

WALK 2: HUGE TOWER, DEEP RAVINES: FROM SKI JUMP TO THE SILL GORGE

Highs and lows! This walk takes in not only the tower of the spectacular Bergisel Ski Jump, but also the Sill Gorge, Innsbruck's very own "canyon". It bears the name Sill after the River Inn's "little sister", and takes hikers and walkers off into the untamed, romantic landscape of a Tyrolean mountain river. It's hard to believe you're in the very heart of the urban area! You can admire the fascinating river landscape, enjoy the lovely views and get an intimate sense of the remarkable proximity of city and nature.

FACTS

Duration: half day or full day (with Bergisel and museum visits), the detour down into the Sill Gorge takes about 45 mins

Info: easy tour, sturdy shoes recommended, slippery when wet

Please note: the trail through the Sill Gorge is not suitable for wheelchairs or buggies!

HIGHLIGHTS

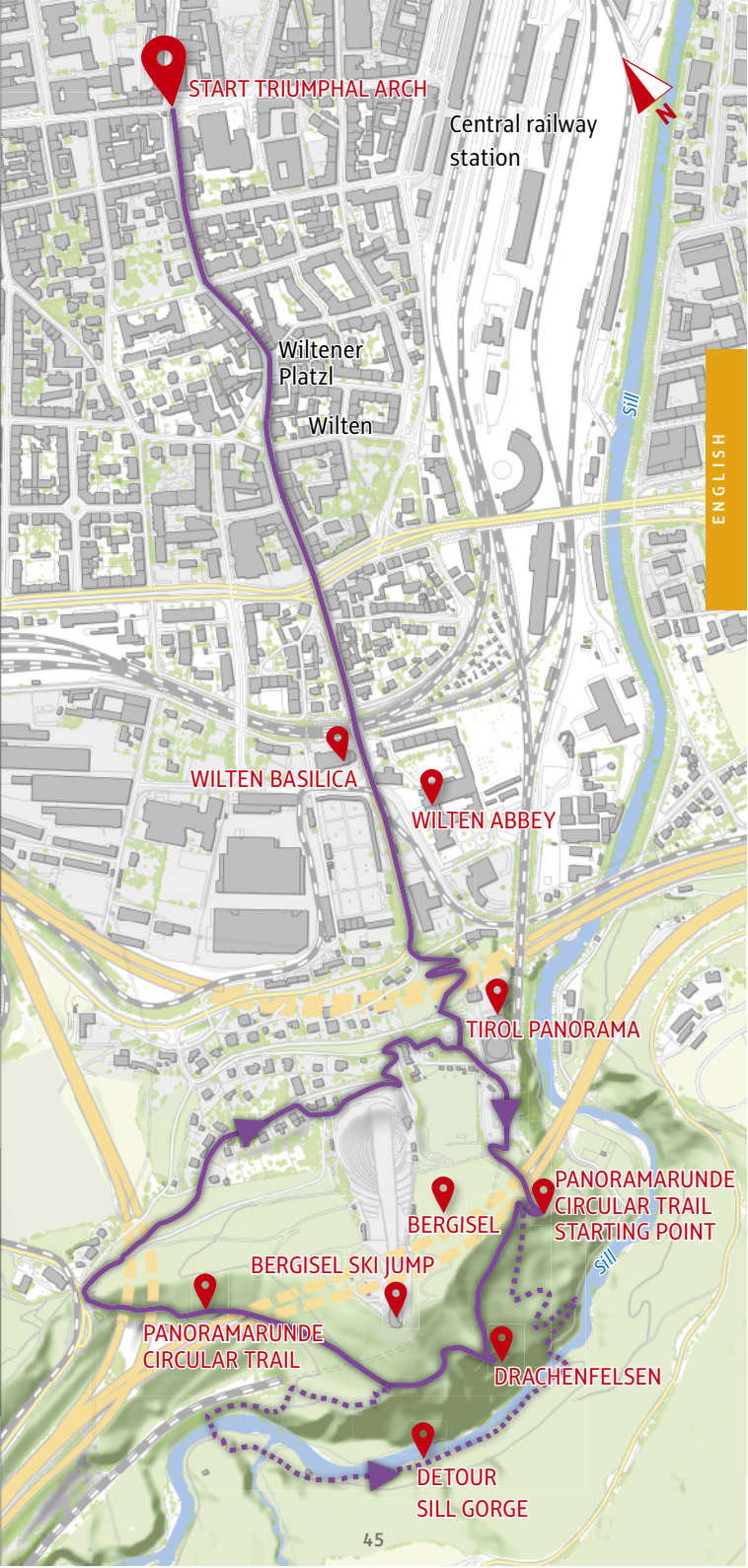
- ▶ Wild and romantic gorge in the heart of the city
- ▶ Architectural highlight: Bergisel Ski Jump
- ▶ Drachenfelsen, a viewing platform overlooking the Sill Gorge

