

Sports, Nature & Culture

Summer edition



imst

Jeden Tag Tirol



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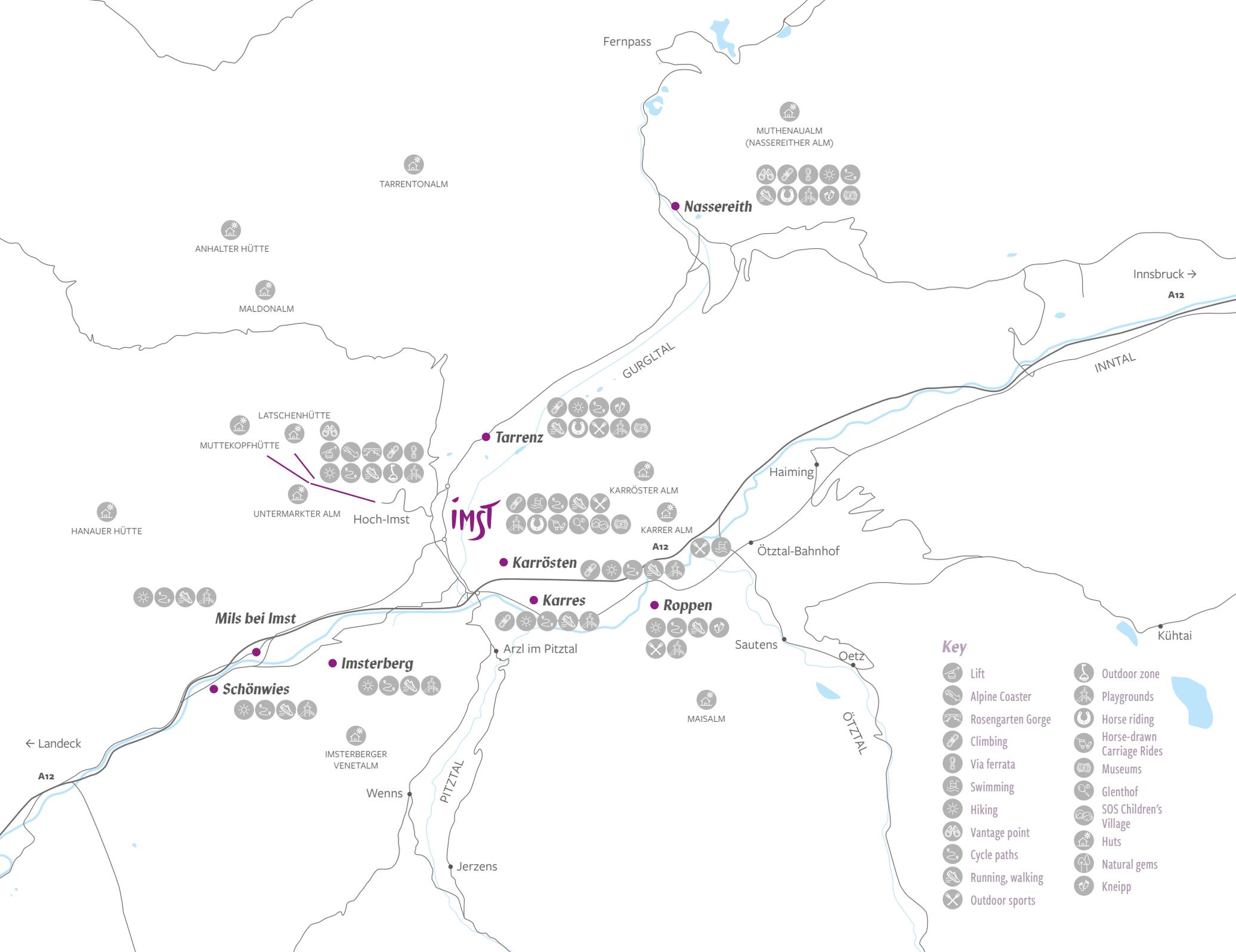
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TARRENTONALM

ANHALTER HÜTTE

MALDONALM

LATSCHENHÜTTE
MUTTEKOPFHÜTTE

HANAUER HÜTTE

UNTERMARKTER ALM
Hoch-Imst

Mils bei Imst

Schönwies

Imsterberg

IMSTERBERGER
VENETALM

Wennis

PITZTAL

Jerzens

Karres

Arzl im Pitztal

imst

Tarrenz

Karrösten

Fernpass

Nassereith

MUTHENAUALM
(NASSEREITHER ALM)

GURGLTAL

KARRÖSTER ALM

KARRER ALM

A12

Roppen

MAISALM

Haiming

Ötztal-Bahnhof

Sautens

Oetz

ÖTZTAL

Innsbruck →

A12

INNTAL

Kühtai

← Landeck

A12

Key

-  Lift
-  Outdoor zone
-  Alpine Coaster
-  Playgrounds
-  Rosengarten Gorge
-  Horse riding
-  Climbing
-  Horse-drawn Carriage Rides
-  Via ferrata
-  Museums
-  Swimming
-  Glenthof
-  Hiking
-  SOS Children's Village
-  Vantage point
-  Huts
-  Cycle paths
-  Natural gems
-  Running, walking
-  Kneipp
-  Outdoor sports



Every day's an Experience

Rocks, meadows, forests – the Imst holiday region is known for its alpine natural beauty but it has much more to offer than “just” the impressive mountain landscape. Thrills await you in Austria’s largest outdoor amusement park, on the longest Alpine roller coaster in the world and in wild, romantic gorges and gushing whitewater rivers.

The region’s rich experience extends throughout the entire valley, from the foot of the mountain right up to the summit.

From activities to retreats, the Imst holiday region has it all. What does the Imst holiday region have that the rest of the world does not have to offer? See for yourself.

But anyone who says action has to say cut at some point too. Mother Nature will personally take care of the relaxing part of your holiday. She opens the gates to a climbing and hiking paradise, to striking mountain scenery, vast lakes and even further horizons. Last but not least, the region enchants you with the charm of its lively culture, its traditions and its warm hospitality.



Imst holiday region

For pleasure-seekers, summiteers, nature and art lovers. In spite of its strong roots to its traditions and customs, the Imst holiday region manages to stand out effortlessly – privileged due to its central

location, naturally beautiful in the eyes of every beholder and with culinary merits

for all tastes. This tête-à-tête

benefits ambitious mountain sports enthusiasts as well as nature lovers, those seeking peace and

open-minded art lovers.

The diversity of the landscape, natural gems and shades of green are hard to overlook but behind it lies a world of vibrant traditions and sporting adventures where it never gets boring. Anyone who doesn't fall in love with the

Imst holiday region and its rich variety at first sight simply has to come back again.

Nine municipalities share the 1,724 km² holiday region and define its varied character.

The blue sky stretches out above the mountain peaks, forests and meadows. In between there's a variety of attractions worth seeing and experiencing.



Page 11: Imst Tourism - Torsten Wenzler

Imst



The small town which a whole region was named after.

Your place in the sun, the holiday region's social link and capital.

Privileged due to its location in the heart of the Tyrolean Oberland, the historic small town of Imst shows off all its charms. Measured in terms of its cultural and sporting opportunities and its variety of recreational activities, the municipality is more than equal to other holiday destinations. Imst captivates art and culture lovers in particular with the House of Fasnacht carnival museum, the Museum im Ballhaus and its artistic side. No athlete stays down to earth at the

climbing centre and the Imster Bergbahnen lifts take you to the highest of highs in no time surrounded by the breathtaking scenery of the Tyrolean mountains, where unforgettable impressions await you. Imst is an ideal starting point for all kinds of excursions. Regardless of whether a successful holiday for you has to offer recreation, adventure, indulgence or all of them together – the chances are good that your expectations will be exceeded in this charming small town.

Imsterberg



The home for those who want to head up high for once.

Advanced winding down. One thing's for sure: when peace wants to take a break, it comes to Imsterberg. When thoughts want to retreat, they wander to Imsterberg. And when rest is the ultimate goal, you can achieve it here. Being left in peace is good. Feeling relaxed due to peace is even better. You can slow down better in Imsterberg than virtually anywhere else. Getting totally away from hectic everyday life brings you closer to the source of relaxation and to the best location for exploring. A densely woven network of paths connects numerous

walking and hiking routes to Imsterberg. As a result, Mother Nature's most beautiful aspects are accessible to the rest of the world. For example, it's worth going up to the Venetalm both on foot and by mountain bike and being rewarded with a view over the vast Inn Valley. By the way, it's also worth just simply going with the flow of the relaxed pace of local village life.

An idyllic, down-to-earth gem in a magnificent panoramic setting over the Inn Valley.

Karres



This is how to live with down-to-earthness and farsightedness.

The holiday home with its own sunny terrace and impressive climbing gardens on its doorstep.

How do I get to the mountains please?

The mountains are the largest sports

field in the Imst holiday region from early in the morning until late in the evening. In Karres hikers dare to climb up to the Karrer Alm from all sides and bikers pedal uphill and downhill across the Tschirgant mountain range until they head back down to the valley. The views for sports climbers in the "Petit Verdon" and "Rote Wand" climbing gardens are just as magnificent as the local

mountain. Karres is the pole position for summiteers and sun worshippers. But connoisseurs of art and culture can also see how impressive the municipality is: particularly from the pulpit and war memorial at St. Stephanus church or in the small chapel of St. Michael on the outskirts of the village. The different types of guests find common ground again in their enthusiasm for the unadulterated hospitality in Karres. Whatever attracts you to Karres, if you let the many impressions work their magic on you, you will still benefit from them long after your holiday.

Karrösten



High art, a foreign species and the history of the Earth.

Not all views are the same. In fact, in Karrösten the view from the window sometimes looks like a still life. Anyone who can feel their art radar pulsing and their heart racing when it comes to "tradition" and "crafts", can experience their passion up close at the Weberei Schatz weaving business. Visitors can experience the finest textile craftsmanship on woven pieces and lace. But nature lovers will also find their pilgrimage places in Karrösten. The geological nature trail leads to the Karröster Alm and information boards

explain how Earth developed along the way. You can't get past 30 million years of Earth history faster than that. Speaking of Earth: there are actually supposed to be people who the Earth's gravitational pull only applies to conditionally, called "rock jocks" among experts. In Karrösten, this species can mainly be found in the bouldering hall and at vertical rock faces in the great outdoors. Like-minded people are always cordially welcomed into the community.

The village offers insights into traditions and views over the Inn and Gurgltal Valleys.

Mils bei Imst



From a Roman junction to the "powerful centre" of the Imst holiday region.

The enchanting home of natural wonders such as the Mils and Hitte-Hatte floodplain.

The medieval remains of the Via Claudia Augusta prove that the Romans already appreciated Mils. The Via Claudia Augusta was the only Roman imperial road that led from the Adriatic via the Alps to Augsburg. Inns and stables were built on one striking stretch of road, the "Milser Gstoag", to provide accommodation for travellers. Gradually, the individual houses along the road developed into a lively village, favoured and protected by the surround-

ding nature of the Milserberg mountain and the floodplain. The village learned how to preserve its natural tranquillity from its historical time as an important stop off point. Maybe that's why Mils is synonymous with real rest and relaxation today. Walking paths, green meadows and sunshine – you just have to take a slow stroll here. Even though the Romans have long been consigned to the history books and Mils has already experienced a great deal, it has never lost its special charm. On the contrary.

Nassereith



Paradise for rock jocks, summiteers and culture lovers.

Nassereith lives – in fact from culture and nature. Although culture has a different meaning here to in most villages. If you want to understand that, you can't get past the carnival museum. Because if you don't know anything about "Schellerlaufen" in Nassereith, you were virtually never there. Another at least equally as spectacular highlight attracts many high-fliers to Nassereith all year round. Where better to strive for the very top than on climbing and multi-rope routes with such meaningful names as "Tieftal"

(Deep Valley) and "Götterwandl" (Gods' Wall). If you get dizzy at just the thought of it, you can find your inner centre again at the AlpenRetreat with yoga or by Lake Nassereith fishing for peace and quiet, the more patient you are the better. The picturesque scenery of the Sigmundsburg hunting lodge surrounded by Lake Fernstein and the Afrigal nature reserve is almost unreal, but really beautiful with tall pines, spruces and many more colours than you may think.

The picturesque entrance to the Gurgltal Valley, to a climbing paradise and to fascinating havens of peace.

Roppen



Where natural beauties meet outdoor sports highlights.

The Mecca for outdoor fans and the ultimate action playground for all ages.

There's plenty going on in Roppen! If you're looking a bit astounded now, you're probably on one of the quiet walks or sitting comfortably in the café. Anyone nodding understandingly, on the other hand, is at AREA 47 and recovering from their last adrenaline rush. Climbing, a wake area, whitewater rafting, canyoning, a jump tower, jumps, slides – you don't get any more action than this. You really don't. The peace and quiet in the town centre is just perfect. Or an entertaining cabaret

in the Kultursaal. But the Roppen nature trail also provides an "educationally valuable" recreational activity: information boards along the way describe the Tschirgant's massive rock slide about 3,000 years ago. The adventure trail to the earth pyramids, a strange whim of nature, is just as exciting but different. If anyone gets cold feet in Roppen, they stand in the "Römerbadl", the mini Kneipp temple with a foot and arm basin. Whether you're an adrenalin junkie, nature lover or culture connoisseur – Roppen has something for everyone.

Schönwies



It can be so beautiful when the name says it all.

The lovely sounding name, which means "beautiful pasture", is a feast for your ears as well as your eyes. Which is good, as with so much green, grey and blue, the sense of sight sometimes needs a bit of support. But if your heart beats for beautiful things, Schönwies has a great deal for you to discover. The name lives up to its promise. Mother Nature is bound to be extremely proud of the village's colourful appearance and lets genuine hospitality flourish with authentic Tyrolean charm. It particularly works its magical

attraction on those seeking relaxation and nature lovers. Schönwies does not just offer meadows, forests and sun, but also a slower pace on all (hiking) paths. And they lead from here in all directions and altitudes: on the panorama trail past the 200 m high "Fallaten Bach" waterfall, on circular hiking trails through the idyllic little village and up to rustic huts and unforgettable views, vistas and insights.

A source of energy for those seeking peace and quiet and a true treasure for nature and culture lovers.

Imst Tourism - Bernhard Waider

Tarrenz



The ideal starting point for a journey through time.

An authentic Tyrolean village with many traditions and a fairytale charm.

The municipality bears the charming nickname "Hexendorf", which means

bewitched village, but even without any witchcraft your stay in Tarrenz will be magical. If you have always wished you could escape from everyday life, then a trip back in time to the life of the miners at Knappenwelt in the Gurgital Valley is perfect. Or to Starkenberg Castle, which offers brewery tours looking at 200 years of beer brewing history. The view from the castle is almost more intoxica-

ting than the beer. People interested in history and culture can experience all sorts of things tracing the past here. But off the historical beaten track, Tarrenz is also quite beautiful. Especially on the trail to Sinnesbrunn, to the Frauenbrunnen Kneipp facility, into the Salvesen Gorge or on the Starkenberg Panoramic Route. In addition, the climbing gardens, bike paths and hiking trails are literally crying out for attention and can't wait to get sporty types involved in an adventure.

HIK- ING

...takes you miles away in no time at all. It would be a shame to limit yourself to just one peak, as the Imst holiday region is so rich in choice.



Whenever the Mountain Calls

In the Imst holiday region, you can hear the sound of the mountains calling instead of the sound of the sea, a fresh wind blows here instead of a warm breeze and nobody has to get up before sunrise to

Off the beaten track, the peaks are high, but not invincible. The mountains are lively, but not loud. The distances are long, but can actually never be far enough.

reserve the sun loungers. The overwhelming mountain scenery and varied hiking trails are a welcome alternative to a monotonous beach holiday by the sea. From “easy” to “long” to “alpine”, every level of difficulty can be found in the nearby surrounding area.

