



**Summer Activity Schedule
July - September 2011
(April, May & June on request)**

Monday

Rope Course in the forest

Experience exciting and instructional adventures high above ground in our outdoor park. Safe, fun and adventurous.
Bonding together in quiet, natural surroundings, involving teamwork and communication.

2:00pm – 6:00pm (12 years and older)

Please register with the reception.

Tuesday

Climbing for the whole family – all levels welcome

Natural rock face Bad Gastein

We will travel to the rock climbing center in Bad Gastein to learn rock climbing – a challenge for all levels from beginner to expert.

Climbing safety and techniques will be taught, i.e. Via Ferrata (climbing on fixed cables, ladders and bridges on natural rock face) and rappelling.

Costs: 27 Euros per adult including climbing shoes and safety equipment

22 Euros per child from (4 and over) including climbing shoes and safety equipment

3:00pm – 6:00pm (Bus departs hotel at 2:45pm)

Please register with the reception.



Night expedition with torches (hike)

Explore the surroundings of the Gastein Valley at night. We learn not only about the environment and nature, but we also will tackle challenges as a team in order to safely find our way home.

10 Euros per person including torch

9:00pm – 10:00pm

Wednesday

Breakfast in the mountains at our "Cottage in the Forest" with the Blumschein family

Enjoy a country breakfast in a unique mountain setting with music and sunshine.

8:30am

Following Breakfast

Outdoor Activities in our "Cottage in the Forest"

Build a tower of crates and climb to the top!
Test your balance and trust your team mates to keep you safe.

10:00am – 4:00pm

Please register with the reception.

Thursday

Building a raft on the Gastein swimming lake

Travel to the Gastein swimming lake, a short drive from the hotel. Build a raft with our experienced ranger and paddle across the lake!

If you are clever and creative, and have a team spirit,
you are just the person for this adventure.

10:00am – 4:00pm (Bus departs hotel at 9:45am)



Fishing, Campfire and Torch Lit Hike

For a quiet, relaxing and a true "gemütlich" experience, we will fish on our lake by our "Cottage in the Forest". Then, we'll grill our own catch on the open campfire, accompanied by side dishes prepared by our Chef.

A short walk back to the hotel, lit by our torches, finishes a perfect day.

5:00pm – 9:00pm

Please register with the reception.

Friday

Guided mountain bike tour for beginners in our "Kötschach" Valley

Experience our National Park "Hohe Tauern", the second largest National Park in Europe. We will ride 4 miles (6 km) through unspoiled nature and climb 200 meters in altitude. Broad forests, green fields, breathtaking mountains and crystal clear brooks await us.

10:00am – 1:00pm

Please register with the reception.

Saturday

Mountain Hike with our country goats "Schnucki" & "Bunte" with Picnic Lunch in the Meadow

Hike through forests, fields and meadows with our Gastein Mountain Guide to look for herbs, alpine flowers and fauna. Our guide will explain the importance of the natural setting and the unspoiled, untouched surroundings of our beautiful National Park.

A picnic lunch will be served in the meadow with local delicacies. If we are very quiet, we can hear nature all around us.

10:00am – 12 Noon

Please register with the reception.



Sunday

Outdoor Trophy (Incentive / Team and Individual Competition)

Solve a difficult challenge together or individually against each other to show your knowledge and skills.

20 Euros per person

1:00pm – 4:00pm

Fishing, Campfire and Torch Lit Hike

For a quiet, relaxing and a true "gemütlich" experience, we will fish on our lake by our "Cottage in the Forest". Then, we'll grill our own catch on the open campfire, accompanied by side dishes prepared by our Chef.

A short walk back to the hotel, lit by our torches, finishes a perfect day.

5:00pm – 9:00pm

Please register with the reception.



Activities

Horseback Riding

Enjoy horseback riding at our "Cottage in the Forest"

Our horses are looking forward to an unforgettable time with you.

Western Riding in our Arena

Free of charge as part of our children's program

Please register with the reception.

Riding Lessons:

18 Euros per hours or 170 Euros for 10 hours

9 Euros per hours (by yourself)

Sunrise trail ride starting at 8:00am – 18 Euros per hour

Sunset trail ride starting at 5:00pm – 18 Euros per hour

**All day trail ride with a stop at our famous mountain peak "Graukogel",
one of the most popular and spectacular summits**

in the Bad Gastein area.

60 Euros per person

Half day trail ride, stopping for breakfast and fishing

40 Euros per person

Petting zoo

Visit our children's petting zoo with mini pigs, mini goats, rabbits and guinea pigs. Learn how to feed and care for animals.



Segway Trial Ride

Try out our fleet of segways on a relaxing trip through the beautiful "Kötschach" Valley.

10:30am daily

Please register with the reception.

Dog Training Site

Visit our dog training site with your dog at any time. The site is located behind out open air swimming pool.

The key for success in the handling of your dog...
...is communication and realizing and respecting its needs.

Our trainer will help you realize and understand both your and your dog's needs, so that you both can feel completely at ease.

Both of you are in the epicenter.

The trainer will help you with your relationship to your dog and he might be able to change your behavior patterns for your shared path.

Advice and Training

Individual advice / training

Per started half hour

22,50 Euros

1 hour

45,00 Euros

Block of 8 hours instead of 360 Euros

315,00 Euros