

# *Kufsteinerland* **Moments**



## *Riding the heart of the Alps*

The UCI Road World Championships 2018 in Tyrol

## *Wild life*

The Ebbs Rare Animals Zoo

## *Eye to eye with the Kaiser*

The Langkampfen airfield

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## Editorial

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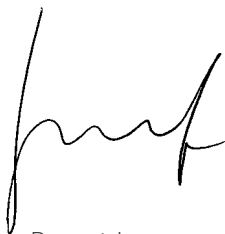
**I**t is the landscape which shapes the people. The mountains of Kufsteinerland where we breathe deep and from where we can see far beyond the borders of the area. The lakes where we take a refreshing dip and where we find tranquillity.

There are endless forest walks to bring us inspiration and relaxation. And bastions of culture such as the fortress, chapels and churches which bring strength and grounding.

And the people shape the region. Motivated and moved by our environment, we inhabitants of Kufsteinerland have influenced and designed our region too. Diligent craftworkers producing traditional wares and creating living spaces; keen business people offering and trading their products; and friendly restaurateurs and hoteliers looking after their guests.

“This all shapes Kufsteinerland. And our Moments guest magazine is like a display window looking into the soul of our region and giving you an idea of how you could spend a holiday here. See for yourself!”

We wish you a very pleasant stay!



Best wishes,  
Johann Mauracher



**Johann Mauracher**  
Chairman of TVB Kufsteinerland

*“Like a display  
window looking  
into the soul  
of our region”.*



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*Good things take time*

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# *Riding the of the Alps*



*The UCI Road World Championships 2018 at the heart of Europe*

The eyes of the cycling world will all be on Kufstein from 27 to 30 September: the world's best road cyclists will be taking to the streets of Kufstein over these four days. The town is anticipating a huge event unlike anything seen here before. It is hoped that there will be a lively atmosphere among the locals and that the event will appeal to both active sports fans and spectators.







A historic eight day sporting event awaits us with the arrival of the Road World Championships. This will be the second biggest sporting event in Tyrol after the Winter Olympics and a superlative event: over 200 nations will be taking part with an estimated 200 million TV viewers every day. Four of the twelve races will start out in the fortress town.

### Starting out in the treasure of Tyrol

“The town of Kufstein has certainly backed the right horse – or rather bike – with the Road World Championships,” according to Deputy State Governor and sports representative Josef Geisler. Mayor Martin Krumschnabel feels that it is important to position the fortress town as the starting point of the Road World Championships: “Kufstein is investing great hope in this – and so we are highly committed. We want to be right out there at the front”. The teams from Belgium, Germany and Italy are already committed to staying in Kufstein. And they will bring with them the athletes, their direct entourage and many fans.

“We will provide the athletes with the optimal conditions and impress spectators with the charm of Kufstein,” says mayor Martin Krumschnabel.

Thomas Rohregger, route official for the Road World Championships and a former professional cyclist, expects Kufstein to be fully booked during this time. “We are based at the heart of Europe in a very easy-to-access location and so we expect to welcome a large number of fans”. At maximum capacity, up to 32,000 overnight stays may be booked in Kufstein and the surrounding area over the four days. There is plenty for locals to enjoy too: tickets are being sold only for the finish line area close to the Hofburg in Innsbruck but spectators can watch for free at the start points and along the routes. The organisers of the Road World Championships are expecting up to 500,000 spectators to attend. Thomas Rohregger is hoping for a similar atmosphere to the Norwegian mountains in 2017 when cycling enthusiasts from all over the world came here to watch their stars at close range. >>



## The best bike

Choosing the right racing bike is all a matter of how it feels: Hans-Peter Gratt, owner of Inn-Bike in Kufstein and a former professional mountain biker for the Austrian team, describes how it's difficult to make the choice.

"Racing bikes are like the sand by the sea. There is one to suit everyone," Hans-Peter Gratt promises. It's all about choosing the right frame but more about the bike settings. There are roughly three different types of racing bike: in addition to long-distance bikes which are comfortable for sitting on, there are also light-weight bikes where the focus is on weight optimisation and aero bikes which have particularly good aerodynamics and are therefore very fast. "For the Road World Championships, you need a good mix of a very light and aerodynamic bike. Many bikers will opt for a very light bike," Hans-Peter Gratt assumes, given the high altitude difference of the course.

UCI regulations require a minimum weight of 6.77 kilos to ensure that bikers have stable wheels. When purchasing a new bike, the setting – the so-called bike fitting – is crucial. "Every customer or cyclist is different. You always have to find a balance: the cyclist needs to feel comfortable but at the same time, a high level of efficiency is required". It's always about applying as much power to the pedals as possible. The finer details are critical to ensuring the bike is set up right. "You need to have done lots of riding yourself," Hans-Peter Gratt explains.



In 2018, Kufsteinerland will play host to the UCI Road World Championships 2018.

### A window onto the world

The atmosphere along the edges of the road will be crucial to the success of the race. The images from Tyrol will be broadcast around the world. "A region has a chance to present its people, its culture and its economic advantages over many hours," explains the Chairman of Tirol Werbung Josef Margreiter. All of the races will be broadcast live on ORF. Over 190 TV stations will be broadcasting the races live to international TV channels. Over 700 journalists and media representatives are expected to attend over the eight days of racing. Kufstein's 'Kultur Quartier' centre will be transformed into a press centre for the duration of the Road World Championships. Over 1,500 volunteers will be ensuring that the event runs smoothly across the region.

*"Cycling is the skiing of summer".*

*Josef Margreiter, Tirol Werbung*

The Road World Championships aims to highlight Tyrol's mountain summer: "Mountaineering and climbing are hard to convey via the media," says Margreiter. But cycling is one of the healthiest leisure activities and so it is worth taking advantage of this 'window onto the world'. "We are taking our commitment further to boost the renown and popularity of the region," Josef Margreiter promises.

Johann Mauracher of Kufsteinerland places particular emphasis on collaborating with commercial enterprises. "Everything costs money," says Mauracher. He's hoping to achieve financial success for the companies far beyond the period of the Road World Championships. "If we manage that – and we will manage it, I know – we will do everything to make sure that our guests say afterwards: we need to go there again!" That should be possible with side events and evening events. And concerts are also being planned in the fortress arena.

### Routes for mountain lovers

The starting points for the Road World Championships are distributed across the land: home to the Ötztal valley, the Alpbachtal Seenland and the Hall-Wattens region, Kufstein has three different starting points. The cyclists will certainly need a dose of luck: the highlight



of this year's Road World Championships is undoubtedly Road World Championships 2018 the Men's Elite road race which will start out in Kufstein on the Sunday. The Junior road race, Men's U-23 and Women's Elite races will run from Kufstein to Innsbruck. From Kufstein, the route leads via Schwoich to Bad Häring and on to Kirchbichl. The challenging route continues on through the Inntal valley to Innsbruck, covering a total of 5,000m in altitude.

"You have to enjoy cycling in the mountains," says Kufstein's professional cyclist Maximilian Kuen about the route of the Road World Championships. "It has never been more difficult when it comes to the altitude. You could integrate millions of inclines on the route towards Innsbruck – and a real Alpine pass would have been a novelty – but that wouldn't work with the World Championships. The key thing, in addition to the altitude metres, is the width of the road and the logistical feasibility. "You have to approach such an event with respect," as emphasised by the head of the traffic police and operational commander for the organisation of the Road World Championships, Markus Widmann. "As the police, we are undertaking thorough preparations. Comprehensive testing of the route and transport negotiations are currently taking place. There will be an escort to accompany the cyclists safely from the start to the finish line as well as numerous barriers along the route. Detour measures also need to be implemented. This presents a significant challenge to the transport police as well as the security police".

There were lengthy discussions in advance as to how difficult the routes for the Road World Championships should be. The selected routes will certainly challenge the athletes: the combination of flat sections and steep ascents is unique in the world. In terms of the route, the Road World Championships in Tyrol is among the most difficult road bike races in history. A gradient of 28% has been integrated over the last 10

km with the Höttinger Höll. The circular route around Innsbruck aims to live up to the motto of the Road World Championships 2018 – 'Riding the Heart of the Alps'. Hopefully all of the cyclists will reach the finish line close to the Hofburg in Innsbruck – some earlier and some later. A shuttle train service is currently being considered to transport spectators back to Kufstein again after the race so that they can while away the evening in the fortress town. >>

## Racing tips from a professional

**Maximilian Kuen, born in 1992 in Kufstein, is currently starting out for the 'My Bike Stevens' team. He trains in his home town of Kufstein during the winter months; he particularly enjoys cycling along various routes around the Kaisergebirge.**



### THE RIGHT TRAINING

"A good cyclist is made in winter," according to Maximilian Kuen. "In summer, you are mostly on the bike and training on that. In winter, however, additional strength training is very important". The motto today is 'quality before quantity' and it is often worth devising your own training plan so as to train systematically. It is also worth undertaking a comprehensive body analysis so as to avoid any possible imbalances.

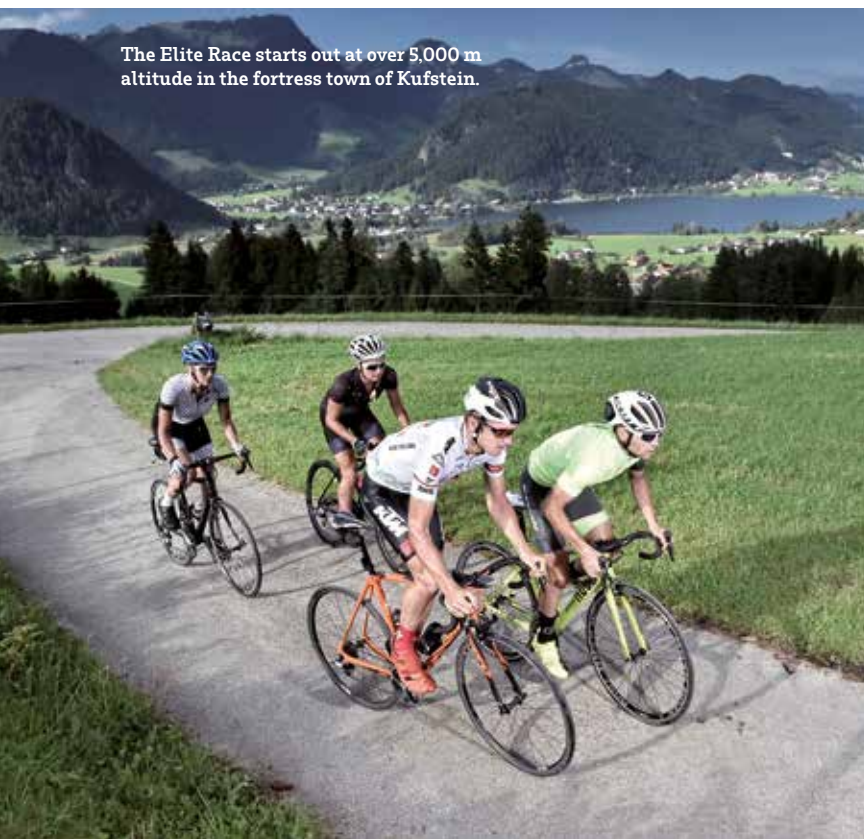
### GOOD POSTURE

"One cyclist might sit comfortably on their bike while another looks terrible and yet is out in front. There is no generalising here". Advice from a bike shop is particularly important for this reason: when purchasing a new bike, the body of the cyclist should be measured. Flexibility and mobility play a role. And then the bike is adjusted to these parameters. Despite this, the cyclist may find that a different position feels better and helps achieve better times: it is crucial to know your own bike well so as to set your own position correctly. "The most important thing is to listen to your own body," Maximilian Kuen recommends.

### HEALTHY NUTRITION

When asked what he eats, Maximilian Kuen replies: "I eat when I am hungry and I eat exactly what I want!" He is lucky that this has worked very well so far. Many top athletes eat a large portion of rice or pasta around 3 hours before the start so as to top up their glucose stores. It is very important not to be hungry when you start a race. During the race, Maximilian Kuen uses the gels and bars provided by his sponsors. They taste good and are specifically adapted to suit the needs of athletes. But a simple banana is also an option: it is rich in minerals and easy to digest.

The Elite Race starts out at over 5,000 m altitude in the fortress town of Kufstein.





## Three questions for **Thomas Rohregger**

*Ex-cyclist and World Cup ambassador*



After a professional career spanning 10 years, the Tour of Austria winner from Kramsach is now responsible for coordinating the Road World Championships.

### *How do you set the route?*

In the end, it is a compromise. You have to take account of the various areas. First there is the question of whether it makes sense from a sporting perspective: is it rideable? Is it too dangerous? Or too steep? Then it has to be logistically feasible from the viewpoint of the authorities too. And the third aspect is tourism: we want to show off as many beautiful images as possible.

### *What challenges remain?*

We will still be dealing with organisational issues until September. It is difficult to estimate how many spectators will come. We want to create a fantastic atmosphere like during the Tour de France or Giro d'Italia. We want to inspire and motivate the people of Tyrol and encourage them to get involved.

### *What are you looking forward to in particular?*

I am very happy that our region has this enormous opportunity to become immortalised on the international cycling map. It will be a great festival of cycling, I am sure of that! And I hope that it will have a lasting positive effect on our region.

