

IMPORTANT: Information & equipment

















- Reduced lift-tickets for participants
 - Cancellation due to weather conditions will be announced at mauterndorf.at
 - 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.

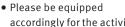
Level	Beginner
Duration	10 am - 1 pm
Meeting point	9.45 am, upper Trog lake at
3	Sonnenhangweg







uv-protection







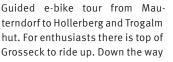
THURSDAY



MONDAY

Guided e-bike tour - "Trog" round o5





leads to Mauterndorf on route o5







back to the starting point.

















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

cess from the top sta	tions t
e rope ways.	

Level	Beginne
Duration	1.30 - 3

Meeting 1.15 pm, point

3

Distance

Elevation

upper Trog lake at Sonnenhangweg

pm

TUESDAY

Guided e-bike tour - "Trog" round o5



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

2

Meeting

9.45 am, town square, town center St. Michael

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











7 km

400 m

*optional: hiking poles





