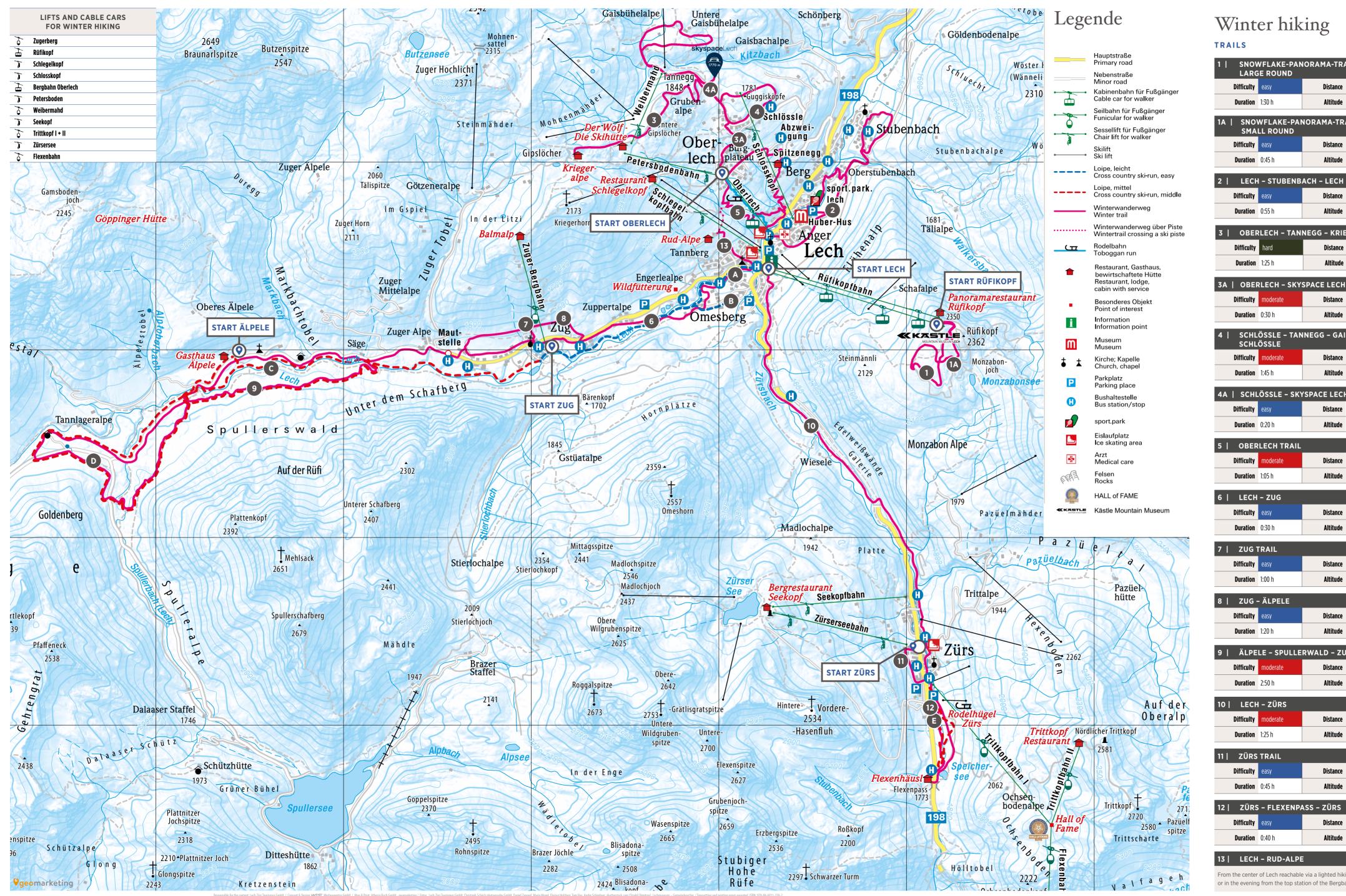
Winter delights

WINTER 2022/2023

Winter hiking trails Cross-country skiing Winter fun without ski



Lech ARLBERG Zürs



Winter hiking

TRAILS

(IL3			
	WFLAKE-PAN SE ROUND	IORAMA-TRA	AIL
Difficulty	easy	Distance	2,7 km
Duration	1:30 h	Altitude	200 m
	WFLAKE-PAI LL ROUND	NORAMA-TRA	AIL
Difficulty	easy	Distance	1,4 km
Duration	0:45 h	Altitude	100 m
LECH	I – STUBENB	ACH – LECH	
Difficulty	easy	Distance	3 km
Duration	0:55 h	Altitude	115 m
OBER	RLECH – TAN	NEGG – KRIE	GERALPE
Difficulty	hard	Distance	3,4 km
Duration	1:25 h	Altitude	363 m
OBER	RLECH - SKY	SPACE LECH	
Difficulty	moderate	Distance	1,3 km
Duration	0:30 h	Altitude	131 m
	ÖSSLE – TAN ÖSSLE	INEGG – GAI	SBÜHEL -
Difficulty		Distance	5,7 km
Duration	1:45 h	Altitude	237 m
SCHL	ÖSSLE – SKY	/SDACE LECK	
Difficulty	easy	Distance	0,7 km
Duration	0:20 h	Altitude	50 m
OBER	LECH TRAIL		
Difficulty	moderate	Distance	3,3 km
Duration	1:05 h	Altitude	222 m
LECU	7116		
Difficulty	- ZUG easy	Distance	3 km
Duration	0:30 h	Altitude	77 m
		7.1.1.1.1.1	
ZUG 1	TRAIL	Distance	7.2 km
Duration	easy 1:00 h	Altitude	3,2 km 92 m
		Aitituuc	32 III
	- ÄLPELE	B1.1	7.0 lun
Difficulty Duration	easy 1:20 h	Distance Altitude	3,9 km 101 m
	LE - SPULLE		
Difficulty	moderate	Distance	10,3 km
Duration	2:50 h	Altitude	151 m
	I – ZÜRS		
Difficulty	moderate	Distance	5,3 km
Duration	1:25 h	Altitude	279 m
ZÜRS	TRAIL		
Difficulty	easy	Distance	1,1 km

Altitude 24 m

Distance 2,6 km

Altitude 184 m

Duration 0:45 h

Difficulty eas

Duration 0:40 h

13 | LECH - RUD-ALPE

From the center of Lech reachable via a lighted hiking trail

or in the evening from the top station of the Bergbahn Oberlech.

Cross-country skiing

CLASSIC & SKATING

Lech

A | LECH - ZUG

Difficulty	easy	Distance	2,8 km
Duration	0:40 h	Altitude	66 m
B OMESBERG - ZUG			
Schwierigkeit	easy	Distance	2,4 km
Duration	0:50 h	Altitude	44 m
C ZUG - ÄLPELE - SPULLERWALD - ZUG			
Difficulty	moderate	Distance	6,6 km
Duration	1:15 h	Altitude	163 m
D ZUG - ÄLPELE - TANNLÄGERALPE -			

Distance 10,5 km

Altitude 334 m

Zürs

