

## Weekly Post 21.09. - 27.09.2024

	Time	Information	Location/Meeting Point
<b>Saturday, 21.09.2024</b>			
"Hoizknecht-Wochn"		Autumn delicacy weeks - Good and hearty food at the hut! Further infos: phone: +43 664 254 2237, <a href="http://www.stroblerhuette.at">www.stroblerhuette.at</a>	Strobler Hütte, Postalm
<b>Sunday, 22.09.2024</b>			
"Hoizknecht-Wochn"		Autumn delicacy weeks - Good and hearty food at the hut! Further infos: phone: +43 664 254 2237, <a href="http://www.stroblerhuette.at">www.stroblerhuette.at</a>	Strobler Hütte, Postalm
Museum of local history	14:00 - 17:00 o'clock	The "Arlerhof" is an originally preserved farm whose history dates back to 1325. Free admission with the Tennengau+ Card!	Arlerhof Abtenau, Au 9
<b>Monday, 23.09.2024</b>			
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
Hike "Aubach Falls", Bus 470, Abtenau "Ortsmitte" 09:28 o'clock	09:37 - 12:30 o'clock	Medium-difficulty hike incl. workshop (voluntary fee) "collect herbs". Free with the Tennengau+ Card (otherwise € 25.-/pers.). Registration: till 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. 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
<b>Tuesday, 24.09.2024</b>			
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 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"
Herbs Hike	10:30 - 12:00 o'clock	Join this guided hike with a herbalist to learn more about native plants and wild herbs. Free of charge with the Tennengau+ Card (otherwise 25.-/pers.). Registration: until Mon, 17:00 o'clock at the tourist office. 3 - 12 persons.	Tourist Information Abtenau
<b>Wednesday, 25.09.2024</b>			
Water-Hike	10:30 - 14:30 o'clock	Leisurely hike to the "Dachserfall" and the "Kneippanlage" in the Au district 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.-). Registration until Wed 09:00 o'clock at the tourist office.	Tourist Information Abtenau
Museum of local history	13:00 - 17:00 o'clock	The "Arlerhof" is an originally preserved farm whose history dates back to 1325. Free admission with the Tennengau+ Card!	Arlerhof Abtenau, Au 9
<b>Thursday, 26.09.2024</b>			
Creative journey of discovery - Workshop	09:30 - 12:00 o'clock	Handcraft/painting workshop with local natural materials. No previous knowledge necessary! Costs: from € 49.- (children: € 35.-) incl. tools and a small snack. Registration: till Wed. 17:00 o'clock, phone: +43 676 97 61 116	"Kreativwerkstatt" Rigaus 40



	Time	Information	Location/Meeting Point
<b>Thursday, 26.09.2024</b>			
Hike through the Lammerklamm, Bus 470 from Abtenau "Ortsmitte" 09:28 o'clock	09:40 - 11:40 o'clock	Guided hike (in German only) through the Lammerklamm - good shoes and sure-footedness are necessary). Costs: € 10.- with the Tennengau+ Card (otherwise € 35.-). Registration: till Wed 17:00 o'clock at the tourist office.	Parking area Lammerklamm
Guided Alpaca Hike (in German!)	10:00 o'clock	Hike with these wonderful animals. Sturdy shoes are essential! Min. 10 persons   Only in dry weather   € 20.-/pers.   Approx. 1.5 hours   Registration: by Wed 10:00 o'clock at the tourist office	Abtenau Wegscheid 7
Hike to the Abtenau healing springs	10:00 - 14:30 o'clock	Slightly challenging guided hike with some interesting facts about the Abtenau healing springs. Free of charge with the Tennengau+ Card! (otherwise € 25.-/pers.). Registration: till Thurs 09:00 o'clock at the tourist office.	Tourist Information Abtenau
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 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"
<b>Friday, 27.09.2024</b>			
Salzburg City Tour - In German!	09:40 - 17:00 o'clock	Experience the wonderful city of Mozart. Costs: city tour: € 19.-; public transport: free of charge with the Tennengau+Card! Registration until Thurs 16:00 o'clock at the tourist office.	Tourist Information Abtenau
Our forest - myth, history, healing power	14:00 - 16:00 o'clock	Leisurely guided tour to the "Trickfall" with interesting facts. Costs: € 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.	Hiking parkinglot "Arlerhof" local history museum

Details other events in the area can be found at: [www.tennengau.com/en/experience/events](http://www.tennengau.com/en/experience/events)

**Horse-drawn carriage rides | Please book your tour in advance:**

Hotel/Garni "Ledererwirt", Peter Galler, phone: +43 664 43 13 721 - Family Lanner, phone: +43 664 75 10 11 66 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 (Including a little refreshment). Registration: Geiersberger family, phone: +43 676 84 22 14 521. Open: Mon to Fri, 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: Wed to Fri, 11:00 - 18:00 o'clock & Sat, 08:00 - 12:00 o'clock

**Farm store | Inn "Zur Sonnleit'n"** - Natural products from own production! Open: Fri, 13:00 - 16:00 o'clock

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

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: events, bus connections, opening times, ...

**Tip:** Your Tennengau+ Card is your free ticket for public transport in the Lammertal, to Gosau and to Salzburg!

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

- Free use of the mini golf course at the Landhotel Gasthaus Traunstein. Every Thursday from 10:00 – 13:00 o'clock.
- Once a 50% discount on the ascent and descent with the cable car Karkogelbahn (summer tobogganing excluded).
- Tennengau hiking map with book: Plan your hiking tour in Abtenau and the surrounding area and be well informed. Price: € 6.50 (instead of € 8.00).



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



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