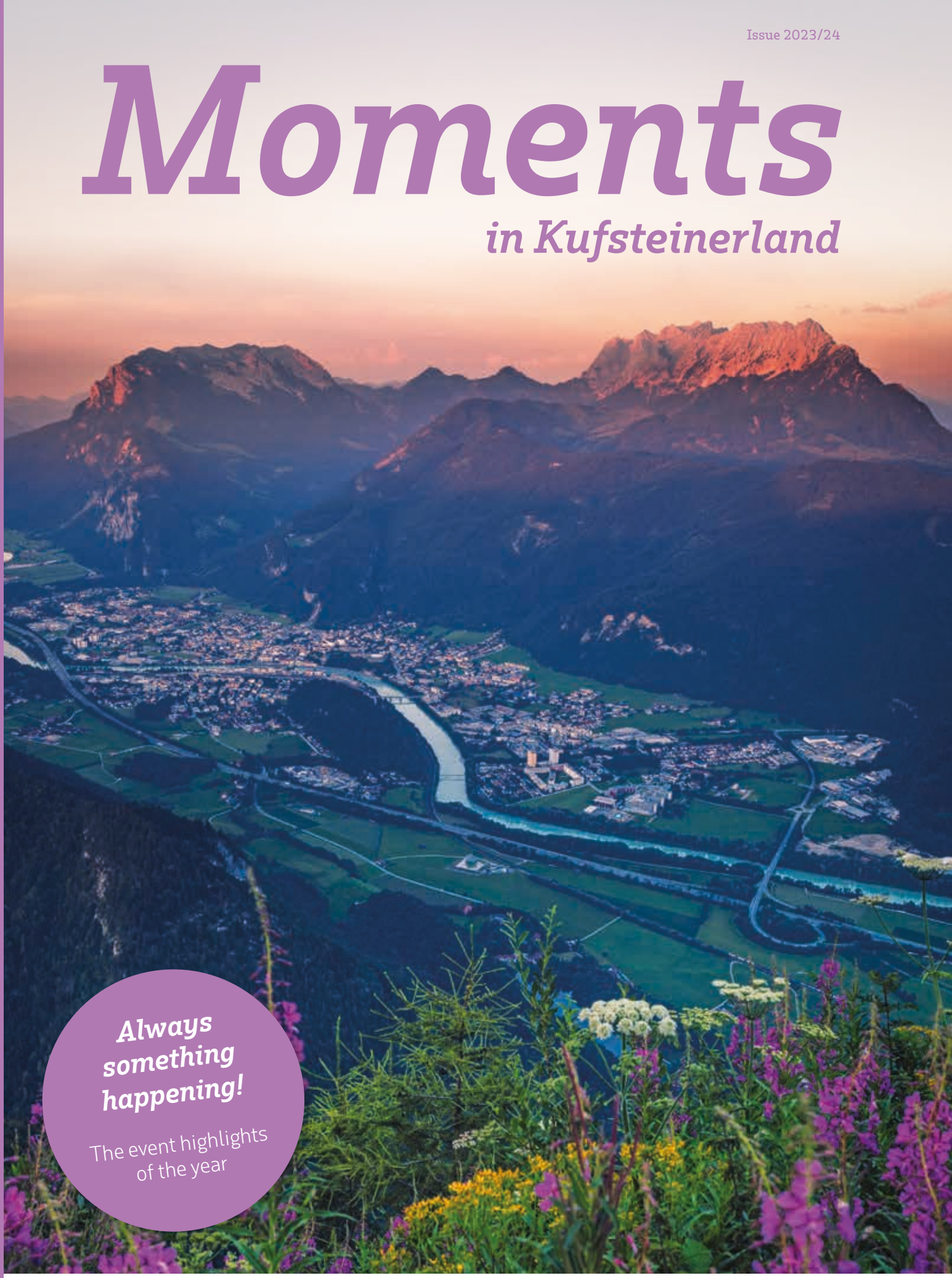
Issue 2023/24

Moments
in Kufsteinerland



Always something happening!

The event highlights of the year

A nature-conscious approach
60 years of the nature protection area

A journey back to the Middle Ages
The Knights' Festival at Kufstein Fortress

Right on track!
Cross-country fun in Bad Häring

Kufsteinerland
verbindet

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A varied companion, all year round

Dear reader,

The people, traditions and excursions of Kufsteinerland are just as varied as the four seasons. They all make this region at the gateway to the Alps what it is today. To offer greater insight into the land and its people, the Moments in Kufsteinerland magazine will now be published as an annual magazine: stories, anecdotes and customs taking place over the course of the year will be collated in a magazine, summarising the special features of Kufsteinerland.

Over the next few pages, a diverse mix of stories, true incidents and excursion tips for all the family make this a very special read. Gain exciting insight into Tyrol's traditions, the annual knights' festival at Kufstein Fortress and community life in Niederndorf.

Kufstein's night watchmen share fascinating anecdotes about their historic profession and the history of the fortress town. For those who want to explore the corners of Kufstein by themselves, the story also includes some insider tips about an interactive, historic trail through the town centre. The Story takes you up around the Langkampfen-Kufstein airfield and once back down, we explore the vast winter landscapes of Bad Häring on cross-country skis. Gardening expert Georg Miggitsch from Schwoich shares his broad plant expertise, as detailed in another report. Monika Gramshammer and her husband Hermann from Erl have a rather different fascination: at the Moosbauerhof farm on the Erlerberg, they have been keeping chamois-coloured mountain goats for around 10 years now. All of these stories about Kufsteinerland and more can be found in this magazine!

We hope you enjoy the read and experiences!

Georg Hörhager
Chairman of the Kufsteinerland
Tourist Information Board

Stay in touch

If you want to continue dreaming of Kufsteinerland after your holiday, simply follow us on Instagram and Facebook:

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Reading and experiences

in Kufsteinerland.

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In this edition of Moments magazine, you can expect to see fascinating stories and interactive content, offering different insight into our region. Using the **innovative reality app Livi AR**, you can learn about our story in the form of videos, audio extracts, 360° images and lots more.

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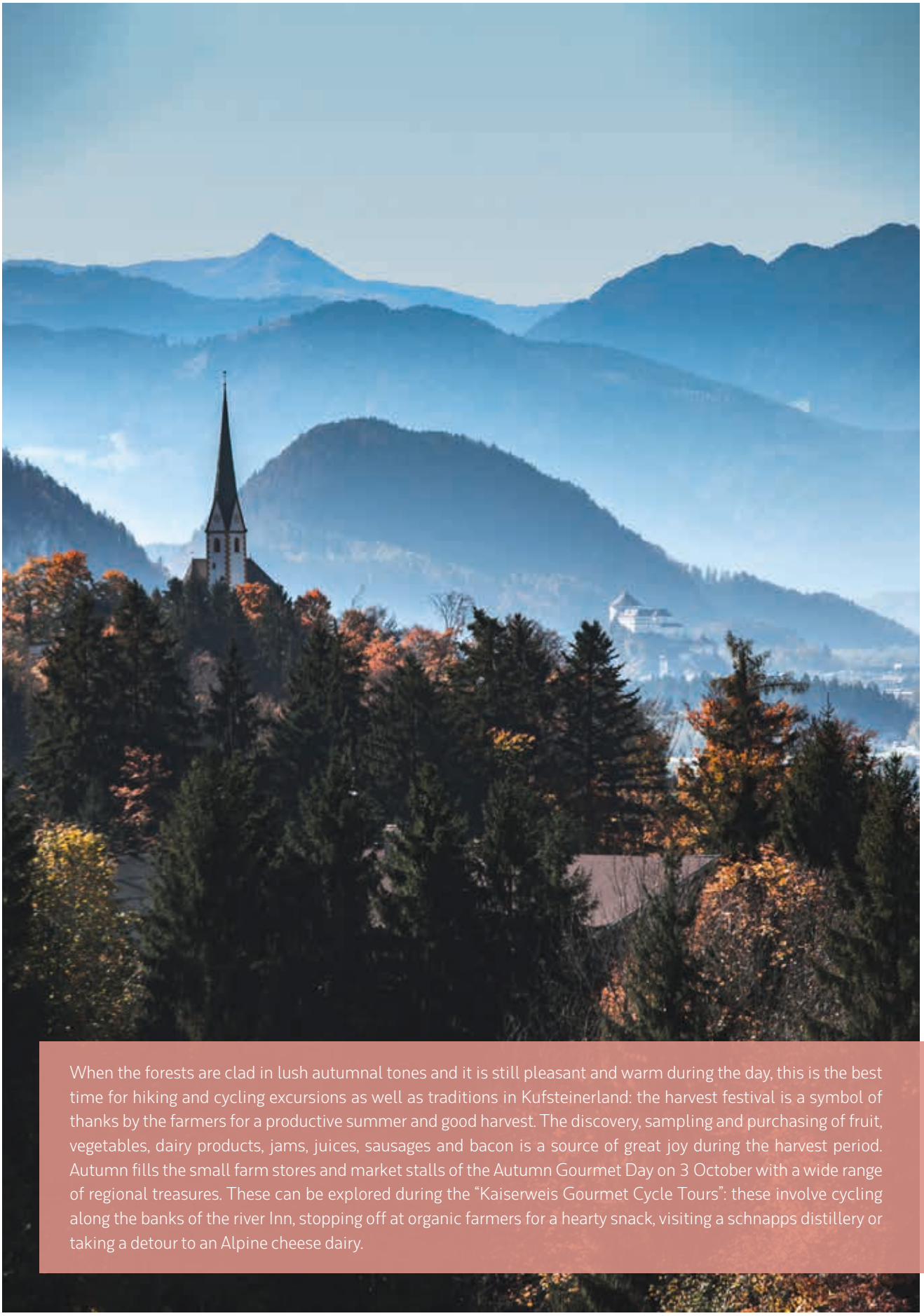
More information at:
www.livi-ar.at

glück·tage

The festival for independent thinkers
happy.day 13.10.2023
Note: happy.days in May 2024

Colourful through Kufsteinerland

Nature is in bloom, the forest, meadows and pastures are exploding with greenery and the peaks of the Kaisergebirge are towering above it all: when summer moves into Kufsteinerland, multi-faceted nature is guaranteed. Whether on foot, by via ferrata, on the Kaiserlift, by racing bike, mountain bike or e-bike – there are plenty of options for exploring the mountain and valley under your own steam during the warm season. In and around the crystal-clear mountain lakes, nestled between the field, trees and mountains, is an ideal place to relax.



