

WEEKLY PROGRAMME

SUMMER 2026



LEGEND

Activity for young & old
Activity suitable for all age groups

Activity for adults
This activity is suitable for active participants only

Sturdy footwear required

OT Obertauern **UT** Untertauern **TW** Tweng

Free participation in the programme **There is a fee to take part in the programme**

MONDAY



SUMMIT TOUR

A hike from the pass summit that impresses with spectacular views. Through varied landscapes, it offers idyllic places to enjoy alpine nature.

Duration » 10:00 AM – 1:00 PM
Period » 25.05. – 21.06. & 05.10. – 01.11.2026
Meeting point » Bushaltestelle Passhöhe OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

3-LAKES-HIKE

A family-friendly hike through the nature reserve to Grünwaldsee, continuing via Hochalm, Krummschnabelsee and Dikt'n Alm to Hundsfieldsee – including a culinary highlight: a delicious snack platter (21.06. – 27.09.2026).

Duration » 10:00 AM – 2:00 PM
Period » 22.06. – 04.10.2026
Meeting point » Bushaltestelle Passhöhe OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



MOUNTAIN BIKE TRAINING

Mountain bike training with professional tips: improve your technique for greater control, safety and maximum enjoyment. (E-)Bike hire is available for 30.00 € at Sport Gefäll (Römerstr. 9). For ages 12 and older, with bike equipment.

Duration » 1:30 – 2:30 PM
Period » 22.06. – 04.10.2026
Meeting point » Sport Gefäll Grünwaldkopf OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

MONDAY



TRY GOLF ON THE PUTTING GREEN

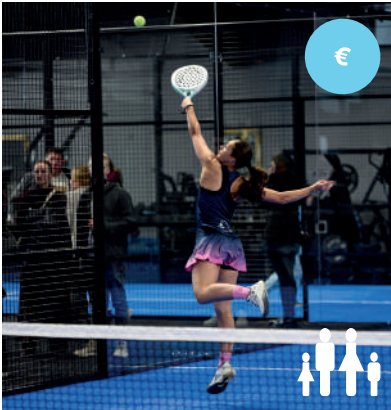
Have you always wanted to try your hand at golf? The putting green at Kringsalm offers the perfect opportunity. Take your first steps or enjoy a fun challenge with friends or family.

Duration » 14:00 – 16:00 Uhr | 2:00 – 4:00 PM
Period » 03.07. – 06.09.2026
Meeting point » Kringsalm OT
Registration by Sunday, 5:00 PM
Fam. Krings | T. +43 664 88 23 19 95 | E. reservierung@kringsalm.at

BIKE TOUR

Together, you'll explore the mountainous landscape by bike along selected trails, enjoying magnificent views of the Alpine scenery. (E-)Bike hire is available for 30.00 € at Sport Gefäll (Römerstr. 9). For ages 12 and older, with bike equipment.

Duration » 2:30 – 4:30 PM
Period » 22.06. – 04.10.2026
Meeting point » Sport Gefäll Grünwaldkopf OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



PADEL TENNIS TRIAL SESSION

Learn the basics of padel tennis in a relaxed trial session with a coach. Ideal for beginners, with tips, technique and plenty of fun on the court.

Duration » 16:00 – 17:00 Uhr | 4:00 – 5:00 PM
Period » 06.07. – 31.08.2026
Costs » 15.00 € per person, including racket & coach
Meeting point » Sportzentrum OT
Registration E. obertauern@mygym.at | T. +43 676 6566562

MONDAY



FITNESS COACHING

Do you have questions about training and want to achieve your goals effectively at the gym? We'll show you suitable exercises, explain how to use the equipment and the routines, and help you optimise your training to get the most out of it.

Duration » 17:00 – 18:00 Uhr | 5:00 – 6:00 PM
Period » 06.07. – 31.08.2026
Costs » 15.00 € per person
Meeting point » Sportzentrum OT
Registration E. obertauern@mygym.at | T. +43 676 6566562

BURNCALORIES COURSE

An intense full-body workout that combines strength, endurance and functional training. Perfect for burning calories and really pushing yourself to the limit – free for MYGYM members.

Duration » 6:00 – 7:00 PM
Period » 06.07. – 31.08.2026
Costs » 10.00 € per person
Meeting point » Sportzentrum OT
Registration E. obertauern@mygym.at | T. +43 676 6566562



TUESDAY



MORNING DEW HIKE

It's worth getting up early: The Morning Dew Hike leads from Untertauern via the Maierlalm to the Gnadenalm and offers a unique morning experience.

