



# Summer in Salzburg's Lungau



Discover the diversity  
of Salzburg's Lungau





**TIP:** Hike to over 60 alpine tarns & 70 rustic mountain huts.

## A HIKING PARADISE FOR NATURE LOVERS

*Gentle high pastures and rugged peaks, wild berries and rare alpine flowers, shimmering tarns and, in between, traditional huts that tempt hikers with Lungau specialties. Salzburg's Lungau is an insider tip for families and active guests wanting to spend their holidays in nature.*

**Salzburg's Lungau has been declared a "UNESCO Biosphere Reserve".**



## SPECTACULARLY SCENIC CYCLING

*Some 500 km of mountain bike tours and family cycle paths, across mountains and valleys, captivate mountain bikers and "Sunday cyclists" alike. For E-bike fans, too, Salzburg's Lungau boasts a proud E-bike fleet and around 100 recharging stations, guaranteeing plenty of power even for lengthier bike tours.*



**TIP:**

***For bikers with sporty ambitions, we recommend the challenging trans-valley Lungau-EXTREM Tour, spanning over 160 km and several thousand vertical meters.***



## PALATE-PLEASING PRODUCTS

Salzburg's Lungau is also renowned for its excellent food. Highlights include such specialties as "Lungauer Eachtling" (a local potato variety) and "Schöpsernes" (roast lamb), two products that have a big fan base even far beyond the borders of Lungau itself.



## LUNGAUCARD – SUMMER HOLIDAYS “ALL-INCLUSIVE”



Thanks to the LungauCard, guests staying at participating businesses during summer season are treated to a wide selection of all-inclusive and discounted activities for the whole family. Whether rides on the Lungau mountain lifts, admission to outdoor pools, castles or museums – the LungauCard has something perfect in store for everyone. And best of all: You will save real money!



### Ever hear of “Lungauer Rahmkoch”?

Clarified butter, flour, eggs and sweet spices are the main ingredients for this famous Lungau treat. Also nicknamed “Alpine marzipan”, it gives visitors an additional energy boost during scenic hikes through the Lungau countryside.



### TIP:

With its many recreational opportunities, Salzburg's Lungau promises a variety-packed holiday for everyone in your family.



## GENUINENESS. - HOLIDAYS THAT GROUND YOU.

*Here between mountain and valley, people feel anchored and begin to rediscover who they really are. Brief pauses and timeouts help in your search for meaning, as the pace of life slows down and you unwind completely – with Salzburg's Lungau providing the perfect backdrop.*

### TIP:

*The intact natural landscapes and tranquility of Lungau's mountain world awaken innate instincts, rejuvenate and inspire.*



Click here to browse our special offers

Our partner businesses are proud to specialize in genuineness, with offers that allow your senses to “catch their breath”.

## LIVING TRADITIONS

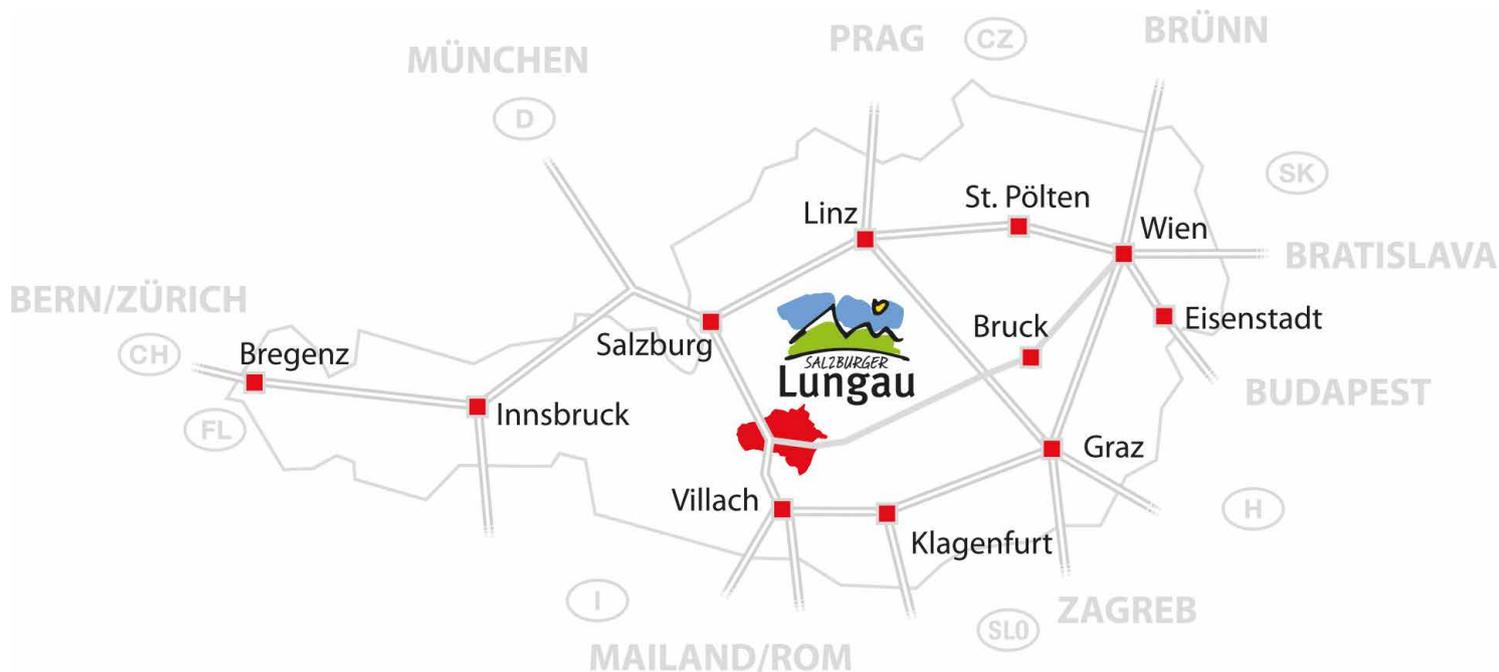
*The Salzburg's Lungau holiday region is famous for its culture and living traditions. Here, a colorful array of folk customs continue to play a central role. Lungau locals invite their guests to join them in celebrating centuries-old festivals.*

