

LAMMERTAL

Dachstein-West

Experience & Enjoy

Dachstein[®]
west Natürlich im
Salzkammergut



abtenau

Bewegung. Ruhe. Genuss.

www.abtenau-info.at

phone: +43 6243 4040

ferien@abtenau-info.at



www.annaberg-lungoetz.com

phone: +43 6463 8690

info@annaberg-lungoetz.com



www.russbach.info

phone: +43 6242 577

office@russbach.info



www.stmartin.info

phone: +43 6463 7488

info@stmartin.info

2023

HIKING AND ADVENTURE PROGRAMME

SUNRISE- HIKE

19.06. - 11.09.2023

ANNABERG-LUNGÖTZ

When everyone else is still asleep, we are already on the way: On old alpine paths we head towards the Loseggalmen. We arrive just in time, because now the sun is peeking over the rugged peaks - a magnificent spectacle. Nature awakens, we enjoy breakfast at the Langfeld-hut - before continuing on to the Mahdriedl viewpoint.

Meeting point: 05.30 a.m.
Salzburger Dolomitenhof

Duration: walking time about 4 hours

Costs: hike free of charge with the Tennengau+ Card! Breakfast: adults: 13.50 € | children 8 to 14 years: € 9.00

Registration: until the evening before,
phone +43 6463 8690
Tourist office Annaberg

INFO-WALK THROUGH ABTENAU

15.05. - 09.10.2023

ABTENAU

We invite you to a guided „walk“ through Abtenau! Gain new impressions and discover your holiday resort with us. Only in German!

Meeting point: 09.30 a.m., market place

Duration: about 1 hour | free

Registration: without registration

TIP:

Get the **Tennengau hiking map** incl. hiking book for only € 8.00 at your local tourist office. (with the Tennengau+ Card for € 6.50).



PUFFING RIDE TO THE KARALM

12.06. - 11.09.2023

ST. MARTIN

Trip with our vintage tractor „Schnaufi-Express“ to the Karalm and back (round trip).

Meeting point: 10.30 a.m.
Tourist office St. Martin

Duration: about 3 hours

Costs: € 5.00 per person | children up to 14 years free

Registration: until 04.00 p.m. the day before
info@stmartin.info
phone +43 6463 7488
Tourist office St. Martin

CHURCH TOUR

22.05. - 09.10.2023

ABTENAU

Discover with parish councilor, Mr. Norbert Essl, the beauty of the Abtenau parish church with all its treasures. Get to know the various saints and learn interesting facts about the building, the interior decoration and the rich history. Only in German!

Meeting point: 11.00 a.m., church entrance

Duration: about 1 hour | free

Registration: until Monday 09.00 a.m.,
phone +43 6243 4040
Tourist office Abtenau

Abtenau parish church



MORNING-YIN-YOGA

ABTENAU

06.06. - 24.08.2023

Start the day completely relaxed with Yin Yoga. This yoga variation consists mainly of long postures that address deep-lying tissues. In this way, blockages, tensions and shortenings in the connective tissue, ligaments and joints can be released.

Meeting point: 08.00 a.m.
„s'Platzl“ (next to Sparkasse)

Duration: about 1 hour

Costs: € 12,00/person

Teilnehmer: mind. 5, max.10 persons

Registration: until Monday 05.00 p.m.,
phone +43 6243 4040
Tourist office Abtenau

BUS TO THE POSTALM

ABTENAU

08.06. - 26.10.2023

With the Tennengau+ Card you can travel free of charge by bus (**bus no. 159**) to the Postalm and back. (Toll fee € 2.50 for adults, children pay € 1.50).

Outward trip:

Abtenau post office, 10.10 a.m.
Postalm Ski centre, 10.43 a.m.

Abtenau post office, 03.30 p.m.
Postalm Ski centre, 04.03 p.m.

Return:

Postalm Ski centre, 10.54 a.m.
Abtenau post office, 11.23 a.m.

Postalm Ski centre, 04.20 p.m.
Abtenau post office, 04.50 p.m.

NATURE EXPERIENCE
LÖCKERMOOS

RUSSBACH

**14.05. - 26.10.2023:
every Tuesday and Sunday**

Guided hike through the unique high moor, visit to the Schleifsteinbrüche karst cave „Wildfrauenloch“. Stop for delicious delicacies.

