

GROSSARLER HOF Weekly Programme of Activities



MONDAY

Mountain Bike Tour with Markus Andexer

Take an unforgettable mountain bike ride to our Mooslehenalm Alpine lodge (1,449m). This tour is physically challenging and requires riders to be in good physical shape. Altitude difference: 600m; distance: 9km. The ride up to the Mooslehenalm takes around 1½ hours. Meet at 2.30pm at the 'Aktiv-Treffpunkt' in the ski lift car park. Return: approx. 6pm. Please register with reception by 5pm on Sunday. (Please note: suitable for children aged 14+. Participants need to be fit and know how to ride on unmade trails. Required equipment: mountain bike, cycling helmet, drinks, rain gear and a change of clothes. Tour only takes place in dry weather).

Our Wine Cellar Opens for You!

Our atmospheric vaulted wine cellar opens for you at 8.30pm. Come and enjoy a fine glass of wine – Markus Andexer is looking forward to your visit, and will be glad to serve you a selection from our wine assortment. No registration necessary (fee applies and can be charged to your room).

TUESDAY

Alpine Hike with Karoline Andexer

Please see the notice board at reception for information. Meet in the lobby between 9am and 10am, depending on the hike. Participants: min. 4. Transfer cost: €8 per person. Please register with reception at least one day in advance.

Wildwater Rafting in the Grossarl Valley

Experience 12 kilometres of fun and adventure and enjoy a wildwater rafting trip on the Salzach River for pure refreshment of body and mind. Fun and a high degree of safety are achieved by the use of manoeuvrable rafts that accommodate a maximum of 8 passengers per boat (several boats are used for groups). Meet at 8.15am at the 'Aktiv-Treffpunkt' in the ski lift car park. Cost: €58 per person. Please register with reception by 6pm on the day before. (Please note: return: approx. 1.30pm. Minimum age: 8 – children aged 8–15 must be accompanied by an adult. Bring swimwear, towels, sauna gear, drinks and water-resistant sunscreen. Participants: min. 4, max. 16 (must be able to swim)).

BERG-GESUND Via Ferrata Taster

Hike to the via ferrata. With expert guidance, we will familiarise ourselves with the equipment and climb to the start of the Gletschgoass via ferrata. Meet at 9am at the walkers' information panel in the centre of Hüttschlag. Cost: €50 per person. Please book on the www.berggesund.at homepage or with reception by 3pm on the day before. (Please note: return is at approx. 12pm. Max. 6 people, minimum age: 10. Bring sportswear, sturdy walking boots and something to drink. Via ferrata kits – harness, helmet and gloves – can be hired from the sports shops in Grossarl. Regrettably dogs are not allowed).



BERG-GESUND Yoga Hike

Following a taxi ride to the 'Gessleggbauer', we enjoy a leisurely walk in unspoilt nature to the beauty spots where we perform our exercises. Return by taxi. Meet at 9am at the 'Aktiv-Treffpunkt' in the ski lift car park. Cost: €30 per person. Please book on the www.berggesund.at homepage or with reception by 5pm on the day before. (Please note: return: approx. 1pm, max. 8 participants. Minimum age: 15. Participants pay for their own Hiking Taxi. Please wear outdoor clothing, walking boots and bring something to drink. Regrettably dogs are not allowed on this walk).

Guided Segway Tour in the Grossarl Valley

Join a tour guide for a Segway ride along the valley's foot and cycle path. Meet at 4pm at the 'Aktiv-Treffpunkt' in the ski lift car park. Cost: €35 per person. Please book at Sport 2000 Kendlbacher (tel.: +43 (0) 6414 / 210) or with reception by 6pm on the day before. (Please note: an additional tour may be offered at 5pm. Return: approx. 5pm. Journey time: approx. 45 mins. Min. 4, max. 8 participants; minimum age: 12. Please bring a sense of fun, sturdy shoes, weather-appropriate clothing, cycling helmet and gloves if you have them).

