



Perfect for connecting with your **inner self**

Austria's unspoilt nature offers up the ideal opportunity to free oneself from the stress of daily life, connect with nature and recharge the body and mind.

Need to Know

- 27% of the Austrian surface enjoys protected status, and this includes 6 national parks and 50 nature parks.
- Even in the cities you are never far from nature. Austria is the ideal destination to combine a city trip with experiences of nature.
- Austria is a leading country in Europe when it comes to organic farming. More than 20% of cultivated area is used for organic farming, that is more than anywhere else in Europe. Eating organically and locally is more than just a trend in Austria.
- Austria's waters impress with outstanding quality. If not otherwise stated, all waters are of drinking-water quality.



Perfect for Yogis



Join yoga fans for the Mountain Yoga Festival in **St. Anton am Arlberg in Tirol** and choose from a varied programme amidst glorious mountain scenery.

Find your inner peace in **Zell am See-Kaprun in SalzburgerLand** and practice your warrior pose at sunset on the shores of beautiful Lake Zell or enact the morning salutation at sunrise on the breath-taking Schmittent mountain.

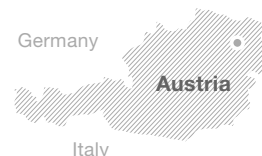
Don't Miss

Experience the Alps, immerse yourself in the tranquillity of the mountains, take a deep breath, appreciate the Alpine scenery and reconnect with your inner self.

Getting There & Around

Airports: Fly to Austria in just two hours from most major British airports. Vienna, Salzburg and Innsbruck are the biggest Austrian airports, with neighbouring Munich a good option too.

Railway: ÖBB Austrian Railways offers well developed national and regional connections



Perfect for nature enthusiasts

In the **Lake District in SalzburgerLand** cycle along a herb-themed route for all your senses, pass meadows, woods and lakes and discover marjoram, rosemary or lavender at the different herb stations.

Discover the many benefits of nature on the herb hike on the **Hochkönig in SalzburgerLand**, visiting the different herb hill farms. During workshops you can put theory to practice and make herbal ointments yourself.

