**GORGEOUS VIEWS AND GLORIOUS COLOURS: AUTUMN IN THE INNSBRUCK REGION**

**When the days start getting shorter and the temperatures drop to more comfortable levels, the Innsbruck region is at its finest: gold-tipped forests, sweeping vistas and trails surrounded by peace and tranquillity make autumn the quietest and calmest time of year around here – and it has some special experiences in store. Whether you are witnessing nature’s spectacular blaze of colour, watching the sun set beyond the summits or walking amongst the local wildlife, this region will make you pause and take a deep, relaxing breath.**

**A blaze of glory: “burning larches” on the Mieming Plateau**

Without a doubt, one of the Innsbruck region’s most incredible natural wonders is the “burning larches” on the Mieming Plateau. Between October and November, the local landscape sheds its green summer garb and covers its forests and slopes in a golden glow – a colourful spectacle played out to impressive effect against the alpine backdrop. A leisurely autumnal walk here will lead you through the red-and-yellow-tinted trees, and with a bit of luck you might even spot some ripe juniper berries to pick. If you would prefer to explore this sun-drenched plateau at a brisker pace, perhaps with a few treats along the way, then the “Genuss-Radweg” food-themed bike route is perfect for you: the 35-kilometre route takes you past various farm shops and direct outlets selling regional specialities ranging from fresh fruit and vegetables to home-made meat and dairy produce and baked goods. These mouth-watering pit stops can also be reached on foot, so you can round off a little autumn hike with some tasty local purchases too.

**Breathtaking heights: feel the evening glow on the Patscherkofel**

The Innsbruck region’s distinctive mountain landscape offers a plentiful supply of spectacular panoramic views – but never more so than on autumn evenings. You can see this for yourself by taking a late trip up the Patscherkofel mountain on the cable car, which carries on running until well into October. If the visibility is good, you will be treated to the sight of more than 400 peaks – some far beyond the Inntal Valley. Surrounded by this amazing scenery, with the sun slowly sinking behind the horizon, it’s easy to forget all about the hustle and bustle of the city below and just pause and breathe for a moment. More seasoned hikers looking for a magical experience might enjoy a sunset hike in the Axamer Lizum: starting from 2,340 metres above sea level at the Hoadl, the route will take you further up to the Pleisen. It’s a challenging climb, so you will need to be fit and sure-footed, but when you reach the summit, the picturesque panorama bathed in the warm, romantic evening light will be well worth it. With darkness about to fall, make sure you pack a headlamp for making your way back down.

**The path to peace and quiet: watching wildlife in the Sellraintal Valley**

The Sellraintal Valley, where rutting deer often provide a noisy interlude in the tranquil autumn atmosphere, offers the chance to experience nature with a focus on fauna: in late September and early October, majestic stags battle it out for territory, and their mighty bellowing reverberates off the rock faces of the surrounding mountains – an ancient cry from the wilderness that echoes the natural ruggedness of the alpine landscape. If you’re lucky, you might also spot other local wildlife, such as chamois or marmots, while walking through the area around the mountaineering villages of Gries, St. Sigmund and Sellrain. For an animal experience of a different kind – and at a more relaxed pace – try llama trekking in Obsteig, where your fluffy, gentle-natured walking companions will set the tempo. Walkers of all ages will appreciate the sense of serenity these curious yet placid creatures offer, enjoying the opportunity to escape from everyday life for a while and find some peace.

**A relaxed way to roam the region: travel with ÖBB and WESTbahn**

If you want to start slowing down before you have even arrived in the region, it is worth taking the convenient and eco-friendly option of travelling by train. At the heart of the region is the Tyrolean capital, Innsbruck, which has excellent connections to the national and international rail network. Within Austria, Austrian Federal Railways (ÖBB) and WESTbahn run several trains a day between Vienna and Innsbruck. WESTbahn customers can even enjoy a 10% discount on the Innsbruck Card, while Innsbruck Card holders can claim the same reduction on WESTflex ticket prices.

***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/*](http://www.innsbruck.info/en/)

*Blog:* [*www.innsbruck.info/blog/en/*](http://www.innsbruck.info/blog/en/)

*Facebook:* [*www.facebook.com/Innsbruck*](http://www.facebook.com/Innsbruck)

*Instagram:* [*www.instagram.com/innsbrucktourism*](http://www.instagram.com/innsbrucktourism)

*X:* [*www.twitter.com/InnsbruckTVB*](http://www.twitter.com/InnsbruckTVB)

*YouTube:* [*www.youtube.com/user/InnsbruckTVB*](http://www.youtube.com/user/InnsbruckTVB)

*Pinterest:* [*www.pinterest.at/innsbrucktvb/\_created*](http://www.pinterest.at/innsbrucktvb/_created)

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