Difficulty

E ZÜRS - FLEXENPASS - ZÜRS			
Difficulty	moderate	Distance	2,6 km
Duration	0:40 h	Altitude	95 m

CROSS COUNTRY SKI INSTRUCTION ON REQUEST Lech Ski school Phone: +43 (0)5583 2355, www.skilech.info

Zürs Ski school Phone: +43 (0)5583 2611, www.skischule-zuers.at **Omeshorn** Alpincenter Lech, Phone: +43 (0)5583 39880, **Alpincenter** www.alpincenter-lech.at/Schneesportschu

Arlberg Free Moving Phone: +43 (0)664 3562650,

www.arlberg-free-moving.com Equipment available to hire from the sports shops.

The numbering of winter hiking trails and cross-country ski trails are only for the map and don't appear on the markings of the

Tip: Snow chains for shoes to provide a better footing on snow. Certain trails are only accessible when snow conditions allow it. During preperation there may be delays due to a a lack of time and shortages of machinery. Use the trails on your own risk.















TOBOGGAN RUN

Oberlech – Lech

Tremendous fun for both young and old on the floodlit, snow-covered toboggan run from Oberlech to Lech. The spectacular route also guarantees to be an unforgettable adventure for the whole family. Bobs are available for hire at the Oberlech cable-car terminal and in sports shops. Please bring an ID and deposit with you.

TOBOGGAN RUN	
<u>Length</u>	1,2 km
Contact	Phone: +43 5583 2350-0
Opening hours	daily from 09.00 am – 09.00 pm

SMALL TROCHANTER ZÜRS

The small trochanter in Zürs offers a lot of fun and action in the snow for our little guests. You find the small trochanter above the kids land in Zürs. Open during operation hours of the kids land from 09.00 am to 4.30 pm.



ICE SKATING - CURLING

Natural ice rink Zürs

is a particular highlight. You can turn pirouettes and enjoy the view over the surrounding alpine scenery. For further information and reservations please call: +43 (0)5583 2161-0

Ice skating rink in Lech

The first and only air-conditioned hotel ice rink in Europe in the Hotel Monzabon offers you 300 square metres of artificial ice for ice skating and curling. Enjoy its icy delights!