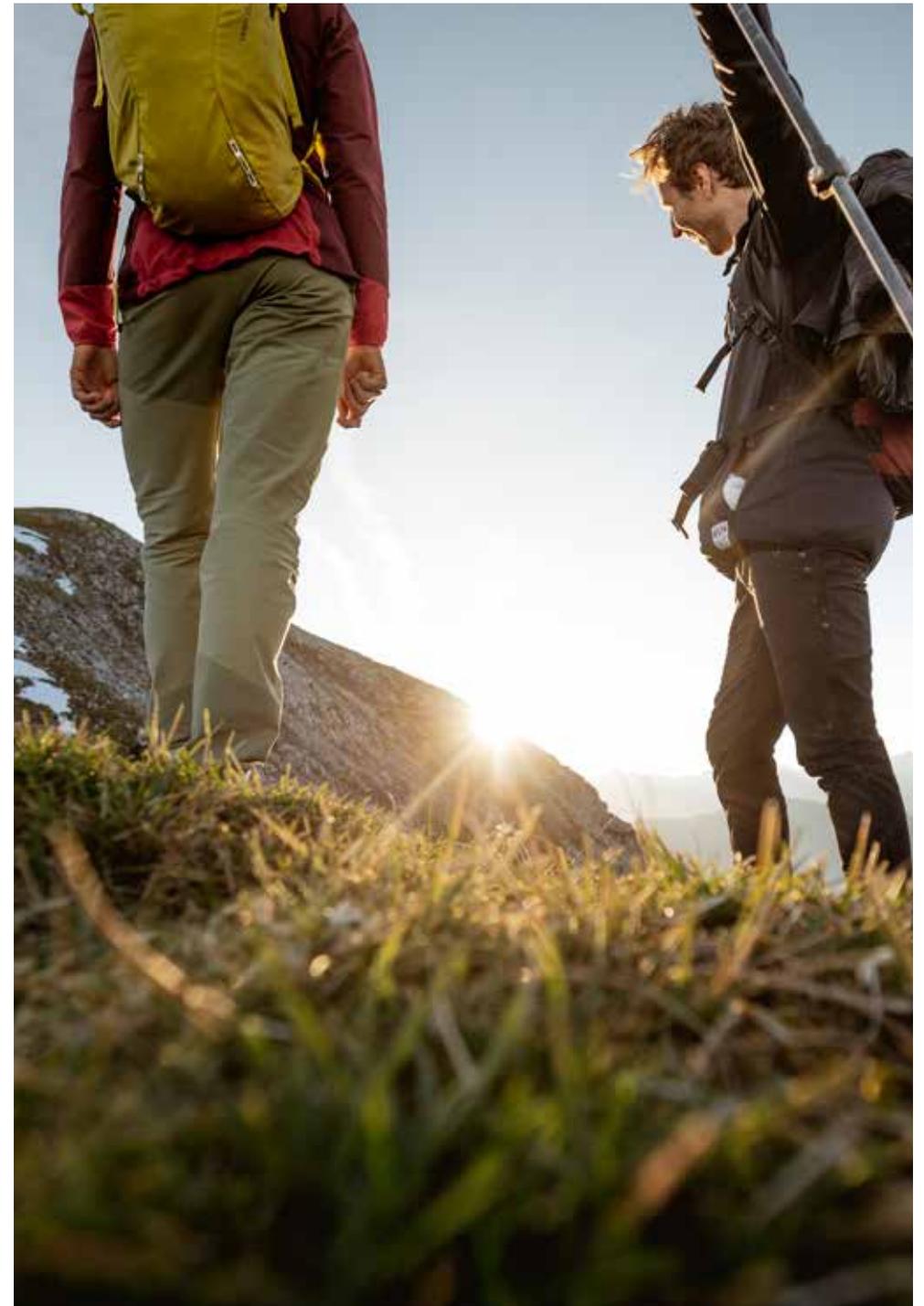
Both sporty beginners and extremely sporty climbers will find their happiness in the Tyrolean mountains.

By the way, it is rumoured here that Johann Wolfgang von Goethe had already followed the call of the

mountains. One of his quotes at least suggests this: “Only the wanderer will discover the sublime language of nature, the sounds of needy humanity.” There is nowhere better to experience how impressive life’s ups and

downs can be than with hiking. Surrounded by the impressive landscape at a whole range of different altitudes, every path becomes an unforgettable experience of nature. In the mountains, the journey is the reward. Just take the first step. It doesn’t even have to be in the right direction, as in the Imst holiday region almost all paths lead to the top.

A wise hiking saying: We can only be overjoyed walking over mountains. We’d be missing something without them.





Hiking Tips

Mystical forests, picturesque moorland, crystal clear mountain lakes – three good reasons for a hike. If you need additional motivation, you can find it here.

When you set off for the mountains, you should be prepared for anything: grey summit peaks reach for the sky, marmots and ibexes are on the lookout for new arrivals and sociable alpine farms await guests with rustic mountain hut flair. The mountains are a gateway to a lively world from early in the morning until late in the evening. Of course, every destination needs its signposts, so you will find an overview of the most beautiful routes through the region here.



Hachleschlucht Gorge

Imst – Hachleschlucht Gorge – Hoch-Imst – Wetterkreuz – Imst
Approx. 2.5 hours, beautiful view

Salvesen Gorge

Tarrenz – Witches' Trail – Hoher Übergang – Tarrenz
Approx. 3-4 hours, good shoes

Nassereith

Nassereith wildlife feeding – Adlerhorst (Eyrie) – Nassereith
Approx. 2 hours, viewing platform

Karrer Alm Tschirgant

Karres – Karrer Alm – Tschirgant
Approx. 4 hours, day trip

Karröster Alm

Karrösten – Almsteig – Karröster Alm
Approx. 1.5 hours, educational nature trail

Panoramasteig

Mils bei Imst – Waterfall – Starkenbach
Approx. 4 hours, good shoes

Starkenbacher Höhenweg

Starkenbach (East entrance) – Starkenbach
Approx. 1 hour, good shoes

Roppen Nature Trail

Roppen – Forchet – Roppen
Approx. 2 hours, educational nature trail

Venetalm

Imsterberg – Venetalm
Approx. 3 hours, beautiful hike

Hahntennjoch

Muttekopfhütte – Scharnitzsattel – Hahntennjoch
Approx. 3.5 hours

Hahntennjoch – Anhalter Hütte* – Tarrenton Alm – Tegestal – Dirstentritt – Sinnesbrunn – Obtarrenz – Tarrenz
Approx. 7 – 8 hours

Hahntennjoch – Anhalter Hütte* – Plötzig – Egg/Boden
Approx. 3 hours

Imster Bergbahnen – Alpjoch top station – Muttekopf – Crossing over to the Kübelwände – Fundaistal – Pfafflar
Approx. 6 – 7 hours

Boden – Hanauer Hütte – Galtseitejoch – Fundaisalm – Boden
Approx. 6 – 7 hours

* Closed due to renovation work – expected to reopen in 2021.



Details can be found on the hiking map.



Rosengarten Gorge

Thundering masses of water cut their way through the rock faces of the Imst low mountain range terraces and battle in a noisy duel between rock and water. The setting is the Rosengarten Gorge in the heart of Imst.

The water rushes loudly down to the centre of the village. Moss-covered rock faces cool the air, and sections of stone and wood lead steadily upwards. Rosengarten Gorge leads through several geological ages back to the ice age. From the upper entrance of the gorge to the

centre of Imst, the Schinderbach stream overcomes around 250 metres in altitude over a length of 1.5 km. The natural spectacle grabs the attention of all the senses with its full force and offers its admirers an extraordinary experience in the middle of Imst.

INFO

Walking time: approx. 3 hours
 Circular trail: Imst Tourist Office – St. John's Church – Rosengarten Gorge/Blue Grotto – Hoch-Imst – Wetterkreuz – Bergl – Imst

You can find more about the Rosengarten Gorge on www.imst.at or in the town centre at Imst Tourism.



Imst Tourism – Bernhard Watter

Starkenberger Panoramic Route



All good things come in sevens. The seven stages of the Starkenberger Panoramic Route confirm this.

Seven stages, six lakes, seven highs and lows. The Starkenberger Panoramic Route leads anyone interested through seven variety-packed stages from the Fernpass to Landeck. The panoramic route lives up to its name in every respect and is full of life and surprises. One minute you're walking through the thicket of the cool fir forest, the next minute you're

standing in front of a romantic hamlet and refreshing yourself with cold spring water from the village fountain. Whether it's the mystical pilgrimage path or impressive passages, the Starkenberger Panoramic Route is an impressive way to explore the holiday region.

The hiking trail at a glance

Difficulty: moderate

Highest point: 1,417 m

Length: 52.9 km

You can find more about the Starkenberger Panoramic Route on www.starkenberger-panoramaweg.at or in the town centre at Imst Tourism.

Stage 1

Following in the footsteps of the Romans, you will pass the Schloss Fernsteinsee nature resort and hike to the Mühlprung Kneipp facility in Nassereith.

Difficulty: easy

Elevation difference: 414 m

Highest point: 1,212 m

Length: 9.1 km

Walking time:

approx. 3 hours

Stage 2

The section leads partially very steeply uphill to a vantage point, then along the Antelsberg over the Kappakreuz to Obtarrenz.

Difficulty: difficult

Elevation difference: 548 m

Highest point: 1,363 m

Length: 7.3 km

Walking time:

approx. 4 hours

Stage 3

A forest path takes you to the Hoher Übergang via the Salvensen Gorge. After the gorge, a forest path leads to Starkenberg Castle.

Difficulty: easy

Elevation difference: 154 m

Highest point: 1,069 m

Length: 4.3 km

Walking time:

approx. 1.5 hours

Stage 4

You reach the lake along the castle avenue and hike from there on beautiful forest paths to the next stage in Hoch-Imst.

Difficulty: easy

Elevation difference: 219 m

Highest point: 1,064 m

Length: 4.5 km

Walking time:

approx. 1.5 hours

Stage 5

Stunning views, cool woods and past chapels. The destination is Imst's floodplain where the road then leads to Imsterberg.

Difficulty: easy

Elevation difference: 308 m

Highest point: 1,043 m

Length: 10.4 km

Walking time: approx. 4 hours

Stage 6

The next stage destination is hard to miss: the Roman tower in the Schönwies district of Obsaurs. From there it continues to Kronburg.

Difficulty: moderate

Elevation difference: 496 m

Highest point: 1,171 m

Length: 10.2 km

Walking time: approx. 4 hours

Stage 7

The last stage leads from the Kronburg pilgrimage site via Rifenal and the Tramser Weiher to the final destination Schloss Landeck.

Difficulty: moderate

Elevation difference: 185 m

Highest point: 974 m

Length: 7.4 km

Walking time:

approx. 3.5 hours



Long-distance Trails

If your goal is simply to hike really far, you will inevitably be drawn to the Imst holiday region, to one of the most beautiful long-distance hiking trails in Europe. Find your way and let it leave its mark.

Via Claudia Augusta

The Romans left it to us and we've turned it into a piece of our identity. How this came about is told by the long-distance route, on which you are accompanied by centuries-old stories and indulged by hearty hosts with delicacies from the kitchen and cellar.

More on: www.imst.at
Or on: www.viaclaudia.org

Way of St James

Probably the most famous of its kind. The Way of St. James is well known far beyond the country's borders and, in addition to Italy, Spain and other countries, also passes through Roppen, Karres, Karrösten, Imst, Imsterberg, Mills bei Imst and Schönwies. As well as over the Mieming Plateau to Nassereith and over the Fernpass into the Allgäu.

More on: www.imst.at
Or on: www.jakobsweg-tirol.net

Eagle Walk

A name that resonates freedom, vastness and power. Looking at the walk from a bird's eye view, its silhouette resembles that of the eagle. The long-distance hiking trail's 33 stages lead through the whole of Tyrol, and perhaps the most beautiful are numbers 17 to 20, because they are located in the Imst holiday region.

More on: www.imst.at



Themed Paths & Children's Trails

Are there real witches in Tyrol? And would foxes eat witches for breakfast? These can only be answered on our themed paths and children's trails.

The world looks completely different through children's eyes: not only do flowers bloom in the meadows but Willi, Maja and Flip live in them too. In the forest the squirrels whisper about adults who don't believe in witches and shake

their heads. There are many other animal friends and stories to discover on the children's trails and all the others who no longer believe in Father Christmas will find informative themed paths on geology and the Earth's history.



The Bewitched Children's Trail

The little witch "Salvesia" lives in Salvesen Gorge. She has hidden 16 tricky puzzles in the gorge and anyone who can solve them all receives a great gift. You'll need a witches' pass for this, which you can get from Imst Tourism.

Start: St. Ulrich parish church, Tarrenz

Discover the World of Mountains

Do you know which animals live in our forest and what a fox likes to eat? Nine boards tell you lots of great things about the world of mountains and their inhabitants on the way to the Muttekopf mountain hut. There are funny games, questions and collecting ideas on the boards.

Start: Untermarkter Alm

Forchet Nature Trail (No. 90)

The Forchet nature trail shows just how fascinating nature can be. The nature trail leads over almost 4 kilometres from the centre of Roppen to Ötzbrugg, through the Forchet and finally to Roppen's Achbrücke. An easy hike for the whole family.

Start: Roppen municipal office

SOS Children's Village Themed Trail

Hermann Gmeiner founded the first SOS Children's Village in Imst around 70 years ago. The themed trail tells the exciting story from the beginnings of the SOS Children's Village to the present day at 20 information points.

Start: Johannesplatz at the Hermann Gmeiner bronze statue, Imst

Tip

Tarrenz Sculpture Trail

A few good reasons to be amazed await you along the hiking trail. As the name suggests, a wide variety of sculptures adorn the path. New works of art have regularly been created by international sculptors since 1996 and found a spot on the Sculpture Trail. The hike can be perfectly combined with the "Bewitched Children's Trail".

Start: Tarrenz village square

HIGH- LIGHTS



Immer der Wahrheit - Martin Unger

It's all a question of perspective. Whichever angle you view the Imst holiday region from, there is something to see, to try and to experience everywhere.



Imster Bergbahnen

Redeem your ticket to freedom and one of the region's most beautiful hiking trails welcomes you.

One highlight with numerous attractions is the Hoch-Imst hiking area. The two Untermarkter Alm and Alpjoch double chair lifts take you into the wonderful world of mountains that will amaze you. With every step you will find magnificent panoramic views, places of spiritual energy, an alpine zoo for young mountain enthusiasts, trails for mountain bikers, via ferrata, high-alpine mountain tours and countless kilometres of hiking trails.

The surrounding area is peppered with rustic alpine huts and if you sniff very carefully, you can already smell the sweet Kaiserschmarren and hearty cheese platter. The Hoch-Imst hiking area, SunOrama panorama sun terrace, Adlerhorst 360° viewing platform and Alpine Coaster, the longest Alpine roller coaster in the world are all within easy reach. Imster Bergbahnen – just as spectacular from above as from below.



INFO

Imster Bergbahnen
Hoch Imst 19
6460 Imst, Austria
Tel. +43 5412 66322
www.imster-bergbahnen.at

With the URLAUB(S)PASS you get a free ascent and descent when you stay three nights or more in summer. You can find all the extras, advantages and information at Imst Tourism.





Alpine Coaster

That's how fast it can go downhill. And how long. The trip with the longest alpine roller coast in the world covers no less than 3,535 metres and takes 10 minutes.

