



# ALMENCARD WEEKLY PROGRAMME

Almencard valid 19.05.2018 – 03.11.2018 | Almencard PLUS valid 01.05.2018 – 30.11.2018

## Monday

### Summer in the mountains with Kneipp

21.05. – 29.10.2018

A pleasurable circular hike to the Kneipp course in the Altfasstal valley with stations along the way.

● 10:00 a.m. | Altfasstal car park | Time: approx. 4–5 hours

### Bogbean, Yarrow and Magic Spells in Natz

02.07. – 24.09.2018 | Almencard PLUS holders only

Rediscovering ancient herbal knowledge

● 2:00 p.m. | Village square, Natz | Time: approx. 3 hours

## Tuesday

### Hike to the Eisbruggsee lake in Pfunders

22.05. – 30.10.2018

This challenging hike requires good training. Bring along suitable equipment and provisions.

● 10:00 a.m. | Tennis hall in Meransen | Time: approx. 1 hour

### 👶 Carriage ride for children in Meransen (5–14 years)

01.05. – 27.11.2018

Children get the chance to go for a parent-free carriage ride and maybe even sit next to the coachman

● 10:00 a.m. | Tennis hall Meransen | Time: approx. 1 hour

### The Meronsna Legend Trails

01.05. – 27.11.2018

Surprisingly humorous and pleasurable, this easy hike is studded with legends, stories and facts about Meransen.

● 11:00 a.m. | Tennis hall Meransen | Time: approx. 3 hours

### Gone with the Water

22.05. – 19.06.2018 | Almencard PLUS holders only

A meditative hike from Natz to the Rienz gorge.

● 2:00 p.m. | Mühlbach or Natz Tourist Association  
Time: approx. 4 hours

### Rafting Taster

08.05. – 27.11.2018

Ideal for beginners and families looking for fun and adventure.

● 3:00 p.m. | St. Sigmund sports area | Time: approx. 1.5 hours. Price: Adults € 25.00 | Children (aged 5–12) € 20.00

## Wednesday

### Big 5 Altitude hike to the Wilde

Kreuzspitze/Seefeldspitze (alternately)

20.06. – 31.10.2018

This challenging hike requires good training. Bring along suitable equipment and provisions

● 8:30 a.m. | Fane Alm car park in Vals or Altfasstal in Meransen | Time: approx. 7 hours

### Into the Woods

23.05. – 31.10.2018

A trained herbalist and forest expert will be letting you into her little secrets sharing useful hacks for everyday life.

● 10:30 a.m. | Zumis car park, Rodenecker-Lüsner plateaus  
Time: approx. 5 hours

### 👶 Meeting the animals at the Ahner mountain farm (5–9 years)

02.05. – 28.11.2018

During the farm visit, kids have the chance to get to know the resident donkeys, chicken, cats, calves and bunnies. A real treat for the little ones!

● 1:30 p.m. | Ahner mountain farm, Rodeneck  
Time: approx. 2.5 hours

## Thursday

### Meditative hike and yoga in Natz

24.05. – 21.06.2018 | Almencard PLUS holders only  
Morning hike and yoga breathing exercises in special places of power.

● 08:30 a.m. | Village square, Natz | Time: approx. 3 hours

### Hike to the Pfunders mountain farms

03.05. – 29.11.2018

The green Pfunders Valley boasts well-preserved historical farms, traditional craftsmanship and stunning landscapes.

● 10:00 a.m. | Pfunders sports area | Time: approx. 4 hours

### 👨👩👦 On Top of the World (10–14 years)

14.06. – 01.11.2018

High ropes course with a 12-metres high climbing wall for budding climbers wishing to learn the basics.

● 9:30 a.m. | Kurzkofelhütte hut, Vals | Time: approx. 5 hours

### 👨👩👦 Krixly Kraxly (5–9 years)

14.06. – 01.11.2018

Taster course for aspiring mountaineers. Kids aged 5 to 9 will try their hand at climbing under the expert supervision of our alpine guides.

● 10:00 a.m. | Jochtal cable car mountain terminal, Vals | Time: approx. 5 hours

### Horse-drawn carriage tour to Jochtal

14.06. – 01.11.2018

● 1:30 + 2:30 p.m. | Jochtal cable car mountain terminal, Vals  
Time: approx. 1 hour

### Lama trekking for families

14.06. – 27.09.2018 | Almencard PLUS holders only

Meet and greet these special farm animals

● 4:00 p.m. | Waldharthof - Raas | Time: approx. 2–3 hours

## Friday

### Sunrise hike

15.06. – 02.11.2018

Your holiday challenge: an early rise! Get up early and you will be rewarded with the unique experience of the sunrise seen from the mountains.

● Varying time | Jochtal cable car valley terminal  
Time: approx. 2 hours

### Family hike to the Spinges Bunker

25.05. – 02.11.2018

This leisurely hike that starting from the village leads into the forest includes pauses for breathing exercises

25.05. – 22.06.2018

● 1:00 p.m. | Spinges church | Time: 3 hours

29.06. – 02.11.2018

● 10:00 a.m. | Spinges church | Time: 3 hours

### Old Castles & New Wines - Visit to the Vineyard & Organic Farm

04.05. – 30.11.2018

A local winegrower will be showing you around his vineyard and illustrating his alternative methods for cultivating grapes and ancient apple varieties.

● 3:00 p.m. | Mühlbacher Klause | Time: approx. 2 hours

### 👨👩👦 Medieval Games at the Mühlbacher Klause

Ruins (5–9 years)

22.06. – 02.11.2018

The ancient ruins become the stage where young knights and damsels bring history back to life.

● 3:00 p.m. | Mühlbacher Klause | Time: approx. 2 hours

### Guided tours of the Mühlbacher Klause

22.06. – 07.09.2018

The ruins were once a customs post and hunting seat, as well as the backdrop for the German Peasant's war in 1526 and the Tyrolean Rebellion of 1809.

● 10:00 a.m. and 3:00 p.m. | Mühlbacher Klause  
Time: approx. 1 hour

## Saturday

### The cleansing power of smoke and herbs

19.05. – 23.06.2018 | Almencard PLUS holders only

A hike through meadows, woods and apple orchards.

● 2:00 p.m. | Village square, Natz | Time: approx. 3 hours

## Sunday

### The Path towards Balance

20.05. – 17.06.2018 | Almencard PLUS holders only

A hike onto the Balance trails.

● 10:00 a.m. | Alternately in Meransen, Rodeneck and Vals  
Time: 2 hours

## GENERAL INFORMATION

Registration by 4:00 p.m. on the previous day. For information and registration please contact your hotel reception or the info points in the Ski & Holiday Area Rio Pusteria & Natz-Schabs. Bringing suitable equipment (trekking boots, rain protection etc.) is recommended with each hike. Participation at your own risk. Minimum number of participants: 4 adults or 5 children aged 5 to 14. Activities available for a limited number of participants. Subject to change without notice.

● Meeting point | 👨👩👦 for children

## REGISTRATION

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