	INFORMATION	
Opening hours ice skating	Friday – Wednesday	
Curling	Monday, Wednesday and Friday 05.00 - 07.00 pm Reservation required	
Reservations at:	Phone: +43 5583 2104	



CROSS COUNTRY SKIING

More than 27 kilometres of groomed, free-of-charge cross-country ski trails are at your disposal as a training ground in the Arlberg region. Flat terrain and gentle climbs, crisp mountain sprints and short descents - beyond the Ski Arlberg ski resort, there is a varied network of cross-country ski trails just waiting to be discovered. The trail report provides you with reliable daily information about which trails are open and which are closed. The trail planner also provides an overview of the entire trail network to help you prepare and plan your activities precisely.





TANDEM PARAGLIDING

Leave the earth behind and feel liberated as soon as you take off with no constraints and no engine noise, floating feely, only joined to the wing by a couple of cords, feeling the strength of the air currents amid our beautiful countryside. Forget everyday life and enjoy being totally on your own. This feeling is never stronger than when you are flying and you can experience it here by trying tandem paragliding. As well as sensational paragliding flights we also offer spectacular thermal flights and fascinating panoramic flights. Also suitable for groups. See you in the sky!

	INFORMATION
Paragliding start point	Kriegerhorn
Landing	next to Flühenlift
Total duration	1 hour 30 minutes
Flight time	approx. 15 minutes
Maximum flying height	2.100-2.300 metres
Tandem flight prices	www.fca.at/wiki/Tandemflug
Booking	tandem.fca.at

SNOWSHOEING

Experience the unique winter landscape around Lech Zürs am Arlberg in the fresh, clear winter air. One of the great advantages of snowshoeing compared to other winter sports is that anyone with average physical condition can participate without needing any additional technical skills. You can rent the right pair of snowshoes including poles in one of the local sports stores. The large tread surface of the snowshoes prevents you from sinking too far in the powder snow and thus enables you to cover longer distances.

GUIDED SNOWSHOEING ON REQUEST & INFORMATION & REGISTRATION

Arlberg Alpin Ski- schule Mohnenfluh	Phone: +43 664 3203506 info@arlbergalpin.at every Tuesday & Thursday
Arlberg Free Moving	Phone: +43 664 3562650 www.arlberg-free-moving.com
Four Seasons Guiding	Anton Grissemann Phone: +43 664 4000827
Schneesportschule Omeshorn	Phone: +43 5583 39880 info@alpincenter-lech.at
Skischule Oberlech	Phone: +43 5583 2007 www.skischule-oberlech.at
Clothing:	Winter outfit and winter shoes





HORSE-DRAWN SLEIGH RIDES

Wheter by day or at night – a ride on a horsedrawn sleigh is always a highlight of your winter holiday. Location at the covered wooden bridge in Lech.

	REGISTRATION
Haus Angelika	Phone: +43 5583 4140 oder +43 664 3443730 haus.angelika.lech@aon.at
oufmann Annemarie	Phone: +43 5583 2749 oder +43 664 6520510 kaufmann-zug@aon.at

WINTER WALKING

An over 40-km winter hiking trail network in Lech Zürs am Arlberg invites hikers to explore the snow without snowshoes. The only things you need to bring are sturdy shoes and comfortable winter clothing. Small paths or groomed winter hiking trails lead over steep mountain slopes, through snowy forests, or along the partially frozen Lech river.



urther information and overview

f the winter hiking trails:

SUN SUBSCRIPTION

For winter guests without ski or snowboard the sun subscription is the choice to explore the magnificent mountains of Ski Arlberg. The subscription includes the mountain and valley ride and is valid for many cable car and lift facilities. Tickets available at all ski ticket offices.

Valid for the following lifts:

Lech/Oberlech/Zürs:

Zugerberg, Rüfikopf, Schlegelkopf, Schlosskopf,
Bergbahn Oberlech until 6.00 pm, Petersboden,
Weibermahd, Seekopf, Trittkopf I and II,
Zürsersee and Flexenbahn

St. Anton/St. Christoph:
Galzig, Gampen, Nasserein, Valluga I and II,

Kapall, Rendl and St. Christophbahn



SNOWFLAKE-PANORAMA-TRAIL AT RÜFIKOPF

Snow is simply miraculous: billions of snow crystals merge to form flakes that float down gently like leaves and cover everything in a bright white blanket. Snow is very powerful in the Arlberg region: it shapes the people here, sets the pace and creates living conditions. Snow challenges people, it makes them fight. Snow is also an ally: it casts a spell over the landscape, makes it seem weightless and graces it with beauty. The Snowflake Panorama Trail will bring you closer to this fascinating element we call snow. And it will introduce you to people from the Arlberg who transform adverse conditions into highly emotional winter experiences. And that's no miracle, but a success story that has been seen time and again here on the Arlberg.

