

WINTER EXPERIENCE PROGRAM 2024/2025

Das Salzburger
LAMMERTAL
Dachstein-West

Dachstein[®]
west Natürlich im
Salzkammergut

Experience & Enjoy



abtenau

Bewegung. Ruhe. Genuss.

Tourist Office (TVB)
Abtenau

www.abtenau-info.at
Tel: +43 6243 4040
ferien@abtenau-info.at



**ANNABERG
LUNGÖTZ**

Skil & Wandern im Dachstein West

Tourist Office (TVB)
Annaberg/Lungötz

www.annaberg-lungoetz.com
Tel: +43 6463 8690
info@annaberg-lungoetz.com



Russbach
DAS SALZBURGER DORF

Tourist Office (TVB)
Russbach

www.russbach.info
Tel: +43 6242 577
office@russbach.info



St. Martin
Tennengebirge - Salzburger Land

Tourist Office (TVB)
St. Martin

www.stmartin.info
Tel: +43 6463 7488
info@stmartin.info

Dear Guests,

The four destinations of Abtenau, Annaberg-Lungötz, Russbach, and St. Martin invite you to discover the Lammertal Valley in all its diversity. Whether it's guided hikes, exciting excursions, or entertaining activities – here, you'll find a program that has something for every one. With the Tennengau+ Card, you can enjoy numerous offers at discounted rates or even free of charge. Be enchanted by the mountain landscape and discover a region where natural experiences and hospitality harmonize perfectly. We wish you unforgettable days in the Lammertal Valley!

EVENTS IN WINTER 2024/25

27.12.2024 | 19:00 o'clock | RUSSBACH | Traditional Perchten Parade: The Gamsfeldpass Perchten Parade will take place in the center of Russbach, with drink stands and a grand firework show. Traditionally, the Perchten bring luck and health for the new year.

27.12.2024 | 18:00 o'clock | ANNABERG-LUNGÖTZ | Fire Show: Mad-Hias will captivate you with his comedy fire juggling at the Donnerkogelbahn valley station/Holzerhütte. Enjoy culinary snacks and hot beverages from the food truck.

30.12.2024 | 19:30 o'clock | ANNABERG-LUNGÖTZ | Perchten Parade: Enjoy the 14th Perchten Parade in Lungötz. "An Fried, an Reim, an Gsund!" Admission: € 4.- (ages 12 and up).

01.01.2025 | 14:00 o'clock | ABTENAU | New Year's Hangover Hike with a Twist: Join us for a roughly 2-hour winter hike with a cozy conclusion. Our hiking guides will lead you to some of the most beautiful spots in Abtenau. The tour includes various exciting surprises to ring in the New Year—let yourself be enchanted! Registration: by 31.12.2024, 12:00 o'clock noon, at the Abtenau Tourist Office, Tel: +43 6243 4040

05.01.2025 | 19:00 o'clock | ABTENAU | Traditional Perchten Parade: The „Abtenauer Perchten“ folklore group kicks off the old year and brings luck for the new one with characters like witches, root men, forest spirits, and the well-known Frau Percht, along with many other figures.

10.-12.01.2025 | Friday from 15:00 o'clock | Saturday from 10:00 o'clock | Sunday from 07:30 o'clock | ABTENAU - POSTALM | Sled Dog Race: International Austrian Championships in Nordic Sled Dog Sprint. More information: www.abtenau-info.at/veranstaltungen

23.02.2025 | 14:00 o'clock | ABTENAU | Grand Carnival Parade: „A Journey Through Music History“: The parade, with many floats and walking groups, will pass through Abtenau's marketplace. The Abtenau Carnival Band will lead the lively procession. Afterwards, a clown will entertain the little ones, and from 18:00 o'clock, DJ Hossy will get the crowd dancing. Look forward to musical and dance performances, costume and float awards, and much more...

01.03.2025 | 07:00 - 17:00 o'clock | RUSSBACH | Ski Touring Charity Event on the Atomic Backland Ski Touring Route: Participants can collect vertical meters all day long on the Atomic Backland Ski Touring Route at the Russbach Hornspitz for a good cause. TIP: The ascent is also possible with snowshoes (includes a free downhill ride on the Hornbahn for the day).

Further events can be found on the websites of the local Tourist Offices.

MORNING-YIN-YOGA

ABTENAU

13.01. - 17.03.2025

Start your day completely relaxed with Yin Yoga. This yoga style focuses on long-held poses that target deep tissues. It helps release blockages, tension, and tightness in connective tissues, ligaments and joints. In German!

Meeting Point: 08:00 o'clock, „s'Platzl“-shop
(next to Sparkasse)

Duration: approx. 1.5 hours

Cost: € 15.-/pers. with the Tennengau+ Card
(otherwise € 18.-/pers.)

Participants: 5 - 10 people

Registration: by Sunday 18:00 o'clock,
Tel: +43 664 100 68 82
Katharina Lechner



INFO-WALK THROUGH ABTENAU

ABTENAU

13.01. - 24.03.2025

We invite you to a guided „walk“ through Abtenau! Gain new insights and discover your holiday destination with us. In German!

