

OLYMPIAREGION
Seefeld



EXPERIENCES IN THE OLYMPIAREGION SEEFELD

Summer 2022 and Winter 2022/2023

www.seefeld.com



TIROLS HOCHPLATEAU

The Region Seefeld - Tirols Hochplateau, is a sunny high plateau that is situated at 1,200 metres above sea level. Framed by the Wetterstein Mountains and the extensive Karwendel Nature Park, its five villages south of the Zugspitze offer a really diverse range of experiences.

#visitseefeld
#tirolshochplateau



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seefeld.com



ONE GUEST CARD, REALLY A LOT OF EXPERIENCES.

Discover the variety, unwind, switch off and enjoy. Our year-round activity programme has something for all ages and is available at greatly reduced rates, and often exclusively, to holders of the regional guest card.

HOW TO TAKE PART:

Your accommodation provider will give you your regional guest card on arrival.

You can book your selected activities directly with your host, online via the experience shop (www.seefeld.com/en/experience-shop) or in any of the regional information offices.

Please book in good time. You must present your guest card, with the activity already booked on it, to the guide (booking confirmation required with online bookings).

Public transport tip: use the Seefeld Wegfinder App for bus or train connections to the starting point of your activity: www.seefeld.com/en/arrival/getting-around-in-the-region. Or you can make your way there on foot or by bike.

The Olympiaregion Seefeld Terms & Conditions are available on: www.seefeld.com/agbs.

REAL SUMMER. REAL EXPERIENCES.

Enjoy summer at its best.



“ONWARDS & UPWARDS“ ON THE KATZENKOPF

Enjoy a ride with the Katzenkopf chairlift in Leutasch.
(14.5., 15.5., 21.5., 22.5., 26.5. - 29.5. und 4.6. - 11.9.2022)



Your regional guest card entitles you to a free return trip on the Katzenkopf chairlift in Leutasch per stay once. At the top, you can enjoy some tasty treats on the sun terrace of the restaurant, the Katzenkopfhütte, and take in the view over the Leutasch valley. There is also a play area for children. Afterwards, you can explore the walking trails or maybe try your hand at Disc Golf.

Free for guests only, transportation of sports equipment not included. Opening times and further information on: www.katzenkopf-leutasch.at. Child's price available for children aged 6-15.

When: 10 am to 5 pm

Where: cash desk, bottom station,
Katzenkopf chairlift in Weidach/Leutasch

Price: free with guest card
€ 13 adult, € 7 child (aged 6-15)
without guest card

Registration: no registration required



INFORMATION - SCAN HERE ↪

NATURE PARK & KARWENDEL GORGE

Explore Austria's largest national park.
(23.5. - 24.10.2022)



A gushing mountain stream makes its way between the steep, rugged rocks of the Karwendel. Over thousands of years, the water has carved an impressive gorge through the mountains, creating a perfect habitat for all sorts of creatures. During the course of this walk, you can enjoy the fabulous scenic surroundings and learn about the rich biodiversity and other fascinating aspects of the Karwendel mountains.

Sturdy footwear and waterproof clothing are essential and we recommend bringing a bottle of water and a small snack. The guided nature hike is conducted in German.

When: 9.15 am to approx. 2.15 pm

Where: Scharnitz Nature Park and Information Centre

Price: € 12 with guest card
€ 25 without guest card

Registration: by 5 pm on Sunday

Participants: max. 12 people



INFORMATION & REGISTRATION - SCAN HERE ↪

LOOKING FOR EGGS ON THE PARISH HILL

Collecting eggs and frolicking with the hens.

(13.6. - 31.10.2022)



Find your own tasty free-range breakfast egg among the hens in the mobile chicken coop on the parish hill. You will enjoy it even more that way! There are six quite rare breeds of Seefeld free-range chickens and they lay very colourful eggs. Naturally. Come along and learn all about the birds and how we look after them.

Sturdy footwear and outdoor clothing recommended.
Child's price available for children aged 6-10. Explanations and instructions are given in German and English.

When: 11 am to approx. 12.30 pm
Where: by "Sigis Sauhaufen" petting zoo, Seefeld
Price: € 7 adult, € 4 child with guest card
€ 20 adult, € 12 child without guest card
Registration: by 4 pm on Sunday
Participants: 6 - 16 people



INFORMATION & REGISTRATION - SCAN HERE

PEACE BELL IN MÖSERN

Ringing and reading in the name of peace and friendship.

(20.6. - 19.9.2022)



"I ring for good neighbourly relations and peace in the Alps"

The mighty Peace Bell in Mösern was erected in 1997 as a symbol of cooperation and peace. It was designed by the Mösern architect, Hubert Prachensky, and cast in over 10 tonnes of the finest bronze by the Grassmayr bell foundry in Innsbruck. It tolls out its message of peace high over the Inn valley at 5 pm every day and on Fridays, a dedication text by the Tyrolean writer Hans Augustin, is read out afterwards.

The text is read in German.

When: 4.50 pm to approx. 5.10 pm
Where: by the Peace Bell, Mösern
Price: free of charge with guest card
Registration: no registration required



INFORMATION & REGISTRATION - SCAN HERE

HERBAL WORKSHOP

Home-made herbal ointments with natural ingredients.

(23.5. - 24.10.2022)



In Scharnitz on Monday evenings, you can find out lots of useful tips about 'nature's pharmacy'. Discover the local herbs and healing plants from around the Nature Park and Information Centre, learn what they can do for you and how to use them correctly. During the workshop, you can create your own souvenir herbal ointment under the watchful eye of Sabine, a qualified herbalist.

Children over 10 years of age are welcome to join. Explanations and instructions are given in German.

When: 5.15 pm to approx. 6.45 pm
Where: Scharnitz Nature Park and Information Centre
Price: € 7 with guest card
 € 20 without guest card

Registration: by 5 pm on Sunday

Participants: max. 10 people



INFORMATION & REGISTRATION - SCAN HERE ↪

GSCHWANDTKOPF SUNRISE WALK

Guided walk with spectacular peak finale.