MUSEUM

Lechmuseum

The Huber-Hus Museum is on the Schlosskopfplatz. The traditional wooden Walserhus built in 1590 invites you to find out about the life and work of farmers. The special exhibition is devoted to **Fashion for the snow.**

INFORMATION	
Opening hours	Thursday to Sunday from 03.00 - 06.00 pm
Special guided tour	on demand
Contact	Phone: +43 5583 2213-240



Kästle Mountain Museum

You will find Lech's Kästle Mountain Museum in the top station of Rüfikopf II cable car. Marvel at historic artwork, ski designs from bygone times and many other items on display from the history of the successful Austrian ski brand.

	INFORMATION
Location	Top station of Rüfikopf II
Entrance	free, during operation hours of the Rüfikopfbahn



HALL of FAME

An interactive exhibition about the fascinating world of the Arlberg, from historical moments to heroic pioneers, unforgettable ski stars and glamorous film stars.

	INFORMATION
Location	Trittkopfbahn I/Flexenbahn mountain station
Entrance	free, during the operationg hours of the Trittkopfbahn I/Flexenbahn

LIBRARY

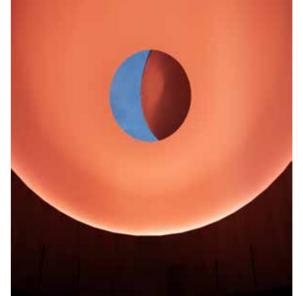
You will find the library in the sport.park.lech. More than 5,000 books and around 100 Tonies hearing figures hearing figures are available for you.

Opening hours	
<u>Monday</u>	03.00-05.00 pm
Wednesday	10.00 am -12.00 pm and 03.00-05.00 pm
<u>Friday</u>	03.00-05.00 pm
National holidays	Closed on national holidays
Contact	Phone: +43 5583 2213-241

INFORMATION



More information: gemeinde.lech.eu/bildung/buecherei/oeffnungszeiten



SKYSPACE-LECH

Discover the light art of the world-famous artist James Turrell. In the light room in Oberlech you can experience the meeting of heaven and earth in the high alpine landscape.

INFORMATION

Location	Oberlech, Tannegg	
Opening Hours	01.12 19.04. daily from 12.00 - 08.00 pm	
Guided tours	Every Tuesday in English language, every Thursday in German language, always at sunset times. The exact times can be found at: www.skyspace-lech.com/visit Price: € 15,00 per person Private tours for max. 30 people are possible by arrangement. Price: € 450,00	
Information and registration	Lech Zürs Tourismus Phone: +43 5583 2161-0 E-Mail: skyspace@lechzuers.com	



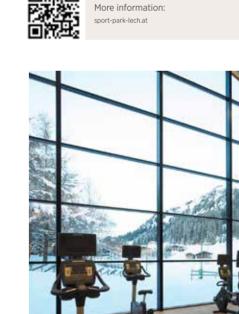
www.skyspace-lech.com or

www.lechzuers.com/skyspace-lech

MORE MOVEMENT, MORE FUN.

The leisure center of Lech – The multifunctional sport.park.lech offers you a lot of possibilities which are all about movement. It includes a 580 m² fitness center with cardio, strength and a free weight training area. Enjoy a great view of the snow-covered nature of Lech Zürs directly from the fitness area. The café at the sport.park.lech is a great place to round up your sports program and to have a good time. The team of the sport.park.lech led by manager Martin is looking forward to treat you with refreshing smoothies or a delicious meal. You can find current information at www.sport-park-lech.at

	INFORMATION	
Opening hours	Sunday to Friday 10:00 am – 11:00 pm Saturday 03:00 – 11:00 pm	
Contact	Phone:_+43 5583 41850 office@sport-park-lech.at www.sport-park-lech.at	
	re information:	





SQUASH

For squash enthusiasts the Sporthotel Enzian in Zürs offers an up-to-date squash court. This is open to everyone at all skill levels, from beginners to professionals.

INFORMATION				
Price 1/2 hours Block of 10	€ 10,00 € 80,00			
Opening hours	on request			
Contact	Phone: +43 5583 2242			

TRANSPORT

Ski bus/local bus

The local bus service in Lech offers an attractive, well developed route with short, regular intervals between busses. The fare for the blue village bus is included in the ski pass or in the overnight stay until 07.30 pm.

Night bus (with costs)

James is you chaffeur during the night. He connects the districts of Oberlech, Stubenbach, Zug and Zürs comfortable.

Public bus (with costs)

Bus line 760: St. Christoph am Arlberg, St. Anton am Arlberg

Bus line 750: Stuben am Arlberg, Langen am Arlberg Train station

	INFORMATION
Local bus Lech	Phone: +43 5583 4100
Postbus Lech	Phone: +43 5583 2150
Postbus Landeck	Phone: +43 5442 64422



More information: lechzuers.com/en/local-bus



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