

Short & sweet

Styria has plenty to offer between its alpine north and hilly south: from the highest mountain, the Dachstein (2,995 m above sea level, to Europe's largest contiguous alpine pasture area and the culinary delights at more than 150 "Kulinarium Steiermark" establishments or around 800 wine taverns.

Graz

not just culinary capital, but also Austria's second largest city

2,995 metres

highest point: Hoher Dachstein

200 metres

lowest point: the Mur east of Bad Radkersburg

Styria

Multifaceted, diverse and full of delights: Styria presents itself to holidaymakers from its most beautiful side, from the glacier to the wine.

With its pumpkin seed oil and top-quality wines, Styria is known as the delicatessen of Austria. Rocky mountains and rolling vineyards make it a natural paradise. Rich thermal water and crystal clear spring water are healthy elements that are more precious than ever. And the baroque and modern buildings give Graz a sophisticated edge.

www.steiermark.com/en

Tastes good and does good.

The different types of landscape characterise the Green Heart, promising enjoyment from the glacier to the wine as well as thrills from the night race in Schladming to Formula 1 at the Red Bull Ring.

The 5,838 m difference between the highest point of the Dachstein (2,995 m high) and the depths of Vulkania spring in Rogner Bad Blumau (2,843 m deep) offers guests and locals the variety they treasure.



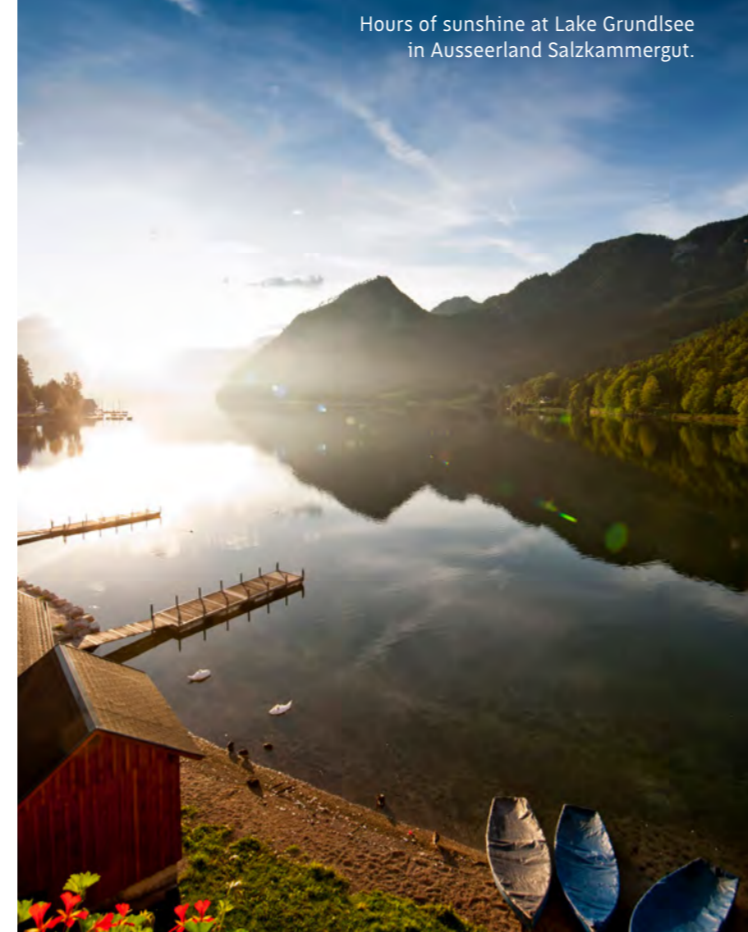
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Excursion destinations in Styria

Rain or shine, summer or winter – you will always find a wide range of excursion destinations in Styria.

www.steiermark.com/excursion



Hours of sunshine at Lake Grundlsee in Ausseerland Salzkammergut.

© Steiermark Tourismus / Tom Lamm

The taste of the north

In the north, where forests, mountains, pastures and fresh air stimulate the appetite, typical Styrian cheese, farmhouse doughnuts and a centuries-old beer brewing tradition shape the cuisine. On the menu you will find taste sensations revolving around lamb, Styria beef, Almo, Xeis and Hochschwab game and freshly caught char. Spirits ranging from stone pine to rowan berry round off the enjoyment.



© Steiermark Tourismus / Tom Lamm



Experience the cuisine

A trip through the Green Heart reveals what makes the regional cuisine so special.

