

#LOVEOBERTAUERN



# YOUR VERY OWN SUMMER EXPERIENCE



FREE

# SUMMER PROGRAMME 2023

## MONDAY

**3-LAKE HIKE | 10AM TO 2PM | ♡ BUS STOP PASSHÖHE**



Your entire family hikes from Flubachalm up to Grünwaldsee (1st lake). Then we continue from Hochalm to Krummschnabelsee (2nd lake) and then to Hundsfeldsee (3rd lake) before returning to the centre of Obertauern.

**INTRODUCTORY BIKING LESSONS AT THE TRIAL PARK | 2PM TO 3PM | ♡ GRÜNWALDKOPF**



You can prove your skills on a bike every Monday in the new Trial Park. This sport is especially suitable for children and young people who enjoy biking. Basic cycling skills are necessary.

## TUESDAY

**ROPES TECHNIQUES | 10.15AM TO NOON | ♡ BUS STOP LÜRZERHOF – UNTERTAUERN**



This short family walk teaches us how to use ropes, knots, and clamps. We will use this knowledge right away to solve obstacles.

**WATER HIKING TOUR TO THE JOHANNES WATERFALL | 1.30PM TO 4.00PM | ♡ GRÜNWALDKOPF**



We stroll along the Taurauch River towards Felseralm, from where we descend to the impressive Johannes Waterfall. Return trip by 1-euro bus\*.



## WEDNESDAY

**HERBAL WALK WITH NINI | 10AM TO NOON | ♡ BUS STOP PASSHÖHE**



Which edible herbs grow in Obertauern? Experience Obertauern's wide range of meadow herbs and learn how to use them in the kitchen, for your health, and personal care.

**MOUNTAIN YOGA WITH NINI | 4.30PM TO 5.30PM | ♡ TOURIST OFFICE**



Together we will find our centre through regenerative movements, controlled breathing, and Obertauern's calming nature.

You can register for this course until Tuesday at 6pm.

## THURSDAY

**SURVIVAL IN THE WILDERNESS | 10AM TO 12.30PM | ♡ GRÜNWALDKOPF**



We experience mountains and nature in a different light and become aware of potential dangers on this short hike. How to build an emergency shelter, keep your bearings, read tracks, and recognise alpine dangers make this child-friendly workshop particularly interesting. Return trip by 1-euro bus\*.

**HIGH ON THE ROPE | 1PM TO 3PM | ♡ ALMSEILGARTEN (NEAR FELSERALM)**



Here, the whole family learns how to use climbing equipment playfully. Prove your courage and skill in the child-friendly high ropes course under the supervision of qualified climbing guides as you enjoy the magnificent panorama.

Price: € 12 per person



## FRIDAY

**TWENG'S WILD LANTSCHFELD | 10.30AM TO 12.30PM | MUNICIPAL OFFICE TWENG**



On this unique family hike you will learn how water and valleys influence nature as well as life in the mountains. Tweng Lantschfeld is known for its wilderness, which merits a closer look. We start directly in Tweng at the municipal office. This is where this circular route will also end again.

## SATURDAY

**PONY TREKKING IN TWENG | 10.30AM TO NOON | MUNICIPAL OFFICE TWENG**



We hike around Tweng's magnificent nature with our adorable four-legged playmates. We learn how to handle ponies properly, care for them and, of course, what to feed them. For this, the children will require sturdy footwear.

## SUNDAY

**MYTHICAL HIKE | 2.30PM TO 4PM | BUS STOP PASSHÖHE**



Obertauern's mystical, exposed surroundings have enchanted people for centuries and written many stories. This hike invites you to hear, see, feel, and retell the legends passed down for generations.

### REGISTRATION:

At the hotel reception or at [SOMMER@OBERTAUERN.COM](mailto:SOMMER@OBERTAUERN.COM)  
INFO: +43 664 91 00 580

### TIME PERIOD:

26 June – 17 September 2023

### BAD WEATHER PROGRAM

Kaiserschmarrn workshop, indoor biathlon, stable tour, film presentations, etc.  
You can get the latest information at the hotel reception or call +43 664 91 00 580!



TIMETABLE ONLINE

\*BUS TICKETS  
are available from your accommodation provider!



