

# GASTEIN HAUTNAH

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## NEWS FROM THE GASTEIN VALLEY

### “TOQUE CUISINE” AT GASTEIN SKI HUTS

Last winter, six select ski chalets in the Gastein ski area offered exceptional cuisine. This innovative, culinary project won the Zipfer Tourism Prize (3rd place) and thanks to it's success it will be carried on this season.

In response to the steadily increasing desire for top-quality culinary experiences at Austria's ski lodges, the Gastein Valley is setting a whole new accent. For this new gastronomic highlight entitled “Gastein Ski Toques”, internationally acclaimed Salzburg chefs have created gourmet dishes at reasonable prices. Eckart Witzigmann, Rudi and Karl



Obauer, Jörg Wörther, Sepp Brügger, and Andreas Döllner have selected local dishes for the huts and have made their own recipes available to them.

On the menu of these select huts you could find for example “croissant toasted with liverwurst hash”, “Pinzgau pretzel soup with lettuce” or “venison ragout with dumplings”. For this winter, more inspiring dishes are planned. Bon appétit! ➤

## WHERE A VACATION BECOMES A FAIRY TALE

Gastein Valley delights with nature, sports, and health

The new vacation in the snow looks like this: less stress and worry, more relaxation and pleasure. Gastein Valley with its three towns of Dorfgastein, Bad Hofgastein, and Bad Gastein, is a paradise for those who enjoy the finer things and have a zest for life. Here, winter vacationers find just what they are looking for.

With its fascinating alpine world, a variety of recreational facilities, unique spa worlds and famous therapy options, Gastein Valley is among the most special tourist regions in the Alps.

Four ski areas with a total of 220

km of slopes await skiers, snowboarders, and carvers. The optimal altitude and high-powered snowmakers guarantee snow until well into spring. Off-slope, too, the Gastein Valley offers plenty of variety, such as healthy cross-country skiing, romantic sleigh rides, fun toboggan outings, romantic winter hikes, and snowshoeing.

Active in the snow and relaxed in the thermal water – a winter vacation in Gastein also means a vacation in harmony with the elements. The healing effects of Gastein's hot springs have been known for centuries. From 17 springs, one million liters of water flows daily

into the Felsentherme spa resort, whilst the Alpentherme is among the most modern alpine recreational and health facilities in Europe. Add to that the unique combination of radon, humidity, and warmth in the Gastein Heilstollen galleries, a climate like nowhere else on Earth, with scientifically proven benefits. If you visit Gastein before Christmas, you can look forward to a romantic Advent. Also art and jazz in the snow, award-winning food at ski huts, and spectacular views from Europe's highest suspension bridge make a winter vacation in Gastein unforgettable. ➤

### GASTEIN CARD

With the Gastein Card, you hold the key to more experiences, fun, and entertainment. Many offers in Gastein Valley are available for free or at substantial discounts with this electronic guest card. True to its motto “the plus for your vacation”, you will receive the Gastein Card in check card format from your host upon arrival.



It is valid for your entire vacation, whenever you want to travel by public transport, book an introductory session in the healing galleries, or plan a toboggan outing, for example. ➤

## ATTENTION! Dates to remember

### DORFGASTEIN

Amadé-Winterparty at the Wengeralm on the 1st of April 2012

### BAD HOFGASTEIN

Christmas markets, shopping evenings and open air concert on the 29th of December

### BAD GASTEIN

FIS Snowboard Worldcup on the 14th and 15th of January 2012

## WHERE ARE THE NEXT ACES?

New! Ski Race Academy Gastein professionally trains young ski racers



When Johann Grugger puts his name behind the new Ski Race Academy Gastein, it really means something. “I am happy that young and aspiring ski racers will receive professional assistance at the academy”, says the four-time World Cup winner, who grew up in Gastein and laid the foundations for his career here.

Whether children 9 and older, or masters, individually or in small groups – the training programs of the Ski Race Academy Gastein are individually tailored to participants.

The initiators, Kurt Fuchs and Roland Schafflinger, in the picture with the Swedish skier Jon Ohlsson who was training in Gastein last winter, are focusing on professional instruction and the terrific opportunities in Gastein Valley.