Duration » 8:30 AM – 12:00 PM
Period » 25.05. – 01.11.2026
Meeting point » Bushaltestelle Lürzerhof UT
Registration by 6:00 PM the evening before at your hotel or T. +43 664 91 00 580 | E. sommer@obertauern.com

PONY & HORSE EXPERIENCE AT POSTGUT IN TWENG

At Postgut in Tweng, children learn how to handle ponies and horses and take their first rides. Please bring long trousers, sturdy shoes and a helmet (cycling helmet) with you.

Duration » 10:00 AM – 11:30 PM
Period » 14.06. – 13.09.2026
Meeting point » Postgut TW
Registration by 6:00 PM the evening before at your hotel or T. +43 664 91 00 580 | E. sommer@obertauern.com



HORSE TREKKING TWENG

Together, you'll walk with the ponies and horses along the Agriculture Adventure Trail. Along the way, children learn about nature and farming in a fun way. There's no riding involved – the children take turns leading the animals.

Duration » 2:00 – 3:00 PM
Period » 14.06. – 13.09.2026
Meeting point » Postgut TW
Registration by 6:00 PM the evening before at your hotel or T. +43 664 91 00 580 | E. sommer@obertauern.com

TUESDAY



DAY SPA AFTERNOON

The Bergspa and the adults-only Rooftop Bergspa at the Hotel Steiner offer relaxation with saunas, pools and stunning mountain views.

Duration » 2:00 – 6:00 PM
Period » 10.07. – 03.10.2026
Costs » 45.00 € per person
Meeting point » Hotel Steiner OT
Registration closes at 6:00 PM on the evening before each event
Hotel Steiner Obertauern | T. +43 6456 7306 | E. info@hotel-steiner.at

COOK YOUR KAISERSCHMARREN

Join Senior Chef Maria as she prepares traditional Kaiserschmarren step by step. A treat packed with tips, tricks and hearty delicacies.

Duration » 4:30 – 5:30 PM
Period » 21.06. – 27.09.2026
Costs » 16.40 € per person
Meeting point » Dikt'n Alm OT
Registration by Monday, 5:00 PM
Fam. Thurner | T. +43 6456 7580



WEDNESDAY



WILDSEE HIKE

Experience a varied hike through the alpine mountains to the idyllic Wildsee, where you'll also find a striking summit cross. Enjoy breathtaking views, fresh mountain air and the tranquillity of nature.

Duration » 10:00 AM – 2:00 PM
Period » 22.06. – 04.10.2026
Meeting point » Talstation Grünwaldkopf OT
Registration by 6:00 PM the evening before at your hotel or T. +43 664 91 00 580 | E. sommer@obertauern.com

WEDNESDAY



HERBAL WALK WITH NINI

What edible herbs does Obertauern have to offer? Discover the variety of meadow herbs and learn how you can use them in the kitchen, for health and for personal care.

Duration » 1:30 – 3:30 PM
Period » 22.06. – 04.10.2026
Meeting point » Haltestelle Passhöhe OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

MOUNTAIN YOGA WITH NINI

Find your centre together through regenerative movements, controlled breathing and the calming nature. Surrounded by mountains, you will experience relaxation and inner balance.

Duration » 4:00 – 5:00 PM
Period » 22.06. – 04.10.2026
Meeting point » TVB – Haus des Gastes OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



STABLE TOUR AT POSTGUT IN TWENG

During the farm tour, the children get to know our farm and explore the grounds.

Duration » 5:00 – 6:00 PM
Period » 14.06. – 13.09.2026
Costs » 3.00 € per person
Meeting point » Postgut TW
Registration by Wednesday, 12:00 PM
Landhotel Postgut | Fam. Klary | T. +43 6471 20206

THURSDAY



NATURAL HAZARDS HIKE

Discover the wild Twenger Lantschfeld with its valleys and waterfalls on a family hike. The circular trail leads to the impressive waterfall Tennfall and back.

Duration » 10:00 AM – 12:30 PM
Period » 25.05. – 21.06. & 05.10. – 01.11.2026
Meeting point » Gemeindeamt Tweng TW
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

SURVIVAL HIKE

In this adventurous workshop, you will learn to read nature, find your way in the mountains, recognise edible plants and observe wildlife.

