



Sölden is one of the leading destinations in Austria, with a big ski area and a network of high-speed lifts that make getting around the slopes quick and easy. There are two glaciers with a top height of 3,250m and 146km of pistes. There is also a 4km floodlit piste for night time tobogganning and a ski show at the Gaislachkogel middle station every Wednesday, with live acts and a musical fireworks display – not to be missed. It is full of buzzing bars, restaurants and clubs that attract a young and lively crowd. It is bisected by a river, with the main strip under the mountain and quieter hotels on the other side.

Top Runs

- Rettenbach and Tiefenbach are the two glaciers and the two mountains are Gaislachkogel and Giggijoch. It can take 45 minutes to reach Tiefenbach from Giggijoch but the views are breathtaking.
- For beginners, there are gentle nursery slopes in a snowsure location accessed by the Giggijoch gondola and plenty of long blues to progress onto once you've mastered the basics.
- There are some wonderful, long descents for intermediates – the longest being 15km down a nearly 2,000m vertical descent.
- For experts, there are more than 30 black runs adding up to 27km of steep piste; the toughest one is the 5km Risskirpl descent. There is also an abundance of off-piste.



Best for Après Ski

- **Grizzly Bar**
Located in Hotel Tyrolerhof. This is the place to go if you want a peaceful après ski, compared to the other, much livelier bars.
- **Eugen's Obstlerhutte**
A mountain hut on the piste between Hochsölden and Sölden, this après venue kicks off from 3pm and often has live music. There's a large terrace to enjoy the sunshine.
- **Fire and Ice**
This club will keep you on your feet until the early hours and often has international DJs playing. Open daily from 3pm–3am.
- **GIGGI Tenne**
Situated right at the bottom of the Giggijoch gondola, this is the perfect place to have a drink with friends and celebrate a successful day on the slopes.

Recommended Restaurants

- **Ice Q**
This is an absolute must-visit mountain restaurant for the food, décor and the breathtaking view. Extensive wine list and beautifully presented food.
- **Stabele Schirmbar**
Found at the bottom of the number 6 run, this is a great place to stop for a bite to eat. Renowned for serving the biggest and best burgers on the mountain, with a terrace to enjoy the sunshine and a great atmosphere.
- **Corso**
A good choice for either lunch or dinner. Serves hearty Italian food and great salads.