Meeting point: 09.30 a.m.
sports ground Gosau

Duration: until about 04.00 p.m.,
walking time about 2.5 hours

Costs: adults: € 56.00 (incl. ascent)
children 6-15 years: € 18.00

Registration: until 06.00 p.m. the day before,
betty@betty-jehle.at
phone +43 650 63 66 177



ALPINE-FLOWERS-HIKE

ABTENAU

13.06. - 05.09.2023

Leisurely guided hike along the alpine flower trail on the Postalm. Explore the variety and effect of the different alpine flowers.

Meeting point: 11.00 a.m., Postalm -
car park 1/Schizentrum, at the Lienbachhof

Duration: about 3 hours

Costs: hike and bus: free with the
Tennengau+ Card; toll: € 2.50/pers.

Abfahrt: post office Abtenau, 10.10 a.m.

Return: car park 1/Schizentrum, 04.20 p.m.

Registration: until Monday 05.00 p.m.
phone +43 6243 4040
Tourist office Abtenau

ALPINE GARDEN AT RUSSBACHER HORN

RUSSBACH

during the operating hours of the cable car „Hornbahn“

In the Alpine Flower Garden at Hornspitz you will find alpine plants from the surrounding area. There are native poisonous plants, „common-place plants“ as well as plants with medicinal properties to explore. Learn about their effects and what makes the Alpine Flower Garden so special during the hike with Prof. Seewald.

Meeting point: 10.15 a.m.,
upper station Hornbahn Russbach

Duration: about 1 hour | free

Registration: without registration



Alpine garden

SUNSET- HIKE

ANNABERG-LUNGÖTZ

11.07. - 12.09.2023

From the car park „Pommer“ we start the hike to the Moosebene above the Stuhlm to watch the sun retire behind the Tennengebirge. The sky often turns the most beautiful colours: pink, red and orange tones. A romantic spectacle of nature.

Meeting point: hikers' car park „Pommer“

Time: will be announced at registration,
approx. 1.5 hour before sunset

Duration: walking time about 1.5 hours

Costs: with the Tennengau+ Card:
adults: € 15.00, children (8-14 years): € 8.00

Registration: until the day before,
phone +43 6463 8690
Tourist office Annaberg

GUIDED HIKE TO THE LAMMERTAL PRIMEVAL FOREST

ST. MARTIN

13.06. - 12.09.2023

Hike to our approx. 10 ha natural forest reserve where firs, spruces, beeches and larches grow to an extraordinary extent in the most pristine environment possible.

Meeting point: 10.00 a.m. at the tourist office or
10.15 a.m. at the car park „Spiessalm“

Attention: arrival by own car

Duration: about 3 hours

Costs: free with the Tennengau+ Card!

Registration: until 04.00 p.m. the day before
info@stmartin.info
phone +43 6463 7488
Tourist office St. Martin



Lammertal primeval forest

Discounts, admissions & additional services

The Tennengau+ Card you receive free of charge when you check in at your accommodation. During your stay this practical card is the key to numerous services and reduced admission to many attractions in the region. The Tennengau+ Card info folder provides an overview of all the services.



YOGA IN NATURE

ANNABERG-LUNGÖTZ

05.07.-13.09.2023

Movement, invigoration, well-being - practising yoga in nature is a very special experience. A short meditative walk takes us to the place in nature. The class takes place outdoors and only in dry weather.

Meeting point: 10.00 a.m.,
Tourist office Annaberg

Duration: about 1,5 hours

Costs: € 12.00 with the Tennengau+ Card
(otherwise: € 15.00)

Registration: until the evening before directly with yoga teacher Manuela:
phone + 43 664 20 39 774



Yoga in nature

WATER-HIKE

ABTENAU

17.05. - 11.10.2023

You hike leisurely to the Abtenau waterfalls, the Trickl and Dachser falls, and to the Kneipp facility, where you cool your feet in the refreshingly cold water. On the way to the guided tour of the local history museum (exclusive to this group), you pass by the inn „Wandalm“.