<<



*Riding the Heart  
of the Alps.*



*“Passion for sport and exercise need to become more widespread: with a focus on sport as an event!”*

*Josef Geisler,  
Deputy State Governor and sports representative*



# In Balance

*Striving to find your inner core.*

**Lots of different methods should support us on our journey to greater mindfulness. Where does the desire for greater calm come from? Which Far Eastern practices are most promising? There are various places in nature around Lake Thiersee where you can find yourself and seek peace and relaxation.**

“Live in the moment!” is the dictum of our age – a backlash against our performance-oriented society. We often tend to place our work above everything else and lose sight of the body. As the most highly developed species on earth, we might ask why we are so set on self-destruction: stress, unhealthy food, minimal exercise and the fear of an uncertain future are part of the daily agenda for many. So it is important to take care and responsibility for ourselves. It is recommended that we communicate with our inner voice. One means of engaging with this discussion is to pause and refrain from habitual behaviours.

## **The measure of all things**

Mindfulness training can help to deal with the challenges of everyday life. It is originally derived from Buddhist teachings and meditational practice. In the western world, it is used as a form of psychotherapy. The focus of mindfulness is on the commonalities of numerous therapies from the Far East which combine gentle exercise with intense concentration. Tai Chi, Qi-Gong and Yoga all work according to this principle, among others. Western meditation techniques also revolve around the person meditating living in the here and now.

Concentration is essential in many sports and helps with living in the moment. A recurrent issue is to find the right level and in particular to avoid ‘excess’: an excess of food, information, input, work or alcohol can often cause us more harm than good. We have to learn to sense when it is enough – physically and mentally – and stop in good time.

## **Personal growth**

Nature can support us on our journey to greater mindfulness: the endless cycle of coming and going and existing without purpose, as in nature, can serve as a role model for us. The notion that contact with nature can heal us is by no means a new one: with the onset of industrialisation and resultant mechanisation and economisation in around 1800, the human mind began to dominate over nature. At the same time, counter-concepts were developed during the Romanticism era: they sought to create a different and sustainable relationship between man and nature and to mediate peacefully between culture and nature.

*If you have the intention  
to renew yourself,  
do it every day.*

*Confucius*



One of the central viewpoints of Romanticism is that paradise can be found on earth rather than in the afterlife if humans protect their environment.

Various practices derived from Asia can be applied to boost your own mindfulness. We present some of them below: Yoga, Tai Chi, Forest Bathing and Stand Up Paddling are offered regularly around Lake Thiersee. It is also important to meet the needs of everyday life without losing your connection with yourself. Strain should be alternated with relaxation. And so we organise our life in a way which is not exhausting.



## Conscious breathing Yoga

Yoga is much more than just 'Indian aerobics'. Even though the focus today is often on the sporting components, Yoga seeks to achieve harmony between the body and mind. Yoga uses the muscles to bring the body into balance.

It can also help to achieve mental clarity; it is not about a high-brow reflection about yourself but rather intuitive recognition in the moment. The practice of Yoga focuses on conscious breathing and the body exercises should be carried out with a high degree of concentration. The yogi focuses solely on himself or herself while on the yoga mat and in this way, everyday tensions can be released. Every Yoga session ends with Shavasana. This relaxing meditation calms the circulation and brings inner peace.

## The discovery of slowing down

### Tai Chi

Tai Chi was developed and passed on by Taoist monks. Today Tai Chi is used as a spiritual form of exercise training which strives to achieve unity between people and the universe, based on Far Eastern philosophy. Tension in the body, breathing and mindfulness are trained as part of a clearly defined and flowing process of movement. The sequences of movement are known as 'forms' which are made up of different postures or individual movements. A form can take between a few minutes to several hours, depending on the number of postures. The relaxed movements aim to stimulate the Qi – the life energy. A strong flowing Qi guarantees vitality and zest for life. Clinical studies have proven that regular practising of Tai Chi has a positive effect on the cardiovascular and immune system.



## Try something new Stand up Paddling

Stand Up Paddling is a water-based sport which first became known in Europe a few years ago. It involves standing up on a special surfboard and paddling across lakes or flowing water using a long blade paddle. This sport also has Asian roots: the original residents of Polynesia are said to stand when catching fish. Stand Up Paddling is an efficient means of training the whole body. It also hones the sense of balance and concentration: one wrong move and you quickly end up in the water! SUP Yoga is often offered: here you can practise exercises based on the traditional Hatha Yoga but under the tricky conditions of using a surfboard – a whole new challenge! Learning something new has a positive impact on the nervous system: it slows the ageing of brain cells to be confronted with something new.

## Recharging your batteries

### Forest Bathing

Many people intuitively decide to go on a walk through their local forest when they want to clear their mind or top up their energy levels. Forest bathing was developed as a form of therapy in Japan. There are many therapy centres on the island offering 'shinrin-yoku' which translates as 'bathing in the forest air'. Walking in nature has been proven to lower blood pressure and reduce heart rate and stress hormones. Bathing in the forest air is also used to prevent burn-out and cancer. The forest air is rich in so-called phytoncides which are similar to antibiotics in their effect. Plants create these substances to protect against pests. In addition to this documented healing effect, the forest also creates a sense of peace, far away from civilisation. The local forests are home to a range of energy centres, perfect for whiling away the time.

# Get active now

These activities can be tried out free-of-charge as part of the Kufsteinerland programme of experiences. The complete programme of events can be found online at [www.kufstein.com](http://www.kufstein.com) under 'Culture & Life'. Printed copies of the information brochure for 2018 can be obtained from the tourist information office in the Unterer Stadtplatz square.

#### Registration and information:

Tourismusverband Kufsteinerland . Unterer Stadtplatz 11-13 . A-6330 Kufstein  
Tel.: +43 5372 62207, [info@kufstein.com](mailto:info@kufstein.com) . [www.kufstein.com](http://www.kufstein.com)



# A *fateful year* for the city of *Kufstein*

He transformed the castle into a fortress: Emperor Maximilian I – the last knight and first cannoneer – conquered Kufstein in 1504 and erected a monument to himself in the form of the self-titled ‘Kaiserturm’ tower. During a tour of the fortress site, guide Lisbeth Bellinger from the ‘Verein Guides’ association explains the historic significance of this conquering.

## The staircase

“First it is important to recognise the difference between a ‘Schloss’ (palace), ‘Burg’ (castle) and ‘Festung’ (fortress),” Lisbeth Bellinger explains. Palaces are the places where members of the aristocracy used to live.



It is here that the families of the powerful once lived. The palaces were largely built inland and far away from any battlegrounds. The period from 1000 to 1500 AD was the heyday of fortresses. They were built with a square tower in the centre, the so-called keep, with residential and chancery buildings around the edges. The architecture was very well suited for defence purposes in the Middle Ages when hand-to-hand combat was still taking place. The weaponry changed in around 1500 and the first canons emerged. The architecture of these defences therefore had to be adapted: rounded fortresses became the modern thing. The rounded canon balls ricocheted off the thick walls of the rounded towers. “The turning point came in 1504 with the conquering by Emperor Maximilian I, King of the Romans and of Germany at that time. He was the one who said: I want to have something grand in Kufstein, a stronghold. Something to scare people away. And so he had the ‘Kaiserturm’ tower built to show: nobody has a chance here,” Lisbeth Bellinger says of the connection.

## The Kaiserturm

The castle site in Kufstein was expanded and developed into a fortress on the command of Emperor Maximilian I. But Emperor Maximilian I did not survive long enough to see its completion: he died in 1519. Despite this, he will go down in history for the ‘Kaiserturm’: “He was responsible for the planning and said that the tower should be called



the ‘Emperor’ – that was his express wish,” Lisbeth Bellinger explains. After 1504, Kufstein became a border town and began to gain in significance. The castle in Rattenberg of similar size, for example, was abandoned and left to deteriorate. Kufstein fortress was a base for soldiers until the 19th century and was never privately owned. In 1924 the fortress was handed over to the town of Kufstein and today is the headquarters for several associations including the ‘Heimatverein’, an association dedicated to the history of the town.

## An overview

Looking out across the town of Kufstein, the pathway of the former town walls is clearly visible. The remains of the town walls dating from the 15th century remain at the end of the Römerhofgasse: this was once the site of a tower which was destroyed during the battle for freedom in 1809. The original passageway has therefore not been retained. The town walls ran parallel from here to the river Inn and the so-called water bastion. The town walls branched off from this corner bastion and ran along the current Marktgasse street to the Oberer Stadtplatz square. The fact that Kufstein’s historic town centre is situated to the north east is indicative of the people first settled here in the shadows of the fortress mountain: it was the Bavarians who set up home behind this defence complex. Kufstein was under Bavarian control up until 1504, apart from a few years under Margarethe von Maultasch (1356 – 1363).





# 1504



## *Historic tours of the fortress*

General tours of the history of Kufstein fortress take place every day at 12:40 (after the concert on the 'Heroes' Organ'). No registration is required for the tour, you simply pay a supplement of € 3.00 on the normal admission ticket of € 10.00 (in winter) and € 12.00 (in summer) for adults. Discounted tickets are available for groups. You can also contact the 'Verein Guides' association directly on +43 (0)676 772 3023 and arrange an individual tour (possibly based around a theme). Up to 35 people can take part in a tour and an hour in the fortress costs from € 60.00.

Children's tours in costumes are also available from 'Verein Guides': key scenes are re-enacted with the children to help them understand, such as the one above in which Hans von Pienzenau sweeps down the fortress walls. The children's tour is recommended for children aged between 4 and 10 years old.





Kufstein fortress – an experience for all the family.

### The artillery laboratory

The artillery laboratory is situated between Josefsburg and the oldest part of the fortress and currently houses two special exhibitions. Previously, weapons and ammunition were stored here. The exhibition on Emperor Maximilian I focuses on the history of the Emperor life and features replicas of his armour and art from the 16th century. So how did Emperor Maximilian I come to stage a siege at the fortress? In 1500, Hans von Pienzenau was appointed as custodian of the fortress by Duke Georg of Lower Bavaria.

Once Emperor Maximilian had acted as arbitrator in the Bavaria-Palatinate War of Succession, the courts of Kufstein, Kitzbühel and

Rattenberg were also devolved to him. During his first visit to the fortress, Hans von Pienzenau swore loyalty to him and accepted the gifts provided by the Emperor (weapons, ammunition and food). Shortly after, Hans von Pienzenau (always a Bavarian at heart) handed Kufstein fortress over to the people of Palatinate in August 1504 without a fight.

### The Zeller Berg

When Emperor Maximilian I heard of the disloyalty of Hans von Pienzenau, he was very angry and headed to Kufstein with an army of 8000 men and 1000 horsemen. But Hans von Pienzenau did not hand back the fortress because he thought that troops would rush to his aid from Palatinate. He dusted down the walls of the fortress with a broom to indicate how little harm the Emperor's guns could do to him. Emperor Maximilian I set up camp behind the Zeller Berg mountain so as to lay siege to the fortress from the protection of the mountain and await the arrival of the two 'Purlepaus' and 'Weckauf' canons. These were obtained from Innsbruck's armoury. 32 horses were harnessed up to transport just one canon from Innsbruck to Hall. From here, the canons were

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transported along the river Inn on rafts. The fortress was fired on from all sides on 12 October 1504.

“The Emperor instructed that there should be no survivors. Hans von Pienzenau had really angered the Emperor: he had sworn loyalty to him and then turned his back and ridiculed him. That was simply too much so no one was to survive,” Lisbeth Bellinger explains. Despite this, 42 people, including Hans von Pienzenau, were captured. They were taken to the so-called ‘11er Bauern’ and condemned to death at a fast-tracked trial near Langkampfen. The Emperor was present in person at the executions on 17 October 1504, an unusual happening: “He wanted to see the executions for himself. 18 people were beheaded. The first was Hans von Pienzenau,” says Lisbeth Bellinger of the bloody event. “After 18 executions Erich von Braunschweig, a trusted advisor to the Emperor, requested an end to the bloodbath”. But Emperor Maximilian could not accept that. He lashed out at his friend in punishment but then decided to halt the executions. <<



## Emperor Maximilian and his wives

Emperor Maximilian I was an important figure for Tyrol: he loved the land and regularly organised hunts with government affairs often taking him to Innsbruck. He was a Emperor full of energy and drive. At the same time, he was constantly suffering financial difficulties and this was reflected in his approach to marriage: Anna of Burgundy is said to have been his great love but the relationship ended after only 5 years when she died following a riding accident in 1482. His next lover, Anne of Brittany, is described as less attractive but appealed to Emperor Maximilian I with her great wealth. But he was subsequently pushed out by his own son-in-law who married Anne himself.

The Emperor's second wife led a shadowy existence by his side: following a 'per procuracionem' wedding in Milan, Bianca Maria Sforza undertook the difficult journey across the Alps alone to meet her husband in Tyrol. Emperor Maximilian I kept her waiting for almost half a year. Finally on 9 March 1494, he arrived in Hall and withdrew with his young bride for an hour. Regardless of their brief wedding night, it quickly became clear to Bianca Maria Sforza that Maximilian had only married her for financial reasons. The marriage was childless. Bianca Maria Sforza died of a broken heart on New Year's Eve 1510.

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# A paradise of herbs

In the past, only potatoes were planted at the Annabatterie but today a blossoming garden can be found in its place, based on a mediaeval monastery garden. Over 100 different herbs now grow in the herb gardens of Kufstein fortress.



## The healing power of nature

The history of medicinal herbs is as old as the history of humanity: monasteries have always shared their knowledge about the healing effects of nature. The mediaeval monastery garden was originally a vegetable garden for self-sufficiency. The quantities of spices, medicinal plants and aromatic plants grown was small and so they were grown in gardens rather than fields. The patches were often square in layout and the plants were grown in simple raised beds.

