

GLIDE TIME IN TIROL CROSS-COUNTRY SKIING WITH QUALITY, SNOW-SURE CONDITIONS AND NATURE- INSPIRED ENJOYMENT

When winter settles over Tirol, a very special kind of “glide time” returns: the kind where you glide mile after mile through quiet, untouched landscapes; a steady, soothing rhythm that brings body and mind into harmony, combined with a wonderful sense of drawing fresh energy with every stride. Cross-country skiing in Tirol blends nature, wellbeing and sporting variety like few other activities do.

It's considered one of the healthiest winter sports out there. It supports the cardiovascular system, builds strength, helps prevent injury and illness – and is proven to have mood-lifting benefits. And because you're unlikely to spend an entire day on the trail, it pairs beautifully with wellness, culture, good food or a gentle winter walk. In short, perfect conditions for a well-balanced winter holiday.

With 4,000 kilometres of trails, Tirol ranks among the leading Nordic destinations in the Alps. Whether classic or skating, relaxed or performance-focused, the region's twelve cross-country specialists – together with sixteen areas certified with the Tirolean Trail Quality Seal – offer premium infrastructure grounded in a deep-rooted Nordic spirit. The Tirolean Trail Quality Seal guarantees impeccably groomed tracks, clear signage, and comfort from arrival right through to the facilities along the route – plus ideal conditions for every level of ability. For guests, that means superior quality in every respect. Add to that a calendar filled with exciting events that attract athletes from all over the world each year.

Snow reliability and an early season start, thanks to innovative solutions

While many parts of central Europe must contend with ever-decreasing snow conditions in winter, Tirol has adopted a sophisticated concept that will ensure reliable cross-country skiing in the future. Around 85 kilometres of trails equipped with artificial snowmaking technology now ensure excellent conditions right from the start of the season. Numerous high-altitude trails – naturally snow-sure thanks to their location – add to this solid foundation.

Modern techniques, such as snow farming – storing snow from the previous winter – help guarantee an early season while conserving resources. Snow is produced in early winter during cold spells and then covered over the summer with a thick layer of sustainable material, typically wood chips. This keeps it cool without any energy consumption, preserving around 70 to 80 per cent of the previous season's snow. The result: a dependable start to the season as early as October or November, even when surrounding regions are still waiting for their first snowfall.

- **Obertilliach** in Osttirol traditionally kicks off the season particularly early. The biathlon centre in Obertilliach offers [competition and training trails](#) from early November 2025, open to both dedicated athletes and keen leisure skiers.
- **Paznaun-Ischgl** with its [Opening Trail](#) offers a roughly three-kilometre, high-altitude loop with snowmaking technology, offering ideal early-season conditions in the run-up to Christmas.
- **Leutasch** in the Seefeld Region, a long-standing stronghold of Nordic sports, also relies on conserved snow depots with its 2.8-kilometre-long [Snowfarming Trail](#). New, too, is the fully snowmaking-equipped [Waldloipe B14 – Alpenbad forest trail](#), whose innovative central air system enables snow production even at marginal temperatures of around –3°C. In total, four kilometres of trail in Leutasch can now be covered using artificial snowmaking technology.
- In **Pitztal**, the one-kilometre [Mandarfen Training Trail](#) opened as early as 18th October 2025 – an exceptionally early start to the cross-country season thanks to smart snow management.

Reaching new heights: high-altitude trails in Tirol

If you want to be on the safe side when it comes to snow, Tirol offers a generous choice of high-altitude trails. Not only do they guarantee excellent conditions and sweeping views, but they also come with a little training bonus: high altitude has a positive effect on both heart and lungs.

