

AQUA DOME

TIROL THERME
LÄNGENFELD

WELCOME

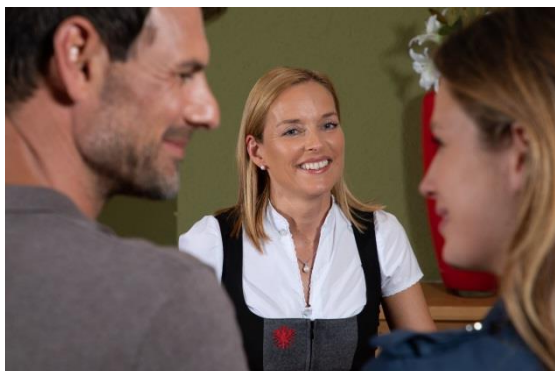
On the following pages you can find the
most important information for your stay!

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ARRIVAL

...a pleasant arrival.



UNDERGROUND PARKING

You can comfortably park your car in our underground parking garage. The barrier can be opened directly at the entrance of the garage or with your chip wristband. The parking lots are free to choose. An elevator takes you directly from the garage up the floors. Please do not park your car in front of the main entrance – due to safety reasons we are entitled to tow any unidentified car.

...your most important item.

ELECTRONIC CHIP-WRISTBAND

The wristband fitted with an electronic chip belongs to you for the duration of your stay. You can use it to open your room door and access the spa area. It can also be used as a cash-free means of payment for food, drink and other services. Please hand in the wristband at the reception upon departure.

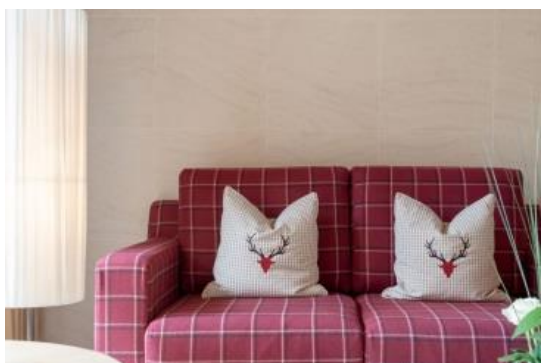
Should you lose your wristband, please contact reception as soon as possible (Call 5020)

...your most important path.

BATHROBE WALKWAY

Our heated bathrobe walkway means you can access the spa area directly from the hotel.

...in your room



MASTER SWITCH

Right next to the entrance you can find the master switch, which turns on and off all the electricity in the room. Switched off neither the electrical outlets nor the towel heater will be working.

ELECTRICITY

The voltage in our electrical outlets is 220 volts. The use of razors, hairdryers, electric toothbrushes, mobile phones and notebooks is permitted – any use of other electrical equipment which are not provided by the hotel are not allowed due to safety reasons.

TOWEL HEATER

In your bathroom you can find a towel heater which can be activated by a switch next to it. After activating the switch, the heater will heat up in around 15 minutes and cool down automatically after 45 minutes.

SAFE

The safe is located inside the wardrobe and can be closed and reopened by simply typing in a random 4- digit number and pressing “#”

PILLOW SELECTION

...sleeping well depends on the pillow!

Please make your wishes known at the reception (Call 5020)



FLAT PILLOW WITH HORSEHAIR FILLING

It has a cooling character. They are characterized by their very high and supportive strength and form a very solid pad for the head.



MILLET PILLOW

The texture of millet makes the filling of the pillow seems fluid. This flow allows a very good adaptation of the pillow in the head and neck area and provide an optimal moisture exchange.



SPELT PILLOWS

The texture of Spelt makes the filling of the pillows appear fluid. This flow allows a very good adaptation of the pillow in the head /neck area and provides an optimal moisture exchange.



SHEEP'S WOOL PILLOWS

Are soft and cuddly and have an anti-rheumatic and temperature-balancing effect.



PILLOW POLYESTER FILLED | INTEGR. NECK SUPPORT

The ergonomic soft cold foam core brings a very high flexibility, excellent point elasticity, air permeability and ensures a very comfortable feeling and an ideal sleeping environment. Suitable for back and side sleepers. Suitable for allergy sufferers.



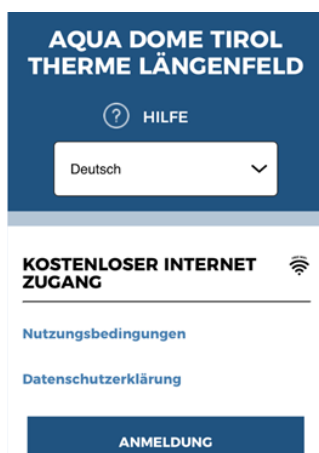
NECK ROLL / BOLSTER

It can help support the cervical vertebrae and relax the neck muscles as well as tendons. Suitable for allergy sufferers.



Neck Collar / Head rest

Suitable for allergy sufferers.



...your personal welcome.

WLAN

Free Wifi is accessible in the whole building. Simply connect with "aquadome", choose your language and log in in the web browser. There is no password needed.

Guided hometour

Every day at 13.00, we are happy to welcome our newly arrived guests at the information desk in the hotel lobby. You will receive valuable information for your stay. During a quick tour, you will get an overview of the facilities to help you find your way around.

If you have any questions or requests, please contact us:

Reception: 5020
Roomservice: 4025
Treatment & Spa: 6200
Fitnesscenter: 6100



OUR SERVICES from A-Z

ADAPTER

Various types of electricity adapters are available to be lent at the reception. We only book a small deposit as security which will be redeemed when the adapter is returned.

ALLERGY-FRIENDLY BED SHEETS

In case you are in need of allergy-friendly bed sheets, feel free to call the reception. We will be glad to change your sheets.

