

SCHLADMING
DACHSTEIN

Ramsau am Dachstein

Training Center *for Top Athletes*



Steiermark

We're there
for you.

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Ramsau - THE training center

Ramsau am Dachstein is the training centre for the international elite in Nordic skiing.

Especially in autumn, Ramsau is a popular training centre for Nordic teams from all over the world. Olympic and world champions come here to recharge their batteries and get in shape for top performances.

For cross-country ace Mika Vermeulen and biathlete Tamara Steiner, training here is a real home game.

The contents of these pages provide an overview of the extensive training opportunities for top Nordic athletes in **Ramsau am Dachstein** and **Schladming**.

Sportbüro Ramsau | Sport Office

Contact for your personal **Next Level!**

At the Sportbüro Ramsau you will find the perfect contact for organising your training stay in Ramsau am Dachstein. They will help you book the training facilities.

Ramsau am Dachstein 337
8972 Ramsau am Dachstein
office@ramsausport.com
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All information is available at a glance on our training centre landing page at www.schladming-dachstein/training-center

Roller track Ramsau



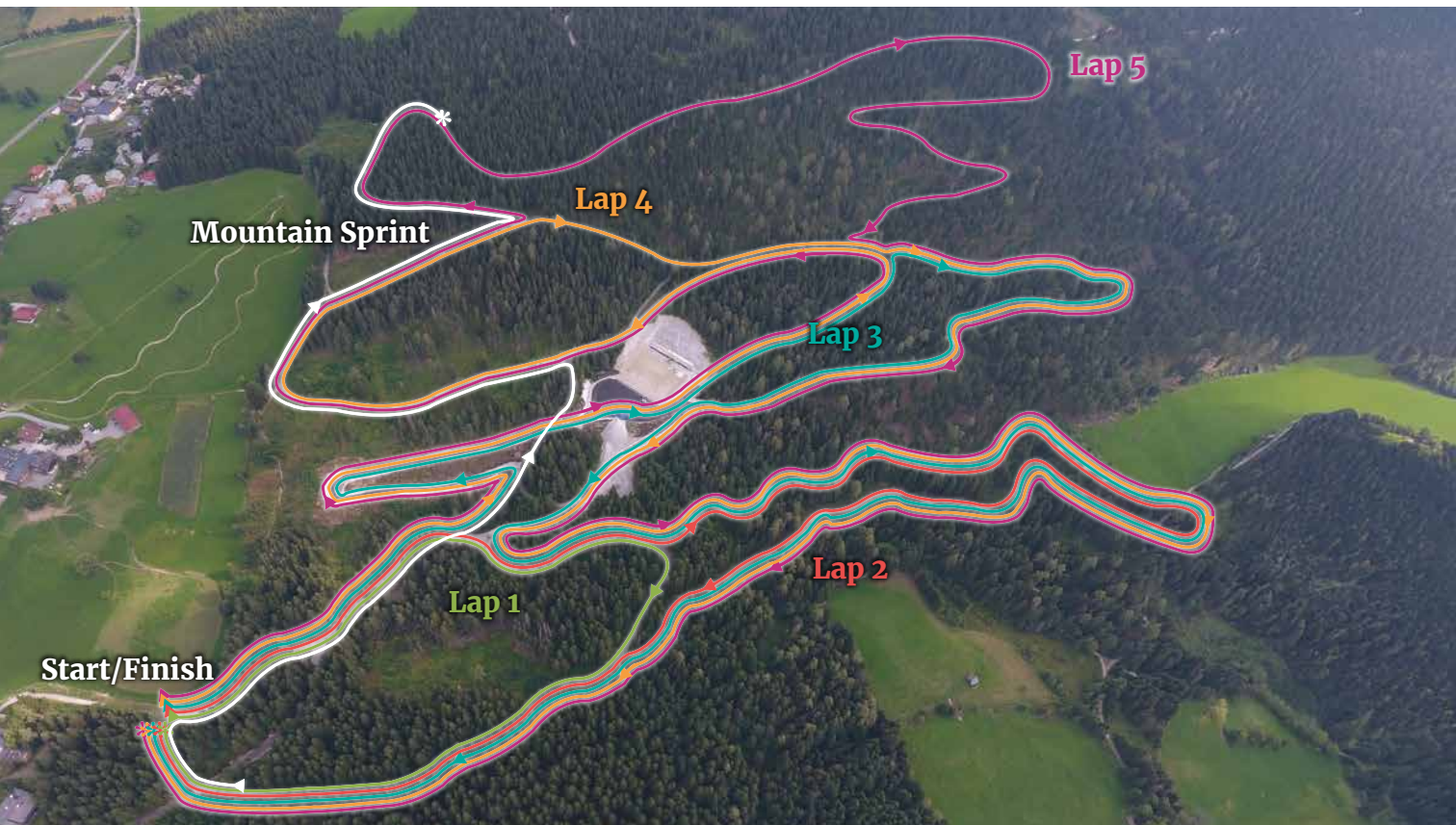
Top athletes and those who want to become one will find ideal training conditions on the roller track in summer. The facility is also available to amateur and recreational athletes. The Ramsau roller track is located on the south-west side of the Kulmberg with access and parking facilities at the lower dragon lift. The key data of the facility are:

