

Olympia region Seefeld / Austria



Energy through Nature and Exercise

There are countless possibilities to top up your energy levels and put a spring in your step, while enjoying the crystal clear air and the breath-taking scenery of the Olympiaregion Seefeld. This high plateau, which lies at 1,200 m above sea level, opens out to the south and the resorts of Leutasch, Moesern/Buchen, Reith, Scharnitz and Seefeld will

have your sporting heart beating a little faster. Sports enthusiasts are attracted to the region not just for the sheer pleasure of getting out and about and enjoying the lush meadows and endless forests of the surrounding mountains, but also for the many other leisure activities the local infrastructure has to offer.

Walking

The high plateau, surrounded by the impressive Karwendel conservation area, the Wetterstein mountain range and the Wildmoos protected countryside area, offers 650 km of approved marked walking, trekking and climbing trails. It doesn't matter if you are interested in a gentle stroll or indeed a demanding summit tour, walkers of every description will enjoy superb views and a real 'back-to-nature' feeling. Even international walking clubs, such as the International Marching League, have discovered this for themselves and they'll be bringing hundreds of enthusiastic walkers for a 10th time to the Olympiaregion Seefeld between 17th and 20th September 2009 for the 3-day Unicorn March.

On the go with the poles

Nordic Walking has spread like wildfire as a new form of exercise. The Olympiaregion Seefeld provides since summer 2008, 30 Nordic Walking and



Running trails in three categories of difficulty . A mountain running trail, winter running trails and plenty of access and connecting trails form a perfectly-signposted trail network with a total length of around 266 kilometres. All levels of aptitude are catered for with optimal training opportunities to reach any sporting goal.

Cliff-hanging with ropes and belts

There are people who find climbing relaxing, the feel of the rock and the thought of nothing

but the next hold but for those who like to take the most direct route to the summit, there are climbing routes of various degrees of difficulty in and around the Predigtstein, part of the Wetterstein mountain range, or on the walls of the Laliderer, part of the conservation area of the Karwendel mountain range. The Olympiaregion Seefeld is also home territory for the climbing legend Heinz Zack who expresses his love of the sport and the mountains in his fabulous photography.





Altitude training on two wheels

200 km of authorized forest tracks and paths allow mountain bikers a free ride right across the Olympiaregion Seefeld plateau and almost up to the top of the mountains. It's a marvelous feeling to go higher and higher as you pedal around every corner, further away from the noise and pollution of traffic. The view ahead is clear and your thoughts are too. And by the time you've reached your goal – usually a traditional 'alm' – you've generally earned the right

to enjoy some good Tyrolean food in the peaceful tranquility of the mountains with a view of the surrounding peaks and the valley below. If you still have enough time and enough energy you might even want to hike up to the nearest summit before free-wheeling – carefully and with helmet of course! – back down the hill. If you just want to have a go at first you can always hire out a bike and helmet from one of the several sports shops in the region and join in a guided tour.

Mountain air increases your driving range

Even if the majority of hobby golfers aren't aware of it, your driving range really can increase at altitude thanks to the thinner air. A game of golf in the Olympiaregion Seefeld is a real back to nature experience. The golfing fairways of the Seefeld-Wildmoos golf course – the Alpine jewel of the Leading Golf courses Austria Association – were perfectly integrated into the 'alm' surroundings some 35 years ago and even today,

depending on the season, you'll see colorful meadows full of gentians or magnificent larch trees of flaming yellow. The Alpine location at Wildmoos turns a round of golf into a fitness test for many but the little bit of exercise around the 18-hole course is more than compensated by the fantastic views. The playing season lasts – depending on winter snow conditions – usually from May till October and the fairways and greens are top quality despite the 1,300 m altitude.





The 9-hole Golf academy in Seefeld allows beginners a chance to try out those first strokes, while giving experts the opportunity to improve their game. A scientific approach along with advice from experienced, international golfing professionals can help you to learn and practice all the right moves and the required golfing techniques. The golf school organizes courses for single players, groups and companies and uses the generous driving range, the putting and chipping greens as well as the regular 9 holes of this new club.

Tennis is always in season

The Estess Tennis School, which follows an internationally recognized training model, has been teaching up and coming tennis professionals and hobby players in Seefeld since 1985. Although the tennis boom of the 80's and 90's has waned among hobby players, the sport still enjoys tremendous popularity in Seefeld and tennis fans will find

10 indoor courts and 17 outdoor courts ready for their enjoyment regardless of wind and weather.

