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Taking life to new heights: breathtaking views and catching your breath in the Innsbruck region

With its stunning scenery, tempting treats and picture-perfect photo ops, the Innsbruck region knows how to impress. This is a place where both mountain peaks and moments of pleasure soar to great heights – where sweeping vistas, inviting alpine inns and natural wonders combine to create incredible impressions that will stay with you for a lifetime. Here are three tips for taking your experience in and around the capital of Tyrol to new heights – literally and figuratively:

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The high alpine landscape of the Innsbruck region offers breathtaking views across the mountains of Tyrol – including from the summit of the Nockspitze.

On top of the world: breathe in fresh alpine air from peaks and rooftops

The Nockspitze – also known as Saile – to the west of Innsbruck is a popular place to go not just because it is so conveniently close to the Tyrolean capital, but also thanks to its varied hiking routes and its spectacular natural beauty. Early risers making their way up to its summit, at 2,404 metres above sea level, will be rewarded with the incredible sight of the sun

rising over a 360-degree panorama, including the Kalkkögel massif and the Zillertal Alps. To the south, the Patscherkofel also boasts views of around 400 peaks on clear days. Easily reachable by cable car, its mountain station marks the starting point for various hikes with plenty of stunning sights to behold – such as the Jochleitensteig loop trail, which circumnavigates Innsbruck's home mountain at an altitude of about 2,000 metres. In the heart of Innsbruck itself, the new RAIQA urban rooftop bar and terrace near Hauptbahnhof station offers views of the cityscape set against the surrounding mountain backdrop, showcasing Innsbruck's urban-meets-alpine character to impressive effect.

The height of indulgence: haute cuisine inspired by North Tyrol and South Asia

The cosy Götzner Alm inn serves up traditional Tyrolean fare at its most authentic, with local produce and homemade seasonal delicacies, in a warm, welcoming and down-to-earth setting. From steaming Kasnudeln (filled pasta) and tender roast pork to fluffy Kaiserschmarren shredded pancakes, this inn offers food to nourish both body and soul. The Mieming Plateau, meanwhile, is one of the most productive areas around Innsbruck when it comes to selling local produce directly – and that is certainly reflected on the menu at the Stöttlalm inn. Local producers provide the high-quality ingredients that go into making this establishment's regionally rooted classics and international dishes. And up in the inviting Lanser Alm, perched at 1,735 metres above sea level, gourmets will find the perfect spot to stop for refreshments in this eatery where Tyrol meets Nepal, local dumplings meet their oriental cousins, and salty bacon meets spicy curry.

Spectacular snapshots: capture special moments amid lakes and gorges

The Drei-Seen-Runde (Three Lakes Circuit) in Kühtai is ideal if you want to explore the high alpine landscape without being an expert mountaineer: covering seven kilometres and around 440 metres in elevation, this route takes you past two idyllic mountain lakes and a reservoir, where you can pause for a while, cool off your feet in the refreshing water, and take some pictures to look back on later. The Ehnbachklamm gorge in the Inntal valley, where the bubbling Ehnbach brook navigates its way through rocky terrain surrounded by lush greenery, also provides picture-perfect opportunities to experience nature in all its atmospheric wildness. Passing hikers will feel compelled to stop for a moment and capture this captivating scenery on camera. Another gorge close to the city – the Sill Gorge – has its own Drachenfels observation deck, where you can witness the wonderful contrast between nature and urban architecture. The see-through floor of the deck hangs over the chasm below, offering sweeping views over the craggy rock faces and abundant flora with the striking Bergisel ski jump in the background. On hot summer days, this gorge is also an ideal spot for seeking some welcome shade.

Tip: make the most of your Innsbruck experience with the Welcome Card – from the moment you arrive

If you are staying at one of our partner accommodation providers for at least two nights, you will receive our free Welcome Card guest card, which you can access on your smartphone, when you make your booking. This means that you can enjoy discounts on attractions and selected cable cars, along with free use of public transport in and around Innsbruck, as soon as you arrive in the city. The capital of Tyrol is also easy to get to by train, thanks to convenient and environmentally friendly direct rail connections from Munich, Vienna, Zurich and other major European cities.

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: Innsbruck, Inntal-Telfs, Kühtai-Sellraintal, Mieminger Plateau, Patscherkofel Region and Western Plateau. 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***
YouTube: ***www.youtube.com/user/InnsbruckTVB***

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The Patscherkofel mountain station is a gateway into a whole world of hiking opportunities, including the attractive Jochleitensteig circular route.

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Local classics and international dishes are both on the menu at the Stöttlalm inn.

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The Drei-Seen-Runde (Three Lakes Circuit) in Kühtai offers photo opportunities galore thanks to its impressive mountain panoramas.

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The Sill Gorge just a stone's throw from the city features an observation deck for gazing at the surrounding landscape in wonder.

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