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GUTEN APPETIT! FIVE CULINARY TIPS FOR FOODIES IN THE INNSBRUCK REGION

The Innsbruck region offers far more than “just” alpine-urban adventures – there are also genuine culinary delights to be discovered here. From fresh fish and fine wines through to seasonal specialities, there is a culinary experience for literally every taste!

1. Catch of the day

The sea may be a long way off, but that doesn't mean missing out on fresh fish in the Innsbruck region. The proof can be found in restaurants such as the Schwarzfischer in Stams, whose exquisite dishes have been awarded a *toque* by the well-known gourmet guide Gault&Millau: its main ingredients come directly from the cold mountain streams around Stams. Guests can also try their hand with rod and line, either in the adjacent fishpond or at the Geroldsmühle in Götzens; while trout from the restaurant's own fish farm can be tasted at the Bergoase Forellenhof in Haggen.

2. Cheers!

With its rows of vines snaking along the surrounding hills, the small but magnificent Romasi winery has something of the Italian about its appearance. However, this Tyrolean winery is quintessentially Austrian: part of the estate on the mountain above the village of Hatting, visitors can savour the grapes grown there in liquid form. Those who prefer high spirits, on the other hand, will find what they are looking for at the schnapps distillery in Flauring, where owner Friedrich Mair paints his own bottles, or at that belonging to the Draxl family in Inzing. Both serve and sell their products on the premises, while at Inzing you can also gain interesting insights into the production of these distilled beverages.

3. Black gold

Sometimes a cup of marvellously fragrant coffee is all you need to make you happy – especially if the beans are of the highest quality. You can see this for yourself at Brennpunkt, on Innsbruck's so-called “Arch Mile”: the company not only roasts certified organic fair-trade coffee for the Weltladen chain, but also offers different varieties of its aromatic brew in its coffee house and shop. Thomas Hofer also possesses his own roasting plant: fair-trade and sustainable organic coffee can (among other specialities) be purchased from his delicatessen in Telfs.

4. Rich harvest

To enjoy a self-catering holiday in the Innsbruck region, we recommend visiting one of the farmers' markets, where you can find fresh fruit and vegetables from the region's farms, as well as meat, fish, bread, eggs, cheese, honey, juices and more besides. In Innsbruck, for example, local farmers offer their wares in the market hall every morning from Monday to Saturday, while not far away in Axams they can be found from April to November on the village square on the first Saturday of every month. Even if you can't make it to a market in good time, there's no need to despair: many localities have their own farm shop or self-service vending machines that are also stocked with farmhouse delicacies, for example at the Ahrnhof in Patsch or the Steirerhof in Mieming.

5. Take a look

There are various themed tours and routes in the region that combine culinary delights and experiences. The Innsbruck Food Tours, for example, not only let visitors sample numerous Tyrolean specialities under the motto “plates of the past”, but also enjoy fascinating facts and anecdotes. The Culinary Craft Tours also offer a different kind of city tour: accompanied by a personal guide, you can

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get to know Innsbruck's breweries, smart cocktail bars or vegan restaurants – including tastings, of course. For families there is Kofele's educational bee trail on the Patscherkofel mountain, where both young and old can learn all about these busy little insects, as well as how to make the Alpine rose honey that is used in various dishes at Das Kofel restaurant and at the Hochmahdalm mountain inn.

Tip: to enjoy the region's culinary delights to the full we recommend that you check the opening times and availability of restaurants and offers in advance.

For more culinary highlights see www.innsbruck.info/essen-und-trinken.html.

About Innsbruck Tourismus

Innsbruck Tourismus is the official destination management organisation for the Innsbruck region, encompassing the capital of Tyrol and over 40 localities in the surrounding area, from the Inntal valley to the Mieming Plateau via Kühtai and as far as the Sellraintal valley. With almost 3.5 million overnight stays (as of 2019), the Innsbruck region is one of Austria's largest tourism institutions – a unique symbiosis of pulsating urban space and fascinating Alpine world. The vibrant city atmosphere and sightseeing highlights are just a stone's throw from your next biking or hiking tour, your next ski adventure or winter walk. The Welcome Card, free for visitors, is the key to the region's boundless opportunities: public transport, usable at no cost, means that the area's numerous highlights can be enjoyed both sustainably and comfortably. Visitor enjoyment is the focus of the thoughts and actions of each of the organisation's 90 or so staff: they pass on their passion and enthusiasm for this alpine-urban space to guests, ensuring unforgettable holiday experiences for all in harmony with both people and nature. With a total of twelve tourist information offices, Innsbruck Tourismus can stay close to visitors, be right in the action and keep a finger on the pulse of events – a true hub for the authentic stories and personal impressions of local characters that can be found on the popular [blog](#) and social media channels at [#myinnsbruck](#).

Further links

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