

Summer 08/10	Mon.-Fri.	Sat.
Abtenau: 06243-4040-54 @ free, WLAN 20 m	9-12 a.m. 02-06 p.m.	9-12 a.m.
Annaberg: 06243-4040-57	8-11:30 a.m.	9-11 a.m.
St. Martin: 06243-4040-59	9-12 a.m. 02-05 p.m.	9-12 a.m.

Wir machen Urlaub

LammerTal.info

Abtenau | Annaberg – Lungötz | St.Martin

# Events July 24<sup>th</sup> – 30<sup>th</sup>

## Abtenau

- |                        |                   |  |
|------------------------|-------------------|--|
| <b>daily</b>           | 09.00 am-06.00 pm | <b>Summer toboggan run, Karkogel</b><br>The summer toboggan run is closed during rain.   |
| <b>daily</b>           | 09.00 am-07.00 pm | <b>Outdoor swimming pool, Abtenau</b>  |
| <b>daily</b>           | 10.00 am-10.00 pm | <b>Miniature golf Abtenau, Landhotel Traunstein - Karkogel</b>   |
| <b>Sun. &amp; Tue.</b> | 02.00-05.00 pm    | <b>Heritage museum, Arlerhof Abtenau</b>   |
| <b>Sun.-Fri.</b>       |                   | <b>Beer tasting, Rocheralmhütte</b><br>You can taste different types of beer.  |
| <b>Tue. &amp; Thu.</b> | 10.00 am          | <b>Bus to the "Postalm", Exit at the post office</b><br>The Postbus takes you up to the Postalm-Austria's biggest alpine plateau every Tuesday and Thursday for Euro 2,00. There you can hike, walk, relax or just enjoy the fantastic landscape. The bus will head back at 4.06 p.m. and arrives Abtenau at 4.50 p.m. |
| <b>24.07.2010</b>      | 08.00 pm          | <b>Mountain party, Karkogelhütte</b><br>You can go up to the Karkogelhut by cable car.   |
| <b>25.07.2010</b>      | 11.00 am          | <b>Evangelical mass, Parish church</b>   |
| <b>25.07.2010</b>      | 12.00 am          | <b>Mountain Mass, Gsengalm</b><br>Church service with Pater Andreas. Music with the brass band Abtenau. Phone: 0664-3575153.   |
| <b>25.07.2010</b>      | 08.00 pm          | <b>LIVE music, Market square</b><br>Live music with the band "Trio Reitulio". Free entrance - The event doesn't take place in case of rain.  |
| <b>26.07.2010</b>      | 09.00 am          | <b>Excursion to Salzburg, Hotel Gutjahr</b><br>Bookings at the Hotel Gutjahr phone: 06243-2434.  |
| <b>26.07.2010</b>      | 10.00 am          | <b>Information walk, Market square</b><br>Hans will show you the major points of interest in and around Abtenau. The easy walk takes approx. 1,5 hrs and is free of charge for guestcard holders.  |
| <b>27.07.2010</b>      | 09.00 am          | <b>Excursion to Salzkammergut, Hotel Gutjahr</b><br>Reservation at the Hotel Gutjahr phone: 06243-2434.  |
| <b>27.07.2010</b>      | 09.45 am          | <b>Kids Club Lammertal, Tourist office</b><br>Theme: Indian day. 01.00 pm meeting point at the Hotel Goldener Stern at the market square Abtenau.  |
| <b>27.07.2010</b>      | 09.55 am-05.00 pm | <b>Hiking in the Postalm area, Post office</b><br>Discover beautiful places and alpine huts at the postalm with the guide Hans. This hiking tour is free of charge and it only takes place if it doesn't rain. Bus ticket Euro 5,50/Pers. round-trip.  |
| <b>28.07.2010</b>      | 09.00 am          | <b>Excursion to the Großglockner, Hotel Gutjahr</b><br>Reservation at the Hotel Gutjahr phone: 06243-2434.   |

 **RINGSCHUH INTERSPORT**  
**SCHWAIGHOFER**  
Abtenau [www.schuhsport.at](http://www.schuhsport.at)

### Hiking and Mountain

#### sports professional

- Walking shoes and hiking boots
- Hiking Clothing
- Backpacks
- **Many Special Offers**

Der Treff am Marktplatz!

