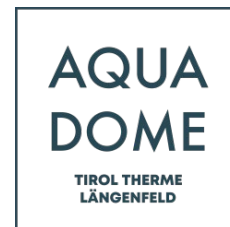
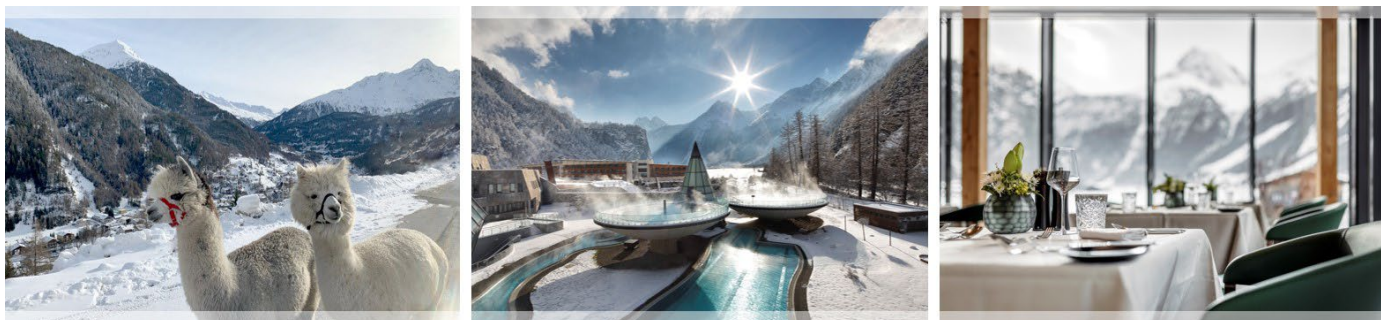


**PRESS RELEASE**  
**AQUA DOME - TIROL THERME LÄNGENFELD**  
**WINTER 2024**



12/2024



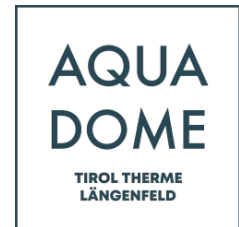
**Honoured with the 'World Spa Award 2024': AQUA DOME - Tirol Therme Längenfeld**

## **Winter in the AQUA DOME: Ski, action or fluffy?**

Relaxation also includes tension: As one of the best thermal spa resorts in the Alps, the AQUA DOME - Tirol Therme Längenfeld is not only a favourite of all wellness fans, it also stands out in winter 2024/25. Look forward to special winter activity ideas, whether sporty, cool or relaxing. With its motto of "Lift your Spirit", the AQUA DOME aims to lift your body and mind to a new level, and is in a league of its own when it comes to the variety of activities on offer. Ski in the top nearby ski resort of Sölden, with up to 144 kilometres of slopes, two snow-sure glaciers and 31 modern lifts. Check out the 007 James Bond experience high on the Gaislachkogel, or get some adrenaline kicks in 'Area 47' at the entrance to the valley. In Ötztal winter 2024/25, bike freaks can enjoy indoor biking for the first time, while others can find adventure with the high ropes course and bungee jumping. As a contrast, winter and snowshoe hikers meet in rustic huts on the quiet side of the Ötztal. You can really feel the gentleness of winter during alpaca and lantern hikes with our AQUA DOME guides. Afterwards, it's time to relax – with high-end wellness in warm thermal water from a depth of 1,865 metres, surrounded and protected by 250 3000-metre peaks. And with distinction – the AQUA DOME has just received the 'World Spa Award' for 'World's Best Mineral & Hot Springs Spa 2024', recognising top performance in the spa and wellness sector. After experiencing the top-quality Alpenbogen cuisine in the five new restaurants of the 4-star superior hotel, your day can end with chilled live music at the stylish mirrored bar.

