

APARTMENT LANDKIND · SISTRANS NEAR INNSBRUCK

Sistrans Travelbook

Griaß enk – great to have you here. Everything about the apartment, mountains and city, and our favourite places.

As of August 2026 · www.apartement-innsbruck.at

WELCOME

Holidays on Innsbruck's balcony

We are delighted to have you at Apartment Landkind. The house has two apartments: we live in one ourselves, the front apartment is yours – so do get in touch any time you need something.

At a glance

Address	Am Starkenbühel 523, 6073 Sistrans, Tirol
Contact	WhatsApp / phone +43 676 3002577 · hi@peakstay.at
Check-in	from 3 pm – entrance on the north side: from the car park to the right of the house, a few steps down. The door has an electronic lock; you receive the access code before arrival – no key needed.
Check-out	by 10 am – simply pull the door shut behind you, the lock secures itself
Wi-Fi	Name and password are on the sign in the apartment (scan the QR code to connect automatically)
Emergency	112 (European emergency) · 144 ambulance · 133 police · 122 fire · 141 on-call doctor · 140 mountain rescue

Three small requests

- Our house is a **non-smoking household** – please smoke outside and put the cigarette ends in the bin, not the garden.
- We live right next door – from **10 pm** we appreciate indoor volume.
- When leaving, please close the windows and terrace door – thank you!

Location in Google Maps – for navigation or friends coming to visit. Sat-nav: "Am Starkenbühel 523, Sistrans".

THE APARTMENT

How everything works

Wi-Fi & TV

The login details are on the sign. Netflix is set up on the TV – feel free to use our account ("AirBnB Account"), please don't create a new profile.

Kitchen

Fully equipped with hob, oven, dishwasher, microwave and a **Nespresso machine** – pots, pans and tableware for four are provided. Everything in the apartment is there to be used: make yourselves at home.

Ironing, hairdryer & linen

An iron and a hairdryer are part of the equipment; there is no washing machine in the apartment. Bed linen and towels for everyone are ready – extra blankets are in the bedroom wardrobe.

Sleeping & terrace

Two bedrooms for up to four people across around 60 m^2. Our highlight is the **sun terrace** right outside the apartment – coffee with mountain views in the morning, sunset over the Inn valley in the evening. Please make use of the terrace furniture.

Parking & EV

Park for free right **to the right of the house** – there is room for one car, and two can fit parked one behind the other if needed. You will find more free parking about 200 m away on the large lot at the **Unternehmerzentrum Sistrans**. The space has an **EV charging point** – simply scan the QR code on the charger and charge yourself at any time. One note: if the hob, toaster or hairdryer run at full power while the car is charging, the fuse regularly trips. The most relaxed option is therefore to charge **overnight**. If it does happen: knock or give us a call and we will switch it back on.

AROUND THE CORNER

Shopping & everyday life

SUPERMARKET **miniM MPREIS · Unterdorf 54, Sistrans**

Right in the village, but a **mini MPreis with a limited range** – for the essentials: Mon–Fri 7:30 am–7 pm, Sat until 6 pm, closed Sundays. The **MPREIS Aldrans** (Dorf 5, Tue–Fri 8 am–7 pm, Sat 8 am–6 pm) has everything, a 5-minute drive; alternative: MPREIS Lans (Aldranser Straße 214).

BAKERY & FARM SHOP **Sonntag**

On Sundays all supermarkets in Tyrol are closed – stock up on Saturday. If needed: Bäcker Ruetz in Innsbruck (e.g. old town, daily 7 am–6:30 pm) or petrol-station shops.

PHARMACY & DOCTOR **Apotheke Aldrans · Lanser Straße 8d**

Mon–Fri 8 am–12:30 pm and 2:30–6 pm, Sat 8 am–noon, phone +43 512 343144. GP in the next village: Dr. Fischer, Fagslung 1a, Aldrans, phone +43 512 378201.

