

# *Kufsteinerland* **Moments**

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Read Moments, experience moments in the Kufsteinerland.  
A source of information and ideas, an activity guide for  
locals and visitors alike.

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# Experience summer in Kufsteinerland

**W**e welcome summer to Kufsteinerland with the last cooler days and nights as well as the pleasant rays of spring sunshine. Mild summer evenings, green alpine meadows and the cool waters of our lakes... experience and enjoy the warm season in the fortress town of Kufstein and its eight surrounding villages.

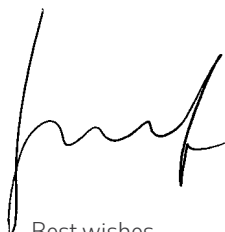
We have yet again set out in search of stories about exciting traditions, interesting places and sporting activities which make our land, our culture and in particular the people of Kufsteinerland so special.

Discover the adventure of the 'Wilder and Zahmer Kaiser peaks with us' – climb the summits in the farthest corners of the Kasiertal valley, which was named 'Austria's most attractive location of 2016' or listen to the splashing of the mountain streams at the foot of the valley on the edge of the Tischofer Cave.

We also climb the Kranzhorn border mountain with its two summit crosses on both Austrian and German soil or you can step into the pedals with us and cycle through Kufsteinerland. To recharge your batteries, we recommend one of the many energy locations or a yoga session on the mountain.

We take a look at schnapps distiller Manfred Höck at work and enjoy a few free minutes in his orchard at the heart of the Schwoich mountain plateau. And last but not least, we spend the whole summer preparing in the meadows for the upcoming autumn. Experience the alpine village of Ackernalm: home-made cheese production, pure idyllic scenery at the heart of the Thierseetal valley and the ceremony for driving the cattle back down into the valley, which still retains its original tradition and meaning, incorporating crafts and bringing true alpine living to life with all the senses. Dreamy locations with event series organised with great care and attention to detail plus traditional Tyrolean foods make this the perfect place to linger. Moments which make summer here with us so special. Experience them here in Kufsteinerland – and read about it in this issue of our Moments magazine.

We would like to invite you to summer in Kufsteinerland – a journey which will leave memories to last a lifetime... possibly making a mark in the mountain summit book and in your heart.



Best wishes,  
Johann Mauracher



**Johann Mauracher**  
Chairman Tourism Board Kufsteinerland

*'Read stories which  
make our land,  
our culture and in  
particular the people  
of Kufsteinerland  
so special.'*



**Imprint:**

Responsible for the content:  
Tourism Board Kufsteinerland, Unterer Stadtplatz 11,  
6330 Kufstein, Tel. +43 5372 62207

Circulation: 18,000 copies in German,  
4,000 copies in English

Design / Text / Graphics:  
ofp kommunikation Gmbh Kufstein  
Place of publication: Kufstein

Photos: Tourism Board Kufsteinerland, ofp kommunikation,  
Lolin, Sportalpen, VANMEY Photography, Dominik Kiss,  
Foto Gretter, shutterstock, Stadtwerke Kufstein,  
Valentin Widmesser / Sportfotograf, Landesverein für  
Höhlenkunde in Tirol

# K



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# With the Kaiserlift to the top. And the corners of your mouth follow suit.



Hiking, climbing and cosy hut stops in the Kaiser mountains:  
Let the beautiful nature conjure up a smile on your face.  
The Kaiserlift is in service from 1 May from 8:30 to 16:30  
for you. [www.naturerlebnis-kaisergebirge.at](http://www.naturerlebnis-kaisergebirge.at)

## **Every 6th at 6: Morning hikes**

On every 6th of the months of May to September, the Kaiserlift starts running at 6 o'clock in the morning. On offer are themed hikes, sunrise-yoga and a hearty alpine breakfast.

**K**  
**KUFSTEIN**  
*Naturerlebnis Kaisergebirge*

# Tracking down energy

*Kufsteinerland is dotted with mysterious sites, charged with energy. Places which invite guests to stay a while and which are labelled according to their particular special feature.*



Energy centre - air



Energy centre - earth



Energy centre - water



Energy centre - stone



Energy centre - religion



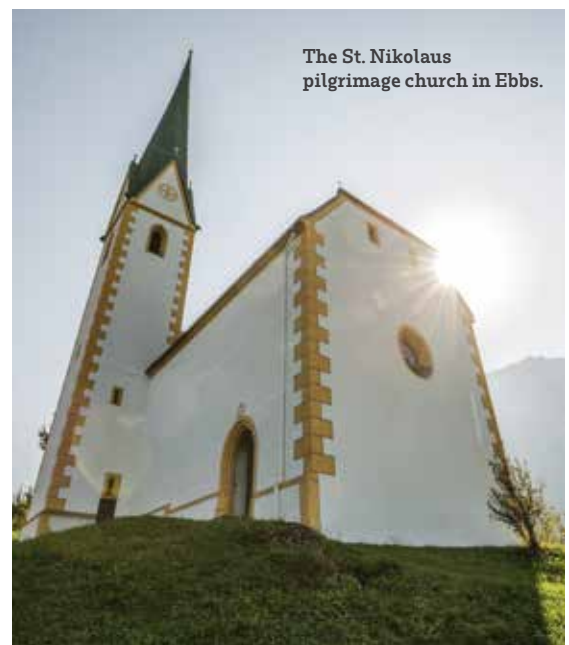
Energy centre - general

**From the Urtanne (ancient pine tree) which was growing in the Kaisergebirge mountains during Napoleon's era to the Tischofer Cave in the Kaisertal valley, an area visited by people even 30,000 years ago: energy-charged locations with history and a mystical atmosphere are dotted throughout the fortress town close to nature and the eight picturesque villages of Kufsteinerland. Places which invite guests to linger and recharge their batteries. Places with secrets to share.**



**H**e carefully struts across the asphalt. His tail feathers sweep the floor and shimmer iridescent in the sunlight. His head bobs to and fro, making the crown of feathers on his head stand out even more. A peacock in the middle of the track on the Buchberg in Ebbs. Anneliese Wohlschlager laughs as she emerges from the garden and shakes the soil from her rubber boots. This is an everyday occurrence for her. The peacock lives with her – he moved in 5 years ago. “Sometimes I think he can sense what was here before and that’s why he came to me”. The peacock actually lives in the rare animals zoo at the foot of the hill but is always running away and coming up to the pilgrimage church. “At some point, the zoo staff gave up,” Anneliese laughs. “It is as if he knew that peacocks once lived up here at the former castle”. She looks over to the St. Nikolaus pilgrimage church, the last remaining feature of the castle and an energy centre in Kufsteinerland.

The church stands out from its environment with its white colour and yellow edging. Anneliese has picked up the key and walks ahead quickly. The door creaks as she presses down the iron handle. “I often sit here and look at the frescos,” she says, looking up at the wall. The fresco paintings were revealed again in 1961 after having previously been painted over. The stalls, pews, chancery and vault catch the eye. Plus the striking carvings. “The church is all that remains of the Ebbs castle,” Anneliese explains as she tidies up a few candles. She previously ran the guesthouse alongside with her husband. She got married here some 40 years ago. “I felt at home from the beginning. It is clear that it is a very special place, I never get ill”. The castle and castle chapel were first documented in 1174. “Over the years, the castle began to deteriorate when the noble family were driven out,” says Anneliese, heading outside. The sunlight is very bright and blurs the view of the valley which extends out before the church.



**The St. Nikolaus pilgrimage church in Ebbs.**

Kufstein fortress can be seen in the distance along with the Brixental and Zillertal mountain chains. "Do you want to recharge your batteries or calm down?" she says suddenly into the quiet. A forest education expert identified that walking clockwise around the church brings peace. "Walking in the opposite direction is constructive. The aristocracy knew exactly where to build".

Kufstein-based human energy expert Helmut Payr knows lots of these special places. "Natural energy is at work here. Just as some water courses can have a negative effect, there are also good forces which can strengthen the energy of living creatures. In the past, cathedrals and churches were built in such natural energy locations and this enhances their effect, as is the case with the St. Nikolaus pilgrimage church". However these highly energy charged locations can be quite unspectacular at first glance, as Helmut adds. "The best example is the stone circle on the Riedenberg".



### **The energy of stones** (*Thiersee*)

The last two, three steps into the forest. And then the trees reveal a small clearing on the Riedenberg. The blades of grass are blowing in the wind with a few shrubs dotted around. The site does not have a great deal to offer in visual terms. A second glance reveals the stone circle in the centre of the site, surrounded by the forest. A natural energy centre enhanced further by druid Evelin Granda. A six-corner circle with a stone in the centre and seven stones at a distance of 7 metres, all positioned by the druid. "Not all visitors can stay in the stone circle for a long time. For some, there is too much energy. Others enjoy the force but there are also people who hardly feel anything". For Helmut, this is all normal. "It is wrong to say that everyone must feel something at an energy centre. Not everyone is open to it but these centres do have an effect on everyone, even if it is subliminal". The clearing on the Riedenberg has been known as a special place for generations, just like the area around the Steinberg Urtanne (ancient pine tree) in the Kaisergebirge mountains.



### **The energy of trees** (*Kaisertal*)

It doesn't look spectacular. More like an old, dishevelled weather witch. The bare peak extends up like a raised finger, battered by the wind and weather. The lower two thirds of the Urtanne tree are bursting with vitality, despite being over 300 years old. "It is the oldest conifer in the area," says mountain guide Harald Löffel, proudly adding that the Urtanne has a trunk circumference of 5m. The tree already had many years behind it when Napoleon Bonaparte was born and it was still in its infancy when the USA was founded.

&gt;&gt;

**Human energy expert Helmut Payr knows lots of energy locations in Kufsteinerland.**





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The tree looks alone in the middle of the alpine meadow, surrounded by low-lying grasses and a few rocks. "We are very close to the tree line here. Only a tree growing in a location charged with energy can grow for so long under such conditions". The sound of a buzzing beetle can be heard. A white butterfly settles briefly on a gnarled branch. "I am always in awe each time I am here. Standing among the rock walls and knowing just how old the tree is and what historic events have taken place during its lifetime make this place truly special. Reflecting on life in the shadow of this ancient form of life". The view leads down into the valley and on to the mountain chain opposite. The Pendling, Kufstein's local mountain, towers protectively over the fortress town. This would be a place to linger in the Kaisertal valley, even if it weren't home to an energy centre with a special history.

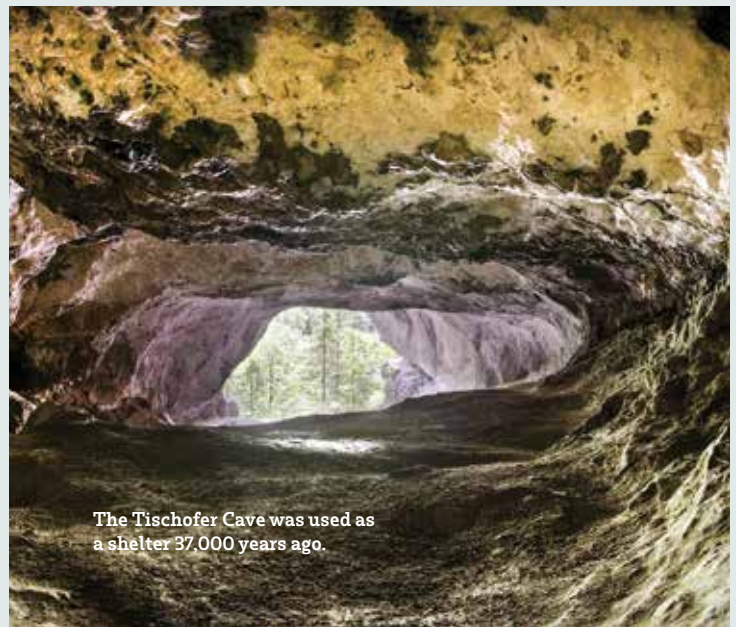


### Traces of the past (Kaisertal)

The natural steps give the ascent a special feel. From time to time, the trees open up and offer a glimpse of the valley, inviting visitors to take a short break. After all, there are 307 steps to climb. Access to the Kaisertal valley, the natural treasure named 'Austria's most attractive location of 2016'. Only 40 or so people live here. An oasis which has been visited by people for around 30,000 years. "It would have looked quite different back then," explains biologist and chairman of the Kufsteiner Heimatverein Gerhard Lehmann, putting an end to any thoughts of harmonious Stone Age. "It was the Ice Age at that time. There was a flow of ice extending through the entire Inn valley to Rosenheim. At its peak, the ice reached up to the peak of the Pendling". So this was not so much a place for idyllic walks at that time. But this makes it all the more ruggedly picturesque now. The splashing of the Kaiserbach brook can be heard from below. But the destination is not the gorge; instead it lies at the end of a narrow path around 60m below the Kaisertalweg trail.

