

## Everything besides skiing!

You want something different than skiing or snowboarding?  
In this case we can recommend a wide choice of activities which are outlined here.

You'll be amazed how much is going on apart from skiing in our stunning region.

Your Information Office Team  
St. Anton am Arlberg

## arl.rock - Sport & Climbing Centre



### Kegeln – Discokegeln

Great fun for all the family, a particular highlight is disco kegeln in the groovy sports lounge.

### Tennis and multi- function hall

This multi –function hall can be used for tennis, football, volleyball, badminton, basketball, table tennis etc.

### Squashbox

**Climbing and Bouldering**  
Indoor and outdoor climbing and bouldering. Approx. 100 different climbing routes suitable for beginners and experts.

### Climbing Courses

We offer top rope and leading courses for all ages and abilities.

**Contact:** Tel. 05446-30324, office@arlrock.at, www.arlrock.at (C2)

## Walking Trails

### 1 Stanzertaler Round Walk (18 km round trip):

A relatively flat walk along the edge of the river, through Pettneu until Schnann. On cold days you will be able to experience a spectacular natural phenomenon here. The older bushes alongside the Rosanna are covered with ice crystals which sparkle beautifully in the sunlight.

**2 Gallery (3 km):** Walk along the "Rosannaweg", then slightly uphill to the ventilation shaft of the road tunnel. From here you can enjoy fantastic views over the St. Jakob area. At the end you can connect up to various winter walking trails.

**3 Verwall (10 km round trip):** Use the old Arlbergstraße to the Hotel Mooserkreuz, leading steeply uphill, (we recommend using the ski bus to the end of the old Arlbergstraße). From there, on almost flat terrain you have the possibility of walking to the Rasthaus Ferwall (roadhouse) or enjoying the panoramic walking trail around the "Verwallsee". This walk can easily become a highlight of your winter holiday.

**4 Around St. Anton am Arlberg (2.5 km):** Very easy round walk, showing St. Anton am Arlberg from various perspectives.

**5 Rodelhütte - Tobogganing Hut (7 km round trip):** Walk along the "Bahntrasse" to the cable car station in Nasserein, then steeply uphill to the end of the "Nassereinerstraße". From here it is a quite strenuous uphill ascent, over 200 metres in altitude to the toboggan run. Fantastic views over St. Anton am Arlberg and the "Stanzertal".

**6 Jakobusweg (7 km round trip):** The constant up and down hill sections are what makes this walk interesting. Walking on the sunny side of the "Stanzertal", in parts along the famous "Jakobusweg". Possibility to connect to other trails.



**7 Ganderau (3 km):** Plain walking path around St. Jakob.

**8 Pettneu via Vadiesen (12 km round trip):** Follow the "Jakobusweg" to St. Jakob, walk along the Dorfstraße to the village part "Untergand" and to our neighbouring village Pettneu. For coming back, walk along the "Rosannaweg", which runs directly beside the River Rosanna.

**9 St. Christoph (2.5 km):** At the level of the Arlberg Pass the alpine trail begins to the "Arlberg Taja". It runs parallel to the cross country trail.

**10 Reit (2 km):** Sunny, flat round walk in the outskirts of Pettneu.

**11 Kunstmeile (1 km):** From the ARLBERG-well.com centre to the cable car station in Nasserein.

**12 Circular Path "Planie" (2.5 km):** Walk from the Information Office through the park, pass the ARLBERG-well.com centre and along the "Kunstmeile" to the cable car station in Nasserein. Cross the "Dorfstraße" before you reach the petrol station, walk along the "Auweg" and through the underpass. Then cross the river "Rosanna" and walk along the "Friedhofsweg" until you reach the railway station. Pass the arl.rock, cross the bridge and walk back to the village centre of St. Anton.

### „Nature Watch“ – Guided Tour

A skilled guide explains details about flora, fauna, etc. in line with a snow shoe walk.  
Information: 0650 3913905



## Cross Country Ski Trails

With the exception of the first 2 km of the Stanzertal trail, all cross country ski trails are groomed for classic cross country and skating (free style).

### 1 St. Christoph Trail (2.5 km) medium

Circular path at the level of 1.800 m. Partially irregular terrain.

### 2 Verwall Trail (10 km) medium

Across from the Hotel Mooserkreuz, the "Verwallweg" branches off from the "Arlbergstraße". The cross country trail starts after about 200 meters and leads through the scenic "Verwalltal" and round the "Verwallsee". It's a challenging trail with irregular terrain. At narrow places where there is only one classic trail, we kindly ask skaters for consideration.

### 3 The Stanzertal Trail (22 km) easy

The trail starts at the "Wertstoffhof" in St. Anton and runs slightly downhill along the riverside. Until you reach Flirsch, there's access to all the villages in our holiday region along the trail. Please note that there's a hidden descent after the first kilometre of the trail!

### 4 Ganderau Trail (3 km) easy

Easy trail, ideal for beginners. Starting points: east of Hotel Tirolerhof or at the fire station in St. Jakob.

