

HEADING

Summer weekly programme in Obertauern

SUBHEADING

Guided walks, active adventures and shared experiences in nature

SHORT TEXT

Walk to mountain lakes together, take your first rides, or build your own base camp: the weekly summer programme in Obertauern, Untertauern and Tweng combines physical activity, nature and new experiences. Choose what appeals to you and explore the region with other holiday guests.

TEXT

Some holiday days begin with a walk in the morning dew; others take you through the mountains on two wheels or onto a yoga mat for a relaxing session. The weekly summer programme in Obertauern, Untertauern and Tweng offers plenty of ways to add variety to your break. With NAC guides and participating local businesses, you get to know the region, try new experiences and find activities to suit you and your family.

Fresh mountain air and beautiful views accompany you on the 3-Lakes Hike or the Wildsee Hike. If you would like to go higher, join a demanding summit hike. Mountain-biking training helps you refine your riding technique before exploring the landscape on a guided tour. A herb walk with Nini and a mountain yoga session offer quieter moments.

There is plenty for families to discover too: children meet ponies and horses at the Postgut in Tweng, follow mountain trails or build their own base camp in Untertauern using simple materials. On the survival walk, you learn to find your way in nature. At the Alpine rope course, balance, courage and coordination come into play.

The programme also offers opportunities to try something new and enjoy local flavours, from introductory golf and padel tennis sessions to a Kaiserschmarren cooking class, a tasting of fine spirits, or a relaxing afternoon at the spa. There is something new to enjoy each day of your holiday.

Many activities are free of charge. Some incur participation fees or additional costs, such as equipment hire. For NAC activities, register directly with NAC or at your hotel reception by 6:00 PM the day before. Other activities are subject to the registration terms of the respective provider. You will find all times, meeting points and details in the current weekly schedule.

HARD FACTS & LINKS

- Activity region: Obertauern, Untertauern and Tweng
- Early season 2026: 25 May – 21 June
- Main season 2026: 22 June – 4 October
- Late season 2026: 5 October – 1 November

- Activities: guided walks, bike tours and training, family adventures, yoga, plus sports, food and drink, and wellness experiences
- Many activities free of charge; fees apply to some activities and additional services
- Registration for NAC activities: by 6:00 PM the day before, either with NAC or at your hotel reception
- NAC contact: +43 664 9100580 | sommer@obertauern.com
- The programme varies by season; some activities run for shorter periods and have separate registration deadlines.

Full weekly schedule with times, meeting points, costs and registration