(7.6. - 30.8.2022)



Fabian Kikl is a qualified walking guide and an early-riser. On Tuesdays, he puts on his hiking boots at dawn and climbs up the Gschwandtkopf for sunrise. The air is fresh and the mountain peaks glow like liquid gold in the first rays of sunlight - the best kind of hidden treasure you can find in the Alps.

Sturdy footwear and hiking clothes are essential and we recommend bringing a bottle of water and a muesli/chocolate bar. The sunrise hike is conducted in German, English and Italian.

When: 5.15 am to approx. 8.15 am (7.6. - 26.7.)
 6 am to approx. 9 am (2.8. - 30.8.)

Where: cash desk, bottom station, Gschwandtkopf

Price: € 9 with guest card
 € 20 without guest card

Registration: by 5 pm on Monday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↪

WM-ARENA & BIATHLON TRY-OUT

Discover the history of this Nordic sport.

(24.5. - 25.10.2022)



The Olympiaregion Seefeld has long had a fascination with Nordic sports. Nordic World Championships, Winter Olympic Games and an impressive selection of fun races, are a few of the sporting milestones that have taken place by the WM-Arena in Seefeld. On Tuesdays, you can follow in the footsteps of the Nordic world champions – and even try your hand at the biathlon shooting range.

The try-out shooting is possible for children over the age of 15 and taller than 140 cm. The tour is conducted in German and English.

When: 10 am to approx. 12 noon

Where: Seefeld Information & Mobility Centre

Price: € 12 only for guests with guest card

Registration: by 5 pm on Monday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE

NATURE'S PHARMACY

Themed walk through the world of meadowland herbs.

(14.6. - 13.9.2022)



The Seefeld plateau has an abundance of meadowland herbs and medicinal plants. On Tuesdays, our herb expert, Elisabeth Gassler, will take you on a panorama walk over the lush mountain meadows around Reith. Along the way, you will discover some of the important medicinal herbs in Mother Nature's own pharmacy and you will also learn about their benefits and how you can use them.

Sturdy footwear and waterproof clothing recommended and perhaps a bottle of water and a muesli bar too. Dogs welcome. Explanations and instructions are given in German and English.

When: 2.30 pm to approx. 5.30 pm

Where: Reith village square (Hueber bakery)

Price: € 9 with guest card

€ 20 without guest card

Registration: by 5 pm on Monday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE

BEER BREWING TRADITION & TASTING

Short introduction to the art of brewing followed by a tasting of some home-brewed beers.

(31.5. - 25.10.2022)



Awarded best microbrewery in Austria, master brewer Florian Bieringer invites you to join him in the historic vaults of the Hotel Klosterbräu cellar in Seefeld where for centuries some of the best full-bodied beer of the region has been produced. As well as learning a few brewing secrets, you will have the chance to taste some of the speciality beers.

Participants must be over the age of 16. Should you wish to stay and dine in the historic beer cellar after the event, we recommend booking a table in advance: +43 (0)5212 2621 168. Explanations and instructions are given in German and English.

When: 4 pm to approx. 5 pm
Where: in the Bräukeller (beer cellar), Seefeld
Price: € 9 with guest card
 € 20 without guest card

Registration: by 5 pm on Monday
Participants: max. 10 people



INFORMATION & REGISTRATION - SCAN HERE ↪

TIMBER AND LOG DRIVING IN THE KARWENDEL NATURE PARK

On the trail of the old woodworkers.

(18.5. - 19.10.2022)



Take a trip back in time on the loggers' trail. In the 19th century, felled timber in the Karwendel was driven along the river to Scharnitz for processing and this walk traces part of the wood-cutting and log-driving route. Starting off alongside the rushing water of the Gleirsch gorge, we continue to the Oberbrunnalm (refreshment stop) and return to Scharnitz via Kreidegraben where, time permitting, you can enjoy a visit to the Holzerhütte (loggers' museum).

Sturdy footwear and waterproof clothing are essential and we recommend bringing a bottle of water and a small snack. The guided nature hike is conducted in German.

When: 9:15 am to approx. 5 pm (walking time: 7 hours)
 Scharnitz Nature Park and Information Centre

Where: € 15 with guest card
Price: € 29 without guest card

Registration: by 5 pm on Tuesday
Participants: max. 12 people



INFORMATION & REGISTRATION - SCAN HERE ↪

HISTORICAL WALKING TOUR OF SEEFELD

Guided journey of Seefeld through the years.
(4.5. - 26.10.2022)



Get to know Seefeld on this informative walking tour. Our state-certified guide will tell you all about St. Oswald's, (the Gothic parish church), the Hotel Klosterbräu and the symbol of Seefeld, the little round Seekirchl. You will enjoy a wonderful view of the village and the surrounding mountains from the top of the parish hill. This really is a great way to discover the beauty of your holiday resort.

Sturdy footwear recommended. Dogs welcome.
This guided walk is conducted in German and English.

When: 10 am to approx. 12 noon

Where: Seefeld Information & Mobility Centre

Price: € 7 only for guests with guest card

Registration: by 5 pm on Tuesday

Participants: max. 30 people



INFORMATION & REGISTRATION - SCAN HERE ↪

FOREST BATHING - SHINRIN YOKU

Out you go!
(25.5. - 26.10.2022)



This Japanese trend has been popular in Seefeld since 2016. You meet the forest and the forest meets you. Listen to the rustling of the trees and bathe in their beauty. Recharge your batteries, feel the forest. With our nature coach, Verena Hiltpolt.

This gentle walks talks place in all weathers.
Languages spoken: German and English and a basic knowledge of Italian and French.

When: 2 pm to approx. 4 pm

Where: P3 Fiaker car park, Seefeld

Price: € 7 with guest card
€ 20 without guest card

Registration: by 5 pm on Tuesday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↪

EXPERIENCE NATURE

Discover the natural world through your senses.

(19.5., 26.5., 9.6., 23.6., 7.7., 21.7., 4.8., 18.8., 1.9., 15.9., 29.9., 13.10. and 20.10.2022)



'Bantl Hansi' is a Leutasch expert. He has stories about the woods, the fields, every nook and cranny and every blade of grass. Wandering past the meadows, the moors, the fields and the forests, you will learn interesting details about the flora and fauna as you go along. Hansi loves to pass on his experience and knowledge and to show people how to treat Mother Nature with respect.

