

CROSS-COUNTRY TRACK MARKING TIROLER ZUGSPITZ ARENA

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1. General Trail Marking

Definition of Terms

Trail (Loipe): A route accessible to everyone and suitable for cross-country skiing. Trails are marked, groomed, and protected against atypical dangers — especially avalanches. The grooming method depends on the specific cross-country skiing technique (classic or skating).

Cross-country Route (Langlaufroute): Also a publicly accessible route for cross-country skiers, but it is not groomed or monitored. Cross-country routes are marked and only secured against avalanche hazards. The sign “Cross-country Route” is used for identification.

Classification by Type of Use



Trail for Classic Technique:

Trails for classic technique are groomed and tracked. Downhill sections with potential hazards due to curves are groomed but not tracked to improve control. Use follows a parallel ski position.

Please always use the right-hand track — this ensures safe and easy overtaking. Single-track trails may only be used in the designated direction.



Trail for Skating Technique:

Trails for skating (free) technique are groomed but not tracked. If wide enough, they can be used in both directions. Please always keep to the right to allow for safe passing and oncoming traffic.



Trail for Sled Cross-Country Skiers:

A route accessible to all, specifically designed for seated cross-country skiers using a sled. It is marked, groomed, and secured against atypical dangers, especially avalanches.

The entry point is designed to be independently accessible and barrier-free for sled cross-country skiers.

Trail Grade Classification



Easy Trail (Blue)

Easy trails are ideal for beginners, those returning to the sport, and relaxed cross-country skiers.

They are mostly flat, with gentle climbs and descents. Downhill sections are easy to navigate, free of sharp curves, and do not require quick directional changes.

These trails offer a safe and calm skiing experience — perfect for building technique and endurance without pressure.



Intermediate Trail (Red)

Red trails are ideal for athletic and advanced cross-country skiers.

They run through undulating terrain and include noticeable ascents and descents. Downhill sections may feature curves that require active directional changes, demanding more technique and control.

These trails offer more variety and a moderate challenge — perfect for those seeking a sporty and engaging experience.



Difficult Trail (Black)

Black trails are suitable for highly experienced and technically skilled cross-country skiers.

They feature steep climbs and challenging descents that go well beyond the demands of red trails.

These routes require solid technique, control, and endurance, and are recommended only for well-trained athletes.

Trail Grading for Sled Skiers



Blue (Beginner to Low Intermediate):

Blue trails for sled cross-country skiers are mostly flat and especially beginner-friendly.

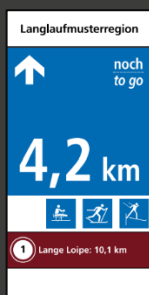
Uphill and downhill sections are very gentle, with only short stretches being slightly steeper.

Descents are easy to oversee and contain no difficult curves, so no quick directional changes are required.

The sled comes to a controlled stop at the end of a descent, without the need for strong braking.

The side slope of the terrain remains moderate as well, allowing the sled to stay stable and be balanced with a slight lean of the upper body.

This category is ideal for beginners, recreational skiers, and anyone who prefers a safe and calm route.



Red – Intermediate (for Advanced to Highly Skilled Skiers):

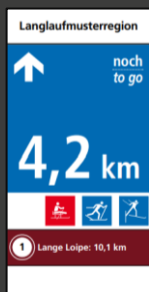
Red trails for sled cross-country skiers are more demanding and designed for athletic, experienced users.

The terrain is mostly undulating, with noticeable climbs and descents that can be significantly steeper over short sections.

Descents are generally visible but may include curves requiring active directional changes. This demands more technique, control, and responsiveness than blue trails.

Side slopes are slightly more pronounced but remain moderate enough to be managed with good sled-handling skills and upper body lean.

This category is ideal for sled skiers with some experience who are looking for a sporty and varied trail.



Black – Advanced (for Experts):

Black trails are the most demanding category and are intended exclusively for highly experienced and technically skilled sled cross-country skiers.

They feature steep climbs, fast descents, and challenging curves that go well beyond the level of red trails.

These routes require precise technique, strong physical endurance, and confident sled control.

Only athletes with substantial experience should attempt black trails.



2. Guidelines for Cross-Country Skiers

TIROLER
ZUGSPITZ
ARENA

LOIPEN ARENA

FIS Verhaltensregeln für Skilangläufer

- Rücksichtnahme auf die anderen**
Jeder Langläufer muss sich so verhalten, dass er keinen anderen gefährdet oder schädigt.
- Signalisation, Laufrichtung und Lauftechnik**
Markierungen und Signale (Hinweisschilder) sind zu beachten. Auf Loipen und Pisten ist in der angegebenen Richtung und Lauftechnik zu laufen.
- Wahl der Spur**
Auf Doppel- und Mehrfachspuren muss in der rechten Spur gelaufen werden. Langläufer in Gruppen müssen in der rechten Spur hintereinander laufen. In freier Lauftechnik ist auf der Piste rechts zu laufen.
- Überholen**
Überholt werden darf rechts oder links. Der vordere Läufer braucht nicht auszuweichen. Er sollte aber ausweichen, wenn er es gefahrlos kann.
- Gegenverkehr**
Bei Begegnungen hat jeder nach rechts auszuweichen. Der abfahrende Langläufer hat Vorrang.
- Stockführung**
Beim Überholen, Überholtwerden und bei Begegnungen sind die Stöcke eng am Körper zu führen.
- Anpassung der Geschwindigkeit an die Verhältnisse**
Jeder Langläufer muss, vor allem auf die Gefällstrecken, Geschwindigkeit und Verhalten seinem Können, den Geländebedingungen, der Verkehrsdichte und der Sichtweite anpassen. Er muss einen genügenden Sicherheitsabstand zum vorderen Läufer einhalten. Notfalls muss er sich fallen lassen, um einen Zusammenstoß zu verhindern.
- Freihalten der Loipen und Pisten**
Wer stehen bleibt, tritt aus der Loipe/Piste. Ein gestürzter Langläufer hat die Loipe/Piste möglichst rasch freizumachen.
- Hilfeleistung**
Bei Unfällen ist jeder zur Hilfeleistung verpflichtet.
- Ausweispflicht**
Jeder, ob Zeuge oder Beteiligter, ob verantwortlich oder nicht, muss im Falle eines Unfalles seine Personalia angeben.

