

Press release: AQUA DOME Fitness and Sport 2018

Diverse activity programme for holidaymakers and professional athletes at the AQUA DOME with state-of-the-art indoor gym and outdoor adventures in the Ötztal Valley

## **Spa relaxation, aqua adventures and outdoor activities at the AQUA DOME**

Located in the heart of the beautiful Ötztal Valley, the AQUA DOME is a haven for sports enthusiasts. This modern and eye-catching resort covers over 50,000 square metres and includes a futuristic spa and sauna world as well as a 4\* superior AQUA DOME Hotel giving guests exclusive access to the luxurious SPA 3000. Spring, summer, autumn or winter – whatever the season, AQUA DOME is home to a wide range of indoor and outdoor activities, from hiking and skiing at over 3000m to a cooling dip in the mountain lakes or the Ötztaler Ache river. Guests who prefer to work out indoors will also be spoilt for choice in the 500m<sup>2</sup> Gipfelsturm gym equipped with state-of-the-art machines from Cybex, the American trend-setter in fitness technology.

“By means of performance diagnostics and the force plate “Easy Torque” we are able to particularly analyse the muscles’ as well as the locomotive system’s strengths and weaknesses. Based on these analytical results the Cybex equipment makes a perfectly fitting workout possible”, explains Michael Ernst, graduate sports scientist and head of the fitness center Gipfelsturm at AQUA DOME. Those medically certified devices allow a highly specialized workout to dedicated beginners as well as to passionate professionals, of course under the guidance of professional coaches.

### **Top-end machines and over 40 fitness and aqua courses per week**

Thanks to the wide range of movements possible with the Cybex machines, guests can reach their personal training goals more quickly and efficiently – be it losing weight, building muscle mass or improving overall fitness. This strength and cardio training is complemented by the patented Back Zone, a series of machines designed to accelerate the recovery process from back injuries by stretching and strengthening the muscles in this area of the body. The gym is also equipped with a Power Plate, an innovative vibrating workout platform which stimulates muscle development as you train.

All in all the AQUA DOME gym comprises a 500m<sup>2</sup> training area, two fitness course rooms, a performance analysis zone and an activity pool. Every week there are over 40 fitness and aqua courses available, covering everything from spinning to aqua cycling, sling training to Zumba. Guests looking to unwind can visit yoga classes or try our Five Tibetan Rites relaxation programme. Finally, don't miss out on a brand new highlight at the AQUA DOME: Taiji Bailong Ball, an innovative new sport for body and mind that is all the rage in China at the moment.

### **The Ötztal Valley: a summer paradise for hikers, bikers and adventurers**

The 67km-long Ötztal Valley which surrounds the AQUA DOME is home to a 1300km network of trails taking hikers to the most beautiful lakes, mountains and waterfalls in the region. Highlights include Tyrol's highest waterfall, the Stuibenfall, and highest mountain, the Wildspitze. One thing is for sure – wherever you go, stunning views are guaranteed. Just as diverse as the landscape is the outdoor adventure programme at the AQUA DOME, featuring hiking, biking and Nordic walking to name just a few activities.

There are guided hikes catering for all fitness levels, including challenging high-alpine treks to the Hochstubaithütte hut or the Wildes Mannle mountain as well as gentle walks to the cosy Stabelealm hut for a traditional farmer's breakfast. Thrill seekers can head to the Area 47 adventure park at the entrance to the Ötztal Valley, home to Austria's highest artificial climbing wall, or take the plunge rafting on the Ötztaler Ache river or canyoning in one of the valley's many gorges. Cyclists and mountain bikers can explore 883km of cycle trails with 37,738 vertical metres of climbing and descending. There is a special bike wash facility in the basement of the AQUA DOME. Last but not least, why not borrow the AQUA DOME's 95 HP Mini Cooper Cabriolet free of charge and explore the winding Timmelsjoch High Alpine Road that connects Austria to neighbouring Italy?

### **Straight from the spa out onto the slopes**

There are few sights as magical as snow-covered mountains in bright winter sunshine. Whatever your sport of choice – skiing, snowboarding, sledging or snowshoeing – there is so much to see and do in the Ötztal Valley. With 220km of slopes serviced by state-of-the-art lifts, 150km of cross-country skiing trails, 200km of prepared winter hiking paths as well as numerous sledging runs, this corner of Tyrol is the perfect place to enjoy the beauty of winter outdoors. The network of cross-country skiing trails leads right past the AQUA DOME, while the many winter hiking paths in the region take walkers up to vantage



points overlooking the valley – the ideal way to enjoy the snowy landscape. The AQUA DOME also offers a number of guided snowshoe hikes, including excursions to the Gampe Thaya hut for a traditional breakfast as well as moonlight sledging adventures.

Skiers and snowboarders choose between the nearby resorts of Sölden and Obergurgl-Hochgurgl, both of which guarantee excellent snow conditions throughout the season. Sölden is well-known for its two glacier ski areas which remain open into May. And getting there couldn't be easier – the AQUA DOME's runs its own ski shuttle bus taking skiers and snowboarders directly from the hotel to Sölden. The AQUA DOME Hotel also offers the latest ski and snowboard equipment for hire as well as private ski lessons for all ages and abilities.

*5557 characters (incl. spaces)*

**About VAMED Vitality World:** VAMED is an international company which has been active in the fields of thermal spa and health resorts since 1995. In 2006 VAMED created VAMED Vitality World, a collection of the eight most popular spas and health resorts in Austria: the AQUA DOME – Tirol Therme Längenfeld, the SPA Resort Therme Geinberg, the Therme Laa – Hotel und Spa, the St. Martins Therme & Lodge, the Therme Wien, the GesundheitsZentrum Bad Sauerbrunn, the TAUERN SPA Zell am See-Kaprun, the la pura women's health resort kamptal and the Aquaworld Resort Budapest, one of the largest thermal spas in Hungary. These spas and health resorts welcome 2.5 million guests in Austria every year, making VAMED Austria's leading operator of thermal spas and health resorts.

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