



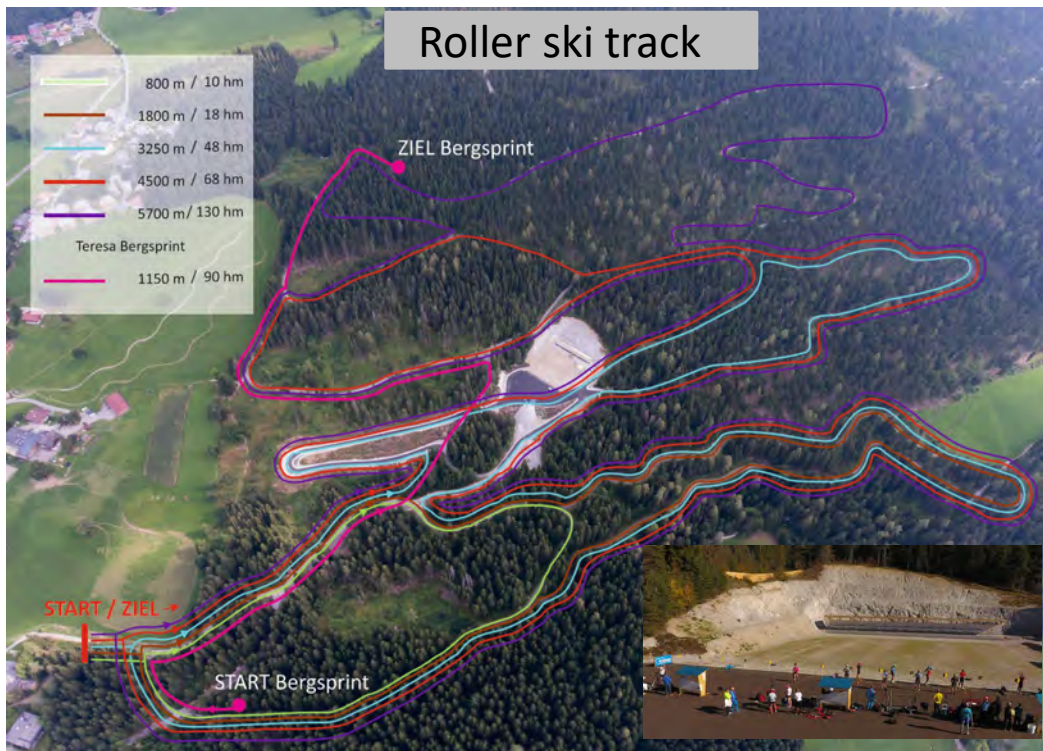
A warm welcome

Ramsau am Dachstein is a place where Olympic and World Champions recharge their batteries and rebuild their endurance time and again to keep performing at the highest levels. Because Ramsau am Dachstein is the perfect spot to strengthen body, spirit and soul.



Info: Sportbüro Ramsau
8972 Ramsau am Dachstein 337
office@ramsausport.com
Tel: +43 (0)3687 81101
www.rvb.at/nordisches-zentrum

Roller ski track



Roller Ski Track Ramsau am Dachstein

- Newly adapted 5.7 km roller ski track
- 3-metre-wide paved track
- 6 loops at various levels of difficulty
- Beautifully set in Kulmberg Woods
- Perfect training for beginners to international elite athletes
- Ideal for inline skates and roller skis
- Connected to running trails for alternative training options





Biathlon Centre Ramsau am Dachstein

- 5.7 km paved roller ski track with shooting range
- Newly set up biathlon shooting facility with 15 lanes
- Latest biathlon target system by the Kurvinen company (Finland)
- 6 air rifle shooting ranges
- Newly adapted, flat access to the shooting place
- Perfect training for current and future Olympians and World Champions





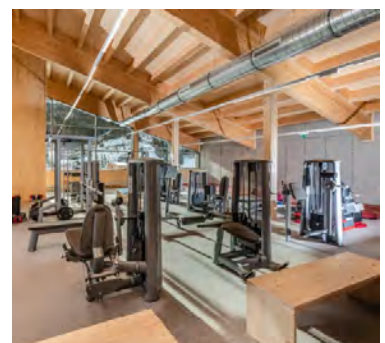
Fitness Centre Ramsau am Dachstein

Fitness centre

- New 260 m² gym
- Latest gym-80 strength training equipment
- Cardio equipment by PRECOR (treadmill, elliptical trainer, spin bikes, ...)
- Floor-to-ceiling windows looking out across the World Cup area
- Affiliated physiotherapy centre by Vincent Vermeulen

Gyms at the performance centre

- 10 x 18 m gym for ball games and training sessions
- 10 x 9 m gym with large glass front





Dachsteinbad Public Pool and Sauna

- Fitness pool (25 x 11 m), 28°
- Adventure pool with whirlpool benches (12 x 10 m), 30°
- Children's pool
- 200 m² quiet area
- Waterfall shower, air spring and underwater massage
- Outdoor area with sunbathing lawn
- Wibit-Aquatrack floating obstacle course
- 600 m² spa with Finnish sauna, herb sauna, infrared cabin, steam grotto etc.





