lermoos, Nallos	+43.5673.20000 info@zugspitzarena.com	www.zugspitzarena.com	 	A	Skiaarena Berwang, Ehrwälder Almbahn, Lermoos-Grubstein & Biberwier-Marienberg, Tiroler Zugspitzbahn, Wetterstein			
30	Tux-Finkenbergl	Finkenbergl, Tux	+43.5287.8506 info@tux.at	www.tux.at		  	Hinterstuxer Gletscher			
31	Wilder Kaiser	Ellmau, Going am Wilden Kaiser, Scheffau am Wilden Kaiser, Söll	+43.50509 office@wilderkaiser.info	www.wilderkaiser.info		  	SkiWelt Wilder Kaiser Brixental			
32	Wildschönau Tourismus	Auffach, Niederau, Oberau, Thierbach	+43.5339.8255 info@wildschonau.com	www.wildschonau.com			Ski Jewel Alpbachtal Wildschönau			
33	Wipptal	Gries am Brenner, Gschnitz, Matrei am Brenner, Mühlbachl, Navis, Oberberg am Brenner, Pions, Schmirn, St. Jakob am Brenner, Steinach am Brenner, Trins, Vals	+43.5272.6270 tourismus@wipptal.at	www.wipptal.at		A	Bergeralp Steinach am Brenner			
34	Zillertal Arena	Gerlos, Gerlosberg, Hainzenberg, Rohrbach, Zell am Ziller, Zellberg	+43.5282.7165-226 info@zillertalarena.com	www.zillertalarena.com		C	Zillertal Arena			



2 REGION & PEOPLE

1.2 Travelling to Tirol

ARRIVING BY AIR

Innsbruck Airport is served daily by a number of European airlines such as Austrian Airlines, Lufthansa, Eurowings, British Airways, Transavia and EasyJet. There are direct connections from Innsbruck to Vienna, Frankfurt, Hamburg, Berlin, Düsseldorf and Eindhoven as well as international hubs such as London, Amsterdam and Moscow. Alternatively, visitors can fly to Munich, Salzburg Memmingen or Zurich. The company Four Seasons runs transfers from Innsbruck and Munich airports to all towns and villages in Tirol. Please book at least 72 hours in advance.

ARRIVING BY TRAIN

Trains run by the Austrian Federal Railways (ÖBB), Swiss Federal Railways (SBB) and German Railways (DB) travel to and from Tirol. The ÖBB Railjet runs 14 times a day from Vienna via St. Pölten and Linz to Innsbruck, with the fastest trains connecting Vienna and Innsbruck in just 4 hours 14 minutes. There is a Eurocity train seven times a day from Munich to Innsbruck. The connection from Berlin (change in Munich) to Innsbruck takes just 8 hours. There is also the ÖBB Nightjet – a night service with car transport – running daily from Hamburg or Düsseldorf via Cologne to Innsbruck, as well as direct connections from Dortmund and Hannover to Tirol. Visitors arriving from Switzerland can use the

ÖBB Railjet operating six times a day from Zurich to Innsbruck (3 hours 31 minutes). The company Four Seasons (Bahnhofshuttle-tirol) runs transfers from all major railway stations in Tirol to your accommodation. Please book at least 72 hours in advance.

ARRIVING BY CAR

The A12 Inntalautobahn is the most important motorway in North Tirol and gives access to many towns and villages in the region. Travelers coming from Germany can access the Inntalautobahn via the A93 at Kiefersfelden, those coming from Italy via the Brenner Pass and those coming from Switzerland via St. Anton am Arlberg. Drivers using Austrian motorways must pay a toll charge. Toll stickers (Vignetten) can be bought from Austrian automobile associations as well as at petrol stations and border crossings. For short stays a ten-day toll sticker is sufficient. There are also two-month and one-year toll stickers for visitors who plan to stay in Tirol for longer. From 1 November until 15 April all vehicles travelling on roads in Austria must be fitted with winter tyres. Visitors who plan to drive into the mountains should also have snowchains with them. For information about the current road conditions please contact the ASFINAG motorway maintenance service or the ÖAMTC / ARBO automobile clubs.

