

INNSBRUCK MOUNTAIN ADVENTURES

Summer routes for a multi-activity holiday around the capital of Austria's Tirol

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With easy access and a wide range of facilities, stunning alpine scenery and a wonderful choice of activities on offer, Innsbruck – capital of Austria's Tirol region – is an ideal base for an outdoor holiday. This multi-activity guide is packed with recommendations to help you get the most out of a visit to Innsbruck and Austria's Tirol. It details 60 different excursions, including short walks, hut-to-hut walks, adventure walks and scrambles, alpine mountaineering, sport climbing, via ferrata, road cycling, mountain biking, city and trail running and family activities.

The trips range from gentle strolls to adrenalin-filled mountain adventures, suitable only for those with the appropriate equipment and experience. Nearly all are accessible by public transport from Innsbruck and many take advantage of the region's fantastic network of Alpine huts.

Long popular as a winter sports destination, Innsbruck also has a great deal to offer the summer visitor, with many kilometres of paths and trails and a selection of sport climbing and via ferrata routes. Throw in the breathtaking vistas of the Karwendel and Stubai Alps, Patscherkofel and Serles and you have all the ingredients for a great holiday!

Key marketing points

- Superb facilities and infrastructure for an activity holiday
- No other book covers this range of routes and activities

About the author

Originally from Shropshire, Sharon Boscoe spent several years in the French Alps and now lives in Innsbruck, where she teaches at the University of Innsbruck. A real outdoor enthusiast, she spends as much time outside as possible, exploring the lakes and mountains of Austria. Her love of mountain sports, both summer and winter, has seen her travel far and wide across both Europe and America, always seeking out new and exciting adventures.

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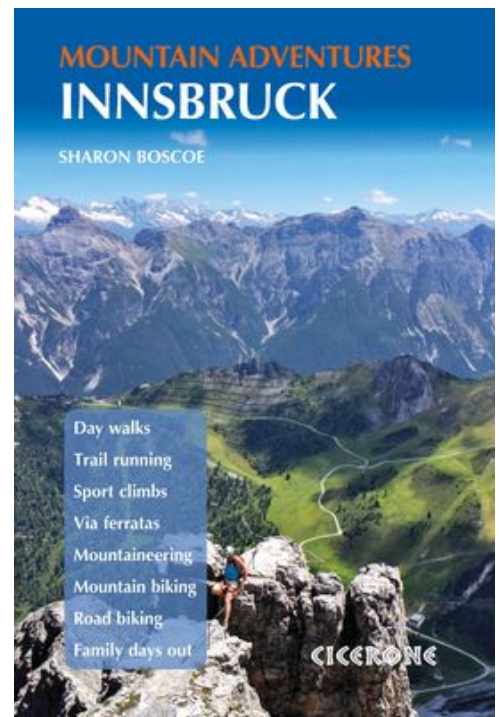
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