It extends into the rock like a wedge. The 20m wide and approx. 8m high opening is like an open invitation to step inside. To step into the past, into the inside of the 40m long Tischofer Cave. It gets darker with every step. Droplets fall from the rock ceiling. A glance back outside. The oval opening offers views of the trees outside the cave. The geological boundary between the two layers of limestone was probably washed away during the Ice Age by the Kaiserbach brook. After this, the water drained away into the depths of the rock at the bottom of the gorge. "The cave is something special," Lehman says in answer to the question about the Tischofer Cave as an energy centre. "You feel the special atmosphere when you stand outside. When I think that there were people here 30,000 years ago and that this is the oldest proof of human presence in all of Tyrol, this aura is truly fascinating for me". Hunters from Central Europe reached here by crossing the sheets of ice. "The proof was found by chance in 1920 and is now situated in the local history museum," says Lehman proudly of the Heimatverein's greatest treasure.

Eight processed bone tips with clear signs of use can be seen alongside one another in the display case. These are the Heimatverein's treasure, now located in the local history museum at the fortress. "The spearheads are proof that Ice Age hunters were active in Kufsteinerland 30,000 years ago. Either bears wounded by the spears dragged themselves



The Tischofer Cave was used as a shelter 37,000 years ago.

into the Tischofer Cave and died here or the Stone Age hunters stored their spears in the cave.

“Whatever the case, several bears have been in the cave in the past,” says Lehmann, glancing across at the exhibited bear skeletons. Bones from some 300 bears have been documented in the cave. They were found alongside the remains of lions, hyenas, reindeer and lemmings in the cave. Human remains were also found here. One display case contains the remains of three skulls, sandstone moulds and blowing nozzles for ore smelting. “The finds date from the era around 2,500 BC. At this time, the cave was a dwelling place and a workshop. This history is what gives the cave its soul and makes the site so unique. In the Tischofer Cave, between the rocks, it is clear that we are standing in the middle of a society, a timeline. You become aware of life”.

“People seek out such spots in order to slow down and take a brief break from the rat race of everyday life,” says Helmut Payr of the appeal of these centres. This interest spans all ages groups and social classes. Payr always notices this during the guided walks to these ‘places of consciousness’, as he calls them. “It’s all about what energy you need. If you want to get something flowing, then a centre with water is ideal”.

# Energised water

**Fine droplets fill the air and create a diffuse cloud of water which covers the skin. There is nothing to hear apart from the crashing of water.**

**T**he health village of Bad Häring is primarily known for its sulphur springs yet in the middle of the forest is a natural treasure – the Bad Häringer waterfall – which has been sought out by visitors for generations.

In the past, local residents came here when suffering a cold or bronchial problems. The water generally helped. Surrounded by the green of the forest, the water falls down from the rock and foams up in the pool below. “Waterfalls also bring lots of energy and force. Sitting down on the bench here or directly opposite the bridge and listening to the water has a balancing effect on one’s own flow of life”. Time appears to stand still. The monotonous crashing noise is soothing. The return journey back through the forest along the little >>



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The cool drinking water from the Blue Spring in Erl is renowned far beyond local orders.

## Ready for the day: Breakfast on the mountain



Enjoy an energy-charged start to the day with a hearty breakfast high up in the mountains. Here is an overview of the various mountain guesthouses where guests can enjoy the most important meal of the day.

### Bad Häring

Alpengasthaus Stallhäusl 1,021 m

### Ebbs / Kaisertal

Alpenhasthof Aschinger Alm 1,000 m

Alpengasthof Pfandlhof 784 m

Ritzau Alm 1,161 m

Stripsenjochhaus 1,580 m

### Kufstein

Berggasthof Hinterdux 760 m

### Thiersee

Kala Alm 1,430 m

Kufsteinerhaus Pendling 1,565 m

Berggasthof Wastler 996 m

Lindhof Vorderthiersee 728 m

### Schwoich

Stöflhütte auf der Walleralm 1,170 m

Alpengasthof Walleralm 1,180 m

### Erl

Kranzhornalm 1,230 m

Alpengasthof Moosbauer 1,000 m

### Langkampfen

Buchackeralm 1,350 m

The Kufsteinerland homepage contains information on the various lodges under the heading 'Culture&Living': [www.kufstein.com](http://www.kufstein.com)

brook is also charming, especially because the festival and Passion Play town of Erl is home to another water oasis. A Turkish pearl, as Gaby Struth calls it.

There is a sign hanging on the first floor from a cast iron vine. Two golden fish surrounded by the text 'Gasthof Blaue Quelle'. Landlady Gaby Struth knows the spring, which belongs to the guesthouse, like the back of her hand. "There are records dating from 1630. At this time, there was a guesthouse here as well as a sawmill, a mill," she begins to explain as she serves a coffee. The Blue Spring is Tyrol's oldest natural monument and the largest drinking water spring in western Austria and its name is not without good reason. The landlady from Erl grabs her jacket, asking "Do you want to see it?" She heads out past the guesthouse away from the road. A few minutes later, we come across a small turquoise shimmering lake. The branches of the trees protrude into the water, granting some soothing shade. A small brook babbles away at the back. "The lake is around 4.5m deep in the centre. The water is always turquoise there and the ground free from algae because the water bubbles up from the ground".

Nobody knows where the water arises. A secret which gives the site a special sense of mystery together with the intense blue-green-turquoise of the water. "When you sit here, you only hear the water and wind. You start to observe. All at once, you see endless details which you would never otherwise notice. This always fills me with great energy," says Gaby before returning energetically back to the guesthouse. One last glance back at the blue-green-turquoise treasure. The shimmering colours are reminiscent of the feathers of the Buchberg peacock. The circle of the energy locations is closed. Earth. Stone. Water. Spirituality. <<





## ***An enjoyable visit to the energy locations***

Feel it in your stomach, in your inner self, this is what human energy specialist Helmut Payr recommends when visiting a centre of strength, energy or consciousness. "In our everyday lives, we rush from A to B. The faster, the better. There is little time to spend on oneself and one's feelings. Visiting a centre of consciousness should therefore be seen predominantly as time for oneself". It is not about visiting as many centres as possible. "It's better to visit just one and to fully appreciate it". Helmut Payr recommends being open to what you encounter. Impartial and curious, letting it happen.



## ***Qi-Gong: energy-charged walk in Hinterthiersee***

Through the Modalwald forest to the stone labyrinth. Energy or Qi Gong exercises invite visitors to recharge their batteries on the guided walk around the Hinterthiersee mountain village. The stone labyrinth by the wayside frames the energy-charged walk. The event will take place weekly from April to 19 November run by the Kufsteinerland tourist board and is free-of-charge with the KufsteinerlandCard. Registration with one of the Kufsteinerland tourist offices is required.

**“One cannot think well,  
love well, sleep well,  
if one has not dined well.”**

Virginia Woolf



**shaded guest garden  
(closed on Sundays)**

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# *Damsels, knights and and mercenaries*

The mediaeval show  
at Kufstein fortress.



**Dates 2017**

Friday 2 to  
Monday 5 June

.....  
**Preview 2018**

Friday 18 to  
Monday 21 May



**The Knights' Festival at the fortress in Kufstein's town centre is taking place for the 9th time this Whitsun. A setting which is just perfect for this kind of event.**

**T**he four day event kicks off with a colourful parade: knights, jugglers, maids and musicians parade through the town on their way to the mighty fortress which towers over the rooftops of the fortress town. A unique family experience which transports us back to the colourful activities of the Middle Ages.

Our route takes us though the ancient walls beneath a traditional wooden rooftop and up the stone stairs to the fortress where legendary views await. We look down on the town of Kufstein, surrounded by fire pits, simple tent structures and others such shelters. In the background are the Tyrolean mountains with the Wilder Kaiser and on the other side, the Pendling with the Kufsteinerhaus.

This is probably how it was in the past too: the women cook water in a copper vessel over a fire pit close to the tent, sew flowing garments from simple fabrics or create practical objects at the crafts market. Their men gain ranking, name, reputation and honour through their artistic performances such as fire shows and tough duels while their offspring make simple swords from wood or start practising with a bow and arrow.

Over 500 participants from across Europe fill Kufstein fortress with mediaeval life and allow us to participate in the simple and exciting everyday life of times gone by. Musical highlights in the form of selected mediaeval bands and cuisine from the era also form part of the 'Knights' Festival' experience.



## Did you know?

*... that in addition to the Knights' Festival, there is also the possibility of submersing yourself in the Middle Ages with a traditional Knights' Feast at Kufstein fortress?*

Information and booking:  
[www.festung.kufstein.at](http://www.festung.kufstein.at)



### **Mediaeval table**

The main food consumed by people during the Middle Ages was cereals, either in the form of a mash or bread. Meals were generally supplemented with cheese or meat. There was milk from goats and sheep and the most important drinks included water as well as beer, wine and mead.

Mead, also known as honey wine, is probably the oldest alcoholic drink and was replaced by beer and wine over time due to its elaborate production process.



Kufstein fortress experience

### **Conquering Kufstein fortress**

In 1504, Emperor Maximilian attempted to conquer Kufstein fortress which was defended by Bavarian captain Hans von Pienzenau. The fortress walls resisted the violence but the emperor was not prepared to let go. He finally managed to conquer Kufstein fortress with stronger projectiles, i.e. the 'Purlepau' and 'Weckauf' canons. This last historic battle of Hans von Pienzenau is re-enacted each year during the Knights' Festival and the names of two local town centre restaurants reflect the names of the two canons which were transported over the Inn from Innsbruck to Kufstein.

## **The fortress on the 'Kopfsto'**

Close to Tyrol's border with Bavaria and directly on the banks of the river Inn, Kufstein fortress can be recognised from afar. A striking cliff face rises up on the right-hand banks of the river, often dubbed 'Kopfsto' by the people of Kufstein. It is possible that this is a derivation of the name of the town.

Better known is the origin of the word Kufstein from the town's coat of arms: a small cask (also known as a 'Kufe') is shown on a stylised mountain. These casks were formerly used to transport salt on the river Inn and make reference to the significance of the trade of this 'white gold'. In addition to Kufstein, the town hall coat of arms also makes reference to the transportation of salt on the river Inn by the people of Tyrol.





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Walking in the Kaisergebirge – this is both the most attractive and an easy way of exploring the mountains around the Wilder Kaiser!

# Time out for the soul



French occupation soldiers installing the 1st Kaiser lift on the Aschenbrenner in 1951.

Thanks to the Kaiser lift, nature lovers are able to reach the perfect starting point for many unforgettable mountain experiences at an altitude of 1,200m in no time at all. The single-seater chair lift is the only mountain railway in the Zahmer and Wilder Kaiser mountain chain. Each year, thousands of visitors from all over the world complete this journey in comfort on the Kaiser lift.

### A historic look back

The Kaiser lift has a very special history. It was first installed in 1951, albeit in a different location to the site of the current lift. At that time, French occupation soldiers were even

involved in the construction work.

Guests from Bavaria discovered the pleasures of the lift in the 60s and flocked to Kufstein in their droves to conquer the Kaiser using the Kaiser lift.

The rush became ever greater. For this reason, the lift was relocated at the start of the 70s and opened at its current location in the district of 'Obere Sparchen'. During that time, travelling on the lift was still something special and relatively expensive. A single journey cost 8 schillings at that time. Given that the average hourly wage was 10 schillings, this journey was a real luxury for many people.

### Operating times Kaiser lift 2017:

The Kaiser lift operates from 1 May to 31 October 2017 between 8.30 and 16.30.

#### Tariffs 2017:

Up or down mountain	€ 11
Up and down mountain	
Middle station Duxer Alm	€ 11
Up and down mountain	
Mountain station Brentenjoch	€ 16

All children born in 2002 and after as well as school children travelling with a paying adult travel for free.



### The early bird catches the worm

Between May and September, the Kaiser lift begins operating at 6.00 on the 6th of each month. The Kufsteinerland tourist board offers free walks and yoga sessions for early risers on these days.

Register on Tel. 05372 62207 or by email at [info@kufstein.com](mailto:info@kufstein.com)

In the past, the Kaiser lift was not open during the warm season. Up until the 90s, this was just a small ski resort. The cold winter months were very demanding on employees who could only dream of snow groomers. Instead, the snowy slopes had to be flattened down and made smooth using skis. Shovels and physical labour were used to try to eliminate the larger bumps. The army were often called in to help. There was no talk of perfect skiing conditions back then but despite that, there were no complaints, only lots of fun and enjoyment of skiing.

### Down into the valley and back

The Kaiser lift was halted in 2012 for technical reasons. But it wasn't stopped for long! The renovation for the 'revival' began in 2014. The drive systems and supports were refurbished and the cable, roller guides and chairs fully replaced. On 1 May 2015, the Kaiser lift began to transport visitors again, much to everyone's delight and since then has delighted numerous visitors from Austria and abroad. And no wonder because at the top, an unspoilt nature, magnificent footpaths, adventurous climbing routes, peaks with beautiful views and of course, Tyrol's traditional mountain lodge culture await. The Kaisergebirge peaks are also home to some special energy and consciousness centres just waiting to be discovered. <<



## Yoga in a special energy centre



**'Yoga' – we are all familiar with this term but what it's all about is still a mystery for many.**

**W**hat is this trend all about? Admittedly the word 'trend' is not ideal given that the origins of yoga date back thousands of years.

