

EN

Line

6

# Experience Waldbahn

Take Line 6 to  
the countryside.

Get on now!



**INNS'  
BRUCK**

# The forest tram – a real adventure

The tramline that runs from  
Innsbruck's city centre to Igls

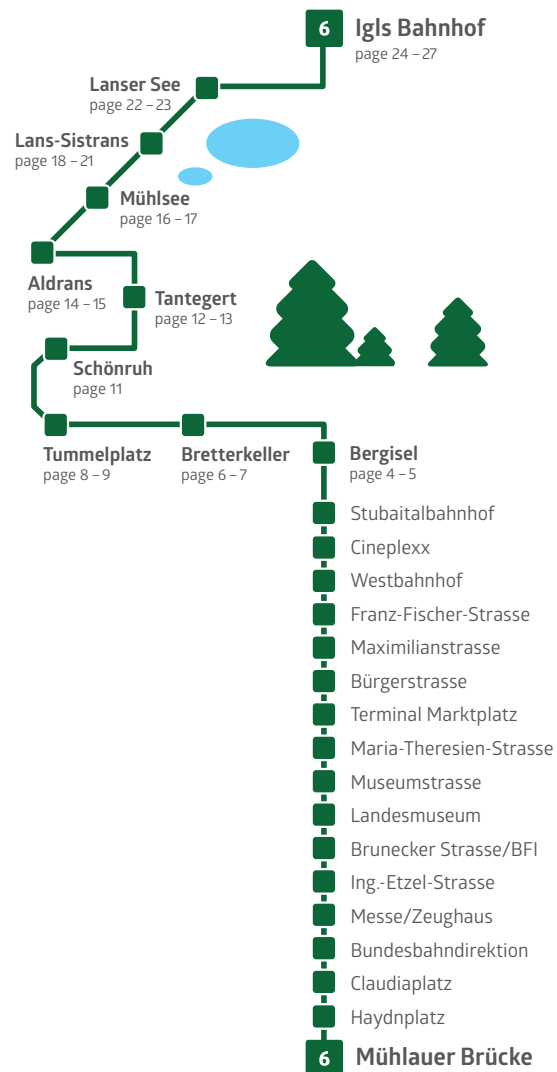
## Take the tram to the great outdoors

Once an hour through  
forests and meadows.

Past famous sports venues such as the ski jump or the Olympia Ice Channel, historic sites such as the Bergisel mountain or Ambras Castle, dating from the Renaissance; mystical tree circles, grottos, moorland and miles upon miles of hiking and running trails over forest floors or through fields. There is also no end of culinary choice, ranging from the traditional to the fashionable. And there are numerous leisure activities along the way, all easily reached by the forest tram.

For over 120 years now, the forest tram – Line no. 6, also known as the "Iglser" – has been running from the city centre into the countryside. Even today, locals and visitors alike can take the 8.36-km route from the Bergisel mountain to Igls, to attractive destinations and the starting points for leisurely hikes or more demanding runs.

The following pages offer you a list of sports and leisure activities that can be found outside the city centre, either at or near the various stops along the way. All aboard!





## Ⓜ Bergisel stop

# The Bergisel: a playground of heroes

This stop marks the starting point for exploring the mountain known as the Bergisel, where every year competitors heroically leap into the void from the stylishly designed ski jump. Meanwhile, the history of Tyrol's struggle for freedom is told in the Tirol Panorama and the Imperial Infantry Museum (Kaiserjägermuseum). The stop is also the starting point for the Tyrolean section of the Way of St James (Tiroler Jakobsweg), which leads to Igls and from there over the Brenner Pass. A number of museums and restaurants nearby round off the offer.

## Things to do:

### Walks and hikes

#### Way of St James: Bergisel – Igls

⌚ 1.30 hrs ↔ 4 km ↘ 350 m difference in elevation

The Tyrolean section of the Way of St James runs between Innsbruck and Ellbögen. This stage leads from Bergisel to Igls.

#### Innsbruck – Igls

⌚ 1.30 hrs ↔ 4 km ↘ 300 m difference in elevation

Longish hike from the Bergisel stop to the centre of Igls village along a shaded forest path. A side trip to the Lanser See lake also possible.

### Running

#### Bergisel Lauf circuit

↔ 4.6 km ↘ 140 m difference in elevation

A circular route of nearly 5 kilometres featuring wild nature, scenery, sports, history and culture.

#### Inner Circle Trail

↔ 10.2 km ↘ 120 m difference in elevation

A running route that connects major starting points for runners in Innsbruck and leads through the city.

### Culinary delights

Current opening times can be found online.

#### Bierstindl

⌚ 2 mins. ↔ 160 m ↘ 0 m difference in elevation

Traditional inn with a great range of beers at the foot of the Bergisel.

#### Bergisel 1809

⌚ 10 mins. ↔ 500 m ↘ 49 m difference in elevation

Top-quality Austrian and international dishes combined with a selection of fine wines right next to the Tirol Panorama museum.