First you think "What a sight!", but once you're sitting inside, it changes to "What a view!". At over 1,500 metres above sea level, the Alpine Coaster towers right next to the Imster Bergbahnen lift's middle station. It takes its guests 500 metres down over narrow steep bends, a 45° loop and rapid waves. Your heart

races and can even end up in your mouth with a gradient of up to six metres in the "Jumps". To put your mind at rest though, passengers sit in small colourful racers and whizz safely along the 3,5 kilometre long roller coaster on rails.

INFO

Minimum age: 3 years

Travel time: approx. 10-12 minutes

Maximum speed: 40 km/h

Highest point above the ground: 10 m

www.imster-bergbahnen.at



Wollys & Tollys Almzoo

This place is like a zoo. Goats climbing rocks, rabbits sunbathing and a chicken clucking somewhere.

Wherever it says "Almzoo", you'll find lots and lots of animals: mountain goats, dwarf sheep, ponies, donkeys, rabbits, guinea pigs and Altsteirer chickens moved into their new summer quarters in July 2018 not far from Latschenhütte and Obermarkter Alm. The animals share a generous living space of a 1,200 m² outdoor living room and obviously feel very at home. Visits and cuddles are always very welcome with Wolly and Tolly the

sheep and their friends. The best way to get there is on foot along the hiking trails from the Imster Bergbahnen middle station or the Opferstockweg. The neighbours at the Latschenhütte, Muttekopfhütte or Untermarkter Alm provide the best hospitality with culinary delicacies such as homemade apricot dumplings, apple strudel, bacon and cheese dumplings.

INFO

Admission to Wollys & Tollys Almzoo is free to visitors all week.

There are various information boards throughout the alpine zoo providing exciting insights into the animals' life. There is also an overpass with platforms that runs throughout the enclosure for the best views and a perfect overview.



SunOrama



Dear photo hunters, vantage point connoisseurs and freedom lovers – SunOrama is for you. A view that you can't tear your eyes away from.

The SunOrama panoramic sun terrace welcomes you to the mountains right next to the Alpjoch top station. The "O" in SunOrama stands for the expression of admiration and very aptly describes the sensational view of the mountain peaks,

the town of Imst and the Gurgltal Valley. There are lots of inviting seats and loungers on the sun terrace, so the moment of pleasure lasts as long as possible and the impressions can have a lasting effect.



Page 42 + 43: Imst Tourism – Martin Luggler



Adlerhorst (Eyrie)

Being as free as a bird – and even better: feeling as free as an eagle! All you have to do is experience the impressive panoramic view from the Adlerhorst.

We are familiar with it from pictures, the footbridge that rises into the sky supported by a single column – like an eagle's nest on a rock ledge. The Adlerhorst is just a few metres from the Alpjoch top station and is easily accessible even for

inexperienced mountaineers. It towers 8 metres into the air and its footbridge is 13 metres long. Anyone who can put two and two together knows that the result is an exhilarating alpine highlight with a fantastic view.

INFO

The Adlerhorst is easy to reach by the Imster Bergbahnen lifts.

Other Highlights in the Region



Mountain worlds, natural spectacles and rich adventures – what else you should have on your list for a trip with as many highlights as possible.

Knappenwelt

Houses made of stone and clay, with wooden beam gables and embers glowing in the fireplaces. The knocking of stone on stone booms out of the separation chamber. The men are wearing miners' clothes and bringing the ore from the tunnels to the village, where it is separated from the waste rock by the women in the separation chamber. A quick buck and

the special status granted by the mayor attract new miners to the Gurgltal Valley every day. But many ultimately pay for the hard work with their lives. You get closer to the past than ever before at Knappenwelt miners' world in the Gurgltal Valley. Immerse yourself in a life long before our time for a few hours!

The Healer from Gurgltal Valley

Mystical myths and legends surround the exhibition of the enigmatic "Healer of Gurgltal Valley", whose existence about 400 years ago still raises questions today.

Plan approx. 1.5 hours for a visit to Knappenwelt.



Starkenberg Biermythos

Dark cellar vaults, a magnificent knight's hall, a castle just as you might imagine it to be. If it weren't for the brewery, the beer bath and the brewery shop. Starkenberger beer has been brewed out of pure mountain spring water and exquisite raw materials at the regally looking castle since 1810. In the meantime, Starkenberg natural cosmetics, fine brandies and souvenirs are also available in the shop. And while Cleopatra and company bathe in milk, real men bathe in, you guessed

it, beer. In the old fermenting cellar, a roughly 12,500 litre tank is filled with a mixture of water and beer whose yeast content is said to have healing properties. After all, beer has long been able to do what water can do.

INFO

If you want to dine like a king, you should take the opportunity to stop at the Schloss-Stube restaurant – with beer tasting. Of course.

Page 44: Knappenwelt archive, page 45: Starkenberg archive

Tip

Bummelbär

"All board please, the train is leaving!" The Bummelbär takes its passengers to the most beautiful places in the Gurgltal Valley, past the Knappenwelt to Nassereith and back to Imst.

The Bummelbär runs through the region twice a day. One trip takes 2 hours.



HUTS



Mountains don't come together,
but people do, they say. And where
better to do so than in an alpine
hut in the mountains.



Huts and Mountain Farms

They look like they've been painted, the rustic wooden huts with sunny terraces, the pointed mountain peaks in the background and the green meadows with cows grazing on them. Here, far away from

and mountain farms. In principle, there is no way around them, because most of the alpine huts are located along the most beautiful hiking trails in the region and will tempt you sooner or later. So don't take too long to be convinced and fortify yourself on your hike with

At more than 1,000 m above sea level, you quickly end up on familiar terms. Get practising "Griaß-di" and "Griaß-enk" as your greeting.

a real "Brettljause" and a strong schnapps. The alpine specialities have one thing in common with expensive wines: they taste best where they're made. You'll almost always find homemade cakes, cheese and dairy products

Hospitality usually has a long family tradition and is passed from generation to generation with heartfelt passion at the mountain huts and farms.

the noise and crowds of the town, the feeling of freedom can literally be felt in the air. If you want to feel like an alpine herdsman or Heidi at least for a few moments, take a break at one of the numerous huts

on the menu that are well worth tasting at the quaint and cosy huts. And as we all know, food has to be a feast for the eyes too, so there's an awesome view of the mountains on top as a free treat. That's how easy it is to make a break at one of the huts or mountain farms a pleasurable experience for all the senses.

Huts & Mountain Farms



Anyone who believes that the summit view is the only highlight on a mountain has never been to one of the quaint huts and mountain farms. Here are a few suggestions to change this as quickly as possible.



Latschenhütte

The Latschenhütte's excellent reputation extends far beyond the mountain peaks. The Nothdurfter family invites guests to linger in a quaint and rustic setting where they are spoiled with authentic Tyrolean classics and delicacies. The rustic, romantic dining room or the sunny terrace are lovely places to stay whatever the weather.

Nothdurfter Family
+43 5412 65 413
www.latschen.at



Untermarkter Alm

The UALM opens its doors to mountaineers and hikers in the middle of the Hoch-Imst skiing and hiking area. Its location at 1,500 metres above sea level offers a wonderful view that can best be enjoyed on the spacious sun terrace. Time flies over a hearty snack in the cosy and rustic alpine hut.

Andreas Riml Family
+43 680 44 41 702
www.ualm.at



Muttekopfhütte

A culinary and social highlight awaits you along the Lechtal High Trail, the Eagle Walk or the E3 long-distance hiking trail. At over 1,900 metres above sea level, you will pass the Muttekopfhütte, a beautifully furnished alpine hut with warm hospitality. Guests are served fine delicacies and exquisite wines in the cosy restaurant and on the large sun terrace. The hut also offers the best location for magnificent panoramic views.

Patrick Zangerl
+ 43 664 12 36 928
www.muttekopf.at



Imsterberger Venetalm

The Venetalm is situated at 1,994 metres above sea level and, in addition to its cosy atmosphere and hospitality, offers a breathtaking view. From the terrace you have a great panoramic view of the Inn and Gurgtal Valleys, the steep rock faces of the Lechtal Alps, the Silvretta and the Pitztal and Ötztal Valleys. Sometimes you can even see the Zugspitze. Enjoy the view into the distance and above all the fresh mountain farm specialities, the homemade dishes and refreshing thirst quenchers.

Philipp Gaugg
+43 664 38 60 234
www.venetalm.com



Karrer Alm

The Karrer Alm blends harmoniously into the picturesque landscape with its dark wooden beams. The quaint, cosy hut meets all the expectations of an authentic mountain farm and the host family indulges its guests with every trick in the book. Hearty snacks and fine classics are simply part and parcel of a break and give guests even more time to enjoy the view. As the Karrer Alm offers a wonderful view of the entire Inn and Ötztal Valleys.

Grissemann Family
+43 650 88 47 610



Karröster Alm

With the green fir trees in the background and surrounded by lush meadows, the Karröster Alm offers a picture-perfect view. Typical Tyrolean alpine charm and quaint cosiness await you inside the hut. Even the authentic mountain farm specialities on the menu fit perfectly into this harmonious picture of alpine huts: cheese dumplings, homemade cakes and apple strudel. The Karröster Alm delights its guests with its regionalism, warm hospitality and conviviality.

Elke Holzknecht
+43 664 50 84 472
www.karroster-alm8.webnode.at



Hanauer Hütte

Nestled in the alpine landscape, the Hanauer Hütte is an eye-catcher in the Lechtal Alps. It is surrounded by majestic mountain peaks such as the Plattigspitze, Parzinnspitze and the Spiehlerturm. The beautiful region and extraordinary abundance of flowers on the Parzinn's Hochkars magnetically attract ambitious mountaineers and nature lovers. The Hanauer Hütte's Tyrolean cuisine and warm hospitality can be enjoyed particularly well in this impressive mountain scenery.

Kirschner Family
+43 664 26 69 149
www.hanauer-huette.de



Maisalm

Some people know the Maisalm better by the name Roppener Alm. It can be reached via an approx. two and a half hours hiking trail from Roppen and the outstanding view compensates anyone who dares the ascent. The Inn Valley and Mieming Plateau show off their very best side from the Maisalm and turn the sun terrace into a pilgrimage site for hikers and nature lovers. The Pohl host family provides them with fine alpine specialities and hearty home cooking.

Pohl Family
+43 664 98 55 181



Maldonalm

If you're setting off in Imst for a hike over the Hahntennjoch into the Lechtal Alps, then it's always a good idea to plan a visit to the Maldonalm. The Prantl family welcomes hikers and travellers to the alpine farm with hearty home cooking and healthy snacks. From the inviting sun terrace, guests are offered a stunning view of the countryside, while admiring the view of the fascinating rock formations in the Lechtal mountains in good company.

Prantl Family
+43 5412 21 284



Muthenaualm

The Muthenaualm is also well-known as the Nassereither Alm and meets all the expectations of an authentic mountain farm. It is situated at 1,735 metres above sea level and nestled into idyllic mountain scenery. The hut is managed by Silvia Krieglsteiner, who indulges her guests with traditional home cooking before they set off on their hike again. Less than an hour away from the Muthenaualm is the Berglesboden, which offers its visitors a magnificent view of the Zugspitze mountain range.

Silvia Krieglsteiner
+43 660 65 67 467



Tarrenton Alm

Where better to spend a sunny summer day in the Imst holiday region than up high with a view of the mountains and the countryside? The Tarrenton Alm's inviting terrace seems to have been made just for this. Surrounded by idyllic nature, you will find peace and quiet here and at the same time sociable entertainment and hearty refreshments. A visit to the quaint alpine hut can be combined wonderfully with a hike in the surrounding area and impressively rounds off your summer's day in the mountains.

Christian Tiefenbrunner
+43 660 64 64 920



Anhalter Hütte

The Anhalter Hütte is located on the north faces of the Heiterwand at 2,042 metres above sea level in the middle of the Lechtal Alps. The alpine hut offers hikers more than 100 years of alpine comfort in a quaint setting.

The Anhalter Hütte will soon be restored to its former splendour thanks to reconstruction work and will therefore be closed in the summer of 2019 and 2020.

www.anhalter-huette.de



Life on an Alpine Farm

We imagine life on the mountain farms to be wildly romantic. But what is a summer in the mountains really like?

Moving with Cow and Caboodle

While the kids are still at school and waiting for the start of the summer holidays, more than 11,000 cattle, 70,000 sheep, 5,500 goats and 2,000 horses are travelling in the Tyrolean Alps and moving into their quarters for the alpine summer. Animals and shepherds often have to walk miles and miles over narrow ridges with steep slopes on their way to their alpine pasture, so the joy and relief is all the greater when the herd finally arrives safely at its destination. Fresh mountain herbs, the clear mountain air and the refreshing change of scenery are obviously good for the cattle and the mountain farm is simply a must for the farmers. Many of them already herded the cows as young boys and were raised to take over the management of the mountain farms. Every summer, farmers therefore make a valuable contribution to preserving the cultural landscape for our generation and for hopefully many more to come.

Digital Time-out Without a Mobile Phone

Much is still the same on the alpine farms as in bygone times: WiFi? No chance. Mobile reception? A matter of luck. But the good news is no one needs this either. Despite the hard work and capricious nature, life on the mountain farm has a unique fascination. Most alpine farmers find it difficult to describe this but the more beautiful an alpine summer is, the more elaborate and splendid the floral decorations are when the cattle are driven down from the pastures at the end of the summer.

Correct Conduct on Mountain Farms:

The meadows are our cows' salad bowls. So please remember to take your rubbish with you and treat their home with respect. Dogs belong on a lead in the mountains and the animals at Wollys & Tollys Almzoo are bound to enjoy strokes and petting more than the grazing animals.



Driving Herds Up and Down the Mountain Pasture

The herds are moved up to the alpine pasture in June and July and they graze there over the summer. They all return to the valley in autumn before the onset of winter, where they are ceremoniously welcomed by locals, newcomers and tourists. The closer the alpine farmers get, the louder the ringing of the bells sounds and the easier you can identify the herd with their farmers. The heads of the cows and the farmers' hats are adorned with magnificent floral decorations in all imaginable colours. A hopefully accident-free alpine summer comes to an end so colourfully and ceremoniously. The people and animals say goodbye to an intense time with mixed feelings.

Variety-Packed Everyday Life

The farmers have a full-time job on the mountain pasture as alpine farmers, are often self-sufficient and on the side also dairy farmers, sometimes veterinarians, almost always innkeepers and, of course, friendly information providers for hikers and interested people. The alpine farmer's jobs not only include herding sheep and cows and catering for guests but also producing delicious milk and cheese specialities at the highest level (mostly at well over 1,000 metres above sea level), harvesting the hay on steep slopes and much more. But in their free time the alpine farmers enjoy the privilege of living in one of the most beautiful spots on earth.

An abundance of sheep

You can experience the largest ceremonial drive down from the alpine pastures in the Imst region at the "Schafschied" in Tarrenz or at the "Schafschoad" in Nassereith. Around 1,000 sheep and lambs return home from their summer holidays on the Hinterberg-Alm in September. Welcome baaaack.



Whims of Nature

Driven by escaping the grey of the cities, battling their inner couch potato or by the heat, more and more people are fleeing into the arms of Mother Nature. The mountain air alone is refreshing on warm summer days. The sight of a cool glass of milk and a slice of tasty semi-hard cheese lures many mountain climbers to the alpine farms in the high-altitude regions of the Imst holiday region. Often they are presented with a picture-postcard view: grazing cows on lush pastures, huts made of wood and stone and peace and quiet all around. But nature can suddenly change its tune in the mountains and

huge thunderstorms rumble across the landscape. The higher the mountain pasture, the more violent the storm. While hikers prefer to stay at home on such days, black, consecrated weather candles are lit in the alpine huts – they are supposed to keep the lightning away. Mountain thunderstorms usually disappear just as quickly as they arrive and the sky is bright blue once again. Intense rainbows and an unbelievable play of colours can even amaze long-time alpine farmers again and again.