ROUTE DESCRIPTION

Start at the Triumphal Arch (Triumphpforte) ▶ go straight on heading south along Leopoldstrasse and Brennerstrasse ▶ go past Wilten Basilica and Wilten Abbey to the Bergisel ▶ the start of the so-called "Panoramarunde" circular trail starts at the Tirol Panorama car park ▶ go past the "Drachenfelsen", at the so-called "sun deck" either continue on the Panorama Trail or, as an alternative, take a detour down to the Sill Gorge ▶ The detour is a variant that follows the River Sill and is an ideal route on hot summer days. The loop ends back at the start of the Panorama Trail ▶ if continuing along the "Panoramarunde" circular trail, at the Brennerstrasse keep right for some 100 metres on the Pierre-de-Coubertin trail before a short path through the forest leads to the Bergisel trail. ▶ go through the collocation of houses on the Bergisel back to the Bergisel ski jump with access to the ski jump tower ▶ return past Wilten Abbey via Brennerstrasse and Leopoldstrasse to the Triumphal Arch.

Tip: if you want to shorten the walk, you can take the tram from the Bergisel stop, opposite Wilten Abbey, back to the city centre.

Sill gorge



START TRIUMPHAL ARCH

Central railway station

Wiltener Platzl

Wiltener

WILTEN BASILICA

WILTEN ABBEY

TIROL PANORAMA

PANORAMARUNDE CIRCULAR TRAIL STARTING POINT

BERGISEL

BERGISEL SKI JUMP

PANORAMARUNDE CIRCULAR TRAIL

DRACHENFELSEN

DETOUR SILL GORGE

ENGLISH

SIGHTS

- ▶ **Triumphal Arch:** Empress Maria Theresa ordered the construction of the Triumphal Arch to mark the wedding of her son Archduke Leopold and the Spanish Princess Maria Ludovica in 1765. The side facing away from the city shows this joyful event. Leopold's father Franz Stephan died unexpectedly shortly after the wedding, and the north side references the emperor's death
- ▶ **Wilten Basilica:** is regarded as the most beautiful Rococo church in the country. Hundreds of years ago, Roman legionnaires are believed to have worshipped a unique image of Mary in the former "Veldidena" settlement on this site.
- ▶ **Wilten Abbey:** the Convent of the Premonstratensians was founded in 1138 by Bishop Reginbert in the Wilten district at the foot of the Bergisel. Legend has it that the hill was created by Haymon the Giant in 880. The abbey is home to the famous Wilten Boys Choir.
- ▶ **Tirol Panorama:** the museum houses the Giant Panoramic Painting (Riesenrundgemälde) which shows the Tyrolean freedom struggle of 1809 in a breathtaking 360-degree view across 1,000 m² of canvas.
- ▶ **Bergisel hill:** more than 200 years ago, the 746-metre high hill was the scene of a legendary battle in which Tyrolean freedom fighters defeated a Bavarian army under French command. Today it's a popular destination with fantastic panoramic views of the city and the Nordkette mountains.
- ▶ **Bergisel Ski Jump:** the ski jump on the Bergisel is one of the stations of the Four Hills Tournament. The ski jump houses a restaurant and viewing platform. The star architect Zaha Hadid, who died in 2016, gave the ski jump tower its present appearance.
- ▶ **Panoramarunde:** this circular walk is an integral part of the whole Bergisel experience. The circular hiking trail is about 2.2 km long, starts at the museum and goes right around the Bergisel. What's so impressive about it are the ever-changing views of the city, the wonderful scenery and the fact that it creates a bridge between past and present.
- ▶ **Drachenfelsen:** one of the best sights on the Panoramarunde is the viewing platform with its transparent floor. If you have a good head for heights, this is where you can enjoy breathtaking views.
- ▶ **Sillschlucht:** idyllic wilderness in the city