ANSWER PHONE

Press the button 'Anrufbeantworter' on your phone. In case of incoming calls during your absence, they will be redirected to your personal mailbox. A red lamp lights up as soon as the incoming call was recorded.

BABYPHONE

Please contact reception to borrow a baby phone free of charge. There will be only a small deposit charged on your room.

BABYSITTER

We will be happy to arrange a babysitter to look after your child or children. The cost is currently EUR 15,00 per hour. Please contact the reception as soon as possible so that we can find a babysitter available at the time you need.

CURRENCY

Our national currency is the Euro. We are also happy to exchange Swiss Francs and US dollars (only banknotes) at the reception to euros.

PILLOW SELECTION

We have a number of different cushions available to borrow free of charge (horsehair, millet, spelt etc.). Simply contact the reception by calling 5020.

CONFERENCE SERVICE

If you are interested in hosting an event at the AQUA DOME hotel or thermal complex, please contact our colleagues from the event department (tel. 5015).

FILMING AND PHOTOGRAPHY

Filming and photography in the spa area is only permitted to a limited extent. Filming and photography is prohibited in the entire wet area, especially at the poolside and underwater. Use the specially designated photo points for your souvenir photos. In doubt, ask our pool staff to show you the photo points. Please make sure that no strangers are

visible on your taken photo material.

Filming and photography in the children's area and in the entire sauna and Spa 3000 area is also prohibited.

HAIRDRESSER

In the foyer of the thermal complex, you can find our hairdresser "Friseur Grüner". For appointments, please call the saloon directly under tel. 573.

Opening hours

Monday	02.00 p.m. – 07.00 p.m.
Tuesday	02.00 p.m. – 07.00 p.m.
Wednesday	02.00 p.m. – 07.00 p.m.
Thursday	10.00 a.m. – 07.00 p.m.
Friday	10.00 a.m. – 07.00 p.m.
Saturday	10.00 a.m. – 05.00 p.m.
Sunday	Closed

HEATING

All our rooms are equipped with floor heating. You can find the control panel attached on the wall in your entrance area.

HIKING EQUIPMENT

At the reception we have hiking boots, backpacks, hiking sticks and rain jackets, to support your hiking tours as much as possible.

HYGIENE SETS

Did you forget something? No problem! It is our pleasure to provide you with toothbrush, tooth paste and other small items of your daily needs. Please contact the reception.

LAUNDRY SERVICE

We will be happy to wash and iron your clothes for you for a fee. A list of all prices can be found in your wardrobe. Please contact the reception at tel. 5020.

LUGGAGE SERVICE

In case you need help with the luggage feel free to call the reception. You can also safely deposit your luggage on your day of arrival and day of departure in our designated luggage room.

MATTRESSES

Sleeping habits are very different. If your mattress does not match your firmness level, we will gladly exchange it for a harder mattress or offer you a softer topper (subject to availability). Please make your wishes known at reception tel. 5020.

MEDICINE

In case you are suffering from pain we can provide you with over-the-counter medicine (Aspirin or Mexalen) at our reception. For any other medicine or medical emergency please refer to the local pharmacy or general practitioners in Längenfeld.

MINIBAR

Each room is fitted with a free minibar containing non-alcoholic drinks. The minibar is refilled daily. Alcoholic drinks can be ordered from the hotel bar (tel. 4025).

NEWSPAPERS

A small selection of newspapers is available for sale at the reception. Further newspapers and magazines can be purchased at the AQUA Plaza in the thermal complex.

PRINTER

If you would like to print something, please refer to the reception team.

PRESENTS

If you would like to take a present with you for your beloved ones, we have a variety of regional products and present ideas at our hotel shop just next to the reception. Daily opened from 08.00 – 22.00.

PETS

Dogs are very welcome in our hotel. Please communicate the stay of your animal best friend to the reception. There will be a charge of EUR 38 (without food) per night.

PHONE CALLS

Press the button '0' on the telephone to call external phone numbers. If you want to call your relatives in the hotel directly, just dial their room number.

PUBLIC TRANSPORT

From the AQUA DOME, the entire Ötztal valley can be reached by public transport. For more information, contact the reception.

POST

You can bring your mail to the reception. We will send it immediately on the next workday. You can pay the postal charges directly at the reception or we can charge it onto your room bill.

RADIO

Included in your television.

RECEPTION

Our hotel reception is occupied 24 hours a day and contactable under the extension 5020.

ROOMSERVICE

If you wish, we can serve you food and drinks directly to your room. You can find the room service menu attached in your room folder.

STATION FOR ELECTRIC CARS

In our hotel garage, you can re-charge your electric automobile for a charge. The sockets are suitable for all common types of electric cars.

SMOKERS

All our rooms are non-smoking rooms. As a smoker, you are welcome to smoke your cigars, cigarettes or e-cigarettes etc on your room balcony or in the designated outside smoking areas in the thermal spa.

SKI- & BIKE STORAGE ROOM

There is a secure and heated ski and bike storage room in the basement of our hotel. This room can be opened using the electronic chip on your wristband.

TELEVISION

Every room is equipped with television with different HD channels.

UMBRELLA

You can borrow them at the reception at any time.

WIFI

Our free Wi-Fi is available in the thermal spa in the lobby as well as in the thermal restaurant.

WAKE-UP SERVICE

Please contact our reception (tel. 5020) if you need a wake-up call at a specific time.

ROOM SERVICE

You can enjoy the below listed meals at your room from 12.00-23.00.
From 8.00 until 11.00, you are able to order breakfast to your room.
Please let us know your choice from the buffet and we will compose your individual breakfast table.
You may also order any beverages from our bar menu to your room.