Duration » 10:00 AM – 12:30 PM
Period » 22.06. – 04.10.2026
Meeting point » Talstation Grünwaldkopf OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



ALPINE ROPE COURSE

The whole family playfully practices using climbing equipment and demonstrate their courage and skill on the child-friendly high ropes course under the guidance of qualified climbing guides. From a height of 1.40 m

Duration » 1:00 – 3:00 PM
Period » 22.06. – 04.10.2026
Costs » 14.00 € per person
Meeting point » Almseilgarten – Felseralm OT
Registration by Wednesday, 6:00 PM
T. +43 664 91 00 580 | E. sommer@obertauern.com

THURSDAY



BIKE TOUR EXTREME TO LAKE MÄRCHENSEE

This challenging route takes you past waterfall Johanneswasserfall to the Gnadenalm, or along the B99 to the Maierlalm, lake Mäarchensee, Tauernkaralm and back. (E-)Bike hire is available for 30.00 € at Sport Gefäll (Römerstraße 9). For ages 12 & older, with bike equipment.

Duration » 1:30 – 5:00 PM
Period » 22.06. – 04.10.2026
Meeting point » Sport Gefäll Grünwaldkopf OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

SPIRITS TASTING AT THE TAUERN DISTILLERY

Five selected samples are expertly explained. The approx. one-hour tasting offers an exciting insight into the art of distillation and the diversity of regional specialties.

Duration » 2:00 – 4:00 PM
Period » 29.06. – 04.10.2026
Costs » 14.00 € per person
Meeting point » Alte Alm – Tauernbrennerei OT
Registration by Wednesday, 6:00 PM
Familie Kirchgasser | T. +43 6456 7479



MOUNTAIN CLARITY – 99 MINUTE WORKSHOP

Mental clarity starts in the mind! In 99 minutes, you'll discover how the power of the subconscious mind can bring you greater peace of mind, focus and new perspectives!

Duration » 4:00 – 5:39 PM
Period » 22.06. – 04.10.2026
Costs » 35.00 € per person / 59.00 € for couples
Meeting point » by arrangement
Registration by Wednesday, 6:00 PM
Christian Sager | T. +43 676 96 66 618 | E. christian.sager@outlook.at

FRIDAY



BALANCE HIKE

On this special walk along the water's edge, guests take part in exercises designed to improve balance, mindfulness and body awareness, all set against the backdrop of the stunning mountain scenery.

Duration » 9:00 – 11:30 AM

Period » 25.05. – 21.06.2026

Meeting point » Gemeindeamt Tweng TW

Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

BABY SWIMMING | HOTEL DAS SEEKARHAUS

A fun way for babies (6 months – 2 years) to get used to the water in a relaxed atmosphere. Please bring swim nappies.

Duration » 10:00 – 10:45 AM

Period » 22.06. – 04.10.2026

Costs » 75.00 € (1 adult + 1–2 children, incl. Day Spa family area)
45.00 € additional accompanying person

Meeting point » Hotel Das Seekarhaus OT

Registration by 6:00 PM the evening before
Hotel das Seekarhaus | T. +43 6456 20010 | E. info@seekarhaus.at



TASTER LESSON TRIAL PARK

At the Trial Park, you can test and improve your cycling or motorcycling skills with a professional guide. The session lasts 15 minutes per participant and includes protective gear. Not available in wet or rainy weather.

Duration » 10:00 – 11:00 AM

Period » 19.06. – 25.09.2026

Meeting point » Sport Gefäll Grünwaldkopf OT

Registration by 6:00 PM the evening before
Sport Gefäll | T. +43 6456 20250 | E. info@obertauern-sport.com

FRIDAY



WE'RE BUILDING A BASE CAMP

Together, we dive into the wild gorge near Untertauern, experience nature up close, and build our own small outdoor shelter using simple techniques and real team spirit – an adventure for the whole family.

Duration » 10:00 AM – 12:30 PM

Period » 22.06. – 04.10.2026

Meeting point » Wild- & Freizeitpark UT

Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

HAKARSEE HIKE

The hike to Hakarsee involves a steep climb and is therefore considered challenging. Once you reach the top, you will be rewarded with a mountain lake in a dreamlike setting, offering peace and tranquillity.

Duration » 10:00 AM – 2:00 PM

Period » 05.10. – 01.11.2026

Meeting point » Bushaltestelle Lürzerhof UT

Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



TODDLER SWIMMING | HOTEL DAS SEEKARHAUS

Playful swimming for children aged 2 to 5 – with fun activities and first exercises in the water.

Duration » 11:00 – 11:45 AM

Period » 22.06. – 04.10.2026

Costs » 75.00 € (1 adult + 1–2 children incl. Day Spa family area)
45.00 € additional accompanying person

Meeting point » Hotel Das Seekarhaus OT

Registration by 6:00 PM the evening before
Hotel das Seekarhaus | T. +43 6456 20010 | E. info@seekarhaus.at

FRIDAY



TRY GOLF ON THE PUTTING GREEN

Have you always wanted to try your hand at golf? The putting green at Kringsalm offers the perfect opportunity. Take your first steps or enjoy a fun challenge with friends or family.