Meeting Point: 10:00 o'clock,
Abtenau market square

Duration: approx. 1 hour

Cost: free with the Tennengau+ Card
(otherwise € 7.-/person)

Registration: No registration required

SNOWSHOE HIKE „BIBERECK – TORFMOOS“

RUSSBACH

16.12.2024 - 14.04.2025

Easy hike for the whole family. After taking the Homspitzbahn to the mid-station, we begin our hike toward the Torfmoos Nature Reserve. Passing by old alpine pastures, we'll enjoy breathtaking views of the Dachstein massif. Far from the hustle and bustle of the ski slopes, we savor the tranquility of the snow-covered winter landscape. Suitable for children aged 8 and older.

Meeting Point: 09:45 o'clock, Homspitzbahn
Valley Station Gosau

Duration: approx. 3 hours |
walking time: approx. 2.5 hours

Cost: € 62.-/adult (ages 8 to 14: € 26.-)
Price includes gondola & equipment.

Registration: by 18:00 o'clock the day before,
betty@betty-jehle.at
Tel: +43 650 63 66 177

CROSS-COUNTRY SKIING INTRODUCTORY COURSE

ST. MARTIN

23.12.2024 - 10.03.2025

Discover the charm of classic cross-country skiing! In our introductory course, you will learn the basic techniques of this gentle winter sport while enjoying the snow-covered landscape on our perfectly groomed trails. Ideal for beginners – experience movement and nature in a whole new way! Skating lessons available upon request!

Meeting Point: 10:30 o'clock,
Training trail Knablflitz

Duration: approx. 1.5 hours

Cost: free with the Tennengau+ Card

Registration: by 16:00 o'clock the day before
info@stmartin.info
Tel: +43 6463 7488
Tourist-Office St. Martin

Attention: The equipment can be rented at SportMax for € 10.-. Please make sure to pick up the equipment before the start of the course.

BUS TO THE POSTALM-AREA

ABTENAU

23.12.2024 - 16.03.2025

every Monday and Thursday

Austria's largest alpine pasture area offers plenty of winter fun for the whole family: skiing, cross-country skiing, ski touring, hiking, sledding, dining, and enjoying. The bus also operates on public holidays!

Outbound Schedule:

Lungötz „Ortsmitte“, 09:47 o'clock

Annaberg „Ortsmitte“, 09:52 o'clock

Abtenau „Ortsmitte“, 10:25 o'clock

Arrival: Parking Lot 1 (Schizentrum) 11:00 o'clock

Abtenau „Ortsmitte“, 14:45 o'clock

Arrival: Parking Lot 1 (Schizentrum) 15:20 o'clock

Return:

Parking Lot „Schizentrum“, 11:05 o'clock

Arrival: Abtenau „Ortsmitte“, 11:38 o'clock

Parking Lot „Schizentrum“, 15:25 o'clock

Arrival: Abtenau „Ortsmitte“, 15:58 o'clock

Cost: Bus: free with the Tennengau+ Card

Toll fee: € 2.50/adult, € 1.50/child

ATTENTION: Delays may occur! The bus starts in Annaberg/Lungötz. If many skiers are boarding, the boarding and disembarking process may take longer. This can result in delays of up to 30 minutes. We kindly ask for your understanding.

Discounts, rebates & additional services



You will receive the Tennengau+ Card free of charge upon check-in at your accommodation. During your stay, this practical card is your key to numerous services and discounted admission to many attractions in the region. It also serves as a **free ticket for public transportation (bus and S-train)** throughout the Tennengau region, extending to the city of Salzburg and Gosau.

An overview of all benefits can be found in the Tennengau+ Card information brochure and online:

www.tennengau.com

FARM STORES & FARMERS' MARKETS

5441 ABTENAU

„Bauernbogen“ | Parking Lot East, Markt 304 | Wed - Fri, 11:00 - 18:00 o'clock | Sat, 08:00 - 12:00 o'clock | The self-service automat is accessible 24/7

Farm Shop at in „Zur Sonnleit'n“ | Schratzen 27 | on request

Lagerhaus | Döllershof 60 | Mon - Fri, 07:40 - 12:00 & 14:00 - 18:00 o'cl. | Sat, 07:40 - 12:00 o'cl.

5524 ANNABERG

Fischhof „Das Ziegenparadies“ | Salfelden 13 | www.facebook.com/FischhofDasZiegenparadies | The self-service automat is accessible 24/7

Lagerhaus | Hefenschner 75 | Mon, Wed, Thu, Fri, 07:40 - 12:00 & 14:00 - 17:30 o'clock | Tue, 14:00 - 17:30 o'clock | Sat, 07:40 - 12:00 o'clock

5522 ST. MARTIN

Farm Shop „Echt guat“ | Dorfstraße 15 | Tue, Thu, 08:00 - 13:00 o'clock | Wed, Fri, 08:00 - 13:00 & 16:00 - 18:00 o'clock | Sat, 08:00 - 12:30 o'clock

CROSS-COUNTRY COURSE

07.01. - 11.03.2025

ABTENAU

Classical beginner's course for all ages, from young to old. In German!

