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## Weekly Post 02.03. - 08.03.2024

Time

Information

Location/Meeting Point

### Saturday, 02.03.2024

Local and club championships in alpine skiing	08:30 o'clock	Local and club championships 2024 of the Sportunion Abtenau (alpine skiing) - various ski races in all age groups incl. fun classification. The toll booth on the Postalm-road can be passed free of charge until 09:30 o'clock.	Postalm, Lift 2 Seydegg 77
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### Sunday, 03.03.2024

Morning pint at the Karkogel hut	10:30 - 15:30 o'clock	An exciting atmosphere with live music awaits you! Whatever the weather. For Abtenau guests, the Tennengau+ Card is a free ticket for the gondola lift (one-off).	Abtenauer Bergbahnen, Karkogel hut Au 99
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### Monday, 04.03.2024

Info Walking Tour	10:00 - 11:00 o'clock	Come with us to a guided walking tour through Abtenau! Discover your holiday destination and get impressions of one of the most beautiful places in Salzburg. Free of charge. No registration.	Market Square Abtenau
Bus to the Postalm - ATTENTION: There may be delays!	10:15 o'clock	The public transport takes you up to the Postalm, Austria's largest alpine plateau with winter hiking, cross-country skiing and different skiing. Price: Bus: free of charge for guests with the Tennengau+ Card, Toll: €2,50/person. Returning: Postalm Schizentrum 15:25 o'clock.	Post Office, Ortsmitte

### Tuesday, 05.03.2024

Morning-Yin-Yoga	08:00 - 09:00 o'clock	Start the day relaxed with long-lasting positions. Costs: € 15.00/person. Persons: 5 - 10. Registration: until Mon, 17:00 o'clock at the Tourist Office	s'Platzl Markt 87
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### Wednesday, 06.03.2024

Salzburg City Tour	09:40 o'clock	Experience the city of Mozart from a very special perspective. Our city guide, Sepp Gutjahr, tells stories and anecdotes that can't be found in any books. Registration: until Tue, 16:00 o'clock at the Tourist Office. Costs: city tour: € 18.00; public transport: free of charge with the Tennengau+ Card! Persons: at least 5 pers.	Tourist Office
Church tour	17:00 - 18:00 o'clock	Discover the beauty of our parish church with all its treasures. Learn interesting facts about the different saints, the building and the rich history. Registration: until Wed, 15:00 o'clock at the Tourist Office. Free of charge. Only in German!	Parish church Abtenau Markt 2

### Thursday, 07.03.2024

Creative journey of discovery - Workshop	09:30 - 11:30 o'clock	In the handicraft/painting workshop you can use local natural materials in a modern workshop and rediscover your creativity. No prior knowledge required. Costs: from € 49.00 handicrafts (children: € 35.00), tools & small snack incl. Persons: 4 - 10. Registration by Wed, 17:00 o'clock on +43 676 97 61 116.	"Kreativwerkstatt" Rigaus 40, <a href="http://www.kreativwerkstatt-abtenau.at">www.kreativwerkstatt-abtenau.at</a>
Bus to the Postalm	10:15 o'clock	For more information: see Monday.	Post Office, Ortsmitte



**Thursday, 07.03.2024**

Curling	14:00 - 16:00 o'clock	A popular sport with a lot of tradition and fun for everyone! People of all ages will play for the championship medal. Registration: until Thu, 12:00 noon at the Tourist Office. Free of charge with the Tennengau+ Card (otherwise € 6.00).	Tourist Office
Lecture: What to do about dementia?	19:30 o'clock	What can we do to maintain our quality of life and stay physically and mentally fit? Dr Renée Schröder explains how we can use herbs to influence the ageing process and age healthily and happily. Admission: € 10.00 Registration: no registration necessary	Klosterhof Abtenau Markt 79
"Die schwärzeste Piste des Universums" - Vortrag	20:00 - 21:00 o'clock	Prof. Dr Hendrik Schatz from Michigan State University (USA) explains astrophysics in an understandable and humorous way: "The mountains of the GS1826-238 binary star system would offer unimagined acceleration possibilities for extreme skiers - only the X-ray flashes, which can even be observed from Earth, are not so digestible..." Admission free.	Pfarrsaal Rußbach, Rußbachsaag 48, 5442 Rußbach
Torchlight Hike	20:00 - 21:00 o'clock	Easy hike with lanterns through the romantic landscape. Registration: till Thu, 17:00 o'clock at the Tourist Office. Free of charge with the Tennengau+ Card (otherwise € 15.00).	Tourist Office

**Friday, 08.03.2024**

Winter Hiking Tour	10:30 - 12:30 o'clock	Depending on weather conditions we choose a comfortable tour, individually for the participants coordinated. Registration: till Thu, 17:00 o'clock at the Tourist Office. Free of charge with the Tennengau+ Card (otherwise € 25.00/person).	Tourist Office
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**Horse-drawn carriage rides | Please book your tour in advance:**

Hotel/Garni "Ledererwirt", Peter Galler, phone: +43 664 43 13 721

Family Lanner, phone: +43 6243 2435 or +43 664 96 76 220

**Farm experience | Etzengut farm, Scheffau**

For the whole family! Get up close and personal with feeding the cows, mucking out, stroking the animals and hay hopping! Afterwards there is a little refreshment where you can churn your own butter to round off the whole experience in a cozy atmosphere.

Registration with the Geiersberger family, phone: +43 676 84 22 14 521. Open: Monday to Friday, 16:00 - 18:00 o'clock

**Farmer's market "Bauernbogen" | Parking lot East "Parkplatz Ost"**

Fresh vegetables & fruits, dairy products, homemade bread, jams & honey, bacon & sausage specialties, fresh meat, ... what grows in the local fields and gardens can be bought here.

Open: Wednesday to Friday, 11:00 - 18:00 o'clock & Saturday, 08:00 - 12:00 o'clock

**Farm store | Inn "Zur Sonnleit'n"**

Natural products from own production! Open: Friday, 13:00 - 16:00 o'clock

**Ice bathing | Waldbad Lungötz (Neubach 151, Annaberg-Lungötz)**

Every Tuesday, Thursday & Sunday, 16:00. What to bring: good humour, warm clothes, towel, swimsuit and bathing shoes.

**Tip:** Your Tennengau+ Card is your free ticket for public transport to Salzburg!

You can find **more events in the surrounding area** at:

[www.tennengau.com/en/experience/events](http://www.tennengau.com/en/experience/events)

**NEW: "Staymate.at/Abtenau" - your holiday companion on your mobile phone!**

Use the new app for free on your mobile phone - it doesn't need to be downloaded, so it doesn't use up any memory. Simply use the QR code (below in the footer) or the link [www.staymate.at/Abtenau](http://www.staymate.at/Abtenau) to access all the important information for a relaxing holiday in Abtenau: personalised recommendations, events, bus connections, opening times and much more.



Find more information in our web app „staymate.at“ ...  
(no download necessary)

... and on our homepage „abtenau-info.at“

