**TAKE TIME FOR YOURSELF IN THE INNSBRUCK REGION: RELAXATION OF EVERY VARIETY**

**Sweating in a bio-sauna with panoramic views of the peaks; strolling through the charming old town with its museums, galleries and unique shops; or taking a leisurely hike through forests and meadows against a magnificent mountain backdrop: the Innsbruck region can offer the perfect path to relaxation, wherever and whatever your personal preference. It is the ideal starting point for freely choosing between a wide and daily changing variety of offers.**

Take a break from the daily grind and start relaxing! Enjoy the freedom of letting body and soul unwind: if you are looking for relaxation, the Innsbruck region is the place to be! Located in the heart of the Alps, it offers everything you need for taking some time out. When it comes to ways to slow down, the Innsbruck region is truly a natural, as a relaxing holiday in Innsbruck itself usually leads from the city directly into the surrounding nature. And, if you choose a cable car or an e-bike, you can enjoy it all quite comfortably without major effort. The city also invites you to take time to discover its alpine-urban sense of joie de vivre, where historic buildings and modern architecture create a multifaceted cityscape against an imposing mountain backdrop. And a stroll along the River Inn will let you view the famous brightly coloured rows of houses in their best light.

**A city where “relax” is whispered**

In Innsbruck you can even escape the typical big city din! This is a charming little town with delightful shopping streets and winding alleyways, an impressive cultural landscape and a wide range of museums, galleries and public art spaces. A relaxed stroll through the city lets you discover sights both well-known and hidden, corners both familiar and secret. Its impressive variety can be discovered in an individual, comfortable way on the “Walks to explore”. The seven themed walks invite you to approach the city from different perspectives: they take you up and across Innsbruck on unusual routes, away from the hustle and bustle and into a world of adventure: between the Bergisel Ski Jump and the Sill Gorge, around the historic Anpruggen district or in the footsteps of the Habsburgs.

Top tip: art lovers can best experience Innsbruck’s “art space” on the ART Walks Innsbruck, a two-hour tour of the city and four of its outstanding exhibitions of contemporary art. The directors will personally guide you through their current shows, giving fascinating insights into the cultural life of the city – an inspiring form of recreation for mind and soul!

**Full potential**

Those wishing to bring body, mind and soul into harmony can practise the Downward Dog Pose – not just in the yoga studio, but high up in the mountains too. The outdoor yoga studios on Innsbruck’s local mountain, the Patscherkofel, on the Rangger Köpfl, the Muttereralm or the Nordkette at 1,905 metres above sea level will soon put everything into perspective. Movement exercises and meditation combined with fresh mountain air and spectacular views will revitalise you and result in a deep feeling of relaxation – to be followed by a refreshing dip in one of the region’s beautiful bathing lakes.

But you don’t have to plunge into the cool waters: a walk around the lake or a break on the shore are also refreshing ways to soothe the soul. The glittering waters of the Natterer See and Lanser See lakes or the Mieming bathing lake all make for marvellous oases of relaxation, while a “water walk” in one of the region’s Kneipp facilities will provide a quick and refreshing boost on hot summer days. It doesn’t take long to step through the cold water pools – but it does tired feet good and is highly invigorating!

Speaking of bathing, “forest bathing” is also a good way to relax. A gentle walk surrounded by the earthy scents of the forest and the gentle rustling of leaves will draw you into the realm of the senses as you rapidly leave the noise of the everyday behind. The beauty of nature, the peace and tranquillity and the mindful perception of your surroundings and your own existence – a “bathing excursion” into the forest is a very special experience, one that will bring benefits long after your holiday is over.

**Slow down and appreciate nature**

Stress-free hikes to explore the forest or the great outdoors, or leisurely excursions to mountain inns or unspoilt places that enhance the mood, are all ideal for those for whom exercise is the best form of relaxation. Hikers can also be accompanied by mountain guides: the extensive programme of guided mountain hikes, included with the free Welcome Card for visitors, let you discover the region’s most attractive destinations.

Those who prefer hiking on their own can for example experience the perfect blend of nature and technology on the Perspectives Trail up on the Nordkette. Here you can enjoy both the peaceful mountain atmosphere and breathtaking views of the hustle and bustle of the city below: while the Mooswiesen circuit on the Mieming Plateau runs along field paths, past small lakes and a chapel, offering constant vistas of the impressive Mieming mountain range and the beautiful landscape conservation area with its characteristic larch meadows. As an alternative, take a llama for a walk across the sun-drenched Mieming Plateau: the leisurely gait of these shaggy-haired, gentle animals will immediately help you to change down a gear.

Those who prefer not to walk through the forests and meadows are best advised to hop on tram line 6, the “forest train”, which takes recreation-seekers out of the city and into the natural world. There are numerous gems waiting to be discovered in the little villages along the route.

**Treat yourself!**

You can indulge yourself with special wellness and spa treatments in Innsbruck, for example with the typical local scent of pine and soothing views of the natural alpine world from the saunas and steam baths of exclusive wellness hotels. Stress and tension are quickly forgotten, while the special effects of massages and treatments have soothing and long-lasting effects thanks to certified organic care lines based upon recipes that have been tried and tested for centuries. And, best of all, the wide range of day spa offers means you can also treat yourself as a day guest of the Innsbruck wellness hotels!

Even relaxing can make you hungry. Luckily the Innsbruck region can also provide a wide range of culinary options to cater for the physical well-being of guests in its very own way. Whether on a picnic blanket out in the country, soaring towards the summit in a gondola, in the modern ambience of a mountain inn or on a sun terrace with views over a lake – here you can savour either traditional and newly interpreted Tyrolean delicacies or exquisite dishes from around the world, all offering authentic taste experiences in widely differing surroundings.

And, because after an enjoyable day out a restful night’s sleep is sure to continue the recovery process, there are numerous accommodation choices in the Innsbruck region where sleep will come easy: charming guesthouses, design hotels and famed wellness hotels. Or perhaps a more exotic overnight stay? The wood lodges, safari tents and sleeping barrels in the holiday paradise of the Natterer See or at the Gerhardhof in Wildermieming let you experience a touch of adventure mixed with luxury, romance and nature: unforgettable holiday experiences to be dreamed about for long afterwards.

**Your ticket to holiday happiness: the Welcome Card for visitors**

The free Welcome Card offered by the Innsbruck region provides a wide range of personal ways to relaxation for visitors staying two nights or more. All public transport in the region can be used free of charge, while numerous free offers and discounts on swimming pools and bathing lakes as well as on selected cable cars and lifts are also included. A special highlight is the programme of guided mountain hikes with tours to the region’s most attractive destinations. For all information see [www.innsbruck.info/welcome](http://www.innsbruck.info/welcome).

If you want to make a start on your own relaxation programme at home, all kinds of information on relaxing holidays in the Innsbruck region can be found at [www.innsbruck.info/relaxing](http://www.innsbruck.info/relaxing).

***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*](http://www.innsbruck.info/blog%20)

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