**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**

33

**Chairs**

16

**Drags**

9

**Gondola Cable Cars**

8

**Parks**

1

**Pipes**

0

**Weather**

**Annual Snowfall**

4m (13.4 ft).

**Overview**

One of Austria’s snowsure glacier ski areas, Sölden is a traditional mountain community that has morphed into one of the most successful resorts in the Alps over the last quarter of a century.

A key reason for this success hangs on the resort’s skiable twin glaciers, which allow it to open as early as October. The world’s media arrive soon after this to show the first northern hemisphere world cup races of the season, underlining Sölden’s global significance, and illustrating the allure of the resort’s snowsure slopes.

To support this attractive terrain, Sölden has also invested heavily in ultra-modern, fast and comfortable lifts.

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.

**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**

www.soelden.com

**Piste Map**

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: +43 5254 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: +43 5254 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: +43 5254 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 (tel: +43 5254 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 (tel: +43 5254 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: +43 5253 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**

Offering one of the most full-on apres ski scenes in the world, Sölden is home to some very lively venues along with plenty of more sophisticated lounge bars.

Establishments such as Après Ski Philipp (tel: +43 5254 2351; [www.philipp-soelden.at](http://www.philipp-soelden.at)) and the Almrausch (tel: +43 5254 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 (tel: +43 664 511 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.

For a unique and luxurious dining experience, head to the newly built Ice Q (tel: +43 664 960 9368; www.soelden.com/iceq) located 3,048m (10,000ft) up and connected to the Gaislachkoglbahn’s upper station by a glass bridge. The food is amazing, topped only by the beautiful views through the restaurant’s glass walls.

Of the more traditional mountain restaurants Gampe Thaya (tel: +43 664 525 0498; www.<gampethaya.riml.com>), on piste number 11, ticks all the boxes, serving great Tirolean cuisine, including organic locally-sourced ingredients, and there’s a great sun terrace if the weather is good.

Back down in the village the Gasthof Zwieselstein’s restaurant (tel: +43 5254 3503; [www.zwieselstein.at](http://www.zwieselstein.at/)) prides itself on its home-style atmosphere and traditional, regional cuisine.

Of the other options, Al Dente (tel: +43 5254 3526; [www.die3guatn.com/al-dente](http://www.die3guatn.com/al-dente)) is the place to go for Italian, while Joe's Höhle (tel: +43 5254 2600) is great for steak.

**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.

**Bäckelar Wirt**

Family-run 3-star hotel with a mixture of modern and traditional rooms and the bonus of a ski shop on site, the Bäckelar Wirt is located within a five minute walk of the gondola.

**Category**

Moderate

**Thoroughfare**

Dorfstrasse 125

**Neighborhood**

XXX

**Locality**

Sölden

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

A 6450CountryAus

**Country**

XXX

**Telephone**

http://www.baeckelarwirt-soelden.at

**Website**

Family-run 3-star pension with wellness facilities and massage available, the Pension Neurerer is located just 200m (656ft) from the ski slopes.

**Bergland Hotel**

A classy establishment with spacious rooms, an excellent spa and quality restaurant, the Bergland Hotel has an alluring modern décor and, rather uniquely, a cigar lounge.

**Category**

Moderate

**Thoroughfare**

Dorfstraße 114

**Neighborhood**

XXX

**Locality**

Sölden

**Sub Admin Area**

XXX

**Admin Area**

XXX

**Postcode**

A 6450

**Country**

Austria

**Telephone**

+43 5254 22400.

**Website**

http://www.bergland-soelden.at