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# Snow above and sunshine below: alpine ski racer Stephanie Venier knows the best ways to experience the joys of spring in the Innsbruck region

Spring is a time of change – bringing with it freshness and variety. Nowhere demonstrates this quite like the Innsbruck region: the snow conditions on the mountain are still perfect for hitting the pistes, but down in the city the milder temperatures might tempt you to chill out with an ice cream instead! At least that's what Stephanie Venier, an alpine ski racer from Oberperfuss, likes to do. She has some tips to offer on the best places to practise your ski turns in the spring season have fun by getting active or indulge in a treat or two.

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*The joys of spring: alpine ski racer Stephanie Venier knows how to make the most of springtime in the Innsbruck region.*

**On the mountain: superb conditions for skiing**

Skiing in the spring is an incredible experience. Not only can you take advantage of the extra hours of daylight, but the warmer temperatures in particular also make for totally unique snow conditions on the pistes. "I love it when it's still a bit frozen early in the morning, and then the snow gets softer and softer as the day goes on," says alpine skier Stephanie Venier, adding that skiing on the coarse, firny snow formed through repeated thawing and refreezing can be particularly good fun. Stephanie herself likes to spend the spring exploring various local ski resorts: "My favourite at this time of year is Rangger Köpfl, my 'home ski resort', but Axamer Lizum or Nordkette – with its view over Innsbruck – are fantastic too, especially when the spring blossoms are just starting to appear." Kühtai also offers ideal conditions for springtime skiing:

perched at over 2,000 metres above sea level, snow is guaranteed here until well into April.

**Where urban meets alpine: sport to enjoy at your leisure**

As the white stuff retreats from the lower levels, lots of opportunities for activities that don't require a ski suit awaken from their winter hibernation – like hiking, cycling or climbing. Stephanie takes advantage of the time between March and May to focus on endurance and strength training, but she finds other ways to keep active too. This is when she likes to swap the white slopes for greener settings: “I love getting out on the Olympia golf course in Igls or the driving range to practise a few drives,” she says, “I find it relaxing and it’s a nice contrast to the rest of my training”. With the Golfpark Mieminger Plateau and golf courses in Lans and Rinn, the Innsbruck region boasts several more facilities where you can work on your handicap in the fresh spring air.

**In the city: a wealth of wonders to discover**

Innsbruck is worth a visit at any time of year – but none more so than in the spring. Its irresistible attractions range from unique sights like the Golden Roof and architectural icons like the Bergisel ski jump to various popular events such as the traditional Easter Market. But even if you just want to amble along and bask in the good things in life, this alpine city is the perfect place for you. Stephanie often ventures into the Tyrolean capital in springtime, either for a leisurely stroll through the city centre, to go shopping at the Kaufhaus Tyrol department store or to sample some of the culinary delights on offer. “I almost always stop at Tomaselli for a scoop of ice cream,” she confesses with a smile, “This is the best time of year for it, because you can’t get ice cream everywhere else just yet”. She also has a little tip for fellow sweet-toothed visitors to Innsbruck: “I would recommend the ‘Zimt & Zucker’ café in the old town. I love going there for a ‘Patscherkofel’.” This particular delicacy, named after Innsbruck’s very own Patscherkofel mountain, is a kind of creamy tart with a meringue topping that looks like snow – but of course it tastes a lot better!

***About the Innsbruck region***

*The Innsbruck region is unique in its symbiosis of vibrant urbane space and captivating alpine landscape. It covers both Innsbruck itself – the capital of Tyrol – and over 40 locations in the surrounding area, with six distinct tourist regions: the city, the Inntal valley, Kühtai-Sellraintal, the Mieming Plateau and the south and west regions. Innsbruck offers all the sights and sophistication of a thriving city, yet sporting thrills and opportunities to conquer your next peak are never very far away. The free Welcome Card offers guests the chance to experience the region in all its diversity, with access to various attractions and free use of local public transport. The official destination management organisation for the Innsbruck region is Innsbruck Tourismus. Its 100 or so employees and eleven tourist information offices are on hand to help you enjoy unforgettable holiday experiences in true harmony with our local communities and natural surroundings.*

***Further links***

*Website:* ***www.innsbruck.info/en/***
*Blog:* ***www.innsbruck.info/blog/en/***
*Facebook:* ***www.facebook.com/Innsbruck***
*Instagram:* ***www.instagram.com/innsbrucktourism***
*X:* ***www.twitter.com/InnsbruckTVB***
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## Artikel-Statistiken

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## Photos, 300 dpi

Paradise to a tee: some golf courses in the Innsbruck region, including the Golfpark Mieminger Plateau, start reopening for the season in the spring.

© Innsbruck Tourismus/Golfpark Mieminger Plateau

Top off an idyllic stroll through Innsbruck in the springtime with an ice cream (or two!).

© Innsbruck Tourismus/Kathrin Baumann

The traditional Easter Market offers so much more than just chocolate eggs.

© Innsbruck Tourismus/Markus Mair

Warmer temperatures, ideal conditions and fantastic views: spring is the high point of the season for many skiers – with good reason.

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