

The freedom to enjoy your very own relaxing holiday in the Innsbruck region

Get away from it all and enjoy a good rest! No matter how you like to find the time to relax, it's so easy and natural in and around Innsbruck. It's the perfect starting point for making your own choice every day between a wide range of activities. From the bio sauna with mountain panorama to strolling through the delightful Old Town with forays through museums, galleries, exceptional shops and boutiques to leisurely hikes through forests and across meadows against a majestic mountain backdrop, the Innsbruck region offers the perfect option for every type of relaxation. For a fun-packed summer of freedom and alpine-urban joie de vivre!

It's so good to escape from the stress of everyday life and enjoy the freedom to unwind and find true peace of mind. If you're looking for relaxation, the Innsbruck region is just the place for you! At the heart of the Alps, the region offers everything you need for a short break. When it comes to diversity, the Innsbruck region is a real "natural talent". Because a relaxing holiday in Innsbruck can take you out of the city straight into the great outdoors, and you can spare yourself any great physical exertion by using a cable car or an e-bike. The city is also a great place to relax and discover the alpine-urban joie de vivre. Take a leisurely stroll through winding streets full of historic buildings and modern architecture or amble along the Inn promenade and marvel at the colourful rows of houses: a multi-faceted city panorama unfolds against the backdrop of the awesome mountains.

Where the city whispers "relaxation"

You can escape from all the typical urban noise even in the city! Innsbruck is a delightful small city whose lovable shopping streets and winding alleys are quite enchanting. It also has an impressive cultural landscape and a wide range of museums, galleries and art spaces in public areas. Take a relaxed stroll through the city and discover well-known and hidden sights, familiar and secret corners of the city. The "Walks to explore" booklet makes it easy to explore the impressive variety in your very own way, the seven thematic walks inviting you to approach the city from different perspectives. They take unfamiliar paths up and across Innsbruck, away from the hustle and bustle and off on a thrilling adventure. Explore the Bergisel ski jump and the Sill Gorge, the historic Anpruggen district or follow the Habsburg trail.

New to the programme: art lovers can best experience the "art space" Innsbruck on the ART Walks Innsbruck. This two-hour tour takes you through the city and four of its outstanding exhibition halls of contemporary art. The directors personally guide you through the current exhibitions, providing exciting insights into the city's cultural life. Inspirational relaxation for mind and soul!

Full effect

If you want to restore your physical and mental wellbeing, you can practise the downward facing dog outside a yoga studio, high up on the mountain, for example in the outdoor yoga studios on the Patscherkofel, Innsbruck's home mountain, on the Rangger Köpfl, at the Muttereralp or on the Nordkette at 1,905 metres above sea level. Here you are quickly grounded. Exercises and meditation combined with fresh mountain air and breath taking views as far as the eye can see will revitalise and relax you completely. Afterwards you can take a refreshing swim in one of the region's beautiful bathing lakes, but you don't have to take a dip in the cool water immediately. There are other ways to enjoy some refreshing moments of calm. You can enjoy a walk around or take a break on the shore, by the glittering green Natterer See lake for example, by the Lanser See or the Mieming bathing lake. On a hot summer's day, you can also refresh those tired feet with a "water march" in one of the region's Kneipp facilities. Paddling through the cold water pool doesn't take long, but it's so good and invigorating!

Talking of swimming. So-called forest bathing is also a great way to relax. Surrounded by the earthy scents of the forest and the gentle rustling of leaves, you immerse yourself in the realm of the senses on a gentle forest walk, quickly leaving the noise and distractions of everyday life behind. The beauty of nature, the peaceful tranquillity and mindful awareness of your surroundings and your own being - a "bathing trip" in the forest is a very special experience whose benefits will endure long after your holiday.

Slow movement in the great outdoors

Relaxed forest or nature adventure hikes and leisurely excursions to mountain inns and unspoilt, feel-good places enable everyone who enjoys exercise to find the true relaxation they're looking for. These hikes and excursions can be undertaken in the company of mountain guides. The extensive guided mountain hiking programme, included in the free Welcome Card, takes you to the most beautiful places in the region. If you prefer getting about on your own, you can experience the perfect interplay between nature and technology on the Perspectives Trail on the Nordkette, for example, and enjoy the calm atmosphere on the mountain as well as breathtaking views of the hustle and bustle of the city below. On the Mooswiesen Circuit on the Mieming Plateau you walk on farm tracks past small lakes and a chapel, with continuous fine views of the impressive Mieming mountain range and the beautiful nature reserve with the characteristic larch meadows. Or you can grab a "hairy companion" and enjoy a llama hike across the sun-drenched Mieming Plateau. The gentle shaggy animals with their leisurely pace enable you at once to drop down a gear or two. And if you'd like to be chauffeured through forest and across meadows, it's best to take the "forest tram". Tram line 6 takes people looking for relaxation out of the city and into the great outdoors. There are numerous treasures in small villages for you to discover along the route.

Treat yourself!

You can enjoy an intensive pampering break with wellness and spa treatments in Innsbruck in a very special way. For example, the gentle scent of our regional stone pine and soothing views of the mountain world in the saunas and steam baths of exclusive wellness hotels quickly relieve stress and tension. There are also massages and treatments with special features that have a beneficial and lasting effect thanks to organic-certified skin care products based on regional remedies that have been tried and tested for centuries. And best of all: thanks to the wide range of day spa offers, you can also enjoy the pampering programme of Innsbruck's wellness hotels as a day guest!

But even relaxation makes you hungry. So it's great that the Innsbruck region also has a wide range of culinary options and caters for visitors' physical well-being in its own unique way. Sitting on a picnic blanket in the countryside, floating in a gondola lift up to the summit, relaxing in the modern atmosphere of a mountain inn or outside on a sun terrace with a view of the lake – traditional and re-interpreted Tyrolean delicacies as well as select items from an international menu guarantee an outstanding culinary experience in an unusual setting. Relaxation doesn't simply come to an end after an enjoyable day, a good night's sleep is also an important factor. In the Innsbruck region there's a wide range of accommodation - charming guest houses, designer hotels and renowned wellness hotels - all of which provide excellent facilities and ensure an extraordinary experience. In wood lodges, safari tents or sleeping barrels in the Natterer See holiday paradise or at the Gerhardhof Inn in Wildermieming, you can experience a touch of adventure mixed with luxury, romance and nature. Unforgettable holiday experiences that you will dream of for a long time.

The ticket for total holiday happiness: the Welcome Card guest card

With the free Welcome Card guest card, the Innsbruck region offers a variety of options for stays of 2 nights or more so that you have time to enjoy your own relaxing holiday even more. You can use all public transport in the region free of charge. Many free offers and lots of discounts at swimming pools and bathing lakes as well as selected cable cars are also included. A special highlight in 2021: the extended guided mountain hiking programme.

What's left after your holiday? Countless images in your head. And the deep satisfaction that you've enjoyed your very own relaxing holiday.

www.innsbruck.info/relaxing

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