CY- CLING

Are you still walking or already pedalling? Jump into the saddle and get pedalling as cyclists can go full circle in the Imst holiday region.





Freedom on Two Wheels

Just like life, cycling is full of ups and downs. Incidentally, this is quite an apt description of what cyclists can expect in the Imst holiday region. Mountain bikers experience many highs and lows on their

can also be conquered by racing cyclists on tarmacked cycle routes and ensure them a good workout with the ups and downs. Leisurely cyclists can explore the region's sights on quiet routes with not much incline, and even bikers looking for moderation and balance will

The Imst holiday region regularly hosts bike races and the Imst bike marathon has been taking place for four years.

In keeping with the theme, Albert Einstein used to say: "Life is like riding a bicycle. To keep your balance, you must keep moving." We can fully subscribe to this.

way to the quaint alpine huts and the most beautiful mountain peaks. The "lows" here refer to the spectacular trails through the alpine landscape with its mountainous forests. The metres in elevation gain

whole region, signposts provide information about the route, the profile and the level of difficulty, from easy to very demanding. This allows both aspiring marathon candidates and occasional cyclists to pedal throughout the region.

find the right route in the Imst holiday region. Easy cycling tours on the Inn Cycle Path or on the Via Claudia Augusta are the perfect choice for a variety-packed cycling holiday. On 260 kilometres throughout the



Good prospects for mountain bikers: the Imst holiday region is situated right on the "Bike Trail Tirol", the largest network of mountain bike routes in Western Austria.

Mountain Biking



The ultimate kick for ambitious mountain bikers is the view of the mountain top that has to be conquered on two wheels. No mercy for calves.

The world of mountains is extremely diverse seen from a mountain biker's perspective. It's hardly surprising that so many get in the saddle. It starts with easy routes for beginners such as the Auhöb Path, the Gurgltal Valley circular route or the moderately difficult Falterschein circular route. You will reach beautiful vantage points or mountain farms mainly on good gravel roads with gentle gra-

dients and charming bends. On the more challenging "Bike Trail Tirol" stages, you overcome numerous metres in elevation gain and endurance is required. The effort on the difficult routes, such as the "Bikeschaukel" stage or on the Blindsee Trail, is rewarded with magnificent views, rapid descents and lots of action.



TIP

You can find all the holiday region's mountain bike routes on www.imst.at. Each route is described and the elevation gain and cycling time are provided on the website. Each route has also been classified according to its degree of difficulty.

E-bikes



The most advanced form of tailwind: the e-bike. Modern electric bikes are perfect for the long-distance cycle paths and mountain bike routes through the Imst holiday region.

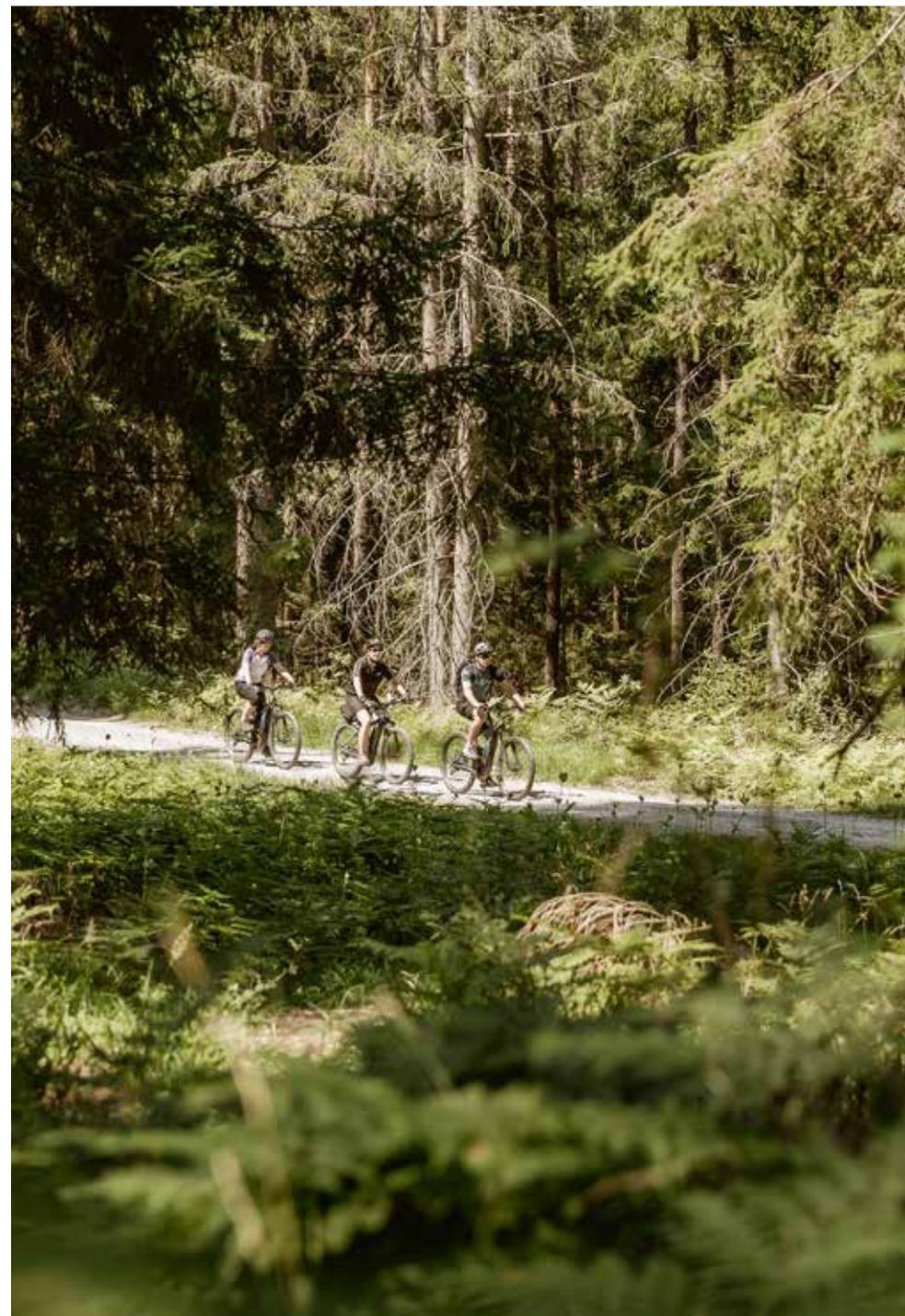
A circular route by e-bike is a convenient way to experience the sights and scenery in the Imst holiday region. Large parts of the region are connected by the two long-distance cycle paths, the Via Claudia Augusta and Inn Cycle Path, and can easily be explored on two wheels. As the most innovative version of the good old bike, the e-bike offers you the comfort

to be able to conquer demanding and long distances with less effort. The small battery saves your energy reserves and offers pleasant pedalling assistance. On the www.imst.at website you will find various suggestions for your e-bike tour through the region.



INFO

Anyone who wants to hire an e-bike on holiday should visit Intersport, Bikepalast or Bike & Run in Imst.





Imst Tourism – Martin Luggner

Racing Bikes



The Imst holiday region offers an enticing range of different routes for racing cyclists – from amateurs to professionals. You have the choice between steep mountain roads or less frequented side roads, which are classified according to levels of difficulty from easy to very demanding. The route network runs through the entire Imst holiday region and links all nine municipalities to each other. The Inn Valley circular route is

particularly suitable for beginners or, if you're more experienced, the Pitztal and Tschirgant circular route. Professionals who are looking for challenges can pedal from Imst to Lake Garda or make their way up the Rettenbachferner and enjoy the view.

INFO

You can find interesting details about the racing bike routes on the www.imst.at website.



Inn Cycle Path & Via Claudia Augusta

Cross the region on one of the two most beautiful long-distance cycle routes.

Inn Cycle Path

The Inn Cycle Path leads about 530 kilometres from Maloja in Engadine to Passau on well-maintained roads mostly with little traffic. Five of the stages, almost half the way, can be covered in Tyrol. The Inn Cycle Path runs along the banks of the Inn and leads you to many beautiful places in nature, while you are accompanied on the way by the splashing of the river.

Via Claudia Augusta

The history of the Via Claudia Augusta dates back to Roman times. It is experiencing a new heyday today and should not be missing in any route planner. You cycle along the historic road through beautiful scenery tracing the past.

INFO

You can find out more about the two long-distance cycle routes online at www.imst.at.



Tschirgant Circular Route



50 kilometres around the Tschirgant.
On the 3-hour cycling tour around the
the mountain massif.

Whether it's by e-bike or classic bike, the tour around the Tschirgant massif does require a certain level of physical fitness but offers a great deal of scenic variety. The cycle tour through picturesque scenery leaves a lasting impression of nature: from spring to autumn, the Tschirgant circular route is characterised by passages through larch forests and meadows, the Inn Gorge and apple orchards near Hai-

ming. The fantastic view of the Mieming Plateau once again highlights the region's scenic beauty. The starting point of the circular route is in Imst, from where the tour leads on the Inn Cycle Path along the Inn via Mötz to the Mieming Plateau. Take the exit to Arzkasten and you will get to Nassereith and can return to Imst via the Via Claudia Augusta and the idyllic Gurgltal Valley.



INFO

On the Tschirgant circular route
you ride on the Inn Cycle Path and
the Via Claudia Augusta some of the time.

The cycle path runs along the Tschirgant and numerous places to stop for a bite to eat invite you to rest a while on the way. Recreational attractions, such as a visit to Knappenwelt in the Gurgltal Valley or to the swimming pool, can be planned wonderfully along the route.

A woman with dark hair, wearing a blue and black tank top, is climbing a rock face. She is smiling and looking down at her hands as she grips a green rope. The background is a blurred green forest.

Could you sometimes go up the wall? Then welcome to the climbing paradise for beginners and professional climbers.

CLIM- BING



Climbing & Bouldering

Whether it's on real rocks in the open air or in the climbing hall with plastic handles – everyone's in high spirits in the indoor and outdoor climbing gardens, on the rock faces and on the via ferrata.

bers are offered demanding training opportunities all year round and in all weathers.

Even in snow and rain, they can climb up the (rock) walls and climb to the very top in the climbing and bouldering halls regardless of the weather. Whether you've always wanted to climb

With a rope, without a rope, outside, inside – your climbing options couldn't be better.

The Imst holiday region is part of the "Climbers Paradise" and lives up to its name: both beginners and professionals can make it all the way to the top.

The Imst holiday region is one of the sixteen climbing regions, which have formed the "Climbers Paradise" network from St. Anton am Arlberg via the Steinberge as far as East Tyrol. This means that clim-

the famous Sonnendeck climbing tower in Imst, conquer the waterfall via ferrata or prefer to get "high" on the view from the mountain top, the climbing region has a wide range of climbing options on offer in all levels of difficulty. On top of that, the "Climbers Paradise" has real world champion potential: the Imst holiday region is the home and playground to the multiple climbing world champion Angy Eiter and the ÖAV climbing teams from Imst, who are at the top in international competitions all over the world, also train on the Imst rock faces.

Climbing Gardens



Happiness on Earth lies on our mountain rock faces. This or something similar is the saying and motto in Tyrol's climbing gardens.

Climbing, climbing, climbing – if this is your to-do list for the summer holiday, you can tick off all the points in the Imst holiday region. The climbing gardens in the region offer the full package from phenomenally big routes on the Guggerköpfe to magically idyllic routes next to a waterfall in Putzen to the Walchenbach climbing garden, which is suitable for families and beginners. The choice is entirely yours. You can opt for huge, rough boulders, choose according to the scenic setting or even select by the catering. The two Muttekopfhütte and Latschenturm climbing gardens, for example, are just a stone's throw

away from the Muttekopfhütte and Latschenhütte mountain huts. Even though they are all different, each of the climbing gardens has the ideal climate to allow your curiosity for your favourite pastime to grow and see professionals flourish.

INFO

Chamois also live in the climbing gardens. So wear a helmet to protect against falling rocks.



Family climbing areas

Climbing is a hit in the Imst holiday region for all ages. The four Imst/Kofnertal, Imst/ Putzen, Botanical Garden in Nassereith and Tarrenz/Walchenbach climbing gardens in particular are very well secured climbing gardens for the whole family.

INFO

You can find more information on www.imst.at or www.climbers-paradise.com.

Climbing guide

The numerous via ferrata, climbing gardens and routes can be found in the latest climbing guide for the Imst, Pitztal and Ötztal holiday regions. The practical ring binder is available from the Imst information office and includes:

- 1 area overview map
- 3 overview drawings of rock climbing areas
- 2 overview drawings of ice climbing areas
- 44 how to get there drawings for rock climbing - areas, via ferrata
- 85 how to get there drawings for ice climbing areas
- 124 topographic maps of rock climbing areas, via ferrata
- 380 pictures (climbing, landscape, icefall, face pictures)



It is high time to get up to speed and experience the highest of emotions at the highest level. High time for the via ferrata.

Imst Tourism – Martin Lueger



Via Ferrata

Get up to speed and to the most beautiful peaks in the Imst holiday region. All you have to do is follow the call of the rocks and climb.

When the rock is calling and your fingers are itching, climb one of the four fantastic via ferrata routes in the Imst holiday region. Besides mountaineering, this is one of the best ways to get up high, for advanced climbers as well as for beginners and young climbers.

Leite via ferrata

The via ferrata is located in Nasse-reith and is a sporty C/D challenge.

Imst via ferrata

A D climbing experience on the Maldonkopf, with rope bridge, steps and climbing aids. Long ascent and descent – full day tour.

Waterfall via ferrata

A short sporty and family via ferrata at the Muttekopfhütte with B/C positions.

Hanauer via ferrata

Fantastic hut via ferrata with long rope bridge and 2 versions. The easier version ends below the Hanauer Hütte.



INFO

You can find more information about the via ferrata and levels of expertise on www.imst.at.

Alpine Climbing



Straight up instead of straight ahead. If you don't want to just expand your horizons but your verticals too, you're in the right place at the rock face.

Climbers were already drawn to the heights in the 1960s. Back then, the first mountaineers discovered the charm of the rough side of the alpine landscape in the Imst holiday region. Alpinist pioneer Otto Melzer was probably the first to climb the south wall and Melzer's Edge, which is named after him today, in the Hintere Plattein area in 1900. As far as securing is concerned, wooden wedges were still used in those days. Today, there is not only much more safety but also numerous newly developed routes and connections. That's absolutely top for aspiring alpine climbers.

INFO

The vertical path up is for the experienced only.
More on: www.imst.at



Muttekopf region

Four times more alpine climbing fun is promised by the multi-rope routes on the Guggerköpfe, Engelkarturm, Hintere Platteinspitze and Muttetürme. Challenging climbing routes lead over slabs, cracks and overhangs, some at over 2,700 m above sea level to the mountain top. The borehole hook distances are large, the conditions are partly very rough, therefore not necessarily suitable for pure sports climbers. Alpine climbing in the Muttekopf region requires experience and excellent skills.





Indoor Climbing & Bouldering

Easy, difficult, almost impossible to solve – one bouldering problem follows the next in the climbing halls. If you don't know yet: that's a good thing!

Imst Climbing Centre

A huge climbing park with a 1,420 m² indoor climbing area and 1,312 m² outdoor climbing area, slackline park and sun deck. 2,732 m² of climbing space awaits climbers in total – is there any more to be said?

Imst Climbing Centre

Am Raun 25, 6460 Imst, Austria
www.kletterzentrum-imst.at

Karrösten Bouldering Hall

30 m² bouldering area on a 4.5 m high wall and routes created by European champion Bettina Schöpf-Greinig.