- **[Dorfberg Kartitsch high altitude trail](#) • Osttirol**
Kartitsch is a mountaineering and winter walking village that beguiles with its authentic, down-to-earth charm. A shuttle or drag lift takes skiers straight to the start. Recommended culinary experience: “Schlipfkrapfen” at Gasthaus Dorfberg.
- **[Leutasch-Wildmoos high-altitude trail](#) Seefeld Region - Tirol's High Plateau**
New from winter 2025/26 – yet steeped in tradition: parts of the route follow the Olympic trail used in 1976. Skiers can ride the Katzenkopf lift free of charge to reach the starting point.
- **[Silvretta high altitude trail](#) • Paznaun-Ischgl**
At an altitude of around 2,000 metres, the trail opens out to views of Bielerhöhe, the Silvretta reservoir and the glacier world of the Silvretta range. It links perfectly with neighbouring trails.

- **Gries – Längenfeld high altitude trail • Ötztal**
With its alpine backdrop and elevation of 1,600 metres above sea level, this route is especially suited to more experienced skiers. After all that effort, relaxation awaits: a visit to the Aqua Dome is almost obligatory.
- **Pfundser Tschey high altitude trail • Nauders – Tiroler Oberland - Kaunertal**
A true scenic gem: this three- or six-kilometre circuit loops through the unique high valley of “Tschey” in the Tirolean Oberland, complete with rustic wooden barns and a panorama you won’t soon forget.

Trails with a treat: indulgent glide time

Cross-country skiing pairs beautifully with good food. Tirol is full of trails where fresh air and physical effort meet irresistible culinary stops.

- **Gschnitztalloipe • Wipptal**
One of the most charming routes in the valley, running through the mountaineering village in the unspoilt Gschnitztal. All trails here are free to use. One particular highlight is a break for refreshments at Gasthof Feuerstein, where local dishes meet alpine charm.
- **Loipe Falzthurn–Gramai • Achensee**
With 390 metres of ascent, impressive views into the Karwendel and a leisurely return route, this tour is a real standout in the Achensee region. Good food awaits at the Gramai Alm and Alpengasthaus Falzturn.
- **Rundloipe Vilsalpsee • Tannheimer Tal**
The frozen lake, a Natura 2000 conservation area, and a trail with scenery that you’ll never forget. The inviting Fischerstube and Restaurant Vilsalpsee offer the perfect stop along the way.
- **Torfstich • Region Seefeld – Tirol’s High Plateau**
The gentle route and the option to link with other trails make this easy, scenic loop around the tranquil Wildmoos area especially popular. Add a romantic stop at the Wildmoosalm – ideal for leisure skiers.
- **Wirl-Loipe in Galtür • Paznaun-Ischgl**
Following the Trisanna river, this sporty trail sits at over 1,600 metres above sea level. In the evenings, illuminated sections create a special atmosphere, with places to stop right in the village of Galtür.

More ideas for trails with refreshment stops: www.tyrol.com/activities/sport/cross-country-skiing/cross-country-ski-trails-with-refreshment-stop

Trails with that little something extra

Not every trail is the same – some surprise with extraordinary experiences.

Floodlit night trails

- **Hochfilzen · Pillerseetal**: floodlit daily for four hours from dusk – powered entirely by photovoltaics
- **Seefeld Region – Tirol's High Plateau**: open Monday to Friday from 17:00 to 20:30 hrs; leads past the Seekirchl in Seefeld, with perfect snowmaking facilities
- **Blusenrunde Prägraten · Osttirol**: floodlit, equipped with snowmaking technology and open from mid-November

Special trail facilities

- **Torfstich dog trail · Seefeld Region**: ideal for cross-country skiing with your dog
- **Sledge trails**: accessible, sit-ski trails for every level of ability
- **Cross-country technique course · Pillerseetal**: perfect training terrain for improving technique in a playful setting

For more information on cross-country skiing in Tirol, visit www.tyrol.com/activities/sport/cross-country-skiing.

With its 34 regional associations, **Tirol** is one of the leading holiday destinations in the Alps. Tirolean tourism is characterised by 200 years of history and various pioneering achievements. Summer and winter guests alike appreciate the alpine mountain landscape and nature, the high quality of service and infrastructure, as well as the welcoming hospitality. Based in Innsbruck, Tirol Werbung GmbH is part of the Lebensraum Tirol Gruppe and serves as the provincial tourism marketing organisation. Its primary mission is to enhance the allure of Tirol as a holiday destination.

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