

Taste the Region! Culinary Hikes in Austria

Hiking and great food? Double win! Culinary hikes in Austria unite the best of both worlds, allowing for some outdoorsy exercise before indulging in a foodie feast. Just imagine marveling at mountains, lakes, and flower meadows during a leisurely hike, then capping the adventure at a traditional Austrian hut or alpine pasture, sampling through local delights sourced and prepared right on-site.

Given hut culture is a big one in Austria, it's easy to find foodie stops along many hiking routes. However, dedicated culinary hikes continue to pop up around the country, catering to the increasing demand for outdoor adventures for all senses.

Have a look at five prime examples below!

Ötztal: Work your muscles, then enjoy home-made cheese

The Gampa Thaya is a farm and hut both in one and an institution in the Sölden region. To get there, hikers head on a [6.9 km long trail](#) passing forests and a lake, with stunning views all along the way. Once at the hut, it's time to sample through Tyrolean delights such as das Gröstl, Kaiserschmarren, homemade sausages and salads with slices of beef.

Their house speciality, however, is the so-called "Gampe Kaas", a unique kind of cheese using milk from the local Grauvieh cows. Hut owner Jakob Prantl makes the cheese himself in a mobile dairy which is parked right outside during the summer months.

Kitzbühel Alps: Take a hike to a popular wine hotspot

No meal is complete without a glass of fine wine? Starting in St. Johann in Tirol, the [Angerer Alm Tour](#) leads to the mountain restaurant of the same name, which is well known in the region for its wine cellar. Annemarie Foidl, who owns the place and doubles as the president of the Austrian Association of Sommeliers, has stocked it up with an impressive 6,000 bottles, including many rare wines. The quality of the wines is matched by the Austrian delights prepared by her daughter, Katharina, and her son-in-law Gerald.

The moderate hike to the hut (and back) is 9.4 km and takes about 4.5 hours to complete.

Vorarlberg: Self-guided hikes with three culinary stops

Austria's westernmost province Vorarlberg is a foodie paradise which mirrors in its outdoor activity portfolio. The Bregenzerwald region offers four self-guided [full-day adventures](#), combining leisurely hikes with no less than three different foodie adventures each. Every trail starts with a regional breakfast before hikers make their way to two huts or mountain restaurants for lunch and dessert.

Prices start at EUR 44 (GBP 37) and include vouchers for all meals, train and bus tickets where needed and a hiking brochure.

Via Culinaria: Ten foodie trails through SalzburgerLand

The so-called [Via Culinaria](#) is a network of ten trails for foodies, connecting some of the best huts and restaurants in the region. Each one has its own theme, ranging from the Culinary Pathway for Fish Fans (leading through the lake district) to the Culinary Pathway for Herb Lovers (featuring walks and workshops about all things herb), the Culinary Pathway for those with a Sweet Tooth (highlights include Salzburger Nockerl, cake pops and Mozart balls) and the Culinary Pathway for Beer and Schnapps Aficionados (no explanation needed).

All hikes are self-guided and can be altered according to time, preference, and fitness level.

Culinary Paznaun: Seven huts, one big foodie feast

An event series rather than a regular hiking trail, [Culinary Paznaun](#) sees local gourmet chefs create regional dishes, which are served in seven mountain lodges and alpine pastures throughout the summer on selected days (5 July – 1 September). This year's highlights include Cheese Fondue Pralines (Faulbrunn Alm), Buttermilk Fried Chicken (Heidelberger hut) and Asian Pork Knuckle with Spätzle (Larein Alpe).

All huts are reachable via leisurely hikes, so foodie adventures can easily be combined with some outdoorsy workouts.

As always, we are happy to assist you with additional information, images, and research trips to Austria. Please get in touch at pressuk@austria.info.

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