Styria is Austria's most fertile province, yielding high quality products. Styrians are aware of their treasures around the culinary trilogy of wine, pumpkin (seed oil) and apple, which they care for with great passion. At the same time, they leave themselves enough room for new creations and interpretations.

www.steiermark.com/cuisine

The taste of the south

Wine, pumpkin and apple play the main culinary role as they accompany you on your travels in the south. They can be celebrated at events from the flowering period to harvest. In addition, hams such as Vulcano, but also vinegars, schnapps, cheese, horseradish, scarlet runner beans and unusual chocolate variations complete the menu.



© Steiermark Tourismus / Henry Schiller



Kulinarium Steiermark

Over 150 "Kulinarium Steiermark" establishments cook for their guests with regional ingredients and plenty of heart. Their culinary skills bring the many facets of Styria onto one plate.

www.steiermark.com/culinary-style

Styria

THE GREEN HEART AT A GLANCE



© Steiermark Tourismus / Tom Lamm

www.steiermark.com/en

4.3 km²

the largest lake: Lake Grundlsee

26

golf courses

between the Dachstein, thermal spas & vineyards

702 km

of slopes across 68 ski areas

9

thermal spas between Ausseerland Salzkammergut and Thermen- & Vulkanland

3.2 million

around 13,000 ha of cultivated land, from which 3.2 million litres of Styrian pumpkin seed oil are pressed

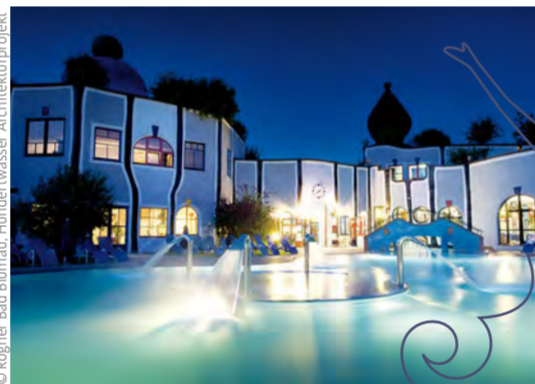
850,000,000

trees

Styria is Austria's most densely forested province

All about health

From a depth of almost 3,000 m it bubbles from the earth: thermal water – Styria's elixir of life.



© Rogner Bad Blumau, Bad Radkersburg, Fochtsdorf

Thermal Styria

Styria's southernmost spa resort, Bad Radkersburg and its Parktherme, is home to Austria's most healing springs. They have a strengthening effect on the

musculoskeletal system. Bad Gleichenberg and its Thermen der Ruhe look back on 170 years of spa tradition. Thermenresort Loipersdorf is one of Europe's largest spas. Rogner Bad Blumau offers a unique sensory experience as a place where Friedensreich Hundertwasser combined nature and architecture. Heiltherme Bad Waltersdorf scores with innovative treatments in line with the "Traditional Styrian Medicine" developed here. The H2O Hotel Thermen Resort is a real treat for kids and at the sophisticated Thermen Nova Köflach you dive into another world. The Aqualux Thermen in Fohnsdorf attracts visitors with its children's area and relax lounge. The Grimming Thermen in Bad Mitterndorf is Styria's newest spa.

www.steiermark.com/wellness-holidays

From treatments to forest bathing

Local products made from apples, grapes, pumpkins and elderberry don't just taste great, but also make you look great. The nine thermal spas will have you feeling revived from head to toe with their individual specialisations. Healthy eating and fasting packages also play a large role in Styria.

www.steiermark.com/wellness

Active outdoors

Whether cycling, hiking, climbing or playing golf – Styria offers a variety of sports for every season.

Intense outdoor adventures allow you to recharge your batteries for everyday life. Styria's nature is delightfully diverse – and excellently developed when it comes to recreational activities. When hiking, scaling mountains or via ferratas, cycling or mountain biking, playing golf or swimming – sports become a real experience in the Green Heart.

www.steiermark.com/active



Did you know?

Styria has a wilderness area in the Gesäuse, a UNESCO biosphere reserve, a national park and seven nature parks from the Styrian Eisenwurzen to Southern Styria.



© Steiermark Tourismus / Tom Lamm

Hike from glacier to wine

The "From Glacier to Wine" hiking trail extends across the entire province on a northern and southern route in 60 stages. In addition to nature experiences, the routes also lead to culinary and cultural highlights. The journey takes you from the Dachstein to the thermal spas and food producers.