Meeting point: 10.30 a.m., Tourist office Abtenau

Duration: abouts 4,5 hours (inkl. museum) | free

Registration: until Wednesday 09.00 a.m.,
phone +43 6243 4040,
Tourist office Abtenau

PUFFING RIDE TO THE KARALM

ST. MARTIN

14.06. - 13.09.2023

Trip with our vintage tractor „Schnaufi-Express“ to the Karalm and back (round trip).

Meeting point: 10.30 a.m.
Tourist office St. Martin

Duration: about 3 hours

Costs: € 5.00 per person |
children up to 14 years free

Registration: until 04.00 p.m. the day before,
info@stmartin.info
phone +43 6463 7488
Tourist office St. Martin



Puffing ride

MUSEUM OF LOCAL HISTORY GERERHOF

ANNABERG-LUNGÖTZ

17.05. - 18.10.2023

The 400-year-old farmhouse, a listed building, provides authentic insights into rural life as it was in the upper Lammertal valley in the 17th century. Even from the outside, the „Gererhof“ looks like a jewel from days long gone. Inside, the farm has rooms in their original state, a permanent exhibition „From flax to linen“, old crafts, old traditional costumes and a still intact smoke house.

Open: Wednesday from 03.00 to 04.00 p.m.

Price: € 2,50 with the Tennengau+ Card |
Children up to 16 years free

Phone: +43 664 12 81 241, Chr. Quehenberger

MUSEUM OF LOCAL HISTORY ARLERHOF

ABTENAU

25.06. - 25.10.2023: regular
Groups possible on request from 01.05.

The „Arlerhof“ is an original farm in the district of Au, whose history dates back to 1325. The farm was cultivated in Abtenau until 1980 and is the home of the Abtenau museum of local history since 1982. Here you can learn many interesting and special things about the rural life of past centuries.

Open: Wednesday from 01.00 to 05.00 p.m.
Sunday from 02.00 to 05.00 p.m.

Entry: free with the Tennengau+ Card!

Phone: +43 664 40 01 768, Mr. Johann Eder



ARCHERY

ST. MARTIN

14.06. - 13.09.2023

Archery for young and old.
Our guides will show you how it's done!

Meeting point: 04.00 p.m. at Martinerhof

Duration: about 2 hours

Costs: free with the Tennengau+ Card!

Registration: until 04.00 p.m. the day before
info@stmartin.info
phone +43 6463 7488
Tourist office St. Martin



HOUSE OF 1000 STONES

RUSSBACH

Every Wednesday you can visit the minerals and fossils exhibition by Wolfgang and Norbert Schwaighofer. In the newly built exhibition room you will find not only snail stones, but also minerals from all over the world.

Open: Wednesday from 04.00 to 07.00 p.m.
or by telephone arrangement

Entry: free

Phone: +43 664 19 04 849 | Schwaighofer

Address: Saag 88, 5442 Russbach



TREASURE HIKE - IN SEARCH OF FOSSILS

RUSSBACH

13.07. - 07.09.2023:

A nice hike for young and old including a visit to the exhibition room „Steinreich“ in the fossil cabinet! You hike past various discovery sites to the snail wall. A real adventure for treasure hunters. Ideal from 6 years.

Meeting point: 09.30 a.m.,
Tourist office Russbach

Duration: approx. until 03.00 p.m.,
2.5 hours walking time

Costs: adults: € 32.00 | children up to 5 years
free, from 6 - 15 years: € 14.00

Registration: until 06.00 p.m. the day before,
betty@betty-jehle.at
phone: +43 650 63 66 177



FOUNTAIN OF YOUTH HIKE

ABTENAU

11.05. - 12.10.2023

On a slightly challenging hike you will learn a lot of interesting facts about the Abtenau healing springs, their history and effects. One or two legends will accompany your tour. If you feel like it, you can take a bottle of the „fountain of youth“ to take home.

Meeting point: 10.00 a.m., Tourist office

Duration: walking time approx. 3 hours | return
with the public bus (arrival in Abtenau 01.50 p.m.)

Costs: hike & bus free with the Tennengau+ Card!

Registration: until Thursday 09.00 a.m.,
phone +43 6243 4040
Tourist office Abtenau

BUS TO THE POSTALM

ABTENAU

See Tuesday

CREATIVE JOURNEY OF DISCOVERY

ABTENAU

01.06. - 28.09.2023

At the handicraft/painting workshop, you can let off steam with local natural materials in a modern, well-equipped workshop or rediscover your creativity. Hilde and Claudia are there to help and advise you. The joy of making your own unique piece is the main focus. No previous knowledge necessary!