#### Bergisel Sky

⌚ 15 mins. ↔ 800 m ↘ 71 m difference in elevation

This stylish restaurant by the ski jump combines an alpine atmosphere with breathtaking panoramic views. N.B.: admission charge payable!

### Worth a visit

#### Bergisel

⌚ 10 mins. ↔ 550 m ↘ 51 m difference in elevation

A monument to freedom fighters and to heroes in flight: the ski jump, the Tirol Panorama and the Imperial Infantry Museum.

#### Wilten Basilica

⌚ 5 mins. ↔ 300 m ↘ 0 m difference in elevation

Tyrol's most beautiful rococo church.

#### Tirol Panorama Museum

⌚ 10 mins. ↔ 500 m ↘ 46 m difference in elevation

This giant 1000 m<sup>2</sup> circular painting, dating from 1896, is an impressive 360° representation of the Tyrolean struggle for freedom.

#### Tyrolean Railway Museum of the "Tiroler MuseumsBahnen"

⌚ 3 mins. ↔ 240 m ↘ 1 m difference in elevation

The former depot of the Stubaital railway houses 25 historic vehicles, ranging from steam-powered tramcars to large railcars.

#### Bell Museum

⌚ 5 mins. ↔ 400 m ↘ 0 m difference in elevation

The Grassmayr bell foundry, a traditional family business, has been making bells that ring out across Europe for over 400 years now.



Ⓜ Bretterkeller stop

## Bretterkeller – a hotspot for runners

The traditional Bretterkeller inn is the starting point for a number of running routes of varying degrees of difficulty. You can also hike from here to Ambras Castle or on towards Igls. Strong walkers can climb the Bergisel mountain from here.

### Things to do:

#### Walks and hikes

##### **Ambras Castle via the Tummelplatz regional memorial site**

⌚ 40 mins. ↔ 2.4 km 🏔️ 77 m difference in elevation

Forest trail that leads via the historic military cemetery at the Tummelplatz to Ambras Castle and its lovely park.

##### **Innsbruck – Igls**

⌚ 1.40 hrs ↔ 4.5 km 🏔️ 400 m difference in elevation

Delightful hike from the Bretterkeller stop via the village of Vill to Igls village centre.

##### **Vill – Igls**

⌚ 1.20 hrs ↔ 3.6 km 🏔️ 260 m difference in elevation

The Lanser Steig ascent and the Poltenweg path lead to the village of Vill with its archaeological site that dates from the Celtic era, then on to Igls.

#### Running

##### **Sill-Inn loop**

↔ 10.8 km 🏔️ 30 m difference in elevation

Attractive running route along the River Sill to where it joins the Inn, then on to an artificial lake ("Baggersee") southeast of Innsbruck.

##### **Tummelplatz-Tantegert forest moor**

↔ 4 km 🏔️ 300 m difference in elevation

Running trail of medium difficulty to the south of the city. The initial ascent is rewarded with views of Innsbruck's city centre and a 180° vista of the Nordkette range.

#### Running

##### **Lanser Kopf uphill**

↔ 2.7 km 🏔️ 332 hm

Challenging route starting at the Bretterkeller inn and finishing up on the Lanser Kopf hill – a direct route from the city via single trails on soft ground to the top of the Lanser Kopf.

##### **Bergisel Lauf circuit**

↔ 4.6 km 🏔️ 140 hm

A circular route of nearly 5 kilometres featuring wild nature, scenery, sports, history and culture.

##### **Tantegert Run**

↔ 4.5 km 🏔️ 150 hm

Wonderful forest run on the southern outskirts of Innsbruck.

#### Culinary delights

Current opening times can be found online.

##### **Bretterkeller inn**

⌚ 2 mins. ↔ 73 m 🏔️ 10 m difference in elevation

Regional home cooking using local ingredients, often organic, in one of the area's most traditional inns.

##### **Bierstindl**

⌚ 5 mins. ↔ 350 m 🏔️ 0 m difference in elevation

Traditional inn with a great range of beers at the foot of the Bergisel.

##### **Bergisel 1809**

⌚ 13 mins. ↔ 750 m 🏔️ 48 m difference in elevation

Top-quality Austrian and international dishes combined with a selection of fine wines right next to the Tirol Panorama museum.

##### **Bergisel Sky**

⌚ 16 mins. ↔ 850 m 🏔️ 63 m difference in elevation

This stylish restaurant by the ski jump combines an alpine atmosphere with breathtaking panoramic views. N.B.: admission charge payable!

#### Worth a visit

##### **Bergisel**

⌚ 17 mins. ↔ 900 m 🏔️ 64 m difference in elevation

A monument to freedom fighters and to heroes in flight: the ski jump, the Tirol Panorama and the Imperial Infantry Museum.