Meeting Point: 10:30 o'clock, The location will be announced upon registration

Duration: about 2 hours

Costs: free for Abtenau guests with the Tennengau+ Card (otherwise € 35.-/person), including a cross-country ski day pass

Registration: by Monday 17:00 o'clock, TVB Abtenau, Tel. +43 6243 4040

Attention: Equipment is not included! Rental available at: Ski Rental & Toboggan Center (Valley Station Karkogel)



ICE BATHING

03.12.2024 - 25.03.2025

ANNABERG-LUNGÖTZ

First, enjoy the cold water at the natural pond „Waldbad Lungötz“, then warm up in the barrel sauna and refresh yourself at the Seestüberl.

Meeting Point: 14:00 o'clock, Waldbad Lungötz

Duration: about 2 hours

Costs: free with the Tennengau+ Card

Registration: by Tuesday 12:00 o'clock, Tel. +43 6463 8690
Tourist Office (TVB) Annaberg

CROSS-COUNTRY COURSE

07.01. - 25.03.2025

ANNABERG-LUNGÖTZ

Cross-country skiing course on the Neubach Valley trail (depending on snow conditions).

Meeting Point: Time and location will be announced upon registration

Duration: about 2 hours

Costs: Free for guests with the Annaberg-Lungötz guest card! Guests with the Tennengau+ Card receive a discount.

Registration: by 17:00 o'clock the day before, Annaberg TVB, Tel. +43 6463 8690 or Sportprofi-Lungötz, Tel. +43 6463 7852

Equipment: Rental available for the duration of the course for € 8.-.

DACHSTEIN WEST NIGHT SKI SHOW

28.01. - 04.03.2025

RUSSBACH

Between flag parades, acrobatics, nostalgia, and mascots, the popular Dachstein West Night Ski Show by the Gosau Ski School promises loads of fun. The after-show party will take place at the Moosalm!

Time: 20:00 - 21:00 o'clock

Location: Dachstein West, Gosau

Costs: free entry



SNOWSHOE- WINTERHIKE

ANNABERG-LUNGÖTZ

07.01. - 25.03.2025

Guided winter/snowshoe hike depending on weather conditions.

Meeting Point: 09:00 o'clock, TVB Annaberg-Lungötz

Duration: about 3 hours

Costs: 50% discount for guests with the Tennengau+ Card

Registration: by Monday 16:00 o'clock, Tel. +43 6463 8690
Tourist Office Annaberg

Snowshoes: Rental for guests with the Annaberg-Lungötz Guest Card: € 8.-.



DOG SLEDDING

ABTENAU

07.01. - 11.03.2025

Experience teamwork like never before in this must-try activity! Includes professional instruction and supervision during the ride. Action guaranteed! (Only possible with sufficient snow conditions)

Meeting Point: 14:30 o'clock, parking lot opposite the „Heimtmuseum Arlerhof“
Local history museum

Costs: free for Abtenau guests with the Tennengau+ Card (otherwise € 20.-/pers. & round)

Participants: max. 3 children/round
max. 1 adult/round

Track: about 1.5 km

Rounds: a total of up to 5 rounds

Registration: by Monday 16:00 o'clock, at TVB Abtenau, Tel. +43 6243 4040

Note: Ski helmet required!



HORSE-DRAWN CARRIAGE OR SLEIGH RIDE

Daily. Please reserve your tour in advance:

RUSSBACH

Rupert Lanner: Tel: +43 664 9105778

Matthäus Höll: Tel: +43 664 5166408

ABTENAU

Hotel/Garni Ledererwirt, Peter Galler:

Tel: +43 664 43 13 721

Fam. Lanner: Tel: +43 664 75 10 11 66

oder Tel: +43 664 96 76 220

ANNABERG-LUNGÖTZ

Georg Lanzinger: Tel: +43 664 6572205

Bartholomäus Haigermoser:

Tel: +43 6463 8344

Christian Eder: Tel: +43 664 1314829



SALZBURG CITY TOUR

ABTENAU

08.01. - 26.03.2025

Experience the wonderful city of Mozart from a truly unique perspective. Our city guides know Salzburg like the back of their hand and share stories and anecdotes you won't find in any books.

Meeting Point: 9:40 o'clock, TVB Abtenau

Departure: 09:57 o'clock, Post Office/Ortsmitte

Return: about 17:00 o'clock in Abtenau

Costs: with the Tennengau+ Card: City Tour: € 19.-/adult | € 9.-/child (up to 14.9 years), Public transport: free! (without card: € 28.-/€ 14.- + bus/train costs)

Participants: 5 - 20 persons

Registration: by Tuesday 16:00 o'clock, TVB Abtenau, Tel. +43 6243 4040

SNOWSHOE HIKE

ST. MARTIN

25.12.2024 - 12.03.2025

Immerse yourself in an untouched winter wonderland on a guided snowshoe hike! Away from the ski slopes, enjoy the quiet, snow-covered landscape while learning fascinating insights about nature. Led by our experienced guides, explore idyllic winter trails—perfect for nature enthusiasts and those looking to actively enjoy the beauty of winter!

