

**PRESS RELEASE AQUA DOME - TIROL THERME LÄNGENFELD  
AUTUMN 2020**



Invigorating autumn hikes in the Ötztal valley, soaking up the warmth of the thermal water and saunas of AQUA DOME - Tirol Therme Längenfeld, distinguished as the “World’s Best Mineral & Hot Spring Spa”

**Strengthen your body, clear your mind: Active autumn rejuvenation in the Ötztal Valley & AQUA DOME**

Anyone who has experienced autumn in the Ötztal valley will understand why this season in particular touches the soul and strengthens the body for winter. The high Ötztal mountain peaks have already put on their winterly robes, the leaves gently sway over the valley floor, the low sun bathes the forests and lakes in a dazzling glow: contrasts that are best perceived on a hike. 1,600 kilometres of hiking trails, routes, paths and tracks are waiting to crunch under your soles. This might - not imperatively - culminate on the “top deck” and with an entry into the summit book - but especially in the autumn-coloured valley, the leisurely “Wasserläufer” loop strolls to Tyrol’s largest waterfall are just as impressive. Water, the source of life is the defining element of the Ötztal valley. It is the elemental force that becomes evident in the thermal water from a depth of 1865 metres: e.g. under the open skies inside one of the floating bowl-shaped basins, the hallmark of AQUA DOME - Tirol Therme Längenfeld. The most extensive thermal resort in the Alps is most distinctive, in both its architecture and its facilities: Its water and sauna worlds appear futuristic and are at the same time firmly rooted in the nature of the Ötztal valley. Stones from the Ötztal Ache river are used for massages, while regional delicacies around the Alpine Arc form the ingredients of the cuisine. After exerting yourself during the autumn walk, you can savour the soothing warmth of the thermal water and saunas: This is active recreation that strengthens the body for winter and clears the mind. “Lift your spirit”, is the apt promise of the AQUA DOME.

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Just like Frederick the mouse in Leo Lionni's famous children's book, during this autumn, it is particularly important to collect sunrays and colours, which can later be unpacked to bring colour and warmth on grey winter days. Soothe the soul and boost the body - the Ötztal and the AQUA DOME are an unbeatable duo. After all, the "World's Best Mineral & Hot Spring Spa" is not only one of the top destinations for wellness and relaxation, but also situated right in the middle of nature and connected to the traditions of the Ötztal valley.

Hikers to the wild waterfalls, such as the Stuibenfall, to tranquil mountain lakes like the natural jewel Piburger See or the white-water mountain river, the Ötztaler Ache, can finally immerse themselves in the precious waters: preferably into the AQUA DOME's thermal baths, due to the chilly temperatures outside at this time of the year. This water draws its power from a depth of 1865m, provides deep relaxation and replenishes the strength reserves. The futuristic bowl basins always offer a view of the 3000 m peaks. The AQUA DOME has appropriated the contrasts of the Ötztal Valley in an architecturally exciting way and made its contents tangible. During the "Ötztal Stone Massage" for example, cold and warm stones from the Tyrolean Ache river stimulate the immune system. Boosting the body - this is also possible in the sauna worlds of the AQUA DOME with the newly developed infusion rituals, in line with the current regulations: probably at its very best in the Gipfelsauna of the purist Premium SPA 3000 (from age 16), exclusively for guests of the 4-star superior hotel. While sweating, guests can let their gaze wander across a central fireplace through a glass front into the mighty mountainscape - and breathe the scent of the local wood. As the largest wellness area in Tyrol, the AQUA DOME-Tirol Therme Längenfeld offers 20,000 m<sup>2</sup> of spacious recreational areas with 2,200 m<sup>2</sup> of indoor and outdoor water facilities, a large fitness area and countless saunas.

Fancy a touch of tradition? In autumn, the AQUA DOME is the ideal gateway to the "Almabtrieb" - the ceremonial cattle drive from the alpine pastures into the valley, the harvest festivals or the traditional "Granten brocken", as the collecting of cranberries is called in the Ötztal dialect: The wild fruits are rich in vitamins and taste great as jam, which is offered for breakfast in the AQUA DOME. They can be collected during a hike to sunny mountain heaths at altitudes of 1,400 m and beyond in the Alpine dwarf-shrub thicket. "Eppas Guets",

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DOME**

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"something good" can be found (with the help of the same-titled brochure) at local farmers and distillers: from spicy cheese to high-quality spirits. These specialities are not only offered during the Haiminger market days on two weekends in October, but also in the kitchen of the AQUA DOME. This is the place of regional and imaginative cooking around the Alpine arc, of course always in cooperation with local businesses - for authentic enjoyment.

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*Long text: 4,253 characters*

*About VAMED Vitality World: The internationally active health group VAMED has been operating in the spa and wellness sector since 1995. Under the competence brand VAMED Vitality World, founded in 2006, VAMED is operating nine of the most popular thermal bath and health resorts in Austria: AQUA DOME - Tirol Therme Längenfeld, SPA Resort Therme Geinberg, Therme Laa - Hotel & Silent Spa, St. Martins Therme & Lodge in Frauenkirchen, Therme Wien, the GesundheitsZentrum Bad Sauerbrunn, TAUERN SPA Zell am See - Kaprun, la pura women's health resort kamptal in Gars am Kamp and SPA RESORT STYRIA in Bad Waltersdorf. With 2.6 million guests a year at the VAMED Vitality World resorts, VAMED is Austria's leading spa and health resort operator.*

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