##### **Tirol Panorama Museum**

⌚ 15 mins. ↔ 850 m 🏔️ 49 m difference in elevation

This giant 1000 m<sup>2</sup> circular painting, dating from 1896, is an impressive 360° representation of the Tyrolean struggle for freedom.

##### **Tyrolean Railway Museum of the "Tiroler MuseumsBahnen"**

⌚ 11 mins. ↔ 800 m 🏔️ 0 m difference in elevation

The former depot of the Stubaital railway houses 25 historic vehicles, ranging from steam-powered tramcars to large railcars.

##### **Bell Museum**

⌚ 13 mins. ↔ 1 km 🏔️ 0 m difference in elevation

The Grassmayr bell foundry, a traditional family business, has been making bells that ring out across Europe for over 400 years now.



## Ⓜ Tummelplatz stop

# Ambras Castle via the Tummelplatz

With its mystical atmosphere, the historic military cemetery at the Tummelplatz regional memorial site is certainly worth a detour. The stop is also the starting point for a fitness trail of various levels and for numerous hikes. A short walk from the stop leads to Ambras Castle.

## Things to do:

### Walks and hikes

#### Ambras Castle via the Tummelplatz

⌚ 20 mins. ↔ 1.1 km ↗ 25 m difference in elevation ↘ 30 m descent  
Forest trail that leads via the historic military cemetery at the Tummelplatz to Ambras Castle and its lovely park.

#### Tummelplatz – Igls

⌚ 1.30 hrs ↔ 4 km ↗ 350 m difference in elevation  
Easy walk through the forest to the village of Igls with the option of a visit to the Lanser See lake.

### Walks and hikes

#### Tantegertweg path

⌚ 20 mins. ↔ 954 m ↗ 71 m difference in elevation  
An easy forest path that takes you directly to Tantegert, the next stop on the forest tram: local attractions include a playground.

### Running

#### The “Amraser Forstmeile” fitness trail

↔ 1.2 km ↗ 50 m difference in elevation  
The 40 stations of the “Fit 2000” route along the “Amraser Forstmeile” (Amras Forest Trail) offer much more than just running: from light stretching to pull-ups and a 1-km running track, there is everything you need for an all-round fitness workout.

#### Tummelplatz-Tantegert

↔ 4 km ↗ 300 m difference in elevation  
Running trail of medium difficulty to the south of the city. The initial ascent is rewarded with views of Innsbruck’s city centre and a 180° vista of the Nordkette range.

### Culinary delights

Current opening times can be found online.

#### Bierwirt inn

⌚ 17 mins. ↔ 1.2 km ↘ 106 m descent  
A village inn in the city! Owned by the Happ family for over 300 years, their traditional cuisine has been appreciated from the very first.

### Worth a visit

#### Ambras Castle

⌚ 10 mins. ↔ 500 m ↘ 8 m descent  
Ambras Castle is one of Innsbruck’s leading attractions: this Renaissance castle houses several exhibitions and is surrounded by a picturesque park.

#### Tummelplatz cemetery

⌚ 5 mins. ↔ 250 m ↗ 5 m difference in elevation  
From 1797 to 1806, over 900 soldiers of the Habsburg Empire were buried in this historic cemetery, now a regional memorial site.



Ⓜ Schönruh stop

## Schönruh – in the heart of the forest

This stop in the heart of the forest is another starting point from which to reach Ambras Castle via a narrow path. There are also popular routes for runners to enjoy.

Things to do:

 Running

### Tantegert Run

↔ 4.5 km ↘ 150 m difference in elevation

Wonderful forest run on the southern outskirts of Innsbruck.

### Tummelplatz-Tantegert

↔ 4 km ↘ 300 m difference in elevation

Running trail of medium difficulty to the south of the city. The initial ascent is rewarded with views of Innsbruck's city centre and a 180° vista of the Nordkette range.

 Worth a visit

### Ambras Castle

⌚ 15 mins. ↔ 500 m ↘ 11m descent

Ambras Castle is one of Innsbruck's leading attractions: this Renaissance castle houses several exhibitions and is surrounded by a picturesque park.



## Ⓜ Tantegert stop

# Fun, games and mysticism in Tantegert

The Tantegert stop opens up to a unique little world. The forest playground is ideal for families to have fun or relax, while the Celtic tree circle, with its 21 trees forming a Celtic horoscope, is a mystical place. There is also the circular hiking trail that leads through the unique Tantegert forest moor, a rustic natural gem.

## Things to do:

### Walks and hikes

#### **Bretterkeller – Wilten**

⌚ 25 mins. ↔ 1.5 km ↘ 19 m descent

The path leads to the Bretterkeller inn with its typical Tyrolean specialities and from there continues to the district of Wilten.

#### **Aldrans – Lans**

⌚ 1.00 hr ↔ 3.2 km ↗ 172 m difference in elevation

This hike leads through the village of Aldrans and on to the village of Lans, with refreshment opportunities available in both villages.