Some religious orders dedicated themselves entirely to medicine: the monks and nuns studied the works of ancient authors and accumulated knowledge about the effects of the herbs. Knowledge handed down by word of mouth also found its way into mediaeval monastic medicine. The best example of this are the naturopathic writings of Hildegard von Bingen: she described illnesses and their treatment methods as well advocating a holistic approach to human medicine.

Following the triumphant arrival of chemical medicinal products in the 20th century, interest in plant-based medication began to wane. Over the last few years, people have begun to turn to the power of nature again. Medicinal plants are based on traditional experience and they are taken in the form of a tea, bath, inhalation or tincture. Local plants form the starting point for these treatments, ideally plants gathered oneself.

## The green fingers of women

The Annabatterie is named after the wife of Emperor Ferdinand I. The garden with over 100 different plant species was established in the mid-90s and its structured is based on that of a mediaeval monastery garden. The herb garden is tended by Hildegard Holzer who, in addition to her work selling tickets, tends to the garden all year round with her colleague. Perhaps in choosing her first name, Hildegard, her mother already had a sense of her daughter's future interest in herbs and alternative healing methods. The learned alternative practitioner does not know of virtually any disorder which cannot be treated with one herb or another.

The garden needs a lot of attention in summer. During the hot season, the herbs need to be watered regularly. The layout of the plants is based on a handed-down tradition, according to Hildegard Holzer. She has only made a few changes to create the optimal conditions for the plants. Hildegard Holzer has been following a new concept for the last two years: she now plants the beds more tightly to create more space for nature. The wild growth creates a pleasant feel and involves much less work.



## There's a herb for that

### COUGHS

Ribwort, cowslip, mallow, thyme, sundew, peppermint

### BURN-OUT

Valerian, ginseng, St. John's wort, hops, lemon balm, lavender

### MENSTRUAL DISORDERS

Lady's mantle, yarrow, monk's pepper

### STOMACH ACHE

Spirit of melissa, wormwood, camomile, peppermint, liquorice

### SKIN PROBLEMS

Lavender, marigold, parsley, sage, witch hazel



## Health through spices

In addition to the 'classic' medicinal herbs for pharmacies, such as valerian, camomile, lemon balm and thyme, numerous other so-called spices are also grown at the Annabatterie: borage, garlic and onions have a particularly broad range of uses and are said to have an anti-inflammatory and calming effect.

The herbs grown at the Kufstein fortress today have a wide range of uses: on the one hand, employees of Kufstein fortress often take a small bunch of herbs with them and visitors to the fortress cannot always hold back from grabbing some. The wild strawberries are particularly popular with children. And since this year, the herbs for use in the fortress kitchens have also been grown in the gardens of the Annabatterie.





“The garden is at its most beautiful at 7am,” says Holzer enthusiastically. She often tends to the plants before beginning her work in the ticket office. The gardens are open to visitors all year round. The best time to see the herbs in bloom is July and August. The herbs are then ready to harvest at the end of summer. Admission to the Annabatterie is included in the price for visiting Kufstein fortress.

## Herb gardens in the surrounding area

### Rooted in Tyrol

**Christiane Wurznauer · Windschnurweg 5 · 6336 Langkampfen**

*A wonderful sloped garden growing kitchen herbs, medicinal herbs and wild herbs, managed by two sisters. The herbs grown in the garden are used to make teas, spices, salts and syrups.*

### Thierseetal World of Herbs

**Christine Kirchmair · Hinterthiersee 125 · 6335 Thiersee**

*Medicinal herbs in particular can be found here. The manager is an energy practitioner and offers certified herb training to share her knowledge of herbs and traditional home remedies with others.*

### Herb spiral in Ebbs

**Aschinger Alm Ebbs · Oberbuchberg 34a · 6341 Ebbs**

*A carefully tended herb spiral can be found on the panorama terrace at the Aschinger Alm. Herbs for use in Tyrolean cuisine are grown here in particular.*

## Anna of the Annabatterie

Anna Jagielle of Bohemia and Hungary was heiress to Bohemia and Hungary and lived from 1503 to 1547. She was married off to the grandson of Maximilian I, Ferdinand I and the subsequent Emperor of the Holy Roman Empire. She bore her husband fifteen children. At that time, it was unusual for parents to take the education of their children into their own hands and send their children to a public school in Innsbruck. Anna Jagielle of Bohemia and Hungary was gifted at languages and clever. She mostly accompanied her husband on his travels and supported him in political issues.

## The best Tyrolean home remedies

### St. John's wort oil

St. John's wort soothes rheumatic disorders and promotes the healing of wounds. A handful of fresh St. John's wort flowers is added to a large glass and topped with oil to cover the flowers. The glass is then sealed and left to stand in a sunny spot for four weeks. It is then sieved and dispensed into a small bottle.

### Marigold salve

Marigold is soothing on the skin and has anti-inflammatory properties. Two tablespoons of marigold flowers are slowly heated in 200ml of cold-pressed sunflower oil. They are left to stand overnight and heated again the next day, then sieved. 50g of pure beeswax is added and melted in while stirring. Once the mass has solidified, a teaspoon of propolis tincture is mixed in and the substance added to small pots.

### Arnica dressing

Arnica is used to treat swelling and inflammation in the event of injury. Four teaspoons of arnica flowers are added to 250ml of hot water and left to stew for 10 minutes. Soak a linen cloth in the mixture and place the warm dressing on the affected area for approx. 15 minutes.



# Taking the town by storm

24 hours in Kufstein – a wide-ranging experience

**W**hether travelling by train or car: as soon as you see the fortress, you know you have reached your destination. And in 24 hours, you can certainly gain an initial impression of this much praised town on the river Inn. And there are many facets to explore.

## Arrive. Get Set. Go.

After being greeted at the hotel, your journey leads to the centre, at the foot of the fortress mountain. There are many small cafés here where you can sit down and watch the bustle of the town. From here, you can follow a footpath or take the panorama lift up to the town's landmark. Various trails, catacombs, secret passageways and the museum of local history tell the story of Tyrol's second largest town. Back in the centre, the wide range of restaurants reflect Kufstein's international aspect. This is part of the history of Kufstein as a former border town to Germany and home to a university of applied sciences offering various international courses.







### **A town of many facets**

After a leisurely lunch, you can enjoy browsing the shops of Kufstein. It is worth setting aside some time for this due to the combination of individual shops and larger stores on offer both in the two shopping centres and the roads around the town centre. The selection of clothing, decorative items, literature and much more is very diverse, as in any town. And when else do you have the time to browse and try things on in peace? Once your treasures are all safely stored at the hotel, you can take a walk through the edge of Kufstein forest or enjoy a refreshing dip in one of the surrounding mountain lakes to discover another facet of the fortress town. A good glass of wine at one of the themed wine bars is also a great way to spend the evening.

### **Something to suit every taste**

When you start to feel hungry after a busy day, there is something to suit every taste thanks to the wide range of food on offer in the evening. You should definitely treat yourself to a 'nightcap' in the bar with the world's largest selection of gins! And after a restful night of clean air and pleasant temperatures, you can enjoy breakfast at your hotel or one of the cafés in the town and breathe in some more of the 'Kufstein air'. After a second detour to the boutiques and shopping centres, it's time to leave the fortress town. But with lots of great memories and impressions to take with you! >>



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## TANTALISING TIMES



Opening times  
Tues-Sun: 12:00–14:00 & 18:00–21:30  
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W: [www.alpenrose-kufstein.at](http://www.alpenrose-kufstein.at)

## Charming service

Anyone paying a visit to the fortress town can enjoy a wide range of cuisine and shopping opportunities as well as the warm Tyrolean hospitality. After all, charming service is more than just an empty phrase in Kufstein – it is a philosophy of living!

## Kufstein ducat

This is the fortress town's own coin; available for € 10 per coin, this is the town's own currency and a popular 'gift voucher' which can be redeemed in virtually all of Kufstein's shops.



## Parking in the town centre

(follow the signs)

- Kufstein Galerien parking garage
- Inntalcenter parking garage
- Altstadtgarage parking garage
- Citypark parking garage
- Zentrumsgarage parking garage
- Kultur Quartier parking garage
- Stadtsaal car park
- Kufstein Arena car park
- Park & Ride car park
- Salurner Straße car park
- Gilmstraße car park

- Access via E.-Hofbauer-Weg  
Gewerbehof 1
- Access via E.-Hofbauer-Weg  
Kronthalerstraße 4  
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Shopping in the heart of Kufstein.



# Wild life

36 year old Marion Mayr has been running the Ebbs Rare Animals Zoo together with her partner Rudi Otto since 2007. We talk to Austria's youngest female zoo director about her career, life with the wild animals and responsibility for nature.

## *How did you come to take on the zoo?*

*Marion Mayr:* At that time, there was talk of the zoo facing closure. I have known the zoo since my childhood days and it would have been a real shame for this paradise to close. Rudi and I love working with animals and it was our dream to work with animals. So we asked ourselves: what would it be like if we continued managing the zoo? We began to help the Eberl family with running the zoo when we had spare time to get used to it. It quickly became clear to us that we wanted to take over the zoo.

## *Where does the name 'rare animals zoo' come from?*

*Marion Mayr:* We kept the name because people were already familiar with it. The zoo was originally home to some very exotic animals from all over the world, especially birds. There were some really rare species here! Today we want to show visitors some appealing species worthy of protection at the park. It is important to collaborate with other zoos in this.

## *What special things can be seen at the zoo?*

*Marion Mayr:* It's really great to host children's birthday parties or make the wishes of adults come true. When feeding the giant tortoises, the children can prepare the food and then feed the tortoises by hand. Our 'Maxi' is a very trusting creature and can be stroked and fondled. That's great fun for the children. We once had a man who wanted to go into the coati enclosure. We let him feed them some treats and the animals came up close so he could stroke them and they even climbed up his trouser leg! He really loved it. There are so many stories like that. Visitors are particularly captivated by the young animals – from the children right through to the adults! >>







### *The blue peacock of the St. Nikolaus-church*

The peacock is a game bird and is related to the pheasant. Male peacocks were kept as decorative animals in Ancient Greece due to their bright colours. Peacocks are territorial birds and are kept as pets across the world. The bird kept at the St. Nikolauskirche church was a 'stray' which wandered into the church one day. There it was fed by Anneliese along with the other birds and it clearly began to feel at home at the church. The initial intention was to take the bird back but now it is an attraction at the St. Nikolauskirche church and is popular with visitors.



Wild fun for little explorers.





### The White kangaroos

One special addition to the Ebbs Rare Animals Zoo are white kangaroos. Three albino animals live at the zoo including a young animal born in 2017. The species in general has a grey-brown fur but these kangaroos shimmer in a snow-white shade. The albinos also have a red skin, mucus membranes and eyes. There are few albino animals living in nature because it is hard for them to survive. Albinism can also occur in humans: the congenital disorder affecting the synthesis of the skin's pigmentation results in a very light skin and hair colour which is very sensitive to the light.



### Rare Animals Zoo Ebbs

Opening times for 2018  
From 24 March up to and including  
04 November 2018, open daily  
from 9:00 until 18:00  
(last admissions at 17:00)





### **What do you need to look after the wild animals?**

*Marion Mayr:* You need a real instinctive feel for the animals. A good animal keeper notices early on if something is not right with the animals. You have to be physically and mentally strong because there are so many ups and downs. It is wonderful when animals are born. Then it is sad when you have to hand the young animals over to other facilities and, of course, animals die too. Overall, it is always a great challenge.

### **Because the animals touch your heart?**

*Marion Mayr:* Yes, of course. And you end up thinking a lot about your own actions and whether you have done anything wrong or can improve anything. It is also a very physically strenuous job. Seven days of the week and if an animal is ill or a young animal is being reared, you have to be up in the night too.

### **So your life more or less revolves around the zoo?**

*Marion Mayr:* My life consists of my family and the animal park. There is very little time for anything else. Everyone who works here does their best and it pays off. The visitors say, it's nice that the employees are friendly and the animals are well. That's an affirmation and motivation to continue for all of us.

### **Do the visitors see you looking after the animals or does that happen before you open?**

*Marion Mayr:* It's all go early in the morning from 7:00am. We feed the animals, clean them out and get things tidy. But there are also feeding sessions with the visitors and you will always find someone busy at work if you want to ask anything.

### **Are you concerned with the issues of ecology and sustainability?**

*Marion Mayr:* Yes! We are always thinking about how we can make the zoo more environmentally-friendly. For example, we use lots of natural fuels such as wood and clay. We try to reduce waste and produce our own solar power. We build piles of brushwood and old fencing for the insects and hang up nesting boxes for the songbirds. And looking after the bees is a big topic at the moment. We have 6 beehives at the park.

### **The zoo itself is an intervention in nature. But at the same time, you try to bring nature to life.**

#### **How do you address this discrepancy?**

*Marion Mayr:* Of course it's better when animals can live freely! But people only develop a relationship with things they come into contact with. Then they are much more prepared to think about protecting nature in the long-term. We allow people to experience nature over an area of 2 hectares and preserve various animal species here. The park also blends well into the natural environment – it is still part of nature!

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# Relaxation & Cuisine

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### Pure pleasure – tasty treats from the hotel’s own kitchens

The kitchen team place strong focus on regional and seasonal produce and cook up classics and fresh, modern dishes with passion. Wines to complement the dishes are also available and are stored in an old wine cellar with a stone vaulted ceiling.

Regional products are a core issue, especially when it comes to the cuisine. We place our trust in authentic and honest food sourced in particular from partners in the region.

The beef comes from the ‘Thierberger Jahrling’ veal breed, the dairy products from the local Alpine dairies, the fresh fish from the nearby fish farm, the herbs from the hotel’s own gardens and much more, making your visit here a real culinary experience.