Tirol

SOSC140

FIS Code of Conduct for Cross-Country Skiers

- Respect for Others**
Every skier must behave in a way that does not endanger or harm others.
- Signage, Direction & Technique**
Pay attention to signs and markings (information boards). On trails and slopes, follow the indicated direction and skiing technique.
- Choice of Track**
On double or multi-lane tracks, skiers must use the right-hand lane. Groups must ski one behind the other in the right track. In free technique areas, always keep to the right.
- Overtaking**
Overtaking is allowed on the right or left. The skier in front does not need to give way. Overtaking must only be done when it is safe.
- Meeting Other Skiers**
When meeting others, always keep to the right. Skiers going downhill have the right of way.
- Pole Handling**
During overtaking, encounters, and general skiing, poles must be kept close to the body.
- Adjusting Speed to Conditions**
Every skier must adjust their speed and behavior to terrain, visibility, trail conditions, personal ability, and traffic. Skiing in a way that endangers yourself or others must be avoided.
- Respect for Trails and Slopes**
Use only marked trails or slopes. Avoid damaging the prepared surface.
- Providing Assistance**
In case of accidents, every skier is obliged to help.
- Duty to Provide Personal Information**
Everyone involved in or witnessing an accident must give their personal details, regardless of responsibility.

3. Warning Signs



Meaning:

This sign indicates a general potential hazard. Please pay extra attention to the trail, other users, or obstacles.

Note:

Stay alert and adjust your speed to the local conditions.



Meaning:

The trail narrows — less space is available.

Note:

Reduce your speed, keep a safe distance, and expect oncoming traffic or limited visibility.



Meaning:

Another trail or path crosses here.

Note:

Proceed with extra caution, look left and right, and watch for crossing traffic.



Meaning:

The upcoming section has a steep descent.

Note:

Adjust your speed, be ready to brake, and proceed with extra care. This section may be challenging for less experienced users.



Meaning:

Expect oncoming traffic.

Note:

Stay on the right side, reduce your speed, and keep a safe distance. Be ready to brake at any time.

4. Restricted Area Signs



Meaning:

There is an acute avalanche risk in this area.

Note:

Strictly no entry or access! Stay on open, secured trails and follow current avalanche warnings. Life-threatening danger off marked routes!



Meaning:

This trail, slope, or facility is completely closed.

Note:

Please respect the closure. Entering or using the area may lead to serious accidents and is not permitted. Follow the designated alternative route.

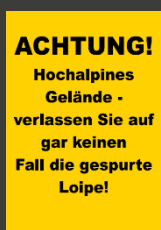


Meaning:

You are now leaving the secured area.

Note:

From this point on, you are in open, unsecured terrain — with no avalanche protection, no ski patrol, and no marked routes. Only suitable for experienced individuals with proper equipment. High personal responsibility required!



Meaning:

The surrounding terrain is high-alpine and potentially dangerous. The trail itself is safe — everything beyond it is not.

Note:

Stay strictly on the marked and groomed trail. Off-trail areas pose risks of avalanches, breaking through snow, steep drops, or disorientation. Safety first!

5. Access Restrictions



Meaning:

This trail section may only be used in one direction.

Note for Guests/Skiers:

Please ski or walk only in the indicated direction to avoid collisions with oncoming users.



Meaning:

Only classic technique is allowed on this trail or section.

Note for Guests/Skiers:

Skating is not permitted here. Please use the classic track to prevent damage and ensure a safe environment for everyone.



Meaning:

Dogs are not allowed on this trail.

Note for Guests/Skiers:

To protect other users and preserve trail quality, dogs are not permitted here. Please use designated dog trails or walking paths.



Meaning:

Walking on the trail is prohibited.

Note:

Please do not walk on the groomed trail — it damages the track and may lead to dangerous situations. Use the designated winter hiking paths instead.

6. Emergency Information



Meaning:

In case of emergencies in alpine terrain, you can reach mountain rescue directly by calling 140.

Tip:

If there is no mobile network, dial 112.

7. Collect Badges & other Signs



Meaning:

This QR code allows you to digitally collect badges along selected trail sections.

Note:

Simply scan with your smartphone — the stamp is automatically saved to your online collection card in the Summit Lynx app. Perfect for trail challenges or personal stats tracking.



Loipen Gütesiegel – Land Tirol

Meaning:

This seal confirms that the trail has been tested and certified according to the quality criteria of the Province of Tyrol.

Note:

The quality seal stands for high grooming standards, clear signage, safety, service offerings, and professional trail management. Only trails that consistently meet the required standards are permitted to display this seal.

8. Disclaimer

The signage on cross-country trails is intended for orientation, safety, and hazard prevention. All users are required to fully observe all mandatory, prohibitory, informational, and warning signs, and to adjust their behavior accordingly.

Despite extensive grooming and monitoring, trail use is at your own risk.

No liability is accepted for accidents or damages resulting from ignoring signage, unforeseen natural or weather-related conditions, or leaving marked trails.