Please contact our team under the extension **4025** for your order.
We charge an additional **EUR 5** per service for beverage orders and a la carte orders from the bar menu.
For room service of breakfast and dinner in the course of half board we charge **EUR 10**.



**ROOM
SERVICE
MENUE**

Click here

CULINARY

Our chef at the AQUA DOME is committed to providing guests with a wide selection of healthy and hearty food. Come in, sit down and enjoy the taste of the Ötztal Alps. Bon appétit!

AlpinVitalHalfBoard

Our AlpinVitalHalfBoard offers:

- organic breakfast buffet
- five-course dinner featuring healthy variations of local dishes
(A vegan menu is also available every evening.)
- starter, salad and dessert buffets or a themed buffet / local buffet

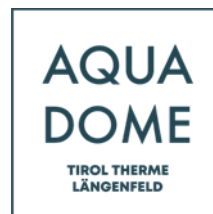
Breakfast

A healthy breakfast buffet is available every morning in the “Sinngenuß” restaurant from 7.00 a.m. until 11.00 a.m. Early birds can enjoy coffee and fresh croissants in the thermal Spa restaurant from 07.00-09.00 a.m. – or alternatively enjoy their breakfast there from 09.00 - 11.00 a.m.

Dinner

Dinner is served every evening in the Sinngenuß restaurant from 18.00-21.00. Visit our restaurant and let the head waiter show you to your table.





Additionally, we offer you...

Thermal spa restaurant

Large restaurant next to the entrance offering a wide range of dishes including a vita.m.in-rich buffet, a BBQ, pasta specialties and delicious desserts.

Opening hours: daily from 7.00 to 21.00.

Breakfast (only hotel guests): daily from 7.00 to 9.00.

Large breakfast buffet: daily from 9.00 to 11.00.

Mammut Bar

Bar near the entrance serving snacks and a variety of coffees and cakes.

Opening hours: daily from 9.00 a.m. until 10.00 p.m. | 9.00 until 22.00.

Sauna bistro

Restaurant in the sauna area with an open-plan kitchen featuring fresh dishes and cool drinks.

Opening hours: daily from 12.00 until 21.00, kitchen open until 20.30.

Bar at the Spa 3000

Cosy bar with a roaring open fire serving snacks and drinks in a relaxed atmosphere.

Opening hours: daily from noon until 9.00 p.m. 12.00 until 21.00.

Hotel bar

Here you will find a large selection of cocktails and other drinks.

Opening hours: daily from 12.00 until 00.30.

Our bar team will be happy to serve you in your room until 23.30.

Dress code

We want you to feel relaxed and comfortable during your stay at the AQUA DOME hotel. However, we do ask guests to wear appropriate clothing for dinner in our restaurant. Men are asked to refrain from wearing shorts and flip-flops.

Dinner in bathrobe

Enjoy your dinner included in the half board either in our self-service restaurant Einkehr or in the sauna bistro comfortably in your bathrobe. You will receive the Voucher at the hotel reception.

EMERGENCY INFORMATION

EMERGENCY NUMBERS



European emergency call	112
Police	133
Ambulance	144
Fire department	122
Mountain rescue	140

Doctors

General practitioner



Dr. Hannes Hörtnagl

Oberlängenfeld 41a
6444 Längenfeld

Contact

+43(0)5253 649 00
doc.hoertnagl@utanet.at

Office hours

Monday	08.00 a.m. – 12.00 p.m.
Tuesday	08.00 a.m. – 12.00 p.m. & 4.00 p.m. – 6.00p.m.
Wednesday	08.00 a.m. – 12.00 p.m.
Thursday	08.00 a.m. – 12.00 p.m. & 4.00 p.m. – 6.00p.m.
Friday	08.00 a.m. – 12.00 p.m.

Dr. Herbert Illmer

Unterlängenfeld 147
6444 Längenfeld

Contact

+43 (0)5253 5217
herbert_illmer@aon.at

Office hours

Monday	08.00 a.m. – 12.00 p.m. & 5.00 p.m. – 6.00p.m.
Tuesday	08.00 a.m. – 12.00 p.m.
Wednesday	08.00 a.m. – 12.00 p.m. & 5.00 p.m. – 6.00p.m.
Thursday	08.00 a.m. – 12.00 p.m.
Friday	08.00 a.m. – 12.00 p.m. & 5.00 p.m. – 6.00p.m.

Dentist



Dr. Marlies Wilhelm

Unterlängenfeld 192
6444 Längenfeld

Contact

+43(0)5253 6329

Office hours

Monday	08.00 a.m. – 11.00 a.m.
Tuesday	08.00 a.m. – 11.00 a.m.
Wednesday	08.00 a.m. – 11.00 a.m.
Thursday	2.00 p.m. – 7.00 p.m.
Friday	08.00 a.m. – 11.00 a.m.

Veterinary



Dr. Selina Kasper Wechner

Unterlängenfeld 88
6444 Längenfeld

Contact

+43 (0)650 6600 444 (mobile)
selinakasper@com

Office hours

An appointment by telephone is required.

Pharmacy



Nikolaus Apotheke

Oberlängenfeld 6/01 B
6444 Längenfeld

Contact

+43 (0) 5253 433 10
office@nikolaus-apotheke.at
www.nikolaus-apotheke.at

Opening hours

Monday	08.30 a.m. – 12.30 p.m. & 2.30 p.m. – 6.30 p.m
Tuesday	08.30 a.m. – 12.30 p.m. & 2.30 p.m. – 6.30 p.m
Wednesday	08.30 a.m. – 12.30 p.m. & 2.30 p.m. – 6.30 p.m
Thursday	08.30 a.m. – 12.30 p.m. & 2.30 p.m. – 6.30 p.m
Friday	08.30 a.m. – 12.30 p.m. & 2.30 p.m. – 6.30 p.m
Saturday	08.30 a.m. – 12.30 p.m.
Sunday	4.00 p.m. – 6.00 p.m

Fire detectors



All hotel rooms and areas open to the public are fitted with smoke alarms to ensure our guests' safety. If you hear a fire alarm, please contact the reception immediately by telephoning 5020. In each room, you will also find a set of instructions on how to act in case of a fire. There are fire extinguishers on each floor.

