



**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.

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

Price: 12 Euros per child / 19 Euros per adult

Registration: Front Desk or [mail@team-work.eu](mailto: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](mailto: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.

Price: 10 Euros per person including torch

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

Registration: Front Desk or [mail@team-work.eu](mailto:mail@team-work.eu), +43-650-351 07 10

Wednesday

**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

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

Registration: Tourist Information Office  
or [mail@team-work.eu](mailto: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)

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

Registration: Tourist Information Office  
or [mail@team-work.eu](mailto: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

Price: 20 Euros per child / 25 Euros per adult

Registration: Front Desk or [mail@team-work.eu](mailto: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

Price: 15 Euros per child / 25 Euros per adult

Registration: Front Desk or [mail@team-work.eu](mailto: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

Price: 10 Euros per person

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

Price: 12 Euros per child / 19 Euros per adult

Registration: Front Desk or [mail@team-work.eu](mailto: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

1 Hour

Block of 8 hours – instead of 360 Euros

22,50 Euros

45 Euros

315 Euros