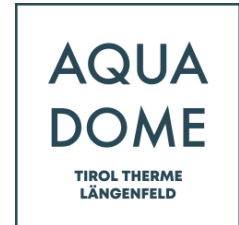


**PRESS RELEASE**  
**AQUA DOME - TIROL THERME LÄNGENFELD**  
**FITNESS & ACTIVE**



01/2025



**A diverse activity programme at the AQUA DOME - Tirol Therme Längenfeld: fitness with high-end equipment and outdoor activities in the Ötztal**

## **AQUA DOME for active people: Because relaxation also includes tension**

**It's an Eldorado for sports enthusiasts: the AQUA DOME - Tirol Therme Längenfeld in the heart of the famous Ötztal valley. Spread over more than 65,000 m<sup>2</sup>, the most modern and architecturally impressive thermal spa resort in the Alps not only impresses with its futuristic-looking water and sauna world and 4-star superior hotel (for whose guests the SPA 3000 is exclusively reserved), but also with invigorating and challenging indoor and outdoor attractions. And at any time of the year! Countless 3,000-metre peaks invite you to go hiking or skiing. Clear mountain lakes and the Ötztaler Ache river promise adventures in the cool water. But the AQUA DOME itself also provides sporty kicks – in a fitness centre that offers day and hotel guests a new dimension of training. Here you can train effectively in a 500 m<sup>2</sup> space with high-end equipment from Cybex, the trendsetter in the fitness industry. There are also over 50 fitness classes a week and a varied activity programme, day after day, in summer and winter. And exclusive private AQUAventures. Short text: 1,026 characters**

With fitness checks, strength and cardio training, individualised personal training and performance diagnostics and a wide range of courses, your optimum fitness and healthy muscle development is ensured. With the help of lactate ergometry and the Easy Torque strength measuring plate, AQUA DOME Fitness analyses the strengths and weaknesses of your muscles and musculoskeletal system. The medically certified equipment from Cybex enables perfectly customised training based on the results of the analysis. For committed beginners and passionate professionals alike, of course under the guidance of professional trainers. Cybex equipment offers a wide range of exercise options to help you achieve your personal training goals more quickly – whether you want to lose weight, build muscle strength or improve your general fitness. As well as the wide range of cardio and strength equipment, the patented itensic back track is a real innovation – a combination of fitness equipment that has been specially developed for back therapy and promises rapid help with back problems. A Power Plate machine is also available for muscle building. The AQUA DOME fitness centre comprises a total of 500 m<sup>2</sup> of training space, two course rooms and a performance diagnostics room.

There's no place for boredom, with more than 50 courses on offer every week. The focus is on indoor and outdoor training, water fun and yoga. The indoor courses range from core workout

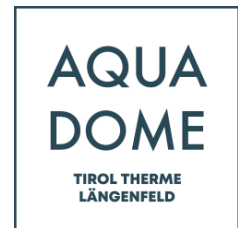
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Ein Resort der:



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and jumping fitness to fascia training and meditation, while the outdoor courses include a sociable walk & talk and a power walk in the valley. If you love water, you'll love our aqua fitness and water sensing, a mixture of yoga asanas and breathing exercises in the bowl pools. And yoga fans can look forward to a variety of different styles, from vinyasa yoga and yoga flow to slow yoga for switching off in the evening.



**Actively experience the elemental force of the Ötztal**

An active holiday at the AQUA DOME is more than just wellness and fitness. Your break will be all the more valuable if it is complemented by an immersion in the surroundings – after feeling the thermal water from a depth of 1,865 metres, you'll want to experience the full elemental force of the Ötztal and its 3,000-metre peaks for yourself. The AQUA DOME activity programme offers a variety of seasonal hikes and excursions every day, often leading to natural gems of the region and places of power that are mainly known to locals. Or to rustic hut hikes and the breathtaking suspension bridge in Längenfeld. There are also guided tours for bike fans: mountain and e-bikes can be hired at the AQUA DOME to explore 42 official mountain bike routes and more.

And in winter? The snow-sure ski centres of Sölden and Obergurgl-Hochgurgl are just a stone's throw away. The top nearby ski resort of Sölden guarantees winter sports until May, with up to 144 kilometres of pistes, two snow-sure glaciers and 31 modern lifts. From the spa to the skis? No problem, because the AQUA DOME offers its guests a free ski bus that shuttles directly from the front door to the top nearby ski area of Sölden and back. An in-house ski hire centre offers state-of-the-art equipment – and there are also courses with private instructors for young and old. The daily activity programme not only includes ski guiding, night skiing in Sölden and cross-country skiing from the AQUA DOME front door, but also romantic snowshoe and lantern hikes, curling, tobogganing and fun in the huts.

**AQUAventures: When it needs to be particularly personal**

If you prefer private and individual experiences, you can book special AQUAventures: unusual adventures in the water, on the mountain and for the mind that take you out of your comfort zone and touch your soul. Experience the pristine nature of the Ötztal and make an expedition and inner journey within yourself. It is precisely the contrast between thermal spa luxury in the AQUA DOME and the rugged nature of the Ötztal that invigorates and strengthens mental fitness. The location and time of AQUAventures are arranged with selected trainers and guides. Go alone, as a couple or together with family and friends.

Forest bathing, mindfulness training and Watsu in the brine bowl before the spa opens in the morning are particularly popular – float in the warm thermal water and be carried by gentle arms during water Shiatsu. And in winter, there is also a private ski tour with alpine breakfast or private cross-country skiing training for anyone who wants to learn to glide silently. Animal



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fans will be delighted by traditional horse-drawn carriage rides or the alpaca farm tour: the nature of the Ötztal can be explored in a completely different way in an animal-human team. And the fact that the peaceful Andean camels have a mind of their own keeps things exciting.  
**Long text: 6,096 characters**

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**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 the VAMED Vitality World**

The international healthcare group VAMED has been active in the thermal 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.