The summer programme is organised by:  
NAC Alpine GMBH | Schulweg 1 | 5563 Tweng



## ALTERNATIVE OFFERS | TIPS

### ALLES ALM – THE HIKING EXPERIENCE FOR YOUR ENTIRE FAMILY AT GNADENALM

The easy, pram-accessible circular trail includes ten themed stations which present actual events, interesting facts, and curious stories about life on the Alps and let your experience exciting facts about nature, wildlife, and local history with all of your senses.



### HIGH-ROPES COURSE (NEAR FELSERALM)

Here, your whole family learns how to use the climbing equipment in a playful way. Prove your courage and skill in the child-friendly high-ropes course under the supervision of qualified climbing guides while you enjoy the magnificent panorama.

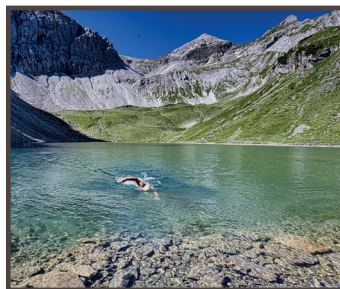
Price: € 12 per person

Contact & reservations: +43 664 91 00 580

### ALPINE SWIMMING: MOUNTAIN HIKING & MOUNTAIN LAKE SWIMMING

The mountain hiking guide, water rescuer and author of the bestseller „Wild Swimming Alps“ (Hansjörg Ransmayr) takes you to Obertauern's most beautiful mountain lakes and swims in them with you. A bit of a challenge at times but indeed an unforgettable, holistic nature experience for all ages and skill levels.

Contact & reservations: +43 664 39 43 691 or [h.ransmayr@me.com](mailto:h.ransmayr@me.com)



### BOBBY LAND IN OBERTAUERN

Follow Bobby through Obertauern's wonderful alpine world and join him to experience many adventures around Grünwald Lake. There is a lot to explore and find out over the course of the eight themed stations. A little surprise is waiting for you at the „die Talstation“ restaurant for each completed scorecard.

### BOWLING AT THE ALPINE LIFE RESORT LÜRZERHOF \*\*\*\*\*

Guaranteed fun, games, and excitement at the in-house bowling alley. Delicious snacks (finger food & drinks) are also available.

Prices: € 25 per hour/lane | € 2.50 per pair of shoes

Contact & reservations: Family Habersatter | +43 6455 205



### E-TRIAL (NEAR GRÜNWALKOPF)

Concentration, body control and the pure joy of exercise. From summer 2022, you will have the opportunity to challenge yourself daily with this two-wheeled adventure. Whether young or old, electric trial or bicycle trial, there is something for every biker.

Price: On request

Contact & reservations: +43 6456 20250 or [www.obertauern-sport.com](http://www.obertauern-sport.com)

### FISHING | WILDPARK UNTERTAUERN

Adults and kids can catch their fish at the „Fürstenbrunn“ pond area. Brown trout, char, rainbow and salmon trout, and carp live in these Fürstenbrunn ponds. These fish stocks are partially replenished from an in-house fishing farm. If you want, you can have your catch grilled or smoked at the fishing lodge.

Contact: Family Kohlmayr | +43 6455 238



### LEISURE & WILDLIFE PARK IN UNTERTAUERN

The park comprises an area of 11 hectares and accommodates 40 wild animals across the entire outdoor enclosure. Fascinating counters with deer, geese, ponies, and mouflons are almost guaranteed. Unforgettable – for kids as well as adults. The leisure park for your entire family is immediately adjacent to the wildlife park. Free admission.

NEW 2023: Wallabies enclosure - „Australia meets Austria“

### WILD HERBS COURSE WITH „TAUERNHEX“ MICHAELA VEIT

Michaela Veit, a certified herbalist, will take you on a tour of Obertauern's flora and introduce you to the beautiful and medicinal wild herbs and plants that grow here.

NEW: Workshops and retreats starting this summer - additional information, rates, and contact details at [www.tauernhex.net](http://www.tauernhex.net) or +43 664 22 55 459. I look forward to seeing you! Your „Tauernhex“.



### WILD HERBS COOKING COURSE WITH „TAUERNHEX“ MICHAELA VEIT

In this workshop, nature's treasures are turned into culinary delicacies. An exclusive wild herb course and cooking class with a three- or 4-course menu at the beautiful Mankeialm on the Plattenkar. An experience for all senses, in all weathers, for young and old. For prices, registration, and more information please visit [www.tauernhex.net](http://www.tauernhex.net) or call +43 664 22 55 459.