When the forests are clad in lush autumnal tones and it is still pleasant and warm during the day, this is the best time for hiking and cycling excursions as well as traditions in Kufsteinerland: the harvest festival is a symbol of thanks by the farmers for a productive summer and good harvest. The discovery, sampling and purchasing of fruit, vegetables, dairy products, jams, juices, sausages and bacon is a source of great joy during the harvest period. Autumn fills the small farm stores and market stalls of the Autumn Gourmet Day on 3 October with a wide range of regional treasures. These can be explored during the "Kaiserweis Gourmet Cycle Tours": these involve cycling along the banks of the river Inn, stopping off at organic farmers for a hearty snack, visiting a schnapps distillery or taking a detour to an Alpine cheese dairy.

Nestled within an imposing mountain landscape, Kufstein Fortress towers majestically over the town of the same name. This landmark of the fortress town is one of Tyrol's most popular tourist destinations and is home to the Heroes' Organ which performs concert at midday every day. Kufstein Fortress is also a nationally renowned event location and provides a venue for performances by international musicians and a wide range of events such as the Musical Summer, Knights' Festival and Christmas Magic fair.

Feast of Corpus Christi customs
After the Holy Mass in the morning, the following Corpus Christi procession features the carrying of symbolic holy figures accompanied by music, singing and prayer.

Live in your homeland, preserve its roots

Customs in Kufsteinerland

Customs generate a feeling of togetherness and identity. They form part of the soul of a region. In Kufsteinerland, numerous public holidays are celebrated and traditions kept alive. We offer an insight here.

In our digital world, it is all the more common for customs to have a rather conservative reputation. But this image is not correct because traditional gatherings continue to retain an exceptional charm which simply cannot be found online. Customs bring people together and form the foundation of community. They make a change from everyday life and mark the highlights of the year, providing stability and reliability beyond the immediate moment and linking the past, present and future generations – including in Kufsteinerland. In this region at the gateway to the Tyrolean Alps, a great deal of emphasis is placed on maintaining customs. There are festivities to mark the various rituals and celebrations all year round. They are real highlights on the calendar – both for locals and the many guests. We present some of them here.

May – Month of Musicians and Mary

Marching bands mark the start of the warm season on 1 May in Kufsteinerland with the traditional May Fanfare. The day starts early – at around 6 am. Over the following hours, the delegations march from house to house to spread musical greetings and serenade the inhabitants. In honour of Mary, the mother of Jesus, church services are often held in the evenings during Mary's month of May – so-called May prayers. The roots of this tradition date back from the Baroque era: prayers were used to request good weather. Even today, the altars of the statues of Mary are decorated with flowers to mark this occasion – the floral decoration symbolises growth, renewal and the blossoming of spring. In Kufsteinerland, worship often takes place at special places such as the Lourdesgrotte cave in Kufstein in the district of Zell or in the many small and idyllic chapels in the forest or on the mountains.

Corpus Christi processions

The Feast of Corpus Christi is celebrated with the Eucharist, i.e. bread turned into the body of Christ and wine turned into the blood of Christ. Many places have festive processions through the streets to mark the occasion. Beneath a canopy, also known as heaven, the so-called monstrance (a magnificently deigned object containing altar bread protected behind glass) is carried from altar to altar during a procession. The children who have just received their first communion accompany the procession. They are permitted to take the altar bread from the sacrament of the Holy Communion. The procession is traditionally accompanied by the marching bands. On Friday and Sunday, a Sacred Heart of Jesus procession takes place in many communities. Symbolic holy figures and decorated altars are carried across the fields, led by riflemen and marching bands. A wonderful festival with traditional treats is then celebrated. Processions are organised for the occasion in Kufsteinerland too. As, for example, in Schwoich or in Hinterthiersee where the church ceremony is followed by a leisurely beer.

The night of the shining mountains

The lighting of a big fire during the nights around Midsummer is one of the oldest traditions still in existence. The tradition of the Midsummer fire dates back to the Middle Ages and is said to fuel fertility in the meadows and fields. Lovers are also recommended to jump over the flames for good luck – hand-in-hand. Anyone wishing to admire these magical mountain fires should head for the summit of Kufstein's own

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mountain, the Pendling, on 24 June. From here, magnificent views of the surrounding mountains can be enjoyed, all lit up with lots of fires.

The stars of brass music sparkle in the fortress town

Each year, Kufstein is transformed into a bastion of brass music. On 17 September, the marching bands of Kufsteinerland, the so-called stars of brass music, come together in the squares of the fortress town to play music and fill the streets with their delightful sounds. In the Upper Stadtplatz square, musicians gather to give concerts at the individual chapels while outdoor concerts take place in other areas of Kufstein. The highlight of the musical event is a joint "march of the stars" whereby all the stars of the brass music scene march to the Upper Stadtplatz square and perform an outdoor concert together.

When the singing shepherds come knocking

During Advent, they go singing each evening from house to house: in Tyrolean tradition, the carollers imitate Mary and Joseph's search for

Facts

Did you know?

15 August has a special significance in Tyrol. Assumption Day is a public holiday here in memory of the liberation of Tyrol in 1809. Herbs are traditionally blessed on this day in the Catholic church – or more specifically the seven main herbs of arnica, St. John's wort, camomile, mullein, wormwood, sage and ribwort. The number 7 represents the days of creation as well as the seven sacraments.

The lively traditions in Kufsteinerland bring people together beyond the state borders
Various rituals and festivals are celebrated all year round. They are calendar highlights for both locals and the many guests alike.

shelter. The centuries-old custom is unique and is classed as an asset of UNESCO Intangible Cultural Heritage. The custom is kept alive in particular during Advent in Kufsteinerland. It dates back to the Middle Ages. Back then, boys and girls would go begging from farm to farm over the festive season to share good tidings and spread good wishes, to be rewarded with crust of bread or a piece of bacon.

Today, most donations are collected for charitable causes as men and women weave their way through the villages dressed in shepherds' robes, bringing peace and tranquillity to the hectic Advent period with their instruments and folk songs. The people offer the singers schnapps and a snack and try to talk them into staying. However, the carollers have to continue on their way after a few songs. In addition to the classic house visits, the carollers also perform at Christmas festivities, Christmas markets and the Christmas Magic fair at the fortress.

More information about our events can be found at **www.kufstein.com/events**

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Take a break
The Kaindlhütte (1,293m) on the undulating Alpine terrain of the Steinbergalm is the ideal starting point for lots of mountain walks and climbing tours.

Nature-conscious actions

60 years of the Kaisergebirge nature protection area

60 years ago, the Kaisergebirge was officially declared a nature protection area. To mark this anniversary, one thing is sought above all else: increasing awareness of nature protection measures.

The impressive original and untouched nature which extends out east from Kufstein over the Kaisergebirge mountain chain is characterised by its unique beauty. Rare plant and animal species can be encountered in different habitats. This zone was declared a nature protection area on 29 April 1963 and today is celebrating its 60th anniversary. To protect nature, plants and animals remains the aim. But not just that. Now, as then, it is also about providing people with a protected area, as detailed in the history of its creation which Kurt Fischer of Kufstein describes in the text "'Kaisergebirge' nature protection area, yes or no?"

The beginnings

Franz Schwaighofer was the owner of the "Pfandl" mountain farm at the end of the 1950s. It was he who submitted an application to the Kufstein regional chair in April 1959 to request that the Kaisertal valley be declared a nature protection area. His intention was to "keep the area around the Zahmer and Wilder Kaiser and the Kasiertal valley "closed to motorised traffic for all time". Any street or route construction in the region should only be permitted if required for forestry purposes. The Kaisertal should remain

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Imposing showcase of nature
The magnificent course of the Kaiserbach stream.

Spiritual resting place
The chapel of "Maria auf dem Stein" on the Kaiserbach.

Impressive
The Tischoferhöhle cave at the entrance to the Kaisertal valley.

Refreshment break
The Pfandlhof inn at the heart of the nature protection area.

free from "traffic noise and petrol vapour," Franz Schwaighofer stated in his application. Particularly interesting is the fact that, even 60 years ago, he sought to protect the landscape and also allocated this the meaning of "protecting people from damage to civilisation in a preventative and remedial manner". He refers to a report by the former President of the German Nature Protection Ring, Prof. Dr. Dr. Krieg, which warns of "mental and moral dangers" "threatening the people of today who require peace more than ever before due to a lack of landscape protection". And Schwaighofer and Krieg were in agreement during the middle of the last century that, "What people today need above all else are 'oases of tranquillity'". It was a long time after submitting the application that the Kaisergebirge was actually declared a nature protection area. Finally a referendum was held before the application was submitted to the Office of the Tyrolean State Government in Innsbruck and the official declaration as a nature protection area was granted in 1963.

First settlement of the Alpine area

The Kaisergebirge is characterised by its light-green, steep rocky walls and peaks which exude a sense of imposing magnificence. The impressive Tischoferhöhle cave opens up in the Kaiserbach gorge area. Finds of tools and the skeletal remains of people, bears and other animals in the cave are indicative of people having visited here even during the Neolithic era. This makes the area one of the oldest documented finds of human settlements in the Alpine region. It is a truly special feeling to soak up the atmosphere of the Tischoferhöhle cave with this impressive background knowledge in mind.

Flora and fauna in the nature protection area

The special plant and animal kingdom in the Kaisergebirge was one of the convincing arguments for granting this area special protection 60 years ago. The area is home to the emerald-green earthworm, for example, an unusual invertebrate. The earthworm starts off pink then turns violet and finally colourful until acquiring its special emerald green colouring after two to three years of being fully grown. Equally fascinating are the fire and alpine salamander, both of which can be found on the Kaisergebirge. Snakes, like the smooth snake and adder, have made this spot their home and, of course, the nature protection area houses many mammals such as the dormouse, stoat, chamois, roe deer and stags. Birds of prey such as the sparrowhawk, hawk or golden eagle call the Kaisergebirge their home, as do blackcocks and

Good to know

Behaviour in the nature protection area

Every single person can make an important contribution to preserving the beauty of the Kaisergebirge nature protection area.

