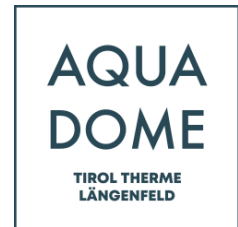


PRESS INFORMATION
AQUA DOME – TIROL THERME LÄNGENFELD
SPRING 2024



03/2024



50 bikes and guided tours at AQUA DOME – Tirol Therme Längenfeld

Spring at the AQUA DOME: from the mountain bike to thermal spa luxury

Up high, the firn snow still glistens from the white peaks, while down in the valley it's all green and twittering. As is often the case in the Ötztal Valley, it's the contrasts that are so joyful here in spring – true to the AQUA DOME motto of 'lift your spirit'. Now it's time to declare the bike season open! A fleet of 50 high-quality e-bikes awaits you at the AQUA DOME for your first ride on the 850 kilometres of routes, bike & hike trails, and the 52-kilometre Ötztal Cycle Trail in the valley. The best way to start is with a lesson from the AQUA DOME bike trainer who will show you valuable tips and tricks, such as the right braking technique; the best preparation before you set off on your first mountain ride, perhaps up to the Feuerstein or on the Köfler-Runde round tour. After working up a sweat, it's time to relax and feel the elemental power of the thermal water from depths of 1,865 metres – in Tyrol's largest spa area (covering 20,000 square metres) and one of the best SPAs in the Alps. Last but not least, the stylish, cosmopolitan feeling in the (recently refurbished) five restaurant areas of the 4-star superior hotel is pure luxury. And the new bar boasts a sophisticated mirrored ceiling and a sensational selection of gins.

Short text: 1,235 characters

While the thermal spa resort is considered to be the highest quality and most architecturally exciting in the alpine region, it's also the perfect location for bikers: 40 e-mountain bikes and 10 city e-bikes, guided bike tours with AQUA DOME bike trainers several times a week, and a bike wash station and a bike cellar. And, above all: tour suggestions from locals for all levels of difficulty. The Längenfelder Runde round tour, for example, is an easy family trip, mostly along the Ötztaler Ache stream, with the Ötztaler Heimat- und Freilichtmuseum (local history and open-air museum) a highlight. One of the more challenging top tours in the bike area around Längenfeld is the tour via Gries up to the rustic Nisslalm. The last 350 altitude metres with many hairpin bends are fun – and after more than 12 kilometres, the bike can rest at an altitude of 2,051 metres while you enjoy a traditional snack with a view of the Stubai Alps. Bike guide Ralph's favourite bike tour from the AQUA DOME? The Köfler-Runde round tour – with its first ascent up to the Wurzburgalm, open from the end of May. Then it's a steep descent to a refreshment stop in Köfels and uphill again and again through a quiet forest, before finally heading down into the valley and along the stream back to the AQUA DOME after a long descent – "There really is something for every mountain biker", says Ralph.

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At the end of the trail – and if the weather is right – the AQUA DOME’s new restaurant garden with its opulent barbecues beckons. Fancy spring mountain lamb with woodruff or vegetarian savoury treats? The AQUA DOME kitchen puts a surprising twist on traditional recipes and local specialities, ingredients and production methods from the alpine region. A real culinary cultural exchange.

Stylish and modern: new look & feel

The freshly remodelled and extended restaurant areas in the 4-star superior hotel provide the perfect backdrop. The hotel has invested in a contemporary, high-end dining experience. Our aim: to offer accommodation in the heart of the Alps, but still provide modern inspiration. The views of the mountains from the five new restaurant areas are incomparable, with each setting designed differently in terms of colour and materials. Here, ‘green meadow’ meets alpine ‘gentian’ and ‘cranberry’, characteristic of the Ötztal region. In addition, the modern, stylish interior creates a cosmopolitan overall impression. The new bar with its mirrored ceiling makes a real statement in the lobby. Our tip: our passionate and knowledgeable bar team has selected more than 100 gins that will impress even true connoisseurs. Accompanied by music events in the evening. If you want a quieter time, snuggle up in our designer Italian armchairs in the new fireplace room and explore fine wines from the new wine fridges. Perhaps an excellent Chardonnay from Peter Zoller and Elisabeth Saumwald’s Haiming vineyards bordering the Ötztal Valley?

Relax in Tyrol’s largest spa area

After an active day it’s time to relax. You’ll find 2,200 square metres of water in twelve indoor and outdoor pools, eleven saunas and steam baths. Families can let off steam in the Alpen Arche Noah children’s area – without disturbing those seeking peace and quiet who will find a luxurious spa experience in the exclusive SPA 3000 for hotel guests aged 15 and over. The power of the Ötztal’s resources is impressively showcased here: fragrant Alpine herbs and revitalising minerals; flickering fire, water and ice. A final suggestion from the spa, especially for spring? Prevent spring fatigue with our exclusive ‘Thermal Deep’ signature treatments with the effects of thermal water and regional herbs!

Long text: 5,066 characters

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High-resolution images of the AQUA DOME - Tirol Therme Längenfeld can be downloaded from the Press section of our homepage. Picture credits required: @AQUA DOME.

About VAMED Vitality World The internationally operating VAMED healthcare group has been active in the spa and wellness sector since 1995. Founded in 2006, VAMED Vitality World currently operates six of the most popular resorts in Austria: AQUA DOME – Tirol Therme Längenfeld, SPA Resort Geinberg, Therme Laa – Hotel & Silent Spa, St. Martins Therme & Lodge in Frauenkirchen, Therme Wien and TAUERN SPA Zell am See – Kaprun. This makes VAMED Vitality World the leading operator of thermal spa resorts in Austria.