### MOUNTAIN SKYVER AT GRÜNWALDKOPFBAHN

Explore Obertauern in an extraordinary. Experience adventures and action with off-road scooters. Participants have to be ten years or older.

Price: 1 hour € 8 | 3 hours € 12 (incl. helmet and gloves)



### HORSEBACK RIDING, LESSONS & CARRIAGE RIDES AT POSTGUT IN TWENG

Noriker friends and riding enthusiasts will experience a very special atmosphere at Postgut. There is something for everyone – from young to old.

Contact: Family Klary | +43 6471 20206 or [info@postgut.at](mailto:info@postgut.at)



### CABLE CAR HIKING AT GRÜNWALDKOPFBAHN & HOCHALMBAHN

Grünwaldkopfbahn is open daily from 9am to 5pm and Hochalmbahn from 9am to 4pm (only if it is not raining). From 01.07. - 17.09.2023 both cable cars take you safely and comfortably to our beautiful mountain lakes with exciting activities for kids and leisure programmes. Mountain bikes, prams, and dogs are transported for free.



### SPORTS STORE GEFÄLL IN OBERTAUERN | BIKE/E-BIKE RENTAL

Would you like to enjoy Obertauern's wonderful nature by bike? Maybe you want to tackle the Stoneman Taurista? Then this is the perfect store for you, whether you are looking for regular bicycles or e-bikes.

Contact & reservations: +43 6456 20250 or [www.obertauern-sport.com](http://www.obertauern-sport.com)

### SPORTS STORE SKIWORLD OBERTAUERN | BIKE/E-BIKE RENTAL

Whether you want to scale the beautiful peaks in Obertauern by bike, on a hike or by running, we have the perfect equipment for everyone. In our e-bike rental you will find the latest models to get comfortably from A to B. And even after sports, our cosy terrace welcomes you to relax.

Contact: +43 6456 7682



### STAND-UP PADDLING AT KRUMMSCHNABEL LAKE

Whether you would like to enjoy beautiful nature or try something new, this lake has it all. Here at Krummschnabel Lake, above the roofs of Obertauern, you can try stand-up paddling. It's free!

### TAUERNBRENNEREI (DISTILLERY)

As the highest distillery in Austria, we offer our guests the exclusive opportunity to taste our fine brandies, spirits and liqueurs, including an exciting introduction to the distilling world, at our show distillery in Alte Alm.

Opening hours\*: Wednesday, Thursday & Friday 2pm – 6pm  
Contact & reservations: Family Kirchgasser +43 6456 7479



### TAUERN GENUSSLADEN (GOURMET SHOP)

The beautifully furnished gourmet shop is located at Alte Alm in Obertauern. In addition to its products, this delicatessen offers a wide range of selected regional products from neighbouring farmers.

Opening hours\*: Wednesday, Thursday & Friday 2pm – 6pm  
Contact: Family Kirchgasser +43 6456 7479

\*On request, outside of opening hours

### TRAILRUNNING

Put on your running shoes and breathe in the wonderful mountain air, right here at the top. Explore the trails as you enjoy Obertauern's unique mountain panorama. You can get an overview map in the tourist office. The only thing you have to bring to clear your head is your motivation.



### PEDALO BOAT TRIPS AT GRÜNWALD LAKE

Enjoy the sun on your pedal boat and take in the unique view of Obertauern's peaks – an exceptional holiday experience for adults and kids.

Using these pedal boats is free.



### TIP FROM OBERTAUERN:

Do you already have the hiking map of Obertauern?  
We have extended and expanded our hiking offer for you. We will gladly send you the summer material you want or if you like, you can pick up the brochures at our tourist office at any time.



MORE INFORMATION



# OBERTAUERN

HASHTAGS



#LOVEOBERTAUERN



#TRAILRUNNING



#JOHANNESWATERFALL



#STONEMANTAUERISTA



#BRETTLJAUSE



#TAKEMEBACKTOOBERTAUERN



#KRUMMSCHNABELSEE



#FAMILYTIME



#HIKINGADVENTURES

## ALWAYS THERE FOR YOU

Monday till Friday

8AM – 4.30PM

26.06. – 17.09.2023

Monday till Friday | 8AM – 4.30PM

Saturday | 8AM – 1PM

Sunday & holidays | Closed

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No responsibility is taken for the correctness of all information!