TAXI **Taxi & ride services**

Taxi 5311 Innsbruck: +43 512 5311 (also via the "Taxi5311" app). Uber also works in Innsbruck and dispatches local taxis.

If something comes up

We live in the same house – just knock, or message us on WhatsApp at +43 676 3002577. On-call doctor: 141 · pharmacy emergency line: 1455 · in an emergency always 112 or 144.

GETTING AROUND

Into Innsbruck – by bus or car

Bus

Aldrans Fagslung stop, a 5-minute walk: the **Regiobus 530** runs daily from about 6 am to 9:30 pm every 30 minutes straight to Innsbruck main station (around 25 minutes) – the same line takes you the other way to Lans and the Patscherkofel cable car in Igls. On weekdays the **IVB line M** also runs every 15 minutes via Sillpark into town. Late at night the **Nightliner 540N** brings you back from the main station (times in the app).

Tickets & apps

Timetable and tickets via the **VVT SmartRide** app – it shows price and zone for every journey. As a guide (2026): Innsbruck city ticket €3.30, 24-hour ticket €7.30.

By car

Innsbruck is about 7 km away – roughly 15 minutes to the main station, 17 to the old town. Almost the whole city is a short-stay parking zone (ticket/app); the car parks are more relaxed (e.g. at the main station or Congress/Hofgarten). The Patscherkofel base station in Igls is a 7-minute drive, Lake Lans 5 minutes.

Innsbruck Card

For sightseeing marathons the **Innsbruck Card** pays off (24/48/72 hours for €49/55/66): all public transport in the city, one return cable-car ride of your choice (e.g. Nordkette or Patscherkofel) and admission to 22 sights – including Swarovski Crystal Worlds with shuttle. Available online at innsbruck.info or at the tourist office on Burggraben.

MOUNTAINS & NATURE

Huts, lake & yoga

Sistrans sits at around 900 m on the sunny high plateau – city and countryside in one. Boots on and off you go:

ALPINE HUTS **Sistranser Alm · Aldranser Alm · Lanser Alm**

Three alpine huts side by side, all reachable on foot: the **Sistranser Alm** (1,608 m, from late May, closed Wednesdays) has the finest view, the **Aldranser Alm** (May–October, closed Thursdays) the best food, and the **Lanser Alm** (mid-May–1 November, daily 10 am–9 pm) surprises with Nepalese cooking alongside Tyrolean classics – barbecue evenings on summer Fridays, book ahead.

BRUNCH **Rinner Alm**

Breakfast "Z'9ern" daily 9–10:30 am at 1,380 m – book ahead and bring cash (no cards). Closed Mondays; Tue–Thu until 9 pm, Fri–Sun until 5 pm. Open in winter from December to mid-February.

SWIMMING **Lanser See**

A 5-minute drive: lido open May to September, daily 9 am–7:30 pm in swimming weather, €7.50 (children €4.50), cheaper after 3 pm. A moor lake – the water is wonderfully soft.

YOGA **Sundown yoga on the Patscherkofel**

Every Thursday from mid-June to mid-October, 6:30–7:45 pm at the top station (€18–20, register with soulinmotion, +43 699 18013000; cable car extra). On Sundays there is morning yoga at 10:30 am.

MOUNTAINS & NATURE

Summits, trails & winter

SUMMITS **Serles · Neunerspitze–Viggarspitze**

The **Serles** (2,717 m) is Innsbruck's "high altar": Serlesbahnen Mieders (mid-May–1 November, return €26), then 3–4 hours to the summit – for experienced hikers; the summer toboggan run (€17) waits below. Straight from the house: the **Neunerspitze–Viggarspitze** loop above the Sistranser Alm, a long day with big views.

STROLL **Herzsee · Sill Gorge · Mutterer Alm**

Herzsee: circular walk through the Herztal from Aldrans, 4 km, a good hour. **Sill Gorge** in Innsbruck: currently partly closed for the Brenner Base Tunnel works – detour from the Bergisel car park, check beforehand. **Mutterer Alm**: cable car late May–late October daily 9 am–5 pm, mountain restaurant and easy trails with views of Innsbruck at the top.

