

09TH - 17TH OF JUNE 2023

Welcome to your holiday resort Abtenau!

This weekly program offers a variety of excursions for an exciting week in Abtenau.

Friday, 09th of June 2023

08.00 p.m. Live Music | Market Square Abtenau
 Enjoy a lively live music evening at the market square with the group „Stranger Brothers“. The event is free of charge and only cancelled in case of rain.

Wednesday, 14th of June 2023

08:15 a.m. Yoga & Brunch at the Alm | Rettenegg Hut, Postalm
 A special yoga session for all yogis, whether beginners or advanced, followed by a brunch together at the Rettenegg Hut. **Registration by phone or Whatsapp** until Tuesday 05:00 p.m.: Rettenegg hut +43 (0)664 9752500; Lucia Rettenbacher +43 (0)664 6590972. **Costs:** € 30.00 per person and date incl. brunch (cash payment only). **Meeting point:** Rettenegg hut. **Number of persons:** min. 5, max. 10. The yoga only takes place in dry weather.

08.00 p.m. Live Music | Market Square Abtenau
 Music from Norway as part of the "House of the Holy" festival on the Neudegg Alm. The "Verdsmannen" group provides good entertainment. Free of charge. Only in dry weather.

Friday, 16th of June 2023

08.00 p.m. Live Music | Market Square Abtenau
 Enjoy a lively live music evening on the market square with the TMK (traditional brass band) of Abtenau. The event is free of charge and only canceled in the bad weather.

Friday, 16th & Saturday, 17th of June 2023

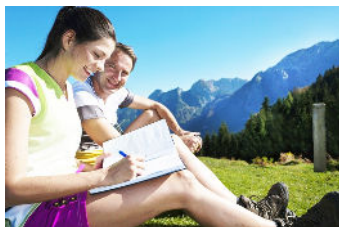
10:00 a.m. "Art & Health" - workshops and lectures | s'Platzl (Markt 168) & Freiraum (Markt 220), Abtenau
 A workshop weekend of a special kind: Here you can attend a variety of taster sessions and lectures free of charge on the topics of "art" and "health", such as Yoga, Pilates, Line Dancing, Body ART, grain cultivation in mountainous areas, the power of our thoughts, children make strong... .The whole thing is framed by a small arts and crafts and second-hand market.
 More information: www.splatzl-abtenau.jimdosite.com or by phone: +43 (0)650 28 96 259.

Saturday, 17th of June 2023

60th anniversary of the traditional brass band Lungötz | Church square Annaberg-Lungötz
3:00 p.m. Coffee and cake
5:30 p.m. Field Mass at the church square with Father Virgil Steindlmüller
7:00 p.m. sundowner with TKM (traditional brass band) Annaberg at the marquee
9:00 p.m. Entertainment with "Die Sunnseitna"
 The anniversary celebration will take place in any weather.

at evening Summer solstice | Abtenau
 "mountains in flames" Enjoy the breathtaking scenery when fires are lit on the mountain peaks - in good weather (alternative date: 24th of June 2023).





Discover the best hiking trails, mountain tours, walking paths and mountain bike routes easily and clearly with our **interactive tour map**. The tours can be easily sorted according to activity and difficulty.

Tip: Download your route on your smartphone and save the track.



SUMMER TOBOGGANING KARKOGEL

Open in June:

Monday, Wednesday, Saturday, Sunday: 10:00 - 12:00 a.m. & 12:45 - 05:00 p.m.

Summer tobogganing on the Karkogel means fun for the whole family. The summer toboggan run takes you quickly downhill from May to October. Park your car at the free parking lot at the base of the Karkogel cable car. With the comfortable cable car it goes up to the starting point of the alpine toboggan course. For safety reasons, the toboggan run basically is closed in wet weather.



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DAILY EVENTS

fulltime

Horse carriage ride | Abtenau

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**10.00 a.m. to
10.00 p.m.**

Mini golf course | Hotel Traunstein

The felt-mini-golf course offers a combination of fun, sport and action and guarantees a lot of fun for the whole family. The 18-hole golf course is open till 31st of October. The lanes can also be played even in wet weather conditions. Tickets: € 4.50 for adults and € 3.00 for kids per course - you'll get a reduction with the Tennengau+ Card of 25%, additionally guests of Abtenau can use it for free on Thursday from 10.00 a.m. to 02.00 p.m.

WEEKLY EVENTS

Monday:

09:30 a.m.

Information walk | Meeting point: Abtenau market square

We invite you to an approx. 1-hour guided "walk" through Abtenau. Gain new impressions and get to know your holiday destination with us.

11:00 a.m.

Church tour | Meeting point: Parish church "Zum heiligen Blasius" (main entrance Marktplatz)

Discover the beauty of our parish church with all its treasures with parish councillor, Mr Norbert Essl. Registration until Monday 09.00 a.m. at the tourist office Abtenau (In German).



Visit our **SHOWROOM**

Opening hours: Monday to Friday
9:00 - 12:00 a.m. & 12:45 - 17:00 p.m.



VOGLAUER

Tuesday:

08:00 a.m.

Morning Yin Yoga | Meeting point: s'Platzl (next to "Sparkasse")

Start the day completely relaxed with Yin Yoga. Long-lasting positions that address deep-lying tissues, can release blockages and tension. **Duration:** 1 hour. **Cost:** € 12.00/person.

Participants: min. 5, max. 10 persons. **Registration:** until Monday, 05:00 p.m. at the tourist office.

10:10 a.m.

(03:30 p.m.)

