

PRESS INFORMATION

Osttirol, March 2026



Press Release: Alpine Silence as Osttirol's Strongest Response to the Spirit of Our Times

Subheading: Five Places Where You Can Hear the Quiet

Where exactly is Osttirol?

Between Peaks and Peace of Mind



Osttirol is not defined by coordinates, elevation gains or record-breaking routes, but by an emotion: the feeling of being in a place where, for a moment, the noise of the world falls silent. © TVB Osttirol / Anna-Lena Duschl

The louder the world becomes, the more valuable silence grows. While many destinations continue to follow the mantra of "higher, faster, further," East Tyrol consciously focuses on alpine tranquillity, crisp mountain air and landscapes where visitors can once again hear what everyday life often drowns out: a welcome counterpoint to urban overstimulation and perpetual acceleration.

The question "Where exactly is Osttirol?" therefore cannot be answered geographically alone. Five carefully selected locations demonstrate the many different ways tranquillity can be experienced in nature and how moving through the mountains fosters calmness, mindfulness and moments of genuine reflection.

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Contrast as Identity



In Osttirol silence is not defined as the absence of sound, but as the presence of nature.
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Whether hiking, cycling or climbing, outdoor activities in East Tyrol lead visitors away from everyday routines and into an environment where thoughts are free to wander. The region intentionally thrives on contrasts. Alongside peaceful valleys and quiet mountain landscapes are places full of energy and joie de vivre, where people come together, exchange stories and celebrate life.

The interplay between vibrant village culture and moments of solitude amidst 266 peaks exceeding 3000 metres creates a unique balance between activity and relaxation. Perhaps the answer to the question "Where exactly is Osttirol?" can be found precisely where the world becomes quiet again, if only for a moment.

Five Paths to Alpine Tranquillity



The desire for peace and quiet is growing. For many travellers, Osttirol in Austria has become a place where thoughts once again find room to breathe.

© Left and centre: TVB Osttirol / rauf-und-davon.at; right: TVB Osttirol / Anna-Lena Duschl

"Silence may well be the greatest luxury of our time," says Franz Theurl, Chairman of the Osttirol Tourist Board. "East Tyrol offers places for reflection and retreat, but above all, it provides a source of strength and clarity."

In summer 2026, the region south of the main Alpine ridge will deliberately spotlight a collection of remarkable places that stand out not through spectacular staging, but through their authentic atmosphere. The following five locations illustrate the diverse ways in which alpine silence can be experienced.

Geigensee Lake, Defereggental

In the Defereggental Valley, a mountain-bike trail gradually ascends from the valley floor through alpine meadows and fragrant Swiss stone pine forests. The final section of the Bike & Hike route is completed on foot. After a short climb, visitors seeking tranquillity arrive at Lake Geigensee.

Its dark surface resembles a natural sound absorber. Those who reach its shores often hear nothing at all, except perhaps the gentle wind moving through the pines. Here, silence is not the absence of sound but the conscious awareness of nature in its purest form.

Schlaiten Panorama and Experience Trail

Further east, above the Isel Valley, the Schlaiten Panorama and Experience Trail follows the gentle contours of the landscape. Expansive views across the valley open up repeatedly between meadows and forests before the path reaches the Daberer Waterfall.

Here, silence becomes a paradox. The roaring water drowns out everything else and, in doing so, quiets all other thoughts. This interplay of movement and natural sound offers a welcome escape from the noise and pressures of modern life.

Celar Waterfall, Kristein Valley

In the Kristein Valley near Anras, visitors quickly discover how meditative hiking can be. A shaded path winds through woodland and across small bridges towards the Celar Waterfall, accompanied throughout by the steady murmur of mountain streams flowing over rocks and boulders.

Families in particular experience how naturally the rhythm of life slows down here. Without schedules, deadlines or expectations, both young and old can reconnect with nature and with one another, far removed from the demands of everyday life.

Froßnitz Valley near Matrei

Deeper into the alpine world lies the Froßnitz Valley near Matrei. The vast alpine pastures of Hohe Tauern National Park unfold like a grand natural stage framed by towering mountain scenery.

Hiking trails meander through meadows and past traditional alpine huts, while the ringing of cowbells, the sound of flowing water and the openness of the valley blend into a unique natural symphony. Here, time appears to slow down, and watches suddenly seem unnecessary.

“Verborgene Welt” Climbing Route, Lienz Dolomites

Even climbing becomes an experience of silence in East Tyrol. The “Verborgene Welt” (“Hidden World”) route in the Lienz Dolomites leads through striking rock formations and repeatedly rewards climbers with spectacular views of iconic peaks such as Große Sandspitze, Spitzkofel and Hochstadel.

With every hold and every step, everyday concerns fade further into the background until only one’s breathing and complete concentration on the next move remain.

About Osttirol

“Osttirol is naturally different. Naturally, in the truest sense of nature.” This guiding philosophy defines the holiday region south of the main Alpine ridge.

Nestled between Hohe Tauern National Park, the Lienz Dolomites and the Carnic Ridge, Osttirol is distinguished by its authenticity, unspoilt landscapes and deeply rooted traditions. Home to 266 summits rising above 3,000 metres, including Austria’s highest mountain, the Grossglockner, Osttirol proudly lives up to its reputation as **“Tyrol’s Mountain Realm.”**

Nature lovers discover pristine landscapes and vast open spaces, while outdoor enthusiasts appreciate the exceptional conditions for hiking, climbing and mountain sports. Among mountaineers and climbers, Osttirol has long enjoyed cult status.

The region is equally renowned for its culinary excellence. The southern part of Austria delights visitors with an impressive spectrum of gastronomic experiences, ranging from rustic mountain inns and traditional farm taverns to award-winning gourmet restaurants. Rural traditions also continue to play a vital role. Centuries-old customs, authentic craftsmanship and a gently evolving culture of heritage and community continue to shape daily life in Osttirol, just as they have for generations.

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