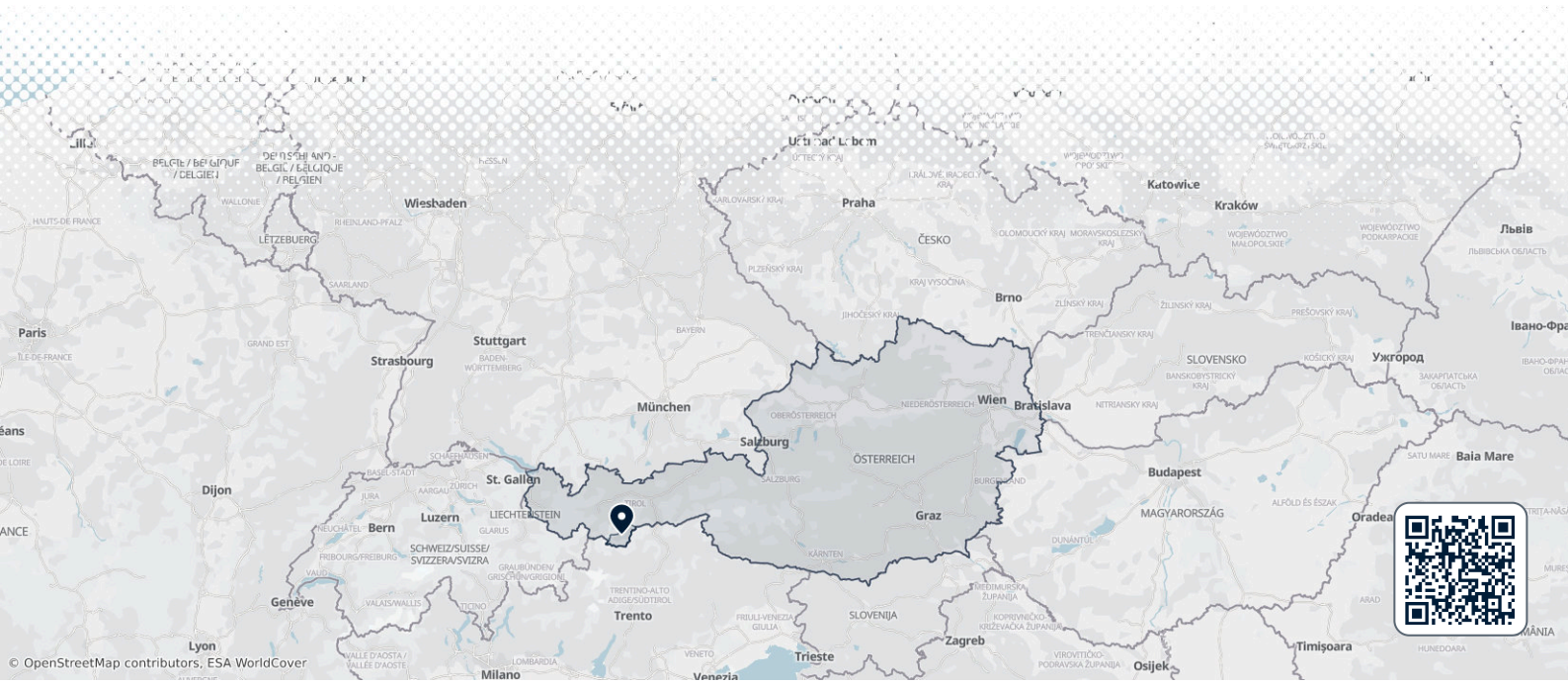


Sölden

Tyrol · Austria

TRAVEL GUIDE

Tripomatic



Overview

Sölden lies deep in the Ötztal valley in Tyrol, at the foot of two glaciers. It is one of the highest ski resorts in Austria, with lifts that reach more than 3,000 m. Snow is reliable from autumn to late spring.