#### **Vill – Igls**

⌚ 1.05 hrs ↔ 3.2 km ↗ 182 m difference in elevation

The hike continues via the settlement of Vill to Igls: follow the signs for "Lanser Kopf" or "Lanser See" for a side trip to the Lanser See lake.

#### **Igls – Ambras Castle – Innsbruck**

⌚ 1.30 hrs ↔ 3.5 km ↗ 300 m difference in elevation

This route leads over a total of 300 m of difference in elevation (depending on chosen direction) from the city to Igls. You can join the route at almost any stop along the forest tramline.

#### **Aldrans – Tummelplatz – Innsbruck**

⌚ 1.30 hrs ↔ 2.5 km ↘ 200 m descent

This trail leads from Tantegert to the village of Aldrans and then down to Innsbruck. Refreshment opportunities are available in Aldrans.

### Running

#### **Tantegert Run**

↔ 4.5 km ↗ 150 m difference in elevation

Wonderful forest run on the southern outskirts of Innsbruck.

#### **Tummelplatz-Tantegert**

↔ 4 km ↗ 300 m difference in elevation

Running trail of medium difficulty to the south of the city. The initial ascent is rewarded with views of Innsbruck's city centre and a 180° vista of the Nordkette range.

#### **Lanser Kopf run**

↔ 8.2 km ↗ 202 m difference in elevation

Popular single trail through shaded woodland that leads past the Viller Kopf and Lanser Kopf hills to the Lanser See lake.

#### **Trail-Runde circuit**

↔ 1.1 km ↗ 58 m difference in elevation

Short circular route on lovely forest paths at the end of the "Forstmeile" trail that can be combined with the fitness trail.

#### **Moorrunde circuit**

↔ 576 m ↗ 3 m difference in elevation

Flat, short loop around the moor at the end of the "Forstmeile" trail, usually completed together with this route.

#### **Nordic Walking Tantegert**

↔ 1.1 km ↗ 41 m difference in elevation

Short circular route on a lovely forest path at the end of the "Forstmeile" trail.

#### **Nordic Walking Moorrunde circuit**

↔ 0.6 km ↗ 8 m difference in elevation

From the starting point this short route leads clockwise on pleasant forest paths past the Tantegert stop to the nearby moor.

### Culinary delights

Current opening times can be found online.

#### **Bretterkeller inn**

⌚ 25 mins. ↔ 1.5 km ↘ 122 m descent

Regional home cooking using local ingredients, often organic, in one of the area's most traditional inns.

### Worth a visit

#### **Tantegert forest playground**

⌚ 3 mins. ↔ 100 m ↗ 0 m difference in elevation

Exciting adventure playground for children with play structures and the nearby moor.

#### **Celtic tree circle**

⌚ 2 mins. ↔ 150 m ↗ 5 m difference in elevation

Forming a circle, the 21 trees of life represent the Celtic tree horoscope. The "Schalenstein" archaeological site is located nearby.

#### **Moorweg trail**

⌚ 5 mins. ↔ 750 m ↗ 2 m difference in elevation

Short circular route around the forest moor: the Tantegert moorland area covers a total of around 1.5 hectares.



Ⓜ Aldrans stop

## Aldrans – a wonderful panorama

From this stop can be reached the village of Aldrans, nestling amidst the mountains with 180° panoramic views of the Nordkette range and the Inn Valley. A number of attractive hikes lead from here through forest and meadows, with various destinations and refreshment opportunities in the surrounding area.

Things to do:

### Walks and hikes

#### **Aldrans – Tummelplatz – Innsbruck**

⌚ 1.00 hr ↔ 3.6 km ↘ 212 m descent

Starting 100 metres from the Aldrans stop, this hiking trail leads past the Tantegetert stop and descends gently into Innsbruck.

#### **Lanser Kopf Loop**

⌚ 3.00 hrs ↔ 10.7 km ↗ 150 m difference in elevation

Demanding, varied circular route through fields, meadows and forests: depending on the direction and stop you choose, you pass the Mühlsee lake, Lans golf course, the Lanser Kopf hill and the Viller Moor to reach the old valley station of the Patscherkofel cable cars in Igls.

### Walks and hikes

#### **Igls – Ambras Castle – Innsbruck**

⌚ 1.30 hrs ↔ 3.5 km ↘ 300 m descent

This route leads over a total of 300 m of difference in elevation (depending on chosen direction) from the city to Igls. You can join the route at almost any stop along the forest tramline.

### Running

#### **Lanser Kopf Loop**

↔ 8.2 km ↗ 202 m difference in elevation

Single trail through shaded woodland that leads past the Viller Kopf and Lanser Kopf hills and the Lanser See lake, with a warm-up and cool-down section from Igls to the actual circuit.