2.1 Tirol's Mountains

Tirol is a land of mountains, home to more than 500 summits over 3,000 metres. The northern part of Tirol is dominated by the **Northern Limestone Alps**, which include the Wetterstein and Kaiser Mountains, the Brandenberg and Lechtal Alps, the Karwendel Mountains and the Mieming Mountains. **The South ern Limestone Alps** run along the borders with Carinthia and Italy. They comprise the Carnic and Gailtal Alps as well as the Lienz Dolomites. The Limestone Alps were formed long ago by sediments of an ancient ocean. As the Earth's tectonic plates began to shift and push up against each other around 100 million years ago, they formed these mountains – a little like a snow-plough pushing together snow into a pile. This is why the summits of the Northern Limestone Alps are so rutted and the rock faces so craggy. Between the two sets of Limestone Alps there are the Central Eastern Alps, also known in Tirol simply as the Zillertal, Kitzbühel and Stubai Alps as well as the Hohe Tauern, Silvretta and Samnau and Verwall Mountains. Tirol's highest mountain, the Großglockner (3,798m), is also Austria's highest mountain. It straddles the border between East Tirol and the neighbouring province of Carinthia. The second-highest mountain in Austria is the highest mountain in North Tirol: the Wildspitze (3,768m).

2.2 Geography

Almost 740,000 people live in Tirol. With a total area of more than 12,000 square kilometres, Tirol is the third-largest province in Austria – and relatively sparsely populated. Just 12% of the area is taken up by permanent settlements, while two thirds are covered by mountains and forests. The regional capital **Innsbruck** is home to around 131,000 people and is first mentioned in documents from the year 1187. The second-largest town is **Kufstein** with a population of around 18,700. It is believed that the area around Kufstein was home to the earliest settlement in Tirol, dating back around 30,000 years. The third-largest town is **Telfs** with 15,300 residents. Tirol borders the German region of Bavaria to the north and the Swiss canton of Graubünden as well as the Italian provinces of Bolzano and Belluno to the south. Neighbouring provinces within Austria are Vorarlberg to the west and Carinthia and Salzburg to the east. The province of Salzburg divides Tirol into two parts: North Tirol (the main region around the Inn Valley) and East Tirol (of which the largest town is Lienz).

A large region, but only sparsely populated

2.3 Food & Drink



Tirol is a great place for foodies. From traditional dishes in mountain huts to haute cuisine in elegant restaurants, the region has something for all tastes – literally! Wherever you choose to eat, you are likely to come across a number of local specialties served either in traditional style or with a modern twist. **Dumplings** are a popular dish which exist in many varieties such as bacon dumplings, spinach dumplings and cheese dumplings. **Schüttelkrapfen**, also known as **Schlipfkrapfen**, are small pockets of dough filled with finely mashed potato and served with chives and melted butter. **Käschl** are circles of yeast dough filled with either sauerkraut or cranberry jam and icing sugar.

Distilling schnapps is another tradition which dates back hundreds of years, with more than 4000 places in Tirol owning a distilling license. Schnapps made in Tirol regularly receives prizes at national and international competitions. **Beer** is traditionally bottom-fermented like in Bavaria. Tirol has a number of local breweries such as Huberbräu in St. Johann, the Brauerei Schloss Starkenberg in Tarrenz and Zillertal Bier in Zell am Ziller. Beer is traditionally served in half-litre glasses known as "Krügeln". There is also the option of a "Pfiff", which is just 0.2 litres. Even more natural, but no less delicious for it, is **Tirol's mountain spring water**, which can be enjoyed from the tap or, even better, fresh from the source.

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Tirol / Heart of the Alps

3 SPORTS & ACTIVITIES

3.1 Skiing

Tirol is home to a bigger selection of ski resorts than anywhere else in the Alps. All in all there are more than 80 resorts with around 3,400 kilometres of pistes served by modern lifts and cable cars. They range from small family-friendly ski areas to large networks comprising several connected resorts. Night skiing is available in around 30 places in Tirol. Those wishing to specialise in winter hiking and snowshoeing. They offer **well-maintained trails**, many of which lead to traditional **wooden huts** in the mountains. Those who wish to head off the beaten track

3.2 Winter Hiking & Snowshoeing

No winter holiday would be complete without a hike through the snowy landscape. 18 regions in Tirol have specialised in winter hiking and snowshoeing. They offer **well-maintained trails**, many of which lead to traditional **wooden huts** in the mountains. Those who wish to head off the beaten track

can try snowshoeing. This fun activity is easy and requires no experience, though mountain guides are available if you want a few tips. There are guided snowshoe hikes throughout Tirol, particularly in the **nature parks** and the Hohe Tauern National Park.



3.3 XC Skiing

Cross-country skiing is considered one of the **healthiest sports** thanks to its gentle movements which train almost all the body's muscle groups. Tirol offers ideal conditions for this winter sport with around 4,000 kilometres of trails from the valley floor to the glaciers at over 2,500 metres. **Ski schools and equipment hire centres** can be found throughout the region. There are a number of places in Tirol which have specialised in XC skiing with special offers for beginners and experts alike. Last but not least, some areas in Tirol offer adaptive XC skiing for wheelchair users.