### Back to the roots with the power of nature

We apply this philosophy for the family and also want to bring pleasure to our guests. In spring 2017, the hotel began to carry out its own farming again.

Our landlord Andreas Egger is a ‘neo farmer’. He has his own small herd of sheep, initially at our wonderful mountain lodge in Rettenschöss and now at the new stables in Ebbs where we hope to soon also have a little flock of happy hens.

### Top up on energy & relaxation

Relax in the cosy ambience of our hotel, nestled within the beautiful natural and cultural landscape of Tyrol’s Unterinntal valley. Enjoy the hotel’s personal level of service and set your soul free in the apple orchard or Finnish sauna with views of the Wilder Kaiser. Our new ‘Kaiserblick’ country house style guest rooms and modern ‘Zirbe’ guest rooms offer relaxation with a well-being vibe.

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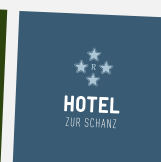


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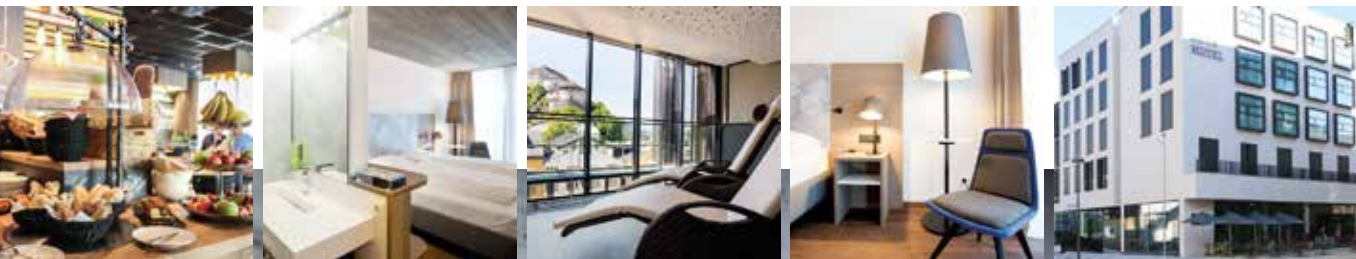
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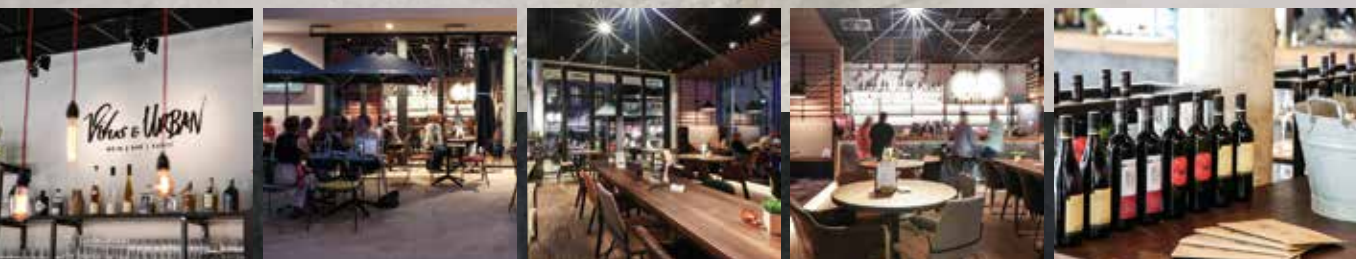


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# The birthplace of the cement industry

The Eibergstrasse road has linked the community of Schwöich to Kufstein since 1904. Prior to this, a railway line ran along the same route along the Weissache river to transport the cement produced in Schwöich-Egerbach or Eiberg directly to Kufstein's train station. If you want to explore the birthplace of the cement industry on foot, you can take the short walk via the Locherer chapel. This was built in 1739 and is situated in a quiet forest location, far away from the main road. En route to Schwöich, you will also encounter another testament to history: on the left-hand side is the support from an old cable car. It is left over from a cable car which transported the finished cement down into the valley up until the middle of the 20th century.

## The first lime kilns in the 'land of soot'

The cement industry settled in Tyrol's Unterinntal valley for geological reasons: only here are the raw materials of limestone and clay already mixed together. The marl is mined here and then processed. Small lime kilns were originally set up at the locations where the raw material was naturally occurring to avoid lengthy transportation. Two reconstructed lime kilns dating from the 19th century can be visited for free in an open-air museum at the entrance to Schwöich. Due to its many fires and dense clouds of soot, the district is still known locally as the 'land of soot'. >>



Cement was being fired in the community of Schwöich as far back as 1840.



Open-air cement museum – the starting point is the historic 'land of soot'





Cement has been produced in Bad Häring and Schwoich since the first half of the 19th century. An informative walk from Kufstein to the historic lime kilns at the entrance to Schwoich.

The coat of arms of the imperial cement factory.



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#### Insight into the shaft furnaces – built by Franz & Anton Kink.

One name is inextricably linked with Austria's cement industry: Franz Kink, born in Bolzano in 1790, researched the extraction of cement from 1822 and came across marl in the Weissachtal valley. He went on to become mayor of Kufstein and built several small kilns close to the quarry he had acquired in Eiberg. From 1842, he began to extract 1,400 kg of cement every year. His son Anton Kink went on to continue his father's work. He set up the imperial cement factory in Kufstein (Endach) and produced up to 8000 tonnes of Roman cement each year in eight mills. The Eiberg cement was very popular and the cement was used in the buildings on Vienna's Ringstrasse, among others. The town of Kufstein benefited from the activities of the Kink family: the father built roads to Thiersee and Erl and his son founded Kufstein's hospital and hospital church.



#### The coat of arms for the community of Schwoich

Schwoich has been settled since the middle of the 6th century and was first documented as the community of 'Swiuch' or 'Schweng' in 1280. The name refers to its mossy ground; this was a key aspect in the cement industry settling here: the marl found in the soil was fired to form cement from 1841. The significance of the cement industry for the community of Schwoich is also reflected in its coat of arms: it depicts a historic lime kiln against a dark blue background.

#### The cement industry over time

The process for manufacturing cement comes from England: John Smeaton was researching a hydraulic binding agent as early as 1791. Five years later, James Parker patented the production of 'Roman cement'. Joseph Aspdin continued to develop the process and from 182, began to produce 'Portland cement'. Roman cement was produced initially in Schwoich; Alois Kraft went on to open a competitor plant in Bad Häring and began to produce a more economical product similar to the English Portland cement.

The birthplace of Austria's cement industry can therefore be found at the start of the Eiberg basin. The plant was closed down in the 30s due to the global economic crisis. Many families fell on extremely hard times as a result. Up until that point, the kiln workers had been very highly regarded. During the Second World War, spark plugs or the German Air Force were produced at the old mill. After the war, the plant re-opened as 'Eiberg-Zement'. The plant has been part of the Rohrdorfer Group since 1995. Eiberg cement is still used as a binding agent for particular construction requirements and is highly valued across the world.

&lt;&lt;



#### About the substance

Cement is a binding agent and hardens as a result of a chemical process when it comes into contact with water. The natural raw materials of limestone and clay are used to produce cement. They often occur in a natural mix known as marl. The raw materials are ground down to form a raw flour and then heated at around 1,450° until they melt and form cement clinker. This process is known as sintering. The material is then cooled and ground down to form the finished product.







# Customised quality not quantity

## at Schuler Sports in Schwoich

**The cycling and cross country specialists from Schwoich put the focus on innovation, service & competence.**

**F**or more than 25 years, the family-run business Schuler Sports has been setting the trend in the cycling and cross-country sector. In the specialist shop, located right by Eibergbundesstraße in Schwoich, the latest products are optimally presented on a shopfloor of some 500 m<sup>2</sup>, a true shopping experience is offered here at the same time allowing stress-free shopping. Schuler Sports is a long-time authorised dealer for the brands Simplon, Scott, Cannondale, Rotwild, Conway and Merida, since 2016 they also feature the brands Haibike and Santa Cruz. In addition, second-hand bicycles but also models from last year as well as brand-name clothing from last season are offered at fantastic prices.

### **Profession and hobby go hand in hand**

The Schuler Sports Team are specialists. The entire team are avid sports fans and can therefore contribute with passion, love for detail and perfection when carrying out their work. This allows the team to provide customers with even more expert and personal advice.

### **Service and know-how take top priority**

The in-house specialist workshop with the experienced team led by Hans Georg Egerbacher, Robin Zimmermann, Mathias Daxauer and Wolfgang Schuler repairs bicycles of all brands (including external brands) and provide customers with individual & professional advice in all matters, so that no request remains unfulfilled. Furthermore, Schuler Sports is also an official Shimano Service Centre, Fox Service Centre as well as a Rotwild Testcentre.

### **New for 2018 - Smartfit**

The bike-fitting system of the pros. It combines dynamic video motion analysis with non-contact body scan and high-precision wheel measurement using laser technology. The system shows the sitting position on the bicycle in real-time, thus allowing biomechanical analysis and providing set-up values and geometrical data. With the scientifically tested Smartfit, various measurings can be carried out with precision and high-tech technologies, allowing YOUR perfect bike or equipment to be selected even more precisely.



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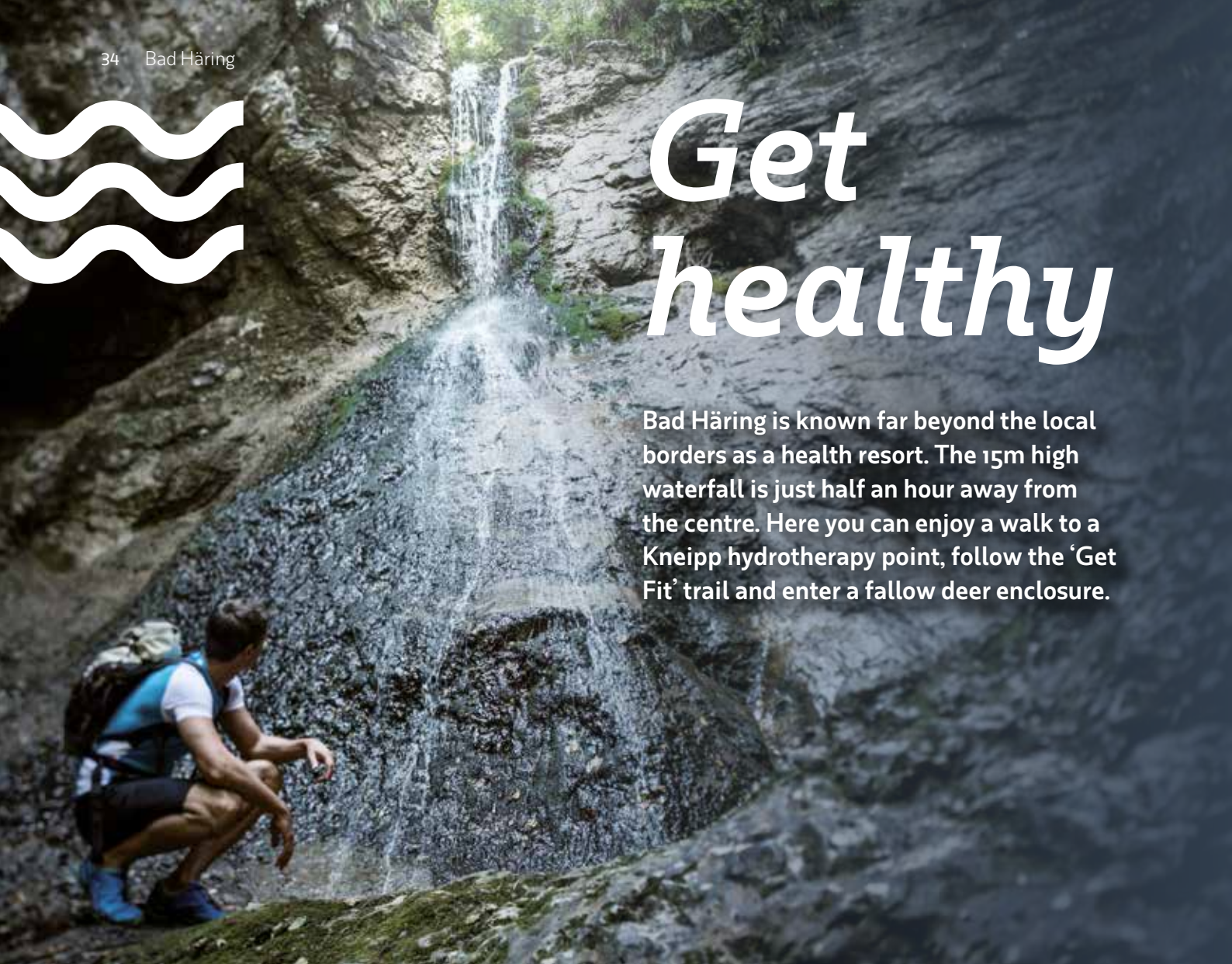






# Get healthy

Bad Häring is known far beyond the local borders as a health resort. The 15m high waterfall is just half an hour away from the centre. Here you can enjoy a walk to a Kneipp hydrotherapy point, follow the 'Get Fit' trail and enter a fallow deer enclosure.



## A climatic and water health resort

Setting off for the waterfall, the route takes you across fields and meadows. Soon you are immersed in the forest and become far removed from civilisation. Hansjörg Hotter grew up in Fleck, a small hamlet above the waterfall and now lives below the waterfall. "We often came here as children. When we had hooping cough, our parents would take us to the water for a time. The damp air helps with that".

