**Sölden**

**Categories**

**Good For**

Intermediates

Experts

Snowboarders

Après ski

Snow reliability

**Data**

**Beginner Runs**

69

**Intermediate Runs**

51

**Advanced Runs**

28

**Total Runs**

148

**Lifts**

35

**Chairs**

18

**Drags**

9

**Gondola Cable Cars**

8

**Parks**

2

**Pipes**

0

**Weather**

**Annual Snowfall**

4m (13.4 ft).

**Overview**

Sölden ski resort has been one of the great success stories of world skiing in recent decades. Although a little less known internationally to the non-skiing fraternity than resorts such as Méribel, Verbier or Whistler, Sölden has gained a following amongst enthusiasts due to its great ski area, which features lots of long, fast runs served by the latest lifts.

This, in combination with high-quality accommodation and facilities and very reliable snow cover – thanks to its glaciers and a sizeable investment in snowmaking – makes it a popular resort.

The village, which has thankfully managed to maintain a traditional Tyrolean look despite its growth as a tourist resort, has built a reputation for its lively nightlife, as is the case with many Austrian ski resorts. The antics usually kick off in the centre of town during the afternoon and don't really stop until the following morning.

Although Sölden attracts skiers from all over the world, the German market is particularly strong and the resort has even funded the building of an indoor snow centre in urban Germany to capitalise on this popularity.

**Location**

Sölden is located in the Ötztal Alps of Western Austria in the province of Tyrol, close to the Italian border. The road through it continues to neighbouring Obergurgl (and from there to Italy), but this pass is closed through the winter.

**Website**

http://www.soelden.com

**Piste Map**

http://www.soelden.com/urlaub/EN/SD/WI/urlaubsplanung/skigebiet/skigebietsinformation/skigebietsplan/index.html

**Hit The Slopes**

Sölden is one of the world’s most snowsure destinations and is the traditional starting point of the World Cup international ski racing competition in the Northern Hemisphere in mid-October each year.

The resort has an exciting ski area with some of the highest lifts in the Alps opening up a huge vertical back down to the village. At the top are the Tiefenbach and Rettenbach glaciers, which are generally open from October to May.

These runs are connected to the resort by an impressive network of high-speed, high-capacity chair and gondola lifts that make getting around the large ski area of nearly 150km (93 miles) of pistes relatively quick and easy.

Much of the terrain is made up of fast, wide red intermediate pistes up to 15km (9 miles) in length; although there are almost as many blue-graded runs. But expert skiers aren’t forgotten, with 28km (17 miles) of black pistes making up around a fifth of the terrain; including the challenging Rosskirpl descent. In addition, the ski schools offer off-piste guiding and ski touring courses for experts.

Snowboarding is also big in Sölden, with the fast, easy-to-ride lift network and the youthful vivaciousness of the resort attracting a large number of boarders each year. In addition, Sölden also a choice of world-class terrain parks in which to play.

The resort is marketed jointly with neighbouring Obergurgl, which is further along the valley, and the two resorts have a fully interchangeable lift pass.

**Sölden**

**Resort**

1377

**Base**

1377

**Top**

3250

**General**

**Beyond The Slopes**

There’s a good range of non-ski activities in Sölden. Indoors, the Freizeit Arena (tel: (05254) 2514; [www.freizeit-soelden.com](http://www.freizeit-soelden.com/)) is a major leisure centre complete with spa, wellness and swimming facilities. It’s here many of the village’s 50 or so indoor sporting activities can be found, which include badminton, a climbing wall, indoor golf, shooting ranges and bowling.

There’s also lots to do in Sölden outdoors, including sleigh rides, an ice rink, paragliding and cleared winter hiking paths.

**Family Fun**

Sölden is quite generous with is lift ticket pricing for children, who can ski for free until age seven. Pre-ski children from five months old can join Bobo's Kinderclub run by the Skischule Sölden – Hochsölden (tel: (05254) 2364; [www.skischule-soelden.com](http://www.skischule-soelden.com/)), which is based on the mountain at Giggijoch. From age three, special ski school classes are available.

There are also good facilities for families off the slopes, most notably the superb Freizeit Arena (tel: (05254) 2514; [www.freizeit-soelden.com](http://www.freizeit-soelden.com/)), which will keep the little ones entertained during their stay.

Babysitting services are available through Maria Luise Scheiber (Moostrasse 1; tel: (05254) 2631).

