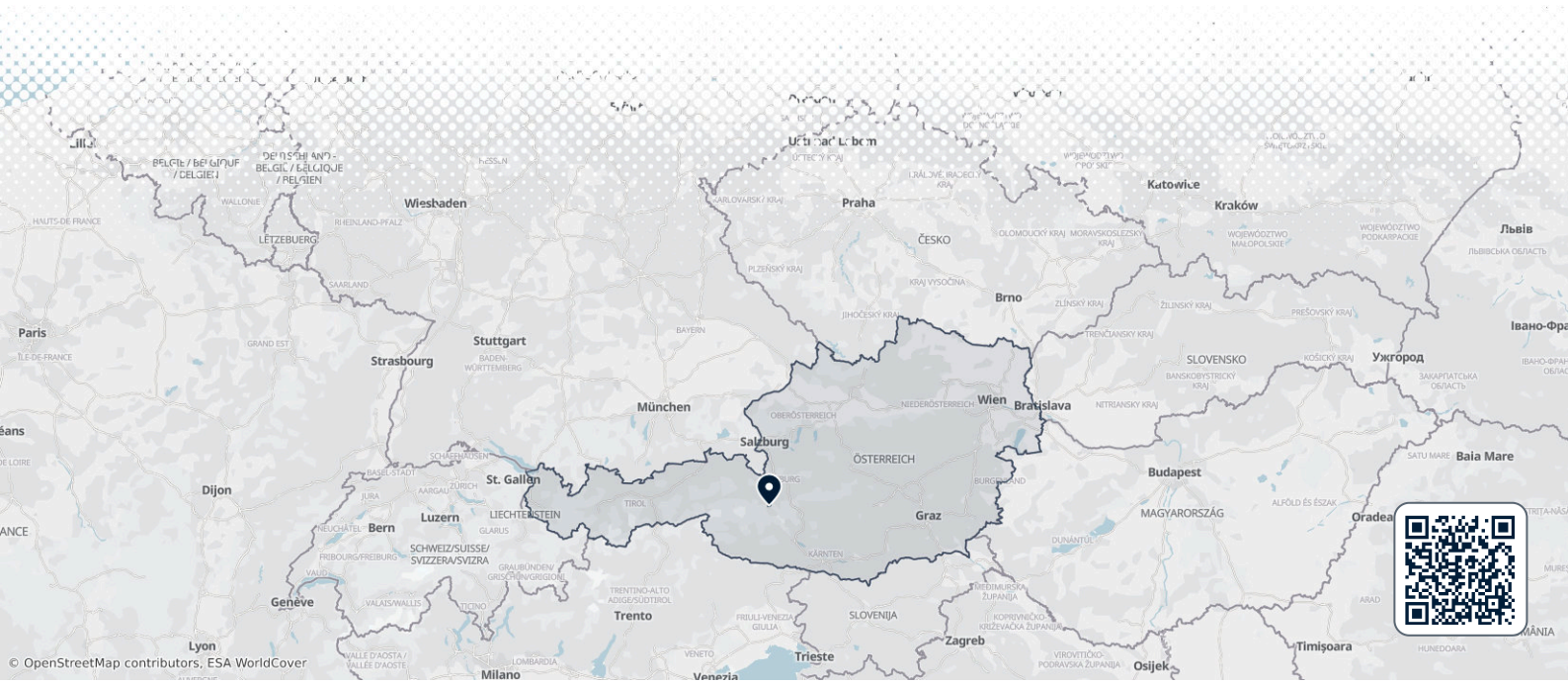


Bad Hofgastein

Salzburg · Austria

TRAVEL GUIDE

Tripomatic



Overview

Bad Hofgastein is a spa town in the Gastein valley, in the Pongau region of Salzburg, at about 860 m. It sits between the bigger name of Bad Gastein, higher up the valley, and the Salzach valley below. The thermal water here comes from the same source that has made the valley a health destination for centuries.

The town is calmer and more family friendly than Bad Gastein. It has a modern thermal spa, a lift to the Schlossalm ski area and an easy mix of hiking, skiing and relaxing.

