

Austria: Europe's Microadventure Playground

"Adventure is a state of mind." - Alastair Humphreys

A microadventure doesn't need months in advance planning, high-end equipment, or an isolated Himalayan pass. It could be an early morning swim, an evening under the stars, an untrod path up the mountainside. British adventurer Alastair Humphreys popularized the term as proof that exploration is less geographical and more of state of mind. For nature lovers looking for a quick escape, Austria provides the ideal backdrop for an idyllic weekend that is away from the world.

With frequent direct flights from London available to both Vienna, Salzburg, and Innsbruck, you can head out after work on Friday and be standing in an Alpine valley, swimming in the icy waters of a glacier-fed lake before you close your eyes. Here are three microadventures that you can enjoy in Austria without breaking the bank or using up precious holiday days!

Wings: Flying High above the Stubai Alps

The journey starts the instant you arrive in Innsbruck. Surrounded by the rugged peaks and green valleys, the tightly packed Tyrolean city nestles at the foot of the Stubai mountains, where paragliders drift above emerald fields and timbered chalets. You can [be one of them!](#)

After a brief transfer, you find yourself standing on the precipice of the mountain, helmet buckled, heart racing. Below you, the valley beckons, and behind you, your instructor is counting down. Untill... LIFTOFF.

You will soar faster and higher than you ever thought possible without jet engines, hoisted high above the Tyrolean landscape. By the time you've come back down to earth you be ready to spend sun-down on the terrace of a mountain hut, watching the sun set and sipping a local schnapps.

The adrenaline continues the next day, but instead of running off a mountain, you'll be strapped in and pushed off a bridge. The Europa Bridge; one of Europe's tallest bridges. Thankfully you'll be attached to a bungee chord, but that won't slow you down for a while!

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Water: Wild Swims and Sleepouts near Salzburg

Fancy something a bit more mellow but just as magical? Hop on a short flight towards Salzburg and head straight for the lake region of Salzkammergut. By evening, you'll be sat beside Fuschlsee; a still, glassy lake surrounded by forest and soft hills. You'll find it hard not to strip off and dive in. It's icy, fresh, and more invigorating than any espresso. You can find a number of holiday apartments like Apartments Seegartl in the town by the lake, Fuschl am See, to rest your head before a big day on the lakes.

Start your day with a peaceful [sunrise paddleboarding session](#) on the glassy waters of Lake Fuschl, followed by a lakeside breakfast. After a relaxing stroll or swim, gear up for an adrenaline-filled [canyoning adventure through the wild Strubklamm gorge](#). Wrap it all up with another refreshing dip or sunset view by the lake — the perfect mix of serenity and thrill.

By Sunday, you'll be sipping lakeside coffee and strolling through town before flying home — knackered, happy, and just a little changed.

Wilderness: Forest Solitude on Vienna's Edge

Vienna might be all grand palaces and operas, but just outside the city lies one of its best-kept secrets: the Wienerwald. A massive stretch of forest that feels a world away. From the airport, jump on a train to Purkersdorf, then start walking. Within half an hour, the buzz of the city will fade and you'll find yourself deep in a world of rustling leaves, fox tracks, and soft, green light streaming through the trees.

You can truly disconnect by sleeping in the wild at one of the [camping spots in Wienerwald](#) with nothing but the forest and other campers for company. Time feels slower out here, and the air tastes better too. The next morning you can take your time to explore the beautiful woods, that was at one time a Royal Hunting Ground and is now a UNESCO Biosphere Reserve. There are more than [30 different routes](#) you could take and plenty of huts and restaurants along the way to keep you well fed and watered with local wines, meats, and cheeses.

Wrap up the adventure at Kahlenberg, gazing out over the Danube and Vienna's skyline. It's the perfect full stop before heading back into the city for one last coffee and your flight home.

Austria doesn't merely welcome microadventures — it is made for them. So the very next time your spirit is pining for something greater than a screen and couch, think 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.

Austria Tourism

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