**Short text.**

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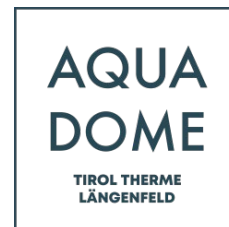
Work out and then come down: That's active relaxation at the AQUA DOME. Take off your ski overalls or winter clothing, put on your swimwear and float in the wonderfully warm thermal water, drawn from a depth of 1,865 metres; ideally in the architectural marvels of the 'shell pools', which look as if they are floating in the open air. You have to experience this energy kick for yourself! Just like the AQUA DOME, a total work of art that brings everything together under one roof: 12 pools and 11 saunas, fitness, a spa with signature treatments and a separate children's and family area. Don't forget: the luxurious SPA 3000 (from 15 years of age), which impressively stages fire, water and wellness. If you look out at the snow-covered mountains through the pointed windows, modelled on peaks, you can feel it: Here, architecture merges with nature, the inside with the outside. Just like in the new restaurant wing of the 4-star superior hotel. The colours and shapes of the high-quality interior seem to have been inspired by nature, but also create colourful accents and statements, such as the new sophisticated mirrored bar. After a culinary cultural exchange with the cuisine of the 'Alpenbogen', you can celebrate the evening in style here with live music – get inspired by the expert bar team with a rare gin, or cosy up with a hot chocolate in the fireplace room. Wood-scented rooms ensure a deep sleep.

Ski guiding, adrenaline kicks or ice skating at the 'Kraftplatz'

Early risers love the AQUA DOME's offer of ski guiding with hut breakfast. Those who like to sleep longer and then feast on the (regional) variety of the AQUA DOME breakfast are perhaps more in favour of night skiing or a tobogganing evening with fun in a hut. The AQUA DOME's daily winter activity programme also includes curling, cross-country skiing, snowshoeing and alpaca and lantern hikes. The free ski bus takes skiers directly from the AQUA DOME to Sölden, one of Austria's top ski resorts, with a variety of slopes and guaranteed snow from 1,350 to 3,340 metres. But Sölden is far too good for just skiing. At an altitude of over 3,000 metres, you'll find James Bond in the '007 Elements' cinema installation, which is well worth seeing and focuses on 'Spectre' and the scenes filmed in Sölden. If you prefer bikes to skis, you can now go biking even in winter in the indoor bike hall of 'Area 47'; Austria's largest outdoor leisure park opens for the first time this winter. The high ropes course and bungee jumping also heat things up there. Not an adrenaline junkie? How lovely that there is the quiet side of the valley as a contrast, where there are no ski resorts. A discovery for all those who want to feel the power of nature hidden under a thick blanket of snow. Head to the authentic Stallwiesalm – on touring skis, toboggan or on foot. Go ice-skating on the 'power place' of Lake Piburger See. Or join the AQUA DOME yoga specialist for winter forest bathing and experience mindfulness in the tranquillity of the winter forest before relaxing in Tyrol's largest spa and wellness area, spread over 20,000 m<sup>2</sup>.

**Long text.**

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**Information: AQUA DOME - Tirol Therme Längenfeld, Oberlängenfeld 140, A-6444 Längenfeld, Tel: +43 5253 6400, [www.aqua-dome.at](http://www.aqua-dome.at), e-mail: [marketing-pr@aqua-dome.at](mailto:marketing-pr@aqua-dome.at)**

**High-resolution images of the AQUA DOME - Tirol Therme Längenfeld are available for download on our homepage in the press section. Photo credits required: @AQUA DOME.**

**About VAMED Vitality World** The international healthcare group VAMED 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: the AQUA DOME - Tirol Therme Längenfeld, the SPA Resort Geinberg, the Therme Laa - Hotel & Silent Spa, the St. Martins Therme & Lodge in Frauenkirchen, the Therme Wien and the TAUERN SPA Zell am See - Kaprun. This makes VAMED Vitality World the leading operator of thermal spa resorts in Austria