- » Maximum track length 5.7 km
- » Asphalt width of 3 m along all routes
- » 6 routes with different levels of difficulty
- » Beautifully situated track in the Kulmberg forest
- » Ideal for inline skaters and roller skiers
- » Direct connection to numerous running routes for alternative training options

The circuits with different lengths and levels of difficulty offer a varied training programme. Several junctions mean that many combinations of the different laps are possible:

- » Lap 1: 800 m in length and 10 metres in altitude
- » Lap 2: 1,800 m in length and 18 metres in altitude
- » Lap 3: 3,250 m in length and 48 metres in altitude
- » Lap 4: 4,500 m in length and 68 metres in altitude
- » Lap 5: 5,700 m in length and 130 metres in altitude
- » Mountain Sprint 'Teresa': 1,150 m in length and 90 metres in altitude

Tickets are available at the ticket machine at the start (cash & card payment possible). Teams are requested to book and pay via the sports office.





Ramsau Biathlon Centre

The shooting range of the biathlon centre meets the current requirements of the IBU and has 15 lanes. The basic data of the facility are:

- » Asphalted roller track with a maximum lap length of 5.7 km and 6 variants (see roller track Ramsau am Dachstein)
- » Biathlon shooting range with 15 lanes
- » Biathlon target system from the company Kurvinen from Finland
- » 6 air rifle shooting ranges
- » Adapted, flat access to the shooting range



Ramsau Fitness Center

The fitness center in the Dachsteinbad offers a wide range of options for strength and exercise training on 260 m²:

- » The latest Gym-80 strength equipment
- » Cardio equipment from PRECOR: Treadmill, cross trainer, spinning bikes
- » Glass front with a view of the World Cup site
- » Adjacent physiotherapy practice run by Vincent Vermeulen.

Reservations for training groups and/or specific times are possible via the Ramsau sports office.

Day tickets are available at the Dachsteinbad ticket office (during opening hours) or in the online shop!





Ramsau Performance Centre

Diagnostics & Training Management

The performance centre offers comprehensive options for performance diagnostics and individual training management. Examinations are carried out directly on the large and small treadmill or on the cycle ergometer.

The centrepiece: a treadmill suitable for ski rollers with adjustable speed and incline. Olympic distances can be simulated in dry training on the 4.5 x 3 metre running surface.

The services offered by the performance centre include:

- » Technique training & training control
- » Performance diagnostics through lactate or respiratory gas analysis
- » Individual training support and planning
- » Health checks and lifestyle counselling
- » physiotherapy

The centre is run by the Vermeulen family. The contact person is former professional cyclist and trainer Moran Vermeulen.

Sports hall & climbing tower

There is a sports hall and a climbing tower right next to the performance centre. The 10 x 18 metre hall is suitable for all ball games and various forms of training. The 9 metre high climbing tower offers routes up to difficulty level 9-.

