

APARTMENT MARIA · INNSBRUCK-WILTEN

Innsbruck Travelbook

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

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

WELCOME

In the middle of Innsbruck – our very special city

We are delighted to have you at Apartment Maria. From here you are 8 minutes from the main station and 11 minutes from the Golden Roof – and the mountains are still right outside. If anything is missing, message us – WhatsApp is fastest.

At a glance

Address	Michael-Gaismair-Straße 7, 6020 Innsbruck (Wilten)
Contact	WhatsApp / phone +43 676 3002577 · hi@peakstay.at
Check-in	from 3 pm via self check-in – you receive the access details before arrival
Check-out	by 10 am
Wi-Fi	Name and password are on the picture with the QR code on the table (scan = connected automatically)
Emergency	112 (European emergency) · 144 ambulance · 133 police · 122 fire · 141 on-call doctor

Three small requests

- The apartment is **non-smoking** – please smoke outside and put the cigarette ends in the bin.
- From **10 pm** please keep the volume down – we want to keep the good relationship in the building.
- When leaving, please close windows and switch off lights – thanks!

Location in Google Maps – for navigation or friends coming to visit.

THE APARTMENT

How everything works

Wi-Fi & TV

Name and password are on the picture with the QR code on the table – just scan it and you are connected automatically. If the network stalls: the router sits on the floor next to the table – switch it off and on again, it will be back within two minutes.

Kitchen

Compact and complete: hob, dishwasher, microwave and a **Nespresso machine** – pots, pans and tableware for four are provided.

Laundry & ironing

A **washing machine**, **iron** and **hairdryer** are part of the equipment – detergent is provided, one cap is enough for a normal load.

Sleeping

Around 26 m^2 for up to 4 people – small but well thought out: bed linen and towels for everyone are provided, extra blankets are in the wardrobe.

Parking

Outside the building is a **short-stay zone**: charged Mon–Fri 9 am–9 pm and Sat 9 am–1 pm (€1.10 per half hour, max. 90 minutes at a time; from 2 November 2026 Mon–Fri 8 am–9 pm, Sat 8 am–6 pm) – free in the evening and on Sundays. Pay at the machine or via the "Handyparken" app. For longer stays use the car parks 500 m away: **Parkgarage Tourist Center**, Salurner Straße 15 (24 h max. €22, 3 days €45, 7 days €75) or **Parkgarage Hauptbahnhof**, Südtiroler Platz 3 (€1.80 per 30 min, 24 h €29).

AROUND THE CORNER

Shopping & everyday life

SUPERMARKET **SPAR · Leopoldstraße 28**

About 200 m down the street, right after the "WILTEN" brunch café on the corner: Mon–Fri 7:15 am–7:30 pm, Sat until 6 pm, closed Sundays. Bigger: Hofer in the Stadt Carré, Andreas-Hofer-Straße 55 (Mon–Fri until 7:30 pm, Sat until 6 pm).

SUNDAY **Sundays & late**

On Sundays almost all shops in Austria are closed – your rescue is the **MPREIS in the main station** (Südtiroler Platz 3–5), open Sundays 6 am–9 pm, an 8-minute walk. Bäcker Ruetz in the old town is open on Sundays too.

LATE-NIGHT **Späti Wilten Automatenshop · Leopoldstraße 28a**

Right by the SPAR, about 200 m away: Innsbruck's first vending-machine shop – snacks, drinks and basics from the machines, around the clock 365 days a year. Your rescue for late-night cravings.

BAKERY **Bäcker Ruetz**

Several branches within walking distance – main station and old town (Herzog-Friedrich-Straße 36, daily 7 am–6:30 pm, Sundays too). A must: the Schnitzelsemmel.

PHARMACY **Around the main station & Leopoldstraße**

Several pharmacies within a 5-minute walk. Out-of-hours pharmacy: phone 1455 (nationwide) or apothekerkammer.at.

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

Message us on WhatsApp at +43 676 3002577 – we are here for you. On-call doctor: 141 · pharmacy emergency line: 1455 · in an emergency always 112 or 144.

GETTING AROUND

On foot, by bus & train and by bike

On foot

Innsbruck is a city of short distances: **Triumphal Arch** 3 minutes, **main station** 8, **Maria-Theresien-Straße** 8, **Golden Roof** 11, **Bergisel ski jump** 15, **Congress/Hungerburgbahn** 15 minutes. The nicest route into the old town: through the Triumphal Arch and down Maria-Theresien-Straße.

Bus, tram & tickets

From the **main station** (8 minutes on foot) all the city's bus and tram lines depart. Important: **tickets are no longer sold on the bus** – buy them at the machine at the stop or in the **IVB Tickets** app (timetables and routes: **VVT SmartRide** app). Prices 2026: single €3.30, 24-hour ticket €7.30, 8-trip ticket €19.10. The **Hungerburgbahn** up the Nordkette starts at the Congress – a 15-minute walk from you.

Bike

Innsbruck is flat and bike-friendly: **Stadtrad Innsbruck** (IVB/nextbike) has stations all over the city – rent via the nextbike app, the first 30 minutes €1.30, then €2.50 per half hour, max. €19.10 a day. Nicest loop: along the Inn to the Baggersee and back.

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.

SIGHTSEEING

What you must see

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).

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

Selfie at the Golden Roof, up the city tower, through the narrow lanes – and an ice cream from Tomaselli. The Hofburg and Hofgarten are right next door.

BERGISEL **Bergisel ski jump & Tirol Panorama – 15 minutes on foot**

Take the lift up the ski-jump tower (café with city views), next door the giant panorama painting – combo ticket €15, free under 19.