Café - Pub

~~Struwwelpeter~~

TRUMER erlesene Pils

ausgesuchte WEINE

Espresso glasweise

SPIRITUOSEN

Geöffnet ab 16.00 Uhr  
Sa/So ab 14.00 Uhr

- 28.07.2010** 09.30 am **Waterhike, Meeting point: market square**  
We walk slowly to the waterfalls and afterwards to a place, where you can walk barefoot in cold water. From there we go to the watermill and later on to a nice tavern. Very interesting for families. (free admission)
- 28.07.2010** 04.00-06.00 pm **Nordic walking basic course, Meeting point will be announced at the notification**  
Free of charge for guest card holders. Easy workout activity for everybody. Please register till Tuesday 6 pm at WM-Sport 2000, phone: 0043-6243-3644 or at Intersport, phone: 0043-6243-3192.
- 28.07.2010** 06.00 pm **Italian evening, Cafe Hollaus**  
with antipasti and selected wines.
- 28.07.2010** 08.00 pm **Open air concert, Market square**  
Live music with the Abtenau brass band at the market square. Free entrance. The event doesn't take place in case of rain.
- 28.07.2010** from 02.00 pm **Live music, Karkogelhütte**
- 29.07.2010** 09.00 am **Excursion to the Königsee, Hotel Gutjahr**  
Reservation at the Hotel Gutjahr phone: 06243-2434.
- 29.07.2010** 09.00 am-04.00 pm **Treking tour to the "Laufener Hut", Meeting point: Karkogel lift station**  
A guided alpine hikingtour to the plateau of the Tennengebirge. Free of charge for guest card holders. Please book at: phone +43(0)650-3834906 till 18 o'clock at the previous day. (min. 4 persons)
- 29.07.2010** 10.00 am **Guided church tour, Parish church**  
Your guide Elisabeth leads you through the church of Abtenau. (free of charge)
- 29.07.2010** 07.30 pm **Schnapps tasting, Distillery Oberhaslach**
- 29.07.2010** from 06.00 pm **Traditional Austrian night, Rocheralmhütte**  
with live music.
- 30.07.2010** 09.00 am **Excursion to Kaprun/Zell am See, Hotel Gutjahr**  
Reservation at the Hotel Gutjahr phone: 06243-2434.
- 30.07.2010** 01.30-04.00 pm **Farmers market, Parking place east**  
Farmers market, providing regional home-made products.
- 30.07.2010** 08.00 pm **LIVE music, Market square**  
Live music with the band "Pass Partou". Free entrance - The event doesn't take place in case of rain.

	PHONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Alpin Sports</b>	<b>06243-3088</b>	01:00 p.m. Canyoning	01:30 p.m. Rafting	01:00 p.m. Family Rafting	09:00 a.m. Rock climbing 01:30 p.m. Canyoning			
<b>OCT-Outdoor Consulting Team</b>	<b>0699-13012009</b>	09:00 a.m. Rafting or Tubing 01:30 p.m. Canyoning		09:00 a.m. Rafting 01:30 p.m. Canyoning	01:30 p.m. Canyoning	09:00 a.m. Rafting or Tubing	01:30 p.m. Rafting	09:00 a.m. Canyoning 01:30 p.m. Rafting
<b>Active Outdoor Unlimited</b>	<b>06243-28874</b>		01:30 p.m. High Ropes Spider	02:00 p.m. Tubing at the Lammer	09:00 a.m. Canyoning	02:00 p.m. Bockerl Karkogel	01:30 p.m. Canyoning Almbach-klamm	

<p><b>Öffnungszeiten:</b>  <b>APOTHEKE abtenau</b></p> <p>MO-FR 8<sup>00</sup>-12<sup>30</sup> Uhr und 14<sup>00</sup>-18<sup>30</sup> Uhr Samstag 8<sup>00</sup>-12<sup>30</sup> Uhr Sonn- u. Feiertag geschlossen</p> <p>Markt 253 A • A-5441 Abtenau Telefon +43 (0)6243 2255 Fax +43 (0)6243 2255-4 apotheke.abtenau@sbg.at www.apotheke-abtenau.at</p>	 <p><b>"Tartarenhut" meal &amp; fresh trouts</b> Booking Phone 0043-6243-3059</p>	<p><b>LANDGASTHOF FLIEHOF</b> Friday „Knödel“ day Spirits &amp; Liqueurs Directly on the bike path and hiking trail</p>
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## Annaberg-Lungötz