Emergency exit



Emergency exit routes are indicated using green arrows. Each room also contains information on how to act in an emergency. In case of an emergency please contact the reception (Tel. 5020).

BANK

Raiffeisenbank Längenfeld

Oberlängenfeld 72
6444 Längenfeld

Contact

+43 (0)5253 5241
www.raiffeisen.at/rb-laengnefeld

Opening hours

Monday to Friday
08.00 a.m. – 12.00 p.m. &
2.30 p.m. – 5.00 p.m.
ATM available 24 hours

Sparkasse Imst – Zweigstelle Längenfeld

Oberlängenfeld 5
6444 Längenfeld

Contact

+43 (0)50100 77149
www.sparkasse.at

Opening hours

Monday to Friday
08.00 a.m. – 12.00 p.m. &
2.30 p.m. – 5.00 p.m.
ATM available 24 hours

TAXI SERVICE

Taxi Quaxi

Erich Klotz
Unterlängenfeld 199
6444 Längenfeld

Contact

+43 (0) 5254 3737
www.taxiquaxibusreisen.com

DEPARTURE

Check Out

By 11.00 a.m.

For just EUR 19, you can continue to enjoy the therme, sauna and gym at the AQUA DOME even after having checked out. You can change clothes in our daytime wardrobe and start your journey home refreshed and relaxed.

Late Check Out

Depending on the booking situation, you may have the option of using your room as well as the therme and sauna, Spa 3000 included until 18.00. This service is subject to a surcharge.

Luggage

Do you need any help with your luggage? Simply contact the reception.

Payment options

We accept all major debit, EC and ATM cards. Contactless payment, including Apple Pay, is also possible.

Credit card (American Express, Master Card/Eurocard, Visa, JCB) as well as cash payment.

In addition, Webhotel vouchers, VAMED Vitality World gift cards and Wellcards can also be redeemed with us.



AQUA DOME – THERMAL SPA

Opening hours:

For hotel guests daily from 07.00. until 23.00
(Pools close at 22.30)

Moonlight bathing:

Every Friday until midnight
(Pools close at 23.30)

Thermal spa dome

Take the plunge and experience total relaxation in 89,6-96,8°F | 32-36°C warm water, flowing from the majestic glaciers down through the mountains to a natural thermal water spring at a depth of 6119,8 ft | 1.865 m.

Sulphur bowl

Kick back and enjoy the scenery as the bubbling water and thermal fountains massage your legs and lower body.

Brine bowl

Warm salt water, light effects and make up for a memorable bathing experience.

Whirl bowl

Sit down on one of the underwater benches and enjoy a whirlpool-style massage with 96,8F | 36°C warm water streaming out of fine jets.



SAUNA WORLD

Opening hours:

Daily from 10.00 a.m. – 10.00 p.m. | 10.00 until 22.00
Open to guests aged 15 years and older | NUDE AREA

Children under 15 can use the Sauna between 10.00 a.m. – 12.00 p.m. | 10.00 and 12.00

Moonlight bathing:

Every Friday until 10.00 pm. | 22.00

Loft sauna (140 °F-195 °F) (60-90°C)

A conventional Finnish sauna with a twist! The Loft Sauna is spread over several levels, meaning guests can choose to sweat it out in temperatures of anywhere between 140°F/60°C and 195°F/90°C depending on where they sit.

Hay barn sauna (160°F/70°C)

Designed in the style of a traditional Alpine barn, this cosy sauna has an air temperature of around 160°F/70°C. We recommend spending 10-20 minutes in the sauna, then cooling off with a stroll in the fresh air and a dip in the outdoor pool before enjoying a warm footbath.

Stone Sauna (175°C-210°C/80-100°C)

Surrounded by earth-toned stone tiles, you can sweat in this Finnish sauna during regular automatic infusions. It smells like orange or eucalyptus, mountain pine or alpine herbs. A stay of about 15 minutes is recommended.

Gogre Sauna (195°F/90°C)

This sauna made of wood, stone and glass appears to be located in the middle of an Alpine canyon. Further decorative elements as well as light and sound effects contribute to a special sauna experience. We recommend 15-20 min. in this sauna.

Herb bath sauna (120°F/50°C)

A relatively mild air temperature of 120°F/50°C combined with music and light effects makes this sauna the ideal place to relax. We recommend a maximum of 20 minutes in this sauna.

Steam dome (115°F/45°C)

The Steam Dome lives up to its grand name as a temple of wellbeing. A pleasant air temperature of around 115°F/45°C and high humidity levels are the ideal way to clear your head, cleanse your pores and rehydrate your skin. We recommend 10-20 minutes, followed by a shower and eventually a quick dip in

Brine steam bath (115°F/45°C)

the plunge pool.

Warm air with a high salt concentration is known to be a great treatment for blocked airways. Our Brine Steam Bath with an air temperature of around 115°F/45°C has its own graduation tower and brine nebuliser to guarantee the ideal climate at all times. We recommend a maximum of 15 minutes.

Waterfall shower

A circular shower tower where guests can choose between torrential tropical rain, a thundering waterfall or fine jungle mist. Give it a go and let yourself be surprised!

Ice grotto

From flaming fire to Arctic ice! The thick layer of ice covering the walls and the ceiling of the Ice Cave immediately neutralises the heat of the sauna – a refreshing and invigorating experience.

