

# Seefeld

TIROLS HOCHPLATEAU

## WEEKLY PROGRAMME

19.04.2024 - 28.04.2024 | Region Seefeld – Tirols Hochplateau



### MAMA YOGA - YOGA WITH BABY

**Friday 19.04.2024, 09:00 | Training room at Seefeld Rescue | Seefeld**

Can also be called postnatal yoga. Activate your body and mind after pregnancy through gentle hatha yoga practice. The yoga exercises are specially designed for the time after birth and in the first year with your baby. Registration: 0043 670 554 5373 or [carina.krautzig@googlemail.com](mailto:carina.krautzig@googlemail.com).



### SEGWAY TRIAL COURSE

**Friday 19.04.2024, 13:00 | Seefeld Sports Arena | Seefeld**

Be sure to try out this new, "electrifying" way of travelling on the two-wheeled Segways. If you book a tour, the costs will be deducted from the tour price. Please book in advance by calling 0664/3420702 or emailing [info@segway-tirol.info](mailto:info@segway-tirol.info). Price per person € 15.00.



### ON THE SEGWAY TO THE WILDMOOSALM

**Friday 19.04.2024, 14:30 | Seefeld Sports Arena | Seefeld**

On this adventurous approximately 2-hour Segway tour, you'll start from Seefeld heading towards Reith near Seefeld, passing by Wildsee through the nearby forest. After this short introductory round, venture through the tunnel and up gravel paths to Wildmoosalm. Upon arrival at Wildmoosalm, all participants can refresh themselves at the "Schnapsbrunnen" or enjoy delicacies from the menu. Book your Segway tour now and discover the high plateau in a completely new, "electrifying" way! Advance booking is recommended at tel.: 0664/3420702 or [info@segway-tirol.info](mailto:info@segway-tirol.info). Price per person € 89.00.



### KIDS MTB TECHNIQUE TRAINING AT KATZENKOPF

**Saturday 20.04.2024, 15:00 | Flat Sucks Bikeschool – Katzenkopf | Leutasch**

The technique training for children on the Katzenkopf offers beginners and slightly advanced riders the opportunity to learn the basics of riding technique in a fun way. With professional trainers, exercises are carried out on lift-supported single trails to improve coordination, braking, cornering technique and jumps. Children from 5 to 14 years can take part. Register directly with the FlatSucks Bikeschool - Katzenkopf at [info@flatsucks.at](mailto:info@flatsucks.at), Tel.: 0664/4254829 or online at [www.flatsucks.at](http://www.flatsucks.at).



### FOOTBALL DAY OF THE HOME CLUB FC SEEFELDER PLATEAU

**Saturday 20.04.2024, 17:00 | Seefeld soccer pitches | Seefeld**

Exciting football matches for all fans of the "round leather" are on the agenda: The home team FC Seefelder Plateau will play tournaments against the following Tyrolean teams: Saturday, 20.04.24, 17.00 vs. SU Inzing; Saturday, 04.05.24, 17.00 vs. SPG Mieminger Plateau; Saturday, 25.05.24, 17.00 vs. SV Fritzens; Saturday, 01.06.24, 17.00 vs. SPG Rietz / Stams; Saturday, 15.06.24, 18.00 Uhr vs. SPG Pitztal.



### HISTORICAL WALK THROUGH SEEFELD

**Monday 22.04.2024, 10:00 | Information office Seefeld | Seefeld**

A guided time travel through the village history with certified storytellers. Dogs are welcome. Minimum number of participants: 3. Duration 2 hrs. Good shoes are an advantage. Exclusively for guests of the Olympiaregion Seefeld with guest card for € 9,00. Registration via our online shop, the landlord or the regional information offices. Programme in German, English and on request also in Italian.



### SHORT SEEFELD DISCOVERY TOUR ON A SEGWAY

**Monday 22.04.2024, 10:30 | Seefeld Sports Arena | Seefeld**

On this entertaining 1-hour Segway tour, all participants discover Seefeld and its immediate surroundings on the high plateau. We speed along at more than three times the walking speed and enjoy the marvellous landscape of the region. Adventure and nature experience guaranteed. Participants: min. 2 - max. 9 people. Costs: Small Seefeld tour: € 69.00 p.p. Duration: approx. 1 hour. Please book in advance by phone: 0664/3420702 or [info@segway-tirol.info](mailto:info@segway-tirol.info).



## SEGWAY TRIAL COURSE

**Monday 22.04.2024, 10:30 | Seefeld Sports Arena | Seefeld**

Be sure to try out this new, "electrifying" way of travelling on the two-wheeled Segways. If you book a tour, the costs will be deducted from the tour price. Please book in advance by calling 0664/3420702 or emailing [info@segway-tirol.info](mailto:info@segway-tirol.info). Price per person € 15.00.



## HAY BARN PICNIC WITH BACKPACK & FIRE KETTLE

**Monday 22.04.2024, 11:30 | Zotthof, Moos 8c | Leutasch**

From the Zotthof you set off - full of energy - equipped with Hiking poles or snowshoes , a rucksack full of delicious regional delicacies and homemade mulled wine on an exciting hike to the impressive lookout point with views of the Karwendel mountains and the Stubai Alps. The wood for the warming fireplace is already on site. Price: € 145,-. Bookable via our online store at [www.seefeld.com](http://www.seefeld.com), with your landlord or at one of our information offices.