“The program also includes working on coordination, endurance, and mental attitude. Other services include sports medicine check-ups and strength training”, says Kurt Fuchs. The Gastein Valley, known as a training area for top athletes, is also attractive due to its proximity to three glaciers. The various

camp and courses are held in all seasons, so ski racers can easily fit training weeks into their personal schedule. More infos and time schedules on [www.skirace-academy.com](http://www.skirace-academy.com) ➤

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## GASTEINER RECIPE

### FRUIT CAKE

*It's round and plump and has a magnificent brown crust. This is how a loaf of traditional Kletzenbrot fruit cake, which farmers' wives have been baking in Gastein Valley for centuries, as much a part of Christmas as St. Nick and the nativity scene under the Christmas tree, is supposed to be.*

*Not only the family, but especially guests of Landhotel Unterbergerwirt in Dorfgastein can enjoy the fruit cake, homemade by your host and local farmer Elfriede Berti. Here's how to make it taste just right:*

*Ingredients (for 1 loaf)*  
300 g rye flour, 70 g bread flour, ½ packet dry yeast (21 g), 0.25 l water, salt, bread seasoning, fruit mixture, sourdough

*For the fruit mixture take 50 g chopped dried pears, 200 g raisins, 120 g chopped figs (mixed with some schnapps so that they don't stick together), 40 g chopped prunes, 40 g hazelnuts, 10 g*



*candied orange peel, gingerbread spices, 50 g currants, 20 g sugar, 4 cl fruit schnapps, 2 cl rum and mix all ingredients together and let rest for a day.*

*The sourdough should be prepared three days before from 0.1 l water, some yeast, and wheat or rye flour. Cover the bowl with a cloth and let it sit.*

*For the bread dough, put rye and bread flour in a bowl, and make an indentation in the flour. Mix dry yeast with some sugar and a little water and pour it in the indentation. Cover the bowl with a cloth, and let the dough sit. Add the remaining water, salt, and bread seasoning, knead it well, and again let it rise. Mix the fruit and sourdough into this, knead it, again let it sit, then shape it into a loaf. Lay it on a greased baking sheet, let it rest, brush it with water, and poke holes in it with a fork. Bake the loaf in a pre-heated oven (200 °C) for ca. 50 min.*

*It is a Gastein specialty, and a slice of fruit cake should be thickly spread with butter for an afternoon snack on the so-called "Rauhnächte" (December 24, 31, and January 5) and accompanied with flavorful Gastein hill-farm cheese. Of course, fruit cake tastes just as delicious on any other day too. ➤*



### CHRISTMAS IS COMING...

#### Romantic mountain advent in Gastein!

Enjoy a reflective Advent with the incomparable backdrop of the mountains of Gastein Valley. When Advent comes to the snowy winter countryside, a special time begins in all three valley communities.

Already the scent of vanilla crescent cookies, gingerbread, and Glühwein (spiced wine) wafts through the air – the time leading up to Christmas has begun. Strings of lights decorate streets and Advent market stalls – Adults and children delight in the alpine magic of Advent. All around there are wonderful handcrafted items, and an array of

culinary delicacies, Glühwein, and punch or fruit tea await the visitor. **Bad Hofgastein – “Advent in Gastein”**: The historical town center of Bad Hofgastein, with its festively illuminated pedestrian zones, provides a unique setting for an atmospheric market on every Advent weekend. Tradition and variety are served up by local folk music groups, brass bands, and actors in pastoral plays. Experience romance and a wintery idyll out on sleigh rides and torch-lit hikes through the snowy Kurpark.

**Dorfgastein - A light on the mountain**: On December 18, “A light on

the mountain” at the Wengeralm chapel will illuminate the Advent night. After a half hour lantern-lit hike, accompanied by the Dorfgastein wind orchestra, a special atmosphere is conjured up in anticipation of the celebrations marking Christ's birth. At the Wengeralm, the hosts then pamper Advent hikers with culinary delicacies and warm drinks. In between the tunes of the Dorfgastein wind orchestra, and the festive pieces of folk music, ORF moderator and dialect poet Herbert Gschwendtner will tell Advent stories by candlelight. Then, candle- and torchlight will guide

us back through the night to the mid-station.

**Bad Gastein – Böckstein Advent** Visitors sense a special atmosphere on December 8 during the traditional Böckstein Advent. The small, romantic Christmas market in Altböckstein unites tradition, reverence, and joy. The brass ensemble from the miner's band makes for a wonderful afternoon, as does the Böckstein Advent Carol Concert in “Maria zum guten Rat” pilgrimage church.