The village is lively and built around skiing, with a busy après-ski scene. In summer it turns to hiking, mountain biking and high-alpine roads. The Ötztal Alps around it are home to Austria's second-highest peak, the Wildspitze.

When to visit

Ski season runs from late autumn to May, and the glacier slopes open as early as October. The World Cup opener is held here in late October. July to September is best for hiking and for the high mountain roads. May and November are quiet, with many lifts and hotels closed. Winters are cold and snowy.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	-2° / 3° Feels like -6°	-10° / -18°	13 rainy days · Dry air · Calm winds
February	Great Great for skiing	-1° / 4° Feels like -5°	-10° / -18°	Dry air · Calm winds
March	Good Good for skiing	3° / 11° Feels like -1°	-6° / -15°	14 rainy days · Dry air · Calm winds
April	Poor Poor for skiing	9° / 17° Feels like 6°	-1° / -9°	16 rainy days · Dry air · Calm winds
May	Fair Fair for cycling	14° / 21°	3° / -2°	22 rainy days · Dry air · Calm winds
June	Fair Fair for hiking	18° / 25°	8° / 2°	21 rainy days · Dry air · Calm winds
July	Fair Fair for hiking	20° / 25°	9° / 4°	22 rainy days · Dry air · Calm winds
August	Fair Fair for hiking	19° / 25°	9° / 4°	21 rainy days · Dry air · Calm winds
September	Good Good for cycling	15° / 22°	6° / 0°	16 rainy days · Dry air · Calm winds
October	Fair Fair for cycling	11° / 18°	2° / -5°	14 rainy days · Dry air · Calm winds
November	Good Good for skiing	4° / 11° Feels like 1°	-3° / -12°	14 rainy days · Dry air · Calm winds
December	Great Great for skiing	0° / 5° Feels like -4°	-9° / -17°	13 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Wildspitze is the highest peak in the Ötztal Alps and the second highest in Austria, at 3,768 m. It is a serious high-mountain climb for experienced hikers.
- The Gaislachkogl and Ice Q on the Gaislachkogl are the main cable car peak and a glass restaurant built high on the mountain. Ice Q appeared in a James Bond film.
- The Ötztal Glacier Road climbs to the Rettenbach and Tiefenbach glaciers, which are open for skiing.
- B Piccard-Brücke marks the landing of the first stratosphere balloon flight, near Obergurgl.
- C Pfarrkirche hl. Jakob is the parish church of Vent, a small mountain village at the top of the valley.
- The Timmelsjoch High Alpine Road leads from the Ötztal to South Tyrol in summer. It is closed in winter.



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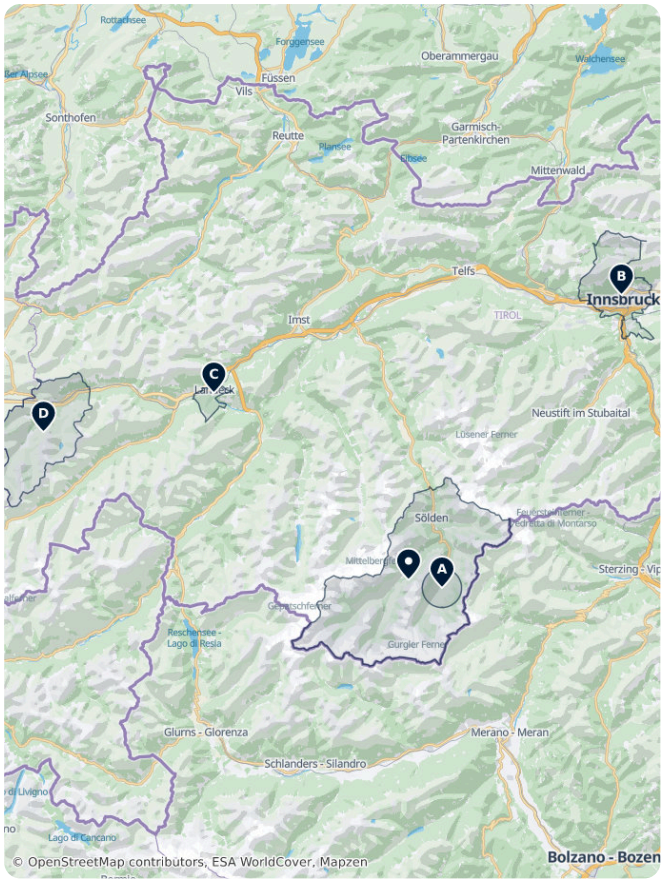
What to experience

