

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 Augrabén. 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)



- [Kurtis Gym](#) (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

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