Meeting Point: 14:00 o'clock, Sport Shop „SportMax“

Duration: about 2 hours

Costs: free with the Tennengau+ Card!

Registration: by 16:00 o'clock the day before, TVB St. Martin, info@stmartin.info Tel. +43 6463 7488

Note: Snowshoe rental is available at SportMax for € 9.-. Please arrange to pick up the equipment before the hike begins!

HORSE-DRAWN SLEIGH RIDE

ABTENAU

08.01. - 26.03.2025

Experience the romance of a sleigh ride through the wintry beauty of Abtenau. Relax on a cushioned bench and let yourself be enchanted by the serene and picturesque landscape.

Meeting Point: 14:00 o'clock, TVB Abtenau

Duration: Sleigh ride only: about 1.5 hours | Including a stop at a cozy restaurant: about 3 hours

Costs: € 18.-/pers. with the Tennengau+ Card (otherwise € 20.-/persons)

Participants: 6 - 11 persons

Registration: by Tuesday 12:00 o'clock, TVB Abtenau, Tel. +43 6243 4040

CHURCH TOUR

ABTENAU

08.01. - 26.03.2025

Join Mr. Norbert Essl, a member of the parish council, for an engaging tour of the beautiful Abtenau Parish Church. Discover its artistic treasures, learn about the various saints depicted within, and delve into the fascinating history of this remarkable building.

Meeting Point: 17:00 o'clock, Church Entrance

Duration: about 1 hour

Costs: free with the Tennengau+ Card (otherwise € 7.-/person)

Registration: by Wednesday 15:00 o'clock, TVB Abtenau, Tel. +43 6243 4040

WINE TASTING

RUSSBACH

Vinothek at Hotel Restaurant Kerschbaumer

Registration: Hotel Restaurant Kerschbaumer, Tel. +43 6242 379

Location: Schattau 1, 5442 Russbach

Minimum Participants: 5 persons

CHILDREN'S ANIMATION AT THE ICE RINK

01., 8., 15., 22., 29. January 2025

05., 12., 19., 26. February 2025

16:00 - 17:00 o'clock
ABTENAU

NATIVITY SCENE TOUR

ABTENAU

12.12.2024 - 23.01.2025

The Abtenau Nativity Scene Association offers free guided tours of all the grand nativity displays. Learn fascinating details about their creation, history, and artistry from the experts themselves. A unique opportunity to delve into the rich tradition of nativity scene craftsmanship.

Meeting Point: 10:00 o'clock, Farben Pindl

Duration: about 1 hour

Costs: free with the Tennengau+ Card
(otherwise € 15.-/person)

Registration: by Wednesday 17:00 o'clock, TVB
Abtenau, Tel. +43 6243 4040

SNOWSHOE HIKE
„DACHSTEIN WEST“

RUSSBACH

02.01. & 06.-20.02.2025

Enjoy a gentle hike for the whole family! Begin with a cable car ride to 1,450 meters and hike towards the Zwieselalm. Trek through snow-covered forests, leave your tracks in the fresh snow, and take in the breathtaking panorama. Relax and recharge at a rustic alpine hut before descending back to the valley with the Panoramajet gondola. The adventure concludes with a bus ride back to the starting point. Suitable for children aged 8 and older.

Meeting Point: 09:45 o'clock, Valley Station
Hornspitzbahn Gosau

Duration: about 5 hours (walking time: 3.5)

Costs: € 69.-/adult (8 - 14 years: € 28.-)
including gondola ride & equipment

Registration: by 18:00 o'clock the day before,
betty@betty-jehle.at
Tel. +43 650 63 66 177

BUS TO THE POSTALM

ABTENAU

See MondayCRAFTING AND PAINTING
WORKSHOP

ABTENAU

09.01. - 20.03.2025

Unleash your creativity in our crafting and painting workshop! Using local natural materials, explore your artistic side in a modern, well-equipped studio. Whether you're an experienced artist or a curious beginner, Hilde and Claudia will guide you with tips and support. The focus is on the joy of creating your unique masterpiece—no prior experience needed!

Meeting Point: 09:30 o'clock at the „Kreativwerkstatt“, Rigaus 40, 5441 Abtenau

Duration: about 2.5 hours

Costs:

- painting: € 59.- (incl. paint & brushes)
- crafting: from € 49.- (depending on materials)
- children: € 35.- (painting & crafting)
- tools and a small snack included

Participants: 4 - 10 persons

Registration: by Wednesday 17:00 o'clock,
Tel. +43 676 97 61 116
Kreativwerkstatt Abtenau

More info: www.kreativwerkstatt-abtenau.at



SNOWSHOE HIKING

ANNABERG-LUNGÖTZ

02.01. - 27.03.2025

Explore the picturesque Aualm on snowshoes — a truly unique experience, whether it's snowing, foggy, or under bright sunshine! This guided tour offers an enchanting way to connect with nature.

