

## PRESS RELEASE

# Guaranteed snow and panoramic cross-country skiing in Paznaun

**Healthy cardiovascular training with a view: whether a beginner or professional – clear air, guaranteed snow, a diverse and award-winning network of cross-country trails and a comfortable infrastructure ensure perfect cross-country conditions. Breath-taking mountain views included.**

Paznaun sets the standard when it comes to regenerative winter sports: cross-country skiing uses 90% of the muscles as well as protecting the joints and strengthening the cardiovascular system. Cross-country skiers in Paznaun can take deep breaths as they practise sport thanks to the particularly clear air and healthy climate around the health resort of Galtür. The best conditions for relaxing with some cross-country skiing and staying healthy during the cold season. Training in the mountainous cross-country trails around Galtür has a performance-enhancing effect. To ensure that all cross-country skiers can enjoy optimal training conditions, the 73 km continuous cross-country network, awarded a quality seal, has been designed to include a range of trails of all difficulty ratings. And snow is guaranteed from December until April thanks to the location at 1,377m to 2,036m above sea level. Comfortable infrastructure, cross-country courses for all levels of experience and exceptional service are included. And best of all: use of the cross-country trails in Paznaun is free. All routes can be downloaded as GPS tracks.

### **Cross-country tip for beginners: Ischgl cross-country trail with mountain views**

Whether the classic double route or skating route, everyone can enjoy some leisurely cross-country skiing on the Ischgl trail. The 5 km trail extends over a gentle 40m of altitude, making it very popular for beginners. Cross-country skiers in Ischgl can make their first mark on the snow here and enjoy impressive views of the surrounding mountains.

### **Cross-country tip for advanced skiers: natural weather protection on the Forest trail**

Classic cross-country skiers and skaters seeking more challenge and a chance to put their fitness to the test are in the best of hands on the Forest cross-country trail with its start/end point in Galtür (district of Tschaffein). You can release some energy, regardless of the weather, along the 5 km Forest route covering 135m of altitude. The trees along the edge of the trail protect the entire trail from wind and provide plenty of contrast, even in poor visibility.

### **Cross-country tip for professionals: cross-country routes with views in Vermunt and to the Silvretta-Bielerhöhe**

Challenging cross-country with panoramic views: whether classic or skating style – covering a total of 19 km in distance and over 400m of altitude, the cross-country routes in Vermunt and to the Silvretta-Bielerhöhe provide cardiovascular training with beautiful views for sporty skiers. The first section follows a 9.7 km loop and 146m of altitude with the start/end point in Galtür (district of Wirl) before the impressive mountain backdrop of the Blue Silvretta (which captured the heart of Hemmingway) and the untouched tributary valley of Vermunt. Those seeking a challenge will find just the thing on the second section which offers an additional 9.3 km and 255m of altitude leading up to the sunny Bielerhöhe and Silvretta reservoir at an altitude of around 2,040m.

### **Cross-country tip for night owls: illuminated Galtür-Wirl trail**

Twilight submerses the mountain landscape around Galtür in a special light. Anyone wishing to experience this showcase of nature and seeking a change from daytime cross-country will find the optimal conditions along the 2.2 km night-time trail from Galtür to Wirl. Cross-country skiers can make their mark in the snow under the floodlights each night here until 22.00.

Information on cross-country skiing and all the resorts: [www.ischgl.com/en](http://www.ischgl.com/en), [www.galtuer.com/en](http://www.galtuer.com/en), [www.kappl.com/en](http://www.kappl.com/en) and [www.see.at/en](http://www.see.at/en).

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December 2020

Direct image downloads here: [Cross-country skiing 2021](#)

#### Captions:

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Langlaufen\_2021\_3: Cross-country routes with views in Paznaun © TVB Paznaun – Ischgl

Langlaufen\_2021\_4: Healthy cardiovascular training in Paznaun with a view © TVB Paznaun – Ischgl

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