



abtenau



MOTION

REST

ENJOYMENT

## Guided Hiking Tours 2019

### Join us!

Guided hiking tours for those who want to explore the most beautiful places of Abtenau with a personal guide.

The hiking season in Abtenau is divided into the **mountain spring**, the **alpine summer** and the **colourful autumn**. Each of these three hiking periods offers season matching hikes.

Sturdy shoes, weather-related clothing and walking sticks are recommended.

**TIP:** Get the hiking map including hiking book of Tennengau at the tourist office to the price of € 6.50 (with the Tennengau+ Card of Abtenau only € 4.50).



# Whole summer season 20.05.-11.10.2019

## MONDAY

### Info Walking Tour

Come with us to a guided walking tour through Abtenau! Get new impressions and discover your holiday destination with us.

**Meeting point:** 10.00 a.m. market square Abtenau

**Duration:** app. 1 hour | **Costs:** free of charge

## MONDAY

### „Almroas“

Take the bus, the mountain bike or have a hike by your own to the Rocheralm. There you can spend a pleasant time with typical specialties of Abtenau and traditional folk music (from 12.30 till 02.30 p.m.) - no guided hike!

**Bus:** departure 10.30 a.m. Hotel Gutjahr, return journey 02.45 p.m. | **Costs:** € 10.00 round trip

**Registration Bus:** Hotel Gutjahr +43 6243 2434 (at least 6 persons).



## TUESDAY

### Nordic Walking Fitness Tour

Nordic Walking is an effective total body workout. Find out the joy of movement during the Nordic walking fitness tour.

**Meeting point:** 02.45 p.m. at WM Sport 2000

**Duration:** approx. 2 hours | **Costs:** free of charge for guests of Abtenau, other guests: € 19.00, poles for rent during the tour for free.

**Registration:** until Monday 05.00 p.m. at WM Sport 2000: +43 6243 3644 or Intersport Schwaighofer: +43 6243 3192

## FRIDAY

### Mountain Energy and Alpine Culinary

Idyllic hike around Abtenau. Experience the unique combination between "recharge your batteries" and "enjoy the culinary". After an energising tour, we visit the farmer's market and you immerse yourself into the culinary delights of the Lammertal.

**Meeting point:** 10.30 a.m. tourist office Abtenau

**Duration:** approx. 2.5 hours | **Costs:** free of charge



## 14.06.-27.09.2019

## FRIDAY

### On Empress Sisi's tracks

Walk at the „Zwieselalm“ on Empress Sisi's tracks. At this hike you will find out more about the popular Empress and her stay at the „Zwieselalm hut“.

**Meeting point:** 09.30 a.m. at the valley station Donnerkogel cablecar Annaberg | **Hiking time:** approx. 3–4 hours | **Costs:** € 21.00 with the Tennen-gau+ Card, otherwise € 30.00 (children € 13.00 or without Tennen-gau+ Card € 20.00)

**Included in the price:** an ascent with the Donnerkogel cablecar, a guided hike, a visit of Sisi's bedroom, a descent with the Gosaukamm cablecar and transfer with the hiking bus starting at 03.55 p.m. from Gosausee.

**Registration** for the hiking tour and the transfer in the morning to the Donnerkogel cablecar (transfer free of charge for guests of Abtenau) until Thursday 04.00 p.m. at the tourist office Abtenau.

# Mountain spring 20.05.-14.06.2019

## WEDNESDAY

### Herbs Hike

Spring time is herbal time. Join this guided hike with a herbalist to know more about native plants and wild herbs. After the tour you will receive a small „herbs present“.

**Meeting point:** 10.00 a.m. tourist office Abtenau

**Duration:** approx. 3 hours | **Costs:** € 5.00 with the Tennengau+ Card



## THURSDAY

### Native Country Hike

The origin of tradition and customs in Abtenau are founded at the district „Au“. After a walk to the waterfall and the Kneipp facility, where the cold water tickles us the feet, a tour through the heritage museum awaits us.