Thank you for ...

- Keeping your dog on a lead.
- Taking your rubbish and dog bags back to the valley with you.
- Respecting the habitat of plants and animals.
- Not feeding the animals and keeping a safe distance.
- Sticking to signposted trails.
- Not lighting an open fire and using official accommodation facilities.
- Enjoying the tranquillity and avoiding making any loud noises.
- Moving around under your own steam.

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Glide up in comfort on Kaiserlift Kufstein


Photo: SvenFotografiert

Kaiserlift Kufstein takes its passengers in relaxed fashion from the fortress town up into the natural experience that is the Kaiser mountains.

Open daily from 29th April to 29th October, between 8.30 and 16.30. Entry for the final journey up the mountain is at 16.15; final journey into the valley is around 16.30.

Our highlights

Morning journeys on Kaiserlift Kufstein

The morning journeys in the summer are a fixed point on the nature experience programme. The Kaiserlift is operational from 7 in the morning on Saturdays from **17.06. to 26.08.2023**. Participants can discover the mountain independently, or during morning yoga on the Brentenjoch, as well as on one of the two guided experience tours – 'Trail Running for beginners' and 'Geological Wonder World'.

Explore nature in a fun way on the 'Erlebnisweg'

At 14 interactive stations guests of all ages get to become butterflies themselves, find out about the animal tracks in the forest and a bit of time inside an over-sized honeycomb. The 'Naturerlebnisweg' starts right at Duxer Alm intermediate station, proceeding via Berggasthof Hinterdux to Marienkapelle on the Duxer Köpfl. Factor in around 1 ½ hours for the family-friendly hike.

Our attractive experience programme can be found here:
www.naturerlebnis-kaisergebirge.at

www.kaiserlift.at

KUFSTEIN
Kaiserlift

Protecting nature in all its facets
To mark the anniversary of the nature protection area, the aim is first and foremost to increase awareness of caring for nature. The events focus on our actions and personal responsibility as regards nature.

Beautiful and rare
The Kaisergebirge nature protection area is a rare habitat for protected animal species such as the fire salamander which can only now be found in four districts of Tyrol.

wood grouse. Above the tree line, snow grouse and rock partridges are a common sight. There is also a wide range of exceptional occurrences in the plant world here which cannot be observed in this form elsewhere. For example, many local orchid species are found here along with the Christmas or snow rose and the rare dwarf Alpine rose. The different exhibitions and altitudes of the area create different areas of woodland and a mix of spruce, fir and beech trees.

Acting with care

The 60-year anniversary is above all else an opportunity to focus on the interaction of the individual with nature. There are no large parties or celebrations planned but rather a series of events to do justice to protecting nature. Events will tackle issues such as conflict management in relation to nature, Alpine maintenance in the era of climate change and tourism in harmony with nature. Specifically it is about understanding that our actions have consequences. We are the ones who have to ensure that the nature and animal world is protected, that no rubbish is left behind, that we are quiet and that we do not cause any damage in order to maintain mystical sites such as the special Tischoferhöhle cave for the coming generations and as local testaments.

Facts

- The Kaisergebirge has been a nature protection area since 1963.
- A total of 92.6 km2 are protected.
- The area extends over the communities of Kufstein, St. Johann, Ebbs, Walchsee, Kirchdorf, Going, Ellmai and Scheffau at 480 to 2344m above sea level.
- The protection area starts east of Kufstein and comprises the Zahmer and Wilder Kaiser and from the Kaisertal valley to the Hintersteiner See lake.
- From Kufstein and Ebbs, the "Kaiser-aufstieg" steps lead to the Kaisertal valley and Tischoferhöhle cave.

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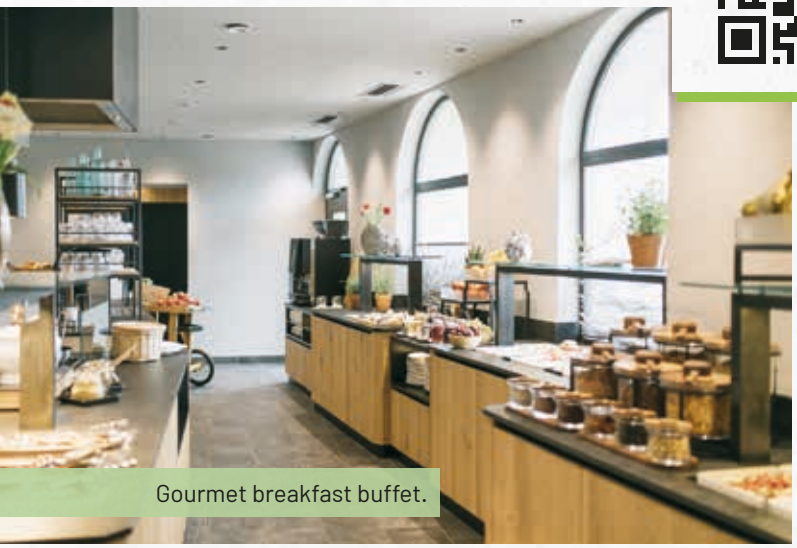
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„ ...freedom is probably infinite above the clouds!"

Reinhard Mey

Experience Kufsteinerland on the upwind

Kufstein-Langkampfen Airport: Lift off into an Alpine panorama

While Kufstein appeals all year round with its wide range of activities, flying fans are convinced: flying is always more beautiful! At the Kufstein- Langkampfen gliding and powered flight airfield, the gateway to the Alps is wide open to amateur pilots... including fantastic föhn winds for endless high-altitude flights.

The airfield is situated outside of the town of Kufstein in the district of Langkampfen, surrounded by snow-capped peaks and the turquoise blue river Inn. The adjacent "Fliegerstube" restaurant, which is also popular with locals, serves up good food. Those wishing to sample the flying atmosphere by day and night are recommended to check into the Hager park campsite. Here you can pick up eggs for breakfast direct from the farm and during breaks from flying, the nearby Stimmersee lake is the perfect place to relax. At the guesthouse with the same name, camping enthusiasts can find accommodation in high-quality apartments, ideally located right by the lake.

Highs and lows: the history of flying in Kufstein

Without the young engineer Alois Hasenknopf, who has a street dedicated to him in Kufstein, there would probably be no Langkampfen-Kufstein airfield today. He was the one to bring gliding to Kufstein. Together with other flight enthusiasts, he carried out short "test flights" in the district of Niederndorf during the 1930s. At the start of the Second World War, the National Socialist Flyers Corps became aware of the excellent flying conditions and set up a gliding school training centre on the site. After the war, there was a lengthy lull as far as flying was concerned. But Alois Hasenknopf never lost his passion for flying and negotiated with the French occupying forces to re-establish flying in Kufstein. In 1950, Hasenknopf founded the Kufstein Flying Club and the airfield relocated to the Kufstein district of Sparchen, just below the List monument. As the town continued to grow, the airfield gave way to urban development.

Guests welcome!
Langkampfen-Kufstein is a private airfield but is also available to guests with their own aircraft.

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Outstanding flying conditions at Langkampfen-Kufstein Airport
Langkampfen-Kufstein Airport is a winner thanks to its outstanding flying conditions. In the afternoon, a steady wind blows from Bavaria, the Kaiser mountains guarantee particularly good thermals, while the Föhn winds are the icing on the cake for aviators!

In 1975, the flying club finally found the ideal terrain for a new airfield in the district of Langkampfen. However, the geographical location of the airfield did not allow for winching operations and so the aerotow had to be adapted.

Take off and land at Kufstein-Langkampfen airfield

Today, Kufstein-Langkampfen airfield is available for the operation of gliders, powered gliders, aircraft tractors and light aircraft. Kuftein flying club owns several kinds of gliders and aircraft itself, with and without an engine as well as sustainer engines. These aircraft are only available for other members to hire. Non-members have the option to complete a "taster flight" on a powered glider or glider to pique their interest and test their suitability for this airborne sport. Anyone wishing to experience such a flight can register with the flying club at any time. Guests with their own aircraft who may wish to take advantage of the excellent gliding conditions during a holiday in Kufsteinerland are always welcome. The flying club is particularly proud of its new ultra-light aircraft for pulling gliders. With its minimal 472.5 km take-off weight at max. 115 HP, it is significantly quieter and more environmentally-friendly than its heavier predecessors.

Föhn wind conditions for Alpine flights

The airfield in Langkampfen impresses with its special geographical location and sees itself as the gateway to the Alps. The steep sides of the Kaisergebirge mountains create exceptional thermal conditions and in the afternoons, the "Boarischen" is sure to blow in from Bavaria. Föhn conditions are dominant in Kufstein on many days of the year, especially in autumn. The enormous Föhn waves, triggered by differences in air pressure between the north and south, might give Kufstein's flyers a headache but also create lots of take-off points at the airfield. The warm winds guarantee some impressive high-altitude flights and hours of quiet gliding over the snow-topped peaks and the river Inn, which weaves its way through the landscape like a turquoise ribbon. We can only quietly hum along to songwriter Reinhard Mey when he sings... "freedom is probably infinite above the clouds!"

FACTS

So who can use Kufstein-Langkampfen Airport?

- Gliders
- Powered gliders and touring motor gliders
- Ultralight aircraft
- Single-engine aircraft up to two tonnes

The fortress town from a bird's eye view
Admire Kufsteinerland from above – not just from one of the many summits but also during a taster flight, available to non-members at the Langkampfen-Kufstein airfield. You will be rewarded, for example, with a view from above of Kufstein Fortress.

Good to know

Information about the Kufstein-Langkampfen airfield:

www.fliegerclub-kufstein.at

Restaurant recommendation:

Restaurant Fliegerstube
(alongside the airfield).
www.fliegerstube.at

Overnight stay options close to the airfield:

Hager Park Campsite
(alongside the airfield).
www.camping.hager.tirol

Guesthouse and Restaurant Stimmersee.
www.stimmersee.com

Nearest hiking opportunities:

Fantastic views without a plane.
www.pendlinghaus.at

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Journey through time to the Middle Ages

The Knights' Festival at Kufstein Fortress

Clouds of smoke float along the old walls, the smell of grilled meat lingers in the air, interspersed with the scent of incense and wild herbs... Kufstein Fortress is again populated by minstrels, jugglers, knights and damsels. Kufstein Knights' Festival has been an annual highlight since 2009.

