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**Summer 2025: Active relaxation in Tyrol's largest wellness area: AQUA DOME - Tirol
Therme Längenfeld**

From mountain boots to bathing slippers: Hiking experiences & sauna news from the AQUA DOME

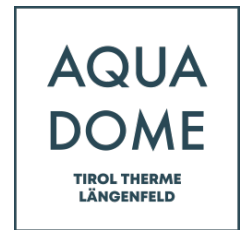
The summer air conditioning in the AQUA DOME - Tirol Therme Längenfeld works like this: Open the window wide and breathe in the wonderful, fresh and delicious mountain air! Even at higher temperatures, when many cities retain the heat. The invaluable advantage is that active relaxation here in the heart of the Ötztal valley is possible even in summer. First swim in the lush green nature, then in the thermal spa. After a delicious regional breakfast buffet, grab an e-bike from the hotel's own fleet and explore the countless trails in the valley, to the Alpine pastures or up in the mountains. Or go hiking with Maria, Patrizia and Susanna – not only hiking guides, but also our nature guides at the AQUA DOME. Every day, they'll take you to places that only the locals know, allowing you to experience unspoilt nature up close. No need to prepare; with our hiking guides, bike guide and the AQUA DOME fitness team, you can discover the Ötztal adventure playground through the eyes of locals.

The AQUA DOME's outdoor activity programme is second to none! Whether to the Stuibenthal or the Winklbergsee, to the Auer Klamm or through the pine forest to the Schönwieshütte, with its 3,000 metre panorama. Whether out for a mountain breakfast, to the Längenfeld suspension bridge with 83 metres of unbeatable panorama or for a romantic lantern walk in the evening, at the AQUA DOME the aim is to collect special hiking experiences that will stay in your memory. And afterwards, get out of your hiking boots and into your slippers. Because in Tyrol's largest spa area, there are 20,000 square metres of thermal baths and wellness, 2,200 square metres of water in twelve indoor and outdoor pools, plus twelve saunas and steam baths as well as a large fitness area. We've also got lots of new features just in time for the start of summer: a Finnish outdoor sauna in the sauna garden, the connection from the gorge sauna to the open-air pool, and a green oasis of fresh air in the inner courtyard. For an unrivalled outdoor summer feeling.

Short text: 1,995 characters

Work out in the middle of Ötztal's nature, surrounded by 250 three-thousand metre peaks, then come down and relax: If you are looking for active recreation with pleasant summer temperatures, the AQUA DOME is the right place for you. And there's no need to prepare; the

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hiking guides and fitness team at the AQUA DOME let you discover the Ötztal adventure playground through the eyes of locals.

Nature hiking experiences with locals

How about an easy hike to get you started – including a nature experience and some interesting information about the formation of the region? Set off from the AQUA DOME on the 5.7 km long geo-educational trail, which provides exciting insights into the geology of the Ötztal at 11 stations: an impressive trail through an impressive landslide landscape with bizarre rock formations and tranquil forest. At the idyllic Winklbergsee lake, a rest stop with a view of the clear water and small islands is a must before returning along the circular trail. The Farst nature hike is a little more challenging thanks to an almost hour-long climb up steep hairpin bends. But the journey is worth it. In Farst, one of the oldest settlements in the valley, hikers can expect a magnificent panorama and warm hospitality in a snack station. Another insider tip: hike through the Ötztal high forest up to the Wiesle, a beautiful alpine pasture in a large forest clearing. After a cosy break, you return to Umhausen. On the way, marvel at the impressive view of the Stuiben Falls, the highest waterfall in Tyrol with a drop height of 159 metres. The panoramic hike that leads from Längenfeld over the Strelesperre to Brand, on the other hand, is well known but definitely worth experiencing. While enjoying refreshments at the rustic Brand Alm, you can savour the fabulous view of the valley. The descent is quite something: it takes you over the 83 metre long panoramic suspension bridge – a real adrenaline rush. You then return to the AQUA DOME via the old Burgstein road.

Investing in a new outdoor wellness feeling

After all these hiking adventures, you can take off your hiking boots and your tired feet can breathe a sigh of relief in bathing slippers. Let's dive into the thermal water, drawn from a depth of 1,865 metres! Enjoy a few refreshing laps in the outdoor sports pool or relax in the three bowl-shaped pools which seem to float between the mountain peaks – the symbol of the AQUA DOME. It is no coincidence that the AQUA DOME was recently honoured with the 'World Spa Award' as the 'World's Best Mineral & Hot Springs Spa 2024' for top performance in the spa and wellness sector as the highest quality thermal spa resort in the Alpine region. But the AQUA DOME has not rested on its laurels. We have invested in the outdoor wellness feeling that is so important, especially in summer: panoramic windows provide a view of the beautifully designed sauna garden from the new outdoor sauna. There is also more greenery, even on the walls in the inner courtyard, which has been sustainably designed as a 'Nature Garden'. A glass lift has even been installed to connect the large indoor sauna area to the outside. Another centre of the summer feeling is the hotel terrace with a view of the imposing peaks, located directly on the Ötztal cycle path. After a morning of activity, why not enjoy a light vegan summer vegetable bowl or a classic Wiener schnitzel? Or simply sit in the stylish lounge furniture and sip a cocktail? Marvellous! The big hits for summer 2025 are the home-made lemonades and cocktails, mixed with a lot of imagination, but without any alcohol.

AQUA DOME offers for the mountain summer 2025

In 2025, the AQUA DOME will continue to focus on its popular summer offers: 'Relaxation time', 'Active time' and 'Mountain time'. 'Family time' also includes delicious food and ice cream, water fun and children's entertainment. As a special mountain summer offer from 6 June to 5 October 2025, mountain railway rides, bike hire and much more are included from three AQUA DOME overnight stays. In addition, public transport in Ötztal is free of charge.

Long text: 6,335 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.

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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.