**Meeting point:** 10.30 a.m. tourist office Abtenau

**Duration:** approx. 4 hours | **Costs:** free of charge



# Alpine summer 17.06.-06.09.2019

## TUESDAY

### Diversity of Alpine Flowers

A leisurely walk with the biologist Hans Burgstaller through the alpine flowers trail at the Postalm. Explore the diversity and effect of different alpine flowers. In case of bad weather the alpine flowers are presented in the form of a slideshow.

**Meeting point:** 11.00 a.m. parking lot 1 at Lien-

bachhof Postalm | **Duration:** approx. 3 hours

**Costs:** tour is free of charge | bus is free of charge

+ € 2.00 toll, departure post office Abtenau

10.10 a.m., return journey parking lot 1 Postalm

04.20 p.m. (parking lot 3: 04.16 p.m.).

## WEDNESDAY

### Gsengalm Hiking Tour

Guided hike to the „Gsenghöhe“ (1604m). Enjoy the wonderful view over Abtenau in the summer-time at the Gsengalm hut.

**Meeting point:** 10.00 a.m. valley station Karkogel

**Duration:** approx. 4 hours | **Costs:** free of charge

**Costs cable car:** ascent & descent € 11.40 or  
ascent & toboggan run € 12.50

## THURSDAY

### Experience the element water

We leisurely walk to the waterfalls of Abtenau, the Trickl- and the Dachserfall as well as to the Kneipp facilities, where we cool our feet in the refreshing cold water. On the way to the guided tour at the heritage museum we pass an inn.

**Meeting point:** 10.30 a.m. tourist office Abtenau

**Duration:** approx. 4.5 hours | **Costs:** free of charge





# Colourful autumn 09.09.-11.10.2019

## WEDNESDAY

### Colourful Autumn Hiking Tour

The hiking autumn in Abtenau takes you through the colorful forests up to the „Gsenghöhe“ (1604m). Our hiking guide shows you the colorful sides of autumn in Abtenau. Enjoy the view at the Gsengalm hut.

**Meeting point:** 10.00 a.m. valley station Karkogel

**Duration:** approx. 4 hours | **Costs:** tour is free of charge | **Costs cable car:** ascent and descent

€ 11.40 or ascent & toboggan run € 12.50 (The cable car can be used till 25.09.2019).



## THURSDAY

### Native Country Hike

At the base of the mountain range „Tennengebirge“ is the origin of Abtenau. We take a look back in time at the heritage museum. The origin of the water we find at the waterfall Dachserfall as well as at the Kneipp facility where the cold water tickles our feet.

**Meeting point:** 10.30 a.m. tourist office Abtenau

**Duration:** approx. 4 hours | **Costs:** free of charge



The guided tours don't take place on public holidays!

**INTERSPORT**  
**SCHWAIGHOFER**

ABTENAU 114, Tel. +43 (0)6243/3192

intersport.schwaighofer@sbg.at, www.intersport-schwaighofer.at

**Gutschein**

für Wanderstöcke 3-teilig mit Korkgriff

statt 29,99 nur **15,99**

Viele Wander- und Outdoorschuhe bis **-60%**



**GUTSCHEIN**

## ALLES FÜR DEN WANDERSPORT

### Berg- und Freizeitrucksack

- » High Colorado Peak Air 28
- » Farbe petrol/ dunkelblau
- » mit Netztaschen

Aktionspreis  
statt 69,95  
**34,97**

**-50%**



Gültig bis Ende September 2019. Solange der Vorrat reicht!

**wm sport** & **GEA**  
abtenau

5441 Abtenau, 100 m oberhalb des Postamtes links, Parkplatz Ost, 06243 3644

**Rent your hiking-equipment at the sports shops for a fee:**

- \* **WM-Sport 2000:** mountain boots, backpack, child carrier, hiking or walking sticks, via ferrata set
- \* **Intersport Schwaighofer:** child carrier, hiking or walking sticks

Tourismusverband Abtenau | +43 6243 4040 | [www.abtenau-info.at](http://www.abtenau-info.at)