A birds-eye view

The dream of flying is easily achieved in the Olympiaregion Seefeld if you book a tandem flight with an experienced Tyrolean pilot. Starting point in Seefeld is the Haermelekopf at 2,100 m above sea level and can be reached via funicular and cable car. There the pilot just needs a few steps to get a rhythm going and then it's up and away with nothing above you other than the whistle of the

wind and hundreds of meters below you the beautiful countryside of the Seefeld high plateau – a truly breath-taking experience for anyone with the courage to have a go. For those who would like to learn to do it themselves, you can book a basic paragliding course in Leutasch where experienced pilots will take you to some tried and tested starting points among the peaks of the Olympiaregion Seefeld. We would always advise guests to speak to one of the many experienced pilots on the Seefeld plateau before setting off themselves.



On horse-back ...

The region is ideal for those who think happiness on earth is to be found in the saddle: experienced riders can enjoy riding out in the fresh air, past meadows of flowers or along the banks of the mountain streams while beginners can have their first attempts on horse-back in one of the riding stables or enclosures available in Seefeld, Leutasch or Reith. The docile Haflinger mountain ponies with their big brown eyes and golden manes are particular favourites among children and manage to melt the hearts of the grown-ups too.

Refreshing bathing trips

Even if bathing in the woodland and mountain lakes of the Olympiaregion Seefeld can occasionally be a somewhat refreshing experience, you shouldn't let the chance go by to jump into the pure waters. After all, during a warm summer, the two bathing lakes in the region can reach temperatures of 24 degrees. The Seefeld lake borders the protected Seefeld

moor area and is partly encircled by a pretty band of reeds. The lake in Moesern is set in an idyllic location surrounded by trees and is only accessible by foot. Should it be the case that the summer temperatures aren't quite high enough to tempt you into swimming outdoors, you can always choose a hotel with an indoor pool or visit the extensive leisure pools in Seefeld (Olympia) and Leutasch (Alpenbad) with their selection of bathing and sauna facilities – and it's not just the children who enjoy playing on the water slides.

Wild water ...

The water of the crystal clear mountain streams can be either an ice-blue or turquoise, depending on the season and weather conditions, as it rushes down through the dramatic gorges and on past the lush meadows into the valley. Taming the wild waters by kayak or canoe is quite unforgettable and you can arrange with one of the authorized transport firms to go



to the 'Ober Isar' in the Karwendel conservation area, where you can join experienced kayakers or canoeists with their boots and make the picturesque, exciting trip back to Scharnitz.

There is also a stretch along the river Isar as it flows through Scharnitz that is set out as a training course for kayakers and there are several gorges in the Olympiaregion Seefeld that can be tackled by foot with the relevant equipment. The outdoor professionals in the region offer canyoning tours for both beginners and advanced.

Fisherman's luck ...

The Weidachsee lake in Leutasch is a popular meeting point for fishermen and those who would like to give it a try. You don't require a licence for the lake and you can organize equipment and bait directly on the spot. Children are also welcome to try their luck. The fishing season generally lasts from April till November. You do need a license, and a bit of skill, if you want to try fly-fishing in the Leutascher Ache, but if you don't manage to reel in your own trout, you can always enjoy one in the fishery restaurant.



Popular training spot for football Profs ...

Many a summer guest in the Olympiaregion Seefeld has met his or her football hero on the street or in the hotel. The list of teams who have trained in Seefeld over the past years is like a 'who's who' of the European elite. Countless professional and amateur teams choose to have their training camps here because of the high altitude, 1,200 m above sea level, and the good local infrastructure. The villages of Seefeld, Leutasch, Scharnitz and Reith have five grass pitches between them and the players can relax after training in one of the comfortable 'wellness' hotels in the region.

International top events appreciate the advantages of the Olympiaregion Seefeld ...

The Olympiaregion Seefeld has not just made a name for itself in winter as the ideal place for international sporting events. The Nordic disciplines in the

Winter Olympics of 1964 and 1976 were held here as was the Nordic World Championship in 1985 and more

recently the Universiade had their Nordic events here last year and in 2006 the Nordic Combination World Cup was held for a third time in Seefeld. In 2006 the Olympiaregion Seefeld was the finishing line for the first time of the main stage of the 2006 German Cycling Tour. Being included in the tour calendar of what is the most significant cycling road race in Germany should help strengthen the Olympia region's position as a summer, and not just a winter, sporting destination. The tour is one of the most important road races worldwide and the aim of the organisers is to make the German Tour the second most important road race in Europe after the Tour de France.