### Cycling

#### **Vital cycle path**

↔ 22.5 km ↗ 658 m difference in elevation

The Aldrans stop is the ideal starting point for the Vital cycle path over tarmac or gravelled forest paths through low mountains. You can cycle past the Lanser See lake to Igls or continue via Lans and Aldrans to the settlement known as the Wiesenhöfe and the village of Rinn. The loop runs via Sistrans and back to Igls.

### Riding

#### **Aldrans horse-riding centre**

⌚ 40 mins. ↔ 1.5 km ↘ 28 m descent

Located just below the village centre of Aldrans, the Pferdesportzentrum (horse-riding centre) is one of western Austria's most modern riding facilities.

### Culinary delights

Current opening times can be found online.

#### **Pizzeria Giardino Aldrans**

⌚ 30 mins. ↔ 1.1 km ↘ 28 m descent

This village centre pizzeria offers pizza cooked in a show oven, a comfortable outdoor dining area in summer and live broadcasts of sporting events.

#### **Vogelhütte inn**

⌚ 15 mins. ↔ 415 m ↗ 34 m difference in elevation

With its comfortable garden area and children's playground, the Vogelhütte is a hostelry offering Tyrolean home cooking, farmhouse platters, coffee and homemade cakes.





Ⓜ Mühlsee stop

## From lake Mühlsee to lake Lanser See

The Mühlsee stop makes a good starting point for hiking to the Lanser See lake, from where you can enjoy walks and running routes: in summer you can also go swimming in the Lanser See lake.

### Things to do:

#### Walks and hikes

##### **Igls – Ambras Castle – Innsbruck**

⌚ 1.30 hrs ↔ 3.5 km ↘ 300 m descent

This route leads over a total of 300 m of difference in elevation (depending on chosen direction) from the city to Igls. You can join the route at almost any stop along the forest tramline.

##### **Mose Runde circuit**

⌚ 1.30 hrs ↔ 4.9 km ↘ 47 m difference in elevation

The route leads via single trails, tarmac, gravel and forest paths on a sunny loop around the Lans golf course then on to the Seerosenweiher lily pond and past the Lanser See lake. There is an optional short cut at the Seerosenweiher pond.

#### Walks and hikes

##### **Lanser Kopf Loop**

⌚ 3.00 hrs ↔ 10.7 km ↘ 150 m difference in elevation

Demanding, varied circular route through fields, meadows and forests: depending on the direction and stop you choose, you pass the Mühlsee lake, Lans golf course, the Lanser Kopf hill and the Viller Moor to reach the old valley station of the Patscherkofel cable cars in Igls.

##### **Winter walk past Lans golf course**

⌚ 40 mins. ↔ 1.1 km ↘ 10 m difference in elevation

An easy walk that follows the route of the forest tramline to Igls, past the golf course and on to the Vogelhütte inn.

#### Running

##### **Lanser Kopf Loop**

↔ 8.2 km ↘ 202 m difference in elevation

Single trail through shaded woodland that leads past the Viller Kopf and Lanser Kopf hills and the Lanser See lake, with a warm-up and cool-down section from Igls to the actual circuit.

##### **Mose Runde circuit**

↔ 4.9 km ↘ 47 m difference in elevation

The route leads via single trails, tarmac, gravel and forest paths on a sunny loop around the Lans golf course then on to the Seerosenweiher lily pond and past the Lanser See lake. There is an optional short cut at the Seerosenweiher pond.

#### Culinary delights

Current opening times can be found online.

##### **Golfrestaurant Lans**

⌚ 15 mins. ↔ 670 m ↘ 23 m difference in elevation

Golfers and hikers alike can enjoy food and drinks in the golf restaurant with its marvellous views of the Nordkette range and the golf course.

##### **Vogelhütte inn**

⌚ 20 mins. ↔ 870 m ↘ 23 m difference in elevation

With its comfortable garden area and children's playground, the Vogelhütte is a hostelry offering Tyrolean home cooking, farmhouse platters, coffee and homemade cakes.

Ⓜ Lans-Sistrans stop

## Lans and its inns

From the Lans-Sistrans stop you can reach a number of excellent Tyrolean inns in the village of Lans. Before you sit down to eat, however, you can enjoy various walks and hikes in the area around the Lanser See lake and the Lanser and Viller Kopf hills.

### Things to do:

#### Walks and hikes

##### **Lanser Moor pond**

⌚ 20 mins. ↔ 600 m ↘ 12 m difference in elevation

A short walk to the Lanser Moor pond.

##### **Igls – Ambras Castle – Innsbruck**

⌚ 1.30 hrs ↔ 3.5 km ↘ 300 m descent

This route leads over a total of 300 m of difference in elevation (depending on chosen direction) from the city to Igls. You can join the route at almost any stop along the forest tramline.

##### **Mose Runde circuit**

⌚ 01:30 h ↔ 4.9 km ↘ 46 m difference in elevation

The route leads via single trails, tarmac, gravel and forest paths on a sunny loop around the Lans golf course then on to the Seerosenweiher lily pond and past the Lanser See lake. There is an optional short cut at the Seerosenweiher pond.