The delicate particles enter the lungs and moisten the cilia, making it easier to breathe after a visit to the waterfall. But the waterfall in Bad Häring also offers much more when it comes to healing the body and soul: at the foot of the waterfall is a Kneipp hydrotherapy pool. This is around 40cm deep and is particularly suitable for water treading.

And in summer, the water is seldom warmer than 5° Celsius. "Now and then, you see children bathing here, splashing around adamantly," says Hansjörg Hotter.

## The power of water

Two bridges lead over the brook and offer a good view of the waterfall. The different layers of rock are also clearly visible here: the entire slope consists of limestone but the stone is not equally solid throughout. In places, the water has carved out deep caves into the rock walls. There is one stone right underneath the bridge which does not fit into the picture at all. "This is an erratic rock from the Ice Age. It is made of granite," Hansjörg Hotter explains.

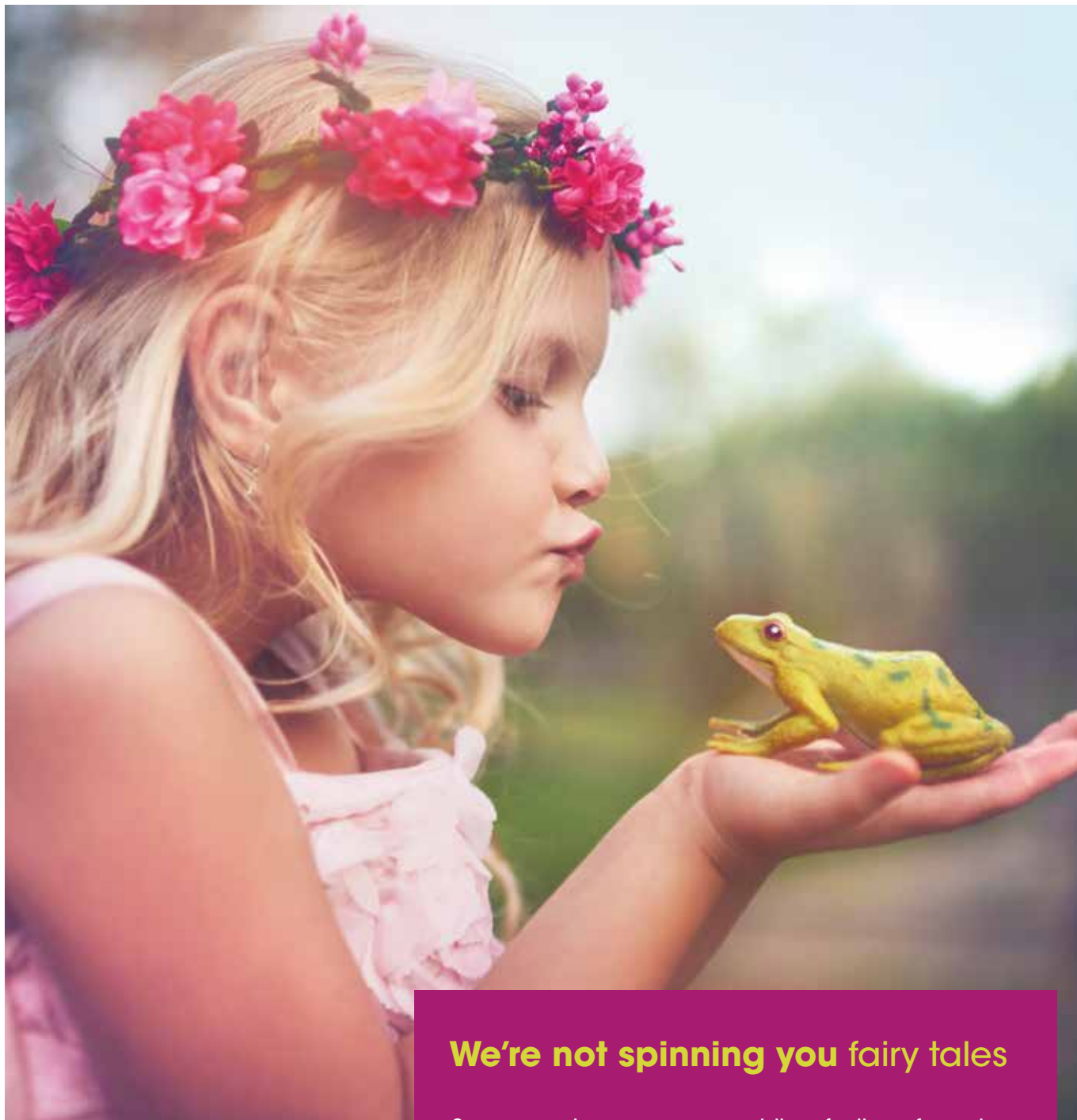
Following the ascent up towards Fleck, you encounter a second waterfall. "You can take a mini canyoning tour at the top. You do not need any equipment but you need to be able to climb a little because it is not completely without its risks," says Hansjörg Hotter with caution.

The 'Get Fit' trail (Rück-Dich-Gesund-Pfad) starts out right beneath the waterfall. Here you can improve your posture at the heart of nature. There are over 20 back exercises described at stations across the route. The offer is used by both locals and tourists alike: it is a convenient distance from the former health resort.

>>







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## The power of the forest

A visit to the waterfall can be soothing even without any physical activity. Hansjörg Hotter keeps exploring his favourite route to find new energy centres. “The intersections of water veins and interference zones act as energy centres if you stand there for a few minutes. There are thousands of them in Kufsteinerland,” Hansjörg Hotter explains.

It is not a contradiction for people connected to nature to believe in energy centres. “It is a simple law of nature. When there is water flowing underground and it has to cleave its way through – because of stones or cliffs – friction occurs. Friction produces energy. And you can feel that”. Hansjörg Hotter rarely takes out his dowsing rod. “You shouldn’t investigate too often. If you do that several times a day, it becomes tiring. I am always very tired afterwards.” <<

## Tender meat

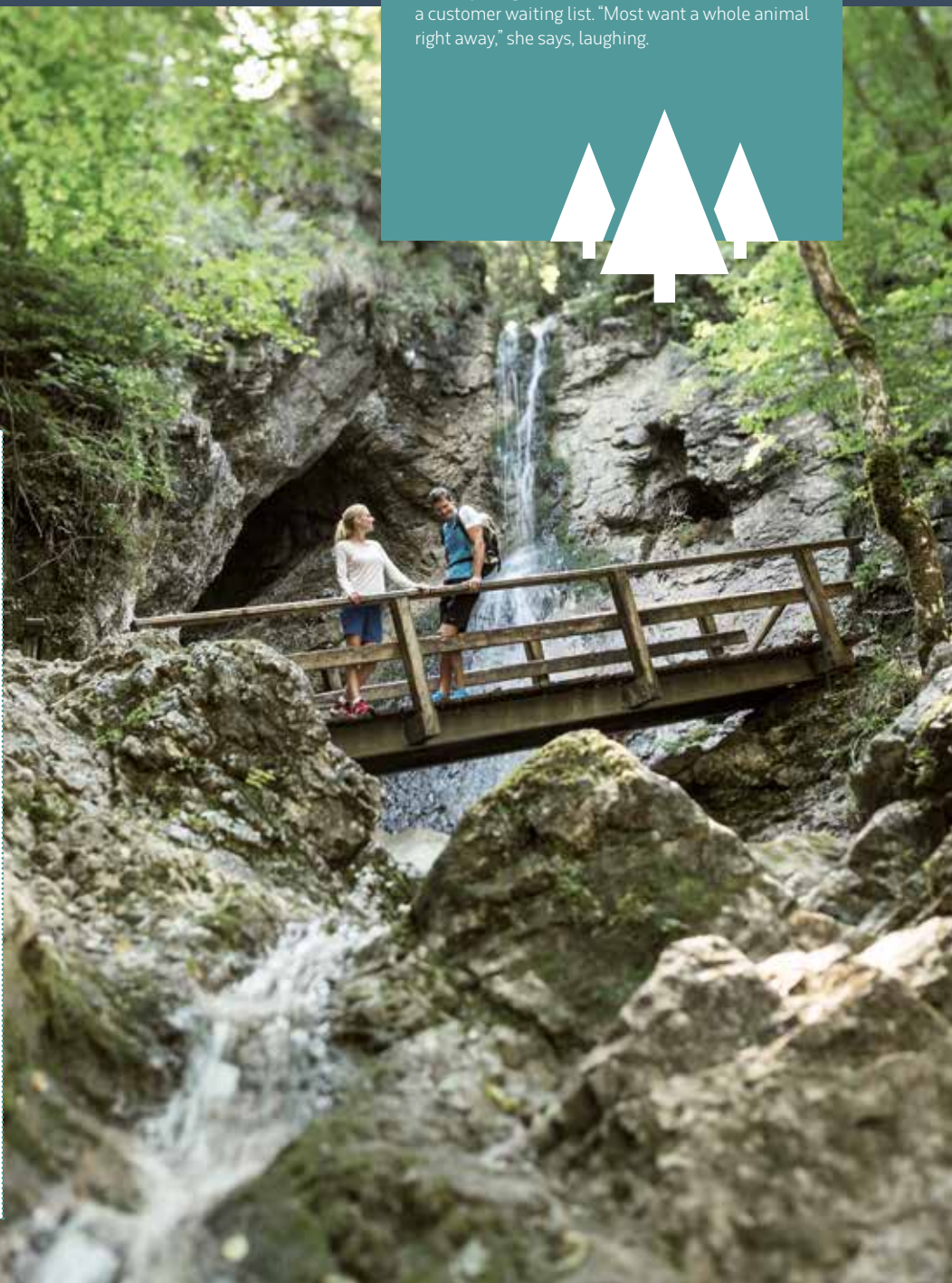
There is a deer enclosure just below the waterfall. There are some 40 to 50 deer living here, depending on the season. “In summer, the animals look after themselves. Admittedly they need some psychological support as they receive visitors almost every day,” says farmer Maria Unterrainer. She started rearing fallow deer in 1991 with her husband Johann Unterrainer. The second enclosure is situated directly alongside the Dallenhof in the centre of Bad Häring. “The animals are much calmer by the waterfall because they are in the forest”. We make sure there is still this tranquillity even when the animals are killed in winter. One shot has to be sufficient so as to avoid unnecessarily frightening the herd. Both men at the farm (father and son) are hunters and shoot, gut and cut up the animals themselves. “I always say it is a dark red veal meat. The animals are still suckling,” says Maria. The meat of these young animals is virtually fat-free and very sought-after. Maria Unterrainer even has a customer waiting list. “Most want a whole animal right away,” she says, laughing.



### Kneipp hydrotherapy: a guide

Water treading, in addition to nutrition and exercise therapy, is one of the five pillars of Kneipp medicine. It emanates from Pastor Sebastian Kneipp who discovered the immune-boosting effects of water-based treatments: the idea is to walk one foot at a time like a stork (with one foot always entirely removed from the water) and to wade through the cold water for around 30 seconds.

If you feel severely cold, leave the pool and warm up with a little exercise. The feet are not dried between the individual sessions. Water treading stimulates the circulation and promotes blood flow to the arteries. The blood vessels in the skin contract to avoid loss of heat. If this cold is then stopped, the blood vessels become particularly wide to supply the skin with nutrients and oxygen. This activates the respiratory, metabolism and immune system.







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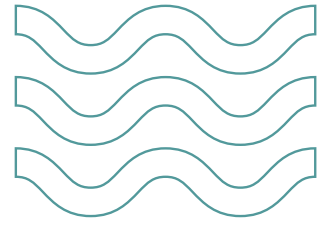


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# *Feel the power of water*



The roaring Glemmbach unleashes its unbridled power in Thiersee and invites walkers on an adventure-packed exploration of nature.



## *The circular route at a glance*

**Start and end point:**  
Gasthof Krämerwirt in Landl / Thiersee  
Medium-difficult walk

**Length:** 15.2 kilometres  
**Altitude metres:** 896 metres  
**Walking time:** 5 1/2 hours



*“The secret of getting ahead is getting started.”*

*Mark Twain*

**D**uring these times when we are overwhelmed by the chaos of everyday life right from the early morning, spend more time with our smartphones than with our friends and are incapable of gaining an overview of life without an appointments calendar, peaceful spots are worth more than their weight in gold. Nowhere else can we better recharge our energy reserves than in the fresh air. Out in the original, wild and romantic natural environment, we can recharge our batteries for 21st century living and become what we are: normal people. The power of water has a particularly fascinating effect on us. Spending a warm day in a beautiful cool gorge is a secret top tip for summer.