This form of physical and mental training has its roots in India. Since then, the exercise has impressed people across the globe of all ages. Yoga is not just about developing our exercise. It also shows us ways of reaching inner peace and greater awareness. The physical exercises improve the posture of the body as a whole and help to combat back problems. At the same time, it has a soothing and stress-relieving effect.

### Yoga on the mountain

Yoga has a particularly special charm in nature. After all, yoga has developed from nature. It is no coincidence that the exercises are called things like 'tree' and 'mountain'. Humans have always sought to find special energy locations where they can stock up on new energy and inspiration. The mountains certainly class as such special energised spots. Away from the constant noise of 21st century living, this is the best place to focus on what is most important: oneself!

### A special secret tip

If you take the Kaiser lift up to the Brentenjoch mountain station and walk downhill from here for just a few minutes, you will come to a small sunny platform on the left-hand side of the gravel path offering breath-taking views of the Kaisergebirge. Here you can set your soul free and grant your mind and thoughts complete freedom. This experience is best of all in the early morning when the rest of the world is still resting and the rays of the warm rising sun cover the skin with a soothing veil. >>



We have put together a brief overview of the best exercises (Asanas) for beginners, for those who have not yet tried yoga but are curious:



### Exercise 1: Cakravakasana – From the cat pose to the arched back

**Flexible spine.** On all fours, position the wrists beneath the shoulders and the knees slightly behind the hip joints. Breathing out, slowly arch your back vertebra by vertebra, starting with the pelvis and ending with the neck and head. Pull your shoulders back away from your ears. Then flow back to the starting position, beginning with the pelvis. Breathe in as you do it. Repeat several times to the pace of your breathing.



### Exercise 2: Adho Mukha Svanasana – Downward-facing dog pose

**Extended back.** See the world upside down. Starting on all fours, place your toes down on the mat, lift your knees and push up your pelvis. Extend your coccyx upwards with your head hanging down relaxed between your arms. Extend your back out as much as possible. Push your torso towards your thighs as far as you can. Your heels should touch or move down towards the mat.



### Exercise 3: Bhujangasana – cobra

**Bending right back.** Lying face down, position your hands level with your chest with your feet around hip-width apart. As you breathe in, lift up your torso using the power of your lower back. Pull back your shoulders. The chest area should be extended. This exercise strengthens the back, opens up the heart and modifies perception.



### Exercise 4: Virabhadrasana II – the warrior II

**Balanced arch in the hero posture.** Start standing with your feet hip-width apart and move one leg back with the foot raised. Position the front leg at right angles. The knee should point towards the second toe. The pelvis remains low. Bend back to create a balanced arched back and raise both arms in a V position.



### Exercise 5: Virabhadrasana III – the warrior III

**Strength, focus and balance.** Standing up, shift the weight over one leg, slowly bend forwards and lift the other leg out to the back with the arms by the body. Then stretch out the arms to the front with the foot extended at the back. Stretch in both directions. The pelvis should remain level.

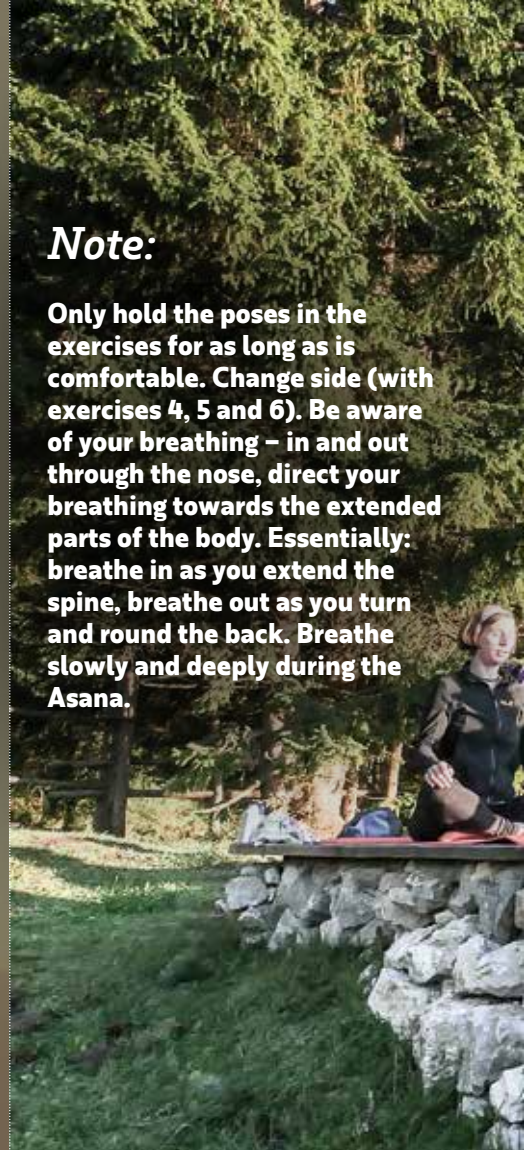


### Exercise 6: Ardha Matsyendrasana – twisted pose

**Three-dimensional stretching and flexible spine.** Start by sitting with your legs outstretched. Straighten your spine. Pull one leg across to the side and move the foot on the other leg towards your buttock. Place the foot on the outer side of the thigh. Slowly twist towards the side of the upright leg. Use the hand behind for support. The elbow should cover the knee. Look over your shoulder.

## Note:

**Only hold the poses in the exercises for as long as is comfortable. Change side (with exercises 4, 5 and 6). Be aware of your breathing – in and out through the nose, direct your breathing towards the extended parts of the body. Essentially: breathe in as you extend the spine, breathe out as you turn and round the back. Breathe slowly and deeply during the Asana.**



## What does yoga do?

- ✓ Improves health and the immune system
- ✓ Clearer thoughts
- ✓ Better handling of stress
- ✓ Strengthens the muscles and bones
- ✓ Keeps hormones and emotions in balance
- ✓ Increases self-confidence and body awareness
- ✓ Increases concentration
- ✓ Detoxes the body and helps with weight loss
- ✓ The exercises benefit the nervous system, back and spine



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# Roadbike fever in Kufsteinerland

Once infected with the 'Roadbike fever', it generally never goes away. It's such a great feeling to be at one with your 'machine' and the ground and to complete long distances in a short space of time.

The roadbike is the fastest means of transport which you can power with your own muscles. Or do you perhaps know someone who can complete 100 km in 3.5 hours on foot? This fast sport is perfect for exploring the approx. 1,500 km road network around Kufsteinerland. Numerous tours lead you through picturesque landscapes – and back to yourself!

## Away from everyday life – and into the pedals

Break away from everyday life and submerge yourself in the tranquillity and varied nature – anyone stepping into the pedals in Kufsteinerland will experience a paradise for roadbikes. Sometimes past the many idyllic lakes and the green river Inn, past the strong walls of the fortress in Kufstein and sometimes along ascents of various difficulty levels. No matter how varied the routes, one thing always remains the same: the magnificent views of the wonderful landscapes at the foothills of the Alps and the powerful Kaisergebirge. The region close to the Bavarian border is virtually made for cycling sports of all performance levels. Surrounded by the exceptional backdrop, active experiences are paired with gourmet delights. Regional treats, as served at the many beautiful alpine lodges, are ideal for a culinary refreshment break half way along the route. The many biking establishments offer relaxation and overnight accommodation, specialising in sporty guests to the fortress town and its eight surrounding villages.



## Hire and service

The cycling specialist Schuler in Schwoich and Inn Bike professional biking shop Kufstein offer professional roadbike services.

Anyone who prefers not to bring their own roadbike on holiday with them can also hire a roadbike here.





## The Kufsteinerland Cycling Marathon is entering its 2<sup>nd</sup> round

The second Kufsteinerland Cycling Marathon will transform the roadbike region around the fortress town into a hotspot of the roadbike scene **from 9 to 10 September 2017**. From gently rolling hills to strength-sapping ascents, the race promises to offer plenty of variety for leisure bikers, ambitious cyclists and professionals.

Participants have two routes to choose from. Whether they opt for the classic marathon or the somewhat more leisurely panorama trail – in both cases, cyclists can enjoy dreamy views of the mountains, green shimmering lakes and numerous highlights of the landscape.

Two varied event days with an exciting programme including an after-race party, specialist talks, a kids' course and exhibition promise an action-packed weekend in Kufsteinerland.

### NEW: Fortress Town Sprint on 9 September 2017

Tyrol's second largest town shows off its sporty side the day before the main race with the Fortress Town Sprint. Short and snappy. Spectacular through Kufstein. 1.3 km through the centre. The ultra-short race will start out on 9 September 2017 at 16:00 on the Marktgasse at Fischergriesplatz, with the backdrop of the roaring green river Inn and will lead up to the Obere Stadtplatz. Anything goes when it comes to cycling technique!


From e-biking to roadbiking to vintage bikes. There will even be an extra prize for the oldest vintage bike!

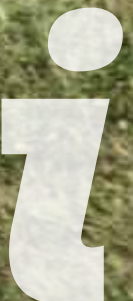
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### Kufsteinerland Cycling Marathon from 9 to 10 September 2017

 **Kufsteinerland Cycling Marathon: 120 km and approx. 1,900m altitude**

 **Panorama Circuit: 50 km and approx. 450m altitude**

 **Fortress Town Sprint: 1.3 km**



# An interview with professional racing cyclist Max Kuen

The renowned Kufstein cyclist Maximilian Kuen can be found out and about on the roads as a professional roadbiker. He takes part in numerous national and international competitions as a member of the Tyrol Cycling Team. He shared some cycling tips with us.

### Max, what is the significance of sport in your life?

Before entering the racing scene, I was always sporty. But I have been road biking regularly and on a professional level for the last 10 years. Now, if I don't do it for a day or two, I feel like I lose something.

### What are the highlights of your racing calendar for 2017?

The two big highlights of the season are undoubtedly the Tour of the Alps starting out in Kufstein and, how could it be anything else, the Tour of Austria cycle race at the start of July.

### Are there any special exercises for cyclists?

Sit-ups are very important for professional cyclists. And another special exercise involves a gymnastics ball: lying down, you place your calves on the gymnastics ball and then lift up your hips. Then roll the ball towards your bottom and hold your hips in line with the thighs. The exercise targets the hamstring muscles.





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**What food is suitable for before and after cycling?**

I eat breakfast 3 hours beforehand and usually this is sufficient. Bread, butter, egg(s), muesli, fruit, yoghurt, porridge, sausage, cheese etc. Anything is allowed. If you get hungry shortly before setting off, you should eat something light. When you get back home, you need to eat something relatively quickly. The famous carbohydrates are ideal for this in the form of pasta, rice, potatoes, lentils or buckwheat. Ideally paired with vegetables, meat or fish.

**What power snacks should you take on a tour with you?**

I like to take a banana and a simple sausage sandwich. I always take a snack if I am cycling for 4 hours or more.

**Clothing: what is the correct dress code for a cyclist?**

That's up to each individual. If possible, you should wear special cycling clothing which is tight-fitting. Wide-leg trousers and flapping vests have long been out of fashion when it comes to cycling.

**What needs to be taken into account when selecting a tour?**

In particular, the distance, terrain, current form and, of course, the weather. If you want to cycle up in the hills or the clouds are moving around dangerously. You should pack an easy-to-carry raincoat or wind-proof jacket.

**Is it correct that a higher tyre pressure generates more speed?**

Not anymore. In damp weather, we cycle with a pressure below 8 bar because this enables the tyres to grip better and we don't slide so easily. In good weather, we don't go above 9 bar. Previously it was 10 to 12 bar at times but not any more. 8 to 9 bar is the pressure with probably the lowest roll resistance. But this also depends on body weight.

**Max, help us clear up a myth. Do racing cyclists shave their legs and if so, why?**

Yes they do, for several reasons. During massage, it is a lot more pleasant for the cyclist and masseur. If you fall, you avoid the risk of inflammation to the wound caused by scarring or ingrown hairs. In spring, the temperatures don't feel as cold as with hair.

**Last question: what is your favourite tour in Kufsteinerland?**

I particularly like the area around Niederdorferberg/Erlerberg because there are endless streets here. Some are really long and uphill.

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# *‘A sense of home’ in distilled form*

It smells of juicy apples, colourful roses and resinous conifer and it tastes of nature: spiced, fresh and clear. The sense of homeland, regionality and closeness to nature is evident when visiting the Kronbühelhof in Schwoich.



In 2005, Monika and Manfred Höck took over their farm from his parents. In the beginning, things were anything but simple. It took time for them to appreciate and learn to love what they had as a real treasure and source of happiness in life.

The Kronbühelhof, a property on a hill in Schwoich approx. 7 km from Kufstein, far away from the hustle and bustle of the town, surrounded by meadows and forests – a magical idyll which still sparkles today with its unspoilt landscape, beautifully situated orchards and flower and herb gardens and Manfred Höck's passion – its own schnapps distillery.