- Ski the glaciers in autumn or spring.
- Ride the cable car to the Gaislachkogl.
- Drive the Ötztal Glacier Road and the Timmelsjoch road in summer.
- Hike a mountain trail to a hut.
- Join the après-ski scene in the village in winter.

Day trips

- A Obergurgl is a high-altitude ski village, about 25 minutes by car or bus.
- B Innsbruck is about 1 hour 15 minutes by car.
- C Landeck is about 1 hour by car through the Inn valley.
- D St. Anton is about 1 hour 30 minutes by car.
- Merano in South Tyrol is about 1 hour 30 minutes by car via the Timmelsjoch road, in summer only.



Where to explore

- Obergurgl is the closest preferred village and shares a ski region with Sölden's neighbour valleys.

Getting there

- By air: Innsbruck Airport is the nearest large airport, about 1 hour 15 minutes by car. Munich is about 3 hours away.
- By train: The closest station is Ötztal Bahnhof in the Inn valley. From there, a bus takes about 1 hour to Sölden. Check train times on ÖBB.
- By car: Sölden is reached from the A12 motorway via the B186 road through the Ötztal.

Getting around

The village stretches along the valley road. Free ski buses run in winter, and local buses run in summer. Cable cars start in the village centre and at the glacier road. Guest cards often include local transport.

Getting around on foot & by bike

WALKABILITY

Moderate

The village is strung along the valley road, with steep slopes and cable cars at both ends.

CYCLING INFRASTRUCTURE

Moderate

The valley road and mountain bike trails suit fit riders, but climbs are steep.

Driving

A car is helpful for the glacier road and the Timmelsjoch pass. Winter tyres or chains are required in snow. The Timmelsjoch road is a toll road and is closed in winter. Motorways in Austria need a vignette.

Food & drink

Tyrolean food is hearty: *Kasspatzln*, *Tiroler Gröstl* and *Kaiserschmarrn*. Mountain huts serve simple dishes, and the Ötztal is known for its alpine dairy. The village has many bars and restaurants, with a busy après-ski scene in winter.

What to eat & drink

DINNER

Wiener Schnitzel
A thin, breaded and pan-fried veal cutlet, traditionally served with potato salad or parsley potatoes and a wedge of lemon.

Tafelspitz
Boiled beef in broth, served with roast potatoes and a sauce of apples and horseradish — a favourite of Emperor Franz Joseph.

Viennese Goulash · Wiener Saftgulasch
A rich beef stew slow-cooked with onions and paprika, typically served with a bread dumpling or bread roll.

SNACKS & STREET FOOD

Käsekrainer
A grilled pork sausage studded with melty cheese, a classic order at Vienna's ubiquitous Würstelstand (sausage stands).

Sausage Stand Snack · Würstel vom Würstelstand
Grilled or boiled sausages (Bratwurst, Frankfurter, Bosna) served with mustard, bread and a pickle from street kiosks.

SWEETS & DESSERTS

Apfelstrudel
Thin pastry rolled around spiced apples, raisins and breadcrumbs, usually served warm with vanilla sauce or cream.

Sachertorte
A dense chocolate cake with a thin layer of apricot jam under a dark chocolate glaze, famously served with unsweetened whipped cream.

Kaiserschmarrn
A fluffy shredded pancake caramelised with sugar and dusted with icing sugar, served with plum or apple compote.