"The open fire was a safety-related issue which had to be clarified at the outset. Our actors live at the fortress for three days. They sleep at the top and need fire to cater for themselves," says Christian Domeier who established the Knights' Festival at Kufstein Fortress. As organiser, he has been responsible for the safety of two to three hundred people from the outset as well as the visitors. The mediaeval festival is famous across Europe and attracts many thousands of guests every year.

A journey into the past

At Kufstein Fortress, you can delve into the past. "Kufstein attracts people from near and far, due to its imposing landscape, if nothing else. In our case, we add a fourth dimension to any stay – we travel back 1000 years in time with people". For participants, this is a chance to leave modern life behind. "People have a longing for anything original and hand-made," Christian Domeier suspects, adding, "They need to understand the world again. The stories of the past are rather predictable: dragon abducts princess. The story is quickly told". The Knights' Festival focuses instead on ancient legends. In past times, fortresses were also centres of social life: in addition to their role as defences, they provided a space for weddings, coronations and large annual markets. The Knights' Festival can be seen as part of this tradition. The legend is still being written by the actors today. "It is a matter of lots of small stories which are re-created each year. Everyone who takes part in the Kufstein Knights' Festival helps to write the story," the organiser confirms.

During what era did knights exist?
Put your knowledge about the fascinating world of the knights to the test by scanning the image using the Livi AR app.
Download app on page 4.

When visitors become players

Over the years, our guests often become players: they purchase their first costume at Kufstein Fortress and become a part of the scenery. They mix with the minstrels, jugglers, artisans and court jesters. The players choose their own role, as Christian Domeier explains. "When it comes to choosing the groups, we ensure that they tell self-contained stories. We

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have resident actors who depict the time of the mercenaries and who re-enact the era around 1504 which was a significant year for Kufstein. We also have actors for the early Middle Ages and period around 800 AD. The temporal dimension is not so important".

Different centuries as well as activities are presented alongside one another. Visitors are greeted by a very colourful scene. "The walls might be grey but it is a real explosion of colour when our jugglers and minstrels populate Kufstein Fortress," Christian Domeier explains. The atmosphere at Kufstein Fortress is particularly special, as he explains. "Kufstein Fortress does restrict us somewhat because it has only limited space available. But this density of events is also an advantage. Mediaeval life is vibrant here!"

Craftsmanship and culinary flights of fancy

Visitors stroll through the camp with the actors. All day long, there are mediaeval specialities to sample, all personally tasted and approved by Christian Domeier. This is accompanied by music and an insight into mediaeval craftsmanship. The participants are used to explaining to the curious modern-day visitors what they are doing. This also gives the children a chance to learn: how is a wooden sword carved? Can I do it myself? We welcome and enjoy answering these kinds of questions.

When darkness finally falls over Kufstein Fortress, guests can enjoy another highlight: the day ends with a large fireworks display. The flaming presentations are accompanied by the sounds of a live band. The crowning finale is the hymn "Vivat Kufstein" which is sung by the artists on stage as well as by all those involved. When the visitors leave Kufstein Fortress, night is hanging over the fortress. The ancient walls show off their quieter side to those staying there. The open fire is lit and some sit by the embers, reflecting back on a unique and eventful day with contentment.

Back to the Middle Ages.
In this video, we show you what makes this three-day journey into the Middle Ages so special. Simply scan the image with the Livi AR app. *Download the app on page 4.*

Good to know

The legend of the red dragon

The Knights' Festival at Kufstein Fortress has recently welcomed a new highlight in the form of the "Taverne zum roten Drachen" tavern. Legend has it that the local dragon no longer wanted to protect the treasures of the land and so headed increasingly to the tavern to replace his boredom with fun. It is rumoured that he is still a regular guest at the tavern today. The story of the red dragon does have a true beginning: the vehicles and trailers of the jugglers and traders at Kufstein Fortress are moved using a red articulated tractor. But in this mediaeval setting, this is not referred to as a motorised machine but rather as the "red dragon". The "Taverne zum roten Drachen" was established in the tractor garage.

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70 years of the Weinbergerhaus

Peace and relaxation at the heart of the Wilder Kaiser nature protection area

Wonderful landscapes, unique views, a peaceful idyll. This is what guests at the Weinbergerhaus can experience as they sit on the terrace and savour some exceptional specialities based on regional produce.

The Weinbergerhaus is situated in Tyrol's Lower Inn valley, in the wonderful Kaisergebirge mountains, at an altitude of 1,272m. While the nature protection area, home to the privately operated refuge, is celebrating its 60th anniversary this year, the Weinbergerhaus looks back on a successful 70-year history. The refuge is located on the Brentenjoch, which is why it was formerly known as the Brentenjoch-Hütte, this name being derived from Kufstein mountaineer Franz Weinberger. The lodge is characterised by its smart setting, warm hospitality and exceptional quality of regional produce. Regional customs and traditions are important to innkeepers Sandra and Tobias Siegl. "We see tradition as forming the basis to our social responsibility and respect the way things have always been. Hower we are open and always prepared to explore new avenues. Modern and yet still the Weinbergerhaus – that's our motto," says Tobias, innkeeper of the lodge.

Many routes lead to the Weinbergerhaus

Relaxation-seekers can access the Weinbergerhaus in summer and winter on foot, by bike, on skis or via the Kaiserlift. Austria's last one-seater chairlift runs up to the Brentenjoch mountain station and from here, a footpath leads towards the Weinbergerhaus, which is in sight at all times. The journey on the Kaiserlift offers around 30 minutes of enjoyment

and tranquillity while your feet swing above the treetops and your mind can switch off, surrounded by the most beautiful nature. Guests arrive at the lodge completely relaxed.

Alpaka Alm at 1,272m above sea level

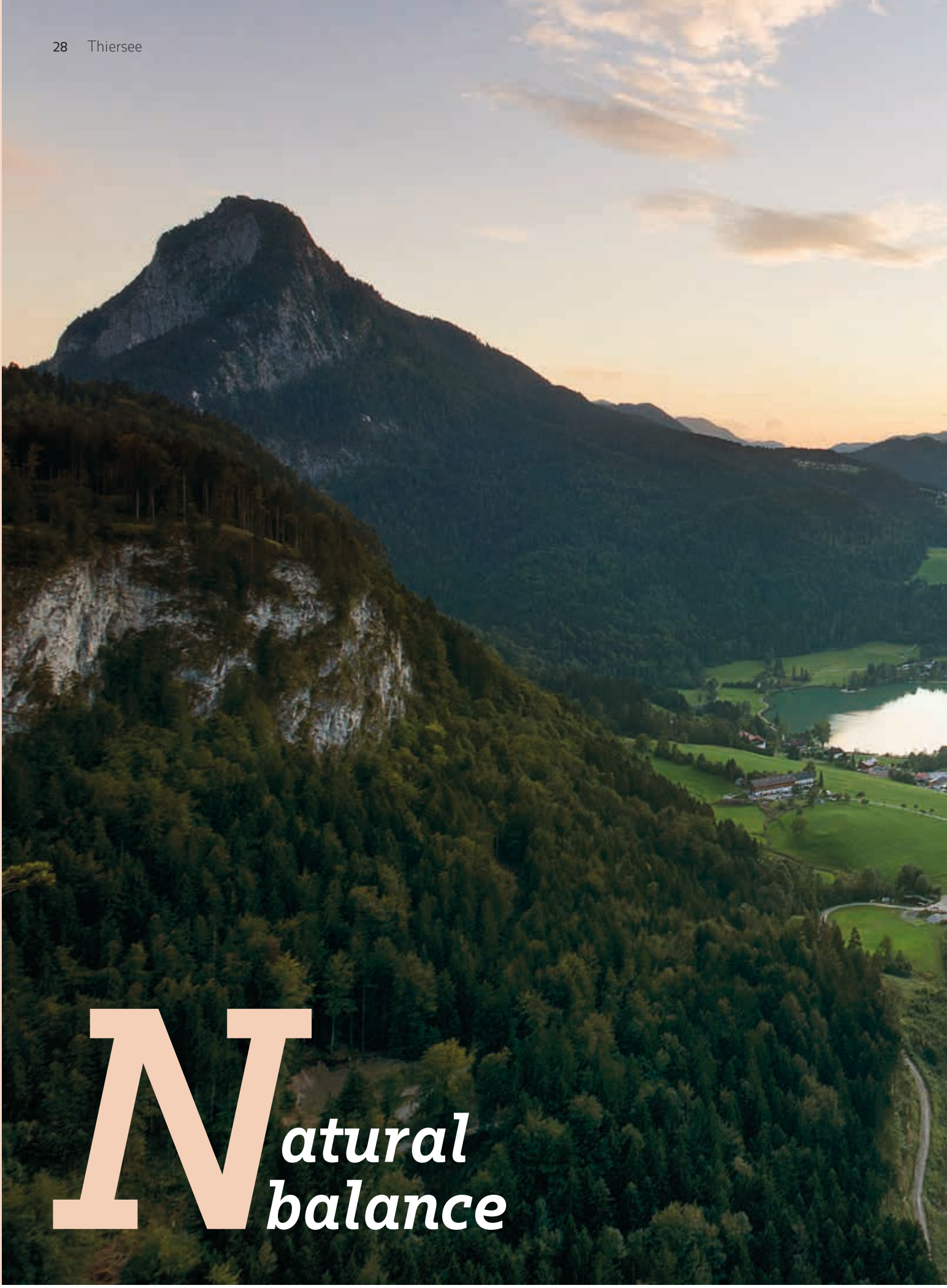
Huacaya alpacas have been kept at the Weinbergerhaus Alpaka Alm since 2017. The quiet and peaceful character of these animals fits in perfectly with the atmosphere around the lodge in this nature protection area. Children and adults alike enjoy seeing the animals. Sandra and Tobias summarise the keeping of these delightful animals in one sentence: "Alpacas are a matter of the heart!"