Diving pool

Brave souls can take the plunge after a sauna session to kick-start their circulation.

Shower world

Here at the AQUA DOME even the post-sauna shower is an experience to savour. Impressive light effects and cascading water make this a shower cabin like no other!

Quite zones

Take a well-deserved break between sauna sessions and enjoy soothing light and sound effects as you relax on our heated waterbeds and comfy recliners.

Sun beds

A number of sunbeds can be found at the following locations in the AQUA DOME:

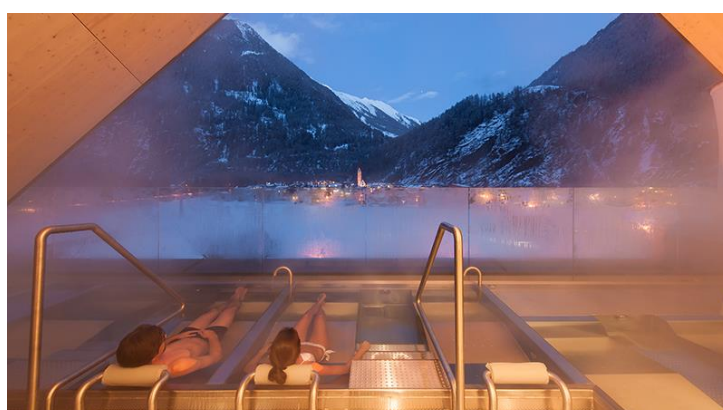
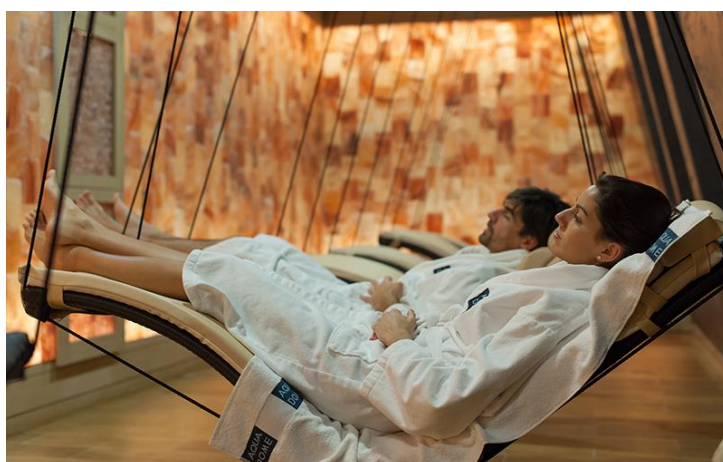
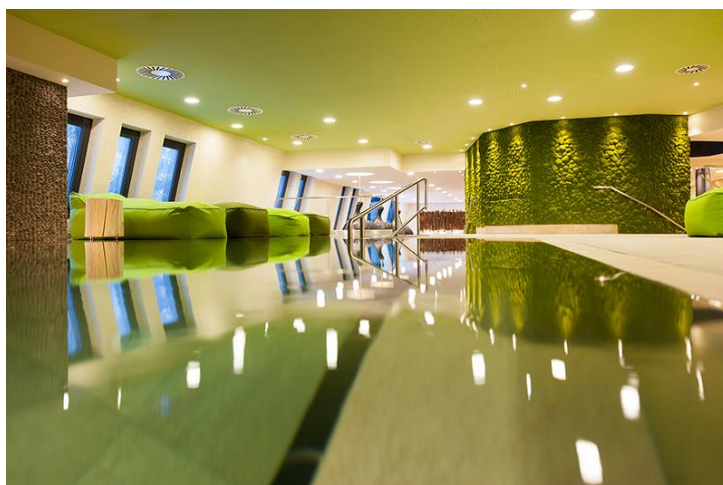
- Thermal spa dome
- Fitness centre
- Treatment & Spa
- Sauna world

Sunbeds can be paid for using your electronic wristband.

SPA 3000

Opening hours:

Daily from 10.00 a.m. – 10.00 p.m. | 10.00 until 22.00



Here you can feel the strength of the Alps: Let your gaze wander through the huge panoramic glass panel and enjoy the breath-taking view of the Ötztal mountains. Get an up-close experience of the strength of the Ötztal resources at SPA 3000, the award-winning premium wellness area only for hotel guests: Fragrant Alpine herbs, invigorating minerals, sparkling gemstones, as well as the flickering fl.a.m.es in an open fireplace, ice and bubbling thermal water are skilfully staged.

Harmoniously subtle interiors and futuristically designed relaxation areas on two floors embody wellness in a new dimension. The surrounding mountainscape is captured in the design language of SPA3000 - with its spruce, granite and the special layout. Let yourself be carried away in contemplative theme worlds!

Open to guests aged 15 years +

Level 2	Dressed area
Herbal tea lounge (72-75°F/22-24°C)	Enjoy a cup of freshly made herbal tea on our exclusive Herbal Tea Lounge as you gaze out over the village of Längenfeld.
Moss pool (93°F/34°C)	With a water temperature of 34°C, the Moss Pool is the ideal place to unwind and enjoy a little peace and quiet. There is also a spacious chill-out area with beds and recliners.
Floating relaxation (72-75°F/22-24°C)	The salt stone walls in this room create a high concentration of salt in the air, which also passes through a dry salt wall on its way into the Salt Room to provide an additional source of ionisation. Specially designed recliners floating a few centimetres above the ground create a peaceful atmosphere.
Herb scrub bath (108-149°F/42-65°C)	Sign up for a Herb Bath Treatment and let our sauna expert guide you step by step through this soothing process. First you will be asked to select a balm and apply it liberally to your whole body. Herbs will then be added to create a sweet-smelling cream mixture that will soak into the skin during the treatment. Finally, shower off the remaining cream and herbs to reveal sweet-smelling revitalised skin as smooth as silk.
Alpine herb sauna (140-185°F/60-85°C)	A low-temperature sauna with an invigorating infusion carried out every seven minutes using herbs from the Ötztal Valley.
Mineral shower	Amethyst dust and salt are provided next to the entrance and should be applied to the skin as a first step. Further back there are three showers with

different water temperatures. In each shower the water passes over a specific mineral before reaching the body.