International Performance Centre

In the sports medicine department at Ramsau am Dachstein's training centre, qualified specialists work with athletes using the large treadmill suitable for roller skis, on the small treadmill, or on the bicycle ergometer.

- Ideal for technique training
- Performance diagnostics and training management
- Individual determination of aerobic and anaerobic threshold
- Resting and exercise ECG
- Ergo spirometry





Ski Jumping Facility Ramsau am Dachstein

The HS 98 m summer ski jumping facility offers perfect year-round training to ski jumpers and Nordic combined athletes.

- World Cup HS 98 jump for summer and winter
- HS 30 and HS 15 with artificial surface for junior athletes
- Chairlift
- Floodlighting
- ÖSV inrun test track





Dachstein Glacier 2.700m

At 2700 metres, Styria's highest peak has captivating scenery and panoramic views across Austria's mountain tops. Dachstein's suspension bridge, Sky Walk, Ice Palace and Stairway to Nothingness make for an exciting mountain adventure.

- Great training in snow at 2700 metres
- 18 km groomed cross-country trails, both classic and freestyle
- Natural snow depot for training sessions from September
- Fantastic experience surrounded by stunning mountains





Sport & Games at Ramsau's Cross-Country Stadium

Where winter World Cup athletes battle for points, metres and seconds, there is lots of space for summer training:

200 x 100 m green area for fun and games:

- Ball games and football goals
- Running games
- Skill games
- New! Funpark at the stadium
- and much more



Indoor climbing wall

The 9-metre climbing wall at Ramsau am Dachstein's training centre has 12 routes ranging in difficulty from 4+ to 8+/9-.





Snowfarming Ramsau

Since winter 2013, Ramsau am Dachstein has been actively snow farming. A large snow hill is created at the end of winter and covered with wood chips. That way, the leftover snow can be sustainably reused for an early start to the cross-country training season.

- Year-long proven snow farming with snow depot at the cross-country stadium Ramsau
- Availability of snow and additional snow making for the World Cup tracks
- Snow training from early November



Hotels for Athletes in Ramsau

➤ Hotels



Hotel Sporthof Austria
Ramsau 223
8972 Ramsau am Dachstein
Tel. +43 3687 81969
info@sporthof.com
www.sporthof.com



Hotel Rösslhof
Ramsau 214
8972 Ramsau am Dachstein
Tel.: +43 3687 81444
hotel@roesslhof.at
www.hotelroesslhof.at



Hotel Kobaldhof GmbH
Vorberg 234
8972 Ramsau am Dachstein
Tel.: +43 3687 81413
info@kobaldhof.at
www.kobaldhof.at



Hotel Kielhuberhof
Leiten 82
8972 Ramsau am Dachstein
Tel.: +43 3687 81750
office@kielhuberhof.com
www.kielhuberhof.com



Sporthotel Matschner GmbH
Ramsau 61
8972 Ramsau am Dachstein
Tel.: +43 3687 81721
info@matschner.at
www.hotel-matschner.com



Hotel Neuwirt Ramsau
Leiten 113
8972 Ramsau am Dachstein
Tel.: +43 3687 81946
info@neuwirt-ramsau.at
www.neuwirt-ramsau.at

Unterkünfte für Sportler in Ramsau

➤ Pensions / Hotels



Blasbichlerhof

Vorberg 92
8972 Ramsau am Dachstein
Tel: +43 3687 81516
info@blasbichlerhof.at
www.blasbichlerhof.at



Pension/Hotel Haus am Bach

Vorberg 6
8972 Ramsau am Dachstein
Tel.: +43 3687 81258
info@hausambach.at
www.hausambach.at



Hotel Knollhof

Ramsau 71
8972 Ramsau am Dachstein
Tel.: +43 03687 81758
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www.knollhof.at



Landhaus Kirchgasser

Vorberg 460
8972 Ramsau am Dachstein
Tel: +43 3687 81879
info@landhaus-kirchgasser.at
www.landhaus-kirchgasser.at



Hotel Tischlbergerhof

Vorberg 8
8972 Ramsau am Dachstein
Tel. +43 3687 81289
urlaub@tischlberger.at
www.tischlberger.at



Pension Bergpracht

Schildlehen 87
8972- Ramsau am Dachstein
Tel: +43 3687 81304
info@bergpracht.at
www.bergpracht.at



Tritscherhof

Vorberg 12
8972 Ramsau am Dachstein
Tel: +43 3687 81027
bachler@tritscherhof.at
www.tritscherhof.at



Ramsau Alm

Vorberg 357
8972 Ramsau am Dachstein
Tel. +43 3687 81306
info@ramsaualm.at
www.ramsaualm.at



Hotel Appartements Hochkönig

Schildlehen 77
8972- Ramsau am Dachstein
Tel: +43 3687 81232
info@pensionhochkoenig.at
www.pensionhochkoenig.at

Unterkünfte für Sportler in Ramsau

➤ Pensions / Appartements



Zechmannhof

Voberg 25
8972 Ramsau am Dachstein
Tel: +43 3687 81476
stocker@zechmannhof.at
www.zechmannhof.at