Marillenknödel
Apricot dumplings wrapped in potato or quark dough, rolled in buttery breadcrumbs — a Wachau and Viennese summer specialty.

DRINKS

Viennese Melange · Wiener Melange
The signature Viennese coffee: espresso topped with steamed milk and milk foam, the centrepiece of coffeehouse culture.

Grüner Veltliner
Austria's flagship crisp, peppery white wine, widely poured in Vienna's Heuriger (wine taverns).

Sturm
A cloudy, lightly alcoholic partially-fermented grape must, available only for a few weeks in autumn.

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Safety & health

Sölden is safe, but the mountains are serious. Check avalanche reports and weather before going off-piste or on glaciers. Altitude can cause headaches for some visitors. Tap water is clean and safe to drink. The emergency number is 112. The mountain rescue number is 140.

History

Sölden was a remote farming valley until tourism arrived in the 20th century. The first lifts were built in the 1940s and 1950s, and the glacier lifts followed. In 1991 the 5,000-year-old mummy known as Ötzi was found on a glacier in the nearby Ötztal Alps.

Country facts

Quick practical facts for Austria at a glance:

CURRENCY
EUR €

EMERGENCY
112

ELECTRICITY

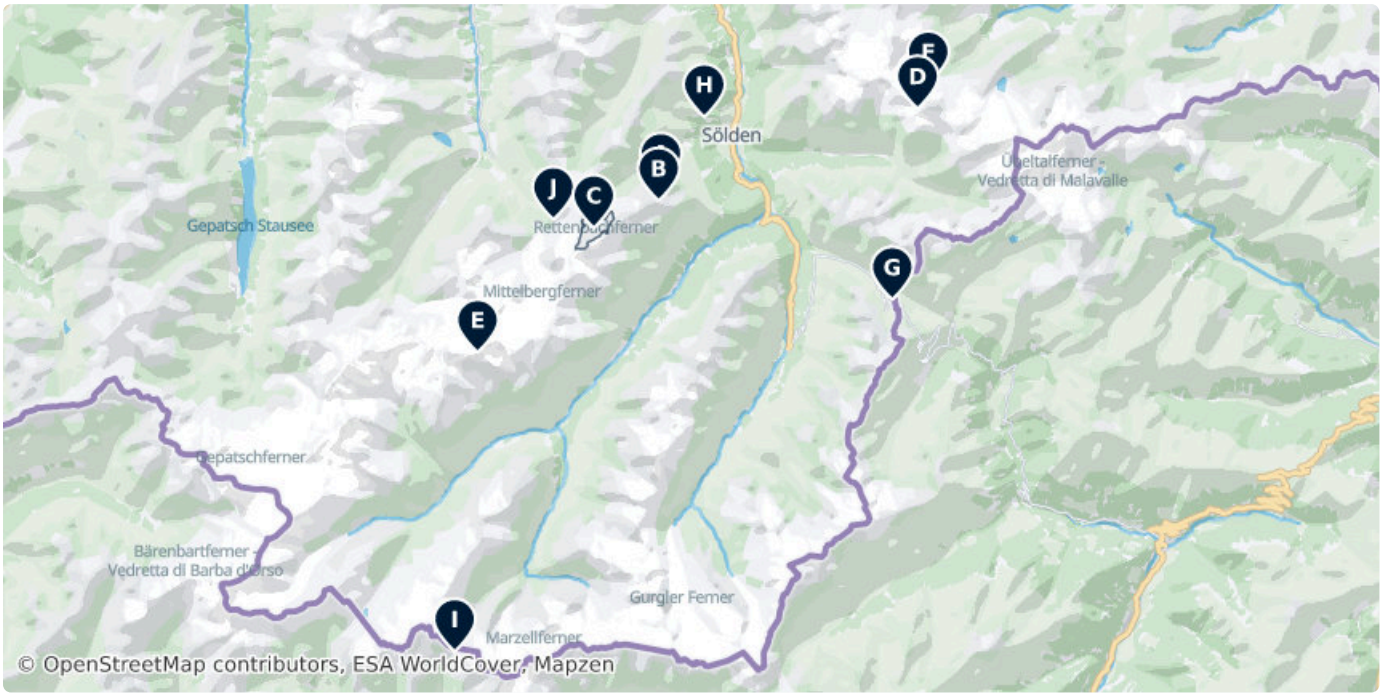
Type C / Type F
230 V · 50 Hz

LANGUAGES
German

TAP WATER
Safe to drink

Sölden Essentials

Sölden, located in the Ötztal valley of Tyrol, is defined by its high-altitude terrain and three peaks over 3,000 meters known as the Big 3. The ski area provides 144 kilometers of slopes connected by advanced lifts like the Giggijochbahn. Key landmarks include the Rettenbach Glacier, a venue for the FIS World Cup, and the Gaislachkogel, notable for its futuristic architecture and cinematic history. The region also features high-alpine hiking routes to the Braunschweiger Hütte and the historic Timmelsjoch pass connecting Austria to Italy.





A Sölden Ski Area

One of the most beautiful destinations for skiing holidays which offers 144 km of pistes for both beginners and pros.

Dorfstraße 115, 6450 Sölden, Austria (46.94803, 10.96835)

soelden.com/de/winter.html, +43 5254 5080



B Gaislachkogel

Standing at 3,056 meters, this peak is accessible via high-tech gondolas. It features the glass-walled ice Q restaurant and the 007 ELEMENTS cinematic installation, which showcases the James Bond film Spectre filmed on-site.

