



## LASTING REGENERATION IN SAALFELDEN LEOGANG

### Extend the recuperative effect into your everyday life

**While it is relatively quick and easy to feel good while on holiday, finding lasting relaxation is an art. Anyone who spends their wellness holiday in Saalfelden Leogang will continue to feel the recuperative benefit of their holiday many weeks after returning home. With a blend of relaxation, excitement and sustainable activity, the aim is not only for visitors to enjoy a pleasant stay in the area but also to feel inspired to live a healthier existence back home. For instance, a number of hotels offer corresponding well-being services, the local nature provides a range of opportunities for staying active and the "ECHT.GSUND.GUAD" initiative promotes healthy regional food. Thanks to the many sustainable projects in the region, our visitors' conscience can relax too.**

### Wellness and rejuvenation with Alpine flair at the first-class regional hotels

The promotion of health and quality of life while on holiday makes it possible to achieve long-term regeneration. In Saalfelden Leogang, it is above all the innovative first-class hotels that play an active role in ensuring this long-term regeneration. The wide range of services on offer are intended to provide a prolonged sense of rejuvenation that far outlasts the duration of the holiday itself. For example, guests at the Nature Hotel Forstthofgut are able to replenish their energy reserves in Europe's first WaldSPA forest spa: this unusual concept is characterised by materials from Alpine forests and treatments featuring natural ingredients from the region. Visitors to the Good Life Resort Riederalm are able to relax in a soothing thermal pool, while the revitalising "Alpine Holistic" lifestyle programme at the Ritzenhof - Hotel & Spa am See extends to all aspects of the service. At the Hotel Puradies, the "Innere Mitte" bathing house and the various chalets and suites offering a breathtaking view help guests restore their natural balance. The family-run Forstthofalm wood hotel boasts a sky spa and rooftop pool, thus ensuring relaxation and physical activity in equal measure. And the experience of a luxury chalet in Priesteregg mountain village or the spa temple at the Krallerhof hotel is sure to stay with visitors for a long time.

In addition to the spas, restaurants and rooms with a view on offer at the hotels, there are also a variety of special attractions in the region that help ensure long-term regeneration. Typical examples include yoga on the mountain, sunrise hikes and herbal workshops organised by the Traditional European Medicine (TEH) association.

### Active relaxation with the hiking pole sharing programme and "simply hiking"

For particularly long-term regeneration, you have to look beyond passive relaxation and also engage in active recuperation. Hiking in the fresh, healthy mountain air is an ideal physical activity. To help counteract the hectic nature of modern life, Saalfelden Leogang now offers the "simply hiking" programme. With the aim of providing a laid-back hiking experience, a series of understated, regionally produced and practical installations have been added to local hiking trails. These inspire hikers to take a little time out, savour the landscape, find calm and focus on the here and now: for example, there are 360-degree benches on which guests enjoy a fabulous panoramic view without craning their necks. Similarly, those who try out the wrought-iron forest swings will literally feel a real sense of release as their view is directed up towards the treetops. The photo points are a particularly helpful service, with guests able to take wonderful photos at these designated sites before putting their devices away and enjoying their natural surroundings for the remainder of the hike. Another popular service is that of "hiking pole sharing": holders placed at the start of

the hiking trails contain wooden hiking poles that guests are free to borrow for the duration of their hike and hand in again when they reach the next hiking pole sharing point. "These and other services ensure long-term regeneration coupled with physical activity, giving our guests a boost when they return to everyday life," says Marco Pointner, CEO of Saalfelden Leogang Tourism.

#### **Health trails to activate or provide balance**

Head to Saalfelden Leogang to experience sustainable healthy hiking along one of the eight health trails, each of which is designed to have a different effect on the hiker - activation, regeneration or balance. The trails were developed with so-called "life fire" measurements. The trails were conceived and laid out using special devices to measure the activity of the sympathetic nervous system and the vagus nerve.

#### **Outstanding organic products for culinary sustainability**

Saalfelden Leogang relaxes your conscience too, not just your body and soul. Since 2007, the town of Saalfelden has been an active member of the state 'e5' programme, making it one of the 32 municipalities in Salzburg committed to more energy efficiency. Saalfelden Leogang has been working on various projects particularly focused on sustainability for several years. The culinary sector plays a particularly important role: The special organic sausage and meat products from Saalfelden Leogang are exquisite. All products come directly from regional organic producers. As a whole, organic production methods are extremely popular in Saalfelden Leogang. 65 percent of agricultural operations in the region are organic farms. The 'ECHT.GSUND.GUAD' quality mark has been helping all buyers identify high-quality local products at a glance since 2014.

#### **Resource efficiency: from communal heating to sustainable hotels and electric vehicles**

The cable cars are also particularly sustainable: There are communal heating systems with neighbouring hotels and mountain huts, as well as heat recovery from cable car motors for heating the adjacent cable car company buildings. "That reduced our energy consumption by 68 percent," says Kornel Grundner, managing director of Leoganger Bergbahnen. When building the climbing hall, the developers also focused on sustainability, fitting 130 square metres of solar collectors on the roof. Of course, there are also a number of environmentally-friendly and resource-efficient hotels in Saalfelden Leogang, with several using energy they produce themselves via their own biomass cogeneration plants, wood chip plants and composting plants. The hotels host many designated "green events", which emphasise waste prevention, energy efficiency and environmentally friendly travel of guests to the events in question. Some hotels in the region have already been honoured for their exemplary commitment in the field of sustainability. Guests of several hotels are even able to hire electric cars to explore the area without burning fossil fuels.

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