Sturdy footwear and waterproof clothing recommended and perhaps a bottle of water and a muesli bar too. Child's price available for children aged 6-15. This guided nature walk is conducted in German.

When: 9.30 am to approx. 12.30 pm
Where: Munde car park, Moos, Leutasch
Price: free of charge with guest card
€ 20 adult, € 12 child
without guest card

Registration: by 5 pm on Wednesday



INFORMATION & REGISTRATION - SCAN HERE ↗

JOHANNA'S HERB GARDEN

Delicious herbs from the garden and how to use them.

(2.6., 16.6., 30.6., 14.7., 28.7., 11.8., 25.8., 8.9., 22.9. and 6.10.2022)



Johanna Krug has green fingers and a fascination for the many (medicinal) herbal plants in the area. Today she will take you through her lush herb garden and show you the various blossoms, colours, shapes and perfumes and explain the beneficial properties of the plants. You can taste them too as our experienced herb expert passes on her words of wisdom about cultivation, care and using the plants in everyday life.

Sturdy footwear and waterproof clothing recommended. Child's price available for children aged 6-15. The guided herb garden tour is carried out in German.

When: 10 am to approx. 12.30 pm
Where: Josl Hof in Lochlehn 232, Leutasch
Price: € 9 adult, € 4 child with guest card
€ 20 adult, € 12 child without guest card

Registration: by 5 pm on Wednesday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↗

FOREST BATHING WITH CHILDREN

Discover the forest with the whole family.

(16.6., 30.6., 14.7., 28.7., 11.8., 25.8. and 8.9.2022)



Touch, smell, feel, taste – discover Mother Nature in all her glory. Slowly – gently – with no hustle and bustle, our nature coach, Verena Hiltpolt, will introduce you to forest bathing and you will be sure to take one or two of the ideas home with you. This activity is suitable for pushchairs and children of any age, when accompanied by an adult. The walk takes place in all weathers. See you in the forest.

Child's price up to and including the age of 10.

Languages spoken: German and English and a basic knowledge of Italian and French.

When: 10 am to approx. 12 noon

Where: P3 Fiaker car park Seefeld

Price: € 7 adult, € 4 child with guest card
€ 20 adult, € 12 child without guest card

Registration: by 5 pm on Wednesday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↗

LET IT BEE: BEE TRAIL REITH

A walk into the world of wild bees and honey bees.

(26.5. - 11.8.2022)



Bees can fly up to an altitude of 2,000 metres in the Alps. On Thursdays, a representative from the local beekeeper's association leads a walk along the Bee Trail in Reith to introduce you to the fascinating world of honey bees. There are over 400 native species of bees and they are essential for the variety and biodiversity in the region. During the course of the afternoon, you will learn in a clear, yet light-hearted, way about the complex relationship between bees, people and the environment.

Sturdy footwear and waterproof clothing recommended.

Child's price available for children aged 6-15. This guided walk is conducted in German and English.

When: 2 pm to approx. 4.30 pm

Where: Reith village square (Hueber bakery)

Price: € 9 adult, € 4 child with guest card
€ 20 adult, € 12 child without guest card

Registration: by 5 pm on Wednesday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↗

TYROLEAN CULINARY WORKSHOP

Traditional cuisine with award-winning chefs.

(8.7. - 2.9.2022)



Learn from the best. The two award-winning chefs, Thomas Kluckner and Waal Sternberg, introduce you to the subtleties and intricacies of some local favourites. This little cookery workshop is a must for lovers of Tiroler Gröstl, different types of Knödel (dumplings) or delicious apple strudel. Our two experts seamlessly combine traditional methods with new techniques and, of course, you have the chance to enjoy the creations at the end of the session!

Participants must be over the age of 12. Explanations and instructions are given in German and English.

When: 10 am to approx. 12.30 pm

Where: ZOMM. im Meilerhof, Reith

Price: € 24 only for guests with guest card

Registration: by 5 pm on Thursday

Participants: 5-15 people



INFORMATION & REGISTRATION - SCAN HERE ↗

WALKING WITH ALPACAS

Our fluffiest walking tour!

(20.5. - 21.10.2022)



Alpacas are known as the woolly 'teddy bears' of the Andes and it is quite a unique experience to meet these gentle, cuddly creatures in the meadows and forests of the Alps. Over the course of the afternoon, you will learn all about these delightful animals. This walk is particularly suitable for children and families.

The activity takes place in all weathers and will be adapted to suit conditions. Walking boots and outdoor clothing are essential. Children and youths may only participate if accompanied by an adult. Child's price available for children aged 4-14. The guided alpaca walk is conducted in German, English, Italian and French.

When: 3 pm to approx. 5 pm (walking time: 1 hour)

Where: Alpaca Farm, Triendlsäge 925, Seefeld

Price: € 14 adult, € 9 child with guest card

€ 28 adult, € 19 child without guest card

Registration: by 5 pm on Thursday

Participants: max. 25 people



INFORMATION & REGISTRATION - SCAN HERE ↗

WALKING WITH ALPACAS

Our fluffiest walking tour!

(11.6. - 22.10.2022)



Alpacas are known as the woolly 'teddy bears' of the Andes and it is quite a unique experience to meet these gentle, cuddly creatures in the meadows and forests of the Alps. Over the course of the afternoon, you will learn all about these delightful animals. This walk is particularly suitable for children and families.

The activity takes place in all weathers and will be adapted to suit conditions. Walking boots and outdoor clothing are essential. Children and youths may only participate if accompanied by an adult. Child's price available for children aged 4-14. The guided alpaca walk is conducted in German, English, Italian and French.

When: 10 am to approx. 12 noon (walking time: 1 hour)

Where: Alpaca Farm, Triendlsäge 925, Seefeld

Price: € 14 adult, € 9 child with guest card
€ 28 adult, € 19 child without guest card

Registration: by 5 pm on Friday

Participants: max. 25 people



INFORMATION & REGISTRATION - SCAN HERE ↗

ANIMAL TRACKING

Tracking in the wild.