Turnerschaft Karrösten, Emanuel Ehard
 Sturmergasse, 6463 Karrösten (opposite Gasthof Trenkwalder), Austria
 Tel. +43 650 3805468

Steinblock Bouldering Hall

The bouldering hall for all levels of ability, from beginners to thoroughbred climbers. With almost 570 m² of climbing space, a 68 m² training area with moonboard and 119 m² large beginners' and children's area.

Steinblock Boulderhalle

Bundesstraße 1a, 6460 Imst, Austria
www.steinblock.at

Tarrenz Bouldering Hall

Climbers will find a 100 m² bouldering area with routes created by the professionals Mike Gabl and Werner Nothdurfter.

Sportunion Tarrenz, Iris Rataitz-Kiechl
 Hauptstraße 65, 6464 Tarrenz, Austria
 Tel. +43 680 2186722

Imst Tourism - Martin Luggner



INOUT Sports Climbing School

Give climbing a try and learn from a professional. That's what European champion Bettina Schöpf-Greinig offers during her sports climbing school's courses.

Mag. phil. Bettina
 Schöpf-Greinig
 Tel. +43 676 33 55 749
www.inout.cc

K3-Climbing

Four-time world champion Angela Eiter and Bernie Ruech share their passion, skills and knowledge during the K3-Climbing school's courses.

office@k3-climbing.at

Alpine school High-Mountainworks

The Alpine school covers all areas of outdoor and mountain sports. Experience the most beautiful tours with an experienced guide by your side.

Johannesplatz 4,
 6460 Imst, Austria
 Tel. +43 650 9209315 or
 Tel. +43 660 6822001
www.high-mountainworks.at



ANGELA EITER, sports climber
 Four-time World Champion and multiple World Cup Winner
 Date of birth: 27.01.1986
 Favourite spot: Muttekopf region

Angy Eiter cracks one of the toughest sports climbing routes

The climber from Imst sets new standards on the rock faces of this world. Never before has a woman succeeded on such challenging climbs.

The world of a world champion

Even as a little girl, Angy Eiter prefers spending time at the climbing school rather than playing with dolls. At the age of just eleven she already wins competitions in the junior class, at 16 she becomes the state champion in the general class and at 19 world champion for the first time. Her list of successes is long and Angy is regarded as one of the world's best sports and competition climbers in lead climbing and bouldering. Despite this, she decides to give up her competitive career.

Even further up

Having climbed to her fourth world championship title in Paris, Angy finishes her competitive career in 2013. From now on, she tries rock climbing, despite only being 154 cm tall. "My biggest handicap in rock climbing, I don't have access to certain routes because of my size." But the young world champion is not short on challenges. She is the first woman in the world to conquer the "La Planta da Shiva" in Spain in 2017 with the level of difficulty 9b. What fascinates Angy time and time again: how different each climbing tour is. "No route is like any other. Each one reveals its own puzzle." With her World Cup victories in her pocket, Angy now concentrates on new projects and on her K3-Climbing school that she runs with her partner Bernhard Ruech and with Emanuel Soraperra.



Set off on an active journey of discovery and experience the natural attractiveness of a fascinating region in the majestic Tyrolean mountains.

A photograph of a person diving into a lake in a forested area. The person is captured mid-air, performing a backflip. The water is calm, reflecting the surrounding greenery and the diver. In the background, there are tall reeds and a grassy bank. The overall scene is peaceful and scenic.

ACTIVI- TIES

Tips for your active holiday programme

The Imst holiday region offers dreamlike scenery in summer and is reminiscent of a picture book in so many places. Take this opportunity to write your own story in the picturesque setting – collect

Anyone who wants to fill the most beautiful time of the year with experiences is in just the right place in the Imst holiday region. Behind the beautiful façade it is full of surprises.

unforgettable experiences. Discover the world of mountains through indoor and outdoor activities from a variety of perspectives: whether you want to immerse yourself in

refreshing mountain lakes, chill out, constantly discover new things on trail runs, fish for new opportunities or treat yourself to some thrills – the region serves you all this on a silver platter. All you need to bring is curiosity and courage, the rest is done by the enticing

variety all on its own. The idyllic mountains and valleys are not only used for hiking but also for rafting, jumping and flying. The gorges, whitewater rivers and sky are perfect for this. If you are searching for the limits of what is possible in the Imst holiday region, you may come across your own first, because there are no limits to the variety here. You can't get much higher, faster, further and also quieter than this. But more about this on the following pages.

Welcome to the Mecca of possibilities for a sporty active holiday in every aspect.





Swimming

To really get swimming, you have the choice between splashing around at the lido or diving into chlorine-free, refreshingly natural lakes.

Imst lido

When was the last time you jumped into cold water? Although cold means 25°C. The swimmers, non-swimmers and children's pools at the Imst lido are constantly heated and make swimming a pleasure. You can hardly miss the greatest fun for young and young-at-heart swimmers at the lido: the giant slide with loads of bends. It rises almost 8 metres into the

air and is 80 metres long. Its sidekick, the wide water slide, is almost 12 metres long and 3 metres wide. For landlubbers there's a volleyball court and a table tennis court. And if the children's lips are already turning blue, tempt them to romp on the large children's playground with its shady sandpit.



TIP

You can relax and sunbathe on the large sunbathing lawn and in the beautiful park. And if you fancy a fresh coffee or something barbecued in between, the smell leads you to the rich swimming pool buffet.

Natural Lakes



Hoch-Imst natural lake

The Hoch-Imst swimming lake is just a stone's throw away from the Imster Bergbahnen bottom station. The idyllic natural lake is warmed by the sun all day long and surprises with pleasant temperatures and extremely clean, drinking water quality. You can relax wonderfully on hot summer days in the shade of the surrounding trees and a jump into the lake is just the right thing after a hike or bike tour.

The natural lake can be used free of charge for a relaxing swimming day.



Lake Fernstein

Lake Fernstein is best explored on board a rowing boat, because depending on the weather, the water in the mountain lake is crystal clear and offers a view to the bottom. Green meadows and forests nestle around the water. Next to it is Lake Sameranger, one of the most beautiful diving lakes in Austria. Anyone going on a dive here will discover a fabulous underwater world.

More information about boat hire and diving can be found on www.steinblock.at



Lake Starkenberg

The fir trees are reflected on the smooth water surface and lend the idyllic fishing lake a wild, romantic flair. In the shade of the forest it is wonderfully cool and the surroundings are ideal for summer walks and recharging your batteries outdoors. Starkenberg Castle and the Schlosstube, where you will be spoiled on the beautiful sun terrace with a view of the Gurgltal Valley and refreshing delicacies, are very close by.

A unique beer adventure world is hidden in Starkenberg Castle.



Page 92, left + right: Imst Tourism archive, centre: Hotel Schloss Fernsteinee – Knödler

AREA 47 swimming lake

A swimming lake is of course a must at Austria's largest outdoor arena. And the whole range of adrenaline is of course catered for at the 20,000 m² facility: water slide, diving platform, bouldering rocks in the water and much more.

You can find all the attractions and possibilities on www.area47.at

Lake Göfele

The perfect picture of a mountain lake. Lake Göfele is situated at 1,500 metres in the impressive Sinnesbrunn moorland area and together with its surroundings offers a habitat for a remarkable diversity of plants and animals. A true nature lover's idyllic dream.

Please make sure that you do not enter any sensitive moorland areas near the lake.

Other lakes

Blindsee natural swimming lake at over 1,000 metres on the Fernpass and Lake Piburg in the Ötztal Valley are also suitable for jumping into cool water.

TIP

You can find an overview and impressions of the lakes and lido online on www.imst.at.



Soothing the soul

Wellness helps against stress. And the 40°C warm water from the health-boosting source, which springs 1,865 meters deep in the ground and bubbles straight into the AQUA DOME.

Running at full throttle all year round with everyday life demanding your full commitment, but now it's time to switch off. A feel-good day at AQUA DOME – Tyrol's thermal spa in Längenfeld helps take your mind off things and does your body some good. Those seeking peace and quiet, who want to indulge in deep relaxation

and wellness and beauty treatments, can enjoy wellness in the spa, bathe in thermal water and kneipp in the "Gletscher-glühen" sauna area. At AQUA DOME the motto is recovering through the power of contrasts: while your body regenerates in warm water, your gaze focuses on majestic mountain peaks. Feel the calm.



INFO

Therme Aqua Dome
Oberlängenfeld 140,
6444 Längenfeld, Austria
Tel. +43 5253 6400
www.aqua-dome.at

Aqua Dome

Thermal Spa

At the most beautiful spa resort in the Alps, you will float in 34 – 36°C warm water (sports pool approx. 25°) in 12 indoor and outdoor pools. The incredible mountain scenery sweetens your time out in summer.

Sauna area

Exceptional saunas, steam baths, outdoor pool, pleasant relaxation areas, ice-cold cooling in the plunge pool, ice grotto or with a refreshing Kneipp course. Admission from age 15.

Beauty SPA

At the Beauty & Spa Morgentau you are in the best of hands, relieving any tension in your body and boosting your well-being in a personalised way. It is best to make an appointment before you arrive.

Children's world

Dear water lovers, pirates and mermaids – fun ahoy! Full speed through the funnel slide with light and sound effects, off over the tyre slide and then on board the Noah's Ark, where the Water Fun Park is. What are you waiting for?





Page: 97-Alpenbad Leutasch, ARLBERG-well.com

Ehrwald indoor swimming pool

At the foot of the Zugspitze, the Ehrwald family indoor swimming pool even impresses adults with its children's pool and numerous attractions for the little ones, as well as a beautiful wellness area with sauna, a sports pool and counter current system.

Hallenbad Ehrwald
Hauptstr. 21, 6632 Ehrwald, Austria
Tel. +43 5673 2718
www.ehrwalder-eg.at

Telfer Bad

Swimming, sliding and taking a sauna. The indoor swimming pool in Telfs offers varied swimming fun for the whole family. Little water lovers can splash around in the children's area while adults relax in the sauna area or swim their lengths in the pool.

Telfer Bad Betriebs GmbH & Co KG
Weißbachgasse 17, 6410 Telfs, Austria
Tel. +43 5262 62137
www.telferbad.at



Indoor Pools

A roof over your head protects you from rain and boredom. Here are some refreshing bad weather ideas.



Erlebnisswelt Alpenbad Leutasch

Families, couples and solo swimmers can enjoy a stress-free time at the Alpine adventure pool with its massage bay, waterfall, saunas and numerous wellness offers. In the separate children's area, the little ones lose track of time sliding and playing in the water.

Alpenbad Leutasch
Weidach 275, 6105 Leutasch, Austria
Tel. +43 5214 6380
www.alpenbad-leutasch.com



ARLBERG-well.com

Where could alpine wellness be more beautiful than with a view of the Arlberg's magnificent summits? And at the same time you can enjoy relaxing hours of swimming in the 30°C warm water, the modern architecture and an extensive range of wellness on offer.

ARLBERG-well.com
Hannes Schneider Weg 11,
6580 St. Anton am Arlberg, Austria
Tel. +43 5446 4000
www.arlberg-well.com



Kneipp



Getting cold feet is just the thing to get your circulation back on track and do something good for your immune system after a long hike or cycling tour.

Follow in the footsteps of the ancient Romans and kneipp in the former Roman baths in Roppen. Thanks to its unique mineral water quality, the water in the "Römerbadl" has a healing, revitalising effect. In Tarrenz, the water in the "Frauenbrunnen" is enriched with radon, which has a healing effect, particularly on skin problems. The Kneipp facility is located right next to the Gurgltal cycle path and

is hard to miss with its elegant fountains, troughs and basins made of natural wood. In the neighbouring village of Nassereith, you can get your circulation going again at the "Mühlsprung" on a hot summer's day. With an arm bath or a circuit through the idyllically situated water treading pool surrounded by nature.



TIP

There is more to the real Kneipp than just daring to go into the cold water. Follow the instructions on the boards at the Kneipp facilities to achieve a long-lasting effect and get your circulation going.

Running, Walking, Orienteering



Keep up to speed and discover the Imst holiday region on your own.

There are numerous options for a run in the beautiful mountain scenery of the Imst holiday region and in the picturesque landscape of the Inn Valley. The running and Nordic walking routes wind their way through the entire region and

take you to the most beautiful spots and vantage points. If you're heading out for orienteering, pack your compass and map to find all the stops in the cool forests. Nordic Walking, running or orienteering are a physical fitness workout and you discover new natural spectacles along your route.



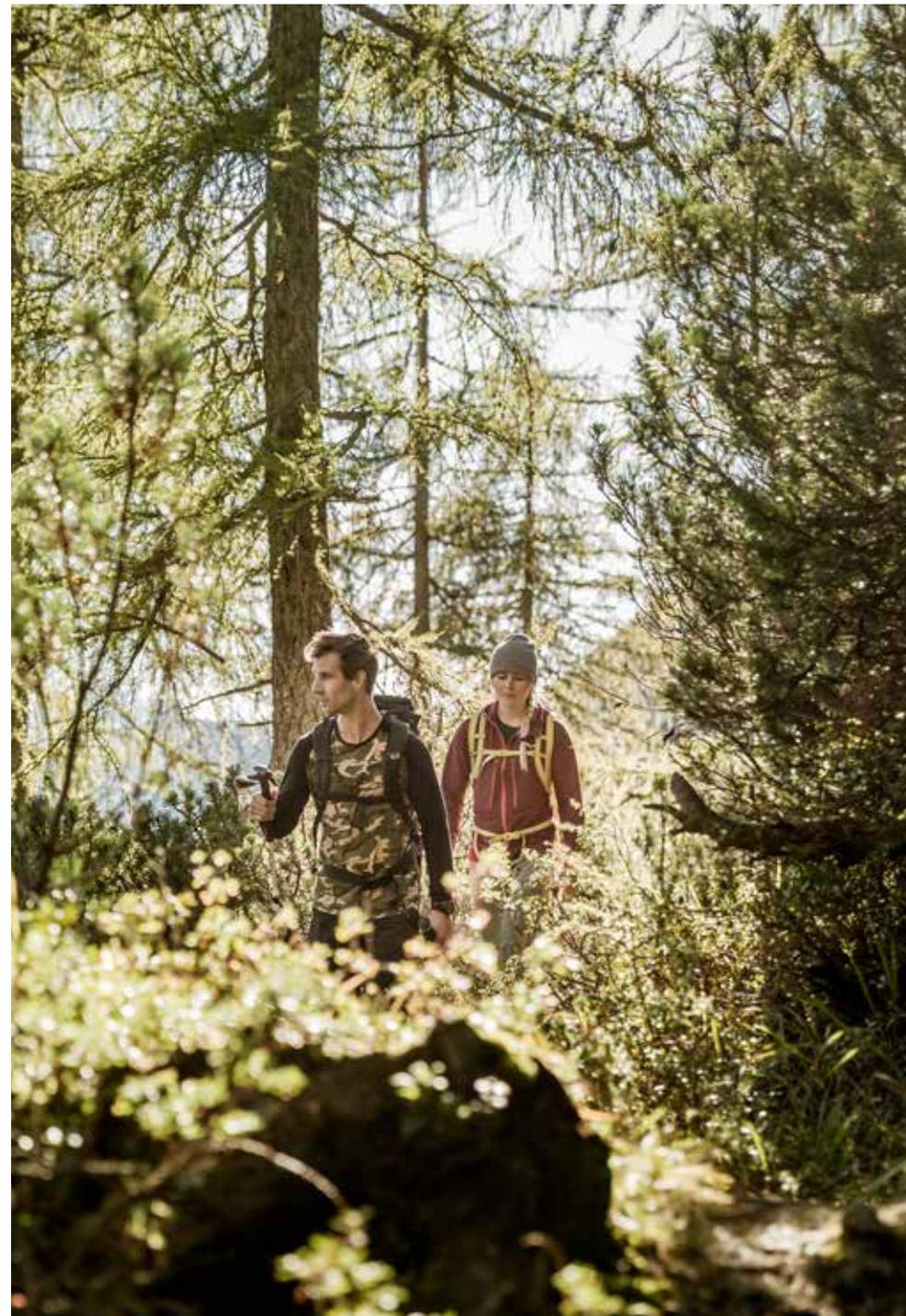
INFO

You can find the best routes and more information on www.imst.at.

