**Time to go out and explore: 5 tips for savouring springtime in the innsbruck region**

**As spring blooms, the Innsbruck region bursts into colour – and its vibrant sporting scene is as active as ever: while the peaks are still tipped in white and there is still plenty of opportunity for skiing at higher levels, the valley below starts to draw in visitors to its sun-drenched terraces and fresh green landscapes filled with enchanting blossom. Here are five unmissable recommendations for making the most of your trip to the capital of Tyrol in this season of new beginnings – and new adventures!**

**Tip 1: Hit the ground running**

The lengthening days mark the start of every trail running enthusiast’s favourite time of year. The hillsides and plateaus around Innsbruck provide the perfect terrain for those first runs of the season – in the fresh mountain air and the energising glow of the spring sun. Whether you are racing through flowering fields and meadows, flying over forest undergrowth or dashing past rushing streams, you’ll be amazed by the range of richly varied routes on offer. If you want to start off at a leisurely pace, lower-lying trails such as those along the Rivers Inn and Sill would be ideal for you, while the little parks dotted along the paths start to attract sun-seekers again. More ambitious runners might have their sights set on the Höttinger-Höfe trail (provided it’s snow-free!), where there are challenging routes to follow past old farms and through the forest up to 735 metres above sea level.

**Tip 2: Soak up the sun on a city stroll**

Springtime also brings the ancient alleyways of Innsbruck’s old town back to life, as the café terraces on the main shopping street, Maria-Theresien-Strasse, wake up from their winter hibernation and the shop windows fill with vibrant displays inviting you to discover the latest spring fashion trends. Bathed in spring sunlight, the city’s market square is the perfect spot to linger at your leisure, while admiring the fantastic views of the river and the colourful row of houses in Mariahilf set against the imposing Nordkette mountains. The square also hosts the traditional Easter Market from 27 March to 6 April 2026. Local handicrafts, beautifully made decorative items, and various musical and culinary delights will be on offer, along with a programme of traditional events and the first of the year’s open-air cultural highlights.

**Tip 3: Practice your swing in panoramic scenery**

What better sport for boosting your circulation and concentration skills in the great outdoors – without getting too out of breath – than golf? The Golfpark Mieminger Plateau usually opens for the season as early as mid-March – and it boasts the magnificent backdrop of the Mieming mountain range: the picture-perfect contrast between lush green meadows and snow-capped peaks is a real feast for the eyes. This 27-hole golf facility has also been one of Austria’s official “Leading Golf Courses” since 2025, which attests to its excellent quality standards. If you want to stay nearby, there are various top-class spa hotels, welcoming bed and breakfasts, and cosy holiday homes to choose from.

**Tip 4: Go pedalling for pleasure**

As the temperatures rise, keen cyclists will be eager to get out and about again in the region. Our top tip for a spring bike ride is to follow the Inn Cycle Path, which runs through three countries – Germany, Austria and Switzerland – and gently meanders along the course of the River Inn. The section heading west from Innsbruck towards Silz is well worth exploring if you are the kind of cyclist who likes to fuel up with delicious food along the way: there are 24 points where you can stop to buy local specialities ranging from honey and schnapps to sausages and homemade bread. We also recommend the “Rund um Natters” cycle path, a family-friendly route taking in forests and flower-strewn meadows as well as the charming Tyrolean village of Natters.

**Tip 5: Slide into spring on the slopes**

If you’re not quite ready to strip off your ski suit just yet, despite the warmer weather, there are still plenty of opportunities to spend a little longer on the slopes in the Innsbruck region. The Axamer Lizum ski area, for instance, doesn’t close until mid-April, when it gives the season a colourful send-off with its legendary “Ugly Skiing Day”. In Kühtai, where even the valley stations for the ski lifts stand at an impressive 2,020 metres above sea level, you will find fantastic skiing conditions right through to the end of April. With convenient ski-in/ski-out access available here, you can even head straight from where you’re staying out onto the slopes. Up on the Stubai Glacier, around 50 minutes away from Innsbruck by public transport, you can carry on indulging your love of winter sports all the way into May. Sunny downhill runs, relaxed breaks on the terrace at the mountain restaurants and a generally laid-back vibe make a spring skiing trip here a very appealing prospect indeed.

***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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