Weinbergerhaus am wilden Kaiser 1272 Meter

Weinbergerhaus GmbH

Stadtberg 8, A-6330 Kufstein, Tel.: +43 664 2564 760,
Email: mail@weinbergerhaus.at

The latest information about opening times can be found at www.weinbergerhaus.at or by telephone.



Natural balance

Find peace and recharge your batteries in Thiersee

Enjoy some time out from everyday life, surrounded by the nature around Lake Thiersee and in the protective atmosphere of the Pendling – good for the body, mind and soul. Thanks to its spiritual energy centres, the sunny mountain plateau offers plenty of opportunities for achieving inner balance.

Here are places which are seemingly ideal for topping up your energy levels, although you may not be able to put your finger on why. With its symbiosis of mountains and water, Thiersee is undoubtedly one of these energy centres. Once you leave behind the winding road which leads into the Thierseetal valley, an impressive mountain plateau opens up. The charming little village and lake forms the centre and the special aura of the natural bathing lake is tangible from afar. Surrounded by fields, forests and imposing mountains, which are reflected in the surface of Lake Thiersee, the lake lies peacefully before us and radiates its shades of green and blue. Once at the banks, there is a sense of tranquillity and the feeling that this is the ideal spot for some time-out. Here you can let your energy flow, like the water in the lake. A place to switch of and take some deep breaths.

Find your own balance

Establishing balance between vitality, relaxation and everyday living often presents us with challenges. In the Thierseetal valley, the solution lies right before us: in nature, especially around the natural bathing lake and in the forests of the surrounding mountains which exude power and tranquillity with their gentle rock formations and crystal-clear mountain streams. It is first and foremost about shifting the focus away from your own problems, worries and anxieties towards the colours and sounds of nature. It is a good feeling to activate and individually apply the senses: to close your eyes and listen to the water. To consciously breathe in and smell the forest air. To stand still and see the natural beauty around you. To shift your focus inwards and reflect.

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Immerse yourself in the forest
14 stations around the Riedenberg moorland in Thiersee invite visitors to try "forest bathing". Mindfulness exercises help you slow down, reduce your stress levels and boost the immune system.

A journey to your own centre
The stone labyrinth in Hinterhiersee is surrounded by the trees of the Modalwald forest. The energy centre invites you to stay a while and reflect on your inner self.

Get your energy flowing
A yoga session right by Lake Thiersee will bring your body, mind and soul back into harmony.

Tranquillity through activity

There are lots of ways of achieving inner balance and everyone has to find out for themselves which is the right way for them. Sometimes it is a walk through the villages on a sunny mountain plateau surrounded by lush green meadows, sometimes it is immersing yourself in the soothing forests in the Bavarian foothills or the Brandenberg Alps around Lake Thiersee. Practices from other cultures often unfold their special relaxing effect when combined with our local nature. Practising yoga by Lake Thiersee, for example, is an extraordinary experience. Here you truly become aware of your own body and soul as well as perceiving your natural surroundings in all their beauty. The same is true of a Qi Gong walk at the foot of the Pendling which relieves blockages, releases consumed energy and re-balances the body, mind and soul, all outside in the fresh air. Thes walks can be undertaken all year round in the Thierseetal valley and are a source of energy and balance. In Kufsteinerland, Harald Löffel runs Qi Gong walks. In relation to the recreation area in and around Thiersee, he says: "The fact that the Thierseetal valley is a little remote at an altitude of 600m is a big advantage when it comes to 'silencing civilisation'. It is this silence which is essential for the Qi Gong exercises and forest bathing". The Thierseetal valley is home to various energy centres where tranquillity can be found. The beauty of Lake Thiersee is attractive and inviting and the magnificent local mountain, the Pendling, is ideal for personalised nature experiences in the forest, facilitating the search for balance.

The invigorating effect of the forest

It is the special atmosphere of the forests around Lake Thiersee which surrounds us when our feet touch the soft ground: the interplay of light and shade, the transfer from dense to light forest, the constant of the deep-rooted trees and in-between, the beautiful views of the Thierseetal valley. We draw on this spiritual atmosphere for forest bathing, without overloading nature. The health-boosting effects of the forests has already been proven in numerous studies around the globe. Walking guide Harald Löffel explains, "In general, the aura of the forest results in fewer stress hormones being emitted which has beneficial consequences for the body and mind". And we again make use of an approach from

a distance country: the long-standing Japanese tradition of "Shinrin-Yoku" which is also prescribed there as a recognised form of therapy. We know this as forest bathing and as the name suggests, this means fully shrouding ourselves in the forest to gather new energy. "It is this specific perception of the backdrop of sound and the deliberate slow pace which benefit us. Optimal for healthy living would be to engage in forest bathing once a week, i.e. spending several hours at a gentle, leisurely pace," says Harald Löffel of these positive effects.

Forest bathing in Thiersee

On the Riedenberg in Thiersee, 14 different stations help visitors to explore the forest as an energy centre while forest bathing. It has nothing to do with actual bathing. Instead, it is about relaxing in the forest, as if in a bathtub. So, for example, touching a tree trunk and fully perceiving it or grounding yourself barefoot on the forest floor. This gradually tops up your energy reserves and you are sure to feel stronger afterwards, no matter how much time you spend in the forest. Some mental stresses appear to resolve themselves while we are focusing on the tweeting of the birds or the sound of the streams as they flow with energy down the mountain and find their way into Lake Thiersee.

Good to know

Qi Gong by the lake
Dates: April and May 2023 (always Wednesdays) from 9:30 to 11:30
Meeting place: Music pavilion

Forest bathing
Dates: 3 April to 6 November 2023 (always Mondays) from 10:00 to 14:00
Meeting place: Hinterthiersee village square

Cost: free with the KufsteinerlandCard, 10 euros without the KufsteinerlandCard

Registration: at the latest by 16:30 the day before at the tourist information office, on 05372 62207 or at booking@kufstein.com

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Nothing to bleat about

70 goats live at the Moosbauerhof farm

Monika and Hermann Gramshammer from the Moosbauerhof farm in Erl explain why one of the world's oldest farm animals has been unfairly labelled as "stupid". They have been breeding chamois-coloured mountain goats for over 10 years.

The day starts at 5.30am on the Moosbauerhof farm. On the Erlerberg, just before the crossing to Sachrang, you will find the farm and guesthouse at 1,000m above sea level. 70 goats need to be milked and fed every day – always at the exact same time because goats are very sensitive animals. "They do not deal well with change," Monika and Hermann Gramshammer explain. You could say that they are "touchy" – but the farmers don't like this term. "No, goats are not touchy. They are headstrong and very sensitive – you have to treat them with a lot of feeling".

Sandra, Conny, Simone – are stubborn but not stupid

The word capricious is derived from the Latin name for goat, "Capra". The word is used to describe people who are a bit stubborn. A goat doesn't do anything that doesn't make sense. "Goats, unlike cows, cannot be driven. As a farmer, you have to lead the way if you want them to go anywhere. A goat will not go anywhere it doesn't know. As soon as it knows where it is going, it will find its own way," says Hermann Gramshammer. Every goat has its own name. The oldest goat is called Heidi. Then there is Sandra, Conny, Simone, Cordula and many more. How do you tell 70 goats apart? "Every goat has its own special features. And when you look closely, you see this," Hermann Gramshammer says.

They will find the smallest hole in the fence

The Moosbauerhof has been farmed since the 19th century. The cows have disappeared from the farm over the last few years. The Gramshammer family now focuses all its energies on its chamois-coloured mountain goats. They feel most comfortable in a herd with a ranking order. The goat in charge of the group is always first to the feeding ground. During the day, the goats are constantly on the move. The

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The Moosbauerhof
In the video, farmer Monika Gramshammer explains why her focus has shifted to breeding mountain goats. Scan the image using the Livi AR app. *Download app on page 4.*

tread load of goats by weight is minimal and they therefore benefit the steep meadowland slopes of the Moosbauerhof.

And because they are very clever animals, they always find even the smallest of holes in any fence – which can drive any farmer to anger. Everyone knows the typical bleating sound of a goat. And when there is a threat of danger, they give out a whistle warning.

Careful interaction with nature and animals

A goat can produce up to three litres of milk per day. Monika Gramshammer enters the farm's own cheese dairy three to four times a week where she produces cream cheese and yoghurt from the milk. "The cream cheese resembles the consistency of a mozzarella which can be grilled, fried or added to a salad, for example," the farmer explains. The products are available for sale at the farm shop and at farmer's markets in Kufstein and Wörgl. Animal welfare, regionality and a careful approach to food are more than just platitudes at the Moosbauerhof. Hermann Gramshammer is a founding member of "Kitzprojekt", Tyrol's goat breeding association. The project is committed to the exclusively regional slaughter and marketing of the animals. There is no lengthy transportation here.

A favourite with guests

These cheeky farm animals are a favourite with guests visiting the Moosbauerhof. The oldest regular guest has been spending his holidays with the Gramshammer family for 60 years. The farm and guesthouse have been in family ownership since 1926 and have always been interlinked. This traditional symbiosis of farming business and hospitality will remain in the future because the son of the family will take over as successor at the Moosbauerhof.

www.moosbauer.info

Good to know

Goats and humans – a long-standing history

Goats are one of the oldest pets known to man, alongside sheep and dogs. Archaeologists estimate that people were taming goats as far back as 9,000 years ago. Goats quickly became widespread across the globe. As a sociable herd animal, they worked well with humans and fascinated them with their cheeky behaviour. Goats have a big advantage which makes them attractive to most people: they produce an enormous amount of milk for their body size – three times as much as their own body weight each year. They also do not need much space and food. Goats were known across the world as the "little man's cow". Goats saved many people from starvation during the world wars in Europe.

Serving up regionality: Food fresh and direct from the farm

In addition to the Moosbauerhof farm, there are an additional 34 farm stores in Kufsteinerland.

www.kufstein.com/farmstores

TROL FESTIVAL ERL SUMMER

2023

6 JULY

30 JULY

25 JAHRE TROLER

Cross-country fun with a view
The Osterndorf circuit takes you straight past the Antoniuskapelle chapel.