Tip

Geocaching

The scavenger hunt has grown up and is now called geocaching. Set off with your smartphone on a treasure hunt through the Imst holiday region. The course takes about 2 hours and entertains the whole family. More information on www.imst.at or at the Imst information office.



Trail running



Sometimes it's worth losing your way.
Let your body and mind run free, off the
grey tarmacked, beaten track.

A trail is the most natural running track in the world. The trail run begins off the beaten, tarmacked track, where the pavement ends. The road runner becomes the trail runner. In contrast to the road, the different surfaces improve the runners' coordination and responsiveness step by step. Trail running literally gets the entire musculoskeletal system moving and improves stamina too. The Tyrolean mountains are ideal for beginners and experienced trail runners.

INFO

Take a look at
www.imst.at to find out
more about trail running.



Trail running highlights

The Imst holiday region alternates between the SALOMON 4 TRAILS and the GORE-TEX® TRANSALPINE RUN. Both enjoy a fantastic reputation among the trail running community as their unique dynamics, special characteristics and extreme conditions make them challenging special events. Hundreds of participants have to prove they are fit, in good shape and have the stamina every year. The Starkenberg Homerun, an exciting team competition, is being held for the first time in 2020 too.



Horse Riding



Life is not all about horsing around so it's all the more important to get on one from time to time. Trot on and discover your holiday happiness ride by ride.

The Imst holiday region is home to the best horses and they are looking forward to a ride in the countryside. The horses and riders pass the most beautiful natural scenery on the Gurgltal Valley's flat paths. A special outdoor experience for two-

and four-legged friends. Whether you want to take your first riding lesson or are already confident in the saddle, the riding stables in Tarrenz, Nassereith and Imst are equipped for all requirements.

Riding stables

Glöckhof
Obtarrenz 61, 6464 Tarrenz
www.gloeckhof.com

Lindenhof
Bigerweg, 6460 Imst
www.lindenhof-imst.at

Reit- und Isländerhof Mang
Sachsengasse, 6465 Nassereith
www.pferdehof-mang.at

Seehof
Strad 1, 6464 Tarrenz
marcofringer@gmx.at



Page 104: Imst Tourism / Member, page 105: Imst Tourism archive



Horse-drawn Carriage Rides

Once "hü", once "hott". What is an essential in romantic film classics can be an absolutely wonderful two horsepower experience on your holiday.

When the coachman calls "hü", the horse should trot to the left and with "hott" to the right. Although all directions are perfect for a romantic carriage ride in picturesque Gurgltal Valley. Be taken through the region by the graceful Norik

breed of horses and enjoy your time out for two at a dignified pace. Or make your children's big dreams come true with a horse-drawn carriage ride.

INFO

You can sign up and get information from the Imst information office.

Other Highlights in the Region



For pleasure-seekers, those seeking peace and quiet and motor sports fans, the Imst holiday region is a seductive Mecca of opportunities.



Fishing

Tight Lines! Fish for a few lovely hours at the lake and enjoy the meditative peace while fishing. The word has already spread among anglers that Lake Brenjur and Lake Nassereith are waters with plentiful fish stocks in a magical setting. Two ideal spots for a promising day's fishing by the water. Good catch!

You can find out more about the fishing opportunities in the region on www.imst.at.



Boating

A blue lagoon is tucked away in the Tyrolean mountain landscape: Lake Fernstein. The picture of clear water and dark firs is so magical that a castle is also a must. Fernstein Castle is situated right on the lake and is best reached by a rowing boat, pedal boat or swan boat. Almost kitschy, but only almost.

More information regarding boat hire can be found online on www.fernsteinsee.at or at the information office.



Yoga

Recharging your batteries at the spring's source. The Tyrolean mountains are one huge natural place of power. In their peace lies the strength that yoga, meditation and relaxation live from. Become one with your personal source of strength and treat yourself to an extraordinary yoga hiking tour or a break at the AlpenRetreat yoga resort on the Fernpass.

You can find more details on "Yoga & Hiking" and the AlpenRetreat yoga resort in Nassereith on www.imst.at.



Driving Village

The name says it all and the motto is "If you drive sideways, you see more". Give your holiday a touch of action and let the tyres squeal. At the Driving Village in Tarrenz we drive at full throttle and with skill through the race course, where motor sport fans and speed junkies' pulses race on every lap.

You can get in the mood and find the opening hours, prices and programme on www.drivingvillage.at.

Tip

Archery

Amateur archers hit the bull's eye at the archery range in Imst. Equipped with a bow and arrow, you have the chance to improve your aim at the Imst leisure centre. You can practice on targets that are between 20 and 90 metres away until you get the hang of it. If you are interested, please contact the Bogenschützenverein or the Imst information office.



Outdoor Sports



Everything that gets your nerves tingling. The region opens the doors to the big, wide world of adventure to sports lovers, adrenaline junkies and the daring.

What would a journey be without a detour to the land of adventure? In the Imst holiday region, the action is often hidden: in spectacular gorges, at dizzying heights or on intoxicating waterways. There's a great deal to see and even more to experience outdoors in the impressive mountains. Raft into the tides, bungee jump into the depths or see the countryside from a whole new perspective while paragliding. The bigger the thrill, the greater the adrenaline rush. That's

also the motto at AREA 47 in Roppen, the largest outdoor fun park in Austria. Everything that is fun and causes heart palpitations can be found in the arena. There is a high ropes course with flying fox, water action as far as the eye can see, motocross freeriding, events, parties and everything that goes with it. In the Imst holiday region the world of adventure has everything to offer, but no limits. The ideal conditions to get your nerves tingling again.



INFO

Our outdoor partners are YEZZT!
Lemming Tours, ACT ACTIV
Canyoning and AREA 47.



Rafting



Rough and wild on all tours. If you've never stood on a riverbank before and sung the melody of "Born To Be Wild" in your head fully pumped with adrenaline from your hairline to the tips of your toes, you've really missed out on something. As chance would have it, this opportunity presents itself in the Imst holiday region.

Certified guides from "Yezzt! Lemming Tours" put you in neoprene suits and take the plunge with you into the cold whitewater. With every

paddle stroke the fear gives way to the fountains of spray and after just a few metres in the rafting boat you're no longer overwhelmed by the waves but by the fascination of the sport. Initial doubts turn into a breathtaking experience that you will talk about for a long time to come.

INFO

Visit www.lemmingtours.de and www.area47.at for an overview of the many rafting opportunities.



Canyoning

It's all about the mixture! Canyoning means climbing, hiking, abseiling and admiring.

Canyoning is the term used to describe walking through a canyon from top to bottom. This is why the sport is also known as "gorge hiking" or "gorge walking". So far so good, but anyone who has already dared to leap into the natural water pools and abseil in gorges, knows that there is far more involved in this. More action, more wow effects, more

adventure. If you also fancy more, let the "ACT ACTIV Canyoning" guides accompany you and experience the region's mountain streams and rivers from their most lively side. The offer of an unforgettable whitewater experience applies to everyone: from courageous beginners to daring adrenaline junkies.

INFO

Addresses, pictures and more information can be found on the www.activcanyoning.at website.

Paragliding/Tandem



You can finally take to the skies and really take off on holiday. Paragliding and tandem flying in the Imst holiday region is one high-altitude flight after another.

How about a little change of air in between? With a tandem flight you can experience a holiday highlight without any previous knowledge. Licensed airlines provide you with professional guides who will safely take you up and back to

the ground. As an experienced paraglider pilot you can also take to the air on your own and glide over the magnificent mountains.

Airgliders tandem flights
Adi Geisegger
+43 664 89 78 691
adi@airgliders.at
www.airgliders.at

Parataxi Imst
Georg Gundolf
+43 664 17 12 865
parataxi@live.at
www.parataxi.at.tt



Page 112 ueuaphoto, page 113 Shirley W images / shutterstock



Bungee Jumping



3 – 2 – 1 – BUNGY! Your command for 94 metres of free fall and pure adrenaline.

Dear adrenaline addicts and daredevils – here's a special "high"-light for you! The meeting point is the Benni-Raich Bridge in Arzl im Pitztal, the highest pedestrian bridge in Europe. All you have to bring with you are nerves of steel. The "Pitztal Bungee" team takes care of the bungee rope and the rest. All the equipment is of course TÜV-tested and offers you maximum safety. The only thing you have to provide yourself is the courage, because when you arrive at the meeting point

you'll be looking 94 metres down into the depths. There's no going back. If you don't want to jump on your own, you can still pull your partner into the abyss with you with a tandem jump. The command is 3 – 2 – 1 – BUNGY! What follows is the ultimate thrill of feelings of happiness.

Pitztal Bungee
Christine Neururer
+43 664 63 65 133
info@bungee-pitztal.com
www.bungee-pitztal.com

AREA 47



The Mecca for outdoor sports enthusiasts with adrenaline rushes on every corner and the best foundation for ultimate outbursts of courage.

For some it's madness, for others it's a real thrill. Area 47 is synonymous with exceptional recreational experiences and offers over 35 activities on water, land and in the air. The figures speak for themselves: 20,000 m² water area, a 3,800 m² KTM off-road hall, 20,000 m² wake area, a 420 m long wake lift in the water, a 350 m long zip line course, a climbing wall and much, much more. All of this adds up to endless action. At this point you could list the attractions of the swimming lake, beach volleyball and caving through dark tunnels as well as freeride mountain bike tours and a diving platform and even water skiing and water jumps,

but there wouldn't be enough room. This much can be said: Area 47 combines everything outdoor fans' hearts desire in one compact location. For those who prefer to take it a bit easier, you can stroll along green paths, enjoy refreshments in the restaurant right by the lake or sip coffee in the Wake Café with a view of the wake area.

INFO

As AREA 47 needs more than one page to describe it adequately, we refer you to www.area47.at.

AREA 47





Page 116 + 117: Imster Bergbahnen / Gerhard Berger



Hoch-Imst Outdoor Zone

Next to the Imster Bergbahnen bottom station is a small paradise for outdoor fans and sporty families with action in their blood.



Segway®

Riding on two wheels is not an art with a little bit of practice. But how good is your balance on the Segway®? In the Hoch-Imst Outdoor Zone you can experience the genuine two-wheeler fun as a balancing act or let yourself be guided through the surroundings.



E-Trial Park

All enthusiastic motor sports fans can follow in the footsteps of the Red Bull X-Fighters in the Outdoor Zone and let off steam in the 5,000 m² big "playground". Children aged between 7 and 9 drive the Oset bikes, 16 to 99 year olds the e-trials for adults.



Trampoline Park

A trampolining facility provides high flights for little jumpers. Depending on their skills, bundles of energy can improve their somersaults, practice acrobatics jumps or get swinging on the bungee trampoline. The jumping action is also good for coordination.

Contact

Outdoor Zone Imst | Hoch-Imst 19, 6460 Imst
Tel. +43 664 9115808 | www.outdoor-zone-imst.at

Glenthof Leisure Centre



Whether it's the leisure or bad weather program, variety is on the agenda at the Glenthof and is celebrated accordingly in the indoor and outdoor area.

Glenthof leisure centre is the sports and event location for more variety on holiday. The sports on offer range from playing tennis with a private instructor to squash with your playing partner to bowling and mini golf with the whole family. And when your stomach demands a break with a loud growl, you'll be indulged with regional and international delicacies in

the adjoining restaurant as well as coffee and cake in the afternoon. By the way, it's particularly worth taking a look at the event calendar on the website at weekends, because the Glenthof turns into a great stage for musical and other cultural entertainment from time to time.

INFO

Freizeitzentrum Glenthof
Am Raun 24, 6460 Imst,
Austria
Tel. +43 5412 63094
www.glenthof.at



Tennis

You can smash a few balls in any weather at the indoor tennis centre.



Squash

The two squash courts are ideal for a test of strength against your partner.



Bowling

The three bowling alleys are particularly sociable for families, friends or colleagues.



Courses

Would you like some tips and tricks from a pro? Book your private lessons or courses.



Imst Tourism archive

Playgrounds in the Region



Small guests have an easy game on the region's many playgrounds. Sandpit friendships can be made and adventures can come true here.

Where adults see swings, sand pits and wooden huts, children can find fabulous fantasy worlds. Other children instantly become playmates and they immerse themselves in the colourful world of imagination. Climbing frames become castles and the adventure can begin. The Imst holiday region has a large number of playgrounds and lands of adventure in its repertoire to provide the right stage for an exciting play experience.

Woodland playground

Swing, slide and play between the two villages.

Where: Sonnberg-Gunglrün, Imst

Hexegartl'e

The little witches' village doesn't only enchant little witches.

Where: Lake Brenjur, Tarrenz

Imsterberg playground

An idyllic fairy tale forest entices you.

Where: old sports ground and Gartelsebene

Hitte-Hatte Au

A playing paradise with water and animals.

Where: Trofana Tyrol, Mils

INFO

You can find a summary of all the playing opportunities on www.imst.at too.

NATURE

It's in our nature.
The peace, the adventure,
the beauty, the freedom,
the health, the variety,
the diversity and the quality
of life – all the best things
come from outside.



Natural Gems & Protected Areas

Magnificent natural gems, emerald green oases and sapphire blue waters – nature comes up with the most fascinating packaging for its treasures. In the Imst holiday region it has been showing

Once you've rummaged through nature's treasure chest, the fascination for its colourful gems has a permanent hold on you. They are the most valuable riches of our time.

off its enormous creative power for millions of years in the unique flora and fauna in the valley and mountains. For example, in remarkable biotopes such as the Rosengarten Gorge or the Sinnesbrunn

moors, in the mountain pine forests reminiscent of the landscape in North America in the middle of Tyrol, and in natural spectacles that take place in gorges, forests and meadows. They all have their own story to tell and will not miss the opportunity to take you on

an entertaining journey through time and the Earth's history and present you with spectacular power struggles between rocks and water. But there is also room for plenty of peace and quiet in Mother Nature's treasure chest.

She creates phenomenal backdrops for relaxation and slowing down in the most beautiful colours – charming nature reserves, wonderful resting places and unique wonders of nature. A multitude of dazzling natural gems are tucked away throughout the Imst holiday region and just waiting to be discovered and admired by you.

Scandinavian forests in Nassereith? Castles in lakes? Anything is possible in the Imst holiday region.



Muttekopf Region & Rosengarten Gorge

This abundance of precious natural beauties offers an insight into the region's floristic biodiversity, unusual geology and fantastic animal world.

One of Tyrol's most valuable biotopes is announced in large red letters just a few steps from the centre of Imst: the Rosengarten Gorge. Even at the entrance, the rock seems to devour the houses on the slope and the mighty stone impedes the rushing Schinderbach stream's wild path down to the valley. What is a phenomenal natural spectacle for visitors is a journey

through millions of years in the Earth's history for biologists and geologists. And perhaps the alpine vegetation and moss carpets are just an attempt by the gorge to hide its true age. There are hundreds of these natural gems hidden throughout the Imst holiday region and Muttekopf region.



INFO

Every Monday, hiking guides take guests in the Imst holiday region through the Rosengarten Gorge free of charge. More information from the Imst information office.

Special feature

The Muttekopf region is protected because of its special geological features. One of the reasons is the highest Gosau occurrence in the entire Limestone Alps. The "Blaue Köpfe" make the area a unique geological teaching example.