When to visit

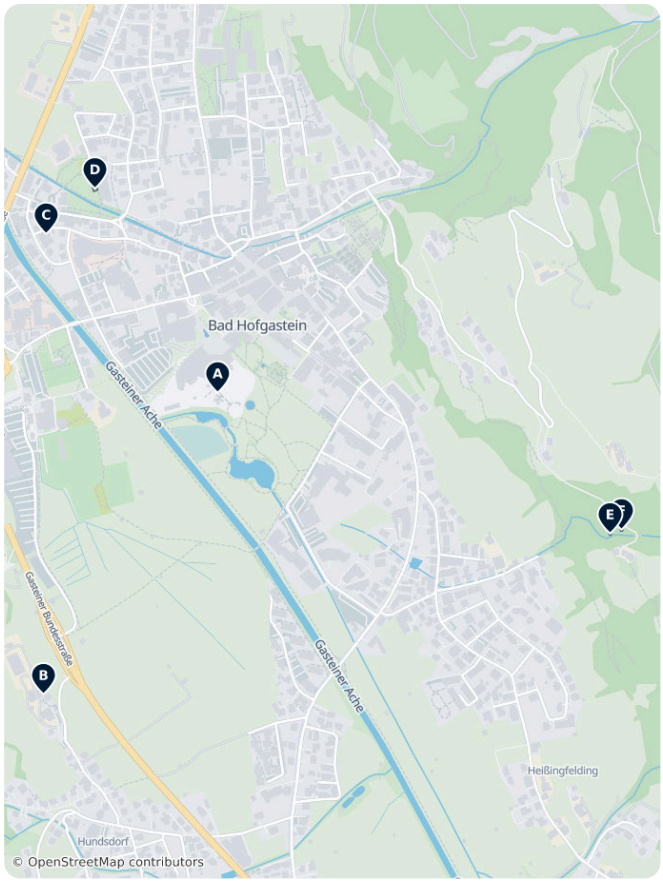
December to April is ski season, with the Gastein ski area part of Ski amadé. June to September is best for hiking and cycling. Autumn is calm, and the spa is good all year.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	2° / 8° Feels like -1°	-6° / -14°	12 rainy days · Dry air · Calm winds
February	Great Great for skiing	4° / 10° Feels like 0°	-5° / -15°	Dry air · Calm winds
March	Fair Fair for skiing	7° / 15° Feels like 4°	-1° / -10°	14 rainy days · Dry air · Calm winds
April	Fair Fair for cycling	13° / 21°	3° / -4°	16 rainy days · Dry air · Calm winds
May	Fair Fair for hiking	18° / 24°	8° / 2°	21 rainy days · Dry air · Calm winds
June	Fair Fair for cycling	22° / 28°	12° / 6°	22 rainy days · Calm winds
July	Fair Fair for cycling	23° / 29°	13° / 8°	23 rainy days · Calm winds
August	Fair Fair for cycling	23° / 29°	14° / 8°	21 rainy days · Calm winds
September	Good Good for hiking	19° / 25°	10° / 4°	16 rainy days · Dry air · Calm winds
October	Good Good for cycling	15° / 22°	6° / -1°	14 rainy days · Dry air · Calm winds
November	Fair Fair for skiing	8° / 15°	1° / -8°	14 rainy days · Dry air · Calm winds
December	Good Good for skiing	4° / 9° Feels like 0°	-4° / -13°	13 rainy days · Dry air · Calm winds

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Alpentherme is the thermal spa and sauna complex with indoor and outdoor pools.
- B Weitmoserschlössl is a small castle linked to the mining family that once made Gastein rich.
- C Mineralien museum shows the minerals of the Hohe Tauern.
- D Technische Sammlung Breyer is a collection of old technical objects.
- E Bocksbergmühle and F Rauchbergmühle are old water mills near the town.
- The Schlossalm lift climbs from the edge of town to the ski area and summer hiking.
- The Kurpark and the parish church are in the centre.
- The Gastein healing tunnel, a warm mineral tunnel for therapy, is a short drive away at Böckstein.