### 5 Reit Trail (2 km) easy

Easy and 2 km long circular path, situated in the east of Pettneu and access to the Stanzertal Trail – ideal practice round.

### 6 Pofel Trail (1.5 km) easy

Between the River Rosanna and the highway – east of the Wellnesspark in Pettneu – you'll find the trail (irregular terrain).

## Sleigh rides in the "Verwalltal"

Meeting Point: Verwallweg (B2)  
Advance booking necessary: Bals Thomas, tel. 0664 5308441



## Toboggan Runs



Floodlit, 4.3 km long, Gampen-Nasserein natural toboggan run. Open from noon – 4.15 pm.  
The costs for using the "Nassereinerbahn" are included in a valid ski pass.

**Tobogganing in the evening: Every Tuesday and Thursday from 7.30 – 9.30 pm.**

Ascent: Via Nassereinerbahn. Tickets available at the cable car station's cash desk from 7.00 – 9.30 pm.

**Toboggan fun in the Gampen-Bar:**

every Tuesday and Thursday from 7.45 pm onwards. Live music until 10 pm (also for non-tobogganists). Reservation Tel. 05446-2352-532.  
Final descent: Via Nassereinerbahn at 10.30 pm.

**Rodelalm,** Tel. 0676 886486100

**Transfer from Terminal West to Nasserein:** ski bus (free) until 6.30, night bus (liable for costs) at 7.00, 8.00 and 9.00 pm.

**Possibility of hiring toboggans** at all sports shops – groups only at the cable car station in Nasserein (from 7.15 pm) – return at Robi's Rodelstall, which is situated at the end of the toboggan run.

The toboggan run may be used during the day as well as in the evenings. Pedestrians can hire toboggans from the Rodelhütte at any time. Please pay attention to the current avalanche risk, warning signs and lift closing times.

**STANTON RODLER ARGE/GesnBR,**  
Jeffrey Swanson, Tel. 05446-2830, swanson@aon.at. Reservations for the Gampen-Bar: Tel. 05446-2352-532.

Toboggan run information:

Arlberger Bergbahnen Lift Company Info Office, Tel. 05446-23520.

**Strengen:** Egger-Weither-Verill 1km

**Flirsch:** Kohlwald, 1 km - floodlit

**Schnann:** 200 m - floodlit

**Pettneu:** 1.5 km - floodlit

## Museum



Opening hours: Daily from 3.00 pm until the end of restaurant operation. Audio guides in German, English and French. (B2)  
Visit the Museum St. Anton am Arlberg! Learn about the invention and the development of skiing, explore the history of St. Anton am Arlberg.

## Skibus

Free ski bus connections  
St. Anton – St. Jakob – St. Anton (Line 2)  
St. Anton – Nasserein – St. Anton (Line 4)  
St. Anton – Mooserkreuz – St. Anton (Line 3)  
St. Anton – St. Jakob – St. Anton (Main Road Line 5)  
St. Anton – Verwall – St. Anton (Line 6) fee charged  
Alpe Rauz – Zürs – Lech  
St. Anton – Pettneu return  
St. Anton – Schnann return  
St. Anton – Flirsch return  
St. Anton – Strengen return

## Night Bus (fee charged)

Timetables available at the Information Office in St. Anton am Arlberg, Pettneu and Flirsch.

## Taxi, Bus Tour Operators

**Arlberg Car, Taxi Griesser,** Tel. 05446-3730

**Der Harry Taxi,** Tel. 05446-30100

**Taxi Harry,** Gerda and Thomas Haidinger, Tel. 05446-2315 (Cab Call), 05446-2368 (Büro)

**Taxi Isepponi,** Tel. 05446-2275

**Taxi Lami,** Tel. 05446-2806

**Taxi Miro,** Tel. 05446-42542

**Taxi Reinhard,** Tel. 0664 2302618

**Taxi Zangerl,** Tel. 0664 44 255 75

**Tyroltours/Spiss Reisen,** Tel. 05446-3361 or 0664 3007178

## Snow Shoe Walking

**Skischule Arlberg,** Tel. 05446-3411, www.skischule-arlberg.com  
2 hours: 1.00 - 3.00 pm or 1.30 - 3.30 pm  
3 hours: 9.00 am - 12.00 pm or 1.00 - 4.00 pm

Snow shoe hire not included (snow shoes can be hired at all sports shops).



