

Weekly Post 13.07. - 19.07.2024

	Time	Information	Location/Meeting Point
Saturday, 13.07.2024			
Yoga & Brunch at the alpine area	08:15 - 11:15 o'clock	A special yoga session followed by brunch at the Postalm. 5 - 10 persons. Registration: by Tue 17:00 o'clock: Retteneegg hut: +43 664 9752500. Costs: € 35.00/person (cash payment only). Only in dry weather.	Retteneegg hut Weissenbach 53
Sunday, 14.07.2024			
Public Viewing - EM 2024		Experience exciting matches in the best atmosphere at public viewing of the European Football Championship 2024!	Cafe/Bar California, Inn Voglauerhof
Alm crate pig at the Strobl hut - live music	12:00 o'clock	Only in dry weather. Further infos: phone: +43 664 254 2237, www.stroblhuette.at	Strobl Hütte, Postalm
live music at the Market square	20:00 - 22:00 o'clock	The market square becomes a dance floor with folk music and Austropop by "Michael Leitner". Free of charge - cancelled in case of rain!	Market square Abtenau
Monday, 15.07.2024			
Morning-Yin-Yoga, Only in German!	08:00 - 09:00 o'clock	Start the day relaxed with long-lasting positions. Costs: € 13.00/person with the Tennengau+ Card (otherwise € 18.00). Persons: 5 - 10. Registration: until Sun 18:00 o'clock, phone: +43 664 100 68 82, Katharina Lechner.	s'Platzl Markt 87
Info Walking Tour - Only in German!	09:30 - 10:30 o'clock	We invite you to a guided walk through Abtenau! Discover your holiday resort with us and gain new impressions. Free of charge. Without registration.	Market square Abtenau
Hike to the Aubach Falls - Bus 470 from Abtenau "Ortsmitte" 09:28 o'clock	09:37 - 12:30 o'clock	Medium-difficulty hike, good shoes and sure-footedness essential. Workshop: we collect herbs together and eat it with homemade bread and butter. Hike & bus free with the Tennengau+ Card (otherwise € 25.-/pers.) Workshop: voluntary fee. From 3 pers. Registration: by Mon 08:30 o'clock at the tourist office.	Busstop Wallingwinkel - Only in German!
Church tour - Only in German!	11:00 - 12:00 o'clock	Discover the beauty of our parish church. Learn interesting facts about the saints, the building and the rich history. Free of charge with the Tennengau+ Card (otherwise € 7.-). Registration: until Mon 09:00 o'clock at the tourist office.	Parish church Abtenau Markt 2
Tuesday, 16.07.2024			
Bus to the Postalm	10:15 o'clock	More information: see Thursday	Post office, Abtenau
Alpine summer - Diversity of Alpine Flowers	11:00 - 14:00 o'clock	Leisurely hike with information about flowers and herbs. Costs: Hike+bus free with the Tennengau+ Card (otherwise € 25,-/pers.), toll € 2,50/pers. Departure: 10:15 o'clock post office, return: 15:56 o'clock car park 1. Registration: by Mon 17:00 o'clock at the tourist office.	Postalm, car park 1, Lienbachhof
Wednesday, 17.07.2024			
Yoga & Brunch at the alpine area	08:15 - 11:15 o'clock	More Information: see Saturday	Retteneeggütte Weissenbach 53