When you approach the farm via the small forest road, you receive a wild welcome: between the lovingly planted flowers, you will likely see a scurrying cat or two with bees crossing your path on their way to the rustic apiary which has been located on the hill for decades and the sound of hens clucking in the distance.

Beneath the fruit trees, cows and their calves enjoy the pleasant shade from the tree tops as you look down over the field over the spruce and fir trees in the nearby forest to the peaks of the surrounding Kufsteinerland mountains. Time to enjoy. Time to pause. Time to focus on what is important and leave everyday life far behind.

*“We tell visitors a story and convey a feeling”.*

A visit to the Kronbühelhof usually conjures up childhood memories as well as a feeling of home, of 'rural' living in Tyrol and living in, with and from nature. “The special thing is to share a feeling or a story with visitors,” says Manfred Höck with a look of pride on his smiling face. And rightly so: the 50 year old attributes some of his success with schnapps distilling to this philosophy. Many of his creations are based on his expertise, his instinct and on a small dose of chance and fortune. And so it happened as part of the daily work and active forest management that a fir tree had to be felled in spring. The passionate master distiller discovered the red flowers of the conifer on the crown of the tree and was somewhat surprised because fir trees generally only flower every three to four years. His curiosity was aroused!

He put one of the small buds into his mouth and chewed on it. At the same moment, he began to smile. It tasted of the forest: resinous, spiced with the taste



of fresh rain, raw wood, mossy bark and dry country air. Manfred Höck wanted to share this experience. To capture the flavour and the associated feelings. And so the idea of the 'fir blossom spirit' was born. The basis for this drink remains the home-made apple brandy. The 'fir blossom spirit' is created by adding the fir flowers, leaving to take effect for a short time and then distilling again. The 'fir blossom spirit', along with the 'honey & ginger liqueur', is one of the creations unique to the Kronbühelhof in Schwoich.

# From schnapps to whisky

Some 200 fruit trees shape the appearance of the farm which is known as 'Krubiche' (dialect word for Kronbühelhof) by the people of Schwoich.

These include numerous apple, bear and plum trees, many of which were planted by Manfred Höck's father. All of these fruit species form the basis for the farm's own brandies which are supplemented by bought-in varieties such as apricot, grape and cereal. Cereal brandy? The combination might sound puzzling but as is often the case, Manfred Höck's passion was sparked by curiosity and knowledge. Around 5 years ago, the Höck household came up with the idea of producing whisky, gin and rum too. Whisky is a trend which can only be savoured following 3 years of cask storage. And it was curiosity which led to the decision to bottle some of the stored wheat brandy after just a year and sample it as a barley brandy. This idea led to a 'high-proof' voyage around the world and brought the Höck schnapps distillery greater international renown under the name of 'Crownhill' (English for Kronbühelhof).

The idea was always to undertake 'clean' distilling: lower yield, higher quality. To extract the very best possible from the home-grown produce. Manfred Höck's hobby became a passion and finally a success. In 2010, the Schwoich-based distiller came top in the region among around 4000 Tyrolean schnapps distillers. This density of schnapps distilleries cannot be found anywhere else in the world. In 2014, the schnapps came out on top in the international Destillata awards in its category. Manfred Höck was overall winner of all the gold medals with his barley brandy, something he achieved again in 2015 with his nutmeg & grape brandy, matured in oak casks.

This year's Destillata topped it all. The whisky from the Höck company won gold along with endless other products.

Manfred Höck has reached the top of his game in the world as the master of brandies, liqueurs and spirits. Yet he remains the same: down-to-earth, genuine and connected to nature.



## The Tyrolean Schnapps Route – a culinary tradition to explore

A voyage of discovery through Tyrol's cuisine. An original Tyrolean snack includes a few slices of smoked bacon, a few pieces of flavoursome mountain cheese, a slice of home-baked farmhouse bread and a sip (or usually 2cl to be precise) of schnapps. The Tyrolean Schnapps Route from the Lower Inntal valley to East Tyrol currently comprises over 40 partner establishments and invites visitors to discover and learn to love the art of schnapps distilling. The distilleries of Brennerei Messerschmied in Ebbs, Brennerei Brennoase in Langkampfen, Brennerei Höck in Schwoich and Brennerei Stix in Thiersee all offer tours and tastings as part of the Tyrolean Schnapps Route.



### Contact & information:

- ✓ **Brennerei Messerschmied - Ebbs**  
Albert Schmider, Kaiserbergstraße 16, 6341 Ebbs  
+43 664 73481776, albert.schmider@aon.at  
Opening times: Friday & Saturday, 9.00 - 12.00
- ✓ **Brennoase - Langkampfen**  
Juliane Bliem, Schönwörthstraße 47, 6336 Langkampfen  
+43 650 2245718, jubli@kufnet.at  
Visits & tastings by arrangement
- ✓ **Brennerei Höck - Schwoich**  
Manfred Höck, Höhe 48, 6334 Schwoich  
+43 664 3657565, manfred.hoeck@chello.at  
Visits & tastings by arrangement
- ✓ **Brennerei Stix - Thiersee**  
Kathi & Hans Stix, Lechen 44, 6335 Thiersee  
+43 5376 5359, ferienwohnungen-stix@thiersee.at  
Visits & tastings by arrangement

Tyrolean dialect: „**Egascht**“

'Egascht' – this is the name of the hay produced from the first mowing in spring.  
'Egaschtgeist' is the distillate made from this hay by schnapps distiller Manfred Höck. It is based on his home-grown apples to which the hay is added to create a spirit, a product blended with pure alcohol. A special treat – during tasting, the intense aroma and taste of hay are immediately reminiscent of the summer air, gently rolling meadows and colourful cornfields.

## 'Signum'

A community product for a good cause



The 'Signum' is made from hand-picked Tyrolean fruit and is a community product from Tiroler Edelbrandsommelier (Tyrolean brandy sommeliers). The fruits are carefully bottled and packaged and the special drops are only available in limited quantities and from selected schnapps distillers. The 'grown and processed in Tyrol' quality guarantee ensures the origin of the fruit and the production of this quality brandy in North and East Tyrol.

Master distiller Manfred Höck reports with pride from the Kufsteinerland community of Schwoich: "The Tiroler Edelbrandsommelier received an award from the ORF fundraising campaign 'Licht ins Dunkel' as a thank you to its 'significant donors' because 'Signum' in particular generated a lot of revenue during the Christmas fundraising campaign which is donated to a good cause each year. What could be better than your hobby being your job and being able to help others at the same time too!"

## Did you know,



... that aronia berries, also known as chokeberries, contain more vitamin C than the much better known redcurrants?

Manfred Höck has a few shrubs of these healthy berries in his garden and each year uses the dark fruits to conjure up a flavour-intensive 'aronia liqueur'.



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# Shopping experiences

at the heart of the fortress town

**Favourite shops are like treasures – finding them takes a bit of luck! But in Kufstein you can enjoy this luck without having to search too far. Combine shopping fun, sightseeing and cuisine – what could be easier!**

### Culinary kick-start

Kufstein – the town on the green river Inn, as it is described at the start of the world-famous Kufsteinerlied song. The best days start with a balanced breakfast. There are plenty of local restaurants and the choice is ginormous: from sweet and fruity to hearty and savoury – the perfect start to the day is guaranteed. Whether on a cosy sun terrace in the town centre, on the river Inn promenade or in one of the carefully furnished cafés – all are worth a visit and impress with their special culinary treats.

### Kufstein experience

The route to the town centre leads direct from the central train station via the Innbrücke bridge and into Kufstein's old town and the famous Römerhofgasse. It's amazing how long you can spend on this seemingly 'short' alleyway. Cobblestones, colourfully painted facades, selected shops and lots of other picturesque details shape the appearance of this historic street. Nearby is the staircase to Kufstein fortress, the historic town hall and the town parish church.

### A leisurely stroll through the town

Combining culture with urban life in Kufstein works best with some relaxed window shopping. Past the town's many small shops which open their doors to a colourful array of products and lots of attention to detail. There are lots of opportunities to relax along the way. A cosy spot by the river Inn with views of the Pendling peak, a park bench in the green town park in Franz-Josef-Platz or a refreshing ice-cream at the foot of the fortress mountain.

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### Shopping becomes an event and night is turned into day

Shopping to your heart's desire until 21.00 with atmospheric live music, street artists and irresistible offers. Night shopping takes place three times a year in the fortress town.

*Dates spring/summer 2017: 4 May and 7 September*





## Parking in the centre of Kufstein

The historic town of Kufstein offers visitors a varied programme. This pure shopping experience in Tyrol's second largest town is the ideal completion to the multi-faceted range of offers available in Kufsteinerland. Family-managed stores with unique and sustainable products, small boutiques with a special charm, delicious gastronomy – Kufstein offers a diverse shopping paradise and unrivalled quality.

At the foot of the picturesque fortress, surrounded by mountains and situated by the green river Inn, there is nothing standing in the way of this special shopping experience. Not even the often-unpopular search for a parking space. Thanks to the new **Kultur Quartier Garage (P6)** Kufstein and the two parking garages at **KUFSTEIN GALERIEN (P3)** and the **Inntalcenter Kufstein (P4)**, visitors can easily park right in the centre. The shops and restaurants of the town centre as well as the fortress and beautiful river Inn promenade can easily be explored here on foot.

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purlepaus

"EATING  
IS A NEED.  
ENJOYING  
IS AN ART.



# *Where gentians blossom*



Pleasure is accorded special significance in Kufsteinerland. Anyone wishing to pay a visit to one of Tyrol's largest alpine landscapes – the Ackernalm in Thiersee – will experience a journey for all the senses.

Sample cheese in its top quality form, hear the tranquillity of a natural landscape, smell the scent of gentians and see the colourfully decorated cows as they parade back down into the valley. Are you familiar with that feeling of freedom as you stand high up on a mountain peak? The wind blows strands of hair from your face and gently caresses your skin. Looking down, the rest of the world seems so small and everyday life seems a distant memory. Here you are at one with nature and with yourself, far away from the everyday hustle and bustle. A moment of pure happiness flows through your body and makes you stop to reflect.

Nothing offers more time and space for relaxation than a natural alpine landscape. And the Ackernalm in the Thierseetal valley provides a virtually perfect spot for such things. This alpine landscape is one of the largest in Tyrol and can be reached within around 3 hours on foot along a beautiful footpath from the Thiersee district of Landl or by car via a well-developed toll road, also from Landl. After a short journey through the forest, you reach the entrance to paradise. There are many small and traditional lodges here, nestled against a unique backdrop. Smoke floats up from the chimneys here and there and in the distance, you can hear the characteristic chiming of cow bells from the cows grazing in the summer meadows. In mid-June, the local farmers drive over 300 animals up to the mountain meadows. The region is home to many striking blue flowers as well as these cows. The wild gentian is beautiful as it blossoms but must not be picked under any circumstances. There is a lot to say about this legendary plant. In many tales, it is said to trigger storms. Anyone who picks the flower will be struck by lightning and anyone who smells the gentian flower will develop freckles. But the most important reason for not picking these beautiful mountain plants is that they are subject to a nature protection order.

### Visiting the largest alpine cheese dairy in Central Europe

At the traditional Ackernalm, guests will find dreamy views of the surrounding landscape and Kaisergebirge peaks as well as some top quality cheeses. At 1,400m above sea level is the largest and most modern alpine cheese dairy in Central Europe. This was also the home of cheese-maker Hans Degeser for 50 years. His passion can still be tasted in the products today. At the

age of 75, he finally handed over his life's work to a worthy successor who still follows the traditional recipe today in honour of Hans.

The natural spices of the alpine herbs and passion for detail are what gives the cheese its special touch. The cheese dairy has won numerous gold and silver medals for its products – and not without good reason! Mountain cheeses, alpine and butter cheeses and various speciality sausages are offered in the small sales room. Kaminwurzen sausages, juicy bacon and other delicious gourmet treats are displayed behind the counter. And anyone biting into a slice of the crispy, home-baked bread with some home-made alpine butter will truly be experiencing a taste of nature.

### A refreshment break is a must

What could be better than a delicious, hearty snack after a long walk? The traditionally furnished Ackernalm beneath the cheese dairy offers a well-deserved reward for mountaineers. The menu features the traditional 'Frittatensuppe' (soup with strips of pancake), served in most Tyrolean inns as well as a juicy wild goulash with bread dumplings or a beautiful colourful salad with hearty cheese dumplings. And pastry lovers are bound to appreciate the sugared pancakes with apple sauce! >>





## Recipe: Almnüsse

The recipe for the Almnüsse (alpine nuts) is sourced direct from Thiersee's farmer's wives.

### Ingredients:

- 1 kg flour
- 300g icing sugar
- 4 eggs
- 1 pinch salt
- 1 pack of vanilla sugar
- 1 small glass of rum
- 1 lemon (juice and peel)
- 200 g butter
- Cream to knead together
- Shortening

### Preparation:

The ingredients are used to make a firm shortcrust pastry which is then left to rest for ½ hour.

