

# Weekly Programme

OUTDOOR CENTER



# 2020

Almencard: 16.05.2020 – 07.11.2020 | Almencard PLUS: 01.05.2020 – 30.11.2020

## Monday

### E-bike tour of the pastures

18.05. – 26.10.2020

A pleasurable tour on E-bikes and lifts to discover the idyllic villages and pastures in the Gitschberg-Jochtal holiday area.

☉ 09.30 | Vals lift valley terminal | Time: approx. 5-6 h | Difficulty: easy (for guests aged 14 and over) Price: €20.00

### Aperitif on Mt. Gitschberg

18.05. – 02.11.2020

An easy panoramic walk on Mt. Gitschberg rounded off with an aperitif.

☉ 10.00 | Nesselbahn lift mountain terminal | Time: approx. 2.5-3 h

### Old Castles & New Wines - Visit to the Vineyard & Organic Farm

04.05. – 30.11.2020

A local winegrower will be showing you around his vineyard and illustrating his alternative methods for cultivating grapes and ancient apple varieties.

☉ 10.00 Uhr | Mühlbacher Klause | Time: approx. 2 h

### Guided tours of the Mühlbacher Klause

29.06 – 28.09.2020

The ruins were once a customs post and hunting seat, as well as the backdrop for the German Peasant's war in 1526 and the Tyrolean Rebellion of 1809.

☉ 10.00 + 15.00 | Mühlbacher Klause | Time: approx. 1 h

### Summer in the mountains with Kneipp

01.06. – 26.10.2020

A pleasurable circular hike to the Kneipp course in the Altfasstal valley with stations along the way.

☉ 13.30 | Altfasstal car park | Time: approx. 3-4 h

### 🐼 Meeting the animals at the mountain farm (5-9 years)

04.05. – 30.11.2020

During the farm visit, kids have the chance to get to know the resident donkeys, chicken, cats, calves and bunnies. A real treat for the little ones!

☉ 13.30 | Ahner mountain farm, Rodeneck | Time: approx. 2 h

### Wild herbs & Healing potions in Natz \*

08.06. – 28.09.2020 | Almencard PLUS holders only

Rediscovering ancient herbal knowledge

☉ 16.00 | Village square Natz | Time: approx. 3 h

\* Registration by 12 o' clock at the same day

## Tuesday

### Hike to the Eisbruggsee lake in Pfunders

19.05. – 13.10.2020

This challenging hike requires good training. Bring along suitable equipment and provisions.

☉ 8.30 | Gasthof Brugger, Pfunders | Time: approx. 5,5-6 h

### 🐼 Kletterhetz (10-14 years)

19.05. – 27.10.2020

High ropes course with a 12-metres high climbing wall for budding climbers wishing to learn the basics.

☉ 9.30 | Kurzkofelhütte hut, Vals | Time: approx. ca. 5 h

### 🐼 Krixly Kraxly (5-9 years)

19.05. – 27.10.2020

Taster course for aspiring mountaineers. Kids will try their hand at climbing under the expert supervision of our alpine guides.

☉ 10.00 | Jochtal cable car mountain terminal Vals  
Time: approx. 5 h

## Wednesday

### Big 5 Altitude hike to the Wilde

**Kreuzspitze/Seefeldspitze** (alternately)

10.06. – 07.10.2020

This challenging hike requires good training. Bring along suitable equipment and provisions

☉ Wilde Kreuzspitze: 8:15 Jochtal cable car mountain terminal

☉ Seefeldspitz: 8:30 Car park Altfasstal

Time: approx. 7 h

### Children's woodland experience (5-10 years)

20.05. – 28.10.2020

Children are offered a playful introduction to the woodland habitat.

☉ 10.00 | Jochtal lift valley terminal in Vals

Time: approx. 4-5 h

### Discovering woods and pastures

27.05. – 28.10.2020

Ringed trees, herbs, fun facts and quaint Alpine huts.

☉ 10.30 | Zumis car park, Rodenecker-Lüsner Alp

Time: approx. 5 h

## Thursday

### Sunrise hike

21.05. – 05.11.2020

Some things are worth an early rise, even on holiday. You will be rewarded with the unique experience of an Alpine sunrise.

🕒 Meeting time varies | Jochtal lift valley terminal

🕒 Time: approx. 2 h | Minimum number of participants: 12

### Hike in the Dolomites on the Adolf Munkel path

07.05. – 29.10.2020

The Adolf Munkel path below the imposing Geisler north face is one of the most impressive routes in the Dolomites. Make your own way to the Zans car park.