**Mystical walk in Thiersee**

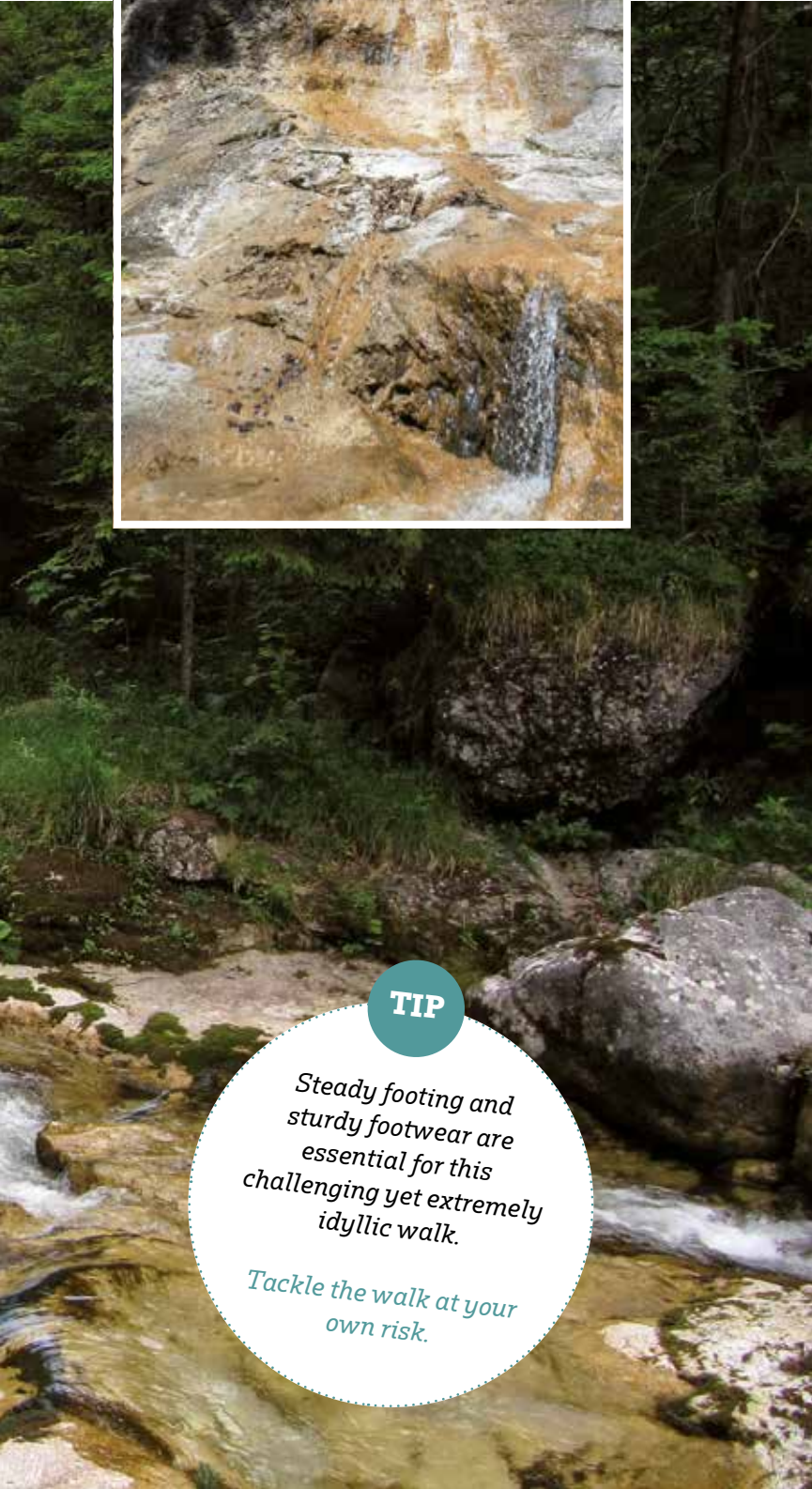
Adventurers can come into contact with the element of water in the Glemmbachklamm gorge in Thiersee. This fluid-based elixir of life has been carving its way through the rocks with its unbridled power for thousands of years. Thanks to the damp environment here, the gorge has become an undisturbed home for some rare plants and animals. Steady footing is required because the brook requires crossing at some points where there is no bridge. In addition to wearing hiking boots, it is recommended that you have bathing shoes or old plimsols in your rucksack. The beautiful circular route starts out from the Gasthaus Krämerwirt in the centre of Landl. From here, it's a good half hour towards Rieden-berg and then at the first crossing, turn left to Jochberg. The route divides again here with the left path running down into the gorge. The water needs to be at a low level for you to explore the wild mountain gorge on your own. If it has rained for several days, it is better to postpone the walk. Footholds and safety cables are provided at the particularly tricky spots.

>>

**TIP**

*Steady footing and sturdy footwear are essential for this challenging yet extremely idyllic walk.*

*Tackle the walk at your own risk.*







A refreshing tour of discovery through the Glemmbachklamm gorge.



**Fascinating natural cinema**

It takes a good hour to cross the gorge. And it is well worth stopping and simply observing the nature around you. Sometimes the water swirls around in a vortex and in other places it gushes through a narrow point. Little waterfalls, steep and imposing walls, mossy stones and the crashing of the water make this a perfect showcase of nature. The route repeatedly crosses the water. You can cleverly weave your way over to the other side of the banks, stone by stone. The play of light in the gorge is also impressive. The sunshine repeatedly finds its way into the gorge and lights up some exceptional corners and edges. At the end of the gorge, a steep forest path runs up to a forest trail for approx. 15 minutes. From here, it heads south-west on to the Berggasthof Wastler. Fancy a little snack break?

The Werlberger family spoils visitors with some traditional treats and a big portion of hospitality. With your energy levels topped up again, it's time to continue on to your destination. The return journey is full of variety sometimes passing through blossoming mountain meadows and sometimes through forest or along asphalt trails, broad forest paths and narrow sections. <<

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### **Gastronomy & relaxation**

Regional delicacies from our kitchen and the friendly service allow you to spend a wonderful day, and our home-made cakes will make your hearts leap for joy. In fine weather, the sun terrace beckons to linger and on cool days the cosy dining rooms and the bar with its fireplace. The new multifunctional conservatory offers state-of-the-art presentation, sound and information systems and is perfectly suited for seminars & celebrations and events.

### **Fun & play for children and families**

The little guests, too, will find plenty of diversion at the Aschinger Alm, e.g. in the large playroom in the basement of the inn, which by the way is also accessible via its own slide. Right on our alpine meadow you'll find the newly designed large children's playground, which is very popular with our young guests.

### **Summer toboggan run around the corner**

The nearby summer toboggan run of the cable cars Zahmer Kaiser is a short walk away and in addition to tobogganing feel also provides plenty of fun for young and old in summer.

### **In-house Alpine cheese dairy and farm shop**

In our own Alpine cheese dairy and in the farm shop you can sample the quality of the products yourself and in addition to dairy products and our award-winning specialities also buy other delicacies such as Tyrolean bacon, smoked dry sausages, alpine salami, honey, schnapps, etc.

Further information can be found on the website [www.aschingeralm.at](http://www.aschingeralm.at) and on [facebook.com/aschingeralm](https://www.facebook.com/aschingeralm).



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# *Eye to eye with the Kaiser*

A grassy take-off and landing strip, a homely aircraft hangar where visitors can take a look and passionate pilots. The airfield in Langkampfen has its own particular charm and has helped many discover a new passion. And the women show the men what courage is all about with a special offer from the Kufstein/Langkampfen Flying Club.





The tube weaves its way across the entire engine room like a red snake. An orderly tangle of cables, screws, cables and vents. Georg Fellner, Chairman of the Kufstein/Langkampfen Flying Club, laughs. "It's always like that here," he explains. The engine cover has been removed from some of the aircraft, giving a clear view of the technical core of these magical flying machines. "Today the supervisor is coming to inspect the engines, that's why a lot of the aircraft have been opened up". The hall is packed. One aircraft alongside another. Seven engine-powered planes and two four-seater power gliders. Along with the gliders in the adjoining hall, the club has a fleet of 15 aircraft. 15 ways of taking to the skies and experiencing the passion of flying.

Georg Fellner is sitting at a small table in the tower. Behind him is a large monitor and alongside, a small map behind plexiglass, a radio and binoculars. And then nothing but glass. A panoramic window looking out onto the take-off and landing strip. A long and cropped grassy area framed by the mountains of the Inntal valley. The green of the landing strip extends into the green of the pine forests and light grey of the mountains above, topped by the deep blue sky. There are no clouds in sight. The club Chairman spends every weekend here at the airfield in Langkampfen. "If it were possible, I would honestly be here every day," he adds with a wink. "Flying is liberating. If something isn't working at my company, I come here, leave my mobile phone in the car and head up into the skies for two hours. Many things become clear up there, you think differently".

Georg was fascinated by flying as a child and as a young man, he wanted nothing more than to learn to fly. He kept watching the airfield from afar. But he didn't dare take it any further. "I thought, that's a sport for high-income earners". He spent many years driving past it longingly. And he lived out his passion for flying through model planes. Until one day.

### Taking to the skies for the first time

The airfield in Langkampfen first came into being in 1975. But the history of flying in Kufsteinerland dates back much further than this. Even in the 30s, daredevils were already conquering the skies around Kufstein in their gliders with pioneering spirit and a thirst for adventure. A slope in Niederndorf was used as a practice area. And it was all up from here – quite literally. At least at first. These first brief ventures into the skies gave rise to a glider practice area which was also used for training purposes until 1945. When the end of the war came, gliding around Kufstein burst like a balloon. Alois Hasenknopf, one of Kufstein's first pioneers of the skies, is now dedicated to bringing gliding back to Kufsteinerland.

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You can **learn to fly** as part of the Kufstein/Langkampfen Flying Club. It all starts with glider training. There are special tariffs for young flight enthusiasts. The theory-based training follows in winter and the practical training in spring and summer. The practical training can be completed in around four months, depending on the time invested.







***Set off into the skies  
and explore the Wilder  
Kaiser from above.***

Guest flights from the airfield in Langkampfen are possible at any time by prior agreement – either in a glider, engine-powered plane or power glider. The route of the flight can be selected on an individual basis. Round flights last around 20 minutes. The cost for one person is 100 euros and a trip in one of the four-seater power gliders costs 150 euros for 3 people.

A street in the fortress town has been named after him in recognition of his commitment. Fields between Ebbs and Kufstein were the first airfield. The Kufstein Gliding Club was then officially founded in 1950. The Sparchen fields in Kufstein became its new home and take-off and landing strip until the constant influx of gliders into the fortress town meant that there was no longer any room for the aircraft and so the club relocated to Langkampfen in 1975.

The glass wall of the tower offers views of the common room alongside. There is a propeller on the table. It has been checked and today will be fitted. The doors open. One of the approx. 115 members of the club sticks his head into the tower. He asks whether the maintenance of the aircraft has begun and then disappears again just as quickly.

It's 9:00am and still quiet at the Langkampfen airfield. In just a few hours, it will all be completely different. Some 100 club members are active pilots. Each of them is in the air for 40 to 50 hours of each year. And even more in some cases, such as Georg. "Last year, I flew for 70 hours. It's long stopped being a hobby, it is more of a passion, that became clear to me as soon as I finally braved the airfield".

***"I felt like a bird".***

**Georg Fellner**



"We specialise in a tour of the summit crosses, that is always a highlight," says Georg of the club's offer for guest flights. The mountains are the really fascinating and special thing about flying in the region. "You gain a completely different view of the peaks, the landscape. We can fly up to 200m from the rock face. You can almost see the edelweiss with your own eyes. We recently had a lady book a flight as a gift for her mother's 70th birthday, asking to fly as close to the Wilder Kaiser as possible". The Kaiser is always the crowning point of the round trips. "It is this unique



**Kufsteinerland**  
from a bird's eye view.



## ***The eagle among gliders***

Performance gliders make gliding a special discipline all of its own. They manage to fly for up to 1000 km without an engine. Five pilots at the Kufstein/Langkampfen Flying Club do this professionally and glide from one spot to the next through the mountains.

atmosphere which the Kaiser exudes, even from the air. We fly some 300m over the mountain range and the view is unrivalled”.

“I felt like a bird,” Georg says of his first flight. “This feeling is particularly strong when you are gliding and you can only hear the wind blowing over the wings with the landscape of Tyrol beneath you. Mountains. Valley incisions. Mountain lakes. Summit crosses. Flying to and from across the ridge with the thermals taking you higher and higher, it’s an indescribable feeling”. Spring and early summer are the ideal time for gliding. The thermals begin to reside by October at the latest and so the gliders are put away for winter. The engine-powered planes are in use all year round and all of the aircraft are subjected to maintenance checks after 100 hours of flying with some parts even being checked after 50 hours of flying. Today, Georg is the oldest pilot and now it’s all second nature to him. But that was a different story the first time he took to the cockpit alone.

“It was 10 years before I finally went to the airfield without just driving past it”. He booked a guest flight on impulse. It only took a few seconds for him to become infected with the flying bug. “When I realised that it is a sport for everyone and not just the high-earners, the road ahead was clear to me”. Georg left his model planes behind and trained with the club so that he could take to the skies by himself. “When I flew alone for the first time with the flight instructor down in the tower giving me instructions, I was extremely nervous. But the experience up there in the air was breath-taking”. Flying still fills him with a sense of happiness today. And he understands why the guests are beaming when they get out after their round flight.

“We also have aerobatic pilots with us at the club,” says Georg, visibly proud. He adds, laughing “If people want, they can perform their full

programme during the guest flights”. Looping. Inverted flying. Turns. This offer is extremely popular, according to Georg. “It might seem unbelievable but it is mainly young women who book the aerobatic flights. They are much braver than men in this respect!” he says mischievously. “It’s a pleasure to see their beaming faces. Most of them are jumping with joy over their unique flying adventure”.

There is movement on the airfield. The sun is now shining through the large panoramic window of the tower. Gregor looks outside to the take-off strip. He’s thinking fondly about flying over the Wilder Kaiser again and his eyes start to sparkle.

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**Aircraft hangar in Langkampfen**







## *Ruins of Katzenstein Castle*

# *Historic energy centre*

**Defending Tyrol's state border has been essential over the centuries. And one historic ruin pays testament to the warring history of this site.**

**A**t the northernmost point in Tyrol, at the border with Bavaria, there is an old ruin with a long-standing history. The ruins of Katzenstein Castle can be found at the foot of the Kranzhorn (formerly the Grenzhorn). The name is somewhat misleading: the ruins are in fact the remains of a defence complex.