The dough is formed into long plaited buns of finger thickness. These are then cut in a zigzag into finger nail-sized pieces using scissors – from top to bottom. The cutting technique helps to shape the Almnüsse. They are placed in a sieve, one portion at a time, cooked in moderately hot fat and then drained.



## Cattle parade on the doorstep

When food in the meadows starts to become scarce and the days and nights get colder again, it's time for the traditional parade of cattle back down into the valley. The local farmers accompany their animals from the meadows back down into the valley after summer where they spend the winter in stables. Back down in the village, the farmers and their cows are greeted with a busy festival. The cows are elaborately decorated. However the adornments are only added if the alpine summer has passed without any fatal accidents for people or animals. The oldest leading cow is accorded a special role – the leader of the herd. This cow is presented with a large wreath made up of the treasures of nature. Twigs, flowers and buds are bound together with colourful ribbons to make a decorative headpiece. The wreath is often woven to form a cross, signifying that the farmers are requesting protection from the heavens. Small mirrors and bells are also said to ward off evil spirits.

Since the walk from the meadows back down into the valley often takes several hours, the farmers need a snack for the route. This is where the 'Almnüsse' come in. The name (alpine nuts) reflects their hazelnut-like shape. Farmer's wives and their daughters spend the day in the kitchen prior to the cattle parade and prepare these hearty treats. They are a good source of energy because they contain sugar and fat. Guests encountered along the way are often given a piece to try.

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### DATES:

16 & 30 September  
Cattle parade, Thiersee

23 September  
Cattle parade,  
Kufstein





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# Blonde natural beauties

## *Fohlenhof Ebbs stud farm*

In addition to the horse stables, you can visit the Museum of Haflinger History and watch the horse care maintenance taking place. The best time for this is from 9.00 to 12.00 and 15.00 to 17.00.



## *Riding sessions*

Riding sessions can be booked over the phone from 8.00 to 12.00 and 13.00 to 17.00.

### **Haflinger Pferdezuchtverband Tirol, Fohlenhof Ebbs stud farm**

Schlossallee 31, 6341 Ebbs, +43 5373 42210  
info@haflinger-tirol.com, www.haflinger-tirol.com

**‘Licensed Tyrolean stallion’ is the trademark of Haflinger stallions and can only be issued at the world’s oldest Haflinger stud farm: the Fohlenhof Ebbs stud farm.**

**T**he special conditions of breeding and the special requirements of the area surrounding the Fohlenhof guarantee the good-natured and uncomplicated character of the Haflinger species.

No other country in the world has the same specifications for breeding Haflinger stallions which is why the Fohlenhof in Ebbs sets the standard for experts. But there is a long road ahead before a stallion can be awarded the title of ‘licensed Tyrolean stallion’. Each year, colts from the entire breeding region of Salzburg, Tyrol and Vorarlberg are assessed. Only after an assessment of their exterior, external appearance and the health, fertility and genetic diseases of their mother and father and then a second assessment of the colts can they be accepted as stallions by the breeding association. The selected animals then come to the Fohlenhof where they are again examined, measured and presented to the public.

### **Further and ongoing training centre for people and animals**

“Stallion breeding is one of our strengths,” says Robert Mair, Managing Director of the Fohlenhof Ebbs. The 20 to 25 selected colts quickly get used to interacting with Haflinger stallions of the same age and older through daily riding in the paddock. “We have to keep the stallions in the herd for 2.5 years to take advantage of the role model effect of the older stallions in terms of their character and upbringing,” says the former trainer, offering a glimpse behind the scenes. The most important principle of all: all of the stallions are fed, treated and kept the same way”.



### Altitude training for sporty types

The one and two-year old horses spend their next summer from mid-May to mid-October at the Buchaueralm on the Erlerberg at an altitude of 1,150m at an 'Alminger' (meadow centre for horses). This stay in the meadows enhances their social behaviour and forms the basis for developing mentally healthy stallions. As in nature, the horses battle it out in the herd for their place and are out in the open air of the mountains by day and night, in wind and in all weather. "This hardens the young stallions and boosts their health and vitality. The youngest stallions live partly on sparse mountain grasses and herbs in the meadows and during freak weather spells experience temperature fluctuations of up to 25 degrees Celsius in just a few hours," says Robert Mair of the fresh summer conditions experienced by the young stallions".



The young horses have to spend hours of each day searching for food which strengthens and firms their tendons, muscles and hooves. During this time, the breeding mares live with their foals and the stallions at the Fohlenhof where they can be visited or ridden during training sessions.

### End of the fresh summer grazing

In autumn, on 14 October when conditions in the meadows become too rough for people and animals, the young stallions return to the valley. They are led on foot back to the Fohlenhof by their supervisors. This is very demanding of the young stallions in terms of energy.

When they arrive back at the Fohlenhof, the stresses of the alpine summer are clearly evident. But the self-confidence, serenity and satisfaction they have developed during their

>>



### Excursion: Haflinger summer meadow

Turn off onto the Erlerbergstrasse at Erl parish church and follow this road to the Erlerberg car park.

If you are lucky, you might encounter one of the free-roaming Haflingers on your walk towards Spitzstein over the meadows.

## Traditional meets modern: GOOD FOOD and Tyrolean hospitality



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time in the mountains is also clearly reflected in their expression and movements.

**Training based on gut feeling**

At the end of their alpine summer, the 2.5 year old stallions start to prepare for the stallion selection. The Fohlenhof is generally full at this point with some 100 horses. Each horse is allocated a supervisor who is responsible for the well-being and training of the animal. When a foal is born, the supervisor is present during the birth and if a mare is to go out on a riding lesson, the responsible supervisor is asked for permission. The supervisor also prepares the young stallions for the performance test. "This produces a passion and connection to the horses without which it would not be possible to exist in the horse industry," says Robert Mair of this special process.

The horse trainers themselves decide what each individual young horse needs. "They are living creatures and if an employee senses that his or her horse perhaps needs a ride out in the paddock on a given day instead of the planned dressage training, then that's how they handle it," says the former trainer at the Haflingerhof of the importance of this 'approach based on gut instinct'.



Show programme and horse riding at the Fohlenhof Ebbs stud farm.

**Stringent criteria to develop character traits**

On the first Saturday in February, the three year old stallions undergo another examination (Körung). And visitors from across the world come to Ebbs for this. In order to be admitted for this assessment, the stallions need to pass a 30 day station test of their health, performance and motivation.






# AschingerAlm

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## Haflingers – a portrait

These blonde horses from the Tyrolean mountains, once used as draught and work horses, have developed to become a breed of family and leisure horses renowned across the world for their good nature and contentment. The special rearing process used for the young stallions retains and passes on characteristics such as serenity, motivation, steady footedness and minimal fodder requirements.

Contrary to what many people think, the Haflinger is not a cold-blooded horse like the Noriker. Cold-blooded horses would find it difficult to obtain sufficient nutrition in the small-scale mountain landscapes of Tyrol and would be too robust for the steep slopes. Haflingers were used during the Second World War and were bred to make small, stocky horses. After the end of the war, the back-breeding process began, creating the larger and more slender leisure and tournament horses we see today. This transformation in the silhouette of the Haflingers has led to their use in dressage as driving and eventing horses.

There are currently some 250 Haflingers in the world, developed from the traditional, local mountain horses into a world breed.



Importance is placed on the stallions being able to pass on good physical as well as mental characteristics. Many of the offspring of these stallions are sold across the world even before their assessment: in the past, they went primarily to North America but now are frequently sold to South Korea. Stallions which do not pass this tough examination are then rejected from the breeding programme and can live their lives as geldings for use as leisure horses.

### Youth development

The rearing and selection processes developed over the decades by the Haflinger Pferdezuchtverband Tirol breeding association are without a doubt among the most stringent in the world. But this guarantees the preservation of the gene pool for all seven bloodlines for pure Haflingers. Members are trained in how to look after and assess their horses so as to meet the conditions for a healthy preservation of the race. There is also a young breeders association with 250 members across Tyrol. <<

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# One summit – two crosses

*The gateway to Tyrol's Inntal valley*

**Anyone who has ever driven from Bavaria to Tyrol's Inntal valley will be familiar with it: the striking Kranzhorn peak which can be seen from afar.**

## Contact

Anker family  
+43.664.9053983  
[www.kranzhorn.at](http://www.kranzhorn.at)

It is a symbol of 'coming home' for many who live in the lower Inntal valley. And that includes Michael Anker who was landlord of the farm of the same name for 45 years. Today he helps his children with the management and acts as a contact partner for guests.

The Kranzhorn Alm farm was first documented during the 16th century. At that time, it was based in an alpine region consisting of seven lodges, some of which were in Bavaria and some in Tyrol. The Kranzhorn Alm has been owned by the Anker family since 1943. Michael Anker first went to the farm at the age of 19 and took over the alpine lodge together with the farming in the valley. Since then, he has spent every summer on the Kranzhorn for the last 47 years with his wife, Inge. They sold their cows a few years ago and now the alpine grasses are eaten by cows owned by other farmers. Michael Anker has now handed the farm over to his children Alexandra Maier and Martin Anker.

"The presence of our father is still important at the farm," Alexandra stresses. "He plays folk music with his guests and creates a great atmosphere with his accordion". So there was a lot to do before she and her brother could take over. Her parents Michael and Inge Anker transformed the snack station into a shelter for hikers where they can stop off for a snack, recharge their batteries and spend the night in a cosy dormitory. They built a forest trail up to the meadow and expanded the



## Experiences tip:

### Spend the night on the Kranzhorn

Individual hikers, families and groups of up to 17 people can spend the night here from June to August, from Thursday to Sunday.





## Aufkas'n

On 28 May, the new alpine season will be opened with music from the Ebbser Kaiserklang band from 12.30!

guest accommodation. Very carefully, using old timber, so as to preserve the traditional atmosphere. The two dormitories were expanded so that families, larger parties and hiking groups could enjoy the mountain air, the sunset and the special atmosphere during sunrise in the meadow with the sound of the cowbells chiming nearby. Alpine breakfasts taste twice as good then!

### Growing into it

The fact that siblings Alexandra Maier and Martin Anker came to take over the running of the lodge seemed like a natural progression. Alexandra can barely recall a holiday she didn't spend with her grandmother up in the meadow. And the children of the siblings are also growing up with and in the meadow.

Alexandra's girls are already helping out diligently and Alexandra 'creates' the cuisine in the form of Tiroler Speckknödel (Tyrolean bacon dumplings),

Kasspatzl (cheese pasta), Almgröstl (roasted meat and potatoes), Blutwurstgröstl (blood sausage and potatoes), Holzknechtpfandl (lumberjack's skillet) and many other traditional dishes. The best ingredients are sourced from regional suppliers. Cakes are also home-baked for guests and sell very well. "From May, the start of the season when the gentians start to blossom, the Bubenau is covered in blue with flowering gentians," says landlady Alexandra. She has been familiar with these flowers since her childhood yet the magic never goes away. Once at the meadow, children can enjoy watching and stroking a few animals along with a playground, football pitch and kids' table. "It's as if the kids use their last drop of energy getting up to the meadow but then as soon as they see a football, their energy miraculously comes flooding right back," laughs landlord Michael. Adults can enjoy the views and the aromatic fragrance of the alpine meadows. >>



The Anker family wish you a warm welcome to the Kranzhorn Alm.



### Excursion tip: Kranzhorn Alm

*The lodge is open in May until 17.00; from June to August until 18.00 and on Thursdays and Saturdays, open into the evening and for overnight stays; from September, the lodge is open during the day until 18.00 and from October to mid-November until 17.00.*

## Salute the mountains – twice!

The striking peak shows the people of the lowlands how to get home but this was not always the case. Erl has been a much disputed area on the border between Bavaria and Tyrol over the years. The numerous old boundary stones are indicative of the many shifts in the border. Today, the state border runs right through the middle of the overhanging peak. Legend has it that the people of Bavaria and Tyrol could not agree on just one summit cross during the 20th century – and so without further ado, a cross was erected for each state to avoid any further disputes between the neighbours of this border region.

Today, the peak features a metal cross with gold decoration erected by the Bavarians and a wooden cross by the Tyroleans. Just another special feature which makes a trip to the Kranzhorn such a unique experience.

## Lots of routes lead to the Kranzhorn

Turning off at the parish church in Erl either on foot or by car and following the Erlerbergstrasse road leads to a gravel car park. The shortest route leads from the car park via a forest trail through the meadowland area and past the Hintermoaralm to the Kranzhorn Alm in just an hour. This 4 km long trail covering 475 m of altitude is suitable for mountain bikes and pushchairs.



### Three different ascents to suit all requirements.

Turning left from the car park over the bridge leads to the Almweg trail which leads via Bubenau to the Kranzhorn Alm. Free-range horses and sheep make this route a varied adventure for children and the ascent itself only takes 10 minutes.