WEDNESDAY

Wild Herb Walk with Herbalist Katharina Kühr

Followed by a breakfast of wild herbs. Practical guidance for handling wild plants, beneficial weeds, flowers and medicinal plants. Meet at 10.30am in front of the Raiffeisenbank in Grossarl. Cost: €30 per person. Please register with reception by 10am on the day before. (Please note: the walk takes approx. 4½ hours. Return: approx. 3pm. Min. 3 participants – adults only. Please bring writing materials).

Archery in the Grossarl Valley

Enjoy a fun and adventure-packed 3D field range archery course, and hunt down your prey in the company of an experienced guide. After you have located the 14 Alpine animals and put your marksmanship to the test, return to the Hoamalm for a leisurely afternoon. Meet at 10am or 12pm at the Hoamalm. Cost: €12 per person. Please register with reception by 6pm on the day before. (Please note: return approx. 12.30pm or 2.30pm. Minimum age: 8. Participants need to have a reasonable level of fitness and wear sturdy shoes. Max. 15 participants. Archery without a guide is available at any time).

THURSDAY

Alpine Hike with Karoline

Please see the notice board at reception for information. Meet in the lobby between 9am and 10am, depending on the hike. Participants: min. 6. Transfer cost: €8 per person. Please register with reception at least one day in advance.

Canyoning in the Grossarl Valley with the BERG-GESUND Activity Programme

Wrapped up in a warm neoprene suit, you and your certified guide take a walk between spectacular and often towering rock formations. Special features are the big jumps – although abseiling is also an option. Meet at 8.15am at the 'Aktiv-Treffpunkt' in the ski lift car park. Cost: €67 per person. Please register with reception by 6pm on the day before. (Please note: return: approx. 2.30pm. Minimum age: 12 – children aged 12–15 must be accompanied by an adult. Participants must be able to swim, be sure-footed and willing to jump from heights exceeding 2m. Required equipment: sturdy shoes with a grip sole, swimwear, towels, sauna gear and water-resistant sunscreen. Participants: min. 4, max. 16).



BERG-GESUND Rock Climbing Taster

Try out eight climbing routes at the Brettei-Palfen climbing rock (grades 3 to 8). A state-approved mountain guide explains the basic concepts of rock climbing. Cost: €50 per person. Free for guests of BERG-GESUND partner establishments. Meet at 9am at the entrance to the Gschwandtl car showroom. Please book on the www.berggesund.at homepage or with reception by 3pm on the day before. (Please note: return: approx. 12pm. Max. 6 people, minimum age: 10. Bring sportswear, walking boots and something to drink. Via ferrata kits – harness, helmet and gloves – can be hired from the guide for a small fee. Regrettably dogs are not allowed).

FRIDAY

Zorbing in the Grossarl Valley with the Berg-Gesund Activity Programme

Crawl through the tunnel into the large inflated zorb ball, then speed down the hill and enjoy the ultimate adrenaline rush with every revolution. Hydro zorbing is also available on hot days. Meet at 10am at the 'Aktiv-Treffpunkt' in the ski lift car park. Cost: €45 per person. Please register with reception by 6pm on the day before. (Please note: return: approx. 1pm. Minimum age: 5 – children aged 5–12 must be accompanied by an adult. Minimum height: 125cm. Participants must have good resistance to dizziness. Equipment: comfortable sportswear, trainers, towels if weather is good. Further rides cost €10 per person in a 2-person zorb. Participants: min. 6, max. 16).

Guided Segway Tour in the Grossarl Valley with the BERG-GESUND Activity Programme

Join a tour guide for a Segway ride along the valley's foot and cycle path. Meet at 4pm at the 'Aktiv-Treffpunkt' in the ski lift car park. Cost: €35 per person. Please book at Sport 2000 Kendlbacher (tel.: +43 (0) 6414 / 210) or with reception by 6pm on Wednesday. (Please note: an additional tour will be offered at 5pm if required. Return: approx. 5pm. Journey time: approx. 45 mins. Min. 4, max. 8 participants; minimum age: 12. Please bring a sense of fun, sturdy shoes, weather-appropriate clothing, cycling helmet and gloves if you have them).

May be subject to change at short notice.