© Steiermark Tourismus / Tom Lamm

There is no denying that the forest is good for us, and the trees work true wonders in Austria's most densely forested province. The energy of the forest relieves stress, revitalises and rewards with refreshing views. Whether forest bathing in Eastern Styria, on a forest bathing course in the Thermen- & Vulkanland or a herb walk.

www.steiermark.com/forest



Traditional Styrian Medicine®

Old healing knowledge from Eastern Styria reinterpreted – that's Traditional Styrian Medicine®. Many of the applications utilise natural remedies from the local surroundings.

Through the Styrian wine country by bike

The „Styrian Wine Country“ cycle tour leads through the three wine-growing regions in the south and east of the province. The focus is on meeting the locals, savouring the garden landscapes and getting to know culinary specialities. Historical towns such as Hartberg or Bad Radkersburg provide cultural highlights.

Journeys of discovery from the Dachstein to the wine country

Everyone finds their ideal hiking or cycling tour in the Green Heart. The palette ranges from leisurely paths across pastures and through vineyards to summit victories for mountaineers and bike parks for mountain bikers. Especially popular with families: around 140 themed trails like the climate change path in Naturpark Mürzer Oberland. And those who prefer a breeze can head out on a bike ride along the Mur and Enns rivers.

Curious about culture

From historic castles to modern architecture, Styria guarantees multifaceted cultural delights amidst impressive landscapes.

Culture and the arts play an important role in all regions of Styria. In addition to internationally renowned UNESCO World Heritage Sites and countless excursion destinations with cultural offerings, small towns with impressive history invite visitors to take a stroll and discover. In the north, Admont Abbey with the world's largest baroque monastery library, the Erzberg and the basilica in Mariazell win visitors over with their remarkable past. To the south and east, the 22 castles and palaces of the Castle Road, the Wine Roads with their contemporary wine culture and the world-famous Lipizzaner Stud Farm adorn the countryside.

www.steiermark.com/culture

Winter

Styria offers a colourful array of activities in the white season too: whether skiing, cross-country skiing, tobogganing, snowshoe hiking or relaxing in thermal water. And culinary delights are always guaranteed.



© Ausseerland Salzkammergut / Tom Lamm

Cross-country skiing and winter retreats

Perfectly groomed classic trails and skating routes lead through the most stunning areas from Altausseel via Ramsau am Dachstein, the Nordic centre of Austria, into the Joggland at altitudes from 800 to 2,700 m. High standards are guaranteed by the Styrian Cross-Country Ski Trail Seal of Quality, which has been awarded to 15 regions.

www.steiermark.com/cross-country-skiing

Cultural enjoyment outdoors

Culture and nature form a symbiosis in Styria. The province's diverse cultural outdoor activities are presented from May to October every year. Styria is tuning its strings and invites you to experience culture outdoors with concerts, classical and contemporary festivals, readings, street theatre and a density of museums like no other – in short: with a refreshing mix of culture that turns everyday life into cultural enjoyment. From the cultural picnics in May to the „steirischer herbst“ (Styrian autumn) festival in October. The Universalmuseum Joanneum picnics are a real treat, be it listening to stories in the grounds surrounding Eggenberg Palace, on a tour of the Austrian Sculpture Park, around the Hunting Museum in Stainz Castle or in the heart of Open-Air Museum Stübing.

www.steiermark.com/cultural-enjoyment



Cultural events

From cultural picnics outdoors to top-class exhibitions, performances and cultural festivals and different customs throughout the year – Styria's cultural diversity knows no limits.

From ski tours to snowshoe hikes and leisurely walks through the snow-covered landscape, there are many ways to enjoy your winter retreat that tick all the boxes for the athletic and foodies alike.

www.steiermark.com/winter-retreats



© Steiermark Tourismus / Tom Lamm



Winter events

Whether at the Nightrace in Schladming, the Nordic World Cup in Ramsau, the Planal Classic, the FIS Snowboard World Cup on the Kreischberg or the advent markets and carnival parades across the province – Styria continues to offer plenty come winter.



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© Steiermark Tourismus / Tom Lamm

The 11 holiday regions

distance hikers won't be disappointed by the Via Natura trail and winter sports enthusiasts will feel right at home on the Kreischberg or in the Lachtal. Refreshment can be found in the region's flagship Murau beer.

8 Graz Region

Tradition and modern architecture determine the cityscape, with culture, enjoyment and urban life-style defining the provincial capital and City of Design. Excursion destinations such as the Lipizzaner Stud Farm Piber and the hiking and cycling trail network between Schöckl and Stubalm promise some welcome time out.