Ötztal mineral bath (104-117°F/40-47°C)

Fine jets spray small quantities of three minerals – selenium, magnesium and lithium – and trace elements into the air to invigorate the body. An information board provides details about the minerals used.

Level 3

Dressed area

Fireside relaxation area (72-75°F/22-24°C)

A peaceful area with an open log fire and fantastic views of the surrounding mountains.

Längenfeld basins

Four large outdoor bathtubs filled with fresh spring water and covered with a small roof. Designed to be shared by couples.

Cosy lounge (72-75°F/22-24°C)

A raised chill-out area with beautiful interior design and comfy recliners

Mountain fire (195°F/90°C)

This Finnish sauna built around an open fireplace is a great place to enjoy panoramic views of the Ötztal Valley.

Panorama terrace

The outdoor area on the top floor offers fantastic views of the surrounding landscape. Every day at 5.00 p.m. flaming torches are lit on the west-facing terrace overlooking the Hauerkogel mountain, creating a romantic and relaxing atmosphere.

TREATMENT & SPA

Opening hours:

Daily from 9.00 am until 7.00 pm | 09.00 until 19.00



Moments of well-being. Inner peace. Deep relaxation. Let your body and soul merge during a soothing massage, beauty pack or treatment. The contrast between the harsh nature outside and the luxurious comfort of the AQUA DOME releases energy that awakens new spirits and makes you shine.

Our extensive range of massages and treatments can be found in the enclosed brochure.

Pre-book your treatment to secure your desired date. Please feel free to advise if you prefer a female or male therapist.

Inform yourself in advance in our treatment folder:



Arrange your desired appointment by:

- phone: +43 5253 6400 6200
- direct at the spa- or hotel reception
- by e-mail at: treatment@aqua-dome.at
- or book your treatment online by clicking here:

[> Treatment buchen <](#)



THERMAL SPA SHOP

Opening hours:

Daily from 09.00 until 18.00

Here we offer you a great selection of products which are indispensable for a great spa-day. Everything from swimwear to magazines, everyday cosmetics and flip-flops – you will find a wide variety of fabulous products. In addition, you can choose from popular, high-quality “Vossen” terry-towelling items. As you can see, this shop caters for every desire. And on top, you can look forward to our ongoing promotions. There is something for everyone.

The shop is located next to the entrance to the spa and can also be accessed from the spa. You can pay using your electronic chip.

We look forward to your visit.



FITNESS CENTER

Opening hours:

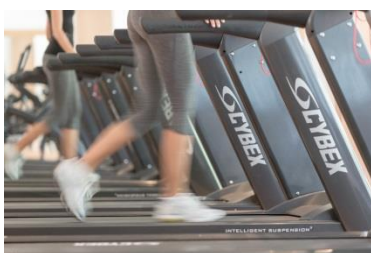
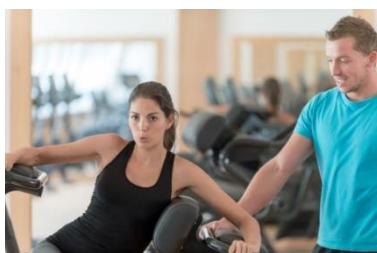
Daily from 8.00 am until 10.00 pm | 08.00 until 22.00

Open to guests aged 15 years and older

The fitness centre Gipfelsturm offers you state-of-the-art trainings equipment for strength up to cardio training from trendsetters like Cybex as well as aerobic and spinning courses, personal training and performance diagnostics with our highly educated fitness staff. Shortly – Fitness on the highest level.

We kindly ask you to enter the fitness centre only in training clothes and sport shoes.

A copy of our detailed fitness course program can be found at the hotel reception, at the thermal information desk as well as in the fitness centre.



PERSONAL TRAINING – MAKE THE BEST OF WHAT YOU HAVE

If you don't like to train alone and are looking for motivation and athletic drive, then book a session with our personal trainers to help with your personal training success. Best instructed and guided by your personal trainer. You won't run out of breath halfway there.

For further information and registration, our fitness team is at your disposal:

Tel.: +43 5253 6400 6100

E-mail: fitness@aqua-dome.at

Or book your course online by clicking here:



AQUA DOME – THE HOTEL

Operator is the VAMED. The international health corporation engages in the business of wellness and spa resorts since 1995. Under the umbrella company VAMED Vitality World, founded in 2006, the VAMED currently runs eight of the most popular wellness and spa resorts in Austria.

The Facts:

Management

Bärbel Frey & Dr. Herbert Kuess

Employees

Approx. 250

Architects

Holzbauer & Partner, Architect Wolfgang Vanek

Rooms

- 168 double bedrooms
- 24 junior suites
- 6 family suites
- 2 executive suites
- 400 beds in total

Conference area

- Biggest conference area in tyrol
- 9688 sq ft | 900 m² of conference space for up to 800 persons
- Conference rooms in various sizes with comfortable lobby
- State-of-the-art technology and Wifi



THE HISTORY of the AQUA DOME Tirol Therme Längenfeld

From a simple spring to a state-of-the-art spa

The history of the AQUA DOME actually starts way back in the 15th century. At that time several bathing facilities known as “Bauernbadln” were created in Tyrol, including one in Längenfeld. These baths would be frequented by local farmers wishing to wash, socialise and cool off during the hot summer months.