MY FAVOURITES

- ▶ The whole of the Sill Gorge offers lots of great photo opportunities. It lies in the heart of an unspoilt natural landscape with babbling mountain brooks and magnificent views of the Bergisel Ski Jump. In spring and early summer the melt water gives the river a beautiful colour.
- ▶ For those with a good head for heights there are spectacular views to be enjoyed from the Drachenfelsen viewing platform and from the top of the Bergisel Ski Jump
- ▶ 360-degree panoramic view from the jump's viewing platform of the city and the impressive Nordkette mountains
- ▶ Sport: very close by at the Olympic Rings in the Bergisel Stadium (1964 & 1976 Olympic Games, and 2012 Youth Games)

AND WHILST WE'RE HERE ...

If you go to the Bergisel, the Grassmayr bell foundry is on your way. It looks back on 400 years of tradition and is really worth a visit. Its bells can be heard in more than 100 countries all over the world, and the most famous hangs on Mount Sinai where the Ten Commandments are said to have been handed down to Moses. The smallest was 4 cm in diameter, the largest 3.3 m weighing in at over 25 tonnes. The museum tells you about the history and production of the bells in an exciting and, in the "Sound Room", very audible way! Visitors can also conduct their own sound experiments.

REFRESHMENT STOPS

- ▶ **Kater Noster** | €: great place! Cafe during the day, events and art room in the basement, bar in the evening (great cocktails, including the "Innsbruck Mule").
- ▶ **Olive** | €/€€: vegetarian and vegan specialities in a charmingly modern ambience right on the Wiltener Platzl.
- ▶ **Bierstindl** | €€: inn with a long tradition (first mentioned in 1681). Tyrolean specialities and Bavarian delicacies, as well as beer pub. Large beer garden!
- ▶ **Restaurant 1809** | €€€: modern, internationally influenced Tyrolean cuisine right by the Tirol Panorama; wonderful views of Innsbruck and the Nordkette mountains
- ▶ **Bergisel Sky** | €€/€€€: cafe and restaurant at the famous ski jump. Breathtaking panoramic views of Innsbruck.

INSIDER TIPS

- ▶ The Triumphal Arch is not made of wood, as was customary at that time, but carved out of stone. The sculptors Constantin Walter and Johann Baptist Hagenauer wanted to reuse stones from the recently demolished town gate. So, although the columns were made of wood, the archway itself consists of blocks of Hötting breccia.
- ▶ Zaha Hadid has left her mark in Innsbruck. In addition to the Bergisel Ski Jump, she also designed the Hungerburgbahn stations.
- ▶ Not only are there ski jumps as part of the annual Four Hills Tournament (3 and 4 January), show ski jumpers can also be seen in action every day from May to mid-October.
- ▶ On the Bergisel you can see for yourself the awesome prospect that faces ski jumpers from the top! If you have the nerve, you can sit on the launch platform, safely secured by a professional, and look down into the abyss. Feel those goose bumps already?
- ▶ The super fit run all the way up the 455 steps to the top of the jump. But the easy option, which takes just two minutes, is to take the inclined lift.
- ▶ Worth seeing: you can watch lots of kayakers when the River Sill is running high.