



## **Insider Tip: Rauris Valley - Experience Nature and Find Tranquility The Slow Travel Destination in the Hohe Tauern National Park**

The Rauris Valley in the Salzburg region is a true insider tip for nature lovers, hikers, and those seeking tranquility. As a slow travel destination far from the hustle and bustle, the Rauris Valley invites you to leave everyday life behind and immerse yourself in the unspoiled beauty of the Alps.

The Rauris Valley is a year-round destination with heart: whether it's the awakening of spring, the blooming alpine roses, the golden autumn, or our snow-covered winter landscape – the Rauris Valley reveals its most beautiful side in every season. 300 km of hiking trails – from leisurely strolls in the valley and bike tours to challenging summit hikes. In winter, the Rauris Valley also delights with family-friendly ski slopes, untouched powder runs, and romantic snowshoe hikes.

Nestled in the heart of the Hohe Tauern National Park lies the Rauris Valley – a hidden gem in the Salzburg Alps, which has established itself as a model region for slow travel. Here, where authenticity, tranquility, and a connection to nature set the pace, guests experience a decelerated alternative to the hustle and bustle of everyday life – in every season. A valley for all the senses – all year round.

Whether it's snow-covered winter landscapes, blooming alpine meadows in spring, cool forest paths in summer, or the wonderful display of colors in autumn – the Rauris Valley invites you to consciously experience nature throughout the year. Instead of hectic activity, the focus in the Rauris Valley is on pausing for reflection: whether observing bearded vultures in the Krumltal Valley, hiking along historic gold prospector trails, or enjoying guided snowshoe hikes in winter.

### **Slow Travel - Traveling with all your senses**

Here, slow travel means more than just traveling slowly – it's a way of life. Regionality, sustainability, and authenticity shape the tourism offerings. The accommodations in Rauris prioritize local materials, hosts embody genuine hospitality, and numerous associations strengthen the connection between people and nature – from sustainable mobility to traditional agriculture. Here, history and tradition come alive, for example, at the food markets from July to mid-September, local evenings, open-air concerts by the brass band, and the traditional Harvest Festival in September. A celebration for locals and tourists alike.



## **Slow travel is more than just a travel style - it's a mindset.**

Those who choose slow travel travel consciously, mindfully, and sustainably. It's not about ticking off as many places as possible in a short time, but about seeing less – and experiencing it more intensely.

- Take time to connect with people in the Rauris Valley
- Enjoy the local cuisine
- Experience the landscape and nature through touch, sound, and smell
- Discover the little things that are often overlooked
- Travel slowly – on foot, by bike, or using public transport
- Let yourself drift
- Embrace regionality and authenticity

Choosing slow travel means choosing genuine relaxation – and leaving a smaller ecological footprint. It's an invitation to rethink travel to the Rauris Valley: less consumption, more quality. Less speed, more depth. Simply travel more slowly and experience things more intensely.

Sustainable relaxation, conscious experience

The Rauris Valley demonstrates how sustainable tourism can work. Guests won't find an overcrowded ski resort, but rather a well-balanced, nature-oriented offering: family-friendly skiing without queues, cross-country skiing through tranquil valleys, or winter hiking through snow-covered forests. In summer, the national park offers enchanting energy spots, wildlife viewing opportunities, and guided tours, as well as beautiful mountain biking trails.

The Rauris Valley – a pristine valley of springs, vultures, and gold prospectors.

A place where time slows down – and experiences are all the more intense.

Discover the Rauris Valley now – your personal retreat in the Hohe Tauern National Park.