Geology Experience

Viewed through geology glasses, you discover four great geological eras in the multi-layered rock deposits. During guided hikes in the Gurgltal and Muttekopf region, this development is also turned into an impressive experience for laymen.

Hoch-Imst Mushroom Nature Trail

Stick to the oversized mushrooms made of wood, they show you the way. The trail leads along the Ursprungweg path in Hoch-Imst past boards with interesting information about porcini, toadstools and mushrooms. Return on the Alpine Coaster.





Gurgltal Valley

Discover one of the ecologically most diverse and valuable inner-Alpine valleys in Western Austria.

The wide side valley of the Upper Inn Valley has separated the Lechtal Alps in the north west from the Mieming mountains in the south east since the Ice Age. The Gurgltal Valley gives extraordinary flora and fauna a home in its extensive meadows and ancient terraced landscapes with countless barns over a relatively small area. The beautiful landscape not only makes

the valley habitable for rare flowers and interesting animals, but also offers locals and guests a wonderful retreat. The most intensive way to experience the Gurgltal Valley's recreational value is by bike along the Via Claudia Augusta, in the cold water of the healing spring or on a journey through time at the Knappenwelt miners' world.

Page 129 right: Imst Tourism archive



Sinnesbrunn Moors

The natural oasis of the Sinnesbrunn moors owes its name to a small pilgrimage church and a healing spring. The small moors lie hidden in hilly terrain, between light spruce forests, and they in turn hide a remarkable flora and fauna. With the mountain backdrop, the natural moors offer a particularly beautiful picture for hikers and nature lovers.

A whole range of different hiking trails lead to the moors.



Lake Fernstein & Afrigal

The area around Lake Fernstein is considered to be a beautiful natural oasis. The Sigmundsburg castle ruins tower on an island, in the middle of the emerald green waters, offering a remarkable sight. The mountain pine forest in the Afrigal's valley basin does the same. It is the largest of its kind in Austria and is home to trees up to 25 m high with extraordinary contrasts reminiscent of Scandinavian forests.

You can find more about Lake Fernstein on www.fernsteinsee.at

Geological Hikes

Entertaining and exciting hikes take place regularly. You learn about the Tyrolean Oberland's natural gems from vivid and interactive elements. You can find out more on www.imst.at and at the information office.



Earth Pyramids

A hiking trail leads from the deeply cut Inn Gorge along the Walderbach stream to the bizarre Earth pyramids, which many are familiar with as "Lahn towers". The towers are weathered moraine structures and are protected from further weathering by "capstones". These kinds of structures are extremely rare in Tyrol and small wonders of nature, which can best be admired from Roppen on the 1,5 hour circular hiking trail.

Start approx. 3,5 km west of Roppen at the large information board.



Mils Floodplain

Rare animals and plants have found a valuable habitat in the Mils floodplain. Near-natural river constructions were used to create flood retention areas that preserve and revitalise the grey alder floodplain forest's natural habitat and ecosystem in the long term. This prevents the transformation of the softwood floodplain forest into an ecologically less valuable area from continuing. In the meantime, visitors to the Mils floodplain have been provided with an idyllic, relaxing recreational area by the beautiful Inn river.

Start at the Mils sports field, end at the Trofana Tyrol restaurant & adventure village. Free parking.



Salvesen Gorge

The Salvesenbach stream carves its narrow path through the Salvesen Gorge down to Gurgltal Valley. He rushes past sintered limestone formations and rocks from different epochs in the Earth's history and allows the geological layers to be identified by the different water conditions. Beautiful folded structures characterise the walls of the gorge and attract the attention of hikers. You cross the gorge over the "Hoher Übergang" bridge on the way and are rewarded with deep insights into a natural spectacle.

Start at Tarrenz local museum, wear good footwear.



Hachleschlucht Gorge

The Malchbach stream follows its trail through the Hachleschlucht Gorge to the centre of Imst, where it joins the Schinderbach stream. A circular path runs alongside the rushing water, leading past natural spectacles and to fascinating vantage points. The gorge's rock walls are characterised by limestone and an impressive sight for geologists, but also laymen. You reach Hoch-Imst from Imst over the gorge, where the attractions around the world's largest Alpine roller coaster await you.

Start at the Imst information office, finish back in Imst.

WHERE TO

The Imst holiday region is amazing and its surroundings are fantastic. If you extend your radius, you will reach some of the most beautiful excursion destinations that Tyrol has up its sleeve.





Shutterstock – Alexandros A. Lavidas

Excursions that are virtually round the corner

Sometimes it is time to leave the Imst holiday region to explore its surroundings. Our direct neighbours have a number of sights to offer, which is why we present you with the most beautiful

up close and where the best shopping is. At Alpenzoo Innsbruck you can discover over 2,000 Alpine animals with your children, and in the mystical Swarovski Crystal Worlds you can look forward to sparkling shows that will amaze you. If you have always been more inter-

Why look far away when it's so good nearby? In the region's neighbourhood.

Our neighbourhood is typical Tyrol but it can also take its inhabitants and guests into mystical crystal worlds, other epochs and exciting animal worlds.

destinations that are really worth an excursion. On the next few pages you will learn, among other things, where the most valuable gemstone cave is in Tyrol, where you can experience rare alpine animals

interested in bulwarks than in treasure chambers, you will be impressed by the mighty defences at Ehrenberg Castle Ensemble. And if you feel more like a city stroll with a coffee break under the "Golden Roof", then Innsbruck, the charming capital of Tyrol, is the place for you. From entertaining family outings to a romantic tête-à-tête, there's something for everyone. From animal experiences to brilliant shows, there are fascinating possibilities in the surrounding area, the decision is yours.

Highlights in the Surrounding Area



Go to the border and take one more step, because there are great excursion destinations for all ages and weather conditions around the Imst holiday region.



007 ELEMENTS - Spectre

007 ELEMENTS is a James Bond experience that offers a deep insight into filming: interactive high-tech galleries, breathtaking action scenes, cult studio sets and persuasive characters. The James Bond world is located at a spectacular 3,048 metres above sea level inside the Gaislachkogel in Sölden.

Ötztal Tourism
Gemeindefstraße 4,
6450 Sölden, Austria
Tel. +43 57200
www.oetztal.com
007elements.soelden.com



Café 3.440

Experience Tyrol's highest coffee treat in Café 3.440 on the Pitztal Glacier, surrounded by more than fifty three-thousand-metre peaks. In addition to fragrant coffee, the highest breakfast in Tyrol and homemade cakes, you can enjoy a unique Alpine panorama on the free-floating terrace at Café 3.440. Tip Reservation is strongly recommended.

Café 3.440
In the Wildspitzbahn top station
Open daily from 9.30 a.m. to 3.30 p.m.
Tel. +43 5413 86 288
www.pitztal.com



Innsbruck

The Inn divides the city into two halves but that makes Innsbruck twice as interesting. The famous Golden Roof in the historic Old Town, the photogenic colourful façades of the houses on the other side of the Inn and the relaxed lifestyle are what make the city so charming. Stroll through the shopping street, have a look at the Nordkette and enjoy all aspects of Tyrol's capital.

Innsbruck Tourism
Burggraben 3,
6020 Innsbruck, Austria
Tel. +43 512 59850
www.innsbruck.at



Alpenzoo

The Alpenzoo is situated over the rooftops of Innsbruck at 750 metres above sea level and is home to around 2,000 Alpine animals. This makes the Alpenzoo the world's most complete collection of wild animals from the Alpine region. An approx. 2-hour circular trail leads you to all the enclosures and to exciting animal encounters with lynxes, bears, buffaloes and many others. Please note: dogs are not allowed.

Alpenzoo Innsbruck
Weiherburggasse 37a,
6020 Innsbruck, Austria
Tel. +43 512 292323
www.alpenzoo.at

Castles, Palaces and Other Sights



Stams Abbey

Stams Abbey is a place of faith, community and meeting. It houses a monastery, schools, exhibitions and is the venue for concerts and religious events. In the orangery next to the abbey garden there is a restaurant and a monastery shop to provide interested people and guests with culinary refreshments and information about the history of the monastery.

Verwaltung Stift Stams
Stiftshof 1, 6422 Stams, Austria
Tel. +43 5263 6242
www.stiftstams.at



Swarovski Crystal Worlds

A green giant with hypnotic eyes guards the mystical world of crystals. Inside, it hides a unique world of experience full of fantasy, art and elegance in its most graceful form. An inimitable crystal world awaits you, which captivates your senses, amazes you and will enchant you.

Swarovski Kristallwelten
Kristallweltenstr. 1,
6112 Wattens, Austria
Tel. +43 5224 51080
www.kristallwelten.swarovski.com



Lake Reschen

Its image has already made it halfway around the world. Now you have the chance to get the famous landmark on the Reschen Pass in front of your own lens. The church tower rises lonely from the middle of Lake Reschen as the only remaining witness of the Alt-Graun community. When the lake was dammed in 1950, the whole village with 163 houses and 523 hectares sank into the floods, where it is still hidden today.

Tourismusverein Reschenpass
Tel. +39 0473 633101
www.vinschgau.net



Ehrenberg Castle Ensemble

The castle ensemble was once a powerful defensive fortress, administrative seat and customs station. The Klause fortifications, Ehrenberg castle ruins, Schlosskopf fortress and Fort Claudia still exist today. The "Ehrenberg Liner" inclined lift takes visitors barrier-free to the exhibition at the Hornwerk and to the 400 m long highline179 suspension bridge, which spans the valley at dizzying heights.

Burgenwelt Ehrenberg
Klause 1-5, 6600 Reutte, Austria
Tel. +43 5672 62007
www.ehrenberg.at



CUL- TURE

Imst Tourism – Martin Ligger

Culture is best experienced where culture is lived. Small journeys through time, curious customs and culinary diversity characterise the region and make it so colourful and lively.



Imst Tourism – Martin Lueger

Art, Culture and Enjoyment

Exhibitions, festivals, street art – art and culture are a valuable aspect of the Imst holiday region. Whether cultural treasures are presented in museums, innovative movements are picked up

ensure that people's hearts and minds are moved by art and culture. For example, the legendary carnival custom is celebrated in the carnival houses all year round, as if you were in the middle of the hustle and bustle of the real "Scheller" or "Schemen" procession during your

Precious treasures from the colourful art and cultural life sparkle everywhere in the Imst holiday region.

Anyone who gives art freedom receives a precious cultural landscape as a reward. The Imst holiday region is home to important museums, customs and traditions.

visit. In the Imst holiday region's museums you can travel back in time to experience agriculture after the Second World War, wood and textile crafts in the 17th century and many other exciting stories up close. The Imst

in exhibitions or events are celebrated loudly and shrilly, it promises to be a highly interesting experience. Numerous institutions, including museums and galleries, and numerous creative people

holiday region is incomparably diverse and is highly respected among many people interested in art and culture. In addition to the artistic creations, the culinary creations are also a treat, but more about that later. Let's start with the exciting cultural life.



Museums

Art whenever and wherever you want, a firework of colours and sometimes a festival – that's how museums work today.



Museum im Ballhaus

Are you ready for a journey into the history of Imst? The exhibition in the "Ballhaus" will take you on a journey through the history of mining, giving you an insight into the traditional guild system and the former life of the famous Imst bird traders. The Ballhaus is the large stage for vernissages and events on selected topics and is dedicated specifically to "The 1960/70s Labour Migration in the Imst Region" in 2019.

Ballgasse 1, 6460 Imst, Austria

Tel. +43 5412 64927
www.kultur-imst.at



Imster Carnival Museum

The "Imster Schemenlaufen" procession was included by UNESCO in its "Representative List of the Intangible Cultural Heritage of Humanity" in 2012. In the Imster Carnival Museum, visitors can experience this colourful carnival hustle and bustle up close, even in summer, thanks to ingenious presentations and films. A museum that leaves a lasting impression and has been awarded both the Tyrolean Museum Prize and the Austrian Museum Quality Seal.

Streleweg 6, 6460 Imst, Austria

Tel. +43 664 60698221
www.fasnacht.at

Page 144 left: Imst Tourism - Martin Luggner, page 144, right and page 145 left: Imst Tourism - Torsten Wenzler, page 145 right: Nassereith Carnival Museum archive



Nassereith Carnival Museum

Nassereith's "Schellerlaufen" is an impressive tradition that transforms Nassereith into a carnival stronghold every three years and has been a UNESCO Intangible Cultural Heritage since 2012. The carnival museum also turns the famous "Schellerlaufen" procession into an experience in the summer months: you can expect phenomenal panoramic shows, colourful costumes and a remarkable exhibition of over 450 hand-carved wooden masks.

Sachsengasse 81a, 6465 Nassereith,
Austria

Tel. +43 680 3131184
www.schellerlaufen.at



Theodor von Hörmann Municipal Gallery

160 m² for contemporary art. The municipal gallery owes its name to the great painter Theodor von Hörmann, who was born in Imst in 1840 and is regarded as one of the most important Austrian Impressionists. The gallery has been located in the Old Town Hall on Imst's Stadtplatz since 1993 and predominately shows contemporary works of art and exhibits in three interconnected rooms.

Stadtplatz 11, Altes Rathaus,
6460 Imst, Austria
Tel. +43 664 60698205
www.kultur-imst.at



Imst Tourism – Melitta Abber, Imst Tourism – Martin Luggner, Galerie Hosp, Weberei Schatz



Kunsthalle Hosp Gallery

Until 1999 there was an old factory in the characteristic Kunsthalle Hosp, where contemporary works of art by mainly Austrian artists have been presented since the reconstruction. The paintings, graphic art and sculptures exhibited over approx. 550 m² include works by Adolf Plattner, Elmar Peintner and Gilda Aita. A complete list of the artists and the dates of the current exhibitions can be found on the Kunsthalle Hosp website.

Gewerbepark, 6465 Nassereith, Austria
Tel. + 43 5265 5756
Mobile +43 664 2100871
www.galerie-hosp.at



Weberei Schatz Crafts

Delicate lace on high-quality place mats, fine decorations on cushions and tablecloths – the elegant craftsmanship of weaving and lace-making has been appreciated for hundreds of years. This business has a long tradition at the Weberei Schatz weaving mill and is illustrated for interested visitors. The Schatz family still produces elaborate works of art today using fascinating techniques that probably originated in the 16th century and lets you watch them at work.

Dorf 27, 6463 Karrösten, Austria
Tel. +43 5412 65809



Agricultural College Museum in Imst

The museum is dedicated to the harsh conditions many generations faced in agriculture and takes you back to a time before mechanisation. The approximately 400 exhibits do not show objects of art but real tools that were still used after the Second World War. The museum tells a remarkable story, which has almost been forgotten, with the focus on Tyrolean mountain farmers' tools.

Meraner Straße 6, 6460 Imst, Austria
Tel. +43 5412 66346-0
www.lla-imst.at

Kunststraße Imst

Kunststraße Imst is a particularly charming form of street art, if you like. It offers creative people, artists and freethinkers an open stage to present themselves and their work freely and unconventionally in the centre of Imst. Every year, the exhibition waves the Imst art flag under a selected motto and presents perfect masterpieces in shops, museums, galleries, studios and public spaces.

www.kunststrasse.at

Art manages to create new meaning with the old and illustrate the world with illusions, even if you have to look twice every now and then.



Starkenberger BierMythos

Immerse yourself in the history of Starkenberger beer, which is still brewed today in the ancient castle cellar, and experience a unique beer adventure world over more than 4,000 m². Starkenberger Castle is full of secrets and will introduce you to its development into an ultra-modern brewery. The deeper you delve into the myth, the closer you get to the bizarre beer bath in the cellar, which is said to boost health.