Right on track

Cross-country and winter fun in Bad Häring

It doesn't always have to be downhill: the snowy landscape is best explored by gliding across the cross-country trails. Cross-country skiers and wannabe skiers will find the sunny mountain plateau in Bad Häring to be ideal for their requirements.

The cool winter air tickles the nose. The crunching of the snow can be heard beneath the skis and the sun sets the ice-cold crystals sparkling. The local Pölven mountain stretches up to the blue sky. The only sounds you can hear are your own breath and the swishing of the cross-country skis. A network of sun-drenched trails covers the winter landscape in Bad Häring. Four routes are available to cross-country skiers – those wishing to take their steps out on these narrow skis are in the best of hands here. The routes are ideal for beginners, ranging from 800 to 5900m in length.

A rewarding access point is undoubtedly the short village circuit which runs directly below the Hotel Das Sieben. For those wishing to extend the cross-country fun, the route can also be easily combined with the equally flat Osterndorf circuit which leads past the peaceful Antoniuskapelle chapel along a well-prepared trail.

Gliding along with panoramic views guaranteed

Somewhat more demanding is the panorama circuit. With isolated climbs and falls, it is ideal for cross-country skiers who already have some experience. Starting out from the Schönauer Strasse, it runs cross-country across the Heimberg – with beautiful views of the Pölven and Inntal valley guaranteed. You are sure to encounter other winter sports fans en route, with or without skis because the panorama cross-country trail is also available for hikers to use. But don't worry: there is no chance of getting in each other's way. Those who still have energy to burn in the late evening can explore the illuminated spring trail up to 22:00. Here the snowy terrain has more twists and turns. The circuit starts out along the panorama trail and then runs gently uphill towards the Litzl Lift from where it follows a big arch back down.

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Good to know

Winter walking in Kufsteinerland either through snow or along well-prepared pistes:

Kufsteinerland with its eight surrounding villages and fortress town close to nature offers numerous routes to explore together – from easy to difficult and for families and active holidaymakers alike.

www.kufstein.com/winterwalking

Wintry walking
Kufsteinerland impresses nature fans who want to enjoy winter away from the ski pistes.

Every beginning is simple – and healthy

Whether during the day or when night falls: starting out cross-country skiing is relatively easy. Just a few hours of training and you will have the first steps under your belt. For those wishing to train with supervision or who feel a little unsure whether cross-country is right for them, the Schuler cross-country school in Bad Häring's neighbouring village of Schwoich is the ideal place in Kufsteinerland. Equipment can be hired out from here or from Sport Thaler in Thiersee.

While this Nordic skiing sport is easy to learn, it also has a low risk of injury. First and foremost, cross-country skiing is one of the oldest and healthiest forms of sport in the world. Virtually no other form of exercise targets as many muscle groups all at the same time – 95% in fact. An hour of moderate exercise is sufficient to get the body going – the arms, legs, back and stomach are all trained and the circulation, balance and coordination are boosted. Unlike with running, the sport is also gentle on the joints. Cross-country skiing is therefore suitable for older people, not just the younger generation.

What one person regards as fantastic winter endurance training, another sees as a way of getting from A to B, without any thoughts of sporting performance. Some like the fast trails and others simply enjoy a dreamy backdrop. Whatever trail you like: cross-country skiing is certainly lots of fun in winter!

Good to know

Tracking down tradition

The nativity walk is very special and runs from the mining village of Bad Häring in Advent, offering a chance to admire some artistically carved nativity scenes and hand-made Christmas decorations. The village nativity in the Kirchplatz square features some life-sized figures and at the mining museum, the mining nativity can be admired including a life-like replica of a mine shaft in a nativity scene.

At the Hildegardkapelle chapel, an Oriental nativity scene is on display and a four-part box nativity can be admired at the Antoniuskapelle chapel. At the end of the trail, there is a chance to meet nativity creator Walter Peer in person. He has plenty of information to share about this craft.

Colourful association life – a strong village community

One village – 35 associations

Associations and their dedicated members have been shaping life in Niederndorf for decades. The wide range of associations in this 2,800 resident community is reflected in the form of numerous events throughout the year.

Tradition is a top priority in Niederndorf – some 35 associations are dedicated to preserving customs, promoting the sense of community and conveying their shared values. An association thrives on the motivation of its members to engage voluntarily in the village community. The people of Niederndorf seem to have vast motivation when it comes to the wide range of associations on offer: beer tasting, beekeeping, nativity building, traditional costume associations and much more! The orchard and horticulture association is celebrating its 30th anniversary in 2023.

The s´Theata Niederndorf theatre association has also been active for over 30 years and is now a fixed component in the region's cultural calendar. Whether old classics or action-packed comedies – each year since 1989 (except for 2020), performances take place in Niederndorf over several dates before a virtually sold-out audiences. "Die Lügenglocke", "Pension Schaller" and "Die Stumme" are just some of the plays which have made a name for the Niederndorf amateur theatre group far beyond the borders of the region. The association has some 36 members with founding member, incumbent chairman and active performer Reinhard Exenberger having had a significant impact on both the s´Theata Niederndorf association and the cultural landscape of the region. His wife Erika and their three children Martina, Hannes and Thomas have also been a fixed component of the association for many years.

The association as a springboard

The involvement of children and young people is actively promoted at many associations. The youth work undertaken by the voluntary fire brigade, marching band and sports clubs plays a significant part in boosting voluntary work and preserving traditions in Niederndorf. Thanks to the support of the youth workers, up-and-coming performers can develop and build on their talents. This reinforces the sense of belonging at the association and secures its continued existence. And because fun is an important component too, excursions and activities further reinforce the sense of community and bring joy to the association colleagues.

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A traditional association with a lot of humour

The Niederndorf carnival association is a relatively young association and has been bringing the fun since 1998. The village carnival procession is organised every three years and has achieved acclaim at a national level. The carnival procession is organised by members of the council of eleven – a tight-knit circle of carnival enthusiasts, led by Chair Sebastian Gasser. A range of official measures must be implemented to ensure that the revellers can gallivant their way through the village without any issues: the police, fire brigade, ambulance, local community, road maintenance and building yard – all have to be involved. The carnival procession would be unthinkable without their commitment and the involvement of all the local associations and the schools and kindergartens. They deserve the thanks of the organisers. On the day of the big event, it's an early start for the council of eleven. They meet for breakfast at 7am – already in their costumes, of course. The members dress up every year but during the procession years they make an extra special effort: they come together under a shared motto and present themselves as a group.

Bussi! Bussi!

Here the carnival cry is not "Lei-Lei!" like in Villach or "Kölle Alaaf!" like in far-away Cologne. In Niederndorf, carnival season kicks off with a different cry: "Bussi! Bussi!" echoes down from the first carnival float. The first float carries the "Habetitz", a harlequin figure dressed in black and gold. The "Habetitz" is the so-called fun-maker and leads the procession on the Carnival Saturday. However his first performance comes much earlier: on 11 November of the year before at 11 minutes past 11am, the members of the council of eleven awake him up and then head to the community office. As an act of humour, the mayor hands the key to the village to the party-goers. From then on, different laws apply until Lent in this peaceful village at this foot of the Kaisergebirge: the party-goers are in charge!

Kicking off the party!
Every three years, a lively procession runs through the streets of Niederndorf to mark the carnival period.

The fifth season

Carnival (Fasching) has a long-standing tradition in Niederndorf: regular processions took place in the community between 1956 to 1964, at that time organised by Alois Röck, Josef Kuen and Pepi Aufhammer. In 1998, the descendants of the past carnival revellers came across some old masks – they stumbled unnoticed onto the threshing floor of the now closed Gasthof Post guesthouse. On one sociable evening, the idea of bringing the carnival association back to life came about at the request of the former landlord of the Gasthof Post, Werner Wäger (†). Since the re-establishment of the carnival association in 1998, the fifth season has been suitably celebrated in Niederndorf.

A big event in a small village

The carnival procession is a festival for the whole family and for all party people – and the aim is to keep the standard high: alcohol is prohibited on the floats. An understandable approach but lots of visitors still come here and attend the two-hour procession in the centre of Niederndorf – revellers are often called to order! However a more frequent occurrence is the cheering of eye-catching costumes and some guests spontaneously being persuaded to "accompany" the procession. The 25 to 30 groups follow the circuit on floats or on foot from the old Erler Strasse in the centre of the village, heading twice around the church. Further celebrations take place on Rose Monday and Shrove Tuesday. Around midnight, the revellers finally take off their costumes and wipe the paint from their cheeks.

GOOD TO KNOW

Looking for a carnival prince and princess

The Niederndorf carnival association is on the look-out for a new carnival prince and princess for the 2024 carnival procession. They will be granted a sovereign name and will be permitted to shine on the historic Prince's float during the procession. Couples and individuals from Niederndorf and the surrounding area can apply to the council of eleven now.

Facebook: Faschingsverein Niederndorf

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Plant-friendly

Garden artist Georg Miggitsch

An inventor. A technician. A gardener. Georg Miggitsch from Schwoich transforms earth into fertile soil and the plants flourish! If something in the garden doesn't work out as he planned, he seeks to understand why and puts all the levers in motion to change that.

"Even as a child, I loved running around behind my grandma and helping her with all the work in the garden," Georg Miggitsch says as we visit him in his garden in Schwoich. Even as a young man, he started to tend to the plants on his balcony in the first apartment he had to himself. And all the more so after completing his home, planned by the graduate of a higher technical college. For Georg Miggitsch, the time to become a gardener had arrived. Like many other homeowners, he planted a flower bed and tried to grow vegetables, herbs and flowers. However the properties of the soil in his garden presented a problem. "I consulted so many gardening books to find out how to prepare clay soil so that I would not be faced with a wall of concrete in the garden every time it rained," Georg recalls. The ground quickly began to recover when he started working with mulch. A significant improvement could be identified after incorporating a combination of vegetable carbon, stone meal and mulch. And so the expert gardener continued with this approach. This marked the start of his Terra Preta project.

