



## Facts and Figures about the “Olympiaregion Seefeld”

<b>Resorts:</b>	Leutasch Mösern Reith Scharnitz Seefeld
<b>Altitude of the mountain plateau:</b>	approx. 1200 metres above sea level.
<b>Special features:</b>	The Olympiaregion Seefeld is known above all for its unspoilt natural scenery as well as for the unique diversity of the countryside. Sport and culture combine in perfect harmony and offer numerous possibilities for guests.
<b>Seasons:</b>	The Olympiaregion Seefeld is one of the few regions which has two balanced seasons.
<b>No. of beds in the region:</b>	17,000
<b>How to get here:</b>	<p>The Olympiaregion Seefeld is about 25 km northwest of Innsbruck.</p> <p><b><u>By car</u></b> From the east: Vienna motorway – Salzburg – Innsbruck – Zirl/Ost + 12 km. From the north: Munich motorway – Garmisch + 35 km From the west: Arlberg local road B197 – Landeck motorway – Telfs/Ost + 12 km From the south – Brenner motorway – Innsbruck – Zirl/Ost + 12 km</p> <p><b><u>By train</u></b> Karwendelbahn Innsbruck – Garmisch – Munich ; from Switzerland over the Arlberg-Innsbruck-Seefeld</p> <p><b><u>By air</u></b> Airports: Innsbruck (21 km), Munich (150 km), Salzburg (190 km), Zurich (300 km), Frankfurt (510 km)</p>

### **... Unique Nature**

*High above the Seefeld plateau the day is drawing to a close and the sun slowly sets over the course of the late afternoon – a particularly lovely time of day. It's as if nature herself has dipped her brush into a paint-box and coloured the sky over the craggy mountain peaks in shades of yellow, orange and red. Picture postcard perfect, quite unique and truly magnificent. More than anywhere else in the Alps, the Olympiaregion Seefeld manages to captivate its audience thanks to its wonderful location. It has to be one of the best places to experience the beauty and diversity of the Tyrolean mountain landscape.*

### **Nature - Vitality - Sport - Relaxation**

These are the words which best describe the Olympiaregion Seefeld and the variety available on this unique high plateau. The region is surrounded by impressive alpine scenery and lies nestled among the Karwendel nature reserve, the Wetterstein mountain range and the protected country-side area of Wildmoos. It's a veritable paradise for sports enthusiasts as well as for those looking simply to relax. The Olympiaregion Seefeld, made up of the five resorts of Leutasch, Mösern/Buchen, Reith, Scharnitz and Seefeld, is best known for hosting the Nordic disciplines during the Winter Olympic Games of 1964 and 1976, as well as the Nordic Skiing World Championships of 1985. The region's reputation as a top sporting location is principally due to the variety of possibilities available in the immediate area and you can easily enjoy a wide range of both active and cultural offerings. This fact, combined with the uniqueness of the landscape, makes the Olympiaregion Seefeld something truly special.

### **The motto in summer is: "Walk till your boots are steaming!"**

Golfers, tennis players, hikers, mountain bikers and sporting enthusiasts in general, all appreciate the abundance of possibilities. 650 kilometres of marked walking paths, mountain and climbing routes allow guests to experience a different aspect of nature every day. You'll also find twelve indoor and 20 outdoor tennis courts, squash courts,

Leutasch

Mösern  
BUCHEN

REITH  
SEEFELD

Scharnitz

Seefeld

the 18-hole championship golf course in Wildmoos and the 9-hole Golfacademy in Seefeld, which will be extended to 9 holes in autumn 2006, 250 kilometres of mountain bike trails of varying degrees of difficulty, jogging paths and “Nordic Walking” paths, three swimming lakes (temperatures up to 24°C), two leisure pools, a summer toboggan run and children’s play parks. The perfect opportunity to combine sport and fun.

**And in winter you’ll find: “A wonderful world under a blanket of white.”**

It’s the variety on offer in the Olympiaregion Seefeld that makes any visit such a magical experience. Whether you want cross-country skiing, downhill skiing, wellness or even tandem paragliding, you’ll find everything your heart desires of a winter holiday – relaxation or sport - here on what must be the most beautiful high plateau in Tyrol. 45 km of ski pistes, 32 cablecars and lifts, guaranteed snow until well into April await guests on the sunny plateau. With 262 kilometres of prepared cross-country tracks of varying degrees of difficulty, the Olympiaregion Seefeld is considered to be Europe’s Mecca of cross-country skiing. 80 kilometres of prepared winter walking paths invite you for a gentle stroll with the opportunity to stop for refreshments in a typical mountain hut. Snow shoe fans will feel like they’re in paradise and will marvel at the breath-taking views. To round up what’s on offer there are six toboggan runs, two ice rinks and 30 curling rinks, as well as the many activities offered by specialist outdoor agencies, such as paragliding, ice climbing, winter golf or dog sledding workshops.

**However you have to experience some culture as well and we practise and celebrate as many customs and festivals as we can!**

Guests in the Olympiaregion Seefeld can enjoy cultural highlights, entertainment and culinary delights throughout the year. From local dishes such as “Bauernschmaus” served in traditional venues to the finest nouvelle cuisine, the region has something for everyone from connoisseurs and gourmets to night owls, music lovers and those looking to escape back to the ‘good old days’ – there’s a wide selection on offer in the Olympiaregion Seefeld. Here is a small excerpt from our programme of events:

Leutasch

Mösern  
BUCHEN

REITH  
SEEFELD

Scharnitz

Seefeld

Tirol