Meeting Point: 10:15 o'clock, inn „Lämmerhoff“

Duration: about 2.5 hours
(depending on fitness level)

Costs: free for guests with the Annaberg-Lungötz Guest Card. € 10.- for guests with the Tennengau+ Card.

Registration: by Wednesday 16:00 o'clock,
Tel. +43 6463 8690
Tourist Office Annaberg

Snowshoe Rental: € 8.- for guests with the Annaberg-Lungötz Card



CURLING

ST. MARTIN

02.01. - 12.03.2025

Enjoy cheerful winter moments with traditional ice stock sport! Test your skill and strategy on the smooth ice rink in a game suitable for all ages. This classic winter activity promises fun and entertainment for everyone. Don't miss the chance to join in and have a fantastic time on the ice!

Meeting Point: at the sports/football field in St. Martin

Duration: about 2 hours

Costs: free with the Tennengau+ Card!

Registration: by 16:00 o'clock the day before
Tel. +43 6463 7488
Tourist Office St. Martin

ICE BATHING

ANNABERG-LUNGÖTZ

05.12.2024 - 27.03.2025

First enjoy the cold water in the natural pool „Waldbad Lungötz“, then warm up in the barrel sauna and fortify yourself in the Seestüberl.

Meeting Point: 14:00 o'clock, Waldbad Lungötz

Duration: about 2 hours

Costs: free with the Tennengau+ Card

Registration: by Thursday 12:00 o'clock,
Tel. +43 6463 8690
Tourist Office Annaberg

CURLING

ABTENAU

02.01. - 27.03.2025

A sport with a long tradition and unlimited fun for everyone! Young and old play for the championship medal on the Abtenau curling rink (weather permitting).

Meeting Point: 14:00 o'clock, TVB Abtenau

Duration: about 2 hours

Costs: free with the Tennengau+ Card!
(otherwise € 6.-/person)

Registration: by Thursday 12:00 o'clock, TVB Abtenau, Tel. +43 6243 4040



LANTERN TOUR

ABTENAU

02.01. - 27.03.2025

Guided, easy hike with lanterns through the romantic winter landscape.

Meeting Point: 20:00 o'clock, TVB Abtenau

Duration: about 1 hour

Costs: free with the Tennengau+ Card
(otherwise € 15.-/person)

Registration: by Thursday 17:00 o'clock, TVB Abtenau, Tel. +43 6243 4040

CHEESE, BACON AND
SCHNAPPS TASTING

27.12.2024 - 12.03.2025

ST. MARTIN

Get to know the culinary treasures of our region! During our tasting you will enjoy hearty cheese, spicy bacon and fine schnapps specialties, accompanied by exciting stories about their production. A real pleasure experience for gourmets and lovers of regional products.

Meeting Point: 16:00 o'clock,
at Bauernladen „Echt Guat“

Costs: free with the Tennengau+ Card

Registration: no registration required!



SKI AREAS IN LAMMERTAL

ST. MARTIN

Lammertal Lift: www.skilift-lammertal.at

**ANNABERG-LUNGÖTZ &
RUSSBACH & GOSAU**

Dachstein West: www.dachstein.at

ABTENAU

Karkogel: www.karkogel.abtenau-info.at

Sonnleiten: Tel.: +43 6243 2440
www.facebook.com/p/Sonnleiten-Lifte-Abtenau-100060450859506/

Postalm: www.postalm.ski

SNOWSHOE/
WINTER HIKE

27.12.2024 - 28.03.2025

ABTENAU

Depending on the snow/weather conditions, we choose a leisurely tour individually tailored to the participants. Snowshoes and poles are provided free of charge by the tourist office.

Meeting Point: 10:30 o'clock, TVB Abtenau

Duration: about 2 hours

Costs: free with the Tennengau+ Card
(otherwise € 15.-/person)

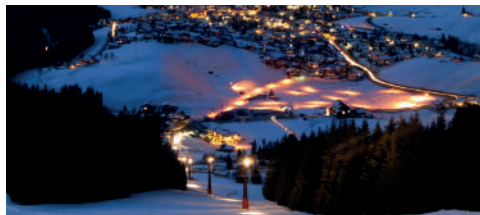
Registration: by Thursday 17:00 o'clock,
Tel. +43 6243 4040
Tourist Office Abtenau

ICEDISCO

ABTENAU

03. Jan. | 07., 14., 21., 28. Feb. 2025

From 17:00 to 20:00 o'clock, hot beats and cool rhythms create a great atmosphere at the ice rink.

EVENING TOBOGGANING &
HUT FUN ON THE KARKOGEL

07.01. - 07.03.2025

ABTENAU

On the Karkogel, an unforgettable tobogganing evening with cozy atmosphere awaits you in the Karkogelhut (mountain station of the gondola lift).