Basic package for soil preparation

"The Portuguese term 'Terra Preta' means 'black earth'. The original inhabitants of South America created highly fertile soils from a mix of plant carbon, fertilizer and compost. During my internet research, I came across this method and my ears pricked up," says Georg of the background to his success. He continued to do his research and so eventually the Terra Prata basic package emerged from these findings and has now been on sale for several years. The package consists of plant carbon with cavities which store an unbelievable amount of water and which offer a beneficial habitat for microorganisms. Georg's wonder mix also contains stone meal, i.e. very finely ground lava rock with a wide range of trace elements, manufactured in the neighbouring village of Oberndorf near St. Johann. The package also includes wheat bran and coffee husks.

Apply the Terra Preta method

All components of the basic package have to be mixed with around two litres of rainwater or nettle liquid manure, sealed airtight and left to stand in warm conditions for two to three weeks. This is then incorporated into the soil. "During this time, the carbon is full of nutrients which can be

How has Georg Miggitsch laid out his field?
Do you want to see what the garden of an expert looks like? Simply hold your smartphone over the image to view Georg Miggitsch's world of plants. *Download app on page 4.*

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Home-harvested tastes better
Growing your own fruit and vegetables creates a direct link with the food. And Georg has often proven that a small space, such as a balcony, is sufficient.

passed onto the plants. If fertilizer is added direct to the soil without any "activation", it would use up the plants' nutrients for colonisation and cause everything to wither," the expert explains. Anyone who things that Georg Miggitsch's plant carbon mix can only be used in the garden and open land borders is incorrect. The successes which can be achieved with balcony flowers and herbs as well as vegetables have often brought him great pleasure. "The best example are the planters displayed on the balcony of an acquaintance's Alpine lodge which previously never really grew in the mountain air but, since using Terra Preta, have been in full bloom," Georg reports.

Stronger together

Georg Miggitsch has now been running his own business Witch House for over 10 years, as he calls it with a twinkle in his eye. In addition to his garden at home, he also leased out a field behind the Bierbrauerei Bierol brewery in Schwoich where he cultivated vegetables. "At the start of my Terra Preta project, I tried to use the spent grains left over from the beer brewing process which are usually fed to livestock," Georg says of how he started out. These discussions and considerations finally led to Georg leasing and farming the garden behind the brewery. He supplies some of the harvest to the region's restaurant industry. He also produces ciders, liqueurs and vinegars on occasion and Bierol too benefits from his work. The gardener helps the team with growing oats and rye and he monitors which fields should be planted in which sequence to ensure the best possible yield for the brewery. Georg has already planted his own vegetables such as pumpkins and beetroot to enable the production

of certain beers. “These various projects complement my work and allow me to keep developing new ideas to generate regional and sustainable features,” the vegetable expert explains.

Good for us, good for the environment

Growing your own fruit, vegetables and herbs brings a whole raft of positive benefits. “It gives you a direct link with the food,” says Georg Miggitsch who is passionate about our climate and having a good awareness of nature. Food tastes better when you have harvested it yourself: usually it is eaten when fresh and ripe, allowing us to take in the full dose of vitamins which quickly degrade during storage. “You also know the effort which has gone into the growing and maintenance of the plants and you then automatically place a difference value on the fruit and vegetables at a market and in food stores. You also start to think about transportation and the vitamin content of products,” says the gardening expert, offering us an insight. Do-it-yourself farmers usually focus on the value of the food, giving rise to some colourful cuisine and a diverse menu. This is good for the climate and not least is healthy for us and boosts our well-being.

Good to know

Even on hot days, tomatoes do not need much water because their roots reach deep down into the ground.

Beans and apples thrive here because the nights are cool and the days are warm.

In autumn, 5cm of grass clippings (not straw!) should be placed on the ground of the flower beds.

Due to climate change, cultivation of vegetation is lasting for longer in Tyrol. Growing can now take place significantly earlier in spring and significantly later in autumn than a few years ago.

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"Listen here, men, and let me tell you, Our clock has struck ten. God has bestowed ten commandments; So that we should be happy.

Human guards are of no use; God will watch, God will protect. Lord, by your kindness and power, Grant us a good night!"

Text extract from the Night Watchman's Song

Sleepless in Kufstein

A tour with a night watchman

The best way to experience Kufstein by night is with the night watchman. Equipped with a halberd, he will light up the narrow alleyways and secret spots with his lantern... and knows how to tell a scary story or humorous anecdote about every place!

"Is that Death," a passer-by asks by chance when he sees the night watchman from our tour, which goes by the same name. Admittedly he does look a bit creepy, our sullen guide with his black gown and ancient halberd. The weather enhances this mystical impression because, after a bright sunny day, the moisture from the river Inn rises into the fairy-tale night and blurs contours. A night watchman can easily be mistaken for Death.

"During the Middle Ages, the night watchman was not much more popular than a gravedigger or executioner," says Harald Löffel who is running the tour today. The town's population believed that anyone dealing with death knew the devil. The night watchman was deemed to be a creature of the dark who was bound to be in contact with dark powers. How else could he walk unharmed each night among the devils, demons and other light-averse folk?

The night watchman as guardian of the town

This view of the profession of night watchman showed a real lack of gratitude because it was his responsibility to protect the town's treasures. The main role of the mediaeval night watchman was to sound the alarm in time in the event of a fire so that the people could salvage whatever they could. Looking at the marketplace in Kufstein, the colourful houses are densely packed. In the past, there were no fire walls between the homes and so flames could easily cross from one house to the next. "The German term of bringing everything under one roof dates from the Middle Ages," Harald Löffel tells the group. During this period, any delicate items, such as fabrics, were stored in the attic because it was the driest place in the whole house. The German phrase "Now there's fire on the roof" to indicate a state of real emergency requiring immediate action without delay, comes from this time too because a person's entire wealth could be found under the roof. Other tasks of the night watchman included ensuring that shops closed in line with regulations, announcing the time until at least 21:00 and in the case of danger to the town, blowing his horn. Tooting and blowing was all part of the job!

Trust is good – checking is better

Announcing the hour, on the hour, was more for checking up than for informing people of the time. The problematic period was always after closing time from around midnight when local people were lying peacefully in bed - so who was there for the night watchman to check? After all, most night watchmen had a day job too and would not object to taking a relaxing nap during a warm summer's night or in the guardhouse. During the Middle Ages, two night watchmen were often sent out on tour

Facts

All information about tours in Kufstein can be found here:

www.kufstein.com/tours

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Night watchmen in mediaeval Kufstein
Despite being about as popular as gravediggers or executioners, they held the responsibility of warning the citizens of the town in the event of a fire.

together who probably did not get on particularly well. This meant that each would ensure that the other was meeting their obligations out of mistrust. In the modern era, various simple watches were developed for telling the time and the night watchmen were required to use them in a way which allowed town hall officials to make sure they had not fallen asleep on duty.

From the Heroes' Organ to the river Inn demons

We follow our sinister guide from the town square to the imposing Heroes' Organ, the largest outdoor organ in the world with some 5,000 pipes. A short concert can be heard at around 12:00 every day and in the summer months of July and August at 18:00 too. A treat for the ears which can be heard significantly beyond the borders of Kufstein thanks to the favourable installation of the pipework beneath the roof of the Bürgerturm tower. On down the Römerhofgasse alleyway, we learn why it was possible in the past to book a train ticket from Hamburg to Auracher Löchl (instead of Kufstein!) and why folk musician Karl Ganzer won the hearts of listeners with his Kufstein song. A success which the ever-busy "Hut-Mayr", who was personally known to Harald Löffler, was not able to duplicate, despite honest efforts. It was said that only those pure of heart should stand on the banks of the river Inn at night, otherwise the Inn demon could attack and then... pssst! We won't be giving any more details away here! Find the night watchman and let him tell you!

Kufstein winter wonderland
The mountains are covered in deep snow, a white snowy blanket lies on the rooftops and the white alleyways of the historic old town are the ideal place for a stroll: that's Kufstein in winter.

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Kufstein historic town trail

A window on the past

Why are there canon balls lodged in the walls? What does "right of defeat" mean and why was the old bridge over the river Inn torn down? The varied history of the town of Kufstein is full of puzzles. And you can explore them during an entertaining walk with all the family.

Historic town trail reloaded

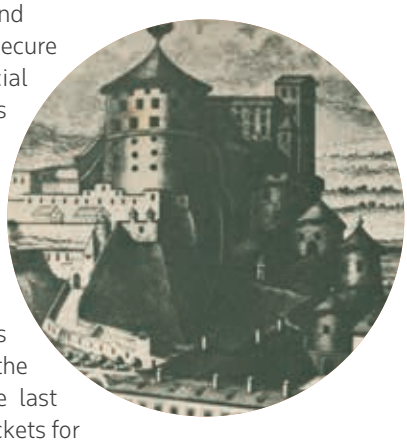
On the re-designed historic town trail through Kufstein, you will move with the times – quite literally. Visitors will find interesting information about Kufstein's history at the 23 history-related stations. And not just that: starting out from the Marienbrunnen fountain in the Lower Stadtplatz square, an exciting digital puzzle rally for all ages runs through the town. Attention is drawn to small details such as the canon balls lodged in the walls of the picturesque Römerhofgasse – special features which even some locals are not aware of. While you learn about exciting historic details and entertaining anecdotes using the audio guide, the youngest visitors in particular are encouraged to solve tricky puzzles in order to rescue Kufstein Fortress and save it from the wrecking ball.

Attention, document forgers!

The story behind the fun puzzle, entitled "Conquer back the Fortress", takes place in the present but extends back into the past: a rich industrialist presents an ancient document proving that Kufstein Fortress is actually owned by his family. Now he wants to destroy the revered fortress. Visitors are tasked with using historic information to uncover the falsified documents and rescue the fortress for the people of Kufstein. This means listening carefully when the fortress shares its own story in the audio guide because the puzzle questions are challenging. To assist further, an analogue map is provided featuring clues for the puzzles.

Conquer the fortress!

"Conquer back the fortress!" is the historic motto of the town of Kufstein. In the past, the people of Austria and Bavaria fought lots of battles to secure this town of strategic and financial significance on the river Inn, as is explained on the information panels along the historic town trail. Some of the stations provide an introduction to more recent history, such as station number 13. It marks the air-raid shelter where Kufstein's population sought refuge during the devastating bomb attacks of the last days of the war in 1945. Today, tickets for the events at Kufstein Fortress are highly sought-after as Austrians, Bavarians and lots of other nationalities come together to soak up the culture.



