

Weekly Post 27.07. - 02.08.2024

	Time	Information	Location/Meeting Point
Sunday, 28.07.2024			
Live-music with "Dachstein Sound"	20:00 - 22:00 o'clock	Live music with the band "Dachstein Sound". Free entrance - The event doesn't take place in case of rain.	Market square Abtenau
Monday, 29.07.2024			
Yin yoga and vegan breakfast in nature	08:00 - 12:00 o'clock	Short hike (appr. 50 min.) - yoga practice - breakfast. Costs: € 40.-/person (incl. breakfast). In German only! Registration: Katharina Lechner +43 664 100 6882.	Car park Eggenreith
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 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. Incl. workshop (voluntary fee) 'collect herbs and eat it'. Free with the Tennengau+ Card (otherwise € 25.-/pers.). Registration: till Mon 08:30 o'clock at the tourist office.	Busstop Wallingwinkel - Only in German!
Tuesday, 30.07.2024			
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, 31.07.2024			
Yoga & Brunch at the alpine area	08:15 - 11:15 o'clock	Special yoga session at the Postalm followed by brunch. 5-10 persons. Registration: till Tue 17:00 o'clock: Retteneeggütte: +43 664 9752500. Costs: € 35.-/person (cash payment only). Only in dry weather.	Retteneegg hut Weissenbach 53
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
Mountain Mass	19:00 o'clock	Experience a very special holy mass in nature!	Chapel at the Postalm
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, 01.08.2024			
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
Thursday, 01.08.2024			
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
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	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"
Summer toboggan run until sunset	18:00 - 21:00 o'clock	You can end a wonderful summer day with a special experience: tobogganing fun until sunset! Karkogelbahn and Karkogelhütte (hut) are open until sunset.	Karkogel - cable car Abtenau Au 99
Yin Yoga at the swimming pond - In German!	18:30 o'clock	Enjoy a peaceful yoga practice with a wonderful view of the mountains. Costs: € 18.-/person (including use of the swimming pond). Registration: Katharina Lechner +43 664 100 6882.	Swimming pond Sonnleit'n Schratten 27
Friday, 02.08.2024			
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.-; 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 lots of interesting facts. 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.	Hiking parkinglot "Arlerhof" local history museum
Live-music with " TMK Abtenau"	20:00 - 22:00 o'clock	Enjoy an atmospheric concert with the Trachtenmusikkapelle (brass band) Abtenau. www.tmk-abtenau.at - Free of charge, only cancelled in case of rain!	Market square Abtenau

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: +43 664 75 10 11 66 or +43 664 96 76 220.

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).

Farmer's market "Bauernbogen" | Parking lot East "Parkplatz Ost" (Markt 304, 5441 Abtenau)

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.

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).

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



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



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