

## Accommodation and meals

The Wrestling Center West is a very modern place for training and it's open throughout the whole year for everyone and every club in the world.

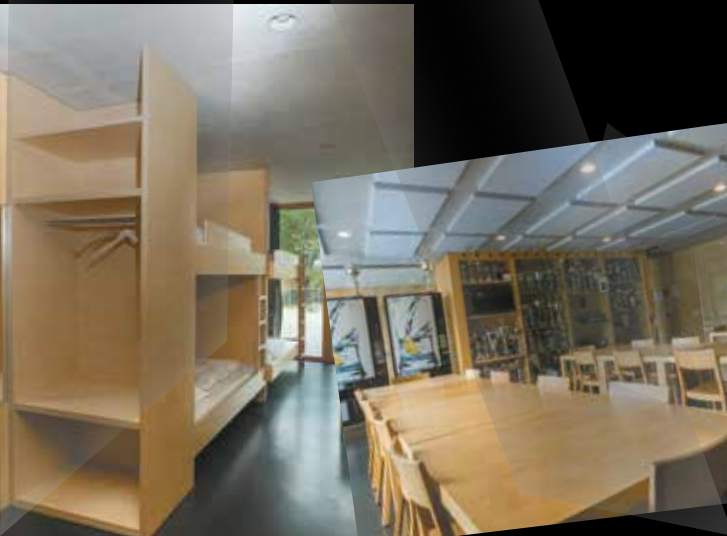


## Meals in the Wrestling Center West

We can offer a breakfast buffet or you can prepare your own meals in the kitchen. You can use the coffee-machine and a kettle for preparing tea.

Furthermore you'll have a cooker, a fridge and a freezer in our fully-equipped kitchen. For lunch and dinner you can go to the city (only ten minutes of walking).

There you find some good restaurants for a good price. We can help you to organize it.



# Wrestling Center West (of) KSV Götzis

In the heart of Europe

It's a special place  
for your club

## Contact



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## Wrestling

We have wrestlers and training partners in all categories of age and weight classes.

In our area you can find a lot of good clubs with some famous wrestlers.

We can organize partners for some training sessions.

We have one of the best teams in female wrestling.



## Furnishing and Equipment

### Training

In the training center there is a Foeldeak wrestling mat of 360 square meters in total. There are two mats with 12X12 meters each and one mat with 6X12 meters.

### Strength and endurance training

There are different areas and equipment (Bulgarian bags, different dummies, ergometer etc.) for fitness and endurance training besides the wrestling mats. A nice running path (Örfla Canyon) starts directly at the Wrestling Center West.

### Relaxation & regeneration

In the back part of the ground floor there is a Finnish sauna, an infrared-cabin and a place for massages. This area is very quiet.

## Various opportunities for summer and winter sports activities

Nearby the Wrestling Center West there is a public swimming pool.

You can also use the track and field stadium for running and other activities (inline skating place, soccer and many other sports) in town.

By car: 10 minutes away from Götzis you can play Golf.

In wintertime: 10 minutes (by car) away from Götzis there is an ice rink.

For Alpine Skiing and Cross-Country Skiing you have to drive about 30 minutes..

### Hiking and running

Örfla Canyon is a wonderful running trail for endurance training.

It starts at the Wrestling Center West.

We can also organize hiking-tours for you.

### Shopping at Garnmarkt

Only a 10-minute-walk away from our Wrestling Center West you can find a lot of different shops and some nice restaurants. It's a good place for recreation in a nice atmosphere.