Meeting point: 09.30 a.m. at Kreativwerkstatt,
Rigaus 40, 5441 Abtenau

Duration: 2,5 hours

Costs: • painting: € 59.00 (incl. paint & brushes)
• handicrafts: from € 49.00
(depending on materials)
• children: € 35.00 (painting & crafting)
• tools and snack included

Participants: min. 4, max. 10 persons

Registration: until Wednesday 05.00 p.m.,
phone +43 676 97 61 116
Kreativwerkstatt Abtenau

More info: kreativwerkstatt-abtenau.at



HIKE „ON THE FOOTSTEPS OF EMPRESS SISI“

22.06. - 21.09.2023

ANNABERG-LUNGÖTZ

With the cable car „Donnerkogel“ in Annaberg/ Astauwinkel you go up to the Riedlkar, from where you can enjoy a magnificent view over the mountain world, which even Sisi appreciated. Now you continue on a leisurely hike to the Zwieselalm hut, where the empress once spent the night. Is it probably this window behind which is the imperial chamber? From the hut we hike to the „overview“ and on to the cable car „Gosaukambahn“, with which we descend to the idyllic lake Gosausee. Return with the hiking taxi (see last page).

Meeting point: 09.45 a.m.,
bottom station Donnerkogelbahn

Duration: 09.45 a.m. until about 04.00 p.m.,
walking time about 2.5 hours

Costs: guided tour + cable cars: with Tennengau+ Card: adults: € 28.00 | children up to 16 y. € 17.00 (cash payment at the hiking guide)

Registration: until the day before, 05.00 p.m.,
phone: +43 6463 8690
Tourist office Annaberg



GUIDED TOUR OF THE ST. MARTIN HONEY BEAR

ST. MARTIN

06.07. - 14.09.2023

45-minute guided tour by our beekeepers with info on the beehive and the valuable products, produced by bees.

Meeting point: 04.00 p.m., at the Honey Bear (above the Martinerhof indoor riding arena)

Duration: about 1 hour

Costs: free with the Tennengau+ Card

Registration: until 04.00 p.m. the day before
info@stmartin.info
phone: +43 6463 7488



abtenau

MOVEMENT

REST

ENJOY

Abtenau is the venue of the
World Hiking Championship 2023!
21st - 23rd of September 2023



SALZBURG CITY TOUR

ABTENAU

19.05. - 13.10.2023

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 knows stories and anecdotes that you won't find in any books.

Meeting point: 09.45 a.m.,
Tourist office Abtenau

Start: 10.02 a.m., post office Abtenau

Return: 05.10 p.m. in Abtenau

Costs: city tour: € 18.00; public transport:
free with the Tennengau+ Card!

Registration: until Thursday 04.00 p.m.,
phone: +43 6243 4040
Tourist office Abtenau

Minimum number: 5 persons



© SalzburgerLandTourismus

**TIP:**

All guests of the Tennengau with a valid Tennengau+ Card are entitled to use all bus and train lines to the city of Salzburg, to Salzburg Taxham Europark, to the Gosausee and to Eben.

HIKE TO THE NATURE RESERVE „GERZKOPF“

ANNABERG-LUNGÖTZ

30.06.-29.09.2023

From the meeting point, the hiking taxi takes us comfortably to the starting point at „Vordersbach“. From here, the hike is challenging uphill, the hunting lodge is the entrance to the nature reserve. This is an intact habitat for exceptional flora and fauna around the legendary „Schwarze Lacke“, a rare raised bog. We leave the grandiose panoramic mountain in the direction of St. Martin, from where we take the bus back to the starting point.

Meeting point: 09.30 a.m.,
car park vis-à-vis church Lungötz

Duration: 09.30 a.m. until about 04.00 p.m.,
walking time about 6 hours

Costs: adults: € 15.00 | children up to 16 years
free (with the Tennengau+ Card)

Registration: until 05.00 p.m. the day before,
phone: +43 6463 8690
Tourist office Annaberg

CHEESE, BACON AND SCHNAPPS TASTING

ST. MARTIN

16.06. - 15.09.2023

Taste regional cheese, bacon and schnapps specialities followed by a sale.