Winter

Skiing on the **Patscherkofel** – Igls base station is a 7-minute drive (or bus 530). Cross-country trails start in Rinn (by the golf course) and around Lans, winter walks lead to the Rinner Alm. The Sistranser Alm is closed in winter. And: Sistrans sits at 900 m – winter tyres are mandatory, snow chains don't hurt.

INNSBRUCK

The city in 15 minutes

MOUNTAIN **Nordkette: Hungerburg – Seegrube – Hafelekar**

From the Congress to 2,256 m in 20 minutes: Hungerburgbahn (€14), on to the Seegrube and up to the Hafelekar ("Top of Innsbruck" combo ticket €56). Hike: from the Hungerburg to the **Höttinger Alm**, about 1.5 hours, cash only at the top.

OLD TOWN **Golden Roof, city tower, Maria-Theresien-Straße**

Selfie at the Golden Roof, up the city tower, then along Maria-Theresien-Straße to the Triumphal Arch – the Hofburg, Hofkirche and Hofgarten are right next door.

BERGISEL **Bergisel ski jump & Tirol Panorama**

Take the lift up the ski-jump tower (café with city views), next door the giant panorama painting – combo ticket €15, free under 19. Ski jump June–October daily 9 am–6 pm, closed Tuesdays in winter.

CASTLE **Schloss Ambras**

Renaissance castle with the Chamber of Art and Curiosities and a large park – daily 10 am–5 pm (closed November), €16 online, free under 19. Bus M or 540 from the main station.

FAMILY **Alpenzoo**

Europe's highest themed zoo, right by the Hungerburgbahn – daily from 9 am, €16 (children €9), combo with Hungerburgbahn €23.

MUSEUM **Museum of Tyrolean Folk Art & Hofkirche**

In the heart of the old town: the Folk Art Museum with the Hofkirche and Emperor Maximilian's "Black Men" – daily 9 am–5 pm, €9, combo ticket for all state museums €14, free under 19 (the Ferdinandeum is closed for renovation until 2028).

DAY TRIP **Swarovski Kristallwelten Wattens**

A 15-minute drive or the shuttle from the main station: daily 9 am–7 pm, €25 online (included with the Innsbruck Card). You have to see the Giant once.

FOOD & DRINK

The way to the heart…

HIGH PLATEAU **Isserwirt · Dorfstraße 9, Lans**

Fine Austrian cooking in the next village – a 5-minute drive. Kitchen 11:30 am–2 pm and 5:30–9 pm, closed Mondays, book: +43 512 377261.

VEGETARIAN **the naked indigo · Innrain 2**

Bowls, porridges and hot pots at Innsbruck's Marktplatz – vegetarian and vegan, with a view of Mariahilf's colourful houses. Vegan burgers at Swing Kitchen in the old town (Herzog-Friedrich-Straße 28).

VIEW **Seegrube Restaurant**

At 1,905 m above the city – strudel and coffee with Innsbruck's best view, daily 9 am–5 pm, evenings on request. A must.

TYROLEAN **Stiftskeller · Innsbruck**

Stiftgasse 1, in the heart of the old town: Tyrolean and Austrian classics in the chestnut-shaded garden – daily 10 am–11 pm.

ITALIAN **Le Murge · Due Sicilie**

Le Murge – Italian at its finest in Wilten (Tue–Sat, closed Sundays). **Pizzeria Due Sicilie** – a little hidden, but the best pizza in town (evenings from 5 pm).

OLD TOWN **FloJos · Seilergasse 12**

FloJos, Seilergasse 12 – American-Mexican in the middle of the old town, daily until midnight, Fri/Sat until 2 am.

BURRITO **Die Machete**

Machete – Burrito Kartell, Anichstraße 29: the students' favourite burrito place, no reservations, closed Mondays.