(29.5. - 23.10.2022)



If you look carefully while wandering over the fields and meadows and through the forests of the Olympiaregion Seefeld, you might see mysterious small and large animal tracks. By following the tracks with someone who knows, you can identify the footprints, the droppings, the food traces, the dwelling places, and suddenly a leisurely stroll in the countryside can turn into a major detective story.

Sturdy footwear and waterproof clothing recommended. Child's price available for children aged 6-15. This guided animal tracking walk is conducted in German.

When: 10 am to approx. 1 pm

Where: Puitbach/Ahrn car park, Leutasch

Price: € 9 adult, € 4 child with guest card
€ 20 adult, € 12 child without guest card

Registration: by 5 pm on Saturday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↗

REAL WINTER. REAL EXPERIENCES.

Enjoy winter at its best.

HISTORICAL WINTER WALKING TOUR OF SEEFELD

Guided journey of Seefeld through the years.

(7.11.2022 - 24.4.2023)



Get to know both historic and present-day Seefeld on this informative winter walking tour. Our state-certified guide, Alexandra Glatzl, will tell you all about St. Oswald's, (the Gothic parish church), the Hotel Klosterbräu and the symbol of Seefeld, the little round Seekirchl (closed in winter).

Sturdy footwear recommended. Dogs welcome.

The tour is carried out in German and English.

When: 10 am to approx. 12 noon

Where: Seefeld Information & Mobility Centre

Price: € 7 only for guests with guest card

Registration: by 5 pm on Sunday

Participants: max. 30 people



INFORMATION & REGISTRATION - SCAN HERE 

LOOKING FOR EGGS IN WINTER

Collecting eggs and frolicking with the hens.

(7.11.2022 - 10.4.2023)



Find your own tasty free-range breakfast egg among the hens in the mobile chicken coop on the parish hill. You will enjoy it even more that way! There are six different and quite rare breeds of Seefeld free-range chickens and they lay very colourful eggs. Naturally. Come along and learn all about the birds and how we look after them.

As there is limited room in the chicken coop, warm, outdoor clothing and sturdy footwear are essential. Child's price available for children aged 6-10. Explanations and instructions are given in German and English.

When: 1 pm to approx. 2.30 pm
Where: by "Sigis Sauhaufen", petting zoo, Seefeld
Price: € 7 adult, € 4 child with guest card
 € 20 adult, € 12 child without guest card

Registration: by 4 pm on Sunday

Participants: 6-16 people



INFORMATION & REGISTRATION - SCAN HERE ↗

SPARKLING WINTER WONDERLAND

Walking along the snow-covered Leutasch valley.

(6.12.2022 - 4.4.2023)



Together with our nature guide, 'Bantl Hansi', you will enjoy a picturesque winter walk to some of the best spots in the Leutasch valley. As well as his wealth of stories, Hansi also has plenty of hints and tips on how to enjoy an unforgettable winter holiday. The walk ends with a stop at the Mundestadl where you can carry on chatting while enjoying some tasty treats.

Sturdy, waterproof footwear and warm clothing are essential. Child's price available for children aged 6-15. This activity is conducted in German.

When: 10.15 am to approx. 3.15 pm, incl. stop
Where: Rödlach car park, Moos, Leutasch
Price: free of charge with guest card
 € 20 adult, € 12 child without guest card

Registration: by 5 pm on Monday

Participants: max. 24 people



INFORMATION & REGISTRATION - SCAN HERE ↗

CURLING

Introduction to this traditional Tyrolean sport.

(6.12.2022 - 14.3.2023)



Curling is one of the oldest sports in Tyrol. Every Tuesday, the local curling association has evening curling on offer and after about 15-30 minutes of in-depth instruction on the correct swing and slide techniques and a run-through of the rule book, it's time for the first game.

The cost of hiring the stones and the rink are included in the price. Participants must be over the age of 14. Participation at your own risk. This course is offered in German and English.

When: 5 pm to approx. 6.30 pm

Where: curling rink, Olympiabad/
Congress Centre, Seefeld

Price: € 14 only for guests with guest card

Registration: by 5 pm on Monday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↪

SNOW SHOE HIKE

Advanced snowshoe tour on the Mühlberg.

(7.12., 21.12., 4.1., 18.1., 1.2., 15.2., 1.3. and 15.3.2023)



The Mühlberg in Scharnitz is good for more experienced snowshoe walkers. We make our way over the glistening snow to the top of the old ski run at 1,330 metres where there will be time for a rest to enjoy a snack (bring your own) in the quiet winter still. Afterwards, we head back to Scharnitz through the forest.

Sturdy winter boots and warm, waterproof clothing are essential, and a flask of tea too! Hire of snowshoes included in the price. This activity is conducted in German and English.

When: 9.45 am to approx. 3.15 pm
(walking time: 4 hours)

Where: Mühlberg car park in Scharnitz, P4

Price: € 19 with guest card
€ 30 without guest card

Registration: by 5 pm on Tuesday

Participants: max. 15 people



INFORMATION & REGISTRATION - SCAN HERE ↪

WINTER FOREST BATHING – SHINRIN YOKU

Out you go!

(7.12.2022 - 5.4.2023)



This Japanese trend has been popular in Seefeld since 2016. You meet the forest and the forest meets you. Listen to the rustling of the trees and bathe in their beauty. Recharge your batteries, feel the forest. With our nature coach, Verena Hiltpol.

This gentle walks takes place in all weathers.

Languages spoken: German and English and a basic knowledge of Italian and French.

When: 2 pm to approx. 4 pm

Where: P3 Fiaker car park, Seefeld

Price: € 7 with guest card
€ 20 without guest card

Registration: by 5 pm on Tuesday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↪

BEER BREWING TRADITION & TASTING

Short introduction to the art of brewing followed by a tasting of some home-brewed beers.

(2.11.2022 - 12.4.2023)



Awarded best microbrewery in Austria, master brewer Florian Bieringer invites you to join him in the historic vaults of the Hotel Klosterbräu cellar in Seefeld where for centuries some of the best full-bodied beer of the region has been produced. As well as learning a few brewing secrets, you have the chance to taste some of the speciality beers.

Participants must be over the age of 16. Should you wish to stay and dine in the historic beer cellar after the event, we recommend booking a table in advance: +43 (0)5212 2621 168. Explanations and instructions are given in German and English.