Trip to the Postalm | Departure from the Abtenau Post Office

The Postbus (**No. 159**) takes you every Tuesday and Thursday free of charge with the Tennengau+ Card (toll: adults € 2.50, children € 1.50) along the panoramic road to Austria's largest alpine pasture area. Here you will find relaxation and hut rest as well as numerous hiking opportunities through the idyllic landscape. **Return:** car park 3 Postalm at 04:16 p.m. (10:50 a.m.) or from car park 1 about 4 minutes later. Arrival in Abtenau at 04:50 p.m. (11:23 a.m.). In any weather. Boarding points according to timetable.

Wednesday:

10:30 a.m.

Water hike | meeting point: tourist office Abtenau (in German!)

Together with a guide, you will take a leisurely hike to the Dachser Falls and the Kneipp facility in the Au district, where you can cool your feet in the refreshingly cold water. On the way to the local history museum (where a guided tour is possible), you will pass by the inn "Wandalm". The tour takes about 4.5 hours and is free of charge. **Registration** by 09:00 a.m. on Wednesday at the tourist office.

Thursday:

09:30 a.m.

Creative journey of discovery | Meeting point: creative workshop, Rigaus 40, Abtenau

In the handicraft/painting workshop you can use local natural materials in a modern way let off steam creatively in our well-equipped workshop or rediscover your creativity. Hilde and Claudia are standing at your side with advice and action, the joy of producing your unique piece is in the foreground. No Prior knowledge required. **Duration:** 2.5 hours. **Cost contribution:** from € 49.00 handicrafts, children € 35.00 | Tools & small snack incl. Min. 4, max. 10 participants—registration by Wednesday 5:00 p.m. on +43 (0)676 97 61 116 Further information: kreativwerkstatt-abtenau.at

10.00 a.m.

"Fountain of Youth" Hike | meeting point: tourist office Abtenau

On a slightly demanding hike you will learn a lot of interesting facts about the Abtenau healing springs, their history and effects. The one or other legend will accompany your tour. If you want to you can take a bottle of the „fountain of youth“ with you. Walking time approx. 3 hours, return with public transport (arrival in Abtenau 01:50 p.m.). Hike and bus is free of charge with the Tennengau+ Card! Registration till Thursday 09:00 a.m. at the tourist office Abtenau. The tour is only in German!

10:10 a.m.

Trip to the Postalm | Departure from the Abtenau Post Office (see Tuesday)

Friday:

09.45 a.m.

Salzburg City Tour | meeting point: tourist office Abtenau

Experience the wonderful city of Mozart from a very special perspective. Our certified city guide, Sepp Gutjahr, knows Salzburg like the back of his hand and tells stories and anecdotes that can't be found in any books. **Return:** 05:10 p.m. in Abtenau. **Costs:** city tour: € 18.00; public transport: free of charge with the Tennengau+ Card! **Registration** till Thursday 04:00 p.m. at the tourist office Abtenau. Minimum number of participants: 5 persons. The tour is only in German!

12.00 a.m. -

Farmers market | market square Abtenau


03.00 p.m.

Farmers market, providing regional home-made products.

01.00 - 04.00 p.m.

Farmers market | Zur Sonnleit'n - Natural products from own production.

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www.abtenau-info.at

DISCOVER YOUR *fountain of youth*



Find the Abtenau healing water in the garden of the municipal office.



ABTENAUER HEILWASSER

Are you planning an eventful "SALZBURG DAY"?

With the "TennengauTicket" you have the opportunity to reach the city of Salzburg free of charge - conveniently by bus and train, with no worries about parking! Enjoy the flair of the Old Town - stroll along the „Getreidegasse“, visit the Cathedral, Mozart's birthplace, the Residence or „Hohensalzburg“ Fortress. The Toy Museum or the famous House of Nature are special highlights for children. Important note: the free ride can only be purchased with the Tennengau+ Card! Do you have a pram, bicycle or dog with you? You can get the necessary information at the tourist information.

Rev up with the TENNENGAU+ CARD ...

With the Tennengau+ Card of Abtenau you can enjoy a variety of activities free or with reduction in the entire region. You also have, in addition to the services available at the region Tennengau, more special features: offers which are exclusively for the **guests of Abtenau**:

- Karkogelbahn Abtenau (cable car): one-time 50% reduction on ascent and descent
- Minigolf course: free use on Thursday 10.00 a.m. till 02.00 p.m., otherwise 25% discount
- Tennengau hiking map & book price € 6.50 (normal price: € 8.00)
- outdoor unlimited: rafting, tubing, canyoning and other outdoor activities. 10% discount. Special rate for family rafting!
- Outdoor Consulting Team: wildwater tubing / riverbug / canyoning as well as segway tour, cave trekking - € 10.00 discount / person from a price of € 55.00.



SALZBURGERLAND CARD:

With the **SalzburgerLand Card** you have access to around **180 sights and attractions** in the whole **SalzburgerLand** for one all-inclusive price. (Please note: the following **4 mountain railways** only allow access **from 12:00 a.m.** in July and August: Erlebniswelt Geisterberg Sankt Johann, Wagrainis Grafenberg, Schlossalmbahn Bad Hofgastein, Erlebnisberg Fulseck Dorfgastein).
Validity period of the **SalzburgerLand Card**: 01st of May - 5th of November 2023. The card is available for 6 or 12 days (only) online - advantage: even before you start your holiday, you can load it onto your mobile phone, very simply and easily. You don't have a **SalzburgerLand Card** yet? - Simply scan the QR code or visit our homepage www.abtenau-info.at and off you go!



Have a varied and beautiful holiday in Abtenau!

To the racquets, get set, go!

A round of fun for the whole family on the 18-hole felt golf course!
Open daily from 10:00 a.m.

Even in wet weather perfect playable!



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