

Hiking & Biking in Austria. Now for real. #realAustria

In places where nature indulges us with its natural beauty, we'd be amiss not to take full advantage of it, and it's fair to say that Austria spoils visitors to the brim with its hiking and biking activities that simply beg to be explored. Everyone can be active here, no matter your age and fitness level – choose your recreational pastime and within minutes you'll be on the move thanks to the proximity of nature throughout Austria's holiday regions.

[Kitzbühel](#), [Zillertal](#), [St. Anton am Arlberg](#), [Zell am See-Kaprun](#), [St. Johann in Tirol](#) and [Innsbruck](#) have a lot to offer this summer – let us show you some of the highlights!

Kitzbühel: Hike and bike world-famous racing courses

Kitzbühel has 1,000 km of hiking and 1,200 km of biking trails as well as 38 cable cars to whisk you up your starting point. Hike or bike the world-famous Streif and Hahnenkamm or conquer a summit at sunrise.

[Hike the Streif](#)

Kitzbühel's Streif is one of the most difficult downhill racing courses in the world – and this hike allows you to experience all the key sections first-hand, including the renowned Mausefalle with an 85% gradient! The trail takes around 2,5 hours to complete.

[Bike the Hahnenkamm](#)

Test your skills – and nerves! – where the world's best downhill racers meet every January. Opened in 2019, this biking trail starts at the top of the Hahnenkammbahn cable car station and covers 6.88 km and 874 m in altitude. Be prepared for lots of jumps and stunning views.

[Horn Gipfel Breakfast](#)

Take the cable car up the Kitzbüheler Horn shortly after 4 AM and walk up the summit with your guide – you will arrive just in time for sunset! Enjoy the stunning panoramas before being treated to a full Austrian breakfast at Horn Gipfel Hut, including champagne!

Hiking in Kitzbühel: <https://www.kitzbuehel.com/en/sport/hiking/>

Biking in Kitzbühel: <https://www.kitzbuehel.com/en/sport/biking/>

Zillertal: Take a sunrise hike or take off on a multi-day mountain adventure

Zillertal boasts no less than 1,483 km of hiking and 1,385 km of biking trails. Hike or bike at sunrise and snap dreamy holiday shots or head on a multi-day hike to Tirol's largest hut.

[Sunrise Hike on the Gedrechter](#)

Starting from Mizun reservoir in Kaltenbach, this trail winds its way up to the summit. Leave at sunrise and take your time to enjoy the views over the valley before heading to Wedelhütte (hut) for a hearty Austrian breakfast.

[Berlin High Trail](#)

Up for a challenge? The Berlin High Trail through the heart of the Nature Park Zillertal Alps is 85,5 km long and takes eight days to complete. However, you can also just hike. Among the many highlights is the Berliner Hütte, Tirol's largest hut and the first in the region to become a listed building.

[Sunrise Hike to the Torseen Lakes](#)

The Torseen lakes in Tuxertal valley are located at over 2,000 metres above sea level. From June to September, the cotton grass flowering on the lakeshore, think cotton-wood white tufts as far as the eye can see, is a unique spectacle best enjoyed at sunrise.

Hiking in Zillertal: <https://www.zillertal.at/en/summer/activities/hiking.html>

Biking in Zillertal: <https://www.zillertal.at/en/summer/activities/biking.html>

St. Anton am Arlberg: Hike for one or multiple days and e-bike in the mountains

Hike among Alpine roses, start Tirol's most famous long-distance walk right on the spot or e-bike to a famous hut. St. Anton am Arlberg offers 300 km of hiking and 350 km of biking trails.

[Alpine Rose Trail](#)

Start at the top of the Rendlbahn cable car at 2,100 m above sea level and hike to the Rendl Alm hut. From May to July, a sea of alpine roses awaits (hence the name!). The intermediate hike is 18,5 km long and takes a little over seven hours to complete.

[Eagle Walk](#)

Tirol's most famous long-distance walk starts right in St. Anton. The Eagle Walk covers 420 km to be hiked in 24 stages. See alpine lakes, mighty mountain peaks and flower-filled meadows while challenging yourself to complete the trail.

[Bike to the Heilbronner Hut](#)

The biking route to Heilbronner Hut is 20 km long and covers 1,600 m in altitude. It can be combined with tours to the Paznauntal, Stanzetal or Montafon. This is a challenging route, so, unless you are a very skilled cycling pro, we recommend hiring an e-bike.