When: 4 pm to approx. 5 pm

Where: in the Bräukeller (beer cellar), Seefeld

Price: € 9 with guest card
€ 20 without guest card

Registration: by 5 pm on Tuesday

Participants: max. 10 people



INFORMATION & REGISTRATION - SCAN HERE ↪

HERBAL WORKSHOP

Home-made herbal ointments with natural ingredients.

(8.12.2022 - 30.3.2023)



Thursdays in Scharnitz belong to our experienced herbalist, Sabine, and her 'nature's pharmacy'. In her workshop, you will learn about the benefits of local herbs and healing plants and how to use them. You will also have the chance to create your own souvenir herbal ointment under her expert watchful eye.

Children over 10 years of age are welcome to join. Explanations and instructions are given in German.

When: 4.30 pm to approx. 5.30 pm

Where: Scharnitz Nature Park and Information Centre

Price: € 7 with guest card
€ 20 without guest card

Registration: by 5 pm on Wednesday

Participants: max. 10 people



INFORMATION & REGISTRATION - SCAN HERE ↪

YOGA EVENING

For a relaxing end to the day.

(8.12.2022 - 6.4.2023)



Reconnect with your body. Flowing, controlled movements, lengthy, powerful asana holds, special breathing techniques and a mix of tensing and relaxing all help you to regain your natural body awareness and feel the moment. Yoga mats, bolsters and blocks are included.

Participants must be over the age of 16. Attire: comfortable clothing that allows ease of movement. Explanations and instructions are given in German.

When: 5.15 pm to approx. 6.30 pm

Where: reception, Hotel Zugspitze, Platzl 103, Leutasch

Price: € 7 with guest card
€ 20 without guest card

Registration: by 5 pm on Wednesday

Participants: max. 14 people



INFORMATION & REGISTRATION - SCAN HERE ↪

SHIMMERING TORCHLIT WALK

Winter night-time walk in Mösern.

(1.12.2022 - 30.3.2023)



After the quiet winter nights have set in over the snow-covered meadows and forests, the Inn valley below Mösern sparkles like a giant crystal and the beautiful panorama appears even more ethereal when seen by flickering torchlight. This winter night-time walk is quite delightful and a great way to discover lots of interesting facts about Mösern.

Torches included. Warm clothing and sturdy footwear are essential and we recommend bringing a flask of tea. This activity is conducted in German, English and Italian.

When: 8 pm to approx. 9.30 pm

Where: Mösern Information Office

Price: € 7 with guest card
€ 20 without guest card

Registration: by 5 pm on Wednesday

Participants: max. 20 people



INFORMATION & REGISTRATION - SCAN HERE ↪

TYROLEAN CULINARY WORKSHOP

Traditional cuisine with award-winning chefs.

(13.1. - 3.3.2023)



Learn from the best. The two award-winning chefs, Thomas Kluckner and Waal Sternberg, introduce you to the subtleties and intricacies of some local favourites. This little cookery workshop is a must for lovers of Tiroler Gröstl, different types of Knödel (dumplings) or delicious apple strudel. Our two experts seamlessly combine traditional methods with new techniques and, of course, you have the chance to enjoy the creations at the end of the session!

Participants must be over the age of 12. Explanations and instructions are given in German and English.

When: 10 am to approx. 12.30 pm

Where: ZOMM. im Meilerhof, Reith

Price: € 24 only for guests with guest card

Registration: by 5 pm on Thursday

Participants: 5-15 people



INFORMATION & REGISTRATION - SCAN HERE ↪

A 'HAY-RY' TIME

Visit the highland cattle (Zottl) in their clean, open byre.

(9.12.2022 - 7.4.2023)



Come along and visit these cuddly creatures on the farm – you might even find a pitch-fork in your hand to ‘muck in’ with feeding, or you might get to stroke these gentle animals. During the supervised feeding time, you will learn about life in the Zottlhof byre and hear some interesting facts and funny stories about the hairy beasts, as well as getting to help out yourself.

Warm winter clothing and non-slip footwear recommended. Child's price available for children aged 6-15. This activity is conducted in German, English, Italian and French.

When: 1.30 pm to approx. 2.30 pm
Where: Zottlhof, Moos 8c, Leutasch
Price: € 7 adult, € 4 child with guest card
 € 20 adult, € 12 child without guest card

Registration: by 5 pm on Thursday

Participants: max. 25 people



INFORMATION & REGISTRATION - SCAN HERE ↗

WINTER WALKING WITH ALPACAS

Our fluffiest winter walking tour!

(2.12.2022 - 31.3.2023)



This is a winter wonderland walk with a difference as your companions along the way are woolly alpacas! These gentle ‘teddy bears’ are children and family-friendly and guarantee a fun walk in the snow for all concerned. After the walk, we go back to the alpaca stable for some warming punch or mulled wine and – of course – for some more time to stroke the alpacas.

The activity takes place in all weathers and will be adapted to suit conditions. Walking boots and outdoor clothing are essential. Children and youths may only participate if accompanied by an adult. Child's price available for children aged 4-14. The guided alpaca walk is conducted in German, English, Italian and French.

When: 2 pm to approx. 4 pm (walking time: 1 hour)
Where: Alpaca Farm, Triendlsäge 925, Seefeld
Price: € 14 adult, € 9 child with guest card
 € 28 adult, € 19 child without guest card

Registration: by 5 pm on Thursday

Participants: max. 25 people



INFORMATION & REGISTRATION - SCAN HERE ↗

WINTER WALKING WITH ALPACAS

Our fluffiest winter walking tour!

(3.12.2022 - 1.4.2023)



This is a winter wonderland walk with a difference as your companions along the way are woolly alpacas! These gentle 'teddy bears' are children and family-friendly and guarantee a fun walk in the snow for all concerned. After the walk, we go back to the alpaca stable for some warming punch or mulled wine and – of course – for some more time to stroke the alpacas.

The activity takes place in all weathers and will be adapted to suit conditions. Walking boots and outdoor clothing are essential. Children and youths may only participate if accompanied by an adult. Child's price available for children aged 4-14. The guided alpaca walk is conducted in German, English, Italian and French.