## BIG SEEFELD SEGWAY TOUR

**Monday 22.04.2024, 13:00 | Seefeld Sports Arena | Seefeld**

Discover the landscape in an entirely new way - with unique Segway tours on the high plateau! Experience the incomparable sensation of "rolling out" into nature, powered by our electric Segways. The grand Seefeld Explorer Tour takes you from Seefeld towards Wildsee to Reith. Individual tours can also be booked for 2 people or more. Advance booking is recommended at tel.: 0664/3420702 or [info@segway-tirol.info](mailto:info@segway-tirol.info). Price per person € 79.00.



## ZOTTLHOF CINEMA IN THE OPEN STABLE

**Monday 22.04.2024, 15:00 | Zotthof, Moos 8c | Leutasch**

Animal cinema at the Zotthof incl. private guided tour (from 2 p.) and various observation points. Observation points. An exclusive experience of a special kind with the Zottl (highland cattle) with interesting stories including hay feeding and petting. Enjoy the moments with the bright and curious animals in a pleasant observation position on cinema chairs, with freshly roasted natural popcorn in one hand and warming mulled wine/aperitif in the other. 1-2 pers. € 75, 3-5 pers. adults € 95, family package € 85. Bookable via your landlord, our online store or at our information office in Leutasch and Seefeld.



## HAY BARN PICNIC WITH BACKPACK & FIRE KETTLE

**Tuesday 23.04.2024, 11:30 | Zotthof, Moos 8c | Leutasch**

From the Zotthof you set off - full of energy - equipped with Hiking poles or snowshoes , a rucksack full of delicious regional delicacies and homemade mulled wine on an exciting hike to the impressive lookout point with views of the Karwendel mountains and the Stubai Alps. The wood for the warming fireplace is already on site. Price: € 145,-. Bookable via our online store at [www.seefeld.com](http://www.seefeld.com), with your landlord or at one of our information offices.



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## ON THE SEGWAY TO THE WILDMOOSALM

**Wednesday 24.04.2024, 11:00 | Seefeld Sports Arena | Seefeld**

On this adventurous approximately 2-hour Segway tour, you'll start from Seefeld heading towards Reith near Seefeld, passing by Wildsee through the nearby forest. After this short introductory round, venture through the tunnel and up gravel paths to Wildmoosalm. Upon arrival at Wildmoosalm, all participants can refresh themselves at the "Schnapsbrunnen" or enjoy delicacies from the menu. Book your Segway tour now and discover the high plateau in a completely new, "electrifying" way! Advance booking is recommended at tel.: 0664/3420702 or [info@segway-tirol.info](mailto:info@segway-tirol.info). Price per person € 89.00.



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## AFTERWORK WELLNESS TREAT

**Wednesday 24.04.2024, 15:00 | Hotel Alpin Resort Sacher | Seefeld**

Experience ultimate relaxation and rejuvenation at the Late Spa at AlpinResort Sacher! For € 70.00 per guest, enjoy access to a wellness experience with a glass of sparkling wine and cake buffet, as well as professional peeling and sauna infusions with a sauna master - a perfect way to end a workday. Reservation at tel. 05212/2272.



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## HATHA YOGA

**Wednesday 24.04.2024, 19:00 | training classroom in the emergency Seefeld | Seefeld**

The course is open to all participants, young and old, with adapted exercises at different levels of difficulty. A mix of asanas, breathing, concentration and meditation exercises awaits you. Registration: 0670 554 5373 or carina.krautzig@googlemail.com.



## MEETING FOR WINE ENTHUSIASTS

**Wednesday 24.04.2024, 19:00 | Inn Gasthof Dorfkrug | Mösern/Buchen**

Everything You Ever Wanted to Know About Wines! The wine cellar at Gasthof Dorfkrug is the setting for the 3rd meeting of wine lovers on the topic of "Wine Maturity in the bottle". Gregor Schup jun. from the Schup/Guntramsdorf winegrowing family will guide you through the evening. There are a total of 10 spots available. The wine tasting with fine delicacies costs € 55.00 per person. We kindly ask for reservations: tel.: 05212 4766, by email at info@dorfkrug.tirol, or through our online form: <https://www.dorfkrug.tirol/kontakt.html>.



## HAY BARN PICNIC WITH BACKPACK & FIRE KETTLE

**Thursday 25.04.2024, 11:30 | Zotthof, Moos 8c | Leutasch**

From the Zotthof you set off - full of energy - equipped with Hiking poles or snowshoes, a rucksack full of delicious regional delicacies and homemade mulled wine on an exciting hike to the impressive lookout point with views of the Karwendel mountains and the Stubai Alps. The wood for the warming fireplace is already on site. Price: € 145,-. Bookable via our online store at [www.seefeld.com](http://www.seefeld.com), with your landlord or at one of our information offices.