You can find all dates of Advent events in Gastein Valley on page 4. ➤



### ALL AROUND FITNESS...

#### ... with thermal water

First on with the skis, then into the water – this is the healthy combination of sports and relaxation at great elevations and in the Gastein spa centers.

In Gastein, sports fans can give free rein to their hobby, since here, the slogan “from the slopes to the spa” is still taken literally. If you want, carve down the finish slopes of the Stubnerkogel in Bad Gastein, then leap into the steaming pool or unwind in one of the many saunas of the Felsentherme. By the way: special sauna infusions daily between 2 and 6 pm! This not only helps

sore muscles, it also strengthens the cardiovascular and immune systems.

Outside teeth-chattering cold, inside snugly and warm – nothing does as much good after a day of skiing as a visit to the sauna worlds of the Alpentherme in Bad Hofgastein. All tickets include the sauna (16 yrs. and older). While the parents relax in the saunas or spas, childcare staff will take care of the little ones in the Alpentherme kindergarten. Childcare is free and is offered during Christmas and Easter as well as in February from 1 to 7 pm. ➤

### GREAT PROSPECTS!

#### Stubnerkogel draws visitors with attractions

In winter, too, an outing to two exceptional attractions on the Stubnerkogel is rewarding: from the 140 m long, world-famous suspension bridge and the new “Glocknerblick” viewing platform, hikers are treated to breathtaking scenery.

The viewing platform was completed in July 2011. As the name “Glocknerblick” suggests, after a short walk visitors can enjoy a fantastic view of Austria's highest mountain, the Grossglockner (3896m).

The diameter of the round viewing

platform made of steel and wood is 7 m. The edges of the platform are secured by chain-link fences. In the front area, which juts out over the edge of the mountainside, are glass openings allowing views deep down below.

Courage and a head for heights are also required to cross Europe's highest suspension bridge, which leads from the mountain restaurant to the transmitter. You can look straight through the bridge, only a mesh walkway separating adventure-seeking summiteers from a 28 m deep abyss. ➤







## GRAUKOGEL: MAGIC OF THE PINE

The “Zirbenzauber” nature path, which opened on the Graukogel this summer, also stays open in winter for guided snowshoe hikes.

On this unique loop, whose start and finish is the summit station of the Graukogel lift, snowshoers are able to appreciate pine with all their senses: a pine nest to smell, pine schnapps and chocolate to savor, and many pine surprises to see and feel. (Registration for guided snowshoe hikes is through Bad Gastein tourist office) ➤

## TRAINING IN BAD HOFGASTEIN

Gastein ski racer Hans Grugger (30), who underwent emergency surgery on January 20 after a bad fall on the Streif in Kitzbühel will return to the snow.

“Skiing is my life”, says Hans Grugger. “So I worked hard on my mental and physical fitness with the goal of a comeback”, continues Grugger, who has been training again since the end of May at the Alpentherme in Bad Hofgastein. Whether or not he is able to race in the 2011/12 season remains to be seen. ➤

## TRUDGING SOFTLY THROUGH NATURE

Enjoy the magnificent winter landscape, recharge your batteries, and become one with nature – experience all of this on the snowshoe trail from Fulseck to Arltörl, and on to the lift mid-station.

A hike on this path of power is a perfect example of Gentle Tourism and lasts ca. three hours. If you don't want to trudge through the snow on your own, you can join a guided hike. The ski schools at valley lift station have snowshoes for rental. ➤



## FROM THE SLOPES SPA

Gastein Valley offers “vacation with benefits”

The warmth of thermal water, the radon in the Heils-tollen healing galleries, an ideal altitude, and excellent sports and recreational opportunities – these are the valuable treasures which, combined with a medical approach to preventive health care, make a vacation in Gastein Valley ever more popular.

“Health has long been a major focus of tourism in Gastein Valley”, explains Martin Zeppezauer, general manager of Gastein Tourism (GTG). Gastein Valley, however, is not only a spa region people visit to restore health, it is also a perfect place for preventive approaches to good health. 35 leading hotels, five public therapy centers, and the GTG have joined forces with Gastein spa and health partners: their preven-

tive healthcare services appeal precisely to this clientele.