In 1830, the first scientific tests were carried out on the spring water in Längenfeld by Professor Karpe.

This simple bathing facility at the sulphur-rich spring in Längenfeld remained in place until 1875. An old photo shows a small wooden chapel on a rocky outcrop. Below the chapel there is a spring, while to the left there is a wooden hut built into the mountain. This hut contained the bathing facility and a number of rooms. The water was heated in a cauldron near the spring outside the hut and then carried in buckets by hand to the bathtub inside. These tubs were made of wood and smelt strongly of hydrogen sulphide.

In the early hours of Friday, 5 November 1875 the wooden hut and all of the surrounding buildings were completely destroyed by a fire.

The owner then decided to sell the spring and the land around it to a company from the town of Merano in South Tyrol, which in turn built a simple wooden hut and re-opened the baths.

In 1891, Anton and Peter Gstrein, Johann Tobias Haid, Peter Sigmund Grüner and Josef Falkner purchased the land and spring for 3400 florins.

Just two years later, in 1893, a team of tourism pioneers opened the first modern baths in Längenfeld. The facility was designed by the Berlin architect Walter to look like a typical German Renaissance building, before being adapted to a more traditional Alpine style by local architects. Over the course of the years, it developed into a modern spa hotel.

The busiest period during the year was from June until late September. In 1914 records show 350 guests and around 3000 day visitors.

The hotel closed in 1976 and the building was demolished in 1980. All references to “Längenfeld Spa” were removed from tourism brochures.

The AQUA DOME comes to Längenfeld

In the early 1980s the idea resurfaced of using the local sulphur spring as a spa. The following steps then ultimately led to the creation of the AQUA DOME:

- 1986 Decision to use the spring for a spa facility
- 1990 Drilling tests to a depth of 3084 ft | 940 m
- 1997 Main drilling procedure to a depth of 6119 ft | 1865 m
- 2001 Launch of phase I
- 2002 Start of construction work
- 2004 Official opening of the AQUA DOME on 1st October



The water

Längenfeld's water is a sodium chloride sulphate mixture from a depth of 1865 metres. It has a bivalent sulphur concentration of 5mg S per litre, a natural temperature of around 104 °F | 40° Celsius and a flow rate of approximately 3-4 litres per second.

The spring water is used as fill-up water at the AQUA DOME. Before entering the system, it is treated in order to conform to the provisions contained in the Swimming Pool Hygiene Act and the Drinking Water Ordinance.

THE SURROUNDINGS



Längenfeld

Längenfeld = the long field = 12,43 miles | 20 km long plain, the widest part of the Ötztal.

Much of Längenfeld's special charm comes from the special structure of the landscape and settlement area. The many small hamlets of the municipality lie lined up as if on a string of pearls at the elongated Längenfeld basin. These are Oberlängenfeld, Unterlängenfeld, Astlehn, Ruhnshof, Gottsgut, Huben, Aschbach, Dorf, Espan, Au, Oberried, Lehn, Lehner-Au, Unterried, Winklen and Dorfer Au.

Despite its touristic orientation, Längenfeld is still very rural. Around 200 farms cultivate the unique cultural landscape on and around the Längenfeld valley floor.

A total of 4000 guest beds in all categories are available to international guests.

Altitude: ca. 3937 ft | 1200 m, Area 196 km²

The Ötztal | Summer and winter destination

It is a legend that the Ötz Valley queued twice when the creator strode to distribute the beauty of nature. Otherwise, it cannot be explained that many of the superlatives of the holiday destination Tyrol are concentrated in the valley, which stretches from the upper Inn Valley almost 37 miles | 60 kilometres to the south:

- Highest mountain in Tyrol: The Wildspitze (12382 ft | 3774 m)
- Largest glacier area in the Eastern Alps
- Highest inhabited church village in Austria: Obergurgl (6332 ft | 1930 m)
- Tirol's highest waterfall: the Stuibefall in Umhausen (492 ft | 150 m)
- Natural jewel Piburgersee in Oetz, one of the warmest bathing lakes in Tyrol
- Approx. 250 three-thousand-metre peaks in the entire Ötztal Alps, 60 of which are over 11155 ft | 3400m high
- Over 808 miles | 1300 km of marked trails
- Highest panorama road in the Eastern Alps, the Timmelsjoch: the about 8 miles | 13 km long glacier panorama road leads up to 9186 ft | 2800 m altitude difference.
- Over 80 huts and alpine pastures, open from the beginning of June to mid-October, some throughout the year
- Over 186,4 miles | 300 km of slopes, more than 70 state-of-the-art lifts

All those who are looking for sporting challenges off the marked hiking trails in summer will declare the Ötztal as the best solution: Canyoning in deep gorges, free climbing on steep walls, rafting in a thundering river or high mountain tours with crampons over the glaciers will give fans from all over the world the last thrill. There are numerous signposted routes for mountain bikers, such as the famous Ötztal Trail (approx. 25 miles | 40 km), and even those who are entering new dimensions for the first time on a climbing rope or in a tandem paragliding flight are well advised and looked after here.

Skiing in winter is not everything that Tyrol's largest **winter** valley has to offer its sporty guests. Tobogganing, cross-country skiing, ice skating, curling, carriage rides, snow rafting, snowshoe hiking, ski tours, igloo building, indoor climbing, ice climbing, tandem flights with paragliding enjoy great popularity in the Ötztal and belong to the absolute evergreens for young and old. Most sports equipment can be rented on site. Numerous events and traditional festivals also provide the right holiday atmosphere in the valley of the legendary Ötzi.

