SPORTS
in Graz and the surroundings

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.

CYCLING
Cycling in Graz
Graz is Austria’s cycling capital and has the highest rate of cycling in Austria. Due to the numerous cycle paths, cycle lanes and parking lots for bikes, cycling is the best choice for covering shorter distances in the city. An online cycle 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 Cycling 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 Cycling 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 Augraben. The official website is only available in German.

More hiking trails in Graz and the surroundings are available here (only in German).

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

Climbing centers
- City Adventure Center Graz
- Unionhalle Kletterhalle
Boulder centers

- 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 you will find here (only in German).

SWIMMING

Graz has several indoor and outdoor pools as well as some lakes in the surroundings. During the wintertime you can swim at Bad zur Sonne, Auster Sportbad and the Unionbad. In summer also these outdoor pools are available:

- Auster Freibad
- Margarethenbad
- Bad Straßgang
- Stukitzbad

Following beautiful lakes can be recommended for sunbathing or swimming:

- Schwarzl Freizeitzentrum
- Tieber Freizeit Zentrum
- Naturbad Weihermühle

THERMAL BATHS

Austria and especially Styria is famous for its thermal baths. Prepare yourself for a relaxed day at the thermal bath and enjoy the countless advantages of the including spa´s. Most of the thermal baths provide sauna. Give it a try, after the sauna session you will feel like reborn. An overall view about Styrian thermal baths you will find 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 also take a registration fee for new contracts. There is the possibility to buy a package of 10 entrances. Normally these blocks are quite expensive.

Following gyms are available in Graz:

- John Harris
- Injoy Graz
- Fitinn
- Vibes Fitness
- Crossfit Graz
- Crossfit Murstadt
- Kieser Training
- GESU Loft
- Mrs. Sporty (for ladies)
- Lifestyle Ladies (for ladies)
- Ladies Fitness (for ladies)
- Curves (for ladies)
- Gymnastic Ladies (for ladies)
- McFit Graz (special student prices, shorter or open contracts)
- Austrian Fitness Center (special student prices, shorter or open contracts)
- 3d Fitnessstudios (special student prices, shorter or open contracts)
ICE-skating
Ice-skating is pretty popular in Graz. During the winter months it’s possible to ice-skate outside like the Karmeliterplatz, the Hilmteich next to Leechwald or Thalersee. At Eishalle Liebenau skating arena you can train on ice all year round. If you do not have skating shoes it is even possible to borrow skating equipment at the skating arena.

SKIING
Austria skiing places belong to the biggest and best glacier skiing in Europe. Ski holiday resorts cling to almost every mountain west of Salzburg and the passion for skiing in Austria is unmatched anywhere. You will find a latest updates from 800 winter sport resorts across 71 ski regions throughout Austria under Austrian Ski Ressort Reports (live ski data, web cams and snow & weather reports).
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.

USI
Universitätsplatz 3, 8010 Graz; ground floor
T: +43316 380 2255
E: usigraz@uni-graz.at

More information on the registration you will find here (only accessible with TUGOnline account).