Lift operation: 18:00 - 20:30 o'clock
Box office from 17:45 o'clock

Toboggan run: illuminated until 22:30 o'clock

Evening ticket: € 27.50/adult | € 15.50/child
familycard from: € 38.-

Attention: only if there is enough snow!

CHILDREN'S SNOWSHOE HIKE IN THE „GHOST FOREST“

RUSSBACH

Adventures for little explorers!

Take your first steps on a snowshoe adventure - fun and easy for the whole family! Perfect for beginners! Immerse yourself in the magical world of the „Ghost Forest“ in the Dachstein West ski region! This child-friendly snowshoe hike combines fun, exercise and experiencing nature. Together with the funny forest spirits, your little ones will explore snow-covered paths, collect stamps at mysterious stations and experience exciting play opportunities - children won't even realize they're hiking, there's so much to discover!

Equipment: Snowshoes for the whole family: rental directly at the Sport Checkpoint at the valley station of the Russbach cable car

Walking time: 1.5 hours (100 altitude meter)

Highlight: fantastic view of the Dachstein and the imposing Gosaukamm massif



HOUSE OF 1000 STONES

RUSSBACH

Every Friday you can admire the mineral and fossil exhibition by Wolfgang and Norbert Schwaighofer. In the beautiful exhibition room you will not only find snail stones, but also minerals from all over the world.

Open: Friday, 16:00 - 19:00 o'clock
or by telephone arrangement

Entry: free

Phone: Tel.+43 664 75011558, Schwaighofer

Address: Saag 88, 5442 Russbach

FARM EXPERIENCE AT THE ETZENGUT

ABTENAU

Monday - Friday

For the whole family! Get up close and personal with feeding the cows, mucking out, stroking the animals and bailing hay! Afterwards there is a little refreshment where you can churn your own butter to round off the whole experience.

Meeting Point: Etzengut, Wallingwinkl 6a,
5440 Scheffau

Costs: voluntary contribution

Registration: Tel: +43 676 84 22 14 521,
Family Geiersberger



SNOWSHOE HIKING

ANNABERG-LUNGÖTZ

Individually guided snowshoe & winter hiking tours daily (depending on snow conditions) on request.

Registration: Tel. +43 6463 8690
Tourist Office Annaberg



ENCHANTING SHADOW SHEPHERD'S TRAIL

01.12. 2024 – 02.02.2025

POSTALM

Away from the hustle and bustle of the Postalm, the „Schattenhirtenpfad“ (Shadow Shepherd's Trail) invites you to enjoy an atmospheric walk with seven stations and stunning views. When the illuminated stations shine in the twilight, time seems to stand still for a moment, and you can feel it clearly: the true magic of winter.

Huts along the trail: Lienbachhof, Blonde Hütte, Welsershütte, Stroblershütte (one of these rustic huts is always open).

Opening times:

10:00 - 18:00 o'clock

01. - 24.12.2024: Wed – Sun

26.12.2024 - 02.02.2025: daily

Start: Parking lot 1- „Schizentrum“, Postalm



CABINET OF FOSSILS

RUSSBACH

The focus is on the most important fossil groups from the Abtenau-Gosau-Russbach area: Russbach snails, cup clams, folded clams, corals, and ammonites. At the center are two giant ammonites. The 1-meter-large giant ammonite from Pass Gschütt is a cast of the original housed in the Natural History Museum in Vienna.

Opening hours: during the opening times of the Tourist Office

Guided tours: for individuals, groups & students free of charge

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

BALLOON WEEK & "NIGHT OF THE BALLOONS"

RUSSBACH

18. - 25.01.2025

Every day between 9:00 and 11:00 o'clock, numerous hot air balloons take off. They swiftly ascend and adorn the sky, as if giant colorful spheres were floating over Gosau. Be part of the experience and let yourself be captivated by the vibrant variety.

Location: Gosau, district of Mittertal, near the gas station

Tip: throughout the week, there are opportunities to ride in a hot air balloon. Enjoy the breathtaking panorama from a bird's-eye view.

Information: www.dachstein-alpentrophy.com
Tel: +43 6136 8841 or +43 664 5314741

The highlight of the week is the **Night of the Balloons!** Don't miss this colorful spectacle! Not only will hot air balloons illuminate the winter landscape, but there will also be musical entertainment, gastronomy, and a fireworks display to round off the event.

Date: 22.01.2025 | 17:30 - 21:00 o'clock

Location: Valley station „Hornspitz“, Gosau



Fotos: ©Dachstein-Alpentrophy, www.hotel-koller.com

ARTIFICIAL ICE RINK

ABTENAU

21.12.2024 - 02.03.2025

Looking for winter fun off the slopes? The artificial ice skating rink in the center of Abtenau offers an ice skating experience amidst a snowy mountain backdrop. Slip on your skates and let's go! Skate rental and warm beverages are available.



Opening hours: 15:00 - 19:00 o'clock,
weather permitting
closed on Mon & Tue

Admission: free for Abtenau guests with the
Tennengau+ Card. | Discounted for
guests in the Tennengau region with
the Tennengau+ Card.

