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The Art of Unwinding: Fall in the Kufsteinerland

Kufsteinerland—The chairlift glides over the yellow-tinged treetops, tranquility settles over Lake Thiersee, and the summer bustle has long since moved on from the alpine pastures. In the Kufsteinerland, it's now time to unwind—and quite literally so. Leave your cell phone in your pocket while you focus on other things: the rustling of the forest, crisp mountain air, sweeping views, and the warmth of the dining rooms after a day outdoors. Fall shows just how refreshing it can be to do less and take in more.



30 Minutes when Nothing happens

There are faster ways to get up a mountain—in theory. Fortunately, that's not the case in the Kufsteinerland. Because at the *Kaiserlift*, even the ride itself is part of the getaway. For about 30 minutes, the single-seat chairlift glides upward from the outskirts of Kufstein toward the Brentenjoch at 1,250 meters. Tree tops glide by beneath your feet, and with every meter of elevation gain, the view over the Inn Valley opens up further. No small talk with the person next to you, no set itinerary, no reason to pull your smartphone out of your pocket.

The lift runs into the autumnal mountain landscape until early November. Once you step off at the top, you've already left the hustle and bustle of the city far behind. In the Kaisergebirge Nature Reserve, trails wind through forests and across alpine meadows where tranquility has returned after the summer—though the alpine huts remain open for a break until mid-October. Sometimes you don't need a meditation app. A single-seat chairlift does the trick.

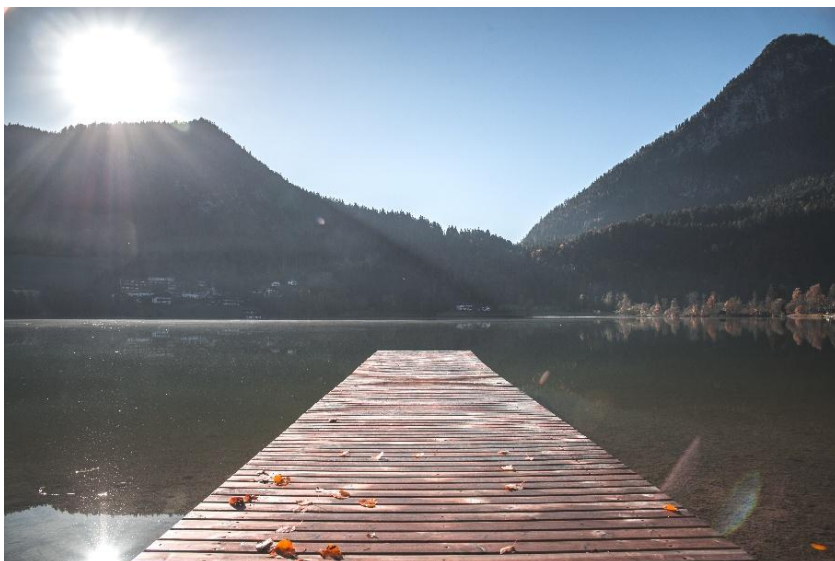


The luxury of not having to achieve anything

In the fall, the trails become quieter. And suddenly, a hike no longer has to be measured by elevation gain. A walk through the forest can simply be a walk. The ground gives way softly under your shoes; it smells of damp wood and fallen leaves; somewhere, water trickles over stones.

When *forest bathing on the Riedenberg*, this supposed idleness becomes a mindful experience. Walk more slowly, stop, listen, look. Anyone who opens themselves up to it quickly realizes how unusual it has become to do just one thing at a time.

The lakes in the Kufsteinerland also take on a different atmosphere in the fall. At *Thiersee and Hechtsee*, the shores grow quieter again after the swimming season; the mountain forests are reflected in the water, and the air is clear and cool. Higher up lie alpine pastures, mountain meadows, and streams. This isn't a backdrop for a set itinerary, but rather places where you can simply let the day unfold.