🕒 08.30 | Mühlbach lift car park | Time: approx. 4-5 h

💰 Price: €25.00 | Children (7-18 years) €10.00

### Panoramic E-bike tour of the Three Peaks

07.05. – 22.10.2020

From Mühlbach we will travel to Innichen by train. From there, we will ride our E-bikes to Sexten and along the forest path leading to the Helm-Rotwand lift mountain terminal. Enthusiasts can ride all the way to the Hühnerspielhütte hut. We return by the same route.

🕒 09.00 | Mühlbach train station | Difficulty: intermediate

🕒 Time: 8-9 h | Price: €20.00 (for guests aged 14 years and over)

### Family hike to the Spinges bunker

07.05. – 05.11.2020

A family-friendly walk through the village and woods to the Spinges bunker, where we will discover the power of breathing. A tour of the bunker is included.

🕒 10.00 | Spinges church | Time: 3 h

### Felting workshop on a farm \*

02.07. – 20.08.2020 | Almencard PLUS holders only

From sheep to wool: the art of felting

🕒 10.00 | Bühlerhof Obst & Weingut in Raas

🕒 Time: approx. 2-3 h

### Lama trekking for the whole family \*

25.06. – 03.09.2020 | Almencard PLUS holders only

Meet and greet these special farm animals

🕒 16.00 | Waldharthof Raas | Time: approx. 2-3 h

04.08. – 25.08.2020 also on Tuesdays

\* Registration by 12.00 on the previous day!

## Friday

### 👶 Carriage ride for children in Meransen (5–14 years)

08.05. – 27.11.2020

Children get the chance to go for a parent-free carriage ride and maybe even sit next to the coachman.

🕒 10.00 | Tennis hall Meransen | Time: approx. 1 h

### Hike to the Pfunders mountain farms

08.05. – 27.11.2020

The green Pfunders Valley boasts well-preserved historical farms, traditional craftsmanship and stunning landscapes.

🕒 10.00 | Pfunders sport area | Time: approx. 4 h



### E-bike tour of the Pustertal valley

22.05. – 30.10.2020

Starting from Mühlbach, we will take the cycle path along the Rienz river and ride across the lower Pustertal valley to the Almdorf Haidenberg hotel, enjoying the fantastic view of Bruneck. Return trip either by bike or train.

🕒 10.00 | Mühlbach train station | Time: approx. 5 h

🕒 Difficulty: easy | Price: €20.00 (for guests aged 14 years and over)

### The Meronsna Legend Trails

15.05. – 30.10.2020

Surprisingly humorous and pleasurable, this easy hike is studded with legends, stories and facts about Meransen.

🕒 11.00 | Tennis hall Meransen | Time: approx. 3 h

### Taster rafting tour

08.05. – 02.10.2020

Perfect for families and beginners who want to combine fun and adventure.

🕒 15.00 | St. Sigmund sports area | Time: approx. 1.5 h

💰 Price: adults €30.00 | children (5-14 years) €25.00

## On-demand MTB tours

(Tuesdays and Wednesdays)

### Three Peaks Panoramic Tour:

Difficulty: intermediate | Time: 8-9 h

We will travel to Innichen by train and then ride our E-bikes to the Helm-Rotwand lift mountain terminal.

### E-bike tour of the Alpine pastures:

Difficulty: intermediate | Time: approx. 6 h

The Gitschberg-Jochtal and Mühlbach-Meransen lifts take us and our E-bikes to the high mountain pastures.

Lifts are free of charge for Almencard Plus holders.

### E-bike tour from Mühlbach to Haidenberg

Difficulty: intermediate | Time: approx. 5 h

From Mühlbach train station, the gentle Pustertal cycle path leads us past St. Lorenzen and on to Stephansdorf and the Almdorf Haidenberg hotel.

## GENERAL INFORMATION

Registration by 4:00 p.m. on the previous day unless otherwise specified. For information and registration please contact your hotel reception or the info points in the Ski & Holiday Area Gitschberg Jochtal & Natz-Schabs. Bringing suitable equipment (trekking boots, rain protection etc.) is recommended with each hike. Participation at your own risk. Minimum number of participants: 4 adults or 5 children aged 5 to 14. Activities available for a limited number of participants. Subject to change without notice.

🕒 Meeting point | 👶 for children only

## REGISTRATIONS

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