When: 10 am to approx. 12 noon (walking time: 1 hour)

Where: Alpaca Farm, Triendlsäge 925, Seefeld

Price: € 14 adult, € 9 child with guest card
€ 28 adult, € 19 child without guest card

Registration: by 5 pm on Friday

Participants: max. 25 people



INFORMATION & REGISTRATION - SCAN HERE ↗

BIATHLON TRY-OUT

Nordic try-out in Seefeld.

(3.12.2022 - 8.4.2023)



The Olympiaregion Seefeld has long had a fascination with Nordic sports. Nordic World Championships, Winter Olympic Games and an impressive selection of fun races, are a few of the sporting milestones that have taken place in and around the WM-Arena in Seefeld. On Saturdays, you can follow in the wintery footsteps of the Nordic world champions – and even try your hand at the biathlon shooting range.

The try-out shooting is possible for children over the age of 15 years of age and taller than 140 cm. Adults shoot with original biathlon small-bore rifles (5 shots per person). This activity is conducted in German and English.

When: 2 pm to approx. 3 pm

Where: by the shooting arena at the WM-Arena, Seefeld

Price: € 12 only for guests with guest card

Registration: by 5 pm on Friday

Participants: max. 15 people



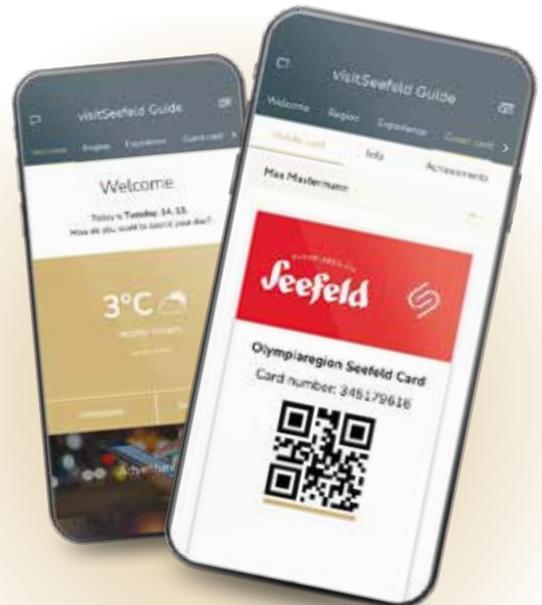
INFORMATION & REGISTRATION - SCAN HERE ↗



VISITSEEFELD GUIDE YOUR DIGITAL HOLIDAY COMPANION

With the visitSeefeld Guide, you have the region at your fingertips. The app gives you access to the latest information on weather, events, the best routes & tours and you can even find out which huts and restaurants are open in the area. The *visitSeefeld Guide* is also the ideal way to select and book up your favourite activity and to discover all the advantages of the regional guest-card - digitally. With so much in your pocket, your next adventure is just a click away.

- digital guest-card
- experience shop
- tailor-made tips and suggestions
- current events
- routes and tours
- open huts and restaurants
- weather and snow updates
- cross-country tickets
- parking
- and much more



More information on
seefeld.com/en/visitseefeld

ONE CARD, MANY ADVANTAGES

Your regional guest card includes the following benefits:



REGIONAL AND HIKING BUSES*

Your Olympiaregion Seefeld Card doubles as your bus ticket for the duration of your stay. Simply show your guest card to the driver. The bus to Wildmoos is not included. Prices and regulations of the Tyrolean public transport organisation (VVT) apply.

SEEFELD VILLAGE AND SKI BUS SERVICE*

Free in summer 2022 and winter 2022/2023

LEUTASCH VILLAGE BUS SERVICE*

Operates in winter 2022/2023 – free.

EASY ARRIVAL AND DEPARTURE *

On arrival, you can show your reservation confirmation to get free bus transport to your accommodation (within the Olympiaregion Seefeld) and on departure, simply show your guest card.

**detailed timetables are available in the information offices.*

CHAIR LIFT KATZENKOPF LEUTASCH



Weidach 381a, 6105 Leutasch
Tel. + 43 (0)5214 6219 | www.katzenkopf-leutasch.at

In summer, and on presentation of their regional guest card, walkers can have one free return ride on the lift during their stay (transportation of sports equipment not included).

In winter (planned opening 17.12.2022 to mid March 2023), cross-country skiers – with equipment and a valid cross-country pass – can have a free return ride on the lift once per day (cross-country trail Katzenkopf C4)

SWIMMING POOL: ERLEBNISWELT ALPENBAD LEUTASCH



Weidach 275,
6105 Leutasch
Tel. +43 (0)5214 6380
www.alpenbad-leutasch.com

10% reduction all year round on the regular entrance rates for the swimming pool and sauna at the ErlebnisWelt Alpenbad Leutasch.

SWIMMING POOL: OLYMPIABAD SEEFELD



Klosterstr. 600,
6100 Seefeld
Tel. +43 (0)5212 3220
www.olympiabad.tirol

On presentation of your guest card, you will get a **10% reduction** on the single entry rate to the swimming pool. Valid for the 4-hour or day ticket from Monday-Friday (not on public holidays).

TRY YOUR LUCK IN CASINO SEEFELD



Bahnhofstr. 124
6100 Seefeld
Tel. +43 (0)5212 2340
www.seefeld.casinos.at

The alpine-style Casino opens daily from 2 pm and has plenty to keep visitors entertained. Roulette, poker, Black Jack, Macau baccarat and gaming machines – it's all about luck, luck, luck in Casino Seefeld. Holders of the Olympiaregion Seefeld Card have an immediate 'win' with a **15% discount** on the Seefeld Casino **Welcome Package** (normal price € 30) which includes chips to the value of € 30, **a glass of sparkling wine or orange juice** and a **surprise gift**. Come and experience the exciting world of the Casino Seefeld!

For admission to the Casino, and in accordance with the guidelines of Casinos Austria AG, you must be over the age of 18. Officially-approved photographic ID required. No registration required, simply show your guest card at the entrance.

KIS – KUNST (ART) IN SEEFELD



Contact:
Seefeld Information and
Mobility Centre,
Tel. +43 (0)50880,
www.kunstinseefeld.at

Free entry to the current exhibition of exclusive pieces of contemporary art from the Rafael Jablonka collection. Opening times:

Summer 2022: 17th June 2022 to 25th September 2022, Friday – Sunday, 4 pm to 6 pm.

