

## Digital Detox: Choose Mountains Not Mobile Apps

*3 unique ways to check out this summer...*

In today's hyper-connected world, the constant barrage of notifications and screen time can be overwhelming. Thankfully summer is almost here, and with it comes the opportunity to escape for a while. Austria, with its serene landscapes and commitment to wellness, offers the perfect backdrop for a digital detox. Here are three distinct options to help you unplug and rejuvenate:

### 1. Feelfree Nature Resort, Ötztal Valley

Let's start in Tyrol's Ötztal Valley, where the [Feelfree Nature Resort](#) blends seamlessly into its alpine surroundings. Tucked between forested hills and wildflower-filled meadows, the resort invites guests to slow down and truly reconnect; not through screens, but through stillness, movement, and the great outdoors. Eco-lodges and wooden chalets serve as your cosy base, each designed to disappear into the landscape rather than dominate it.

Days here begin with fresh mountain air and perhaps a guided hike through secret trails that wind through the Ötztal Alps. Mindful mornings might include yoga or meditation on a platform overlooking the valley, while afternoons offer the thrill of rafting or mountain biking for those who want to engage with nature more actively. There's Wi-Fi, but only in the communal spaces, encouraging guests to truly unplug and be present.

### 2. VIVAMAYR Health Resort, Maria Wörth

Further south, on the shores of the turquoise [Lake Wörthersee](#) in Carinthia, lies a very different, yet equally powerful retreat: [VIVAMAYR Maria Wörth](#). This renowned health resort offers more than relaxation; it's a full-body reset grounded in cutting-edge medical science and traditional healing philosophies. With views of glassy water and distant peaks, the surroundings alone are enough to lower your cortisol levels.

Here, the digital detox happens alongside a carefully crafted wellness journey. Personalised detox programmes, guided by medical professionals, aim to restore both gut health and peace of mind. Days are spent between yoga classes, tailored exercise

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sessions, and quiet meals built around nutritional balance. And most importantly, the resort actively encourages guests to put away their phones; not through hard rules, but by creating an atmosphere where you simply *don't want* to be anywhere else.

### 3. Treehouse Retreats in Styria

For a digital detox with a touch of magic, [Baumhaus Buchengrün](#) offers a secluded, independent retreat set amidst Styria's forests. The treetop house is made of reclaimed wood and features a wood-burning stove, hammock, and deck with views of the forest, perfect for single travellers or romantic escapes.

No Wi-Fi, television or reliable phone signal; and that is exactly the plan. You are invited to relax, get back in touch with yourself or nature and soak up quiet. Try a bit of forest bathing, draw, write a diary or simply immerse yourself in birdsong and pine aroma.

The treehouse has a kitchenette to prepare meals out of local ingredients that you source at local markets, or you might want to go out to the local village and enjoy hearty Austrian cuisine. It's a humble, awareness-based retreat that is meant to get you breathing fully, shutting down, and coming back to what is essential.

In a world that rewards constant availability, taking time to be unavailable is a radical act of self-care. Austria makes it easy to disconnect not just from your devices, but from the pressures that come with them. When you're breathing in the alpine air, meditating by a lake, or sleeping among the trees, you'll find that the world slows down, and you do too.

This summer, consider logging off and tuning in to Austria.

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](mailto:pressuk@austria.info).

#### **Austria Tourism**

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