

Recharge your batteries in Kufsteinerland: power spots, places to rest and wellness for body and soul

Kufsteinerland is good for you. Relaxing in the middle of nature, finding yourself and gathering new strength is uncomplicated and versatile here. Lonely mountain meadows, shady forests, mountain streams with crystal clear spring water offer peace and inspiration. Discovering and learning to use the effective powers of nature with herbal experts awakens unexpected energies. Historical power spots enchant with their aura. Excellent wellness hotels pamper you with programmes ranging from yoga to energetic healing hikes.

The "Kaiser" is no ordinary mountain range. Anyone who takes the cable car up to the Breitenjoch in the early morning, accompanied by a mountain ranger, discovers seemingly inconspicuous plants with unusual talents, quickly realises that this area has special qualities. Herbal walks with rangers, where you dive into the wonderful world of mountain plants and medicinal herbs, are just one way to experience the positive effect of alpine nature on your well-being. Kufsteinerland is rich in such experiences and places full of inspiration. These include the seven natural mountain lakes with their soothing aura and fresh spring water. Going on a journey of discovery in the mountains to the right and left of the Inn Valley, looking for your dream place and absorbing the peace and purity of the mountains creates completely new qualities of life.

Discover hidden treasures: guided hikes in the Kaiser Mountains

Impressive journeys of discovery are the hikes with Helmut Payr, a Human Energetic. He knows the way, knows the places and plants and leads you into another, new and mysterious world. He presents things that remain hidden at first glance. These include energy places, medicinal herbs, wild animals and geological traces. His walks but also the guided hikes with nature guides from the Natopia association, the hunting association, the University of Innsbruck and the Austrian Federal Forests are instructive ways to discover the treasures of nature for yourself.

The power of the mountains: herbal walks and herb gardens in Kufsteinerland

Being out and about with experts, discovering unknown powers. This is also what the herbal walks and visits to special herb gardens are about. In the past, they were called herb witches because of their almost mystical knowledge. Today, women like Maria Bachmann are nature and health experts who know the Alpine fauna down to the smallest detail and are very familiar with medicinal plants such as primrose, St. John's wort or ribwort and their preparation. Those interested can learn more, for example, at the Aschinger Alm at 1,000 m above sea level, where the herbs are processed and ointments, remedies and herbal spreads are carefully made by hand. There are also numerous other herb gardens in Kufsteinerland, such as in Langkampfen, at the Lindhof Thiersee, in the Thierseetal valley or in the Bad Häring spa garden.

Unusual places with a special effect: power places in Kufsteinerland

It is hidden in the mountain forest near Erl, yet it has a long history that is over 700 years old and full of legends and myths. The Katzenstein ruin is not the only place of power in Kufsteinerland that has fascinated people for many generations. Another is the summit of the Kranzhorn at just under 1,370 m directly above the Inn Valley with a ravishing 360-degree panorama which on clear days reaches as far as Munich, the Watzmann and the Zugspitze. Hidden at the very bottom of the valley is the Blue Spring, which radiates a lot of power with its iridescent blue and green spring water. These are just three of many power spots in Kufsteinerland, the discovery of which can be a fascinating holiday programme in itself.

Wellness in Kufsteinerland: healthy holidays that are fun and taste great

Treat yourself more often with something that is good for you, that is healthy and that makes you feel good. Such sensible resolutions are typical for Kufsteinerland. Because these are precisely the strengths of the wellness and well-being hotels in the region. The offer is extensive and varied, ranging from 4-star gourmet hotels, to resorts with special health concepts, to feel-good hotels with varied, individually designed wellness areas. The combination of excursions in the alpine nature, refreshing wellness offers, animating activities such as yoga and Pilates, and in addition the delicacies of the hearty and natural, regional cuisine show that common sense and lust for life can go well together.

Unwind by the water

Relaxation is not to be missed after an active day in Kufsteinerland: Throughout Kufsteinerland you will find seven clear bathing lakes with the best water quality. The Thiersee below the local mountain Pendling, for example, has always been considered a power spot in the region and invites you to relax. Small waterfalls in the region are also ideal places to cool off and pause. A special feature among the waters in Kufsteinerland is the Blue Spring in Erl: it was declared the first natural monument in Tirol in 1926.

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