Winter 2022/23: 16th December 2022 to 12th March 2023, Friday – Sunday, 3 pm to 5 pm.

"The 1x1 of Art" tour: basic introduction to the artist and his work.

With guest card just € 7 (without € 20). Dates and reservations via the experience shop:
www.seefeld.com/en/experience-shop.

BODYPOINT SEEFELD



Mösererstr. 632
6100 Seefeld
Tel. +43 (0)5212 2063
www.bodypoint.at

Day ticket for the fitness studio for **just € 8**, weekly ticket for **€ 20**. Solarium: 10 minutes **for € 6**.

PHYSIOTHERAPY IN BODYPOINT SEEFELD



Mösererstr. 632
6100 Seefeld
Tel. +43 (0)650 7201047
www.bodypoint.at

Special price for massage, physiotherapy or lymph drainage. 30 minutes for € 25, 45 minutes for € 40. Plus: weekly ticket for the fitness studio with a 20 minute massage for € 40. Only by appointment.

CULTURAL MUSEUM - GANGHOFERMUSEUM LEUTASCH



Kirchplatzl 154
6105 Leutasch
Tel. + 43 (0)5214 6205-81
Mobil +43 (0)664 8800568
www.leutasch.at/Kulturhaus_Ganghofermuseum

Reduced entrance price of € 2.50.

Opening times: during the high season on Tuesdays and Wednesdays 10 am – 12 noon and Thursdays and Fridays 4 pm – 6 pm. Tours on request (also outside of opening times).

CULTURE IN THE INN & MUSICAL CONCERTS



Olympiaregion Seefeld
Tel. +43 (0)50880
[www.seefeld.com/
veranstaltungskalender](http://www.seefeld.com/veranstaltungskalender)

Free admission to all summer and winter events taking place as part of the 'Culture in the Inn' programme, as well as to all music concerts by the various bands in the Olympiaregion Seefeld. Dates and details available in any of the information offices in the Olympiaregion Seefeld or on the homepage.

TRADITIONAL FOLK EVENING WITH THE KARWENDLER PLATTLER



Scharnitz Nature Park and
Information Centre
Tel. +43 (0)50880-540
www.seefeld.com/en/events

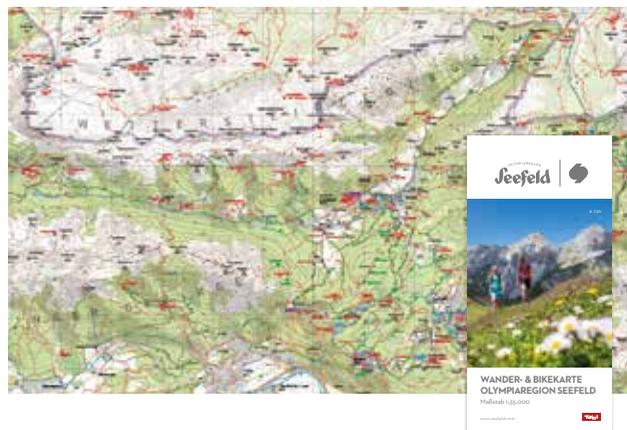
Free admission to the Tyrolean evenings with traditional dances and live music by the Karwendler Plattler. Dates and details in information offices.

FARMER'S MUSEUM AT LANDGASTHOF ROPFERSTUB'M IN BUCHEN



Buchen 6-8
6410 Buchen
Tel. +43 (0)5262 65949
www.pure-natur.at

Free entrance. Daily from 10.30 am to 6 pm (except on days when the Ropferstub'm is closed). 'Farming life' film is available daily from 2.30 pm if requested in advance.



WALKING & BIKE MAP

The walking and bike map (1:35 000) is available for the **special price of € 3.90** (normally € 7.90).

WALKING & (E-)BIKE BADGES



SummitLynx - your digital summit and mountain hut log book. The relevant badge(s) will be activated once the required number of points have been reached.

You can get a 'real' badge in any of the information offices for the **special price - with your guest card - of € 2.40** (without guest card € 3.80). All you have to do is download the "SummitLynx" app: www.summitlynx.com.

TENNIS IN THE HOTEL INNTALERHOF



Möserer Dorfstr. 2
6100 Mösern
Tel. +43 (0)5212 4747
www.inntalerhof.at

Sand court hire at the Hotel Inntalerhof for the **special price of € 13** per hour. Bookable at reception. Tennis camps for beginners and advanced, training sessions and children's tennis camps.

STRANDPERLE SEEFELD



Innsbruckerstr. 500
6100 Seefeld
Tel. +43 (0)664 3307545
www.strandperle.at

Day ticket for adults available for the special price of **€ 6.50**. Children aged 5 to 14 pay **€ 4,-** for the whole day. An adult block of 10 costs **€ 62 (instead of € 65)** for guests with a guest card. **€ 37** for children.

ROLLER SKI TRACK



WM-Arena
6100 Seefeld
Tel. +43 (0)5212 52789
www.seefeld-sports.at

The 3 m-wide roller ski track covers 3.8 km from the WM-Arena along the Möserertal and can be modified in length and elevation according to individual training requirements. The biathlon shooting range in the WM-Arena makes it possible for biathletes to combine circuit and shooting training even in summer. **A day ticket** for the roller ski track costs **€ 7 for guests**. Children up to age 15 can use the roller ski track for free.

E-BIKE FUN FROM SPORT FRANK



Klosterstr. 608
6100 Seefeld
Tel. +43 (0)664 5162863
www.seefeld-skiverleih.com

E-bike hire: weekly rate - **7 days** in the saddle for the **price of 6!** Choose from the following models: youth e-bike € 35 per day or 625-watt e-bike (model 2021) for € 40 per day.

GOLFCLUB SEEFELD-WILDMOOS



Wildmoos 11
6100 Seefeld
Tel. +43 (0)5212 52402
www.seefeldgolf.com

Guests with a guest card pay **€ 77** green fee instead of € 96 at the Golfclub Seefeld-Wildmoos. Guests staying in founder or partner establishments (see: www.seefeld.com/golf) pay **€ 67**. The Club House has excellent cuisine and is worth a visit even if you are not intending to golf.

