

Nature Breaks in Austria. Now for real. #realAustria

Hiking and biking through stunning mountain landscapes and along impressive waterfalls, taking a dip into picturesque Alpine lakes, and rafting, canoeing, and kayaking on wild rivers, followed by a hearty lunch in a rustic mountain hut – or a relaxing break in a mountain spa. Or how about going on your first ever summit climb? Trying out paragliding? Learning about the power of herbs from an expert? Or taking part in a guided moonlight walk?

Austria's summer hotspots – [St. Johann in Tirol](#), [St. Anton am Arlberg](#), [Zillertal](#), [Zell am See – Kaprun](#) and Kitzbühel – offer plenty of activities for all ages, ensuring your time off will be memorable for many years to come. No matter if you are travelling with your significant other, your friends, children, or all by yourself – you certainly won't get bored in Austria's Alpine wonderland. Get ready to be enchanted - your #realAustria nature break awaits!

St. Johann in Tirol: A hotspot for sports enthusiasts and foodies

Surrounded by the Kitzbühel Alps, the Kitzbühel Horn and the Kaisergebirge, [St. Johann in Tirol](#) and its neighbouring villages [Oberndorf](#), [Kirchdorf](#) and [Erpfendorf](#) are high-class holiday destinations, attracting sports enthusiasts, nature lovers and families alike.

Well-signed [hiking paths](#) lead through Alpine pasture, on summits, to romantic lakes, waterfalls, gorges, and canyons. [Themed walks](#), [family-friendly nature trails](#) and [hiking and climbing tours with certified mountain guides](#) guarantee unforgettable adventures. There are also several hundred miles of [cycle and mountain bike paths](#) for different ability levels. And thanks to the invention of [e-bikes](#), you no longer need to be in top shape to master the otherwise demanding ascents. From 18 – 22 August, cyclists from around the world meet for the annual [Cycling World Cup](#). Looking for an extra thrill? Try [skydiving and tandem paragliding](#), [ballooning](#), [canoeing, rafting and wild water tubing](#). And if you travel with kids in tow, make sure to pencil the [Moor & More Adventure Park](#) in your holiday diary.

Then, of course, there's the food! Sample all the Tirolean delights in [rustic mountain huts and haute cuisine restaurants](#), freshly prepared with the highest-quality ingredients. And keep your eyes peeled for the [Dumpling Festival](#) on 24 September, featuring the longest dumpling table in the world and over 26,000 dumplings.

St. Johann in Tirol: <https://www.kitzbueheler-alpen.com/en/stjo/st-johann-in-tirol.html>
Kitzbühel Alps: <https://www.kitzbueheler-alpen.com/en/>

St. Anton am Arlberg: A sustainable outdoor sports hub with a Cosmopolitan vibe

Fresh mountain air and landscapes that will instantly make you forget your busy everyday life: [St. Anton am Arlberg](#) and nearby [Pettneu and Schnann](#), [Flirsch](#) and [Strengen](#) offer a variety of holiday options. Enjoy the outdoors during the day and the jet set vibe at night.

The Arlberg region features 300 km of [hiking](#) and 350 km of [e-biking and mountain biking](#) trails. The most spectacular part of Tirol's famous long-distance hike [Eagle Trail](#), covering 420 km, also starts (or ends) right here. Fancy a climb? [Arlberg via Ferrate](#) is one of the most beautiful in the Alps. A 2,000-metre steel cable, 1,050 rope clamps and 500 hooks help to ensure safety as you work your way along the rocks. Alternatively, check out the [Climbing Park at Schnanner Gorge](#). If golfing is your thing, a [9-hole course](#) in the midst of an

impressive mountain panorama awaits. And in recent years, St. Anton has also turned into a [yoga](#) hub. Families can look forward to kid-friendly paths such as [Senn's Wonder Walking Trail](#) and the interactive [Mutspuren Trail](#).

Last but not least, St. Anton am Arlberg is one of the most [sustainable](#) holiday regions in Austria, running its own independent power supply. It holds around eight million cubic meters of water and supplies 33 million kilowatt hours of electricity per year. The village also operates a biomass heating plant and its own solar system for hot water preparation.