Griesegg 1, 6464 Tarrenz, Austria
Tel. +43 5412 66201
www.starkenberger.at



Tarrenz Local History Museum

Tarrenz Local History Museum is situated in the former stable building of an original Tyrolean farmhouse. Objects from the 17th and 18th centuries are exhibited in the gallery offering an insight into the tradition of the village's mountain farmers and craftsmen. During the summer, the local history museum is used by local artists to present their works and as a location for special events that require a suitable setting.

Schulgasse 18,
6464 Tarrenz, Austria
www.tarrenz.at/
Museumsverein_Tarrenz



A Region in a Blaze of Colours

Spectacular, colourful and declared an Intangible Heritage Site by UNESCO. Carnival regularly transforms the Tyrolean Oberland into a stronghold of entertainment.

The carnival dance takes place in the Imst holiday region every three to four years and fascinates everyone. The living customs are celebrated for weeks and in clearly defined yearly rhythms. Bears, bear drivers, violin painters and witches roam the villages with elaborately carved masks and celebrate the spring's victory over winter. A festive carnival beer is brewed especially for this occasion in the bewitched village of Tarrenz. The "Imster

Schemenlaufen" and "Nassereither Schellerlaufen" processions have even been declared an UNESCO Intangible Cultural Heritage.

Carnival all year round

Original presentations and colourful exhibitions in the Imst Carnival Museum and in the Nassereith Carnival Museum make the carnival experience possible in the summer months, too.

INFO

Schellerlaufen Nassereith 2019

Imster Schemenlaufen 2020

Tarrenzer Fasnacht 2021

Roppener Fasnacht 2020

Buabefasnacht 2022





Imster Schemenlaufen

The largest carnival in the Alpine region takes place every four years in Imst and is known as the colourful "Imster Schemenlaufen". Everything revolves around the "Roller" (jumpers) and "Scheller" (ringers), the colourful costumes and mystical masks.

Buabefäsnacht in Imst

The Buabäfnacht gives young boys their own carnival procession every four years, based on the Imster Schemenlaufen, which is reserved for adult men.

Page 152: Imst Tourism - Melitta Abber, page 153 bottom left: Imst Tourism - Torsten Wenzler



Tarrenzer Fasnacht

The bewitched village of Tarrenz owes its nickname to the wild carnival witches. Every four years, the jumpers battle the ringers, spring battles winter, and its victory is celebrated with its own carnival beer.



Roppner Fasnacht

Even smaller communities like Roppen live the carnival as a valuable tradition whose roots partly date back centuries. The colourful customs transform the village into a lively party crowd.



Schellerlaufen Nassereith

Nassereith's Schellerlaufen is the most colourful carnival in the Tyrolean Oberland and is held every three years. Each of the strikingly colourful silk costumes is a valuable unique one-off, which a great deal of preparation, time and love goes into.



"Auskehren" in Imst - night-time carnival procession

Every year on Shrove Tuesday the winter is "swept out" in Imst with the night-time procession. The witches with their head, the mother of witches, are the centre of attention. They proceed through the village and go from one inn to the other with all the carnival participants.



Imst, the Town of Fountains

Imst is built close to the water when it comes to the town's fountains. The Tyrolean small town boasts an impressive 40 fountains.

Forty fountains, one town.

Although Imst is not by the sea, there is plenty of water. The mountain peaks are reflected in crystal clear mountain lakes, the Inn is a constant companion throughout the Imst holiday region and thundering waterfalls plunge from rock ledges into the depths. But where many do not suspect water, it has had a remarkable influence for centuries: in the middle of the small town of Imst. In the year 763, Imst was mentioned in a document as "Oppidum Humiste", which means "bubbling spring". Up until the 19th century, there was no central drinking and service water supply in the small town; many small wells were distributed throughout the town instead. At that time, the wells were extremely important because they supplied people and their animals with drinking water. Today the whole city is supplied centrally, but the approximately 40 wells have remained.

Where there's water, there's life

When the wells were the only sources of drinking water, they developed into important meeting places in daily life. Of the 40 wells, 18 are historically valuable, some have been noticeably lovingly restored and the figure of a patron saint watches over them all. The two circular fountain routes in the Oberstadt and Unterstadt parts of town in particular show the "water points" worth seeing on beautiful walking routes through Imst.

INFO

You can learn more about Imst, the town of fountains and its history in the "Imst Water" folder. Available at the Imst and Nassereith information offices.



SOS Children's Village

The world's first SOS Children's Village in Imst is the origin of an idea that has changed the whole world.

It is now 70 years since a stone was set rolling in Sonnberg in Imst that still moves the whole world today. Hermann Gmeiner founded the first SOS Children's Village with a handful of like-minded visionaries in 1949. Today, more than 550 SOS Children's Villages exist in 135 countries, giving children in need a loving home with dignity and warmth. Hermann Gmeiner died at the age of 66 and was buried on the SOS Children's Village's grounds in

Imst at his own request. The Children's Village Information and Meeting Centre and the themed trail trace the origins, development and distribution of the SOS Children's Village's programme and address topics that contribute to a happy childhood and raise awareness for young people's issues and rights. The range on offer addresses all age groups in an interactive, partly playful way.

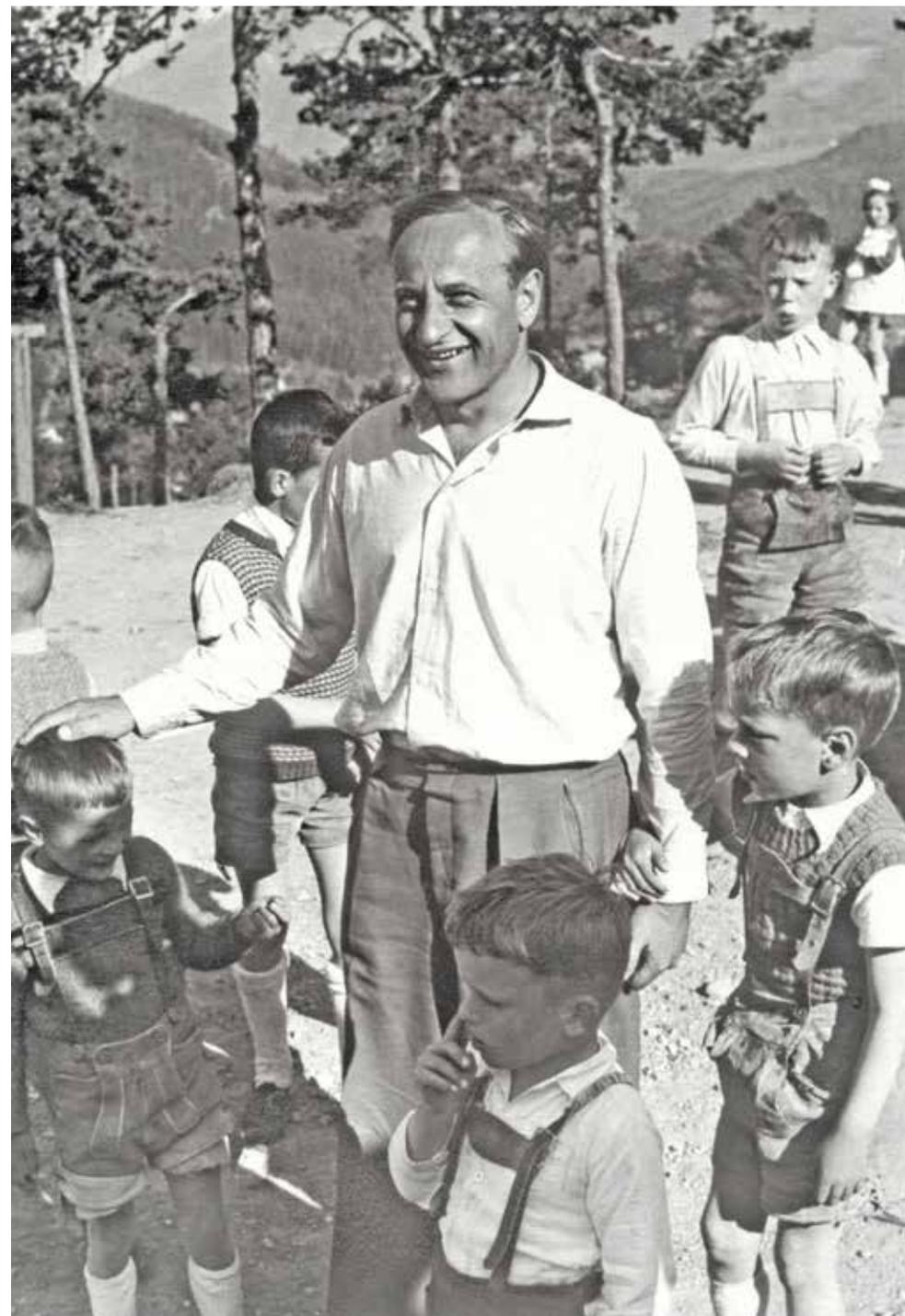
INFO

Visitor and
Information Centre
Stadtplatz 12,
6460 Imst, Austria
Tel. +43 699 14041263

Tip

SOS Children's Village Themed Trail

Start at the Hermann Gmeiner bronze statue on Johannesplatz. Information folder available at the information offices.





Freshly Served



Imst is more tasty than almost any other region.
Try the best recipes to cook yourself.

Imst style soul food

In the Imst holiday region you can feast with a good conscience, because here we still cook ourselves and attach great importance to sustainability, regionalism and quality. What is called soul food nowadays is the people of Imst's daily bread, because they know their way around food that is good for the body and soul. Grandma's recipes are guarded like secret treasure and are confidentially handed

down from generation to generation in well thumbed cookbooks. Family honour or not, we were able to worm the best favourite recipes out of our grandmas for you and after a few trial cooking sessions we were able to record grandma's quantities of "a little bit", "a little bit more" and "you'll see how much anyway" in concrete figures. You're welcome!



TIP

The best way to someone's heart is through their stomach, so you definitely should not miss a few classics: order bacon or spinach dumplings at least once, share a Tyrolean "Marend" and taste "Schlutzkrapfen" and a "Kiachl".



Tyrolean Gröstl

What you need:

- 500 g boiled potatoes (cooled)
- 150 g bacon (diced)
- 150 g boiled beef (finely chopped)
- 1 onion
- Caraway seeds
- Chives (finely chopped)
- Salt
- Butter

Serves four

How to make it:

1. Dice the onion and sauté in a large pan with butter.
2. Fry the diced bacon and finely chopped beef.
3. Meanwhile cut the potatoes into coarse slices, add to the pan and fry.
4. Season to taste with caraway seeds and salt.
5. Arrange on a plate and finally sprinkle with chives.

TIP

Tyrolean Gröstl is traditionally eaten with a fresh fried egg.



Tyrolean Hüttenschmarrn

What you need:

- 3 eggs
- 125 ml milk
- 3 tbsp flour
- 1 pinch salt
- 1 tsp vanilla sugar
- 1 shot glass rum
- 1 tbsp butter
- 1 tbsp sugar
- Pan with lid
- Icing sugar for dusting

Serves two

How to make it:

1. Mix the flour, salt and vanilla sugar in a bowl.
2. Whisk the milk with the rum and eggs and stir into the flour and sugar mixture with a whisk.

3. Heat a coated pan, melt the butter in it and then pour the dough into the pan.
4. Put the lid on the pan and bake the dough until golden brown.
5. After 2 – 3 minutes, check the colour on the bottom and turn it over. Put the lid back on the pan and wait a bit.
6. Then tear / pluck the thick pancake apart with two forks.
7. Sprinkle 1 tablespoon sugar on top and caramelize in the pan.
8. Dust with icing sugar and serve.

TIP

Serve the Kaiserschmarrn with plum compote, stewed apples or cranberries.



Tyrolean Kasspatzln

What you need:

250 g soft flour

3 eggs

1 pinch salt

Approx. 50 ml lukewarm water

1 onion

1 tbsp butter

100 g strong cheese (grated)

Fried onions

Salt and pepper

Serves four

How to make it:

1. Mix the flour, eggs, salt and warm water with a wooden spoon into a dough. Use the water sparingly and add depending on the consistency. The dough should be smooth and viscous.

2. Bring salted water to the boil in a large saucepan and press the dough through a sieve for noodles.
3. Bring to the boil again, strain the noodles and rinse with ice-cold water.
4. Finely dice the onion and fry in butter in a pan until golden brown.
5. Then add the noodles to the pan and fry until they are hot.
6. Add the grated cheese and season to taste with salt and pepper.
7. Finally garnish with the fried onions and enjoy.

TIP

Add a bit of colour and sprinkle chopped chives over the finished Kasspatzln.

Page 162 + 163: Bernd Jürgens / shutterstock.com

Tyrolean Kaspressknödel

What you need:

300 g dumpling bread

150 g strong alpine cheese (grated)

1 onion

100 g butter

100 ml milk

4 eggs

1/2 bunch parsley (finely chopped)

Marjoram

Salt, pepper

Serves four

How to make it:

1. Dice the onion finely and brown in a pan with the butter. Fold in the parsley and leave it to cool for a bit.
2. Meanwhile whisk the eggs with the milk and season the mixture with salt, pepper and marjoram.
3. Then mix the dumpling bread with the cheese in a large bowl.
4. Now add the diced onions and the egg and milk mixture to the dumpling bread in the bowl and mix well using your hands.
5. Then shape the mixture into dumplings and press them flat with your hand.
6. Fry the flat "pressed" dumplings in a pan until golden brown.

TIP

The Kaspressknödel taste best added to a soup or with a fresh salad. If you have time, you can leave the finished mixture in the fridge overnight before frying.





Giorgio78; abriendomindo / shutterstock.com

Wine, Poetry in Bottles

Viticulture has a tradition of more than 2,000 years in the Gurgltal Valley. The sun-kissed countryside and mild climate provide the ideal conditions for exclusive wine culture.

Superb wines from regional winegrowers have been part of the Imst holiday region since the Middle Ages, as can still be seen today from old field names such as "Weinberg" and "Weinleiten". Emperor Maximilian I. became the greatest promoter of viticulture in the Tyrolean Upper Inn Valley at that time due to his marriage to Mary of Burgundy. Meanwhile the Gurgltal Valley near Tarrenz is regarded as the birthplace of North Tyrolean viticulture and has excellent rare wines to offer. Müller-Thurgau, Chardonnay, Blue Zweigelt and Pinot Noir wines have already been sold from the wine region. The fine drops of wine ripen into culinary treasures on the sunny slopes along the entire Via Claudia Augusta.

INFO

More information about all the members of the Tarrenz wine growing association can be found on www.weinbauverein-tarrenz.at

Wine Tasting

The Flür wine-growing family reflects the unique character of the Gurgltal Valley in its carefully pressed quality wines and gives wine lovers and anyone interested a glimpse behind the scenes.

Experience viticulture in Tarrenz up close and taste the exceptional fine wines at the Flür vineyard.

Weingut Flür
Familie Flür

Kappenzipfl 12b, 6464 Tarrenz, Austria

+43 650 92 60 334

www.weingut-fluer.at





We look forward to seeing you

Quality of life between mountain peaks and valley stations – spend your holidays in Tyrol's most promising region.

We would be delighted if you decide to spend your holiday in the Imst holiday region and guarantee you an unforgettable outdoor adventure in the Alps, an exciting cultural experience and an entertaining range of recreational activities.

The surrounding area entices you with numerous hiking areas, natural lakes and rustic alpine huts. The varied artistic and cultural life makes your holiday perfect. Follow the call of the mountains and let yourself be captivated by their charm.

See you soon in the Imst holiday region.
Servus, Pfiat di and Auf Wiedersehen.

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www.imst.at

[#JedenTagTirol](https://www.instagram.com/jedentagtirol)

Imst Information Office · Johannesplatz 4
Nassereith Information Office · Postplatz 28
Trofana Tyrol Information Point · Mils bei Imst