HOLZERHÜTTE MUSEUM (LOGGER'S MUSEUM) KARWENDEL NATURE PARK



Hinterautalstr. 555a
6108 Scharnitz
Tel. +43 (0)50880-540
www.seefeld.com

Free admission.

Opening times: mid-May to end October, daily 9 am - 4.45 pm.

NATURPARKHAUS HINTERRISS



Hinterriß 4
6215 Vomp
Tel. +43 (0)5245 28914
www.karwendel.org

Special entrance price of € 1.50

Opening times: May to October, daily (except Tuesdays), 9 am - 5 pm.

USE OF CROSS-COUNTRY TRAILS WITH REGIONAL GUEST CARD:



€ 23 for a ticket for the **duration of your stay** or € 8 for a **day ticket**. Valid trail tickets required to use trails (no sales points on the trails). The reduced cross-country tickets with the guest card are available from your accommodation provider, in the information offices or from selected ticket machines. Use of the cross-country trails is free for children up to the age of 15.

CROSS-COUNTRY / HIKING BADGE



Collect your points digitally in the digital summit and mountain hut book "SummitLynx" (www.summitlynx.com). The relevant badge(s) will be activated once the required number of points have been reached. You can get a 'real' cross-country/ hiking badge in one of the information offices (**special price of € 2.40 with your guest card** instead of € 3.80).

HIRE OF SNOWSHOES AND POLES SPORT NORZ LEUTASCH



Weidach 318c
6105 Leutasch
Tel. +43 (0)5214 6305
www.nordicshop.at

Snowshoes and poles available for the **special price of € 9**. Mondays only.

HIRE OF SNOWSHOES AND POLES SPORT WEDL



Weidach 322g
6105 Leutasch
Tel. +43 (0)5214 6444
www.sport-wedl.com

Snowshoes and poles available for the **special price of € 10**. Mondays only.

GUIDED SNOWSHOE WALKS SPORT AKTIV SKI & SNOWBOARD SCHOOL



Bottom station
Gschwandtkopf lift Seefeld
Tel. +43 (0)5212 99870
www.skisportaktiv.at

Thursday guided snowshoe walk for the **special price of € 25** per person. 4.15 pm to 6 pm. Meeting point is the bottom station of the Gschwandtkopf chairlift.

PRIVATE DOWNHILL SKIING TUITION MÖSERN SKI SCHOOL AND SKI HIRE



Möserer Dorfstr. 28
6100 Mösern
Tel. +43 (0)5212 4736
www.skischule-moesern.com

'Happy Skiing' on Wednesdays - **15% reduction on private downhill skiing tuition** on Wednesdays (from 12 noon), except 28.12.2022 and 1.3.2023. 15% reduction also available on hire of ski equipment. Registration required.

1 TEST SUPERIOR SKIS FOR THE PRICE OF STANDARD SKIS

Test superior skis for the price of standard skis on Tuesdays (one-day rental only).

2 € 5 REDUCTION ON SKI SERVICING

Wednesday is service day. € 5 reduction on the cost of any ski service (waxing service not included).

3 HIRE OF CARVING SKI COMPLETE SET

Skis, boots, poles, helmet for the special price of € 22 every Wednesday (not on 28.12.2022).

4 € 30 SPECIAL PRICE FOR SKI TOURING EQUIPMENT

Thursday is touring day. € 30 to rent a complete ski-touring set (one-day rental only).

5 € 15 SPECIAL PRICE FOR CROSS-COUNTRY SKATING EQUIPMENT

Monday is skating day. € 15 to rent a complete cross-country skating set (one-day rental only).

6 € 12 SPECIAL PRICE FOR CROSS-COUNTRY CLASSIC EQUIPMENT

Wednesday is classic day. € 12 to rent a complete cross-country classic set (one-day rental only).

The offers apply to the sports shops listed on page 55, as per the relevant number.

SAILER SPORTS 1 2 4

Rosshütte bottom station | 6100 Seefeld
Tel. +43 (0)5212 2530-20 | www.sailer.cc

SCHIMEIER 1 2 4

Am Gschwandtkopf 702 | 6100 Seefeld
Tel. +43 (0)5212 4152 | www.schimeier.at

SKI RENT SPORTING EQUIPMENT 1 2 4 5 6

Andreas-Hofer-Str. 292 | 6100 Seefeld
and **SKI SET** Münchner Str. 445 | 6100 Seefeld
Tel. +43 (0)5212 2107 | www.skirent.at, www.skirental.at

FUN SPORT FRANK 1 3 5 6

Klosterstr. 608 | 6100 Seefeld
Tel. +43 (0)664 5162863 | www.seefeld-skiverleih.com

MODERN SKI & HIKE SEEFELD 1 2 5 6

Geigenbühelstr. 209 | 6100 Seefeld
Münchner Str. 142 | 6100 Seefeld
Tel. +43 (0)5212 3606 | www.modern-ski.at

RUECKENWIND SEEFELD 5

Mösererstr. 120 | 6100 Seefeld
Tel. +43 (0)5212 52987 | www.rueckenwind.at

MÖSERN SKI SCHOOL AND SKI RENTAL 3

Möserer Dorfstr. 28 | 6100 Mösern
Tel. +43 (0)5212 4736 | www.skischule-moesern.com

Images: Olympiaregion Seefeld, Fabrice Dall'Anese, Stephan Elsler, Mathäus Gartner, Jenny Haimerl, Anton & Verena Hiltpolz, Heinz Holzknicht, David Johansson, Iris Krug, Sebastian Marko, Robert Maybach, Miriam Mayer, Andre Schönherr, Charly Schwarz, Thomas Steinlechner, Stefan Wolf, Heinz Zak, private images. Data without guarantee. Subject to changes, typesetting and printing errors. April 2022.

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Partner



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To maintain the natural diversity and vitality
of our region, we have launched the
really sustainable project.

More information on:
seefeld.com/nachhaltigkeit

OLYMPIAREGION
Seefeld



SEEFELD | LEUTASCH
MÖSERN | REITH | SCHARNITZ

Tirol

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