<b>daily</b>		<b>"Neubach" Walking- Tour, Lungötz</b> A nice walking-tour for the whole family to the Wieseralm into the Neubachtal. (Wieseralm closed on Tuesdays). Take the public bus to Lungötz for 2 Euro.
<b>Fri. &amp; Sat.</b>	10.00 pm	<b>Discotime, Acqua Stop - Postwirt</b>
<b>Fri. &amp; Sat.</b>	10.00 pm	<b>Discotime, Lawutschi Bar - Musikantenwirt</b>
<b>24.07.2010</b>		<b>Oldtimer in Annaberg, Annaberg</b> Oldtimer Cars from BMW will stop their journey in Annaberg for a good look at the wonderful old vehicles.
<b>26.07.2010</b>	10.00 am	<b>Nordic Walking basic course, WM Sport Lungötz</b> Free of charge nordic walking basic course for guestcard holders. Easy exercise for everybody, walking poles for rent during the course. Registration until Sunday evening, phone 06463/7852.
<b>26.07.2010</b>	10.00 am	<b>Kidsclub in Lungötz, Neubachtal Lungötz</b>
<b>27.07.2010</b>	09.00 am	<b>Information walk, Meeting point: parking Pommerbauer/Astauwinkl</b> Guided walking tour within our mountain area with lots of information about our region. Try self-made products in one of the huts on the way. 9.00 am - appr. 4 pm. Don't forget trekking shoes, sun protection and something to drink!
<b>28.07.2010</b>	10.00 am	<b>Kidsclub in Annaberg, Heritage museum Gererhof</b>
<b>28.07.2010</b>	03.00 pm	<b>Guided tour in a Museum, Heritage museum Gererhof</b> The Heritage museum Gererhof offers an interesting collection of old workmanship items.
<b>28.07.2010</b>	07.00 pm	<b>Happy Hour, Pub Salettl</b> Happy Hour! Every Wednesday from 7:00 pm to 8:00 pm and from 10:00 pm to 11:00 pm at "Salettl" in Lungötz. Opened daily except for Sundays.
<b>28.07.2010</b>		<b>Chairlift to the Zwieselalm, Chairlift Riedlkar, Astauwinkl</b> Take the chairlift at Astauwinkel into the mountain area of the Zwieselalm. Opening hours: 8.40 - 11.45 a.m., 1, 2 and 3 p.m. and 4 - 4.30 p.m. In case of rain, the lift will operate on the following Thursday. Discount for guestcard holders.
<b>29.07.2010</b>	10.00 am	<b>Visit the Losegg- and Mahdalm, Tourist Office</b> Every Thursday at 10.00 a.m. the alpine taxi takes you up to the Losegg- and Mahdalm. One way ticket EUR 6,00. Bookings till 30 mins. prior to departure, min. 3 persons.
<b>29.07.2010</b>		<b>Hike through the "Lammertal", Annaberg to Lungötz</b> Hiking tour through the woods, leading into the Lammertal to the guesthouse "Lämmerhof". Possibility to take the taxi back at 2.00 and 3.00 p.m.
<b>30.07.2010</b>	06.00 pm	<b>Guided Church Tour, Parish Church Annaberg</b> Guided tour through the Parish Church Annaberg.
<b>30.07.2010</b>	06.30 pm	<b>Barbecue at the Winterstellgut, Gasthof Winterstellgut</b> Enjoy a tasty barbecue, beer from the wooden barrel and a picturesque sunset at the bottom of the Bishop's Hut. The event takes place regardless of the weather. Bookings at: 06463-60078.