Duration » 2:00 – 4:00 PM

Period » 03.07. – 06.09.2026

Meeting point » Kringsalm OT

Registration by Sunday, 5:00 PM
Fam. Krings | T. +43 664 88 23 19 95 | E. reservierung@kringsalm.at

ICE BATHING FOR BEGINNERS | HOTEL DAS SEEKARHAUS

Introductory lecture and breathing training prepare participants for the 2-minute challenge in the ice bath tubs with 'Hansjörg Ransmayr – Alpine Swimming'.

Duration » 4:30 – 6:00 PM

Period » 03.07. – 26.09.2026

Costs » 30.00 € (85.00 € incl. Day Spa)

Meeting point » Hotel Das Seekarhaus OT

Registration by Thursday, 5:00 PM
Hotel das Seekarhaus | T. +43 6456 20010 | E. info@seekarhaus.at



EVENING STROLL

A leisurely, guided evening stroll through Obertauern invites you to experience the special atmosphere at over 1,700 metres. Crisp mountain air and a sparkling starry sky make for a relaxing end to the day.

Duration » 19:30 – 20:30 Uhr | 7:30 – 8:30 PM

Period » 22.06. – 04.10.2026

Meeting point » Haltestelle Passhöhe OT

Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

FRIDAY



SUMMIT TOUR – VIA
TWENGER ALM TO ALMSEE & ON TO GOLLITSCHSPITZE

The hike to the Gollitschspitze is a hidden gem for anyone looking to enjoy nature, exercise and local delicacies. It leads past the Twenger Almhütte and the picturesque Twenger Almsee, up to the Gollitschspitze.

After the thrill of reaching the summit, a delicious snack platter featuring regional specialties awaits you on the way back at the hut Twenger Alm (10.07. – 13.09.2026), rounding off the day with special treats and making the hiking experience unforgettable. A perfect outing for anyone looking to combine activity, panorama and regional delights.

Duration » 9:30 AM – 2:30 PM
Period » 22.06. – 04.10.2026
Meeting point » Haltestelle Passhöhe OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



SATURDAY



BALANCE HIKE
On this special walk along the water's edge, guests take part in exercises designed to improve balance, mindfulness and body awareness, all set against the backdrop of the stunning mountain scenery.

Duration » 10:00 AM – 12:30 PM
Period » 05.10. – 01.11.2026
Meeting point » Bushaltestelle Lürzerhof UT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

NATURAL HAZARDS HIKE
Discover the wild Twenger Lantschfeld with its valleys and waterfalls on a family hike. The circular trail leads to the impressive waterfall Tennfall and back.

Duration » 10:00 AM – 12:30 PM
Period » 22.06. – 04.10.2026
Meeting point » Gemeindamt Tweng TW
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



SPA NIGHT | NATURE SPA RESORT LÜRZERHOF
Pure relaxation in the wellness area at the Nature Spa Resort Lürzerhof. Bathrobes, towels, and bath bags are provided. Spa Night is also available during the day by appointment.

Duration » 18:00 – 22:00 Uhr | 6:00 – 10:00 PM
Period » 23.07. – 01.11.2026
Costs » 40.00 € per person
Meeting point » Nature Spa Resort Lürzerhof UT
Registration by Friday, 5:00 PM
Nature Spa Resort Lürzerhof | T. +43 6455 251 | E. hotel@luerzerhof.at

SUNDAY



START THE DAY WITH ENERGY
Start the day with a yoga session, activate your body and mind, and recharge your batteries for an eventful day in the mountains. Suitable for the whole family.

Duration » 9:00 – 10:00 AM
Period » 22.06. – 04.10.2026
Meeting point » TVB – Haus des Gastes OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com

SEARCHING FOR CLUES ON THE MOUNTAIN
A family program offering exciting insights into the world of animals and plants. Discover nature, explore habitats, and learn interesting facts in a playful way.

Duration » 11:00 AM – 1:00 PM
Period » 22.06. – 04.10.2026
Meeting point » Haltestelle Passhöhe OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com



MYTHICAL HIKE
The mystical, untouched nature of Obertauern has enchanted people for centuries and inspired many stories. This hike invites you to immerse yourself in the world of traditional legends.

Duration » 3:00 – 5:30 PM
Period » 25.05. – 21.06.2026
Meeting point » Haltestelle Passhöhe OT
Registration by 6:00 PM the evening before at your hotel or
T. +43 664 91 00 580 | E. sommer@obertauern.com