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SUN, FUN AND SKIING IN THE INNSBRUCK REGION: FROM VALLEY FLOOR TO LOFTY HEIGHTS

The days are growing longer in the Innsbruck region, perfect for a relaxing day's skiing in the sunshine or for leisurely winter walks, while the city too has plenty to offer: at altitudes ranging from 600 to 2,400 metres above sea level, there are numerous opportunities both for sporting activities and relaxing breaks.

At 2,400 metres: skiing and spritzers

Kühtai is a ski-in/ski-out resort that offers skiing fun to the very highest level right through until 14 April. Located just under 40 kilometres from Innsbruck, the capital of Tyrol, in Kühtai you can find perfectly groomed pistes for all levels of ability as well as over 20 welcoming huts and restaurants. As Austria's highest ski resort, it offers particularly reliable snow conditions during the first months of the year: sun lovers can therefore enjoy an ideal mixture of winter sunshine, wonderful white surroundings and soothing stillness. The Kühtai ski area is covered by the SKI plus CITY Pass, which includes a total of 13 ski areas, 23 city offers and all ski buses.

At 1,400 metres: gentle winter walks

With the snow crunching under your feet, you are surrounded by an idyllic Alpine winter landscape: the Innsbruck region offers numerous groomed trails for winter walks through the silent natural world, and a visit to one of the local inns turns a winter walk into a real treat. If you would like to share the adventure with other hiking fans, join the guided activity programme, available until 11 April with the free Welcome Card for guests.

At 600 metres: wonderful coffee variations and magnificent views

The city's rooftop bars are where the alpine-urban lifestyle really comes into its own: the 360°Bar, 5th Floor, Cloud One and ADLERS Rooftop are just some of the names of the venues located above the rooftops. Up there, accompanied by cool beats and fantastic mountain views, your cappuccino tastes incomparably good. And, as the sunset bathes the city in its golden light, you can swap your coffee for a relaxing drink with a friend.

Down under: Innsbruck below ground

There is plenty to discover in the Innsbruck region – not only at breathtaking heights, but also underground. For example, the city boasts two cultural institutions in particular: the Kellertheater Innsbruck with its contemporary theatre literature, and the Treibhaus Innsbruck with a wide-ranging programme that extends from theatre and cabaret to world music. You can also find numerous pubs and bars a few steps down, such as Tribaun, an El Dorado for beer lovers; Zappa, a student meeting place; the Cool Run Inn, the Prometheus Keller or the Gotische Keller.

Tips for events out in the sunshine

On 24 February the Freeride Academy Innsbruck – Austria's first non-profit freeride association – is staging the first-ever Innsbruck Freeride Open by Kühtai. The contest, open to all ages, starts at 10.00 am and is sure to be a stage for spectacular off-piste scenes. The Ugly Skiing Day in the Axamer Lizum, to be held on 13 April, celebrates the end of the season in style, as winter sports enthusiasts dress up in wild outfits and hit the slopes together.

Arrive rested and relaxed in the Innsbruck region

The numerous rail connections to the Innsbruck region mean that getting here is both easy and sustainable. ÖBB (Austrian Railways) and the WESTbahn stop at the city several times a day. Special

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offers, such as the “Sparschiene”, the “Nightjet zum Schnee” or discounts on the WESTbahn all make travelling by train a particularly attractive option.

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

Blog: www.innsbruck.info/blog

Facebook: www.facebook.com/Innsbruck

Instagram: www.instagram.com/innsbrucktourism

Twitter: twitter.com/InnsbruckTVB

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