Various studies show that vacations including a health aspect are a growing tourism segment. Martin Zeppezauer: “We now have results of a study from the Gastein Research Institute which tested Gastein remedies on healthy people. They had a stabilizing and harmonizing effect on the immune system.” On the basis of these results, even better opportunities aimed at preventative healthcare can now be created. For example, the various radon treatments, such as healing gallery sessions or thermal water therapy, are combined with massages and exercise as well as stress management. “This truly is a vacation with lasting benefits”, summarizes Martin Zeppezauer. ➤

## THE WOMAN OF MOUNTAIN RESCUE

Female mountain rescue workers are still relatively rare. The skills they have to bring to the table, however, are the same as those of their male colleagues. In Gastein valley, three women are doing an admirable job.

Mountaineering expertise, alpine experience and outstanding physical condition: Verena Angerer (24) from Dorfgastein comes armed with all these tools. At monthly exercises, regular training sessions and multi-week courses, all procedures are practiced time and again. “Missions on the mountain are dangerous work. We have to go places where helicopters can't get. Inaccessible terrain, steep cliffs, extreme weather conditions – these are the conditions in which we save lives”, says Verena. The most frequent reasons people get into trouble in the mountains are overestimating their stamina, recklessness and bad equipment. ➤



## Profession in TOURISM

Did you know that the housekeeping manager is the one who makes sure you are comfortable during your hotel stay? At 4\* Hotel Europäischer Hof in Bad Gastein, Margit Ofner (52) is the “pearl” - the “woman-in-charge” of 111 rooms and a great team of up to 16 staff on the floors, in the laundry, and in the spa area.

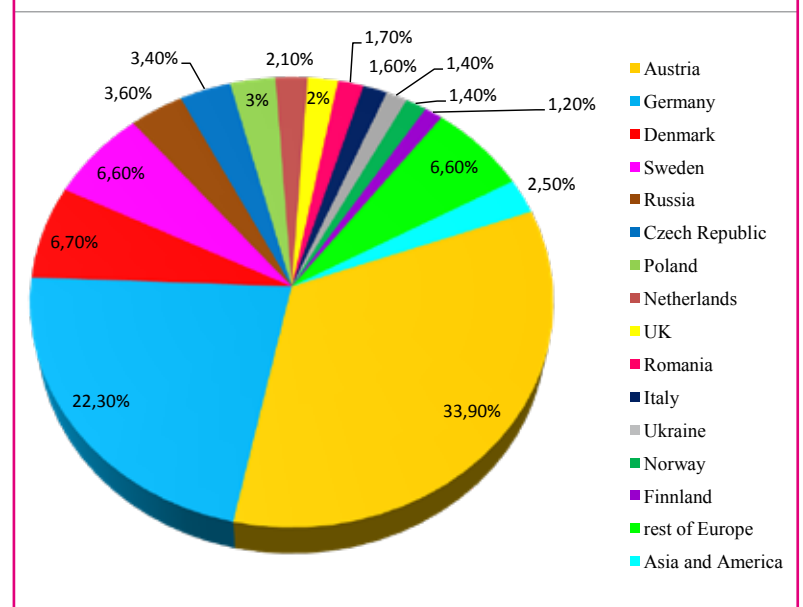
“I am one of the lucky people who has found their dream job”, gushes Margit Ofner about her work at Hotel Europäischer Hof, which is situated in Bad Gastein.

As a floor supervisor, she is mainly responsible for the cleanliness of rooms. She teaches her housekeepers how to make beds and clean, for example. Managing the laundry and the large SPA and wellness



area is also a part of her duties. “The guest delights in every little detail that makes their vacation even better”, Margit Ofner knows from her many years of experience. Whether a fruit basket, drinks, small courtesies, flowers, or decorations in the lobby – all this must hold up to the critical eye of the housekeeping manager. And when the guest says to her: “It's so lovely here!”, then she has heard the best of all compliments. ➤

## Winter visitor 2010/11 by country



## TOURISM FACTS & FIGURES

And where do you come from?

Russian, Swedish, and every now and then, a few nuggets of Italian: If you're spending winter on Gastein's ski slopes you'll realize you are surrounded by a mix of languages. What countries do most guests come from? Why did they choose Gastein for their holidays? Students of the tourism school in Bad Hofgastein searched for answers to these and other questions.

