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SAVOUR THE CULINARY VARIETY OF THE INNSBRUCK REGION

Mountain huts and gourmet cuisine, traditional dishes and exquisite menus from around the world – the Innsbruck region can serve up a vast buffet of delicacies for foodies and gourmets alike. Whatever your heart or palate desire, local chefs offer you the freedom to treat your taste buds anew, every single day. You can enjoy a unique dining experience in the gourmet gondola or savour an original picnic at over 2,000 metres above sea level. And the food tours through Innsbruck's back streets offer "plates of the past".

More variety, more adventure, more enjoyment

The Innsbruck region takes care of the physical well-being of its guests in its own special way, meaning that you can discover and taste all kinds of delicacies in unusual places: for example in the gourmet gondola on the Patscherkofel, Innsbruck's local mountain. The panoramic lift is not simply a means to access the lofty heights: you can also enjoy a delicious breakfast or even a five-course dinner on board. Enjoy the fine fare served at the richly laid table as the gondola makes its way to the summit and back – magnificent views included.

Perhaps you would prefer to take a ready-packed picnic rucksack up via the Nordkettenbahnen funicular and cable cars, then enjoy a hearty spread with mountain cheese, speck and more at a wonderful location in the great outdoors. Sounds good? Then head for the Nordkette where, at over 2,000 metres above sea level, you can savour a special picnic with its selected delicacies. Fantastic views are included here too – both of the surrounding mountains and of the colourful goings-on in the city at the foot of the Nordkette.

Speaking of feet, you will "earn" your food as you go while on the Innsbruck Food Tours. These enjoyable walks to discover Innsbruck and the culinary arts of Tyrol let you eat, drink, chat – and even cover a modest distance. Because, as the saying goes, you should take a thousand steps after eating!

Mountain views and the culinary world on your plate

The variety and international nature of the Innsbruck region is beautifully reflected in its gastronomic scene: the proximity to Italy is particularly evident on many menus. *Il Convento*, for example, offers a touch of *Italianità*, with its premises skilfully combining the history of the old city with contemporary architecture. Or there is *Die Pizzeria*, where not only pizzas are on the menu. *La Cantina* and the trattoria-pizzeria *Due Sicilie* also bring a true feeling of the Italian lifestyle to Innsbruck.

If you have a craving for sushi or the secrets of Asian cookery, you'll find a tasty selection in Innsbruck: when it comes to exotic cuisine, the city "knows" Thai – and Indian, Chinese, Korean and Nepalese. The frequently vegetarian dishes of Asian food match the desire for a meat-free diet with a lightness that suits a modern way of life. *Sensei*, *Thai Li Ba*, *Noi*, *Jaipur*, *Miso* and *Himal* are just a few of the restaurants serving up Asian delights.

Innsbruck's market hall offers culinary variety at every turn: *Soultans* offers Arabic food, *Fisch Peer* has delicacies from the world's waters, *Da Raffaele* is all about pasta, while *Der Franzose* serves bistro specialities and cheese with a hearty "Bonjour". Finally, *Achleitners* will ensure that lovers of Tyrolean cuisine get their fill of traditional fare.

Down-to-earth, high quality, tasty cooking!

In numerous establishments in the Innsbruck region special attention is paid to creating an authentic atmosphere and architecture, while ensuring the regionality and freshness of the products used. Such places are eligible for the seal of the "Tiroler Wirtshauskultur [Tyrolean Inn Culture]" association. The *Weisses Rössl* inn and the *Goldener Adler* restaurant in Innsbruck's old town, the *Ägidihof* inn in Igls, the *Zum Wilden Mann* country inn in Lans and the *Stern* family inn in Obsteig are just a few of the venues in and around Innsbruck that offer Tyrolean hospitality and serve Tyrolean culinary

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delicacies. Here you can enjoy seasonal fare freshly supplied by local vegetable farmers, as well as first-class produce from local waters, farms and breweries. There are also many fresh interpretations of traditional cooking seasoned with a pinch of today's culinary spirit.

Award-winning cuisine

The award-winning restaurants in the Gault & Millau guide offer a traditional and refined dining experience – and the Innsbruck region contains quite a few, for example *Das Schöneck*, a charming old stately residence in the city. The *Sitzwohl* and *Lichtblick* eateries in Innsbruck's city centre each also boast a *toque* and 14 Gault & Millau points; and you can while away many a happy hour in the café-restaurant *Sacher* in the old town or in either of two traditional houses, the *Schwarzer Adler* and the *Goldener Adler*.

For a taste of the culinary variety of the Innsbruck region, see www.innsbruck.info/kulinarik.

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

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