3A Gaislachkogel, 6450, Austria (46.94234, 10.96715)



C Rettenbach Glacier

The Rettenbach glacier is a glacier in Europe, located near Sölden in the Ötztal Alps of Tyrol, Austria.

6450, Austria (46.93217, 10.93138)



D Top of Tyrol

A steel viewing platform cantilevered over a ridge at 3,210 meters on the Stubai Glacier. It offers 360-degree views of over 100 surrounding peaks, including the Ortler and the Dolomites.

6450, Austria (46.97699, 11.10991)



E Wildspitze

Wildspitze is the highest mountain in the Ötztal Alps and in North Tyrol, as well as the second highest mountain in Austria after the...

6458, Austria (46.88524, 10.86728)



F Ice Grotto Stubaier Gletscher

Located 30 meters below the ski slope, this artificial ice cave allows visitors to walk through a glacier. It features information stations about glacial layers, moraine debris, and the formation of perennial ice.

6167, Austria (46.98625, 11.11588)

stubaier-gletscher.com/aktivitaet/eisgrotte/

G Timmelsjoch

A high mountain pass at 2,509 meters connecting the Ötztal valley in Austria with the Passeier Valley in Italy. The road is open from June to October and includes several architectural sculptures and a motorcycle museum.

(46.90516, 11.09596)



H Giggijochbahn

A high-capacity mono-cable gondola lift capable of transporting 4,500 people per hour. It connects the valley station in Sölden directly to the Giggijoch ski area at 2,284 meters.

(Unnamed Road), 6452, Austria (46.97388, 10.99233)



I Similaunhütte - Rifugio Similaun

A private mountain hut at 3,019 meters on the Niederjoch. It serves as a base for climbing the Similaun peak and is located near the discovery site of the Neolithic mummy Ötzi.

63, 39020 Schnals - Senales (46.77241, 10.85460)

similaunhuette.com, +39 0473 669711



J Braunschweiger Hütte

A German Alpine Club mountain hut situated at 2,759 meters. It is a key stop on the E5 long-distance hiking trail and provides accommodation for hikers crossing the Pitztaler Jöchl or Rettenbachjöchl.

Mittelberg 30, 6481 St. Leonhard im Pitztal, AT (46.93524, 10.90914)

braunschweiger-huette.at, +436642012013

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