	Time	Information	Location/Meeting Point
Wednesday, 17.07.2024			
Water-Hike	10:30 - 14:30 o'clock	Leisurely hike to the "Dachserfall" and the "Kneippanlage" in the Au district. On the way to the local history museum (guided tour in German!), you will pass the inn "Wandalm". Free of charge with the Tennengau+card (otherwise € 25.-). Registration until Wed 09:00 o'clock at the tourist office, min. 3 persons.	Tourist Information Abtenau
An evening full of Austrian tradition	20:00 o'clock	Folk dance performance! Free entrance. The event doesn't take place in case of rain.	market square Abtenau
Thursday, 18.07.2024			
Creative journey of discovery - Workshop	09:30 - 12:00 o'clock	Handcraft/painting workshop with local natural materials. No previous knowledge necessary! Cost: from € 49.00 (children: € 35.00) incl. tools and a small snack. 4 - 10 Pers. Registration: until Wednesday 17:00 o'clock, phone: +43 676 97 61 116	Kreativwerkstatt Rigaus 40, www.kreativwerkstatt-abtenau.at
Hike through the Lammerklamm, Bus 470 from Abtenau "Ortsmitte" 09:28 o'clock	09:40 - 11:40 o'clock	Hike through the Lammerklamm with lots of interesting facts (good shoes and sure-footedness are absolutely necessary). Hike & entry into the Klamm: € 10.- with the Tennengau+ Card (otherwise € 35.-). Registration: by Wed 17:00 o'clock at the tourist office. Minimum 3 persons.	Parking area Lammerklamm - Only in German!
Hike to the Abtenau healing springs	10:00 - 14:30 o'clock	Slightly challenging hike with lots of interesting facts about the Abtenau healing springs, their history and effects. Costs: Hike and bus free of charge with the Tennengau+ Card! (otherwise € 25.-/pers.). Registration: until Thurs 09:00 o'clock at the tourist office. Min. 3 persons.	Tourist Information Abtenau
Bus to the Postalm	10:15 o'clock	The Postbus takes you along the panoramic road to Austria's largest Alpine pasture area. Here you will find numerous hiking opportunities as well as relaxation and hut breaks. The bus is free with the Tennengau+ Card, toll: € 2.50/person. Return journey: Postalmhöhe car park at 15:56 o'clock.	Post office, "Abtenau Ortsmitte"
Friday, 19.07.2024			
Salzburg City Tour - In German!	09:40 - 17:00 o'clock	Experience the wonderful city of Mozart from a very special perspective. Costs: city tour: € 19.00; public transport: free of charge with the Tennengau+Card! Registration until Thurs 16:00 o'clock at the tourist office. Min. 5 persons.	Tourist Information Abtenau
Our forest - myth, history, healing power	14:00 - 16:00 o'clock	Learn lots of interesting facts about our forest, its plants and animals during a hike. Costs: incl. info material: € 13.-/pers. (children: € 7.-) with the Tennengau+ Card! (otherwise € 25.-/€ 12.-) Registration: until Thurs 17:00 o'clock, via Whatsapp: +43 664 5168311, Judith Fokke. Min. 3 persons.	Hiking parkinglot Heimatmuseum Arlerhof
Abtenau wine market "Empty wine glasses are full of stories"	16:00 - 00:00 o'clock	Enjoy a cosy evening with a good glass of wine from Austrian winegrowers and live music (from 19:00) with "The Rockabulls" on Friday and "AUT now!" on Saturday. Only in good weather!	Community garden

Details other events in the area can be found at: www.tennengau.com/en/experience/events

Museum of local history "Arlerhof" | Sun 14:00 - 17:00 o'clock, Wed 13:00 - 17:00 o'clock (Au 9a, 5441 Abtenau)

The Arlerhof is an originally preserved farm dating back to 1325. Free admission with the Tennengau+ Card!

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 (Wallingwinkl 6a, 5441 Scheffau a. T.)

For the whole family! Get up close and personal with feeding the cows, mucking out, stroking the animals and hay hopping (Including a little refreshment). Registration: Geiersberger family, phone: +43 676 84 22 14 521. Open: Mon to Fri, 16:00 - 18:00 o'clock.

Minigolf (18-hole felt golf course) | Gasthaus Landhotel Traunstein (Au 99, 5441 Abtenau)

Open daily in all weathers, 10:00 - 22:00 o'clock | € 4.50/adult, € 3.00/child (€ 4.00 or € 2.00 with the Tennengau+ Card).



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



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