Most winter vacationers come from the German-speaking world: 64% are from Germany and Austria. The second largest segment is from the Nordic world, with some 16% from Scandinavia. The portion from Eastern Europe and Russia is growing rapidly. Though the percentage is less in comparison to other vacationers, it has increased quickly in the last 5 years. Russian guests,

especially, have grown to cherish Gastein Valley. So much so that, in a popular Moscow pub, they even sell a “Cocktail Gastein” – white and blue, just like the Gastein logo! Gastein's number of returning visitors is also striking. More than half of holidaymakers came to Gastein twice or even more. “Skiing”, “spa” and “relaxation” are the most common winter activities. The mountains, good air, as well as nature are other reasons for coming to Gastein Valley.

In summer, the international breakdown is a little different: 42% come from Austria, 32% from Germany. For Italians, Gastein Valley is especially popular during the hotter time of year: at 5%, three times more Italians come in summer than in winter. ➤

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## GESUNDHEITSTIPP Insulin

Type 2 diabetes, better known as age diabetes, is one of the most common metabolic diseases. "Genetic predisposition, poor nutrition, lack of exercise and associated weight problems, fertile ground for this disease of the modern world", states Bad



Gastein general practitioner Dr. Martin Mayerhofer. But we can also rest assured that this illness can be either prevented or delayed by means of a change in lifestyle. Dr. Mayerhofer: "Activities during winter holidays have positive benefits when it comes to exercise-related weight loss." Cross-country skiing and snowshoeing are especially beneficial for the metabolism. The doctor emphasizes the importance of a regenerative phase after exercise: the spas of Gastein Valley offer ideal relaxation. "With regards to eating habits", he continues, "it's all about moving from fat to vegetables, healthy food taste good, too!" In his practice, Dr. Martin Mayerhofer's main focus is treatment of diabetics within the framework of the project "Diabetes aktiv". In addition, the doctor is also involved with high-altitude medicine, emphasizing the positive effects of alpine elevations on the body. ➔

## ERFRISCHE DEIN LEBEN



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## MUSIC OF THE „BIG APPLE“ Snow Jazz presents New Yorks scene

Following "latino America" and "I love Paris", Snow Jazz Gastein 2012 focuses its spotlight on the music scene of New York City. From March 16 to 25 will bring stars and brand-new projects into Gastein Valley. The 11th edition of the jazz festival will again whisk guests, fans, and locals away to impressive worlds of alpine jazz, just as unique as the venues at hotels, mountain huts, and churches. Head of the festival, Sepp Grabmaier: "Stars such as Jacky Terrasson, Eric Alexander,

Walt Weisskopf, and Jim Rotondi will honor the festival with their presence."

Snow Jazz Gastein is an example of the successful cooperation of tourism and culture. What has been created in the past ten years with the collaboration of Gastein Valley tourist office, the Gastein lifts, hotels, and the Jazz im Sägewerk society is exemplarily and groundbreaking. The festival fascinates every year with its exceptional quality, and has made friends far beyond our borders. ➔



## ART ON SNOW Gastein Valley turns bright and colorful!

With paintbrush, camera, markers, and many innovations, from February 4-12, 2012, the art event "Art on Snow" will make its way into Gastein Valley, turning it truly colorful, literally. "Art on Snow" has found a new home for the next three years right here in Gastein Valley. The three communities of Bad Gastein, Bad Hofgastein and Dorfgastein, with their close art-historical ties, provide optimal conditions and perfect locations for "Art on Snow".

This event presents art on "snow": painting, photography, graffiti, and much more return to their place of origin – the mountains and the snow – and thus have a very unique effect. With many creative, colorful ideas, new formats, new artists, new styles and programs, this somewhat different kind of art event leaves no wish unfulfilled, and in the truest sense of the word, provides a colorful mix where there is something for everyone. All the details about the event are on [www.artonsnow.com](http://www.artonsnow.com). ➔

