



Cross-Country Skiing in Styria

Steiermark

DAS GRÜNE HERZ ÖSTERREICHS

5500: © Graz Tourismus / Tom Lamm

Snow-covered landscapes, crystal clear mountain air and stunning panoramas await you in the 15 regions with the cross-country seal of quality. Feel your body and find your personal rhythm. Enjoy the silence and take a deep breath. Leave stress and hectic behind, strengthen vitality and stamina.

"Cross-country skiing is young and trendy, healthy, smart and sexy", says Dr. Alois Stadlober, who as the Nordic Sports Coordinator of Styria and cross-country relay world champion 1999 knows what he is talking about.

Cross-Country Skiing Facts:

- ♥ 600 muscles are used simultaneously
- ♥ The heart and circulation can be trained
- ♥ It protects your joints
- ♥ You lose weight without even noticing whilst enjoying the stunning surroundings

"The special thing about cross-country skiing, however, is that it does a great job of clearing your head", says Alois Stadlober. "So not only do you stay on track, but the stress of everyday life is also left behind on the route. And in the evening, you then feel how positively your body reacts to it. Cross-country skiing is also easy to learn. In short: if you can walk, you can also cross-country ski", he continues.

Excellent Cross-Country Skiing in Styria With the Cross-Country Ski Trail Seal of Quality

The Cross-Country Ski Trail Seal of Quality is only awarded to the best. The 15 cross-country regions in Styria meet strict criteria, which are regularly checked, and also offer a suitable side programme:

- ♥ At least one classic trail and one skating trail
- ♥ Minimum length of 5 km and minimum width of 4 to 6 m
- ♥ Signposting including information on km, skiing direction and ability level (easy / medium / difficult)
- ♥ Danger signs and padded fall areas
- ♥ Permanent or immediate grooming of trails when the weather changes. The snow groomer must be equipped with a snow cutter
- ♥ Appropriate infrastructure at the starting point or access points
- ♥ Medical equipment
- ♥ Guaranteed snow for at least 60 days

Learn How to Cross-Country Ski in 6 Hours

Would you like to learn how to cross-country ski in just a few hours? Hardly any other snow sport guarantees so many positive effects on body and soul. But in order to protect the joints and use the muscles evenly, you must learn the right technique. As important as the correct execution may be to reap the rewards of cross-country skiing, it is just as simple to learn the basics of this winter delight. Professionals teach you what you need to know, spread across multiple days or in just one.

Cross-Country Skiing for Women

Burn up to 800 calories per hour, strengthen the muscles and train coordination whilst having a ball with your best friend. Styria knows what women want. Hardly any other form of exercise provides such a healthy workout whilst being as fun as cross-country skiing. Gently gliding through the delightful Styrian winter landscape with like-minded people and maximum success – for your health, figure and mood. In addition to the cross-country skiing schools, numerous hotels have tailored their holiday packages to the cross-country skiing trend amongst women. Best of all: with special wellness offers and culinary delights, it's all about what women want when back indoors too.

In Expert Hands

Ramsau am Dachstein

Ramsau am Dachstein in the Schladming-Dachstein region, known as Austria's Nordic eldorado, scores with its top-class network of trails. Covering a total length of 220 km, the trails extend at altitudes from 1,100 to 2,700 m in all difficulty levels.

Ausseerland-Salzkammergut

Four cross-country skiing areas, a fabulous landscape, guaranteed snow and fantastic thermal spas and baths are just waiting to be enjoyed. With a total length of 258 km and 19 trails, there are ideal cross-country skiing conditions here at 659 to 1,650 m above sea level. The perfect combination can be found in Bad Mitterndorf. Right next to the GrimmingTherme you can access the 145 km cross-country skiing network, after which you can loosen the muscles in the sauna or with a massage.

Gesäuse



STEIRISCHE TOURISMUS GMBH
 St. Peter-Hauptstraße 243, 8042 Graz
 T +43 316 / 4003 0, F +43 316 4003 10
 info@steiermark.com, www.steiermark.com

The cross-country skiing paradise of the Gesäuse is surrounded by the mighty Haller Mauern. Here you will find four trails of all difficulty levels and a total length of 32.5 km in the district of Hall.

Find more information about cross-country skiing at: www.steiermark.com/langlaufen

Press Information: Steiermark Tourismus

julia.maierhofer@steiermark.com (Travel Press)

ute.hoedl@steiermark.com (Corporate Communications and Photos)

Images/Press Releases: www.steiermark.com/foto and www.steiermark.com/presse



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