



Summer Program July - September 2011

(April - June & October - November

daily activities 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.

Meeting point: Front Desk Grüner Baum
2:00pm – 6:00pm (6 years and older)

Registration: Front Desk or mail@team-work.eu, +43-650-351 07 10

Tuesday

Climbing for the whole family – all levels welcome

Natural rock face Bad Gastein (opposite „Silver bullet“)

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.

Price: 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)

Registration: info@ski-alpinschule.at, +43-664-202 97 93



Tuesday

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.

Meeting point: Front Desk Grüner Baum
9:00pm – 10:00pm

Registration: Front Desk or mail@team-work.eu, +43-650-351 07 10

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.

Departure from Grüner Baum at 8:30am

FOLLOWING BREAKFAST

Outdoor Games 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.

Meeting point: Front Desk Grüner Baum
10:00am – 4:00pm

Registration: Tourist Information Office
or mail@team-work.eu, +43-650-351 07 10



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.

Meeting point Gastein Swimming Lake

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

Free of charge until the age of 14 with Gastein Card
10 Euros per person, 15 years and above

Registration: Tourist Information or mail@team-work.eu, +43-650-351 07 10

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.

Meeting point Front Desk Grüner Baum 5:00pm – 9:00pm

Registration: Front Desk or mail@team-work.eu, +43-650-351 07 10

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.

Meeting point Front Desk Grüner Baum 10:00am – 1:00pm

Registration: Front Desk or mail@team-work.eu, +43-650-351 07 10



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

Registration: Front Desk

Sunday

Outdoor Trophy (Incentive / Team and Individual Competition)

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

Meeting point Front Desk Grüner Baum 1:00pm – 4:00pm

Registration: Front Desk or mail@team-work.eu, +43-650-351 07 10

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Daily Activities

Horseback Riding

Learn to ride like the cowboys!!!

Our horses Samurai, Amigo, Maxi, Saphira & Shiva
are looking forward to lots of fun with you.

Please register with the Front Desk.

Riding Lessons in the Arena:

18 Euros / Hour

170 Euros / 10 Hours

9 Euros / by yourself

Trail rides:

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 stop

(i. e. Graukogel)

60 Euros per person

Half day trail ride with stop

(i. e. Mountain breakfast or 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 – 10:30am daily

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

Please register with the Front Desk.

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 Euros
Block of 8 hours – instead of	315 Euros
360 Euros	