The hall can be booked via the Ramsau sports office and the climbing tower can be used against payment on site (cash desk) at the following times:

- » Monday to Friday, 08:00 to 21:00
- » Saturday and Sunday from 09:00 to 19:00

Vermeulen

Physiotherapy | Performance diagnostics | Training

info@vermeulen.at | +43 (0)3687 82451
Ramsau 209 | 8972 Ramsau am Dachstein

Leistungszentrum

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Ramsau 187 | 8972 Ramsau am Dachstein



Bitnes Sports & Health Center

Sports | Health | HBOT

The Bitnes Sports & Health Center unites several business areas under one roof, offering a unique ecosystem for health, sports, performance, and well-being. This strategic combination provides health-conscious individuals and ambitious athletes with comprehensive support:

- » Individual training support
- » Group training
- » Nutritional coaching
- » Sports psychology
- » Workshops
- » **Hyperbaric oxygen therapy with HBOT**

A pharmacy offering high-quality nutritional supplements and expanded medical care round out the holistic range of services.



Hyperbaric Oxygen Therapy

Our most powerful tool

Hyperbaric oxygen therapy (HBOT) is offered at the Bitnes Sports & Health Center in Ramsau. This is not altitude training, but rather targeted oxygenation under pressure. Pure oxygen penetrates deep into the body tissue and optimally supplies the cells. This promotes regeneration, increases performance, and supports well-being, the immune system, sleep, focus, wound healing, and anti-inflammatory processes.

HBOT can accelerate regeneration, support healing processes after injuries, and generally provide more performance and well-being.

Bitnes Sport & Health Center

Sport | Health | HBOT

office@bitnes-ramsau.at | +43 (0)676 710 60 39
www.bitnes-ramsau.at | Insta: hbot_ramsau
Ramsau 209 | 8972 Ramsau am Dachstein

Contact person: Vegard Bitnes



Dachsteinbad & Sauna

The Dachsteinbad is a complementary sports infrastructure right next to the cross-country stadium. It offers opportunities for relaxation as well as training.

- » Sports pool (25 x 11 m)
- » Aqua Track, the swimming obstacle course
- » 600 m² sauna area with Finnish sauna, herbal sauna, infrared cabin and steam grotto
- » Pool with whirl benches (12 x 10 m)
- » Splash shower, whirlpool and underwater massage
- » Children's pool with sliding elephant
- » 200 m² quiet sunbathing area
- » Sunbathing lawn with free parasols and deckchairs



Sport and games

in the cross-country stadium

Right next to the Dachsteinbad is the World Cup cross-country stadium in Ramsau am Dachstein. Where the World Cup athletes compete for points, metres and seconds in winter, there is plenty of space to train in summer:

- » Ball games incl. football goals
- » running games
- » Games of skill
- » Fun park in the stadium

The stadium is also the starting point for many running and trail running routes in Ramsau am Dachstein. Find out more on page 17.

The stadium is freely accessible and usable for training purposes in summer. Exceptions are closures for events such as the Torlauf Dachstein.



Ramsau ski jumping facility

The ski jumping facility (HS98) offers optimal training conditions for specialised jumpers and Nordic combined athletes all year round. A chair lift, a TV-compatible floodlight system and two plastic covered hills for junior jumpers (HS30 and HS15) are located in the jumping area.

Summer operation

- » Plastic matting with sprinkler system for wetting the landing mats with water
- » Porcelain inrun track with permanent sprinkling of the inrun.

Winter operation

- » Inrun track with ice track
- » Snowmaking with snow nets over the entire mat surface
- » Snowmaking with high-pressure system 60 m³ water/h
- » Snowmaking time: approx. 30 hours at approx. -8°C
- » Amount of snow: 2,250 m³
- » Snow cover at the landing approx. 35 cm
- » Cover on the inrun approx. 20 cm
- » Covering the inrun track during snowfall

Preparation

- » Inrun with winch snow groomer
- » Inrun with inrun groomer, therefore training and competitions under World Cup conditions is possible

Ski jump profile

- » Chairlift up to the highest point of the inrun
- » Floodlight system: suitable for television (1000 lux)
- » Total length of the facility: 311.35 meters
- » Inrun length: 87 meters
- » Average inrun speed: 86 km/h
- » Inrun table height: 3 metres
- » Inclination of the take-off: 11°
- » Highest air level: approx. 5 meters
- » Height difference: 102 meters
- » In good conditions, 100 meter jumps are possible.
- » Marking blue: P-point, 70 m (start of the landing area)
- » Marking red: K-point, 90 m (construction point)
- » Marking yellow: 100 m
- » Marking red-white-red (fall line)



Dachstein glacier trails

Run and train where the world elite of Nordic skiing regularly train. The trails can be reached with the Dachstein glacier railway.