Outposts: three new stations away from the centre

Anyone wishing to extend this walk around the town into a short hike can add on one of the three new stations of Hochwacht, Thierberg or Zeller Berg. As a reward, some magnificent views of the fortress town

FACTS

Kufstein historic town trail
1.7 km – 15m elevation – 1:00 hr

Hochwacht
6.1 km – 280m elevation – 2:00 hrs

Thierberg
7.4 km – 250m elevation – 2:30 hrs

Zeller Berg
3.3 km – 110m elevation – 1:00 hr

Picturesque Kufstein
Anton Kink, former Mayor of the fortress town, shows off his property in Endach in 1851.

await along with some exciting archaeological and historical insights from the excavations on the Zeller Berg mountain.

The historic Kufstein town trail shares history all along the route and with its exciting offering, opens a window on the past – to view the present from a new perspective.

Experience the historic town trail: this is how it works!

1. Flyer and puzzle map available from Kufsteinerland tourist board or from the start board for the historic town trail at Marienbrunnen fountain in the Lower Stadtplatz square.
2. Scan QR code to access the Locandy app and puzzle adventure "Conquer back Kufstein Fortress".
3. Set off on a journey back in time from the Marienbrunnen fountain in Kufstein and conquer back the fortress!

Historic City Trail

City history in a different way!

History & Stories

On the path of the historic city trail:

The historic city trail passes in 23 stations around the fortress hill, through the varied city history of Kufstein. Picturesque alleys, lively squares and exciting personalities open a window to the past and show new perspectives on the present. **www.kufstein.com**

KUFSTEIN Stadt

Kufsteinerland verbindet

Always something happening

5 event highlights in Kufsteinerland

Tyrol Festival in Erl

The highest-calibre culture is served up at this renowned festival, embedded within a beautiful natural landscape. Every day features operas, concerts and chamber music. The summer edition features two Wagner operas in the form of "Siegfried" and "Götterdämmerung" alongside Engelbert Humperdinck's "Königskinder". The winter festival will again kick off with Bach's Christmas Oratorio. Also featured: the rarely performed fairy-tale opera "The Snow Maiden", the revival of "Le Postillon de Lonjumeau" and the Musicbanda Franui ensemble.

- 6 July to 30 July 2023
- 26 December 2023 to 7 January 2024
- Erl Festival Hall

www.tiroler-festspiele.at

yoga.days

Inhale the fresh mountain air, practise yoga by the lake, meditate while taking in views of the fortress and mountains in the background and feel inspired by the various yoga styles taught by our instructors. Herbs & Yoga, SUP-Yoga, Morning Yoga on the Mountain, Budokon Yoga, Jivamukti Yoga, Yoga & Dance, Journaling and other yoga styles are available to choose from, alongside various flows and meditations. You can compile your own individual festival programme during the yoga.days in Kufsteinerland.

- Three-day yoga festival from 21 to 23 July 2023
- Sessions at unique locations
- Day and combi-tickets available

www.yoga-tage.at

Advent in the fortress town

Pretty beaches with local artisans, hot mulled wine and the scent of Zillertal doughnuts and stuffed pastries bring the familiar Advent magic to Kufstein. A varied and peaceful programme awaits both in the unique historic ambience at the fortress and in the Stadtpark – from a Christmas workshop to the angels' postal service and nostalgic steam train. The Christmas magic is accompanied by brass bands and carollers, getting everyone in the mood for the upcoming festive season with their handed-down folk songs and wisdoms.

Kufstein Fortress Christmas Magic

- 25 November to 17 December 2023
- Saturdays and Sundays from 11:00 to 19:00

Christmas market in the Stadtpark

- 24 November to 23 December 2023
- Wednesday to Friday: 16:00 to 20:00
- Saturday, Sunday and public holidays: 14:00 to 20:00
- Montag and Tuesday - closed

MusicalSummer

Music by Andrew Lloyd Webber with lyrics by Tim Rice transform Kufstein Fortress into a historic musical stage. Kufstein's MusicalSummer awaits with "Jesus Christ Superstar". The classic musical tells of the events during the last seven days of the life of Jesus Christ from the critical viewpoint of Judas. Audience favourite Enrique Gasa Valga is responsible for the production and choreography.

- 28 July to 13 August 2023 (always Friday to Sunday)
- Kufstein Fortress
- Free event bus
- Admission from 39 euros
- 15 % discount with the KufsteinerlandCard

www.musicalsommer.tirol

Festival of Lights

The audiovisual presentation "Voice of the Fortress" will bring Kufstein Fortress to life from the end of December. This is more than just an optical and acoustical experience. Large video projections during the light festival tell of the diverse past of this fortress dating back almost 1,000 years – a multi-media foray through history.

www.lichtfestival.kufstein.at

G is for go green

5 tips for sustainable mobility in Kufsteinerland

Come by train

The train is a cost-effective alternative for those who appreciate a comfortable and hassle-free journey. Kufsteinerland is situated on the international Munich-Innsbruck-Brenner-Verona train line and is therefore within easy reach by ICE, IC and Railjet trains – including at night. The ÖBB Nightjet provides daily comfortable access overnight from Hamburg and Düsseldorf to Kufstein. The train station is just a few minutes' walk from the centre of the fortress town.

Here you can find all the information you need about travelling by train.

Hop on your bike

Hop onto the saddle straight from Kufstein train station: here you can find a total of 22 stations forming part of the "VVT Regiorad" bike hire scheme. The mobile bike hire system is distributed across the town. You can book one of the pastel-coloured bikes using the nextbike smartphone app, picking it up and returning it to any station. Anyone with a Kufsteinerland-Card receives a discounted rate: the first half hour is included. Children's bikes, city bikes, e-bikes and helmets can also be hired from Lebenshilfe Kufstein (Kienbergstrasse 3). They even offer a delivery service.

All information about Regiorad

All information about bike hire from Lebenshilfe

Travel by bus

Want to holiday without a car yet remain mobile? There are endless ways of getting from A to B free-of-charge with the KufsteinerlandCard – and one of them is the KaiserJet hiking and bathing bus. As soon as you reach Söll on the public service bus, the KaiserJet will transport you to the mountain railways, swimming pools and excursions on the Wilder Kaiser every day from mid-May to the end of October. And in winter you can travel in comfort on the ski bus directly to the Wilder Kaiser Ski World, Austria's largest continuous ski resort.

All about on-site mobility in Kufsteinerland

Use the free public transport on-site

In Kufsteinerland, the bus and train timetables are coordinated with one another. This enables a wide range of offers in terms of the public transport networks and event buses. You can use the public transport network and selected event buses within Kufsteinerland for free. All you need is the in KufsteinerlandCard.

www.kufstein.com/card

Share an electric car

It takes max. five minutes to get from Kufstein to the nearest electric car which can be operated via an app. The fortress town is a pioneer of e-car sharing. There are 18 so-called "Beecars" out and about in Kufsteinerland at the moment. These electric vehicles can also be hired in the surrounding communities of Schwoich, Thiersee, Niederndorf and Kössen.

All information about e-car sharing at www.beecar.at

An overview of mobility options in Kufsteinerland can be found at ww.kufstein.com/mobility

Information is being constantly updated. Subject to change.

C for colourful

5 things you can experience in Kufsteinerland

Enjoy the benefits of the KufsteinerlandCard

This card is the key to your perfect holiday in Kufsteinerland. During your stay, you will have access to free admissions, discounts and special offers. Numerous services are included – from sporty activity programmes to public transport and tours on various themes.

www.kufstein.com/card

Float up to the Kaisergebirge mountains with the Kaiserlift

The Kaiserlift Kufstein will transport you in comfort up to the nature of the Kaisergebirge mountains from the nearby fortress town. Switch off, enjoy and relax for 20 minutes. A unique paradise of hiking and excursions opens up 750m above Kufstein at the heart of the Kaisergebirge Alpine peaks – ideal for families and ambitious mountaineers alike.

- 29 April to 29 October 2023
- Daily from 8:30 to 16:30
- 21,000 km of footpaths
- Energy centres are the perfect place to relax in nature
- Free with the KufsteinerlandCard

www.naturerlebnis-kaisergebirge.at

Discover the world centre for Haflinger horses

Fohlenhof Ebbs, the world's oldest Haflinger stud farm, is the most important international centre for Haflinger breeding. The "Haflinger" has become a real cultural asset of Tyrol and ambassador of the state. Over 100 Tyrolean Haflingers, from mares with foals to colts and the famous breeding stallions, are housed here in several stable buildings. You can observe the Tyrolean Haflingers free-roaming each day across the 3 ha of paddocks with panoramic views of the Kaiser peaks. The Fohlenhof also comprises a modern exhibition of carriages.

- Open all year round
- From 9:00 to 17:00, including stables and carriage museum
- During the meadow season, tours of the stallion meadow are offered (approx. 5.5 hours – advance booking and payment required)
- In July and August, weekly Haflinger shows take place (60 minutes - payment required)
- Free with the KufsteinerlandCard

www.haflinger-tirol.com

Experience a "symphony" in glass

Riedel glasses and decanters are still made by hand at the manufacturing site in Kufstein today. It is not apparent from looking at the elegant glasses just how much hard work goes into creating them. Visitors can experience live how a wine glass or decanter is skilfully made by hand. Based on the title of "Riedel Glass Cabinet – Retrospective and Ideas Lab", the 300-year history of glass production and design revolution is traced in Kufstein.

- Open Montag to Friday from 9:30 to 18:00, Saturday from 9:30 to 14:00
- Group tours available by prior arrangement
- Free with the KufsteinerlandCard

www.riedel.com

Conquer the Kufstein Fortress

Kufstein Fortress has been towering over the town for over 800 years. While hostile armies sought to conquer the fortress during the first centuries, Kufstein Fortress today offers an exciting and varied programme for guests of all ages. Kufstein Fortress comprises a modern visitor centre, panorama railway, museum exhibitions, fortress restaurant, daily performance on the Heroes' Organ and free audio app.

- Open all year round
- In summer from 9:00 to 18:00
- In winter from 10:00 to 17:00
- Guided tours are also offered separately
- Free with the KufsteinerlandCard