

AUTUMN IN TIROL

THE SEASON OF NATURE, SENSORY DELIGHTS AND FRESH PERSPECTIVES

Autumn in Tirol may be quieter than other seasons, but it's certainly no less spectacular. In fact, it's during these golden, mellow months that the region reveals another special side: crisp mountain air, autumnal hues, and a slower, more mindful pace of life. For many, it's precisely this blend of tranquillity, natural beauty, and quality experiences that makes an autumn holiday in Tirol so deeply rewarding.

Hiking — accompanied by a guide and new perspectives

Tirol's autumn hiking scene is rich and varied – ranging from panoramic high trails to nature-themed walks and even culinary rambles. Especially in autumn, guided hikes with certified mountain or hiking guides are highly recommended. Not only do they ensure safety and orientation, but they also bring the landscape to life with stories of nature, history, and local character. The [Sunrise Hike to Gschwandtkopf](#) in Seefeld is a great example of how such guided tours can open up surprising perspectives: with every metre you climb, the view transforms – and so does your experience of morning itself.

Numerous *Nature Watch* tours in Tirol's national and nature parks, including the [Feilkopf in Karwendel Nature Park](#) offer extraordinary experiences of wildlife observation. Led by specially trained rangers and equipped with high-quality binoculars from Swarovski Optik, these tours reveal animals, tracks, and landscape details that would normally pass unnoticed. Equally immersive are the [ranger-led tours in the Hohe Tauern National Park](#) where with a bit of luck, you may spot the Alpine “Big Five”, including ibex, chamois and golden eagles.

Pleasures of the palate — with a regional focus

[Culinary hikes](#) are a delicious way to combine healthy exercise with great food – and autumn gives these tours an especially cosy allure. Many mountain huts at mid-altitude remain open until the end of October, offering seasonal dishes with a strong sense of place: game from local hunts, butter and cheese from Alpine cows, and tangy sauerkraut fermented the old-

fashioned way in wooden barrels. And for those with a penchant for fine wine? You might stumble upon a mountain cellar at over 1,300 metres housing more than 6,000 bottles. Quality, provenance, and craftsmanship take centre stage here – and discerning guests take notice.

Then there are the [panoramic trails](#) that shine brightest in autumn's light: clear views, mild temperatures and impressive vistas characterise routes such as the Panorama Trail at Köglhörndl and Hundsalmjoch in the Hohe Salve holiday region. Part of the [Eagle Walk](#), Tirol's most famous long-distance hiking trail, this route boasts sweeping views and hidden-gem appeal. Nearby huts like the Buchackeralm and Höhlensteinhaus stay open through October – perfect places for a last stop at a mountain hut before winter sets in.

Please note: Tirol's mountain hut opening times are dependent upon the weather, so it's always best to check current conditions on the local tourist board websites before you set out.

Local events also bring extra flavour to the season: [Haiminger Market Days](#), the [Organic Mountain Farmers' Festival in Hall](#), autumn festivals as part of the [TAL Herbst Wildschönau](#) series of events and numerous other [farmers' markets](#) put regional produce, traditional crafts, and authentic rural heritage front and centre. No flashy fanfare – just good food, honest work, and the unmistakable charm of harvest time, when quality and freshness are at their peak.

Wellness – visionary retreats

Autumn is also prime time for those seeking a peaceful, luxurious retreat. Increasingly, guests are looking for places that combine wellness, fine dining, and inspiring natural surroundings – and in Tirol, that trifecta is easy to find. Hotels with luxury amenities, strong quality credentials and authentic Tyrolean flair are particularly popular. Demand peaks in autumn – and the stats prove it: around 90 % of wellness and beauty holidaymakers opt for hotel stays, with three-quarters choosing four-star establishments.

Seasonally speaking, autumn is a strong contender. 13 % of all wellness holidays fall between early September and the end of October – a clear sign that this quieter season holds great appeal for quality-conscious travellers.

Many of Tirol's most sought-after wellness hotels are located [in the immediate vicinity of particularly beautiful hiking locations](#), making them perfect bases for morning walks followed by afternoons of sauna and serenity. And foodies are in luck too – Tirol boasts an impressive number of [wellness hotels with gourmet restaurants](#), making for a truly indulgent escape.

Whether on a guided hike at first light, a delightful break on a mountain pasture, or a day spent drifting between the sauna and summit views, the charm of autumnal Tirol is manifested in its natural allure, setting the perfect stage for calm, connection and conscious enjoyment. More information about autumn holidays in Tirol can be found at www.tyrol.com/activities/holiday-ideas/autumn-holiday.

With its 34 regional associations, **Tirol** is one of the leading holiday destinations in the Alps. Tirolean tourism is characterised by almost 200 years of history and various pioneering achievements. Summer and winter guests alike appreciate the alpine mountain landscape and nature, the high quality of service and infrastructure, as well as the welcoming hospitality. Based in Innsbruck, Tirol Werbung GmbH is part of the Lebensraum Tirol Holding GmbH group of companies and serves as the provincial tourism marketing organisation, working towards positioning Tirol as the most sought-after and spiritually energising location in the alpine world.

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