Routes: St. Anton to Verwall, Rendlalm, Putzenalm and to Flirsch. The avalanche risk must be paid attention to on all routes. (F1)

## Climbing Hall in Flirsch

Climbing hall in Flirsch's junior school. Climbing wall measuring 80 sqm, adjustable according to requirements, supervised by trained staff. Bouldering possible in all levels of difficulty, for beginners and experts. Great for training in winter. Ideal for children and beginners, as there is hardly risk of injury due to 30 cm thick and protective mat.  
Opening hours from November until the end of April: Wednesday, Friday and Sunday from 6.00 - 10.00 pm  
www.klettergruppe-arlberg.com

## Art Room in Pettneu

Contact address: Oswald Perktold, Bahnhofstraße 168, 6574 Pettneu, Tel. +Fax 05448-8295, oswald.perktold@utanet.at

**Art Room telephone 0676 511 7383**

Opening hours: Every Thursday and Saturday from 5.00 – 8.00 pm; Sunday from 3.00 – 5.00 pm



**The Art Room's Slogan: "Culture is what we share".** These words by Peter Sellar are used by the ART ROOM Assoc. in Pettneu to describe their work. Food for thought for those visiting the Art Rooms, for what the ART ROOM offers: walk through the internal rooms over the ramp and take in the architectural design of the walls, the asphalt flooring; the passageways with floor spots under the large table with light slots on the side; and both garden areas with the giant table.

**Visit the Art Room and discover how it used to be, how people in Pettneu and Tyrol lived and worked in the past.**

## Ice skating rink and curling at the ARLBERG-well.com centre



Reservation: Tel. 05446-4001 (B2)  
Ice skating: MO, TUE, THU from 01.00 – 05.30 pm and WED, FRI, SAT, SUN from 01.00 – 09.00 pm  
Curling: MON, TUE, THU from 06.00 – 10.00 pm

## Wellnesspark Arlberg Stanzertal



Wellnesspark Pettneu GmbH  
Pettneu 235 c, 6574 Pettneu  
Tel. 05448-22276 (D1)  
www.wellnesspark-arlberg.at oder  
www.wellnesspark-arlberg.com  
info@wellnesspark-arlberg.at

Restaurant Wellness-Relax: Tel. 05448-22241

**Opening hours:** Monday – Thursday

Indoor pool 10.30 am – 09.30 pm

wellness area 3.00 – 09.30 pm

Friday – Sunday:

Indoor pool 10.30 am – 10.00 pm

wellness area 3.00 – 10.00 pm

350 sqm pool area, oasis of well-being, children's pool, massage jets, solarium and relaxation room.

**The ultimate wellness experience:** Finnish sauna, aromatic steam bath, multifunctional shower, sanarium, crash ice cave, heated benches, infrared sauna, cold and warm resting rooms.

**Spoil yourself:** relaxation massages, relaxed atmosphere, resting rooms.



## Tandem Paragliding

Tandem Flights Arlberg, Tel. +43-664-1415166, flightconnection@gmail.com  
www.fca.at, tandem.fca.at (Online-Buchung)

**We offer: Flights in St. Anton**

Total duration: approx. 1.5 hours

Flight time: approx. 15 minutes

Maximum altitude: 2100 -2300 metres

**Thermal flight:**

Total duration: approx. 2 hours

Flight time: approx. 30 minutes

Maximum altitude: 2600 -2800 metres

Thoroughly recommended for flying enthusiasts wanting to experience the up current winds and flying in thermals - enjoy a completely different perspective of the normal horizon. Thermal flights are challenging and governed entirely by the weather. Available according to the prevailing conditions from mid February onwards, from approx. 12.00 pm.

**Panorama Flight**

Total duration: approx. 2 – 2.5 hours

Flight time: approx. 1 hour

Maximum altitude: 2800 - 3300 metres

Recommended for sporting enthusiasts with some flying experience. This ultimate altitude flight requires perfect weather conditions and is not possible every day. We advise you to wear warm clothes!

Start times: Panorama flights require ideal weather conditions and are particularly challenging for the pilots. Available from March onwards, from approx. 12.00 pm.

## ARLBERG-well.com - Centre for Wellness and Communication

6580 St. Anton am Arlberg, Tel. 05446-4001 (B2)  
wellness@arlberg-well.com, www.arlberg-well.com



**Opening hours:**

Swimming pool 10.00 am - 10.00 pm

Sauna 12.00 am - 10.00 pm

Fitness studio 10.00 am - 10.00 pm



Ice skating: MON, TUE, THU from 01.00 – 05.30 pm and WED, FRI, SAT, SUN from 01.00 – 09.00 pm  
Curling: MON, TUE, THU from 06.00 – 10.00 pm



## WELLNESS

**Swimming pools:** Indoor pools with connected egg-shaped outdoor flume, outdoor lap pool, children's pool.

**Sauna World:** Finnish sauna, Kelo-sauna, sanarium, steam room, Infrared sauna.

**Additional facilities:** Massages, solarium, fitness studio.

**Outdoor facilities:** Ice skating rink, curling lanes, children's playground  
Tel.: 05446-4001  
wellness@arlberg-well.com

[www.arlberg-well.com](http://www.arlberg-well.com)



Details subject to alteration! All details are without guarantee!



[www.stanton.nobl](http://www.stanton.nobl)  
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Everything besides skiing



Walking Trails  
 Cross Country Ski Trails  
 Toboggan Runs  
 Wellness  
 and much more

