



## Cross-country skiing on the lake circuit

Is this your first cross-country skiing holiday in Stubaital, and are you looking for a beginner-friendly circuit? Look no further than the nearly flat lake circuit in the Klaus Äule recreation area. It is perfect for your first attempts at cross-country skiing. If you want to hone your skills, extend your journey to Volderau or explore one of the many alternate routes leading to Doadler Alm.

- Difficulty level: easy
- Distance: 0.9km
- Duration: 0:10h
- Ascent & descent: 6 metres

## The Falbeson trail (easy)

A flat 2.2-kilometre route perfect for beginners, easily completed in just half an hour. Located in the snow-sure Falbeson area, the trail starts at Doadler Alm.

- Cross-country skiing technique: skating, classic
- Difficulty level: easy
- Distance: 2.2km
- Duration: 0:28h
- Ascent & descent: 22 metres

## The Moss circuit

Another easy cross-country ski trail can be found in the centre of Neustift, easily accessible from the Jagdhof.

- Difficulty level: easy
- Distance: 2.8km
- Duration: 0:26h
- Ascent & descent: 8 metres



## Neustift valley trail

A cross-country skiing circuit with a modest altitude gain of 251 metres. While the elevation may seem mild, don't underestimate this route's length. Plan to take approximately four hours for this nearly 14-kilometre route, which leads you through Milders, Krössbach, Gasteig, and Volderau. The Jagdhof's top tip for your cross-country skiing holiday!

- Difficulty level: easy
- Distance: 13.9km
- Duration: 3:51h
- Elevation gain: 251 metres
- Elevation loss: 22 metres

## Cross-country skiing on the Milders night trail

If there is enough snow cover, this 1.2-kilometre trail, which can also be used during the daytime, is floodlit from 5 p.m. to 10 p.m. Enjoy a 20-minute ski through snow-covered forests in the evening – a must on your cross-country skiing holiday in Stubai.

- Cross-country skiing technique: skating, classic
- Difficulty level: moderate
- Distance: 1.2km
- Duration: 0:20h
- Ascent & descent: 19 metres

## The Stubai Glacier high-altitude trail

From the Gamsgarten mountain station, you can easily reach the skating cross-country ski trail on the Stubai Glacier. This scenic skating trail is a panoramic favourite, offering the perfect altitude training on your cross-country skiing holiday in Stubaital!

- Difficulty level: moderate
- Distance: 2km
- Duration: 0:20h
- Elevation gain: 63 metres
- Elevation loss: 22 metres

## The Elite trail

In the mood for a thrilling athletic endeavour during your cross-country skiing holiday? Conquer the region's only trail marked as difficult – the Elite trail. This route demands fitness and a proficient cross-country skiing technique. As you tackle the continuous uphill sections, you'll be rewarded with exhilarating descents and breathtaking panoramic views.

- Difficulty level: difficult
- Distance: 3.3km
- Duration: 0:42h
- Ascent & descent: 40 metres

## The Schlickeralm high-altitude trail

A delightful hour-long journey along a 3.3-kilometre trail, featuring an elevation gain of approximately 80 metres – a challenge not to be underestimated – and an elevation loss of over 100 metres. Whether classic or skating style, you'll glide through picturesque, snow-covered larch and spruce forests on what promises to be an unforgettable highlight of your cross-country skiing holiday.

- Cross-country skiing technique: skating, classic
- Difficulty level: moderate to difficult
- Distance: 3.3km
- Duration: 1:00h
- Elevation gain: 77 metres
- Elevation loss: 101 metres