Why Some Places Invite You to Stay

People have been seeking out certain places long before the term “digital detox” was coined. In Kufsteinerland, there are a number of such places of power where landscape, history, legends, and personal perception intertwine.

Some places make it easy to pause and reflect. At the *Kranzhorn*, the view opens up far across the Inn Valley, while the *Antonius Chapel in the Kaisertal* combines mountain scenery with centuries of history. At the *Adlerblick* near the top station of the Kaiserlift, the focus is on the vast expanse, while the cave *Tischoferhöhle* near Ebbs leads deep into the landscape and its past. Finally, the *Häringer Stilleplatz* lives up to its name: a place where, for a moment, nothing has to happen.

What makes these places places of power? They demand nothing. They invite you to pause and take a closer look. In the fall, when the trails are quieter and the contours of the mountain peaks on the Zahmer or Wilder Kaiser become sharper, this comes especially easily.



When the temperature drops outside

After hours in the crisp fall air, warmth feels different. People in Bad Häring knew this long before “wellness” became a travel buzzword. The town at the foot of the Pölven was once shaped by mining. While working underground, miners stumbled upon a sulfur spring—the beginning of a development that, exactly 30 years ago, turned Bad Häring into Tyrol’s first and only spa resort.

Today, this story continues in a contemporary way: At the *Wellness & Genuss Hotel Panorama Royal****** in Bad Häring, a 7,500 m² spa world, yoga, and Pilates are all part of this concept of taking a break. At the *Adults-Only Hotel DAS SIEBEN ****Superior* in Bad Häring, the “Offline Suite” is designed to encourage a mindful break: For seven hours, smartphones are left outside—paired with a donation to social causes in the region. Seven hours without news, emails, or a quick glance at the screen. What would have been taken for granted just a few years ago sounds almost radical today.

In the Thierseetal valley, each hotel sets its own tone: The *Juffing Hotel & Spa**** Superior* combines a spa with gourmet cuisine; at the *European Ayurveda Resort Sonnhof Tirol*, Ayurvedic healing meets the Alpine way of life; and at the *Thierseerhof*****, tranquility, nature, and culinary delights take center stage.

Thus, being indoors doesn't become a contrast to being outdoors, but rather a continuation of it: first, cold air on the skin, then warmth. First, a walk through the forest; later, a long evening with no plans.



And then, back to the hustle and bustle

Once you've breathed in your fill of crisp forest and mountain air, you don't have to choose between nature and the city in Kufsteinerland. Just a few kilometers away, Kufstein awaits with its narrow streets, cafés, and shops. The Kufstein Fortress towers over the city and the Inn River; at noon, the "Heroes' Organ" plays from there. For a few minutes, it's not your smartphone but music that sets the pace.

It is precisely this contrast that defines fall in Kufsteinerland: soaring above the treetops in the morning, strolling through the city or sitting by a lake at noon, simply doing nothing in the afternoon, and enjoying a good meal in the evening.

Perhaps that is the true essence of this season. Fall doesn't constantly demand the next adventure; it turns a lighter schedule into more time. Meanwhile, the cell phone can stay in your pocket.



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Image 1: At the Thiersee Forest Bath, fall invites you to unwind and consciously appreciate nature. © Kufsteinerland / Florian Egger

Image 2: With the Kaiserlift, your fall getaway begins right from the ride through the forests of the Kaiser Mountains. © Kufsteinerland

Image 3: In the fall, tranquility descends on Thiersee, while the surrounding mountain forests are reflected in the clear water. © Kufsteinerland / Vanmey Photography

Image 4: Amid the morning mist and mountain backdrop, Thiersee in the fall invites you to pause and consciously appreciate your surroundings. © Kufsteinerland / Evolumina

Image 5: After the hike to the Naunspitze, a sweeping view of the Inn Valley and the surrounding mountains opens up. © Kufsteinerland / Philipp Huber

Image 6: The Kufstein Fortress towers over Kufstein's Old Town and the Inn River against the backdrop of the autumnal mountains. © Kufsteinerland / Chris Borg

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