## WHAT'S HAPPENING IN GASTEIN? Winter 2011/12

### December 2011

- ✓ Fr-Su 2.-4.12.: ADVENT IN GASTEIN, Bad Hofgastein, 2 p.m.
- ✓ Mo/Tu 5./6.12.: KRAMPUS PROCESSION, Bad Hofgastein
- ✓ Th 8.12.: ADVENTMARKET, Dorfgastein
- ✓ Th 8.12.: ADVENT IN GASTEIN, Bad Hofgastein, 2 p.m.
- ✓ Th 8.12.: ADVENTMARKET, Böckstein
- ✓ Th 8.12.: ADVENTSINGERS, „Maria von guten Rat“ church, Böckstein
- ✓ Fr-Su 9.-11.12.: ADVENT IN GASTEIN, Bad Hofgastein, 2 p.m.
- ✓ Th-Su 15.-18.12.: BAYERN 3 SKIOPENING, Angertal
- ✓ Sa/Su 17./18.12.: ADVENT IN GASTEIN, Bad Hofgastein, 2 p.m.
- ✓ Sa/Su 17./18.12.: ADVENT IN GASTEIN, Bad Hofgastein, 2 p.m.
- ✓ Sa 17.12.: ADVENT CONCERT, Kursaal Bad Hofgastein, 8 p.m.
- ✓ Su 18.12.: A LIGHT ON THE MOUNTAIN, Advent-hike with Herbert Gschwendtner, Wengeralm Chapel, Dorfgastein, 3 p.m.
- ✓ Th 29.12.: NIGHT OF THE ICE, Bad Gastein
- ✓ Th 29.12.: ADVENTMARKET AND SHOPPING NIGHT, Bad Hofgastein
- ✓ Fr 30.12.: URBAN ICE; ICECLIMBING-EVENT, Bad Gastein
- ✓ Sa 31.12.: SILVESTER OPEN AIR CONCERT, Bad Hofgastein

### January 2012

- ✓ Th 5.1.: THE REAL ABBA TRIBUTE, Bad Gastein
- ✓ Th 5.1.: SHOPPING NIGHT & OPEN AIR CONCERT, Bad Hofgastein
- ✓ Su 8.1.: OPEN AIR CONCERT, Bad Hofgastein
- ✓ Sa/Su 14./15.1.: SNOWBOARD WORLD CUP, Bad Gastein

### February 2012

- ✓ Fr-Su 3.-5.2.: SNOW LIVING ROOM, chill out and party, Angertal
- ✓ Sa.4.2.: ALPENTHERME GASTEIN BIATHLON CHALLENGE, Bad Hofgastein
- ✓ Sa-Sa 5.-11.2.: ART ON SNOW, Gastein Valley
- ✓ We 8.2.: CABARET „STINGING NETTLE“, Kursaal Bad Hofgastein
- ✓ Sa 18.2.: LUMPENBALL, Kursaal Bad Hofgastein
- ✓ Su 19.2.: KIND'S FASCHINGSPARTY, Kursaal Bad Hofgastein
- ✓ Su 19.2.: SNOWXCROSS AND FASCHINGSPARTY, Schirmbar Tomaselli, Dorfgastein
- ✓ Tu 21.2.: KIND'S FASCHINGSPARTY, Dorfgastein, 3 p.m.
- ✓ Th 23.2.: OPEN AIR CONCERT, Bad Hofgastein
- ✓ We 29.2.: DJ BATTLE, Après Ski Party, Bad Gastein

### March 2012

- ✓ Th 1.3.: OPEN AIR CONCERT, Bad Hofgastein
- ✓ Sa/Su 3./4.3.: 24H SKI TOURING RACE, Graukogel, Bad Gastein
- ✓ Sa/Su 3./4.3.: SLED DOG RACE, Sportgastein
- ✓ Th 8.3.: OPEN AIR CONCERT, Bad Hofgastein
- ✓ Sa 10.3.: SKIPARTY, Einkehr's Schluckerl, Dorfgastein
- ✓ Fr-Su 16.-25.3.: SNOW JAZZ GASTEIN, Gastein Valley
- ✓ Sa/Su 17./18.3.: PALMS ON THE ALMS, Sportgastein

### April 2012

- ✓ Su 1.4.: SKI AMADÉ WINTERFEST, Wengeralm, Dorfgastein
- ✓ Tu 3.4.: KID'S-EASTERPARTY, Dorfgastein, 3 p.m.
- ✓ We 4.4.: KID'S-EASTERPARTY, Skizentrum Angertal
- ✓ Sa/Su 28.29.4: SKI & GOLF COMPETITION, Sportgastein und Golfclub Gastein

### Weekly Program

- ✓ Mo: SKISAFARI, skiing area Schlossalm-Angertal-Stubnerkogel, 1 p.m. starting from the 19.12.
- ✓ Mo: ICECARVING, Bad Gastein
- ✓ Tu: SNOWSHOEHIKE, Angertal
- ✓ We: SNOWSHOEHIKE, Dorfgastein, 1p.m.
- ✓ Th: SKI-RELAX INTRODUCTORY SESSION, healing gallery, 4 p.m. (12.1. – 5.4.12)