The most difficult yet most rewarding route, in terms of views, leads from the district of Scheiben in Erl (towards the German border) via the 'Erler Herz' pass to the Kranzhorn Alm. To complete this walk, factor in 2 hours plus time to enjoy the views of the Inntal valley. The route also covers approx. 900m of altitude.

Of course, the Kranzhorn can also be explored from the German side. Just before the Bavaria-Tyrol border, turn off left at Windshausen and at the last house, turn right onto a forest trail which leads to the hikers' car park. From here, follow the route mostly follows forest paths with a short climb up to the Kranzhorn Alm.

### Final stretch

Walking past the Kranzhorn Alm for another 15 minutes leads to the summit chapel, via a varied trail. This was erected around the time of the first documented mention of the Kranzhorn Alm in the 16th century.

A few steps behind the approx. 400 year old chapel is a ridge trail, secured with a rope which leads to the striking Kranzhorn summit plateau at 1,368m. In clear weather, you can see from the foothills of the Chiemgau Alps to Munich and the Zillertal Alps.





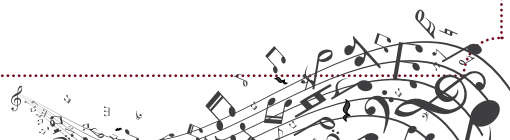
**Event tip:**  
**Kranzhorn Bike&Run**

On 1 July, the Bike&Run team competition will be taking place for the second time from Erl football ground to the Kranzhorn. Bikers will set out from the football pitch towards Erlerberg. After a short warm-up ride, the official start will take place at 16.00 in the village. At the Hintermoar Alm, bikers hand over to the mountain runners who have a steep finish past the Kranzhorn Alm. The winners are honoured with live music and while away the end of the day with a cosy evening at a mountain lodge. Registration and more information: <https://kranzhornbikeandrund.jimdo.com>



**Musical alpine afternoons at the Kranzhorn Alm**

On Wednesday 16, 23 and 30 August, landlord Michael and his colleague Sepp will be performing from 12:30 as the Kranzhorn duo.



# Tiroler Festspiele Erl Sommer

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**Th. 13 to Su. 16 July 2017, Passion play house**

Wolfgang Amadeus Mozart  
**The Magic Flute**

**Sa. 22 July 2017 (WA-Premiere), 19:00, Festival Hall**

Tickets & Information:  
T +43 53 73 81 000 20  
[www.tiroler-festspiele.at](http://www.tiroler-festspiele.at)

# A buzzing window onto nature

13 years ago, the Niederndorf-based carpenter Georg Kitzbichler made himself a stone pine bed. A bed which changed his life, brought him to bees and led to the birth of the Kaisertal queen.

He slowly lifts the cover. A gentle humming sound fills the air. He folds back the white net. Bees begin crawling out between the cracks in the honeycomb. "The queen bee in here is four years old," says Georg Kitzbichler, reflecting. Her days are numbered. He will have to find a successor. A genuine queen of the Kaisertal, although Georg is, of course, the lord of the Kaisertal bees.

## From stone pine to bees

It all began with a stone pine bed. In 2004, the carpenter and entrepreneur decided to take some time out for health reasons and spent a summer in the meadow as an alpine herdsman. He built himself a stone pine bed for a more relaxing sleep. "A friend heard about it and asked whether I could make him a stone pine box for his bees". Georg immediately made four boxes. Two for his friend and two for himself. "I made the boxes for myself as a trial because my friend told me he would give me two bee colonies in the meadow". So the foundations were laid for a passion which turned his previous life upside down. Georg doesn't just want to be an amateur beekeeper.

## The Kaisertal queen

He carefully places the lid back on the hive and opens the next box. The gentle humming can be heard again. One bee lands on Georg's thumb. Georg looks relaxed. He isn't wearing a protective suit. "It's too cumbersome for me and I don't need it with my bees". When he gets stung, there isn't even any swelling anymore. Things were different in the beginning. Once he was even flown to hospital from the Kaisertal valley by helicopter. His bee colonies are very docile now. The Niederndorf resident ensures this in person with his own Kaisertal queens.

"I started breeding queens in 2007. I probably have a good hand for it," he laughs while taking about how it all started. "During my summer in the meadows, I was fascinated by the flight of the bees. It is like a window on nature. You gain another link to the environment". He is particularly impressed by the selfless behaviour of the bees. "They only live to preserve their colony".

## The friendly bee

Back from the meadow, he packed in his carpentry work and took up beekeeping as a career. The Kaisertal valley, where the majority of his bee colonies live, is ideal for this. "The valley is contained and is therefore ideal for beekeeping. There is no breeding with bees from outside. You can regulate the offspring yourself". The ideal basis for breeding friendly bees, as he calls it. A docile temperament and good honey yield are required. "I started breeding queens to get rid of my protective suit. I wanted docile bee colonies".

## Did you know?

... that in winter, bees in the hive flock together to form a ball to minimise heat loss. Penguins too have perfected this technique. Bees and penguins then change their position repeatedly to ensure that those on the outside then return to the warmer inside of the ball.



Georg Kitzbichler



### The flight of the year

8 March 2014 is the date displayed under the photo on Georg's laptop. It shows a bee hive with individual bees flying out of the hive. "This is the spring awakening. The first bee flight of the year". This is a special day for Georg every year. "It warms my heart to see the first bees fly out each year". At first, it is always just a few bees from the hive which set off for the first exploration and go in search of pollen. Back at the hive, they share their message. If positive, the colony gets moving. "Some colonies become active at 8 degrees Celsius. That's all down to the queen; she passes on her activity". In summer, he goes to see his bees two to three times a week. At the end of July, the honey extraction begins. "The yield can be between 0 and 40 kg per hive. On average, it is around 15 kilos".

Georg now looks after some 50 bee colonies. 30 managed colonies and 20 young colonies. "In Hinterbärenbad, I have a beehouse with 6 colonies in addition to another 6 in individual hives. And there are 5 at the Pfandwirt. Admittedly that is an unusually high number! I should cut down a bit but bees are my greatest passion," he says with a glint in his eye, looking out over the elegant, buzzing creatures.

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### Beekeeping as a vocation

"Bees are not just a hobby," Georg suddenly changes the subject. "You have to really rack your brains as to how best to look after them. You can't just go there and work". Being relaxed and at one with yourself is essential when working with these buzzing insects. They notice when you are nervous or stressed, as Georg explains. The result: they become unsettled. "Changes in weather also have an impact on their behaviour. When you remove a layer of the honeycomb, you immediately hear what mood the bees are in and can react accordingly".



### Gourmet tip

The honey made by Georg Kitzbichler's bees is available from the cheese shop at the Aschinger Alm and from the Pfandlhof in the Kaisertal valley.

Foto: Gemeinde Niederndorf



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Sporting activity and a pure idyll. Bad Häring combines the two. This popular spa resort offers kilometres of running and walking trails as well as a specially developed Health Trail at the heart of nature.



# *A running and walking paradise Bad Häring*

*A place for strength and energy*



People have been coming to Bad Häring for many years to get healthy or better still, to stay healthy. A sunny plateau extends out at 650m above sea level. When the sulphur springs were discovered here by chance during the 19th century, the foundations for health and wellbeing were laid. Today the spring is classed as one of the most healing sulphur springs in the alpine region. The energy and power of the sulphur are usually most evident when exercising outdoors.

In addition to the fantastic views of the surrounding mountain chains, sports fans will also discover moments of rest and revitalisation in the Bad Häring spa resort.

### **Trainers on – and out into nature!**

The sounds of a small brook can be heard from afar, the tall trees offer shade and the rays of sunshine force their way through the thin forest and bring soothing warmth. The ferns on the edge of the trail away silently





meaning that it is not particularly steep and suitable for beginners. This circuit is ideal for those who perhaps have difficulty with their breathing when running uphill. Not forgetting the many beautiful spots passed along the way. The surface underfoot varies between asphalt and a forest and meadowland trail.

The right equipment is essential for well-bring when running. The running shoes are, of course, the most important. Anyone wishing to try running and using old, worn-out trainers will not find much pleasure in the sport. The shoes need to be incredibly robust because they have to absorb many times the body weight with every step, regardless of speed. The shoes are subject to high requirements – they need to absorb impact, offer stable and controlled movement and ensure good rolling of the foot. The good news – all good running shoes are also ideal for walking and hiking. Another aspect which should be taken into account when purchasing running shoes is the surface most exercise will take place on. Functional running wear is also required and can be purchased in any sports shop. Training with a heart rate monitor is a possibility but is not essential for beginners.

### Discover the secrets of life

Discover nature with all the senses – this is possible on the specially developed Health Train in Bad Häring which starts out from the Kirchplatz square in the village centre. The energy and experience-packed route is 3 km long in total and is easily accessible for all ages. Walkers will find lots of different stations along the route offering lots of interesting and useful information about Mother Nature and her energy on small and carefully designed panels. The Health Trail also provides information on the effects of mud baths, Kneipp hydrotherapy treatments and the local sulphurous waters. The special thing: scents and other sensory stimuli are integrated into the route along with the cycles of life. Hiking, walking and Nordic walking are a real adventure in Bad Häring.

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in the wind which brings a faint scent of fresh moss and damp grass. It must be the scent of paradise. Complete tranquillity and only the sense of your own breath. Even if you can't hear your heart beating, you can feel it. With the sound of birds tweeting in the trees, you suddenly become aware that this is probably one of the most beautiful running areas in Kufsteinterland. The Bad Häring spa resort opens its doors to both running and walking fans. A 6.2 km well signposted route starts and ends in the Kirchplatz square in the village centre. The height difference is 83m in total,





## Tips for Nordic Walking

- ✓ The ideal preparation for the body for running
- ✓ The upper body and arms are trained while protecting the musculoskeletal system, especially the bones and joints
- ✓ The diagonal walking technique is quick and easy to learn. Move the left arm and right foot forward together and then the right arm with the left foot
- ✓ The sticks needed have an ergonomic grip with adjustable hand straps because these provide the optimal guidance
- ✓ The hands should only grip sticks firmly to push off but should be opened behind the body for relaxation
- ✓ The ground surface also plays a role here. Walking a long way on an asphalt surface requires rubber tips on the sticks while hardened metal tips are suitable for forest or meadowland surfaces
- ✓ It is quick and easy to determine the length of the sticks required. Simply multiply your height by the factor 0.7.

## On the Health Trail

### A source of strength & 'inner Tai Chi'

'Inner Tai Chi' predominantly focuses on the interaction of the spirit, breathing and movement. This station teaches how to concentrate on this and breathe from the stomach. The aim behind this is to get back in harmony with nature by breathing correctly. Breathing from the stomach also helps to focus attention on the body. The result? You feel more grounded, both physically and in terms of energy.



### The water source

The element of water represents many things, in particular health. The Romans and Greeks taught us that. Water has always been a symbol of life. Sit down on the big stone in the stream which made its way through the forest thousands of years

ago to give the plants what they needed. Notice the smooth movements with which the water gently circumvents each obstacle. Read the information panels and find out why ancient beliefs in the healing power of water still continue today.



### The sensory source



This station is all about touching, smelling, feeling, seeing and hearing. What does the bark of an oak or ash tree feel like and how does it differ from a beech or larch? A creatively designed wooden

xylophone reveals the structure and sound of the different local trees. Large wooden recliners provide the perfect place to relax en route. So take a seat and become a part of nature, in line with the motto of this spot.

### The life source

When did you last walk barefoot through nature? Kick off your shoes and socks and set off on this barefoot experience! Welcome to the 'Path of Senses'. Can you guess what surfaces are under your feet? Are you walking over big stones, small pieces of wood or sand? This station also has a raised flowerbed, demonstrating the diversity of herbs and other plants.



### The sulphur source

On the Health Trail, visitors can observe a sulphur spring at close range. This precious resource can be appreciated and used in the well-being and health area. The soothing use of this healing Tyrolean spring is said to have a big impact. Here you have the chance to experience the benefits of this healing water on your own body with all the senses.



### The moorland source

Humans have long been aware of the healing effects of moorland. Historical traditions show that moorland baths have been used and valued for a long time. The mud stores the warmth much better than water and releases it slowly into the water, creating a pleasant sensation. The muscles relax but this benefits the immune system and metabolism. Visitors enjoy the natural treasure of the Haslacher Moor and its surrounding area on the Bad Häring Health Trail which is defined by its unbelievable fauna.





# Health

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- ◆ 14 soothing therapies ◆ 2 consultations with a doctor ◆ sauna and pool area with heated outdoor swimming pool, etc.

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- ◆ sauna and pool area with heated outdoor swimming pool, etc.

*prices per person; valid for 2017; plus local tax*



from **€ 900,-\***  
to € 1.050,-\*



*prices per person; valid for 2017 – prices vary in categories and seasons; plus local tax*

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## The walk

The shortest walk to the ice cave starts out from the district of Embach in Angerberg. From here, an approx. 2.5 hour walk leads via a forest trail to the Buchackeralm and on to the ice cave.