*Every year, the villages of Zederhaus (June 24<sup>th</sup>) and Muhr (June 29<sup>th</sup>) honor their patron saint. To mark the occasion, impressive “Prangstangen” – poles hand-adorned with as many as 50,000 flowers – are paraded through town.*



*AN IMPOSING SIGHT INDEED, AS THE MAJESTIC SAMSON FIGURE DANCES ALONG THE VILLAGE STREETS.*





## SPECIAL DISTINCTION

Salzburg's Lungau is one of the sunniest regions in all of Austria. In 2012, it was proclaimed **Salzburg's Lungau UNESCO Biosphere Reserve** for its extraordinary nature, quality of life, as well as its rich cultural traditions.

Complete information about Salzburg's Lungau can be found at [www.lungau.at](http://www.lungau.at)



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UNESCO  
BIOSPHERENPARK  
Salzburger Lungau





## LIVING TRADITIONS

*As the days grow shorter and the nights longer, a special time of year begins in Salzburg's Lungau. Here, traditional folk customs are as much a part of life as they were generations ago. At the beginning of Advent, for example, Saint Nicholas goes house-to-house with his Krampus companions. In spring, when days get longer again, Easter is celebrated with bonfires on the mountains.*



**Advent season in Lungau entrances with many small Advent markets, regional delicacies and a sense of peaceful reflection.**

## GENUINENESS – WINTER HOLIDAYS THAT GROUND YOU.

*Even in our fast-paced times, there are still places where authenticity and a more leisurely pace of life are valued. The Salzburg's Lungau is such a region, with people who live in harmony with nature playing the lead role.*

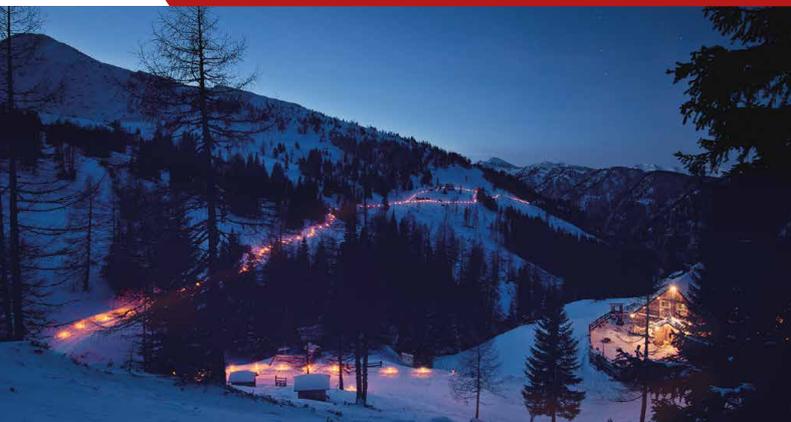
**TIP:**

**„Escape the daily grind and discover the joys of winter” – thanks to the winter offers of our partner businesses!**



*Click here to browse our special offers.*

**TIP:** High up in the mountains, in the midst of pristine nature, you discover a magical Advent far removed from kitsch & commerce. Experience for yourself the 7 km long Advent Path on the Katschberg.





## LUNGAUCARD WINTER – ONE CARD, MANY POSSIBILITIES

Thanks to the new LungauCard Winter, all Lungau guests can look forward to great bargain offers for the whole family. For example, the benefits of Lungau's regional public transportation: A convenient, eco-friendly way to reach nearby attractions for just € 1 per trip.



## AFFORDABLE SKIING

### **SkiPLUS weeks LUNGAU:**

*SkiPLUS weeks offer discounted prices on ski passes, food & drinks at huts, ski service, ski rentals, ski schools and many other attractions.*

### **65 PLUS Seniors Weeks:**

*In winter, seniors can experience an entire week of skiing enjoyment in Salzburg's Lungau at children's prices.*

**INFO:**



Complete info about our package offers can be found at:

TIP: Salzburg's Lungau is the perfect destination for holidays with your entire family!





**TIP:** Lungau's 5 snowy alpine trails guarantee great cross-country skiing.

## VARIETY-PACKED ACTIVE WINTERS

*In Salzburg's Lungau, there are no limits to your wintry activities. Numerous ski trails for classic and "skating" technique, various opportunities for ski touring, sledding, ice climbing, ice skating and snowshoeing are the foundation for an active winter vacation at elevations averaging over 1000 m above sea level.*

Thanks to favorable climate conditions, Salzburg's Lungau guarantees exceptional snow conditions.



## SKIING ENJOYMENT FOR THE WHOLE FAMILY

*Salzburg's Lungau is a true insider tip for skiing holidays. Families, in particular, value the diverse Lungau ski areas amid wintry natural landscapes, places where you never feel lost in the crowd.*

**TIP:**

*Lungau's three family-style ski areas – Katschberg, Grosseck-Speiereck and Fanningberg – attract winter sports fans with over 150 piste kilometers.*



The famous Obertauern ski area is just a few minutes' drive from the Lungau region.





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