

# Active time.

in the mountains



## Our spring moments

05.04. - 12.04.2025

**With our weekly program we want to show you our beautiful region and make your holiday even more adventurous and active!**

On the back side we have some up-to-date event tips for you.

**Weather:** We look forward to going hiking with you in all weathers. Should it rain on the day of the hike, we will provide an alternative, so that you can experience a nice and varied time.

Please put on sturdy shoes and do not forget to bring a drink and warm clothes and a rain cover.

**Registration:** Please register in the lobby next to the elevator in the registration list. Please note that only one person per line can be registered. Registration is possible until 8:00 a.m. on the day.

We look forward to your participation and are happy to answer any questions!

## Saturday, 05.04.

### Sunny side tour



#### Hike

Hike along hiking trails, enjoy stunning views of our ski mountains and breathe fresh air to inspire new thoughts.

**Time:** 10:00 - 14:00 o'clock

**Hiking time:** 3 h

**Level:** easy, 200 alt.

**Please take a drink with you.**

## Sunday, 06.04.

### Gnadenalm



#### Cross-country skiing

We go cross-country skiing in Obertauern, enjoy the snow and the marvellous landscape.

**Time:** 10:00 - 14:00 o'clock

**Level:** easy, (no lessons)

**Equipment:** approx. 18 €

**Please take a drink with you.**

## Monday, 07.04.

### Birnberg



#### E-bike tour

With guide Hans along the Enns, over the Birnberg into the Ramsau. Biking on the high plateau with fantastic views.

**Time:** 10:00 - 14:00 o'clock

**Biking time:** 2 h

**Level:** medium, 1000 alt, approx. 50 km

**Please take a drink with you.**

## Monday, 07.04.

### Dachstein Roastery



#### Excursion

We visit the Dachstein coffee factory in Pruggern, where we are given a guided tour of the coffee roasting process and learn more about coffee preparation. Dachstein coffee is roasted in the traditional Italian way and is suitable for both espresso and cappuccino. Throughout the year, we source different types of coffee for our guests.

**Time:** 10:00 - approx. 14:00 o'clock

## Tuesday, 08.04.

### Morning impulse



A warm invitation to a morning retreat.

Treat yourself to 20 minutes of peace and quiet in our house chapel. With Christian impulses and a time of silence, we create space for reflection and inner contemplation.

contemplation. Our Renate will accompany you through this time.

**When:** 08:00-08:20 o'clock

**Where:** House chapel

Just drop by - a short time-out to pause and blossom.



## Tuesday, 08.04.

### Untertal



#### Hike

We hike through spring-like landscapes through the romantic "Tettermoor" into the expansive Untertal valley.

**Time:** 10:00-14:00 o'clock

**Hiking time:** 3 h

**Level:** easy, 100 hm, approx. 8 km

**Stop:** Sondlalm

## Wednesday, 09.04.

### Spring bike tour



#### E-bike tour

Spring Tour - are you in?

Swinging on the bike, enjoying nature, magnificent views and Fun guaranteed.

**Time:** 10:00 - 14:00 o'clock

**Biking time:** 2 h

**Level:** easy, 40km

**Please take a drink with you.**

## Wednesday, 09.04.

### Almenrunde



#### Hike

Explore the magnificent alpine landscape at the foot of the Dachstein with impressive views. Liberating and creates space for new thoughts.

**Time:** 10:00 - 14:00 o'clock

**Walking time:** 3,5 h

**Level:** medium, 350 alt.

**Stop:** Brandalm

## Thursday, 10.04.

### Up and down

#### Hike

It goes "up & down", ascent from Schladming to the "Adlerhorst" in the Ramsau.

A magnificent view of Schladming and the 4-mountain ski area.

**Time:** 10:00 - 14:00 o'clock

**Hiking time:** 2,5 h

**Level:** easy-medium, 300 alt.

**Please take a drink with you.**

### Aqua gymnastics

Start the day full of energy!

**Time:** 07:30 - 8:00 o'clock  
infinity pool

## Thursday, 10.04.

### Lodenwalker



#### Excursion

*The Lodenwalke in Ramsau am Dachstein is the oldest existing Lodenwalke in the world. Sheep's wool has been processed into loden cloth in the Lodenwalke for over 500 years. Experience with us an interesting excursion into a long history, craftsmanship worth seeing with the opportunity to shop.*

**Time:** 10:00 - approx. 14:00 o'clock

Friday, 11.04.

## Riesachsee



### Hike

On iron paths through the "Höll", past the rushing waterfall waterfall to the idyllic Riesachsee lake. An adventurous trail with a fun factor.

**Time:** 10:00 -14:00 o'clock

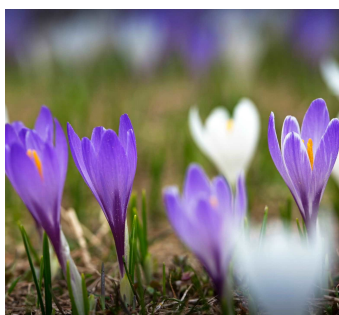
**Hiking time:** 3 h

**Level:** medium, 300 alt.

**Please take a drink & a snack with you.**

Saturday, 12.04.

## Sunny side tour



### Hike

Explore the marvellous alpine landscape at the foot of the Dachstein with impressive views. Liberating and creates space for new thoughts.

**Time:** 10:00 - 14:00 o'clock

**Hiking time:** 3 h

**Level:** medium, 200 alt.

**Please take a drink with you.**

## Spring infusions in the spa

### Monday

15:15 Exfoliation with salt & honey

16:00 Hot orange blossom - short and crisp

17:00 Wellness infusion orange, eucalyptus & star anise

18:00 Hot orange blossom - short and crisp

### Tuesday:

15:15 Exfoliation with salt & honey

16:00 Spring blossom magic

17:00 Wellness infusion - sensual  
sensual fragrance experience

18:00 Spring floral magic

### Wednesday:

15:15 Exfoliation with salt & honey

16:00 Fire & Ice

17:00 Wellness infusion - orange & pepper-  
mint

peppermint

18:00 Fire & Ice

### Thursday:

15:15 Peeling with salt & honey

16:00 Styrian dream

17:00 Wellness infusion - fragrant lavender oil

18:00 Styrian dream

### Friday:

15:15 Exfoliation with salt & honey

16:00 Mint meets water

17:00 Wellness infusion - enjoyment time

18:00 Mint meets water

### Saturday:

15:15 Exfoliation with salt & honey

16:00 From water to beer

17:00 Wellness infusion - all Swiss stone pine

18:00 From water to beer

### Sunday:

15:15 Exfoliation with salt & honey

16:00 Hot fruit

17:00 Wellness infusion - sweet, tart & woody

18:00 Hot fruit

### Where : UG 2

**15:15 Exfoliating steam bath**

**16:00 Finnish parlour**

**17:00 Dachstein sauna**

**18:00 Finnish parlour**