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## Tastes good and does good

With its pumpkin seed oil and top wines, Styria could be seen as the delicatessen of Austria. Rugged glacier worlds and winding vineyards make the region a natural paradise. Thermal water and crystal clear spring water are local elements that are more precious than ever, whilst baroque and modern constructions bring a touch of glamour to Graz.

Styria stands for variety, but above all for savouring diversity.

### **The many faces of Styria**

Four very different types of landscape characterise the Green Heart, promising enjoyment from the glacier to the wine and thrills from the night race in Schladming to Formula 1 in Spielberg. The 5,838 m difference in altitude between the highest point of the Dachstein (2,995 m) and the depths of Vulkania spring in Rogner Bad Blumau (2,843 m deep) offers guests and locals the variety they cherish. Styrians are able to move between the mountainous north, the urban centre and the delicious south of their own province –and guests are provided with a colourful array of possibilities within short distances, such as Bad Aussee-Bad Radkersburg which is just 236 km away.

### **Mountains, pastures, lakes & forests**

Between the Dachstein, Gesäuse, Hochschwab, Zirbitzkogel and Almenland, amongst the lakes of Ausseerland and the floodplains (in particular of the River Mur); the Green Heart spreads its appeal as Austria's greenest province with 850 million trees.

These landscapes, above all in the north, are ideal for hiking, cycling, skiing, cross-country skiing, snowshoe hiking and ski tours... or simply to absorb.

The highlights: the "From the Glacier to the Wine" hiking route and "Styrian Wine Country" cycling tour as well as the 4-mountain ski area of Schladming and the 15 regions between Ramsau am Dachstein and St. Jakob im Walde awarded with the cross-country seal of quality.

- Our top tip: the "[From the Glacier to the Wine](#)" hiking trail. On the northern route, 524 km lead from the Dachstein to the thermal springs of Bad Radkersburg in 35 stages. And on the southern route, it's 25 stages across 370 km from the Dachstein into the wine country and Leibnitz.
- Those who prefer to cycle: the "[Styrian Wine Country](#)" cycling tour leads along a slightly more than 400 km long circular trail to mainly culinary and cultural destinations.
- Not to be missed: skiers should carve down [Schladming's Planai](#) and cross-country skiers should skate along the [Ramsau Plateau](#) with views of the Dachstein.

Styria is ...

... 16,399 km<sup>2</sup> in size (Austria's second largest province)

... made up of around 60% forest

... symbolised by the Green Heart since 1972

Styria has...

...1 national park and 7 nature parks

... 1 near three-thousander (Dachstein: 2,995 m)

... about 800 peaks above 2,000 m

... 1,685 alpine pastures (covering a total of around 46,000 ha)

... 66 ski regions

### **Wine & gardens**

The delicatessen of Austria or the orchard of Austria; however you refer to Styria, it remains (particularly in the south) Austria's most fertile province that produces luxury goods of great quality and variety, from the apple to the pine - and wine for two and a half thousand years now.

Styrians are highly aware of these treasures around the [culinary trilogy of wine, pumpkin \(seed oil\) and apple](#), which play a significant role in their attitude towards life.

- Our top tip: in spring a [holiday picnic](#) and in autumn "[from harvest to enjoyment](#)"

Styria has ...

... a wine-growing area of approx. 4,800 ha

... Austria's largest apple-growing area with around 5,000 ha

... 9,000 ha of pumpkin-growing area

Styria grows ...

... grapes for more than 220,000 hectolitres of wine (around 80% white wine)

... around 110-150,000 tonnes of apples per year (approx. 75 % of Austria's apples)

... pumpkins for almost 3.2 million litres of original Styrian pumpkin seed oil

### **Thermal & spring water**

The [nine thermal spas, six of which can be found in Thermen- & Vulkanland Steiermark](#), are one of the main pillars of Syrian tourism all year round. They provide the perfect basis for recharging your batteries using natural resources and a harmonious health/holiday experience through contemporary treatments.

Fresh spring water is far more than just a commodity: rivers of drinking water quality, bubbling waterfalls, taps from which drinking water gushes – this natural resource often provides the foundations for relaxation and unique experiences amidst nature. What may be a matter of course in Styria is considered pure luxury by many of its guests.

In short: thermal water, forest, a healthy diet with regional and seasonal delights as well as the effect of the different landscapes between the Thermen- & Vulkanland and Ausseerland-Salzkammergut deserve the "Green Power of Styria" title.

- Styrian applications ranging from apple to salt and pine are highly beneficial and the local thermal water has been proven to reduce stress.

Styria has ...

... 9 thermal spas with thermal water that significantly lowers the stress indicator cortisol  
... a spa tradition of almost 190 years in Bad Gleichenberg  
... many typical regional applications around apple, wine and pumpkin

In Styria you will find ...

... the Grundlsee, its largest lake at 4.1 km<sup>2</sup>  
... Riesach Waterfall, its highest with water falling 140 m to the valley below  
... the Mur, its longest river at 300.6 km

### Cities & villages

From the cultural capital of Graz as most populated to Mariazell with the largest surface area and Hohentauern as the smallest and highest-located municipality, the towns and their cultural assets are ideal starting points to get to know Styria, its history and traditions that shape Styrians to this day.

From the Lipizzaners to Erzberg mine, from Riegersburg Castle to Garden Castle Herberstein and its animal world, from the more than 200-year-old Joanneum as Austria's first museum to the World Cultural Heritage Sites, Kunsthaus Graz and the modern architecture of the wine-growing estates: a rich history and contemporary art provide quality encounters with the past and present.

- Our top tip: discover "*Cultural Enjoyment Outdoors*" from May to October – cultural events that take place outdoors
- Top events: the programme ranges from the *night race in Schladming to Formula 1 in Spielberg, from the Diagonale film festival to the styriarte and steirischer herbst in Graz*, and from the Narzissenfest in Aussee to the Apple Blossom Festival in Eastern Styria and various culinary festivals in Southern Styria.

The capital of Graz ...

... has a population of 298,479, Greater Graz approx. 460,000 and Styria as a whole 1,265,198.

... is a place for study with five universities, two technical colleges and more than 60,000 students.

... was European Capital of Culture in 2003, is a UNESCO World Heritage Site and City of Design.

### Styrians as hosts

Styrians are warm, passionate, but also headstrong hosts who are deeply rooted in their homeland. How many dialects are there? It's difficult to say, but they can be traced back to history and division of the landscapes, so you can easily hear the difference between Ausseerland and Eastern Styria when you speak to the locals. That's if you can understand them, of course. 😊

### 11 regions of Steiermark

Ausseerland-Salzkammergut | Erzberg Leoben | Gesäuse | Hochsteiermark | Murau | Murtal | Oststeiermark | Region Graz | Schladming-Dachstein | Südsteiermark | Thermen- & Vulkanland Steiermark.

Steiermark has 7,638 accommodations with a total of 163,671 beds available. 46,939 hosts are welcoming guests in the Green Heart of Austria.

All information: [www.steiermark.com/en](http://www.steiermark.com/en)

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