Sölden

A hiking area in summer from 1377m to 3774m for hikers and families with children. 300 km of well-marked hiking trails. Alpine pastures and snack stations managed by the locals, 21 mountain lakes, 600 surrounding peaks, 174 of which are over 3,000m high. Tours and hikes to 16 mountain huts and 30 alpine pastures as well as snack stations.

Sölden is also the concentrated power of winter: World Cup venue and one of the most famous ski and snowboard centres in Europe. The generous range of slopes at all levels of difficulty and the excellent preparation of the 147 km of slopes make winter sports a unique pleasure. 73 km of red, 45 km of blue and 23 km of black pistes and 6 km of ski touring routes cover the varied offer, from easy terrain for beginners/light advanced skiers on the Giggijoch to a variety of demanding pistes on the Gaislachkogel ski mountain. The Gaislachkogel (3,058m) is also very popular with all those who want to make their tracks in the snow away from the secured ski area.

The winter ski area is connected to the two glacier ski areas by the Golden Gate to the Glacier lifts, so you can ski directly from the village to the glaciers up to 3250 metres.

With the BIG 3, Sölden is the only ski area in Austria to have 3 three-thousand-metre peaks that are accessible by lifts. The BIG 3 Rally not only takes you to these peaks, but safely through the entire ski area. Sölden also offers a top-class event programme and many events.

The remaining places of the Ötz Valley

Sautens – 810m	<ul style="list-style-type: none"> • The gateway to the Ötz Valley • Raftingstation
Oetz – 820m	<ul style="list-style-type: none"> • Hochoetz fa.m.ily ski area (10 lifts and 20 km of slopes) • Piburgersee, one of the warmest bathing lakes in Tyrol • From Oetz you can also reach Kuehtai
Umhausen – 900 m	<ul style="list-style-type: none"> • Ötztal Open Air Archaeological Park • Birds of prey station with flight demonstration • Stuibefall, largest waterfall in Tyrol (150m)
Niederthai – 1.600 m	<ul style="list-style-type: none"> • Hiking village Niederthai
Längenfeld – 1.173 m	<ul style="list-style-type: none"> • AQUA DOME - Tirol Therme Längenfeld • Ötztal Museum of Local History and Open-Air Museum • Pestkapelle • Naturpark house • Längenfelder pendant bridge
Gries – 1.569 m	<ul style="list-style-type: none"> • Cross-country skiing centre Längenfeld and Gries
Sölden – 1.377 m	<ul style="list-style-type: none"> • Ski area Sölden - Hochsölden with the glacier ski area around Rettenbach and Tiefenbachferner (glacier) • A total of 34 lifts and 147 km of slopes
Obergurgl – 1.930 m	<ul style="list-style-type: none"> • Obergurgl-Hochgurgl ski area with 23 lifts and 110 km of slopes
Vent – 1.900 m	<ul style="list-style-type: none"> • Famous mountaineering village, near the site where the Ötzi was found.

Easy walks and hikes in and around Längenfeld

Alluvial paths

Behind the AQUA DOME is the Ötztaler Ache. Here you can walk inwards to Huben, outwards to AU. There are always possibilities to cross the Ache by means of small bridges. In the AQUA DOME hotel lobby, you can enjoy coffee, cake and small dishes afterwards. We also recommend the restaurant Messner-Stuben directly in Längenfeld. You can obtain a map of Längenfeld at the hotel reception.

Our suspension bridge

Have a look at our incredible suspension bridge during breakfast. How do you get there? On foot to Längenfeld Church in the village centre - behind the church up to Brandalm. From the Brandalm to Burgstein (following the marked path) you come to the suspension bridge. From Burgstein it goes directly back to the AQUA DOME. Sigis Jausenstation in Burgstein is recommended for a break.

Walking time: approx. 2.5 hours.

Alpengasthof a.m. Feuerstein and Legend's way

Take the car to Huben (approx. 5 minutes' drive) and park there at the "zum Feuerstein" car park. Leave your car there and walk uphill for about 1.5 hours to the Alpengasthof. Along the way you will encounter all kinds of legend figures that reflect the history of the Ötz Valley. In the evening the path is illuminated. In the Alpengasthof you can enjoy the Tyrolean delicacies.

Gries - Sulztalalm - Amberger Hut

You drive by car to Gries, above Längenfeld (approx. 10 minutes driving time) and park there at the only parking place of the village. From there it goes on sunny ways over the Sulztalalm to the Amberger hut. Refreshments are available in both cabins daily and all day. Walking time from Gries to the Sulztal-Alm: approx. 1 hour, to the Amberger Hut: another hour.

Niederthai – Schweinfurter Hütte

You drive by car out of the valley to Niederthai above Umhausen (approx. 15 minutes driving time). On this sunny high plateau, you can hike to the Schweinfurter Hütte (approx. 2 hours walking time).

Please note that the cabins have different opening hours in summer and winter. We will be happy to provide you with more detailed information at reception.



Environment & sustainability

Protect our nature and environment

The AQUA DOME is implementing voluntary an energy management system based on norm ISO 50001.

As one of the leading companies at the Ötztal we will contribute to efficiency-raising and sustainable handling with energy and limited resources. Our intermediate target is to evaluate and relocate appropriate action for reducing CO² emission.

In the future, all activities of the AQUA DOME will be based on the most careful possible use of natural resources.

We would be very happy, if you too want to support our thought. For this reason we would like to invite you – under the motto “the most environmentally friendly kilowatt hour is the one that is not consumed at all”.

A few examples how every guest can help to reduce energy without significant quality loss:

- When leaving the room, disconnect the master switch
- Switch off lights, if nobody is present
- Shockairing instead of permanent open windows and doors
- Do not use stand by mode on TV's
- After charging mobile devices disconnect from grid – besides the durability of devices increases

Thanks for your cooperation and the goal to protect our environment sustainably for all of us.