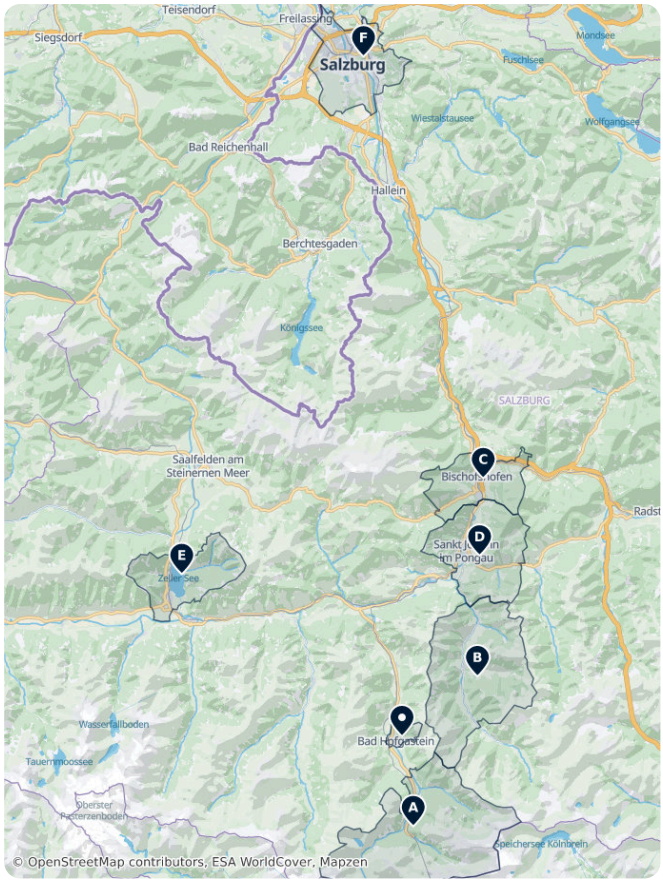
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What to experience

- Soak in the thermal spa.
- Ski the Schlossalm.
- Hike on the Gastein trails.
- Take a rail trip to Bad Gastein.
- Visit the museum and mills.

Day trips

- A Bad Gastein is about 10 minutes away by car or train.
- B Großarl is about 35 minutes away by car.
- C Bischofshofen is about 35 minutes away by car.
- D St Johann im Pongau is about 30 minutes away by car.
- E Zell am See is about 1 hour away by car.
- F Salzburg is about 1 hour 15 minutes away by car.



Where to explore

- Bad Gastein, Großarl and St Johann im Pongau are the nearest preferred destinations.

Getting there

- By air: Salzburg Airport is about 1 hour 15 minutes away by car.
- By train: Bad Hofgastein has a station on the Tauern line, with trains from Salzburg in about 1 hour 15 minutes. Check times on ÖBB.
- By car: Leave the A10 Tauern motorway at Bad Gastein or Bischofshofen and follow the Gastein valley road.

Getting around

The centre is walkable. A bus runs along the valley and to the lifts. Taxis and trains link Bad Gastein.

Getting around on foot & by bike

WALKABILITY

High

The centre is compact and mostly flat, with the spa and the lift in easy reach.

CYCLING INFRASTRUCTURE

Moderate

The Gastein valley has a cycle path, and mountain bike routes climb steeply.

Driving

A car helps for side valleys. The A10 has toll tunnels. Winter tyres or chains are required in snow. Motorways in Austria need a vignette.

Food & drink

Salzburg-region food includes *Kasnocken*, cheese dumplings, and *Salzburger Nockerl*, a sweet souffle. Mountain huts serve soups and dumplings. Spa hotels offer lighter dishes.

What to eat & drink

DINNER

Wiener Schnitzel
A thin, breaded and pan-fried veal cutlet, traditionally served with potato salad or parsley potatoes and a wedge of lemon.

Tafelspitz
Boiled beef in broth, served with roast potatoes and a sauce of apples and horseradish — a favourite of Emperor Franz Joseph.

Viennese Goulash · Wiener Saftgulasch
A rich beef stew slow-cooked with onions and paprika, typically served with a bread dumpling or bread roll.

SNACKS & STREET FOOD

Käsekrainer
A grilled pork sausage studded with melty cheese, a classic order at Vienna's ubiquitous Würstelstand (sausage stands).

Sausage Stand Snack · Würstel vom Würstelstand
Grilled or boiled sausages (Bratwurst, Frankfurter, Bosna) served with mustard, bread and a pickle from street kiosks.

SWEETS & DESSERTS

Apfelstrudel
Thin pastry rolled around spiced apples, raisins and breadcrumbs, usually served warm with vanilla sauce or cream.

Sachertorte
A dense chocolate cake with a thin layer of apricot jam under a dark chocolate glaze, famously served with unsweetened whipped cream.

Kaiserschmarrn
A fluffy shredded pancake caramelised with sugar and dusted with icing sugar, served with plum or apple compote.

Marillenknödel
Apricot dumplings wrapped in potato or quark dough, rolled in buttery breadcrumbs — a Wachau and Viennese summer specialty.

DRINKS

Viennese Melange · Wiener Melange
The signature Viennese coffee: espresso topped with steamed milk and milk foam, the centrepiece of coffeehouse culture.

Grüner Veltliner
Austria's flagship crisp, peppery white wine, widely poured in Vienna's Heuriger (wine taverns).