Pension Minzlhof

Ramsau Ort 73
8972 Ramsau am Dachstein
Tel: +43 03687 81755
info@minzlhof.at
www.minzlhof.at



Pension Pilz

Ramsau Ort 135
8972 Ramsau am Dachstein
Tel. +43-664-9910154 od.
+43-3687-81778
pensionpilz@gmail.com
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Apartment Österreich

Vorberg 597
8972 Ramsau am Dachstein
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Appartement Grossegger

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8972 Ramsau am Dachstein
Tel: +43 664 1028246
appartement-grossegger@gmail.com
www.apartement-grossegger.business.site



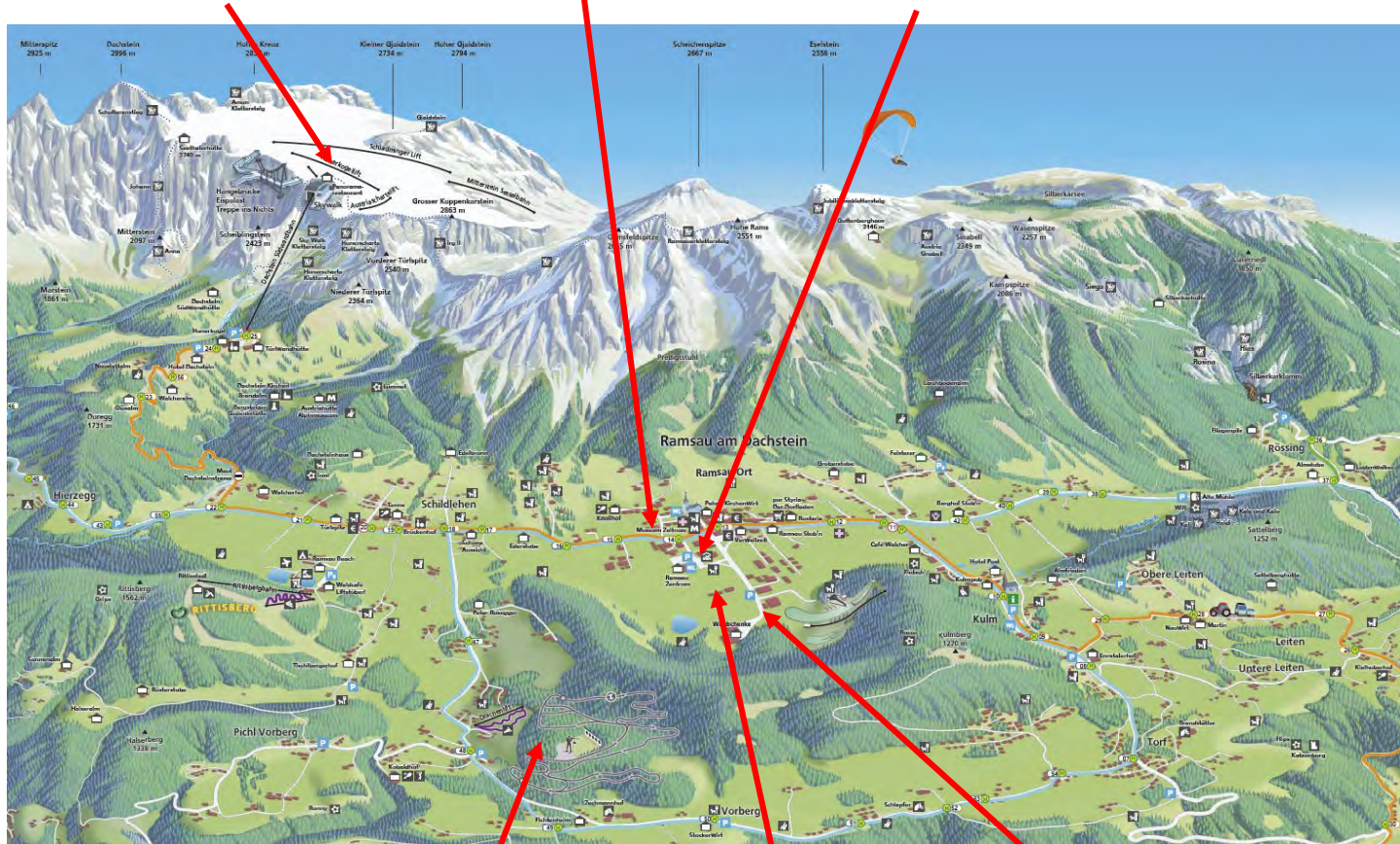
Apartment Lackner

Vorberg 639
8972 Ramsau am Dachstein
Tel: +43 664 3333705
lackner.henry@aon.at

Dachstein Glacier

**International Performance
Centre Gym Rooms,
Climbing Wall**

**Fitness Centre and
Dachsteinbad
Public Pool and Sauna**



**Shooting Range
and Roller Ski Track**

**Sportbüro
Ramsau**

**Cross Country Stadium
and Ski Jumping Facility**



Sportbüro Ramsau organisation

Opening hours:

Monday - Thursday

8 – 12 am and 1 – 4 pm

Friday

8 am – 2 pm



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