Children's Animation:

Wednesdays | 16:00 - 17:00 o'clock
01., 8., 15., 22., 29. January
05., 12., 19., 26. February

Eisdisco:

Friday | 17:00 - 20:00 o'clock
03. January | 07., 14., 21., 28. February



RENTAL OF SKI & WINTER SPORTS EQUIPMENT

ABTENAU

„Skiverleih & Rodelcenter Karkogel“ (valley station Karkogel) | Au 99 | Tel. +43 6243 28874
office@outdoor-unlimited.at | www.skiverleih-abtenau.at

„Skiverleih Hettegger-Postalm“ (ski centre Postalm) | Seydegg 78 | Tel. +43 677 62584083
verleih.hettegger@gmail.com | www.postalm-skiverleih-hettegger.at

ANNABERG-LUNGÖTZ

„Sport Russegger“ (valley station Kopfbergbahn/Alpendorf) | Annaberg 188 | Tel. +43 6463 8445
www.sport-russegger.at

„freeride-alpin - Ski- & Snowboardschule Annaberg“ | Steuer 60 | Tel. +43 650 4058666
info@freeride-alpin.at | www.freeride-alpin.at

„Sportprofi Lungötz“ (located directly by the church) | Neubach 76 | Tel. +43 6463 7852
www.sportprofi-lungoetz.at

RUSSBACH

„Checkpoint Sport“ (directly in the valley station of the Hornbahn) | Schattau 90 |
Tel. +43 6242 281 | info@checkpointsport.com | www.checkpointsport.com

ST. MARTIN

Sports shop „SPORTmax“ | Martinerstraße 18 | Tel. +43 699 10396953 | info@sportmax.at

CROSS-COUNTRY SKIING IN THE LAMMERTAL

Cross-Country Skiing in the Lammertal offers an excellent full-body workout that not only boosts your endurance but also enhances balance and coordination. Across the entire Lammertal and on the Postalm, you'll find around 120 kilometers of meticulously groomed trails. Here, surrounded by pristine nature, you can enjoy soothing relaxation and a cozy, tranquil atmosphere.

ABTENAU

Au Trail 1 • (8.4 km) & **Au Trail 2** • (5.8 km) skating & classic, incl. changing- & restrooms

Additional Trail Au 1 • (1.7 km) skating & classic, snow-assured artificial snow trail

Floodlit Trail at Karkogel • (1.3 km) skating & classic, daily illuminated until 21:00 o'clock, incl. changing- & restrooms

Floodlit-Au connecting trail • (1.5 km) skating & classic

Egelsee Trail • (6.2 km) classic

Rossbühel Trail • (3.2 km) classic

Radochsberg Panorama Trail • (5.9 km) classic

Tickets available at: Abtenau tourist office, Inn Traunstein, Karkogel ski rental & toboggan center, Shop „All Mountain Sport Abtenau“, different hotels, online (QR-Codes at the slopes)

Prices: Day ticket: € 8.-/adult (€ 6.-/child), Weekly ticket: € 20.-/adult (€ 15.-/child), Season ticket: € 45.-/adult (€ 30.-/child) | Please have the ticket ready for the trail controller. Parking is free of charge.

POSTALM

Panorama Trail • (12 km) skating & classic

Lienbach Trail • (5 km) skating & classic

Connecting Trail • (5 km) skating & classic

Ramsau Trail (Dog Trail) • (2.5 km) skating & classic

Beginners Trail • (0.6 km) skating & classic

Tickets available at the Postalm ski center

Prices: Day ticket: € 10.-/adult (€ 5.-/child), from 13:30: € 6.-/adult (€ 3.-/child)

Toll: € 17.-/car

ANNABERG-LUNGÖTZ

Neubach Trail, Lungötz • (8.9 km) skating & classic, incl. changing rooms

Flutlicht Trail • (2.5 km) skating & classic, daily illuminated until 21:00 o'clock

Tickets (valid in Annaberg, Lungötz & St. Martin) available at: Sportprofi Schwarzenbacher (opposite the trail entrance in Neubachtal), Sport Russegger, Inn Schichleit, Tourist Office Annaberg-Lungötz

Prices: Day ticket: € 3.-, weekly ticket: € 10.- Season ticket: € 30.- (children: € 25.-) | Please have the ticket ready for the trail controller.

ST. MARTIN

Gögl Trail •• (4.5 km) skating & classic

Oberstein Trail •• (4.3 km) classic

Übungs Trail • (0.3 km) skating & classic

Panorama Trail, Connecting Trail to the Lammertal • (2.5 km) classic

Lammertal Trail • (6 km) classic

Aualm Trail • (4.5 km) classic

Tickets & Prices: see Annaberg-Lungötz

GOSAU

Märchenwald Trail • (6.1 km) skating & classic

Dorf Trail • (13.1 km) skating & classic

Sonnen Trail • (4.1 km) classic

Sport Trail • (3.7 km) skating & classic

Kohlstatt Trail • (3.5 km) skating & classic

Spreißler Skating Trail • (3.5 km) skating

Prices: the trails in Gosau are free to use. However, parking fees apply.