Ramsau cross-country ski trail

The Ramsau trail is the shorter of the two high alpine glacier trails. It is located on the Schladming glacier and offers you glacier cross-country skiing with a fantastic view towards the Grimming and the Krippenstein.

- » up to 5 km classic & skating trail
- » Altitude: 2,575 to 2,670 metres above sea level
- » Location: between Gjaidstein and Koppenkarstein

Hallstatt cross-country ski trail

The Hallstatt trail is the longer of the two high alpine glacier trails on the Hallstatt glacier of the same name. This trail offers you glacier cross-country skiing with far-reaching views.

- » Up to 10 km of classic and skating trails
- » Altitude: 2,565 to 2,670 metres above sea level
- » Location: between Gjaidstein, Eisstein and Seethalerhütte

The Dachstein glacier is also a popular excursion destination in summer and autumn and a much sought-after tourist attraction. **Beginning in spring, until autumn, we strongly recommend that you make a fixed booking for the ascent with the Dachstein Glacier Cable Car.**

Der Dachstein

Schildlehen 79 | 8972 Ramsau am Dachstein
office@planai.at | +43 (0)3687 22 042-800
www.derdachstein.at





Pole imitation WM-Path Planai

The **Planai World Cup Trail** is ideal for uphill pole imitation training for Nordic athletes and trail runners. The path leads directly from the Planai stadium to the top station of the Planai cable car.

At the middle station there is an **opportunity to meet the trainers**. They can use the Planai cable car (free once a day with the Sommercard). It is also possible to continue to the mountain station.

Key data of the route

- » Route length: 6.7 km
- » Altitude metres: 1080 m uphill/ 0 m downhill
- » Ø gradient: 16.1°
- » Season: May to November
- » Starting point: Hiking portal Planai stadium
- » Destination: Planai cable car mountain station
- » Marking: WM-Path Planai and path no. 779

Trail running

Running and trail running are a good and varied basic training programme for Nordic athletes. Four trail runs in Ramsau am Dachstein together form a varied training system that covers different requirements.

- » **Kulmberg Trail**
9.8 km | 180 meters in altitude
- » **Rittis Trail**
17.3 km | 420 meters in altitude
- » **Jungfrauen Speedtrail**
7.4 km | 660 meters in altitude
- » **Sattelberg Trail**
12.9 km | 245 meters in altitude



In total, the Schladming-Dachstein region offers more than 50 running and trail running routes. You can find more trail runs at:

www.schladming-dachstein/trailrunning



Athletic Area Schladming

The sports fields and athletics facilities in the Athletic Area Schladming offer another training option for running units, interval training and ball sports.

The main playing field

The pitch, measuring 105 x 68 metres, is equipped with turf from the specialist company Rasen-Richter.

Training pitch

The pitch, measuring 105 x 68 metres, has an artificial turf of the 'FIFA 1 Star' certification class.

Running track

The 400 metre running track surrounds the artificial turf pitch and has four lanes.

Athletic Area Schladming

Stadtgemeinde Schladming

Untere Klaus-Straße 333 – 8970 Schladming
platzwart@schladming.at | +43 (0)676 83 54 14 01
<https://athletic-area.schladming.at/>

Your accommodation for training

in the Schladming-Dachstein Region

Thanks to years of experience with top athletes from dozens of nations and the regular major sporting events in the Schladming-Dachstein region, many accommodation providers also have the necessary expertise in this area. They know the special needs of athletes and are well equipped to cater for them.



You can find an overview of the partner businesses and all information at a glance on our training center landing page

www.schladming-dachstein/training-center

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Training Center

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