9 Eastern Styria

Alpine meadows, orchards and vineyards make this region the Garden of Austria. The rich harvest includes apples, Hirschbirne pears, pumpkin seed oil, cheese and mountain lamb. Active holidaymakers will find a large network of hiking and cycle paths as well as cross-country trails and small ski areas.

10 Southern Styria

The Wine Roads and the landscape associated with them are known far beyond the province. High-end wines and the culinary variety from the "Buschen-schank" wine taverns to gourmet dining are emblems of Southern Styria.

1 Ausseerland Salzkammergut

Enjoy a relaxed holiday in the geographical heart of Austria between the Altaussee, Grundsee and Öden-see lakes and the Tauplitz and Loser mountains. In addition to hiking, biking, skiing and cross-country skiing, this is a region that celebrates its customs and traditions.

2 Erzberg Leoben

A real adventure and sports region with plenty of history surrounding archduke Erherzog Johann in Leoben and the Erzberg in Eisenerz. The Grüner See and Leopoldsteinersee lakes invite you to enjoy your surroundings and the Prähitl and Eisenerzer Ramsau delight guests in winter.

3 Hochsteiermark

Water, mountain ranges and forests draw nature lovers to this region. Romance and enjoyment take centre stage here, with Mariazell attracting guests from across Europe as Austria's largest pilgrimage site.

4 Gesäuse

Styria's only national park and Austria's third largest provides the ideal terrain for nature lovers. Mountain sports from hiking to ski touring are at home here and the cultural flagship is Admont Abbey.

5 Schladming-Dachstein

You are spoilt for choice when it comes to mountain sports here between the Dachstein, Grimming and Schladminger Tauern. Active holidaymakers and families love the variety. In winter the region transforms into a paradise for skiers and cross-country skiers with alpine cuisine completing the experience.

