

## MONDAY

9 A.M.	<b>E</b>	IMMUNE BOOSTER FOREST, ITTER
9 A.M.	<b>M</b>	PANORAMIC HIKE ON THE HOHE SALVE, HOPFGARTEN
1 P.M.		TOUR OF THE DAIRY FARM "NIEDERKASERALM", KELCHSAU
4 P.M.		GUIDED TOUR OF THE MARIASTEIN PILGRIMAGE CHURCH
6.30 P.M.		VINYASA FLOW YOGA, HOPFGARTEN

## TUESDAY

7.45 A.M.	<b>E</b>	BREAKFAST WALK, KIRCHBICHL
8.30 A.M.		YOGA ON THE KLEINE SALVE, ITTER
9 A.M.	<b>E</b>	NATURALLY HEALTHY – MEADOW HERB TOUR, HOPFGARTEN
10 A.M.		FARM EXPERIENCE FOR YOUNG & OLD, HOPFGARTEN
1.30 P.M.	<b>E</b>	HIKE THROUGH THE WILDLY ROMANTIC GORGE IN KUNDL, WÖRGL
2 P.M.		KIDS CANYONING, WESTENDORF

## WEDNESDAY

8.30 A.M.	<b>E</b>	MEDITATION FOR CLARITY AND COMPASSION ON THE ENGELSBURG, HOPFGARTEN
9 A.M.	<b>E</b>	ROUND TOUR TO THE LECHNER WATERFALL, WÖRGL
9 A.M.		CREATIVE WORKSHOP – CRAFT YOUR OWN SOUVENIR, ITTER
9.30 A.M.	<b>M</b>	HALF DAY CANYONINGTOUR, WESTENDORF
2.30 P.M.		PLAY & ANIMAL AFTERNOON AT HIRNBACH HOF, KIRCHBICHL
3 P.M.	<b>E</b>	DONKEY AND LLAMA HIKE Z'POIFN, HOPFGARTEN
4.30 P.M.		ARTIST TALK AT THE HAGGENMÜLLER STUDIO, HOPFGARTEN
7 P.M.		HORSE-DRAWN CARRIAGE TOUR, HOPFGARTEN

## THURSDAY

4 A.M.	<b>M</b>	SUNRISE HIKE TO THE KRAFTALM, ITTER
8.30 A.M.	<b>M</b>	GUIDED DAY HIKE TO THE BUCHACKER, ANGERBERG
9 A.M.	<b>E</b>	PANORAMA E-MOUNTAINBIKE TOUR ZUR MÖSLALM, HOPFGARTEN
10 A.M.	<b>E</b>	FAMILY HIKE WITH BBQ PICNIC, HOPFGARTEN
10 A.M.	<b>E</b>	IN TOUCH WITH NATURE – THE FOREST EXPERIENCE TOUR, HOPFGARTEN
6.30 P.M.		CLIMBING SESSION, WÖRGL
7.30 P.M.		WORKSHOP GREEN COSMETICS, ITTER
7.30 P.M.		SCHLAGER PARTY LARA BIANCA FUCHS, HOPFGARTEN

## FRIDAY

9 A.M.	<b>M</b>	GUIDED HIKE TO MÖSLALM, WÖRGL
9 A.M.	<b>E</b>	ALPACA HIKE, ANGERBERG
9 A.M.	<b>E</b>	NAMASTÉ AT THE LAKE, HOPFGARTEN
9.30 A.M.	<b>M</b>	ALPINE HIKE: INTERESTING FACTS ABOUT MILK AND CHEESE, KELCHSAU
1 P.M.		TOUR OF THE DAIRY FARM "NIEDERKASERALM", KELCHSAU
2 P.M.	<b>E</b>	ON THE TRAIL OF NATURE – THE FOREST DISCOVERY TOUR, HOPFGARTEN
2 P.M.		GUIDED TOUR STAPF EXPERIENCE STORE AND PRODUCTION, WÖRGL
2.30 P.M.		HOBBY HORSEING AT HIRNBACH HOF, KIRCHBICHL

## SUNDAY

8 A.M.	<b>M</b>	SUMMIT JOY, KELCHSAU
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# ACTIVITY PROGRAM

SPRING, SUMMER, AUTUMN

Photo: Magdalene Laiminger

- = particularly child-friendly  
**E** = easy or for a hike of approx. 0-350 vertical meters (max. walking time 3h)  
**M** = moderate from approx. 350-900 m altitude difference (max. walking time 5h)  
**D** = difficult from approx. 900 m altitude difference (max. walking time 5h)

All details for registration and further information on the individual activities can be found on our website.

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