Peter Kitzbichler, the village chronicler for the community of Erl, is familiar with the hidden path up to the ruins and explains its historic connections: the 'Thurm zu Windshausen' tower was first documented in 1310 – a 'Klausen ze Wynczhausen' is marked on a map from 1391. The tower was then known as the Kaiserturm from 1504, after Emperor Maximilian I had conquered Kufstein fortress and the courts of Kufstein, Kitzbühel and Rattenberg came to Tyrol. It was based in a very convenient location strategically speaking: the mountain slopes had been cleared so that any approaching enemies could be spotted better. A deep trench runs along the border from the foot of the Kranzhorn up to the rock face. The toll road ran through the valley – the river Inn had not yet straightened up and so filled the entire valley bottom. The border could be crossed via a gateway: there was a charge for anyone passing through. From 1511, the marksmen of Tyrol were obliged to defend the state borders by the 'Landlibell' defence proclamation. The defenders of Tyrol often faced an army superior in numbers. The Kaiserturm tower was repeatedly attacked and overrun.



Schwaigen and ruins of the Katzenstein in around 1912.



There were many battles to be won: In 1703/04, the borders had to be defended as part of the War of the Spanish Succession and then in 1740/44, the War of the Austrian Succession. There were also significant battles at the border in 1800. The population of Erl was repeatedly affected. Despite their dominance in battle, the invading troops suffered losses and sought revenge in the first village they came across. Erl was burnt to the ground several times. The old village chronicle fell victim to the fires. In 1809, the last battle to defend the Kaiserturm took place. During the course of Tyrol's fight for freedom, the Kaiserturm was blown up and never re-built.

There are many stories surrounding the ruins. It is said that the ruins of the Katzenstein and ruins of the Kirnstein on the opposite hillside (Bavaria) were once linked by an underground tunnel. At the end of the 19th century Freiherr von Wendelstatt of Neuubeuern became owner of the ruins. Count Philipp von Eulenberg wrote a poem about the 'lord of the castle' who had a real penchant for wine and called him the 'Lord of Katzenstein'. The name of the ruins today dates back to this. The last owner of the ruins was Maria Theresia Miller, née Countess Degenfeld-Schonburg of Nussdorf. She gave the ruins to the community of Erl and thereby handed over responsibility for preserving the ruins. All efforts to open the castle up to the public or restore and signpost of the ruins have so far come to nothing. The expense is too great. And so the castle ruins remain a hidden testament to the past.

Anyone passing the border today can at least see the walls from the outside in winter. The more courageous might find a pathway to explore the castle ruins at their own risk. Looking across towards Bavaria and over the trench into the distance, it becomes clear what defending the border meant here over the centuries. And today, at the foot of the mountain, cars go racing past the old closed customs post.

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## About the Katzenstein

The ruins near Erl have been known as Katzenstein since the 19th century Romanticism era. Castles with a similar name can be found across Europe such as an older castle in Dischingen (Baden-Württemberg), a dilapidated castle in the Jagsttal valley (Badem Würtenberg) and Katzenstein Castle near Meran (South Tyrol). There are many legends surrounding the Katzenstein castles: robber barons almost always lived in a castle and harmed their local surroundings with their misdemeanours.

Add to this the fact that at the ruins in Erl, the 'lord of the castle' was very taken with wine. The castle fell into ruin for many reasons. Every seven years at around midnight, it is said that the ghosts of 'lords of the Katzenstein castles' can be seen prowling up and down on the rocks still.

Foto: Gemeinde Niederdorf



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# *Traditional Kufsteinerland*







**Society in the Tyrolean Unterland region is still shaped by endless traditional associations which are committed to working for and supporting the community. Virtually every community has a brass band, rifle association, marksmen's guild and traditional costume and theatre associations. We discuss tradition and modern elements, values in the age of globalisation and skills which can be developed as part of these associations.**

## ***Rifle associations***

### **Between tradition and modernity**

"The most important thing is the comradeship. Our principles are encapsulated in the charter: Belief and Loyalty to God and the Fatherland," says Alois Thaler, Head of the Schwoich rifle association of which he has been an active member for 38 years. He also emphasises the social components of life in the association: "When we go out, we don't just sit with the other rifle association members, we sit with others too. It is important to have an understanding of Tyroleans as well as those with different beliefs. This does perhaps does not reflect our charter entirely but I believe that we also need to integrate others, especially in these days of globalisation".

The concept of the rifle associations dates back to the days of Emperor Maximilian who demanded that the riflemen of Tyrol defend the state borders in the Landlibell defence proclamation of 1511. "History plays a big role and we try to convey this to our boys and our youngest," says the Chairman and Lieutenant-Colonel of the Thierberg rifle association Matthias Kurz. For him, the purpose of the association is to share tradition. "The benefits are becoming ever greater because the values and roots – where we come from and where we belong – are becoming increasingly important in our multi-cultural community".

Youth work plays a very important role for marksmen in the marksmen's guilds. Shooting as a sport has a positive impact on concentration in particular. "The children notice that when I pull the trigger, the bullet fires and I can't blame anyone else. Just me," says the head range official at the Thierberg rifle association Thomas Patka. "You need a certain degree of fitness and concentration including over a long time period". The firing of 60 shots in an hour is not unusual for adults in a competition.



### ***Unterinntal traditional dress***

The traditional costumes of the Unterinntal valley are worn at the D'Koasara and D'Schneetoia associations. They consist, for men, of knee-length lederhosen and long wool socks as well as the traditional costume shoes. The men and 'Plattler' folk dancers wear a white shirt and red bodice with a long frock coat worn open over the top. Not forgetting a hat with flower decoration.

The women wear a traditional dress with a red bib and blue apron. Underneath this, they wear a white blouse as well as cotton stockings and a cotton petticoat. Like the men, the women also wear traditional



The air rifles used shoot small lead pellets at a speed of 250 km/h. “We teach how to handle the weapon responsibly,” says 17 year old district champion Julia Schrödl of the Ebbs rifle association. “Most people who shoot with us do it for fun. Not because they want to shoot but because they want to achieve something!” says the young rifle woman. “If you know how to handle a weapon then you don’t do anything stupid,” adds the head of sport at the Ebbs rifle association Elisabeth Huber.

“Tyrol’s performance is absolutely crazy. The district of Kufstein is the strongest in Tyrol in terms of the number of riflemen and women but it is also the strongest performing district in the whole of Austria. And if you come out on top in the district championships, that makes you one of the elite in Austria,” says Thomas Patka.

## ***Traditional costume associations***

### **Dirndl and lederhosen**

“In the past, it was normal to wear traditional dress; people wore it every Sunday and on public holidays. But 30 years ago it began to disappear and was virtually no longer seen. So our predecessors got together and founded the association,” says Georg Ritzer, Chairman of the D’Schneetoia association in Ebbs of the origins of this traditional costume association.



Harald Gogl, Chairman of Kufstein’s D’Koasara traditional costume association also makes reference to its history: “We are preserving a culture passed down by our forefathers.

As a traditional association, we are proud to be a part of life in Kufstein society”. Harald Gogl describes the members of the association as ‘cultural ambassadors’. In addition to preserving these traditional costumes, folk dancing and handed-down customs also form a focal point of life in the association.

Georg Ritzer sees preserving customs as a key focus. “If just one generation fails to pass it on then it is mostly lost. Of course, customs continue to develop but the sense should not be distorted. We want to keep the region’s customs true to the original”. And he adds: “It’s great that Europe is growing together but it would be a shame if it became a uniform mass. It’s wonderful when each region or country retains its own special features”.

## ***Marching bands***

### **Performing and marching**

“It is rare to find a range of associations as diverse as those on offer in our region,” says Christoph Esterl, secretary at Erl’s brass band and describes the band as a “core hub in the village community”. Thomas Scheiflinger, conductor at the Kufstein town band also recognises the social value of the brass bands. “The village needs a community for it to live. What if music were not a part of it? Then it would be empty!”

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### ***Austrian association law***

At least two people are required to found an association. The foundation of the association must be presented before the district administration. Once established, the association is a legal entity and can therefore act in a similar way to a natural person in legal terms, for example drawing up contracts or incurring debt. The activities of the association must not be profit-oriented and there must be a non-commercial purpose. This must be documented in the statutes of the association but is not defined in more detail in the law.



An annual march on public holidays forms part of the activities. “Brass band music plays both a secular and church role across the state and marching forms part of this,” says Thomas Scheiflinger, explaining that virtually all the great composers have also written marching music. “Brass band music often draws on the classics. Perhaps this is due to a desire to perform the greats and to imitate a symphony orchestra,” says the conductor. In Kufstein, significant emphasis is placed on performing superior pieces. “We want to perform at a high level. The skill is easily lost so we want to keep at it and keep practising,” says Thomas Scheiflinger.

“Performing is about having an understanding of something which has been a part of the people in our region and in the world for a long time,” says Andreas Ehrenstrasser, Chairman of the Unterlangkampfen brass band. “Brass band music in its current form has developed over several centuries – it was and always has been connected with the people”. The coming together of different personalities and age groups is seen as something positive: the focus is on team skills.



Open-air concert by the Kufstein town brass band.

“Why do we do that?” Thomas Scheiflinger asks cheekily and answers his own question: “Perhaps it is about seeking and finding a means of recognition. It’s not necessarily about consciously wanting to stand out but perhaps subconsciously”.



## About the association

There are current 1752 active associations registered in the district of Kufstein. In addition to the traditional associations listed above, there are also a number of other associations which are active in Kufsteinerland and contribute to social life through their work. The Kufstein service clubs (Soroptimist, Lions-Club, Round Table 49, Rotary, Kiwanis) also make an important social contribution along with institutions such as the ‘Kinderkrebshilfe’ children’s cancer association.

When it comes to customs, the associations of traditional devil and folklore characters deserve a mention along with the rural youth and young farming associations. The agricultural sector includes fruit and gardening as well as bee-keeping associations. And cultural life too would be unthinkable: a wide range of event and cultural associations make a key contribution to the lively life in the town.



## The theatre associations

### To be or not to be

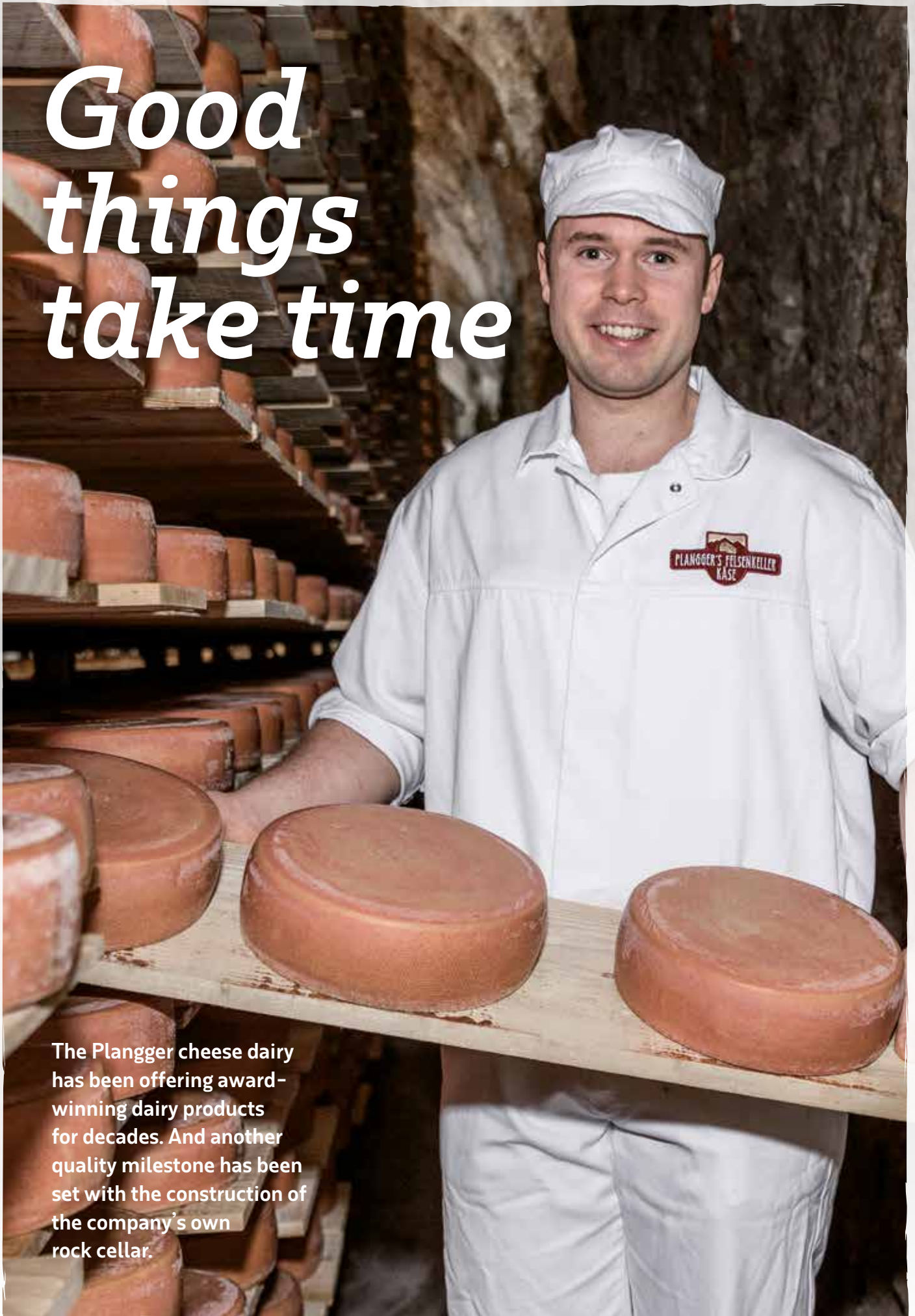
“Theatrical performances require full mental dedication in order to do the right thing at the right time,” says Hildegard Reitberger, the Chairwoman of the Stadttheater Kufstein of theatre practice. “This also brings a lot of positive side effects: it reduces any inhibitions in tackling public speaking. It is often necessary to improvise so that a scene can continue smoothly. And remembering long passages of text is a real test of the memory. And the togetherness is important too. All members, not just those in the main roles, contribute to the success of the performances.