Another 2.5 hour walk leads from Hinterthiersee along a gentle incline past the Schattberg (Wieshof) initially. At Modal, the route continues on east (long-distance footpath E4) and later the Köglalm appears. Both routes are well signposted.

# An icy fairy-tale world in the mountain

A legendary world opens up at 1,520m above sea level. There are some 16 different levels in the mountain, surrounded by pillars of ice and dripstone formations. The Hundsalm ice and dripstone cave. Adventurous cave researchers braved the depths of the rock over 50 years ago, never suspecting what would await them at around 55m deep into the mountain.

Over 122 steps lead down underground. The temperature drops. Droplets channel their way over the moist glistening rock. The first step into the cave. The sound of the birds tweeting is silenced. Carbide lamps brighten the ochre-coloured cliff walls, covered by ice in parts and are reflected in the first signs of icicles. Icy formations which seem to hover from the ceiling. A taster of the fairy-tale world of the ice cave.

A book lies open before him on the table. 'Association for Caving in Tyrol – Hundsalm ice and dripstone cave' is spelt out there in thick, green letters. "Today we are celebrating the opening of the cave to visitors 50 years ago. None of us ever dared to dream that when we climbed down into the cave for the first time. But we never doubted that we could do it". The Helmut Feldkircher of Angerberg is part of the hard core of the 'Researcher Group Wörgl' which in 1964 set itself the goal of opening out the ice cave between Buchacker and Hundsalm to form a show cave. The project was accompanied by icy temperatures and a discovery reminiscent of Arabian Nights.

### 'Young and crazy' beneath the ice

"Many people thought we were simply young and crazy when we began to implement the idea of Viktor Büchl, Chairman of the Wörgl Researcher Group and open the cave up to visitors". They used rope ladders to descend down in the icy depths. Some 12 adventurous cave researchers.

From university lecturers to railway workers and a bricklayer. "There was ice everywhere down there. Metres thick. That was a tough and a cold time". They made the stairs in the valley and transported the components, some of which weighed up to 250 kg, to the Hundsalm using a military jeep. The journey from here continued on foot because there was only a narrow ascent leading up to the cave at that time. They spent max. 5 hours working underground before returning back to the lodge. "The clothing was frozen until the oven in the lodge provided some warmth again". The men opened up the cave as far as the dripstone area. The dripstone area fascinated with its naturally created forms. In one place, there is something resembling an owl. But the highlight is the head of Christ. Then men invested some 2,500 of voluntary work over 2.5 years in the work before it finally opened on 15 August 1967. "At that time, we thought that the cave did not extend any further. That was an error, as emerged years later". Deep underground was a treasure chamber like something from Arabian Nights.

### Tip

In addition to the Hundsalm ice cave, the Tischofer cave in the Kaisertal valley is one of the family tours based around the adventure caves in Kufsteinerland. Natural steps lead to the Kaisertal valley which was named the most attractive spot in Austria in 2016.

A short climb via the steps leads to a romantic side path to the Tischofer cave. One of the most significant prehistoric excavation sites in Tyrol. Cave animals and people once lived among the 40m deep cliffs of the cave. Finds can be seen at the local history museum at Kufstein fortress.



## A sparkling fairy-tale world

17 cave guides lead visitors through the ice cave from mid-May to the end of September. "From officials to nurses, we are an illustrious group," Helmut laughs. The cave researchers also spend endless hours of work outside of the cave tours. "Last year 450 hours were spent on the mountain alone. Each year, we have to prepare the cave for the tours again. After some of the winters, we have been greeted by ice walls metres thick along the tour routes". The carbide lamps brighten up the space. One ice column seems to fall from a hole in the ceiling into the depths like an icy waterfall, dominating the 25m long ice dome. The first area of the ice cave. Steps lead down into the dripstone section. "The tour previously ended here and visitors had to take the same route back," says Helmut of the early days. A few year after the opening of the caves, the men decided to open up the cave further to make a circular route. "We cut away at the ice, cleared away stones and dragged materials for the new steps from the valley up to the cave. Then a new world opened up to us, one layer deeper".

Helmut shakes his head, laughing. "Many people saw us as the crazy mountain people because we didn't give up". Despite this, the cave researchers receive a lot of support in the valley. The butcher always donates a snack to them for an energy boost. They are permitted to use the workshop of an electronics company and an iron and steel dealer provides them with materials for free. "He said pay me with the admission money you get later". After weeks of hard work, the men came to the deepest part of the current tour area.

Some 16 levels underground. The ice cellar. "We were greeted by a crystal palace. The walls were covered with small, icy crystal plates. Filigree formations which break on contact. Simply breath-taking".



There is no sign of the crystal plates anymore but the ice cellar retains its charm, as Helmut reports. "It offers a glimpse inside the inner workings of the mountain. The cave seems to be alive and keeps changing. New columns develop. The Hundsalm ice cave is and remains an experience".

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### A summary

Length of visitor route: 180m  
Duration of tour: approx. 30 mins

Opening times: from 10:00 to 16:00. From mid-May to 30 September on weekends and public holidays.  
Tours take place daily from mid-July to the end of August.

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**54 years ago, the area around the Zahmer and Wilder Kaiser was designated a nature protection area. The region is defined by the Wilder and Zahmer mountain chains which offer a diverse nature experience for hikers, families, climbers and nature lovers. The links between people and the region are just as diverse as the region itself.**

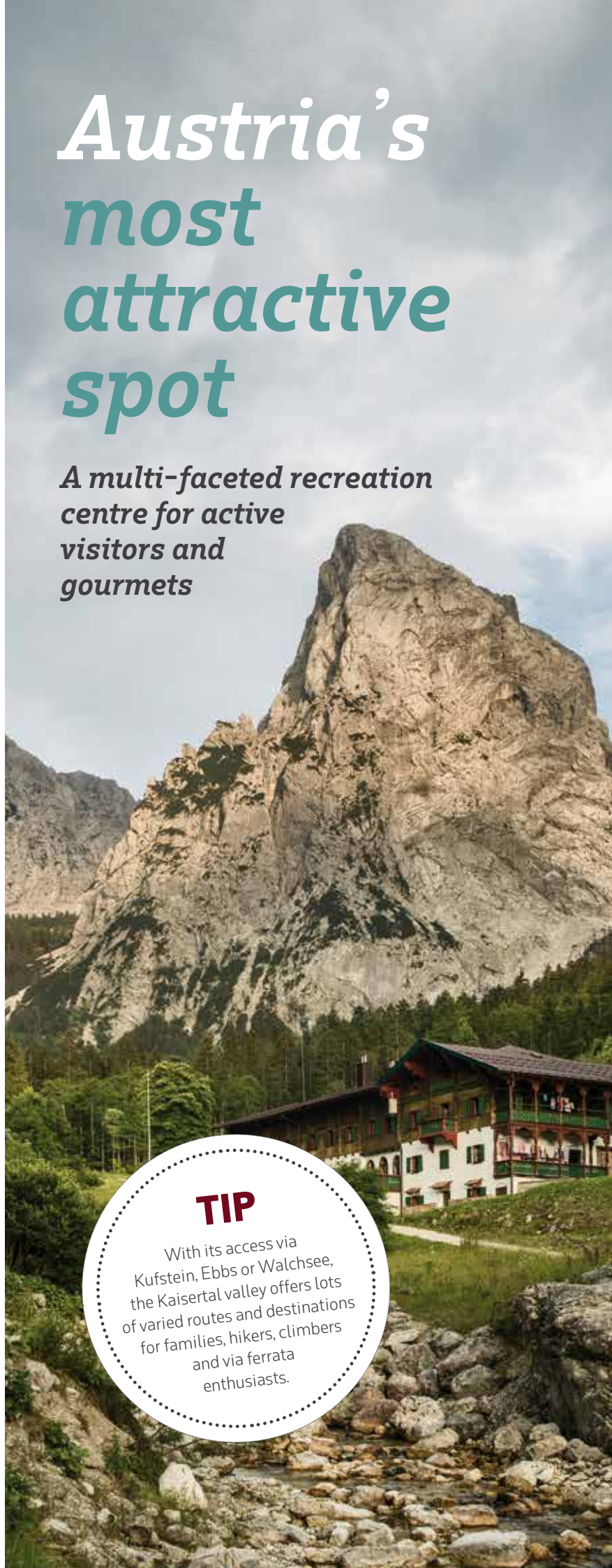
**R**eini Mühlmann from Kufstein experienced the development of the Kaisergebirge nature protection area close hand and even helped out in places. He has been climbing in the Kaisergebirge since the age of 14: "There was no such thing as not climbing for boys in the area, says the now 91 year old. When he joined the Alpine Association two years later, he gained recognition through a brave rescue involving an emergency bivouac of two climbers who got into difficulty on the Totensessel. However the war forced the young boy to join the mountain infantry. Following surrender, Reini Mühlmann was able to return to climbing.

### **Climbing team**

He carried his heavy 30m long rope in his rucksack from East Carinthia to the snow-covered Hohe Tauern to Kufstein. But the efforts paid off: "During the deprived post-war era, I became a popular climbing partner to many fellow climbers with this rope," he says, smiling. The Kaisergebirge had become the key to climbing just before the First World War, according to mountaineer Reinhold Messner and has remained the homeland of car-less Reini Mühlmann ever since. Numerous tours took him and his comrades in their climbing shoes with manchon soles (a kind of felt sole) and corduroy knee breeches to respected destinations such as Totenkirchl, Fleischbank and Predigtstuhl. "But anyone wishing to undertake a tour in the Kaisergebirge had to set off the evening beforehand and spend the night in mountain lodges, usually the Stripsenjochhaus. On Saturday afternoon, we walked through the lengthy Kaisertal valley and spent the evening singing," he recalls. The book 'Insero Gsangl' in Korrent script contains a few black & white photos and brings to life the memories of this time.

# Austria's most attractive spot

*A multi-faceted recreation centre for active visitors and gourmets*



## **TIP**

With its access via Kufstein, Ebbs or Walchsee, the Kaisertal valley offers lots of varied routes and destinations for families, hikers, climbers and via ferrata enthusiasts.



### Passion and vocation paired with willpower

After studying forestry at the University of Agricultural Sciences, Reini Mühlmann recognised that the mountains were much more than just a scaffold for climbing. He was impressed in particular by the botany, phytosociology, plant community and geology. The Kufsteiner welcomed the decision to make the area around the Wilder and Zahmer Kaiser a nature protection area. He worked there himself for 22 years from 1967 as a qualified forestry engineer. “The forest is more than just 1000 fathoms of wood – it is bliss,” says Reini Mühlmann quoting Bert Brecht whose saying serves as a guide to him. In 1971, he transformed the forest at the ‘Hoher Winkl’, an authentic and rare original forest at the end of the Kaisertal valley, into Tyrol’s first nature forest reserve following a unanimous decision by the municipal council. In nature forest reserves, there is no tree felling, wood processing or reforestation. The forest rejuvenates and maintains itself, as an on-site inspection showed after 45 years. “The ‘Hoher Winkl’ nature forest reserve, nestled between the impressive west wall of the Totenkirchl peak, the Kopftörlgrat ridge and the Plattenschüssen of the Kleiner Halt, is a virtually unrivalled impressive beauty,” says the retired forest engineer enthusiastically. There is now also a second reserve in the Kaisertal valley, the Bärenental-Hirschgraben area.

Despite his 91 years of age, Reini Mühlmann still has lots more ideas as to how the Kaisergebirge can be further protected and preserved in its role as a recreation area, for example, designation as a nature park. He has nothing against hikers and climbers being excluded from the nature protection area. Because visitors are important for nature protection. He cites another writer, Goethe: “You only value what you know”.

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### *The crowning moment*

**W**hat inhabitants around the Kaiser have long known about ‘their’ Kaiser has now been confirmed: the Kaisertal valley in Kufsteinerland was voted the most attractive location in Austria by a judging panel as part of the ORF programme ‘9 Plätze – 9 Schätze’ (9 places – 9 treasures).

Over a million viewers saw the crowning moment for this valley between the communities of Ebbs and Kufstein. “The people of Kaisertal certainly deserve this award. They have made the valley what it is. The success and thanks go out in particular to the inhabitants, landlords and Alpine association,” says mayor of Ebbs, Josef Ritzer.

A valley which was only accessible on foot up until 2008. Cars for inhabitants of the valley had to be flown in by helicopter and parked in a spot above the 308 steps to the ascent to the Kaisertal valley. Number plates were not necessary. The valley was nicknamed the ‘valley of the lawless’ as a result. But today, access through the tunnel is reserved only for the 39 registered inhabitants of the valley. Visitors have to use the steps if they want to appreciate this treasure.





## The fascination of climbing

The Kaisergebirge area continues to be a paradise for sports and alpine climbers. One of them is Gebhard Bandler.