##### **Lanser Kopf Loop**

⌚ 3.00 hrs ↔ 10.7 km ↘ 150 m difference in elevation

Demanding, varied circular route through fields, meadows and forests: depending on the direction and stop you choose, you pass the Mülhsee lake, Lans golf course, the Lanser Kopf hill and the Viller Moor to reach the old valley station of the Patscherkofel cable cars in Igls.

##### **Winter walk past Lans golf course**

⌚ 45 mins. ↔ 1.5 km ↘ 10 m difference in elevation

An easy walk that follows the route of the forest tramline to Igls, past the golf course and on to the Vogelhütte inn.

#### Running

##### **Mose Runde circuit**

↔ 4.9 km ↘ 47 m difference in elevation

The route leads via single trails, tarmac, gravel and forest paths on a sunny loop around the Lans golf course then on to the Seerosenweiher lily pond and past the Lanser See lake. There is an optional short cut at the Seerosenweiher pond.



## Lans and its inns

### Cycling

#### Vital cycle path

↔ 22.5 km ↗ 658 m difference in elevation

The Lans-Sistrans stop is the ideal starting point for the Vital cycle path over tarmac or gravelled forest paths through low mountains. You can cycle past the Lanser See lake to Igls or continue via Lans and Aldrans to the settlement known as the Wiesenhöfe and the village of Rinn. The loop runs via Sistrans and back to Igls.

### Worth a visit

#### Waldpark Lans forest park

⌚ 2 mins. ↔ 200 m ↗ 0 m difference in elevation

Children's playground with tree house, water sandpit, swings and slide, as well as a cycling facility with pump track for training bikes and an uphill/downhill trail. Closed in bad weather.

### Culinary delights

Current opening times can be found online.

#### Golfrestaurant Lans

⌚ 8 mins. ↔ 550 m ↗ 0 m difference in elevation

Golfers and hikers alike can enjoy food and drinks in the golf restaurant with its marvellous views of the Nordkette range and the golf course.

#### Vogelhütte inn

⌚ 10 mins. ↔ 850 m ↗ 0 m difference in elevation

With its comfortable garden area and children's playground, the Vogelhütte is a hostelry offering Tyrolean home cooking, farmhouse platters, coffee and homemade cakes.

#### Gasthof Isserwirt

⌚ 14 mins. ↔ 900 m ↗ 0 m difference in elevation

Featuring beautiful wood-panelled Stuben and an idyllic garden for guests, this traditional inn serves regional specialities and a number of international dishes. The Raitmayr family has been running the inn for no fewer than 15 generations.

#### Der Walzl

⌚ 7 mins. ↔ 500 m ↗ 0 m difference in elevation

The inn known as Der Walzl also serves typical Tyrolean dishes consisting of regional products. It features a playroom and a garden with playground for guests.

#### Gasthaus zum Wilden Mann

⌚ 13 mins. ↔ 850 m ↗ 0 m difference in elevation

For decades now, the Gasthaus zum Wilden Mann has been offering award-winning gourmet cuisine and a Tyrolean inn atmosphere. Even in medieval times the location was an important waystation for travellers heading further south.





### Ⓜ Lanser See stop

## The Lanser See lake – ideal for leisure activities

Line 6 runs directly to one of Tyrol's truly special natural gems: the Lanser See lake. This romantic bathing lake with its natural surroundings is ideal for outings, sporting activities or simply relaxing. With water temperatures of up to 25°C in summer and top-quality culinary creations, the lake possesses a Mediterranean atmosphere.

### Things to do:

#### Walks and hikes

##### **Igls – Ambras Castle – Innsbruck**

⌚ 1.30 hrs ↔ 3.5 km ↘ 300 m descent

This route leads over a total of 300 m of difference in elevation (depending on chosen direction) from the city to Igls. You can join the route at almost any stop along the forest tramline.

##### **Mose Runde circuit**

⌚ 1.30 hrs ↔ 4.9 km ↘ 46 m difference in elevation

The route leads via single trails, tarmac, gravel and forest paths on a sunny loop around the Lans golf course then on to the Seerosenweiher lily pond and past the Lanser See lake. There is an optional short cut at the Seerosenweiher pond.

##### **Lanser Kopf Loop**

⌚ 3.00 hrs ↔ 10.7 km ↘ 150 m difference in elevation

Demanding, varied circular route through fields, meadows and forests: depending on the direction and stop you choose, you pass the Mühlsee lake, Lans golf course, the Lanser Kopf hill and the Viller Moor to reach the old valley station of the Patscherkofel cable cars in Igls.

#### Walks and hikes

##### **Winter walk past Lans golf course**

⌚ 50 mins. ↔ 1.8 km ↘ 10 m difference in elevation

An easy route that follows the route of the forest tramline to Igls, past the golf course and on to the Vogelhütte inn.