### **Rottenhofhütte Annaberg**

Every Tuesday from 8 a.m.  
alpen breakfast  
Family Hirscher  
Phone: 0664-1454201



**"Tartarenhut" meal &  
fresh trouts**  
Booking Phone 0043-6243-3059



**Closed on  
Monday & Tuesday**

Phone: 06463-600780  
[www.winterstellgut.at](http://www.winterstellgut.at)

## St. Martin

- daily** 10.00 am & 02.00 pm **Tractor ride with the Rupi Express, Meeting point: Hotel Post**  
Take a 45 min. ride on the Rupi-Express to the Karalm or to the Schöberlalm and have a rest. Registration till the previous day at the tourist office St. Martin, Phone. 0043 6243 404059 or contact Rupert: 0043 664 280 3220.
- Wed.-Sun.** from 07.00 pm **Dancing at the Amarena Bar, Dancing - Cocktail - Bar Amarena**  
Party and dance with Alltime-Hits and over 200 various cocktails from the bar!
- 25.07.2010** 11.00 am **Alpine brunch, Höllalm - Oberscharten**  
The Höllalm is within easy reach from the center of St. Martin. Alpine brunch with life music every Sunday.
- 26.07.2010** 10.00 am-03.00 pm **Marmotis childrens club, Meeting point: clubhouse at the sports ground**  
Our today's motto is workshop. You create many things which you can take with you afterwards. For lunch at the DaMoare please bring Euro 5,00 with you. In the afternoon fun at our sea park. Registration: 06243/404059.
- 26.07.2010** 02.00 pm **Hike to the Lammertaler Urwald, Bergfex office**  
Guided tour to Austrias highest Conifers. With the Lammertal guestcard this tour is for free! Registration the day before until 6 pm and further information: phone 0664/833988-4 or -5.
- 27.07.2010** 09.00 am & 02.00 pm **Family Rafting, Tourist office**  
Further information at the tourist office. Registration till 4 p.m. the previous day - price per person EUR 32,90.
- 27.07.2010** 09.00 am & 02.00 pm **Canyoning - Jump Start, Tourist office**  
Further information at the tourist office. Registration till 4 p.m. the previous day - price per person Euro 59,90.
- 27.07.2010** 10.00 am-03.00 pm **Marmotis childrensclub, Meeting point: tourist office**  
Together with RUPI's Tractor we drive to the Karalm. For lunchtime we taste original homemade food at the Karalm - please take money for the lunch with you. Registration until the day before 5 pm: 06243/404059
- 28.07.2010** 10.00 am-03.00 pm **Marmotis childrensclub, Meeting point: clubhouse at the sports ground**  
Todays adventure is a day in the wood! Lunch time at restaurant DaMoare - please bring Euro 5,00 with you. In the afternoon swimming in our seapark! Registration till the day before 5 pm: 06243/404059
- Wed. & Fri.** 02.00-06.00 pm. **Farmer's market, Family Kronberger**  
The market, offering homemade biological products is open every Wednesday and Friday from 2.00 p.m.
- 29.07.2010** 09.00 am & 02.00 pm **Caving, Tourist office**  
Further information at the tourist office. Registration till 4 p.m. the previous day.
- 29.07.2010** 09.30 am & 02.00 pm **Try high ropes - 2 hours of introductory program, Tourist office**  
Further information at the tourist office. Registration till 4 p.m. the previous day.
- 29.07.2010** 10.00 am-04.00 pm **Kids Club Lammertal, St. Martin**  
Having fun with animals incl. pony-riding! Meeting point: 9.45 a.m. at the Tourist Information St. Martin or at 1 p.m. at Hotel Martinerhof. EUR 7,00 for lunch.
- 29.07.2010** **Hike to the Lämmerhof, Gasthof Lämmerhof**  
Walk from St. Martin with fantastic view over the whole place, finally you will reach the Lämmerhof. Every Thursday, the landlord will take you back to St. Martin by car at 2 pm and 4 pm FOR FREE.
- 30.07.2010** 08.00 pm **Traditional Concert, Gasthof Post**  
Concert with the traditional band St. Martin. In case of bad weather it takes place at the Gasthof Post. The entrance is free!
- 30.07.2010** from 06.00 pm **Barbeque, Moastadl**  
Enjoy our delicious barbeque - takes place in any weather



Wednesday-Friday open  
from 2 p.m.  
Saturday, Sunday and holiday  
open from 11 a.m.

### **Karalm St. Martin**

Open daily  
Family Steiner  
Phone: 0664-1359081