Detailed maps for cross-country ski trails and winter hiking paths are available at the Tourist Offices and on their websites.

TOBOGGANING & SNOW TUBING

ABTENAU - KARKOGEL | **Winter Tobogganing Fun:** enjoy the 3 km long natural toboggan run during operating hours 09:00 - 16:00 o'clock | **Evening Tobogganing:** Tue, Fri & Sat from 18:00 o'clock, lift operations until 20:30 o'clock, toboggan run illuminated until 22:30 o'clock | **Evening Tobogganing & Hut Party:** (07.01. - 07.03.2025) Every Friday, enjoy an unforgettable evening of tobogganing accompanied by cozy live music in the Karkogel-hut at the mountain station. | **more information & prices:** www.karkogel.abtenau-info.at | **equipment rental:** Skiverleih- und Rodelcenter (Karkogel valley station) www.skiverleih-abtenau.at, Tel.: +43 6243 28874

POSTALM | **Natural Toboggan Run:** walk up and enjoy a 1-kilometer downhill ride (from the Strobl-hut to Parking Lot 1). This sporty adventure follows the „small loop“ winter hiking trail along the groomed natural toboggan run. Cars can be parked at parking lot 3 (near the toboggan run). On weekends, the entire run is illuminated in the evening. | **more information:** www.stroblhuette.at | **rental:** available at Strobl-hut or the ski rental on the Postalm | **tickets:** www.postalm.ski

POSTALM | **Uphill Tobogganing:** experience tobogganing in a whole new way: the lift conveniently takes you and your sled to the top before you race down perfectly groomed tracks to the valley. A unique winter adventure – safe, comfortable, and packed with action! | **info & prices:** www.postalm.ski

POSTALM | **Tubing:** ride up on the conveyor belt and glide down the slope – fun for all ages at the magic carpet! The 100-meter-long covered conveyor belt takes you effortlessly to the top, where you can slide down through a fun-filled course. | Daily during lift operating hours | **more information & prices:** www.postalm.ski

RUSSBACH | **Natural Toboggan Run Angerkaralm:** follow the forest road to the beautiful Angerkaralm-hut, where you can enjoy a cozy break before a toboggan ride down the natural toboggan run (depending on snow conditions, not groomed). | **opening times:** in winter with snow: Fri - Sun **start:** parking lot „starting point for the Rinnberg-Gamsfeld hike“ | ascent: 500 hm, length: 3 km | **toboggan rental:** at the Angerkaralm-hut: € 4.-/toboggan (please reserve in advance!) | **reservation/info:** Angerkaralm Tel.: +43 664 2111782

GOSAU | **Tobogganing Fun in Gosau:** After a scenic hike (about 20 minutes) from the valley, you'll reach the starting point, and the thrilling descent back to the valley can begin. At the start and end of the toboggan run, there is a large silver container where you can rent toboggans | **start:** parking lot located 100 meters before Inn „Gosauschmied“ on the left-hand side | ascent: 200 hm, length: 1,3 km | daily | **more information:** www.russbach.info

ST. MARTIN | **27.12.2024 - 07.03.2025** | daily, 09:00 - 16:30 o'clock | **Woody-Bob:** Race safely down the mountain in its natural form – following the natural contours, with steep slopes, sharp inner curves, and extreme turns. This creates an action-packed descent for families, friends, and colleagues. The track is also wheelchair accessible, with bobsleds equipped with special harnesses for added safety. | **more information & prices:** www.stmartin.info/woody-bob

ST. MARTIN | **Snowtubing:** glide through the snow on tubes for a safe yet thrilling adventure. A lift approximately 250 meters long takes you comfortably to the starting points, from which you descend about 350–400 meters through a snow channel. Speeds give the sensation of racing through the snow or floating over the piste. | **opening hours:** daily 14:00 - 17:00 o'clock (Sun from 13:00 o'clock) and Thurs & Sat 18:00 - 20:00 o'clock | **more information & prices:** www.tubing.at

	ABTENAU	ANNABERG- LUNGÖTZ	RUSSBACH	ST. MARTIN
MON	Morning-Yin-Yoga		Snowshoe Hike	Cross Country Course
	Info-Walk			
	Bus to the Postalm			
TUE	Cross Country Course	Cross Country Course	Dachstein-West Night Ski Show	
	Dog Sledding	Ice Bathing		
		Snowshoe-/ Winter Hike		
WED	Salzburg City Tour		Wine Tasting	Snowshoe Hike
	Horse-drawn Sleigh Ride			
	Church Tour			
	Children's Animation at the Ice Rink			
DO	Curling	Snowshoe Hike	Snowshoe Hike	Eis-Stockschießen
	Crafting Workshop	Ice Bathing		
	Bus to the Postalm			
	Nativity Scene Tour			
	Lantern Tour			
FR	Snowshoe-/ Winter Hike			Cheese, Bacon and Schnapps Tasting
	Evening Tobogganing & Hut Fun			
	Ice Disco			



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Änderungen unter Vorbehalt.