Treffpunkt: 04.00 p.m.,
at the farmer's shop „Echt Guat“

Duration: about 2 hours | free

Registration: without registration



SUNDAY

Experience & Enjoy

MUSEUM OF LOCAL HISTORY „ARLERHOF“

ABTENAU

25.06. - 25.10.2023: regulär
Groups possible on request from 01.05.

Open: Wednesday: 01.00 - 05.00 p.m.
Sunday: 02.00 - 05.00 p.m.

More info: see Wednesday

NATURE EXPERIENCE „LÖCKERMOOS“

RUSSBACH

14.05. - 26.10.2023:
every Tuesday and Sunday

More info: see Tuesday

EXTRAS

Experience & Enjoy

GUIDED TOUR THROUGH RUSSBACH

RUSSBACH

Prof. Dr. Fritz Seewald takes you on a journey through time on the traces of history of Russbach. He will tell you all about interesting facts, guide you through Russbach's parish church and show and explain the plants in the Bible Garden, which is full of interesting herbs and plants, and of course the stories about them.

Meeting point: by arrangement

Duration: about 1,5 hours

Costs: € 5.00 per person

Registration: phone +43 676 4179495
Prof. Dr. Fritz Seewald

FOSSIL CABINET

RUSSBACH

The focus is on the most important fossil groups of the Abtenau-Gosau-Russbach area: Russbach snails, cup shells, wrinkled shells, corals and ammonites. At the centre are the two giant ammonites. The 1-metre giant ammonite from Pass Gschütt is a cast of the original from the Natur-Museum in Vienna.

Open: at the opening hours of the Tourist Office

Guided tours: for individuals, groups and pupils | free of charge

Registration: Prof. Dr. Fritz Seewald,
phone +43 676 4179495,

EQUIPMENT

If you are out and about in nature, equipment appropriate to the weather is absolutely necessary!

- Sturdy shoes with good tread
- Enough drinks, small snack (fruit, glucose, energy bar)
- Clothing suitable for the weather (onion look).
Warm clothing (hat, gloves) on cooler days - light, airy clothing on hot days.
- Rain protection
- Sun protection (headgear, sunglasses, sun cream)
- First aid material (blister plasters)
- Miscellaneous: handkerchiefs, small bag for rubbish
- hiking poles
- Hiking map
- torch/headlamp
- if necessary, personal medication
(Please inform your hiking guide before the hike if you have any allergies, pre-existing conditions/surgeries or other medical conditions.)

Weather info:

www.zamg.ac.at
www.bergfex.at/oesterreich/wetter/prognose

ALPINE HUTS

Experience & Enjoy

Abtenau

Rocheralm:
+43 664 4311110
Rohrhof hut:
+43 664 2600581
Gsengalm:
+43 664 3575153
Laufener hut:
+49 8682 9569294
Karkogel hut:
+43 6243 28828

Postalm

Erlbach hut:
+43 664 2441944
Huber hut:
+43 664 9314465
Labenberg-Lienbach hut:
+43 664 3224944
Panorama hut:
+43 6137 6061
Restaurant Lienbachhof:
+43 6137 6061
+43 664 4780635
Rettenegg hut:
+43 664 5882498
+43 664 9752500

Pitschenberg-hut:
+43 664 75071887
Postalm hut:
+43 664 3225026
Rosser hut:
+43 664 2707558
Schafbergblick hut:
+43 6137 6107
+43 650 3702253
Schnitzhof hut:
+43 664 4489677
Strobl hut:
+43 664 2542237

Welser hut:
+43 660 3505097
Wiesler hut:
+43 6137 6131
+43 664 8991993

Annaberg

Jausenstation Harreit:
+43 664 3970997
Theodor-Körner-hut:
+43 680 2216024
Stuhlmalm:
+43 664 1131152
Sulzkaraml:
+43 6453 8516
+43 664 2745909

Hofpürgl hut:
+43 676 3718566
Mahdalm:
+43 680 8344416

Loseggalmen

Langfeld hut:
+43 6463 8266
+43 664 4426619
Neubach hut:
+43 6463 7875

Zwieselalm

Rottenhof hut:
+43 664 1454201
Sonnenalm:
+43 650 8344416
Gablونzer hut:
+43 6136 8465
Breining hut:
+43 664 9071833
Zwieselalm hut:
+43 676 4328819
Russbach
Pfandl hut:
+43 699 11094156

Reit hut:
+43 664 4902429
Angerkar Alm:
+43 664 2111782
Neualm:
+43 664 9860011
Edtalm:
+43 664 9060183
Foodtruck at Hornspitz:
+43 6242 440
Zeishofalm:
+43 699 12581752

St. Martin a. Tgb.