#### Running

##### **Mose Runde circuit**

↔ 4.9 km ↘ 47 m difference in elevation

The route leads via single trails, tarmac, gravel and forest paths on a sunny loop around the Lans golf course then on to the Seerosenweiher lily pond and past the Lanser See lake. There is an optional short cut at the Seerosenweiher pond.

##### **Lanser Kopf Loop**

↔ 8.2 km ↘ 202 m difference in elevation

Single trail through shaded woodland that leads past the Viller Kopf and Lanser Kopf hills and the Lanser See lake, with a warm-up and cool-down section from Igls to the actual circuit.

#### Swimming and sunbathing

##### **Lanser See lake**

⌚ 6 mins. ↔ 450 m ↘ 11 m difference in elevation

A short walk leads to this romantic bathing lake (admission charge payable): it offers a wide range of refreshment opportunities and a dedicated area for children with a playground.

#### Climbing

##### **Viller Kopf hill**

⌚ 20 mins. ↔ 937 m ↘ 81 m difference in elevation

This sports climbing wall on the Viller Kopf hill is ideal for beginners, not to mention a top tip for hot summer days.

#### Cycling

##### **Vital cycle path**

↔ 22.5 km ↘ 658 m difference in elevation

The Lanser See stop is the ideal starting point for the Vital cycle path over tarmac or gravelled forest paths through low mountains. You can cycle past the Lanser See lake to Igls or continue via Lans and Aldrans to the settlement known as the Wiesenhöfe and the village of Rinn. The loop runs via Sistrans and back to Igls.

#### Culinary delights

Current opening times can be found online.

##### **Koi Bar**

⌚ 6 mins. ↔ 450 m ↘ 11 m difference in elevation

This Japanese fusion restaurant on the Lanser See lake features a buffet offering Tyrolean and Austrian cuisine in the summer months, while its beautiful sun terrace is ideal for relaxing. The establishment prepares its own vegetables, grown in a field next to the lake.



Ⓜ Igls Bahnhof stop

## Last stop: Igls station

The last stop on the forest tramline is the beautiful village of Igls, with its numerous hiking and walking opportunities, as well as a lively centre with hotels, shops and restaurants. Lying at the foot of the Patscherkofel mountain, this district was one of the main venues for the Winter Olympics held in Innsbruck – and Igls has since retained its sporting atmosphere.

### Things to do:

#### Walks and hikes

##### **Igls – Ambras Castle – Innsbruck**

⌚ 1.30 hrs ↔ 3.5 km ↘ 300 m descent

This route leads over a total of 300 m of difference in elevation (depending on chosen direction) from the city to Igls. You can join the route at almost any stop along the forest tramline.

##### **Lanser Kopf Loop**

⌚ 3.00 hrs ↔ 10.7 km ↗ 150 m difference in elevation

Demanding, varied circular route through fields, meadows and forests: depending on the direction and stop you choose, you pass the Mühlsee lake, Lanser golf course, the Lanser Kopf hill and the Viller Moor to reach the old valley station of the Patscherkofel cable cars in Igls.

#### Walks and hikes

##### **Turbichl-Runde circuit**

⌚ 1.15 hrs ↔ 4.8 km ↗ 70 m difference in elevation

A sunny circuit that runs via the meadows around Igls and past the village centre of Vill, starting at the old valley station of the Patscherkofel cable cars: the best starting point from the forest tram is from the Kneipp facility in Igls.

##### **Heiligwasser pilgrimage church**

⌚ 3.00 hrs ↔ 8.8 km ↗ 351 m difference in elevation

Varied family walk up to the Heiligwasser pilgrimage church with beautiful views of the Inn Valley and the Nordkette range: refreshments are also available.

##### **Kurpark Igls gardens**

⌚ 15 mins. ↔ 1.3 km ↗ 49 m difference in elevation

Stroll up to the quiet spa gardens and the shade provided by the ancient spruce trees; there is also a playground and the congresspark igls, a modern events venue.

##### **Goldbichl archaeological trail**

⌚ 30 mins. ↔ 1.9 km ↗ 140 m difference in elevation

Feel the mystical power of a 4,000-year-old prehistoric cult site on the Goldbichl hill in Igls.

##### **Gletscherblick circular trail**

⌚ 2.15 hrs ↔ 9.1 km ↗ 198 m difference in elevation

The best starting point for this circular trail is from the Kneipp facility in Igls. The route leads via the spa gardens and the southwest up through the forest, with magnificent views of the Stubai glacier.

##### **Ullwald winter walk**

⌚ 1.00 hr ↔ 2.1 km ↗ 35 m difference in elevation

You can join this circular route to the right of the Kneipp facility: it leads through the wild and romantic Ullwald forest.