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. 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, free under 19.

GREEN **Hofgarten · Inn riverside · Botanical Garden**

The **Hofgarten** behind the Hofburg for a break, the **Inn riverside** at Marktplatz with views of Mariahilf's colourful houses and the Nordkette, **Landhausplatz** with its skaters – and the university's **Botanical Garden** (Sternwartestraße 15, grounds free, April–October daily until 7 pm).

DAY TRIP **Swarovski Kristallwelten Wattens**

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

MOUNTAINS & NATURE

A real Innsbruck experience needs a hike

ALPINE HUTS **Höttinger Alm · Umbrüggler Alm · Arzler Alm · Rumer Alm**

The huts above the city, all 1–2 hours from the Hungerburg or Arzl/Rum, all with sun terraces and city views. Our favourite: Höttinger Alm (May–October, cash only) – Käsespätzle and strudel!

SUMMITS **Serles · Nockspitze**

The **Serles** (2,717 m), Innsbruck's "high altar": Serlesbahnen Mieders (return €26), then 3–4 hours to the summit – for experienced hikers. The **Nockspitze** (2,404 m) from Axamer Lizum is the shorter option.

LOCAL MOUNTAIN **Patscherkofel**

Innsbruck's local mountain to the south: bus 530 or J to Igls, cable car mid-May–1 November (return €33), the Zirbenweg at the top – the region's finest high-level trail. A ski area right outside the city in winter.

SWIMMING **Lanser See · Baggersee**

Lanser See on the high plateau (bus 530, lido May–Sept, €7.50) – a moor lake with soft water. **Baggersee** in the east: free, with a Tomaselli ice-cream stand.

GORGE **Sillschlucht**

The city walk between Bergisel and the Sill – currently partly closed for the Brenner Base Tunnel works, detour from the Bergisel car park. Check beforehand.

Winter

Skiing straight from Innsbruck: Nordkette (freeride, from the Hungerburg), Patscherkofel (families, bus J), Axamer Lizum and Kühtai (ski bus from the main station). And the **Christmas market** in the old town (late November to 6 January) is 11 minutes' walk from you.

FOOD & DRINK

Yummy Innsbruck

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 · 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, Leopoldstraße 27 – Italian at its finest, a 5-minute walk (Tue–Sat, closed Sundays). **Pizzeria Due Sicilie**, Höttinger Gasse 15 – a little hidden, but the best pizza in town (evenings from 5 pm).

VEGETARIAN **the naked indigo · Himalayan**

the naked indigo, Innrain 2 at Marktplatz – bowls, porridges and hot pots, vegetarian and vegan, with a view of Mariahilf's colourful houses. **Himalayan Nepali Kitchen**, Maximilianstraße 11 – Nepalese, daily (Sat/Sun evenings only). Vegan burgers: Swing Kitchen, Herzog-Friedrich-Straße 28.

BURGER & BURRITO **Glorious Bastards · Die Machete**

Glorious Bastards, Egger-Lienz-Straße 118 – the city's burger address, daily from 11:30 am. **Machete – Burrito Kartell**, Anichstraße 29 – the students' first choice for burritos, no reservations, closed Mondays.

SCHNITZEL **Burenwirt · Dorfgasse 9 (Hötting)**

The Schnitzel people come to Innsbruck for. From 4 pm, Sat from noon, Sun from 10 am; closed Tuesdays.

OLD TOWN **FloJos · Seilergasse 12**

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

FOOD & DRINK

Coffee and apple-strudel time

GIN **Kater Noster · Leopoldstraße 7**

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

NEIGHBOURHOOD **WILTEN Brunch + Bar · Karaffu**

WILTEN, Leopoldstraße 24, on the corner: brunch daily 8 am–4 pm, bar from 4 pm. **Karaffu Coffee Culture**, Leopoldstraße 9: student hangout with good coffee and pistachio cake (closed Wednesdays).

VIEW **360° Bar · Rathausgalerien**

Maria-Theresien-Straße 18, 7th floor: 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 locals' insider tip. Tue–Fri 9 am–6 pm, Sat/Sun 9 am–4 pm, closed Mon.

CULTURE & GAMES **Treibhaus · Das Brett**

Treibhaus, Angerzellgasse 8: alternative and cosy – drinks, live music, cabaret (programme on treibhaus.at). **Das Brett**, Mariahilfstraße 12: games bar with over 500 games – pick a game, order a Lila Spritzer (Tue–Sun).

BRUNCH **Heublume · Kula.Lab**

Heublume, Templstraße 32 in Wilten – brunch and flatbreads (Mon–Fri 8 am–4 pm, Sat 9 am–2 pm, Sun 9 am–noon). **Kula.Lab**, Anichstraße 13 – specialty coffee, sourdough show bakery and yoga studio under one roof.

NEW **Innsieme Ristorantino · Herzog-Friedrich-Straße 31**

New since 2026: Italian from breakfast to dinner in the old town, Tue–Sun 9 am–10 pm.

CLASSICS **Tomaselli**

Maria-Theresien-Straße 27: the special flavour of the day, daily until midnight.

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 from a viewpoint
6. Ride the Hungerburgbahn from the city up the mountain
7. Order a Schnitzelsemmel at Bäcker Ruetz
8. Cycle through the old town
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 at sunset

FINALLY

Tyrolean for beginners

Griaß di / Griaß enk	hello (one person / several)
Pfiat di / Pfiat enk	goodbye
aui, auffi	up, upwards
grodaus	straight ahead
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 Innsbruck. 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 also offer mountain peace at Apartment Landkind in Sistrans – and the Mozart Apartment in Munich (www.apartment-munich.com).

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