St. Anton am Arlberg: <https://www.stantonamarlberg.com/en/home>

Zillertal: A leading summer destination for fun-packed family holidays

In Tirol's largest side valley [Zillertal](#), unique experiences await at every corner. And it's not just the flowers that are in full bloom when visiting during the warmer months. Get away from the hustle and bustle of everyday life and enter a magical world full of natural wonders. No matter if you want to spend your summer holiday taking peaceful hikes walks, venture into pristine corners of the [Nature Park Zillertal Alps](#) or get closer to the mountain pikes, using one of the ten [summer cable cars](#), the Zillertal regions [Fügen-Kaltenbach](#), [Zell-Gerlos](#), [Mayrhofen-Hippach](#) and [Tux-Finkenberg](#) have you covered. Culinary and alpine delights. Adventures for kids and adults. You name it, Zillertal has it all.

Zillertal is a leading [family destination](#) in the Austrian Alps, offering a unique mix of adventure, recreation and relaxation for all ages. It boasts over 1,400 km of [hiking](#) and 1,300 km of [biking](#) trails, more than 150 [mountain huts](#), 50 [adventure playgrounds](#), an 18-hole [golf championship course](#), 6 outdoor [swimming pools](#) and 4 [lakes](#). Action summer adventures include [paragliding](#), [rafting](#), [kayaking and canoeing](#) as well as [cave trekking](#). And there's more: If you are tired of the summer or just fancy da day trip to the snow, Zillertal brings you right back to winter, offering [365 days of skiing](#) and underground adventures in [eternal ice](#).

Zillertal: <https://www.zillertal.at/en.html>

Zell am See – Kaprun: A unique mix of glacier, lakes, and family adventures

Its combination of glacier, mountain and lake makes [Zell am See-Kaprun](#) one of the most exciting destinations in the Alps. Countless [hiking](#), [leisure and sports facilities](#) as well as great [day trip options](#) for active holidaymakers, families and even athletes guarantee a fun-packed holiday.

Zell am See-Kaprun is located at 750 km above sea level and is surrounded by the 3,203-metre-high Kitzsteinhorn on the edge of the [Hohe Tauern National Park](#), the family mountain [Schmittenhöhe](#) – known for [Schmidolin's Adventure Park](#), huts and mountain restaurants as well as [yoga courses](#) – and the crystal-clear Lake Zell. Fancy a city stroll in the morning and swimming in the lake later? Make [Zell am See](#) your holiday base. Or how about some glacier adventures? Get to the eternal ice right from the village of [Kaprun](#) and enjoy the panorama platform [Top of Salzburg](#) and its Gipfelwelt 3000 on the [Kitzsteinhorn](#), featuring [all-year skiing](#), a cinema, an [ice rink](#), the [National Park Gallery](#) and Salzburg's highest restaurant [Gipfel Restaurant](#) at 3,029 m.

A [Climate and Energy Model Region](#), all mountain railways in Zell am See – Kaprun run on 100% green electricity and numerous hotels have implemented their own climate-friendly measures. The [Kaprun High Mountain Reservoirs](#) - a great excursion destination - generate electricity with hydropower, saving over 500,000 tons of CO2 per year.

Zell am See – Kaprun: <https://www.zellamsee-kaprun.com/en>

Kitzbühel: A sports hub, food, and event hotspot all in one place

[Kitzbühel](#) in Tirol is a legendary winter destination. But if you've never visited in the summer, you are missing out big time. The Alpine hub and its neighbours [Reith](#), [Aurach](#) and [Jochberg](#) welcome visitors with a great mix of thrilling [outdoor activities](#) and relaxing breaks. [Summit](#) and [leisure hiking](#), [golfing](#) on four local courses, [mountain and e-biking](#), [trail running or jogging](#) – the most legendary sports town in the Austrian Alps enchants 365 days a year.

Hike the legendary [Streif](#), the most difficult downhill racing course in the world, bike the [Hahnenkamm](#), take a [free guided tour](#), ranging from beginner to professional hikes or head for a [culinary hiking adventure](#). Want to combine outdoor exercise and relaxing cool-off breaks? There's plenty of [walks by the water](#) with lakes and waterfalls on the way. Families with kids can look forward to the [Streif Adventure Park](#), the [kids' climbing path](#) at the Kitzbüheler Horn and the [wildlife park in Aurach](#). And if you love all things food, you will certainly feel right at home here, too. Kitzbühel boasts [Tirolean and international cuisine](#) at the highest level, be prepared to dine at a different award-winning restaurant every night.

Last but not least, there's the vibrant event scene: From [Golf Festival](#) to the [Kitzbühel Cycling Marathon](#) and the food-focused [KITZ Culinary](#) and [KITZ Culinary x Piemont](#), you will certainly not get bored.

Kitzbühel: <https://www.kitzbuehel.com/en/>

Austrian National Tourist Office

pressuk@austria.info
press.austria.info/uk/