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## Weekly Post 28.06. - 04.07.2025

	Time	Information	Location/Meeting Point			
Saturday, 28.06.2025						
Presentation of the freestyle - synchronised swimming	16:00 o'clock	The artistic swimming team of the Sportunion Abtenau shows their freestyle routines, which participated in national and international championships.	Erlebnisbad Abtenau Kehlhof 100			
Sunday, 29.06.2025	Sunday, 29.06.2025					
concert of the brass band	20:00 - 22:00 o'clock	Live music with the "Trachtenmusikkapelle Abtenau" (brass band). Free entrance. The event doesn't take place in case of rain.	market square Abtenau Markt 165			
Monday, 30.06.2025						
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	Guided walk through Abtenau - discover your holiday resort. Free of charge. Without registration.	Market square Abtenau			
E-bike tour: enjoy nature with panoramic views	10:00 o'clock	Approx. 2-3 hours Costs: Tour: € 25,-/pers. with the Tennengau+Card (otherwise € 90,-). E-bike rent: -35% with the TG+ Card. Registration by Mon 09:00, phone +43 6243 4040, tourist office or Sat/Sun directly with Christian +43 660 2235 872. Bike helmet compulsory, previous knowledge required!	R2Radsport Abtenau Markt 192/2			
Church tour - Only in German!	11:00 - 12:00 o'clock	Discover the beauty of our parish church. Guided Tour, 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			
Live-music with "Anglican church grammar school string Orchestra&Choir"	17:30 o'clock	The market square becomes a dance floor. The pupils of the Anglican Church Grammar School perform. 36-piece orchestra with choir from Australia promises international sounds from all over the world. Free of charge - Only canceled in case of rain!	market square Abtenau Markt 165			
Tuesday, 01.07.2025						
Sunrise husky tour for early risers	04:00 - 09:00 o'clock	A medium-difficulty hike with a husky companion. Good footwear required! Approx. 4-5 hours. ONLY for advanced hikers. Max. 5 people. Cost: € 30,-/pers with the Tennengau+ Card (otherwise € 55,-). Registration: until Mon 17:00 at the tourist office.	parking lot Tabor Markt 165			
Hike "Aubach Falls", Bus 470, Abtenau "Ortsmitte" 09:27 o'clock	09:38 - 12:38 o'clock	Medium-difficulty hike incl. 'herb collecting'. € 15,-/adult, € 5,-/child with the Tennengau+ Card (otherwise € 40,-/€ 30,-). Registration until Mon 17:00 at the tourist office. Good footwear and surefootedness essential!	Busstop Wallingwinkel - Only in German!			
Bus to the Postalm, Departure Abtenau "Ortsmitte" 10:15 o'clock	10:15 o'clock	The Postbus takes you along the panoramic road to Austria's largest Alpine pasture area. The ride is free with the Guest Mobility Ticket. Return journey: Postalmhöhe car park at 15:56.	Post office, Abtenau "Ortsmitte"			











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Tuesday, 01.07.2025			
Alpine Flowers-walking tour at the Postalm, Departure Abtenau "Ortsmitte" 10:15	11:00 - 14:00 o'clock	Leisurely guided hike with information about flowers & herbs.  Meeting point: 11:00 car park 1/Lienbachhof. Hike free with  Tennengau+ Card (otherwise € 25,-/person). Postal bus free of charge with Guest Mobility Ticket. Return journey: 16:00 car park 1/ski centre. Registration until Mon 17:00 at the tourist office.	Postalm, car parking P1/Schizentrum, Lienbachhof Markt 165
Wednesday, 02.07.2025			
Yoga & Brunch at the alpine area	08:15 - 11:15 o'clock	Yoga session followed by brunch. 5-10 pers. Registration: until the day before 5 p.m.: Rettenegghütte: +43 664 9752500. Costs: € 35/person (cash payment only). Only in dry weather.	Postalm / Rettenegg hut Weissenbach 53
Water-Hike	10:30 - 14:30 o'clock	Partly challenging (steep, stony path) hike to "Trikl- and Dachserfall" and to the "Kneippanlage" with possibility to stop for a bite at the inn "Wandalm". Guided tour at the local history museum (only in German!). Free of charge with the Tennengau +card (otherwise € 25.00). Reg until Wed 09:00 o'clock at the tourist office. 3 - 12 pers.	Tourist Information Abtenau Markt 165
Enjoyable forest hike, Bus 470, Abtenau "Ortsmitte" 10:27 o'clock	10:37 - 13:37 o'clock	Enjoy nature with all your senses - incl. small tasting. € 13,-/adult, € 7,-/child with the Tennengau+ Card (otherwise € 25,-/€ 12,-). Registration until Tue 17:00 at the tourist office.	Busstop Wallingwinkel - Only in German!
Guided Alpaca Hike (in German!)	16:00 o'clock	Approx. 2 hours. Sturdy shoes! Please no rustling clothing! 4-7 pers. In dry weather. With Tennengau+ Card € 15,-/pers (otherwise € 20,-/pers), kids up to 5 years free. Registration until Tue 10:00 at the tourist office.	Abtenau Wegscheid 7
Live-music with "Rene Hemetsberger"	20:00 - 22:00 o'clock	Live music on the market place. Free entrance. Only cancelled in case of rain. www.rene-music.at	market square Abtenau Markt 165
Thursday, 03.07.2025			
Creative journey of discovery - Workshop	09:30 - 12:00 o'clock	Handicraft/painting workshop. No prior knowledge required. Costs: from € 49,- (children € 35,-) incl. tools & small snack. 4-10 Pers. Registration by Wed 17:00, Phone +43 676 97 61 116.	"Kreativwerkstatt" Rigaus 40
Hike to the Abtenau healing springs	10:00 - 13:00 o'clock	Slightly challenging guided hike with some interesting facts about the Abtenau healing springs. Free of charge with the Tennengau+Card&Mobility ticket! (otherwise € 25/pers. + busticket). Reg: until Thur 09:00 at the tourist office. 3-12 pers.	Tourist Information Abtenau Markt 165
Bus to the Postalm	10:15 o'clock	Details see Tuesday, Departure Abtenau "Ortsmitte" 10:15 o'clock	Post office, Abtenau "Ortsmitte"
Friday, 04.07.2025			
Salzburg City Tour - In German!	09:40 - 16:40 o'clock	Experience the wonderful city of Mozart on a walking tour. Costs: with the Tennnengau+ Card city tour: € 19/pers.; public transport: free of charge with the Guest Mobility ticket! Reg. until Thur 16:00 at the tourist office. 5-20 pers.	Tourist Information Abtenau Markt 165
Horse-drawn carriage ride	14:30 o'clock	Horse-drawn carriage ride through idyllic Abtenau. Refreshment stop at the 'Wandalm' snack station. Reduced with the Tennengau+ Card: € 18/adult, € 9/child (otherwise € 20/€ 10). Reg. until Thu 12:00 at the Tourist office. 6-11 pers.	Tourist Information Abtenau Markt 165
Live-music at the market square	20:00 - 22:00	Live music with the band "Zweierlei-Musik". Free entrance - Cancellation in case of rain. www.zweierleimusik.at	market square Abtenau Markt 165

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

## **Exclusively for guests of Abtenau with Tennengau+ Card:**

- Once a 50% discount on the ascent and descent with the cable car Karkogelbahn (summer tobogganing excluded).
  - Free use of the minigolf course at the Landhotel Gasthaus Traunstein. Every Thursday from 10:00 to 13:00.





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