##### **Rosengarten circular trail**

⌚ 2.15 hrs ↔ 9.1 km ↗ 198 m difference in elevation

You can join this circular trail from the Kneipp facility in the centre of the village: it leads through the Rosengarten nature reserve to the meadows below the Goldbichl hill and back.

##### **Winter walk past Lanser golf course**

⌚ 1.00 hr ↔ 2.5 km ↗ 10 m difference in elevation

An easy walk that follows the route of the forest tram to Igls, past the golf course and on to the Vogelhütte inn.

## Running

### Lanser Kopf Loop

↔ 8.2 km 📏 202 m difference in elevation

Single trail through shaded woodland that leads past the Viller Kopf and Lanser Kopf hills and the Lanser See lake, with a warm-up and cool-down section from Igls to the actual circuit.

### Turbichl-Runde circuit

↔ 4.8 km 📏 61 m difference in elevation

A sunny circuit for beginners that runs via the meadows around Igls and past the village centre of Vill, starting at the old valley station of the Patscherkofel cable cars: the best starting point from the forest tram is from the Kneipp facility in Igls.

### Ullwald-Runde circuit

↔ 6.6 km 📏 109 m difference in elevation

The perfect after-work training circuit! A run over soft forest ground and lovely trails through the Ullwald forest. To reach the starting point, go to the village centre and the bus stop for line J (marked as "Igls Alte Talstation"). From there head west along a forest path to the spa gardens, then continue.

## Cycling

### Vital cycle path

↔ 22.5 km 📏 658 m difference in elevation

From Igls station follow the tramline eastwards to join the Vital cycle path that runs over tarmac or gravelled forest paths through low mountains. You can cycle past the Lanser See lake to Igls or continue via Lans and Aldrans to the settlement known as the Wiesenhöfe and the village of Rinn. The loop runs via Sistrans and back to Igls.

## Worth a visit

### Igls Olympic Ice Channel

🕒 35 mins. ↔ 3.9 km 📏 120 m difference in elevation

You can shorten the walking time by walking 500 metres to the Romeidhof bus stop and taking the J line directly to the Patscherkofel cable cars, from where it is just a few minutes to the Ice Channel. In summer there is bobsleigh rafting on a racing bob or a bob for guests.

### Valley station, Patscherkofel cable cars

🕒 35 mins. ↔ 3.9 km 📏 120 m difference in elevation

You can shorten the walking time by walking 500 metres to the Romeidhof bus stop and taking the J line directly to the Patscherkofel cable cars. Take the lift up to around 2,000 metres on Innsbruck's local mountain, famed both for its vitality and gourmet offers, as well as its numerous hiking routes and legendary Olympic ski run.

### Igls Kneipp facility

🕒 3 mins. ↔ 300 m 📏 0 m difference in elevation

Located in the village centre, the facility lets visitors take a refreshing paddle after hiking.

## Culinary delights

Current opening times can be found online.

### Ägidihof, Igls

🕒 7 mins. ↔ 450 m 📏 0 m difference in elevation

This country inn offers plenty of atmosphere and fine home cooking, as well as several cosy wood-panelled Stuben, a bar, a terrace and a shaded garden for guests.

### Sporthotel Igls

🕒 7 mins. ↔ 450 m 📏 0 m difference in elevation

Built in 1889 in elegant Tyrolean style, the Sporthotel emphasises Tyrolean hospitality and dishes that use fresh local produce.

### Café Platzl, Igls

🕒 7 mins. ↔ 450 m 📏 0 m difference in elevation

A modern café-bistro with a sunny terrace that serves cakes, cocktails and snacks.

### Pizzeria Venezia

🕒 7 mins. ↔ 450 m 📏 0 m difference in elevation

A wide selection of pizzas and classic Italian dishes.

### Heilig Wasser alpine inn

🕒 2.15 hrs. ↔ 8.8 km 📏 351 m difference in elevation

Located at 1240 metres above sea level on the lower slopes of the Patscherkofel mountain, this traditional Tyrolean inn stands next to the Heilig Wasser pilgrimage church and offers magnificent panoramic views of the Inn Valley and the surrounding mountains.

Tip: start from the Igls stop or shorten the route by walking to the centre of Igls (bus stop Romeidhof) and take bus J to the Patscherkofel terminus.



# More about

## Departure Times

on mobiles in real time via the  
IVB-Scout app



## Tickets

available via the Ticket app,  
from ticket machines at the stops  
or from the IVB Customer Centre:  
Stainerstrasse 2, 6020 Innsbruck  
Monday – Friday, 7.30 am – 6.00 pm  
T + 43 512 53 07-500



Line 6 is within Innsbruck's central zone.

## Igls Tourist Information

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## Innsbruck Information

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Photos: IVB: Gerhard Berger, Michael Rathmayr, Innsbruck Tourismus: Markus Mair, Andre Schönherr, Christian Vorhofer, Mario Webhofer, Innsbruck Marketing: Gerhard Berger, Manuel Wanker  
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