SCHNITZEL **Burenwirt**

Dorfgasse 9 in Hötting – the Schnitzel people come to Innsbruck for. From 4 pm, Sat from noon, Sun from 10 am; closed Tuesdays.

FOOD & DRINK

Cafés, bars & sweets

GIN **Kater Noster**

Leopoldstraße 7 in Wilten: by far the best gin in town, hip meets cosy – don't forget the chocolate tart. Daily from 2 pm, no reservations.

NEW **Innsieme Ristorantino**

New (2026): Innsieme Ristorantino, Herzog-Friedrich-Straße 31 – Italian from breakfast to dinner in the old town, Tue–Sun 9 am–10 pm.

VIEW **360° Bar · Rathausgalerien**

Maria-Theresien-Straße 18, 7th floor of the Rathausgalerien: 360° views over the whole city – a coffee up there belongs to every visit. Mon–Sat 10 am–1 am.

CAKES **Café Namsa**

Amberggasse 1: a social café with the best fresh cakes in town, a little hidden and a locals' insider tip. Tue–Fri 9 am–6 pm, Sat/Sun 9 am–4 pm, closed Mondays.

KULTUR **Treibhaus**

Angerzellgasse 8: alternative and cosy – drinks, live music, cabaret; the daily programme is on treibhaus.at. Mon–Sat 10 am–1 am, Sun from 4 pm.

SUNDOWNER **Terrace & Seegrube**

Sundowner with a view: the Seegrube sun terrace (see restaurants) or our own – two glasses are in the kitchen cupboard.

CLASSICS **Bäcker Ruetz · Tomaselli**

The Schnitzelsemmel at **Bäcker Ruetz** (old town, daily – Sundays too), the special flavour of the day at **Tomaselli**, Maria-Theresien-Straße 27, daily until midnight.

All venues checked in August 2026 – in the evening, book ahead by phone.

MUST DO

20 things to do in Innsbruck

1. Order strudel and coffee on the Seegrube
2. Stroll along the Inn and soak up the sun
3. Order Kaspressknödel soup and Käsespätzle back to back
4. Take a selfie at the Golden Roof
5. Watch the sunset on the banks of the Inn
6. Ride the Hungerburgbahn from the city up the mountain
7. Order a Schnitzelsemmel at Bäcker Ruetz
8. Cycle through the pedestrian zone
9. Order the special flavour at Tomaselli
10. Watch the skaters at Landhausplatz
11. Not understand Tyrolean but smile anyway
12. Hike up to a hut (Höttinger Alm, Umbrüggler Alm, Rumer Alm, Arzler Alm)
13. Devour a Schnitzel at the Burenwirt
14. Shop at a sports brand store
15. Ask a tourist for directions
16. Open a beer properly (mind the pop)
17. Climb the Serles or the Nockspitze
18. Ask a Tyrolean the difference between Axams, Aldrans, Ampass and Amras
19. Walk through town in sports gear
20. Enjoy the view over Innsbruck – best of all from our terrace

FINALLY

Tyrolean for beginners

Griaß di / Griaß enk	hello (one person / several)
Pfiat di / Pfiat enk	goodbye
aui, auffi	up, upwards
arschlinks	backwards
Weggn	bread
Verlängerter	a cup of coffee
Zoln bitte!	The bill, please!
Mogsch a Schnapsl?	Never say no …
I mog di	I like you
A Hetz machn	to have some fun
Heisl	toilet
Mei schian!	How lovely!
Mogsch di herhockn?	Would you like to sit down?
Passt scho	all good

Thank you & Pfiat enk

We wish you a wonderful time in Sistrans. If you enjoyed your stay, we would be thrilled about a **Google review** – and if you come back: booking directly with us is always the best value. By the way, we host in Munich too – www.apartment-munich.com.

www.apartement-innsbruck.at – book direct, no portal fees.
Pfiat enk, your hosts at Apartment Landkind