The 34 year old has been climbing for over 20 years. "At that time, it was not so much of a fashionable sport as it is today. Certainly I and my brother Markus Bandler (ice climbing world champion) were among the pioneers," he says. The Tyrolean runner-up in climbing and successful European Championships participant withdrew from competition in his early 20s. He studied history and German and as a historian, now works in the history of the climate, environment and tourism. In winter, he has been working as a state certified mountain and skiing guide since this year.

In his book 'Wilder Kaiser', he summarises all of his passions. He describes one of these stories for Moments magazine: "The Dulferriss on the Fleischbank is of particular historical interest for me. Hans Dülfer first completed the tour in September 1913. The special thing about it: he did it unsecured and climbed the route without the use of any ropes.

Today we would call it 'freesolo'. The route is classed as a 6 which does not sound difficult by today's standards. However the climbing cannot be compared with a modern 6 at a climbing hall or climbing garden. The points are much more complex and it feels significantly more difficult".

## The treasures of the Kaiser

Nature protection experts are particularly impressed by the diversity of the local plants. Here is a summary of what the Kaisergebirge nature protection area has to offer:



- ✓ Birds of prey such as the eagle owl, pygmy owl, Tengmalm's owl, sparrowhawk, goshawk and the king of them all, the golden eagle, all have their habitat here
- ✓ In some areas of the Kaiser, the mating calls of the black cock and woodgrouse can be heard
- ✓ Snow grouse are at home above the tree line and rock partridges can also be found here
- ✓ Heavily endangered species such as the peregrine falcon and short-toed treecreeper also live here
- ✓ Crested newts and yellow-bellied toads can reproduce here thanks to the comprehensive species protection projects



- ✓ The Kaisergebirge region is also a treat for all kinds of mammals such as the black vole, dormouse, stoat, snow hare, chamois, roe deer and red deer



- ✓ In terms of amphibians, both the fire salamander and Alpine salamander can be found in the Kaisergebirge



- ✓ Delicate orchids such as the yellow lady's slipper, white and red helleborine, various wild orchids, forest hyacinths and marsh helleborine are found here
- ✓ Abundant growths of the Christmas rose (black hellebore) and auricula (mountain cowslip) are a special feature
- ✓ Rare plants such as the dwarf alpenrose and Burser's saxifrage value the protection and spread well here



- ✓ One special invertebrate found here is the green earthworm (*Allolobophora smaragdina*) which reaches its westernmost distribution limit at the Kaisergebirge. During its development, it undergoes a colour change from pinky-red to violet to a bright transitional colour. The characteristic emerald green colouring only develops in adulthood after approx. 2 to 3 years. The earthworm eats deadwood and can be found, for example, in the area around the Hans Berger Haus and Anton Karg Haus



- ✓ There are also snakes in the Kaisertal valley – but these are rarely seen because they are extremely shy. These are either the heat-loving smooth snakes or adders which can easily be confused.
- ✓ Adders can also be black (black adder) or copper red (copper adder).



# KUltura highlights

## in summer / autumn

### **Tyrol Festival Erl**

The programme for the 20th festival summer during the anniversary year of 2017 includes operas by Rossini, Mozart and Wagner, big concerts featuring works by Beethoven and Rachmaninov and an exquisite selection of chamber music concerts and specials. The Tyrol Festival Erl unites contrasts. In 2017, the programme will feature Wagner's Ring over four consecutive days.

- ✓ 6 to 30 July 2017
- ✓ The Ring of the Nibelung, 13 to 16 July 2017

### **CONCORDIA social projects**

18 June 2017, 11:00, Erl Festival Hall

### **Academia Vocalis, 10 July to 27 August**

Singers from all fields will be given the chance to gain useful tips for their artistic development from global stars, whether they are still training or just before or during a posting. The artists present what they have learnt during finale concerts in and around Kufsteinerland.

#### **Kufsteinerland concerts:**

- ✓ 15 and 27 August - Hotel Panorama Royal / Bad Häring

### **Kufstein Operetta Summer** **28 July to 13 August**

Surrounded by historic walls with wide-ranging views and the fortress town at your feet. The green river Inn and the Tyrolean peaks as a natural backdrop. And above all – the sound of music.

Established stars of Vienna's Volksoper perform on stage alongside gifted up-and-coming artists. Ballet and soloists. A combination which defines the special charm of the Kufstein Operetta Summer. The Operetta Summer first came to life 10 years ago at Kufstein Fortress as an undercover and largely weather-proof event and since then has become a popular and successful component of Tyrol's cultural calendar.

- ✓ From 28 July to 13 August, another world-famous opera will feature on the agenda in the form of the 'Gypsy Baron' by Johann Strauss.

# Event highlights

## May - October 2017

### MAY

- ✓ **Glück.Tage - Happy Kufsteinerland**  
24 to 28 May

The name says it all! Talks, readings and workshops on the fields of philosophy, psychology, ethnics and natural sciences, centred around the theme of 'happiness'.

### JUNE

- ✓ **Kufstein Knights' Festival**  
2 to 5 June  
The mediaeval show at the fortress
- ✓ **Kufstein Unlimited: 9 - 11 June**  
The biggest rock and pop festival in western Austria
- ✓ **Kaiserfest Kufstein: 24 June**  
Probably the most traditional town festival in the heart of Kufstein

### JULY

- ✓ **Kufstein Wine Festival**  
14 and 15 July  
Winegrowers from Austria and Italy present their exquisite wines and culinary treats within the summery ambience of the Stadtpark
- ✓ **Thiersee Lake Festival**  
28 and 29 July  
A folk festival on the banks of the lake with music and entertainment for all the family
- ✓ **TT Hiking Cup in Thiersee**  
30 July  
Walking event for all with a circuit for families and experts

### AUGUST

- ✓ **Ebbs Flower Parade & Hansi Hinterseer**  
24 to 27 August

Thousands of flowers form the focal point of the community of Ebbs and the entire Kufsteinerland region is in bloom. The big open-air concert by Hansi Hinterseer will take place at the Hödnerhof on Saturday evening and the highlight will be marked by the traditional procession on the Sunday. An artistic floral treat and musical pleasures at the same time – a colourful programme awaits visitors.

### SEPTEMBER

- ✓ **Cattle parade**  
16 September to 14 October

The loud chiming of cowbells, a colourful display of floral headdresses on the animals, regional treats and a varied music programme – the cattle ceremony to drive the cows back down into the meadow heralds the arrival of autumn at its best.

- ✓ **16. & 30. September**  
**Thiersee cattle parade**
- ✓ **23. September**  
**Kufstein cattle parade**
- ✓ **Haflinger fillies**  
**Auction weekend**  
29 September to 1 October  
Fohlenhof Ebbs stud farm

### OCTOBER

- ✓ **Autumn – Gourmet Day Kufstein**  
3 October

Each year on German Unity Day, the market square around the 'Fischergries' in the town centre is transformed into a festival. Delicious treats are offered at numerous market stalls as well as arts and crafts. An entertaining programme for little visitors plus folk music round off the programme for this celebratory day.

- ✓ **Haflinger Stud Parade Ebbs**  
14 October

Blonde beauties and powerful elegance. Culinary treats and music. Tradition meets elegance. The young studs impress on their way from the meadows down to their winter quarters at the World Haflinger Centre, the Fohlenhof Ebbs stud farm. Treats from the region pamper the palate and transform the homecoming of these young animals into a celebration in this picturesque spot at the foot of the Zahmer Kaiser.

- ✓ **Leonhardiritt Thiersee**  
22 October

A festival of horses, organised by the Thiersee Noriker Breeding Association, which opens with a celebratory procession of decorated horses, carriages and carts from Mitterland to Hinterthiersee.

## ***KUlinaria*** ***Pleasure connects*** ***11 to 14 May***

The aroma of curry wafts about the place. The grill is sizzling. Chocolate to make your mouth water as soon as you see it. Culinary treats for every craving before the backdrop of the green river Inn and the Tyrolean mountains of Kufsteinerland. Gourmets. Foodies. Amateur chefs. A pleasure which connects with some surprising culinary experiences. KUlinaria in the fortress town.

With the Street Food Market Austria, Kufsteinerland brings together regional treats and foods from all over the world. The Fischergries in Kufstein is transformed into a gourmet paradise. 3,000 m2 of the finest cuisine. Stroll around the idyllic square right by the green river Inn. Enjoy new culinary treats, exotic smells, hearty foods and sweet treats at the various stands.



**Thursday 11 May 2017**

Food Art Performance  
with Tainá Guedes



**Saturday 13 May 2017**

Food Styling & Photography Workshop  
with food blogger Eva Fischer

## ***Natur.Küche*** ***Kufsteinerland*** ***5 May to 6 October***

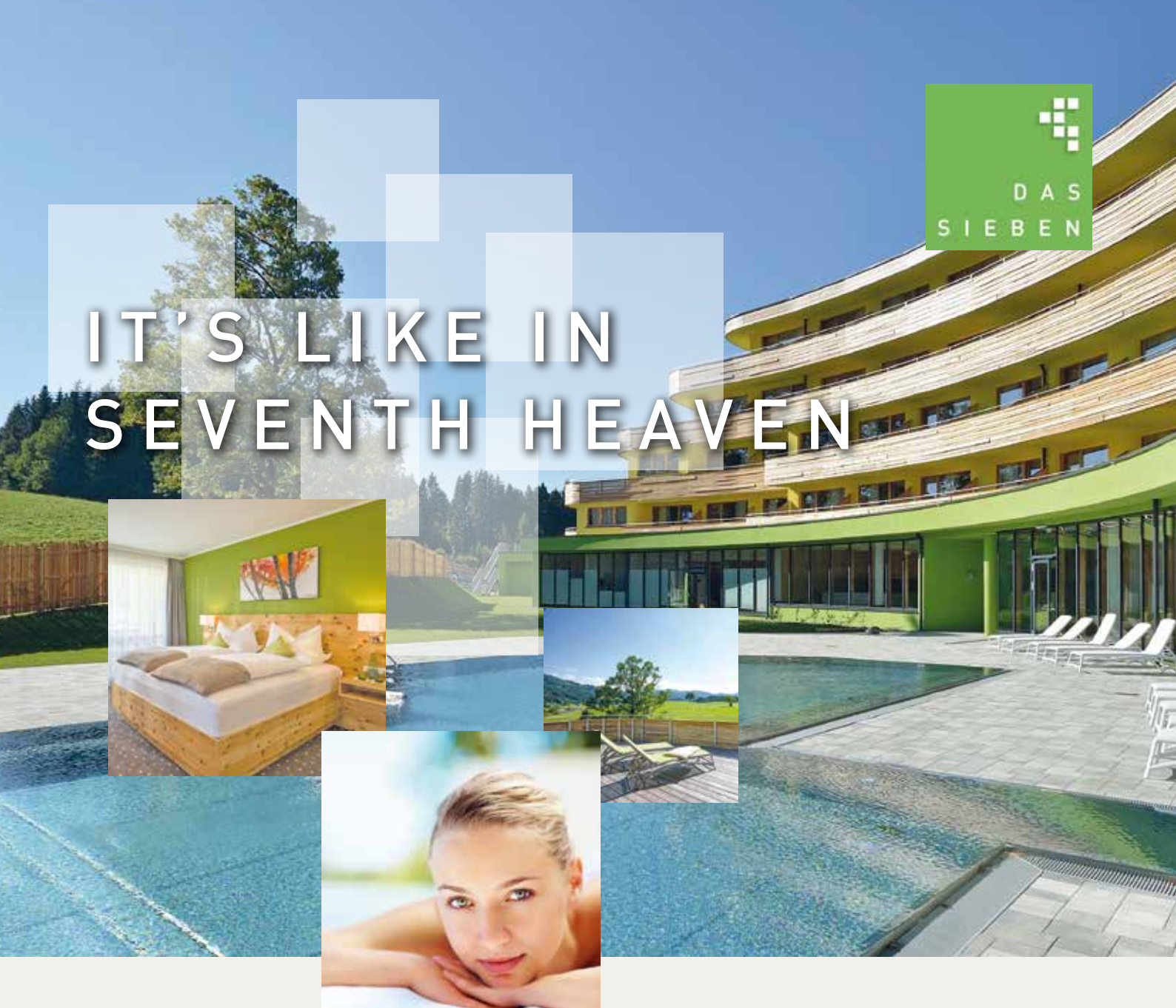
Restaurant owners from Kufsteinerland will be popping up in unusual places once a month from May to October to serve some exceptional culinary delights. A special dinner conjured up using regional produce, lots of passion and ties to the local region at the gateway to the Tyrolean Alps.

- ✓ **5 May: May.Cuisine Ebbs**
- ✓ **9 June: Lake.Cuisine Thiersee**
- ✓ **7 July: Garden.Cuisine Kufstein**
- ✓ **4 August: Kaiser.Cuisine Niederndorf**
- ✓ **1 September: Forest.Cuisine Erl**
- ✓ **6 October: Healthy.Cuisine Bad Häring**

**December preview: Advent.Cuisine Kufstein**



# IT'S LIKE IN SEVENTH HEAVEN



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