6 Murtal

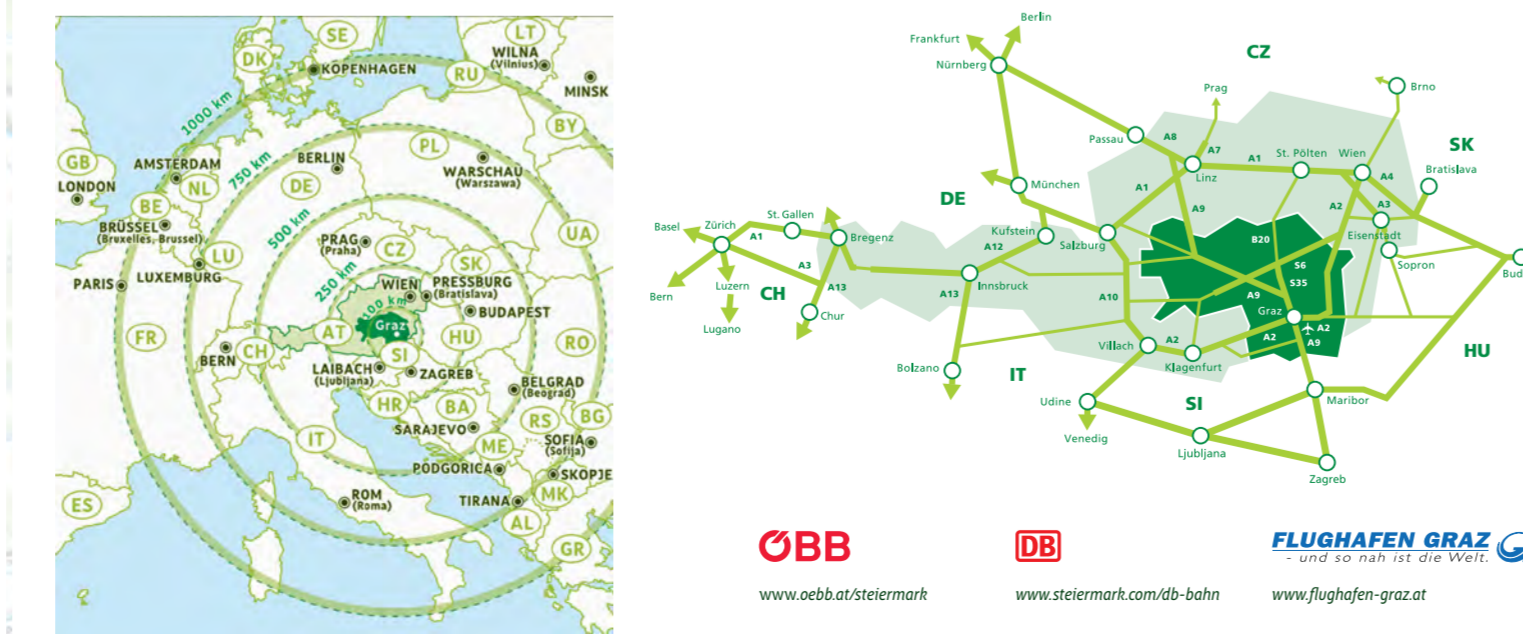
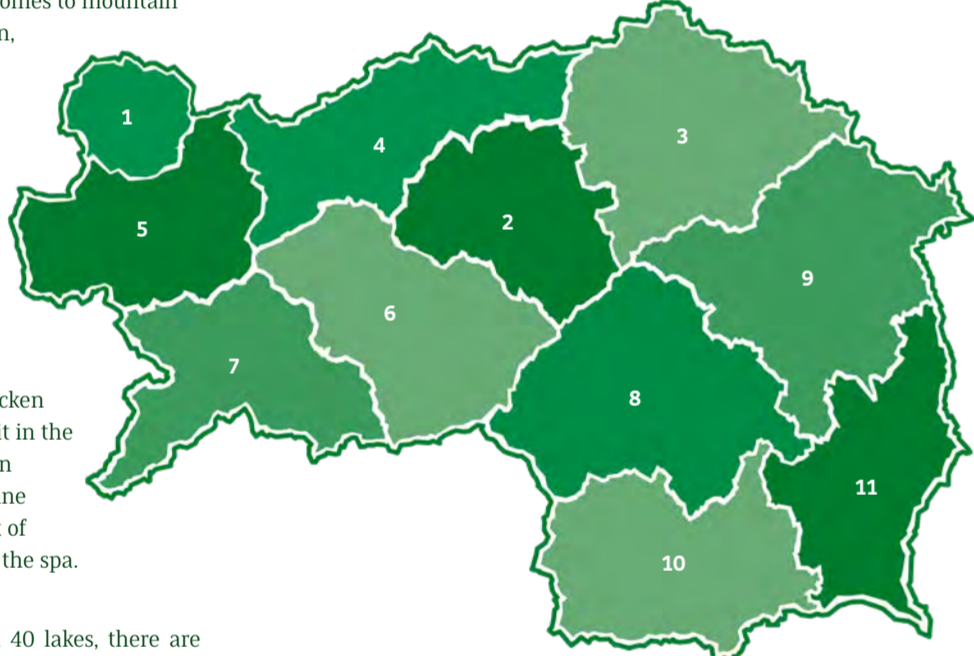
The Murtal stands for speeding things up and winding down. Quicken the pace at the Red Bull Ring, be it in the driving seat or as a spectator. Then slow back down between stone pine specialities, an extensive network of cycle paths and relaxing hours at the spa.

7 Murau Region

With eight summits and around 40 lakes, there are plenty of ways to explore the region's nature. Long-

11 Thermen- & Vulkanland

The health region with its six spas and curative thermal water promises complete relaxation. Producers and winemakers such as Zotter, Gölles or Krispel provide the culinary highs after a bike ride or sunny day at the golf course.



LEGEND

- Excursion destinations
- Thermal spas & health centres
- Nature parks, national parks & more
- Ski areas
- Cross-country skiing
- Golf course
- Airport
- From Glacier to Wine" hiking trail
- "Styrian Wine Country" cycle tour
- Mur Cycle Path
- Enns Cycle Path
- Salzkammergut Cycle Path
- EuroVelo 14
- EuroVelo 9
- Other local cycle routes

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Excursion destinations

Whether high up on the Dachstein, absorbing the view from the Stairway to Nothingness, or getting to know the next generation of Spanish Riding School horses at the Lipizzaner Stud Farm Piber. Enjoy the culinary programme at various manufacturers, ranging from countless oil mills to Lebkuchen baking at erbelzerelei Pirker in Mariazell and fresh fish from Fischerei Ausseerland. Those looking for a spot of culture will be impressed by the theatres in Graz and the tales of the Castle Road.

Getting here

You can reach Styria easily by train or bus. Those travelling by plane arrive at Graz Airport, which is located in close proximity to the city centre. And it's an easy car journey from all directions too, as Styria is well connected to the motorway and expressway networks.

There are regional mobility solutions for those looking to get around in Styria without a car. From the Gesäuse to Southern Styria, and from the hiking taxi to the wine country taxi.

Any questions?

Our holiday specialists would be happy to help you plan your stay.

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