

Sports

Graz is a lovely green city and offers a wide range of different sport possibilities directly in the city as well as in the surroundings.

Biking

Biking in Graz

Graz is [Austria's biking capital](#) and has the highest rate of bikers in Austria. Due to the numerous bike paths, bike lanes and bike parking opportunities, biking is the best choice for covering shorter distances in the city.

An [online biking journey planner](#) is available to find your way to the desired destination.

You want to rent a bike to explore Graz? There is a [renting platform](#) for bicycles (only in German).

Murradweg

One of the most famous cycling trails is the ["Murradweg"](#) – River Mur Biking Trail. The River Mur accompanies you for 459 kilometres; from its source in the *Hohe Tauern National Park* to the vines and thermal springs of the spas in the south of Styria. Throughout the entire River Mur Biking Trail climbs are very rare and always quite easily-manageable.

Hiking

Schöckl Mountain

["Schöckl"](#) (1445 m) is the local mountain of Graz and is an extremely popular destination. Featuring everything from steep slopes to an extended plateau, it holds an almost supernatural fascination for visitors. The comfortable way to get up the Schöckl Mountain is to take cable car from St. Radegund. More information on the operating time for the cable car you will find [here](#).

Bärenschützklamm Gorge

Gaze down the torrents on an exciting trip to [Bärenschützklamm gorge](#). Past roaring waterfalls, bizarre rock formations, rare flora and fauna, the route surges on through one of the longest active gorges in Austria. The exciting ascent involves 164 wooden bridges and ladders along 1300 metres. More information you will find [here](#).

Kesselfall Gorge

The beautiful ["Kesselfallklamm"](#) is like a little sister to the mighty Bärenschützklamm. Well secured steps allow you to explore this romantic gully comfortably with children too. The Kesselfall circle trail (R3) starts at the Sandwirt restaurant in Augrabén. The [official website](#) is only available in German.

More hiking trails in Graz and the surroundings are available [here](#). An overview of hiking trails in all of Austria can be found on the [Bergfex](#) website.

Climbing

For climbing lovers two indoor climbing and two boulder centers are available:

Climbing centers

- ☐ [City Adventure Center Graz](#)
- ☐ [Unionhalle Kletterhalle](#)

Boulder halls

- ☐ [Boulderclub](#)
- ☐ [Bloc House](#)

On sunny days you can explore the [Adventure Park Graz](#) at the Hilmteich which is a forest climbing park. Information about the Adventure Park Graz can be found [here](#) (only in German).

Swimming

Graz has several indoor and outdoor pools as well as some lakes in the surrounding areas. During the wintertime you can swim at [Bad zur Sonne](#), [Auster Sportbad](#) and the [Unionbad](#).

In summer the following outdoor pools are also available:

- ☐ [Auster Freibad](#)
- ☐ [Margarethenbad](#)
- ☐ [Bad Straßgang](#)
- ☐ [Stukitzbad](#)
- ☐ [Ragnitzbad](#)

Following (man-made) lakes can be recommended for swimming:

- ☐ [Schwarzl Freizeitzentrum](#)
- ☐ [Copacabana](#)
- ☐ [Tieber Freizeit Zentrum](#)
- ☐ [Naturbad Weihermühle](#)
- ☐ [Erlebnisbad Frohnleiten](#)
- ☐ [Well-Welt Kumberg](#)

THERMAL BATHS

Austria and especially Styria is famous for its healing thermal waters. Enjoy a relaxed day at one of the thermal baths and indulge in a spa treatment. Most of the thermal baths also have saunas and steam baths (attention nude areas). An overview about Styrian thermal baths can be found [here](#) (only in German).

Gyms

Most of the gyms in Graz offer contracts on a one-year basis and only a few have contracts which are valid for 3 or 6 months. Some of them require you to pay a one-time registration fee when signing a contract. Some of them offer the possibility of individual entrance tickets.

The following gyms are available in Graz:

- | | |
|--|--|
| <input type="checkbox"/> Injoy Graz | <input type="checkbox"/> Curves (for ladies) |
| <input type="checkbox"/> Fitinn | <input type="checkbox"/> Gymnastic Ladies (for ladies) |
| <input type="checkbox"/> Vibes Fitness | <input type="checkbox"/> McFit Graz (special student prices, shorter or open contracts) |
| <input type="checkbox"/> Crossfit Graz | <input type="checkbox"/> Austrian Fitness Center (special student prices, shorter or open contracts) |
| <input type="checkbox"/> Crossfit Murstadt | <input type="checkbox"/> 3d Fitnessstudios (special student prices, shorter or open contracts) |
| <input type="checkbox"/> Kieser Training | <input type="checkbox"/> Kurtis Gym (special student prices, shorter or open contracts) |
| <input type="checkbox"/> GESU Loft | |
| <input type="checkbox"/> John Harris | |
| <input type="checkbox"/> Mrs. Sporty (for ladies) | |
| <input type="checkbox"/> Lifestyle Ladies (for ladies) | |
| <input type="checkbox"/> Ladies Fitness (for ladies) | |

Ice- Skating

Ice-skating is pretty popular in Graz. During the winter months it is possible to ice-skate outdoors on [Karmeliterplatz](#), the [Hilmteich](#) or [Thalersee](#). At [Eishalle Liebenau](#) skating arena you skate all year around. If you do not have ice skates, you may rent equipment at the skating arena.

Skiing

Skiing areas and resorts cling to almost every mountain in the alpine region and the passion for skiing in Austria is unmatched. You may find the latest updates of all winter sport resorts throughout Austria at [Austria's Top Ski Resorts](#) (live ski data, web cams and snow & weather reports).

[Bergfex](#) has an overview of the Ski Resorts and also current weather conditions.

Furthermore [Ski-Austria.com](#) brings you an independent analysis of Austria's top ski resorts. With resort maps and plans of the ski runs, with lists of the top hotels in the resorts and with a rundown of the best road and rail routes to each ski resort.

Skiing resorts close to Graz are for example [Salzstiegl](#), [Planneralm](#) or [Koralm](#).

UNIVERSITY SPORTS CENTRE (USI)

The [University Sports Centre \(USI\) Graz](#) offers a variety of sports courses (about 300 courses) for students, staff and graduates of the Styrian universities, universities of applied sciences and university colleges for education. The registration can be done at the office of USI in the main building of University of Graz or online with MY USI DATA.

Universitätsplatz 3, 8010 Graz; ground floor

T: +43316 380 2255

E: usigraz@uni-graz.at

More information on the program can be found [here](#).

Information how to register click [here](#) (only in German).