

Active time.

in the mountains



Our spring moments

22.03. - 29.03.2025

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, 22.03.

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

Walking time: 3 h

Level: easy, 200 alt.

Please take a drink with you.

Sunday, 23.03.

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, 24.03

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, 24.03

Bio-energy



Excursion

Wellness and warmth belong together. Today we visit our local heating system, where heat is generated from the wood that grows in our region, so that many Schladming residents can stay warm.

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

Tuesday, 25.03.

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 Maja 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, 25.03.

Sonnenalm



Hike

Beautiful hiking trails with many great viewpoints up to the infamous Sonnenalm.

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

Walking time: 3 h

Level: easy - medium, 200 alt.

Stop: Sonnenalm

Wednesday, 26.03.

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, 26.03.

Untertal



Hike

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

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

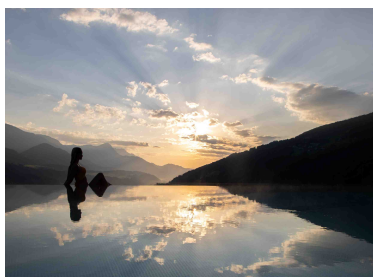
Walking time: 3 h

Level: easy, 100 hm, approx. 8 km

Stop: Sendlalm

Thursday, 27.03.

Aqua gymnastics



Start the day
full of energy!

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

Thursday, 27.03.

Mandlberggut



Excursion

Our guided tours are packed full of traditional knowledge, new insights and a feel for natural ingredients. We also impart interesting facts about the craft. Tasting takes place in the cosy mountain café, the convivial centre of the Mandlberggut.

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

Friday, 28.03.

Rittisberg summit



Hike

To one of the most beautiful panoramic and hiking mountains in Ramsau.

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

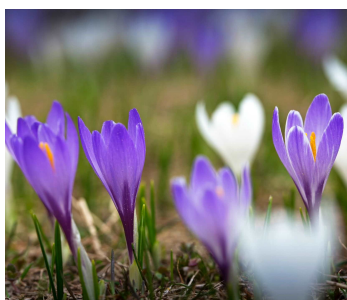
Walking time: 2,5 h

Level: medium, 350 alt.

Stop: Rittisstadl

Saturday, 29.03.

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

Walking 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