Sturm
A cloudy, lightly alcoholic partially-fermented grape must, available only for a few weeks in autumn.

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Safety & health

Bad Hofgastein is very safe. Thermal pools can be tiring, so drink water. Mountain routes need care in changing weather. Tap water is clean and safe to drink. The emergency number is 112. The mountain rescue number is 140.

History

Gastein's thermal springs were known in the Middle Ages, and the valley grew rich from gold and silver mining under families such as the Weitmosers. Hofgastein was the commercial centre, while Bad Gastein became the fashionable spa. The railway arrived in 1905, and today the town is a calm spa and ski base.

Country facts

Quick practical facts for Austria at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

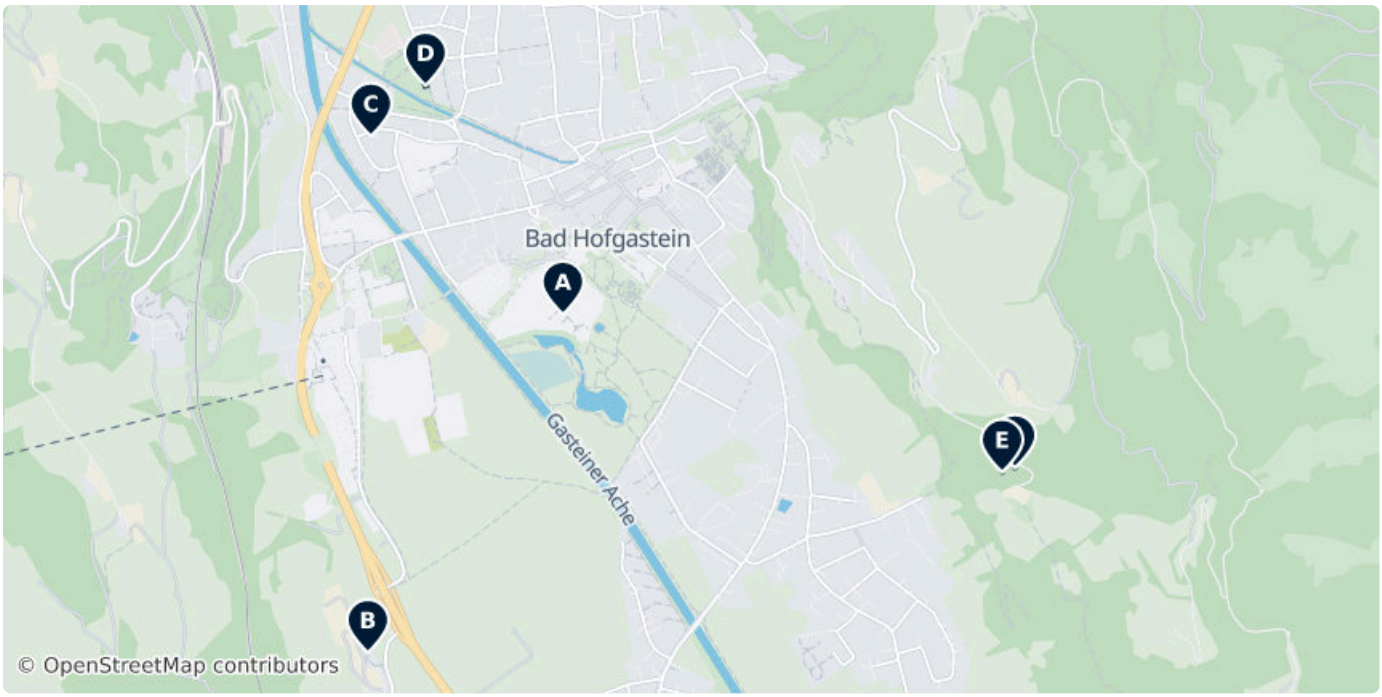
LANGUAGES

German

TAP WATER

Safe to drink

Top sights



A Alpentherme

(Unnamed Road), Bad Hofgastein 5630, Austria
(47.16892, 13.10484)

alpentherme.com



B Weitmoserschlössl

Schloßgasse, 5630 Anger, Austria
(47.16261, 13.09949)

C Mineralien museum

(47.17224, 13.09957)

D Technische Sammlung Breyer

Am Griespark 1, 5630 Bad Hofgastein, AT
(47.17319, 13.10107)

E Bocksbergmühle

12 Kronwald, 5630, Austria (47.16597, 13.11691)

F Rauchbergmühle

12 Kronwald, 5630, Austria (47.16605, 13.11726)

DATA SOURCES

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IMAGE CREDITS

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