

ACTIVITY PROGRAMME

Guided tours & yoga



IMPORTANT: Information & equipment



(e-)bike



rain cover



lunch



boots or hiking shoes



water



uv-protection



gloves



helmet



change of clothes

- Programme active from **July 3rd – September 1st 2023**
- **Reduced lift-tickets** for participants
- Cancellation due to weather conditions will be announced at **mauterdorf.at**
- Please be equipped accordingly for the activity

WEDNESDAY

Family Trog round



Exploration tour (kids friendly)

Easy hike with natural sights on "Sonnenhangweg" to Peterbauer cross and top of Grosseck. Comfortable to access from the top stations of the rope ways.



Level	Beginner
Duration	10 am – 1 pm
Meeting point	9.45 am, upper Trog lake at Sonnenhangweg
3	

MONDAY

Guided e-bike tour – „Trog“ round 05



Guided e-bike tour from Mauterdorf to Hollerberg and Trogalm hut. For enthusiasts there is top of Grosseck to ride up. Down the way leads to Mauterdorf on route 05 back to the starting point.

Distance	20 km
Elevation	1.000 m
Duration	10 am – 2 pm
Meeting point	9.45 am, tourist office, town center Mauterdorf
1	



THURSDAY

Yoga



Enjoy yoga with the whole family

Relax and recover body and soul next to the lake. Comfortable to access from the top stations of the rope ways.



Level	Beginner
Duration	1.30 – 3 pm
Meeting point	1.15 pm, upper Trog lake at Sonnenhangweg
3	

TUESDAY

Guided e-bike tour – „Trog“ round 05



E-bike tour from St. Michael to Trogalm hut and Peterbaueralm restaurant. For enthusiasts there is top of Grosseck to ride up. Down to the starting point over Grubental and Begöriach.

Distance	20 km
Elevation	1.000 m
Duration	10 am – 2 pm
Meeting point	9.45 am, town square, town center St. Michael
2	



FRIDAY

Guided hiking tour – Speiereck top



Sportive hiking

Hike up to top of Speiereck to 2,400 meters and enjoy the unique panorama towards every direction. Ascending on the south side of Speiereck to the top and descending the north side to Grosseck top.



*optional: hiking poles

Distance	7 km
Elevation	400 m
Duration	9.30 am – 2 pm
Meeting point	9.15 am, upper Trog lake at Sonnenhangweg
3	