**Retail Therapy**

There are about 50 shops in Sölden: half of these are ski rental stores, but visitors will also find all of their basic holiday needs catered for with general stores, chemists and a photographic shop. There are also half a dozen gift shops, a jewellery boutique and a handful of clothing brands such as Esprit (Dorftstrasse 50; tel: (05254) 222 3108).

**Splashing Out**

Take a little time off the slopes and head out of the village to nearby Längenfeld and its spectacular Aqua Dome (tel: (05253) 6400; [www.aqua-dome.at](http://www.aqua-dome.at/)) complex. This water-based resort comes complete with a spa suite and world-class wellness facilities; all located on a four-century-old thermal spa site just down the valley from Sölden. Open until 2300 daily, a huge variety of packages is available, including the luxurious ‘spa day’ which entitles customers to use the private VIP area.

**Apres Ski**

Sölden has risen rapidly to become one of the liveliest après-ski resorts anywhere in the world, with more than 40 bars and a dozen nightclubs now on offer.

Many of the venues for après-ski in Sölden are raucous beer-swilling establishments, but there are also more sophisticated lounge bars, as well as some more dubious clubs with scantily clad ‘artistes’.

Establishments such as Après Ski Philipp (Unterwaldstrasse 8; tel: (05254) 2351; [www.philipp-soelden.at](http://www.philipp-soelden.at)) and the Almrausch (Dorfstrasse 58; tel: (05254) 2203) are two good choices among the dozens of lively bars. Among the lengthy list of nightclubs, Bar-Rique (Dorfstrasse 66) endeavours and succeeds in being rather more sophisticated, while the Mogul Bar (Dorfstrasse 1; tel: (0664) 511 0747) is more ‘full on’.

**Eating Out**

Sölden has a good selection of about 50 restaurants, ranging from traditional Tyrolean establishments to Italian and Mexican eateries. There are also half-a-dozen pizzerias thrown in.

Those who want to enjoy a traditional Austrian meal in homely surroundings should head to the Gasthof Zwieselstein’s restaurant (Kühtrainstrasse 14; tel: (05254) 3503; [www.zwieselstein.at](http://www.zwieselstein.at/)). It prides itself on its home-style atmosphere and traditional, regional cuisine.

Of the other options, Al Dente (Gemeindestrasse 4; tel: (05254) 3526; [www.die3guatn.com/al-dente](http://www.die3guatn.com/al-dente)) is the place to go for Italian, while Joe's Höhle (Oberwindaustrasse 19; (05254) 2600) is great for steak.

New for the 2013/14 season is the gleaming glass-fronted Ice Q restaurant at the top of the Gaislachkogl, which serves gourmet fare alongside its stunning views.

**Transport**

**Getting There**

Nearest airport: Innsbruck Airport (INN).

Distance to resort: 85km (53 miles).

Driving time: 1 hour 15 minutes.

Nearest railway station: Öetztal Bahnhof.

Distance from resort: 38km (21 miles).

**Getting Around**

Sölden ski resort has a relatively compact centre with the majority of facilities and ski lifts within easy walking distance of most accommodation. For those staying further out, a ski bus service runs around the area approximately every ten minutes.

**Hotels**

The majority of accommodation in Sölden is in the form of bed and breakfast pensions and apartments, but there are also some hotels available, including one 5-star option.

**Pension Pitze**

This friendly and affordable bed and breakfast is just 100m (329ft) from the ski bus stop.

**Category**

Cheap

**Thoroughfare**

Mühlenweg 2

**Neighborhood**

XXX

**Locality**

Sölden

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

XXX

**Country**

Austria

**Telephone**

(05254) 2247.

**Website**

http://www.pension-pitze.at

**Hubertus Hotel**

A centrally located 4-star hotel, Hubertus Hotel houses a spa and a gourmet restaurant that serves four-course meals every evening.

**Category**

Moderate

**Thoroughfare**

Dorfstrasse 35

**Neighborhood**

XXX

**Locality**

Sölden

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

XXX

**Country**

Austria

**Telephone**

(05254) 2489.

**Website**

http://www.hubertus-soelden.com

**Central Spa Hotel Sölden**

The only 5-star hotel in town, Central Spa Hotel offers first-class service and a spectacular spa. The hotel’s restaurant, run by acclaimed chef Gottfried Prantl, serves gourmet fare that is showcased in a special six-course menu once a week.

**Category**

Luxury

**Thoroughfare**

Auweg 3

**Neighborhood**

XXX

**Locality**

Sölden

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

XXX

**Country**

Austria

**Telephone**

(05254) 22600.

**Website**

http://www.central-soelden.at