

5 Types of Alpine Summer in Austria

Austria's Alps are often celebrated for their snow-covered slopes, but in the summer months, they offer an entirely different – and equally spectacular – experience. Imagine emerald-green meadows, crystal-clear lakes, and dramatic peaks bathed in sunlight.

Austria offers so much variety that you can have any kind of summer holiday you want, whether you're a wellness guru or an adrenaline junkie, or perhaps a family on the lookout for an active summer holiday. So, here are five unforgettable ways to experience an Austrian alpine summer.

1. The Wellness Guru: A natural sanctuary for mind and body

Every year tourists flee the cities in search of relaxation in the sun, and the fresh alpine air, pristine nature, and natural thermal waters of Austria create the perfect recipe for relaxation. One of the best places to unwind is [Bad Gastein](#), a historic spa town nestled in the Hohe Tauern mountains. Its thermal waters have been drawing visitors for centuries, offering treatments that are said to boost circulation and promote healing. After a day of hiking through wildflower meadows, soothe your muscles in a mineral-rich thermal bath or indulge in a mountain-inspired massage.

For those who prefer mindfulness in motion, yoga retreats in [Zell am See-Kaprun](#) offer sessions on lakeside platforms with breathtaking views. Many wellness resorts also incorporate locally foraged herbs into detox teas and treatments. Whether you're soaking, stretching, or simply breathing in the mountain air, it's easy to feel rejuvenated in Austria's alpine summer.

2. The Adrenaline Junkie: Thrills at every turn

For those who need a jolt of adrenaline in their summer holiday, Austria offers a multitude of options. You can try your hand at climbing, mountain biking, Via Ferrata routes (climbing paths with steel cables and ladders), zip-lines, bungee-jumping, and more.

Mountain biking fans should head to the [Kitzbühel Alps](#) or [Paznaun-Ischgl](#), where you'll find winding trails that range from beginner-friendly rides to heart-pumping downhill descents.

If that's not fast enough for you, there is always the [Europabrücke 192m bungee-jump](#) available near Innsbruck where you'll fall faster than 100 km/h.

Prefer a bird's-eye view? Try paragliding in [St. Johann in Tirol](#) where you'll soar over the lush valleys and jagged peaks. The experience is both exhilarating and serene as you glide above some of the most stunning landscapes in Europe.

3. The Culture Seeker: Tradition in every village

The Austrian Alps aren't just beautiful – they're steeped in history and tradition - and a vastly underrated location for holiday makers seeking a culturally enriching holiday. [Bad Ischl](#), the summer retreat of Emperor Franz Joseph I, still retains its imperial charm. You can tour the [Kaiservilla](#), the emperor's former summer residence, or indulge in pastries at the historic [Zauner café](#), a favourite of the Austrian royal family.

Alpine festivals are another highlight. In towns like [Innsbruck](#) and [Mayrhofen in Zillertal](#), summer festivals bring locals and visitors together for folk music, traditional dance, and hearty mountain fare. Witness locals in lederhosen performing Schuhplattler, the traditional slap dance, or join a celebration of the Almabtrieb – the return of cows from mountain pastures – which is marked with flower-adorned cattle parades.

Don't forget Austria's deep-rooted culinary traditions. Visit rural alpine farms to sample freshly made cheeses, or enjoy a glass of Schnapps distilled from local fruits. For music lovers, the [Salzburg Festival](#) blends classical music with Austria's stunning landscapes.

If you're a speed junkie you can try the [Flying Fox XXL in Leogang](#), one of Europe's longest zip lines, which sends you hurtling down the mountain at up to 80 mph.

4. The Wanderer: Trails, wildlife, and wonder

Yes, Austria has many things to offer besides its beautiful mountains. But it would be a shame not to appreciate the countless hikes and trails that you can take, immersing yourself in nature and getting a taste of the real Austria.

Austria's national parks are a paradise for nature lovers. The [Hohe Tauern National Park](#), home to Austria's highest peak, the [Großglockner](#), offers trails that meander past glaciers, waterfalls, and wildflower-strewn meadows. You might spot marmots sunbathing on rocks or even catch sight of the majestic golden eagle soaring above. Alternatively the breathtaking hike to the [Dachstein Glacier](#) offers stunning panoramic views, with the famous Skywalk providing a thrilling experience high above the alpine landscape.

Take the scenic [Großglockner High Alpine Road](#), one of Europe's most beautiful drives, which offers panoramic views of Austria's tallest peaks. For those who love waterfalls, the [Krimml Waterfalls](#), the tallest in Central Europe, are an awe-inspiring sight and a photographer's dream.

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5. The Family: Adventures for all ages

An Austrian alpine summer is an ideal family holiday. Many regions, such as the [Rauris Valley](#), [Hochkönig](#), [Achensee](#) and [Zell am See-Kaprun](#), are known for their family-friendly activities. Spend a leisurely day cycling around Lake Achensee's shores, where you'll find picnic spots, shallow swimming areas, and small playgrounds. Austria's numerous alpine lakes are also perfect for swimming, canoeing, and paddleboarding.

Take a gondola ride up a mountain – a favourite for younger travellers – to enjoy spectacular views without the effort of hiking. Families visiting [St. Anton am Arlberg](#) in summer can enjoy interactive farm experiences such as llama and alpaca tours, petting zoos, and adventure trails like [Senn's WonderWalkingWay](#), where kids can meet and learn about animals.

Want to give the family a thrill? Try the 2.6 km long [Alpine Coaster at Montafon](#), a mountain toboggan ride that's sure to thrill both kids and adults.