Snack station Höllalm:
+43 6463 7405
Snack station Halmgut:
+43 6458 8090
Buttermilchalm:
+43 6463 7279
Karaml:
+43 664 1359081
Spießalm:
+43 664 9917857
Schwarzeneggalm:
+43 664 9869786

HIKING TAXI Dachstein-West • Registration: +43 664 41 39 714 (Taxi Höll)

Daily from 03. 07. - 10. 09. 2023. Outside this period on the operating days of the cable cars „Donnerkogelbahn“ in Annaberg and „Hornbahn“ in Russbach - see www.dachstein.at

Morning rides:

Registration until 06.00 p.m. the evening before

Annaberg - Abtenau - Russbach - Gosau

08.30 a.m. Tourist office Annaberg
08.35 a.m. Donnerkogelbahn valley station, Annaberg
08.50 a.m. Tourist office Abtenau
09.00 a.m. Hornbahn valley station, Russbach
09.15 a.m. Gosaukambahn valley station, Gosausee

Return:

09.20 a.m. Gosaukambahn valley station, Gosausee
09.35 a.m. Hornbahn valley station, Russbach
09.45 a.m. Tourist office Abtenau
10.00 a.m. Donnerkogelbahn valley station, Annaberg
10.05 a.m. Tourist office Annaberg

If required, the hikers' car parks „Korreit“ and „Pommer“ in Annaberg/Astauwinkel will be approached.

Cost: Adults € 5.00 | Children up to 15 years € 3.00 (without guest card € 10.00 | € 5.00)

Afternoon rides:

Registration until 10.00 a.m. the same day

Annaberg - Abtenau - Russbach - Gosau

03.40 p.m. Tourist office Annaberg
03.45 p.m. Donnerkogelbahn valley station, Annaberg
04.00 p.m. Tourist office Abtenau
04.10 p.m. Hornbahn valley station, Russbach
04.25 p.m. Gosaukambahn valley st., Gosausee

Return:

04.30 p.m. Gosaukambahn valley st., Gosausee
04.45 p.m. Hornbahn valley station, Russbach
04.55 p.m. Tourist office Abtenau
05.10 p.m. Donnerkogelbahn valley station, Annaberg
05.15 p.m. Tourist office Annaberg

ATTENTION!

Only with
registration!

OVERVIEW

	ABTENAU	ANNABERG-LUNGÖTZ	RUSSBACH	ST. MARTIN
MON	Info-walk	Sunrise-hike		Puffy ride to the Karalm
	Church tour			
TUE	Morning-Yin-Yoga	Sunset-hike	Alpine Garden at the „Russbach Horn“	Lammertal Primeval forest
	Alpine flowers-hike		„Löckermoos“ High moor	
	Bus to the Postalm			
WED	Water-hike	Local history museum „Gererhof“	House of the 1000 stones	Puffy ride to the Karalm
	Local history museum „Arlerhof“	Yoga in nature		Archery
THU	„Fountain of Youth“ hike	In the footsteps of Empress Sisi	In search for fossils	Beekeeper tour
	Creative workshop			
	Bus to the Postalm			
FRI	Salzburg city tour	Nature reserve „Gerzkopf“		Cheese, bacon and Schnapps tasting
SUN	Local history museum „Arlerhof“		„Löckermoos“ High moor	

Subject to change.



TIP!

Use the hiking taxi

Annaberg - Abtenau - Russbach - Gosau

With the Tennengau+ Card only:
Adults € 5.00 | Children € 3.00

More information in the booklet (last page)



www.facebook.com/

Abtenau
visitannaberg
russbach.info
St.MartinAktivdorf



www.instagram.com/

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