Hiking in St. Anton am Arlberg:

<https://www.stantonamarlberg.com/en/summer/outdoor/hiking/hiking-suggestions>

Biking in St. Anton am Arlberg:

<https://www.stantonamarlberg.com/en/summer/outdoor/cycling/e-biking-and-mountain-biking>

Zell am See – Kaprun: Master your first three-thousander and try gravel biking

Zell am See – Kaprun is home to 240 km of cycling and biking trails for all fitness levels. Master your first three-thousander, go on a multi-day walk or try out gravel biking.

[My first 3,000 metre peak](#)

Are you ready to conquer your first three-thousander? Get on a summit tour to the Kitzsteinhorn mountain peak at 3,203 m together with a certified local guide. The tours take place every Wednesday from 25 June to 28 September. Gear and stunning views included.

[Hohe Tauern Panorama Trail](#)

This multi-day hike through the Hohe Tauern National Park, starting at the Krimml Waterfalls and finishing at the Grossarl Valley, covers 275 km in 17 stages. Follow in the footsteps of Empress Sisi when walking to the Schmittenhöhe mountain and discover themed trails such as the "Mystic Forest". Jump right into Lake Zell after completing the walk.

[Gravel biking](#)

Gravel biking – a mix of mountain and road biking – is this year’s summer trend and the Zell am See – Kaprun region awaits with six brand new routes. 17 to 41 km in length, they include natural wonders such as the Maiskogel and Kitzsteinhorn mountain and Lake Zell.

Hiking in Zell am See – Kaprun: <https://www.zellamsee-kaprun.com/en/activities/summer/hiking>

Biking in Zell am See – Kaprun: <https://www.zellamsee-kaprun.com/en/activities/summer/bike>

St. Johann in Tirol: Walk or bike around the Kaiser and enjoy a Full Moon adventure

200 km of hiking and 200 km of biking trails await in St. Johann in Tirol. No matter if you choose a night hike or a multi-day hiking or biking tour, you surely won’t be disappointed!

[Koasa Trail](#)

This 5-day hike is dedicated to the Wilder Kaiser (or “Koasa” in Tirolean dialect). Every day you will get to see the mountain from a new perspective. Highlights include the Niederkaiser ridge, the picturesque Kaiserbach valley, the mysterious Teufelsgasse (Devil’s Lane), the Griesbachklamm gorge and the Eifersbacher waterfall.

[Full Moon Hike to a Hermitage](#)

Experience St. Johann in Tirol on a night hike in a mysterious and mystical atmosphere. The hikes with local guides, suited for all fitness levels, take place all summer and are included in the [St. Johann Card](#). Encounters with a real hermit are included, too!

[Wilder Kaiser Bike Tour](#)

This 83 km long trail around the Wilder Kaiser Mountain features spectacular views, lakes, and alpine inns for breaks in style. The mix of asphalt and gravel paths leads past idyllic nature, breathtaking panoramas, and cultural sights. Suited for both mountain and e-bikes.

Hiking in St. Johann in Tirol: <https://www.kitzbueheler-alpen.com/en/stjo/so/hiking/holidays.html>

Biking in St. Johann in Tirol: <https://www.kitzbueheler-alpen.com/en/stjo/so/bike/holidays.html>

Innsbruck: Start your outdoor adventure right in the city centre

Take a break from sightseeing and explore Innsbruck’s surroundings on foot or on a bike – the cable cars will whisk you up the mountains right from the city centre.

[Karwendel Nature Reserve](#)

The Nordkette marks the entrance to this hiking paradise, just 20 min by cable car from the city centre. Expect untouched nature, well-signposted paths, and traditional huts for a hearty lunch. The hikes range from easy half-day walks to challenging multiple-day-hikes.

[Patscherkofel](#)

Innsbruck’s Hausberg (“local mountain”), just a short cable car ride from the city, is ideal for gentle and family-friendly hiking. Its mountain huts serving traditional Tirolean cuisine are just as beloved as the splendid panorama views.

[Bikepark Innsbruck at the Muttereralm](#)

Master your skills at tracks from easy to difficult, including jumps and obstacle courses, then chill at the mountain hut. From 15-19 June, the world's best riders meet here for the legendary [Crankworx Festival](#).

Hiking in Innsbruck: <https://www.innsbruck.info/en/hiking.html>

Biking in Innsbruck: <https://www.innsbruck.info/en/biking.html>

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