## ANJA'S BREAD BAKING COURSES - "AROUND THE WOOD-BURNING OVEN"

**Thursday 25.04.2024, 14:00 | Lehner 200b | Leutasch**

We make simple yeast dough for the health-conscious beginner who does not want to do without a homemade bread in everyday life. Cost: € 60,00 (incl. recipe materials, samples and a lot of inspiration). Duration: 3 h. Only with advance reservation: Tel. 0650 2200957 or info@naturkorn.at.



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## ALPIN RESORT SACHER BODY & SOUL

**Thursday 25.04.2024, 18:00 | Hotel Alpin Resort Sacher | Seefeld**

In April, several days are dedicated to Body & Soul:

\*Thursday, 25.04.2024: Individual arrival, HRV measurements of participants to determine stress levels & regeneration capacity, 18.00: Get-Together and introduction of participants with a "Mental-Health-Cocktail"

\*Friday, 26.04.2024: 09.30: General panel, followed by introductory lectures on specific topics; 10.30: Manuel Horeth talks about mental strength and various methods and tricks to transform weaknesses into strengths, successfully overcome uncertain situations, and achieve peak performance concentrated "on point." In the afternoon possibility for individual appointments

\*Saturday, 27.04.2024: 09.30: Eva Pölzl talks about introversion, focusing on inner psychological processes, possibility for individual appointments. 19.00: Dinner.

Participation fee: Mindset Mastery participation fee: € 100.00 per person per day - for in-house and day guests.

Registration requested: [rsvp.seefeld@sacher.com](mailto:rsvp.seefeld@sacher.com) or Tel. +43-5212-2272-0.



## CLEAN UP PLATEAU CHALLENGE

**Friday 26.04.2024, 09:00 | Building yards in the region | Seefeld**

"Leave nature cleaner than you found it!": The 3-day Clean Up Plateau Challenge will once again take place from Friday to Sunday on the Seefeld Plateau. Participation is worthwhile! Every participant who collects a minimum of 5 kg of rubbish within 3 days will receive a gastronomy voucher worth € 15.00 from the Seefeld Tourist Board to be redeemed in establishments on the plateau.



## MAMA YOGA - YOGA WITH BABY

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## 2ND VAULTING CUP WEST FOR TYROL AND VORARLBERG

**Saturday 27.04.2024, 09:00 | Equestrian centre Leutascher Str. | Seefeld**

Vaulters from all over Tyrol & Vorarlberg will compete for two days, showcasing their gymnastic skills on horseback in various competitions and age groups. Among the participants are top athletes, including reigning world and European champions and members of the Austrian A-team. Admission is free, and food and drinks are provided. The Seefeld Vaulting Group looks forward to welcoming numerous visitors to the equestrian facility in Seefeld! Details on [www.vg-seefeld.at](http://www.vg-seefeld.at).



## CLEAN UP PLATEAU CHALLENGE

**Saturday 27.04.2024, 09:00 | Building yards in the region | Seefeld**

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## REPAIR CAFE

**Saturday 27.04.2024, 14:00 | Hall Hohe Munde | Leutasch**

Come to the Repair Café and fix it again! Broken toasters, pants with ripped seams, wobbly stools, broken toys.... many things end up in the trash. At the Repair Café, volunteer experts help repair broken everyday items. Special features: help yourself with your bike, station with explanations on cell phones, coffee & cake for a chat. Cost: voluntary donations. No registration required!



## KIDS MTB TECHNIQUE TRAINING AT KATZENKOPF

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## ANNIVERSARY CONCERT OF THE REITH CHORAL SOCIETY

**Saturday 27.04.2024, 20:00 | Clubs' house Reith | Reith**

On the occasion of the 40th anniversary of the Reither Gesangsverein choir, all music fans are invited to an acoustic journey through the choir's history!

The choral society is looking forward to welcoming many listeners to celebrate the anniversary in style.



## 2ND VAULTING CUP WEST FOR TYROL AND VORARLBERG

**Sunday 28.04.2024, 09:00 | Equestrian centre Leutascher Str. | Seefeld**

Vaulters from all over Tyrol & Vorarlberg will compete for two days, showcasing their gymnastic skills on horseback in various competitions and age groups. Among the participants are top athletes, including reigning world and European champions and members of the Austrian A-team. Admission is free, and food and drinks are provided. The Seefeld Vaulting Group looks forward to welcoming numerous visitors to the equestrian facility in Seefeld! Details on [www.vg-seefeld.at](http://www.vg-seefeld.at).



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## "DER SPIEGEL DER WAHRHEIT" - KASPERLTHEATER

**Sunday 28.04.2024, 16:00 | Kulturhaus Ganghofermuseum, Kirchplatzl | Leutasch**

A magical Punch and Judy adventure for young and old children from the age of 3, presented by the "Stöcklbühne", a group from Innsbruck that translates and revives the classic Punch and Judy show with its puppetry into clownish children's theatre with lively characters. Admission: NIX! Seat reservation strongly recommended: [kulturhaus@leutasch.gv.at](mailto:kulturhaus@leutasch.gv.at) or WhatsApp: 0664 88005681.