Reinhard Exenberger, Chairman of S’Theata Niederndorf, agrees with this. “Team spirit is needed in the group even though every actor is also a soloist on stage – unlike with many other associations”. He or she stands on the stage and clearly states, “I want to entertain people and have a positive impact on their mind”. Hildegard Reitberger too is convinced of the benefits of theatre work. “Theatre can make you sit up and think, serve as food for thought as well as provoking and inspiring. Theatre can open up new ways of seeing things and help people to change their attitudes”.

It is not just the spectators who benefit from the work of the association; all those involved benefit too. “The important thing is to develop a feel for whether what you are doing, saying or expressing on stage is touching the audience emotionally. There is no point in the actors giving their best if the spark is not there. This is an advantage in both a person’s professional and private life,” Hildegard Reitberger concludes. <<

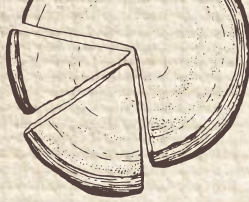


# *Good things take time*



The Plangger cheese dairy has been offering award-winning dairy products for decades. And another quality milestone has been set with the construction of the company's own rock cellar.





Now in its third generation, the name Plangger sets the pulses of cheese lovers racing. The family business quite rightly has an excellent reputation thanks to its unique combination of tradition, innovation and top quality standards. “My grandfather was one of the pioneers of organic farming,” says master cheese-maker Reinhard Brunner of his grandfather Herbert Plangger. His grandfather spent many years trying to convince people and worked hard to anchor the word ‘organic’ in the minds of farmers. The passionate cheese-maker was aware from a very early stage that this was about much more than just rearing the animals as appropriate to the species. Herbert Plangger was ahead of his time and remained true to his approach, sticking to his principles. He gradually convinced farmers to obtain their milk in line with his ideas. After all, only healthy soil can create the perfect cheese flavour.

### A cheese cathedral, carved out in stone

The company’s own rock cellar in the district of Sebi in Niederndorf is a dream come true for the company founder Herbert Plangger. At the start of 2015, the full cavity was cleared out using 20 tonnes of explosive over a process of 3 months. In November of the same year, the first wheels of cheese were already in storage in these ‘sacred halls’.

The advantages are clear: the consistent temperature and air humidity as well as the natural climate make the cellar the perfect place for maturing the cheese wheels. The adjoining rock cellar shop has been attracting cheese fans from near and far since 2017. The shop stall alongside the cheese cave is light and airy with a wide selection of cheeses on offer. In addition to the company’s own nine cheese varieties, butter, yoghurt, fruit whey and sunflower oil produced in-house are also on offer. The cosy store also offers numerous treats from the region to complete its selection.

### The icing on the cake for cheese production

The most important pre-requisite for making good cheese is to acknowledge that the production chain starts with the soil. “That’s why, for many years, we have been working with effective microorganisms, lava, basal rock powder and charcoal,” says the master cheese-maker. This natural fertiliser promotes the occurrence of earthworms in the meadows and ensures a loose soil. This is beneficial to the cows in particular. The milk and therefore the cheese are exceptional thanks to the good quality feed.

*“If the milk is right,  
the cheese is right”.*

**Master cheese-maker Reinhard Brunner**



### The rock cellar in figures

- 1,600 m<sup>2</sup> area
- Constant 12 degrees Celsius in summer and winter
- 96 % air humidity
- 50,000 cheese wheels (approx. 500 tonnes)
- 30 employees
- 110 cooperative agreements with milk farmers in the region

The Plangger truck drives through the numerous farms in the region every day and picks up the delicious products. Now there is nothing standing in the way of the production of this spiced golden treat. The hay milk is matured at the production site with the aid of a bacterial culture. The next stage in the process is a particularly important one and has remained unchanged for thousands of years. The milk is heated to 30 °C in a large copper vessel and then animal rennet is added. An enzyme in the rennet enables the milk to curdle and the liquid whey separates from the solid cheese, the basic substance of the cheese. A rotating blade known as a cheese harp is used to cut the casein into smaller pieces – the finer the cheese, the smaller the pieces. After heating further to over 50 °C, the so-called cheese curd is placed into moulds and pressed. The shaped cheese then spends three days in a salt bath where the rind develops.

The conditions in the rock cellar are perfect for the cheeses to develop due to the consistent climate. Depending on the required flavour, this may take up to 15 months and each cheese is turned several times each week. The effective microorganisms produced by the company itself are the final trick up the sleeve of the cheese-maker.

The natural bacterial cultures guarantee a health environment, whether in the stables, meadow or rock cellar.







**Opening times Plangger  
Cheese Dairy**

Monday to Friday: 08:00-18:00  
Saturday: 08:00-12:00



***Did you know?***

A wheel of cheese can weigh up to 70 kilograms. 10 litres of milk are needed to produce one kilogram of cheese. One millilitre of Plangger's famous microflora contains one billion effective microorganisms. No wonder then that the cows enjoy their food so much! A cheese-maker's day starts at 5:00am. But getting up early has its advantages. They can spend the afternoon out in the mountains – ideally with a snack of cheese in their rucksack!



# *To friendship!*

## *The Kufstein Wine Festival brings regions together*

**13.-14.07.2018 from 17:00**

Free admission in any weather

On Friday, there will be jazz music from 'No Risk No Fun' and on Saturday, entertainment from the 'Tyrol Music Project'.

Kufstein came to the aid of the Austrian winegrowing town of Langenlois which suffered significant flooding in 2002. Since then, the two towns have been connected by a synergy which has become a treasured tradition in Kufstein and part of an intensive partnership between the two towns.

When representatives of the towns of Langenlois and Kufstein first met in person following the natural catastrophe, the idea of a wine festival was born: Langenlois had the wine and Kufstein the glasses from the world-famous manufacturer as well as the support of the tourist board. A good blend which has been refined continually since 2003. Now winegrowers from across Austria and Italy come here in July to present their wines at the Wine Festival in Kufstein's Stadtpark.

It has become a tradition in Kufstein to treat the taste buds and ears to some culinary delights and beautiful sounds. And to use this opportunity to toast friendship.

When Kufstein's mayor Martin Krumschnabel became 'godfather' to the 'Amicus' wine in 2012, this sealed the partnership with the town of Langenlois. The Langenlois 'wine angel' sculpture at the entrance to the town hall in Kufstein and the 'Kufsteinerplatzl' in the vineyards of Langenlois, featuring a table made of gneiss stone in the 'Unterer Stadtplatz' square, are also reminiscent of this friendship. In 2017, Kufstein was awarded usufruct rights to a vineyard in these vineyards by the people of Langenlois. The 'Kufloisianer Primus' now grows here, a Grüner Veltliner which is refined by young winegrowers Michael and Ludwig Gruber for the fortress town.



**Gift idea**

***Kufloisianer Primus  
Grüner Veltliner***

Available from the fortress shop at  
the fortress visitor centre

***What water has  
brought together,  
wine shall bind  
for all eternity.***



## ***Knights' Festival - 10 years***

**18.05.2018 - 20.05.2018, 10:00 - 22:00**  
**21.05.2018, 10:00 - 20:00**

The now legendary Kufstein Knights' Festival is opening its doors for the 10th time. Hundreds of knights, Vikings, jugglers, artists and travelling folk are expected to return for Whitsun when the formidable fortress walls will again form an imposing frame for the lively activities.

To mark this anniversary, the highlights of the last 10 years and lots of new attractions will be on offer. Famous bands from across Europe such as Triskilian, Braagas and Koenix will be there to mark this special anniversary in addition to 'Die Streuner'. The Adictum troop of jesters will also be back with their unmistakable charm and sex appeal.



## ***Kaiserfest - 40 years***

**Saturday, 30. June 2018**

All of Kufstein will be celebrating the 40th Kaiserfest. The organisers, Kaiserfest association and municipality of Kufstein will again be presenting a broad programme - with free admission!

The mother of all festivals will transform this town at the foot of the historic fortress into an atmospheric festival ground with numerous dance stages, culinary treats, wide-ranging attractions and live music. Music groups of various styles, from folk music and traditional hits to pop, rock, blues and jazz will be providing entertainment on various stages across the town centre.

The participating Kufstein associations and restaurateurs will be serving up various treats: from traditional Tyrolean specialities to international cuisine and from small snacks to sweet treats. And there is plenty for the young visitors to enjoy too with the Josef-Egger-Strasse transformed into a giant play street with lots of fantastic attractions.



## ***UCI Road World Championships 2018 hosted in Kufstein***

**23.09.2018 - 30.09.2018**

Tyrol is playing host to the UCI Road World Championships in 2018, a high-calibre annual event in the world of international road cycling. Kufstein is one of the starting points for this top class highlight.





# Additional event highlights

**Saturday, 28 April 2018**

## **3rd TRI-X-SPRINT and Junior Triathlon**

Kufstein swimming pool/Inndamm, 8:30

**May to June**

## **Natural Cuisine**

Monthly mystery dinner with produce from regional producers

**Thursday, 3 May 2018**

## **Night Shopping**

Kufstein town centre, 18:00  
Shop to your heart's content up until 22:00

**Saturday, 5 May 2018**

## **Gerhard Polt & Well-Brüder**

Kufstein Arena, 20:00  
'High quality entertainment with a humanitarian flavour'



**Friday, 11 to Sunday, 13 May 2018**

## **KULinaria Gourmet Festival & Streetfood Market**

Various locations (gourmet festival) /  
Fischergröies Kufstein (Street Food Market),  
start 10:00



**Thursday, 24 to Saturday, 26 May 2018**

## **glück.tage literature festival Kufsteinerland**

Kufstein, 20:00 Various locations  
Literature, philosophy, nature & pleasure

**Friday, 25 to Sunday, 27 May 2018**

## **Kufstein Music Festival 'Young and New Folk Music'**

Kufstein fortress arena and beer garden, 19:00

**Thursday, 31 May 2018**

## **Revolverheld**

Kufstein fortress, 20:00

**Friday, 8 to Sunday, 10 June 2018**

## **KUFSTEIN unlimited**

Kufstein town centre, Stadtpark, Fischergröies  
50 bands over 3 days on 5 stages for a great  
atmosphere.

**Dates: 15/17/22/24 June 10/12/15/17/  
19/20/22 July**

## **Jedermann**

Kufstein, 21:00, Fortress new courtyard (heroes'  
organ performance area)



**Sunday, 17 June 2018**

## **49th International**

### **Koasamarsch run in Ebbs**

Ebbs school yard, 6:00

**Sunday 01 July 2018**

## **Klassik am See' classical music**

Hechtsee baths, 20:00

**Thursday 5 June 2018 to Sunday, 29 July 2018**

## **Tyrol Festival Erl**

Erl Festival Hall

**Friday, 6 June 2018**

## **Ö3 Summer Concert:**

### **Max Giesinger live & Silent Disco**

Kufstein fortress arena, 19:30

**Friday 27 to Saturday, 28 July 2018**

## **ThierSeefest**

Romantic atmosphere & party mood  
Start: Friday 19:00, Saturday 18:30

**Friday 03 August 2018**

## **Kufstein Operetta Summer - Anatevka**

Kufstein fortress arena, 20:00

**Saturday, 4 August 2018**

## **ACADEMIA VOCALIS - Anniversary Concert**

Tyrol Festival Erl, 20:00

**Sunday, 12 August 2018**

## **TT Hiking Cup Erl**

Erl Passion Playhouse, 8:30

**Thursday, 23 to Sunday, 26 August 2018**

## **Ebbs Flower Parade 2018 - the whole weekend**

**Thursday**

### **Village evening**

Ebbs village centre

**Friday**

### **Open-air Flower Parade**

Hödnerhof Ebbs with HANSI HINTERSEER &  
Org. Tiroler Echo



**Saturday**

### **Flower arranging party**

Hödnerhof Ebbs from 9:00

### **Traditional Hits Day**

Unterer Stadtplatz square in Kufstein  
14:00 - 18:00

### **Summer Night's Festival**

Ebbs associations in the village centre  
from 18:00

**Sunday**

### **Big Festival Procession**

**Saturday, 1 September 2018**

## **Herbert Pixner Project**

Kufstein fortress, 20:00

**Thursday, 6 September 2018**

## **Night Shopping**

Kufstein town centre, 18:00

**Saturday, 8 to Sunday, 9 September 2018**

## **Kufsteinerland Bike Marathon**

Start/finish Kufstein; Saturday: 17:00 fortress  
town sprint + talks; Sunday: Main competition,  
8:00, supporting programme

**Saturday, 22 September 2018**

## **Cattle parade**

Kufstein Oberer Stadtplatz square, 10:30

## **Cattle parade & Landl farmers' market**

Thiersee, Landl village square, 11:00

**Wednesday, 3 October 2018**

## **Autumn Gourmet Day**

Stadtpark Kufstein, 10:30 to 17:00

**Saturday, 13 October 2018**

## **Haflinger stud parade Ebbs**

Parade of the young stud horses down from the  
meadows - from 11:00



# HOTEL ANDREAS HOFER



*Your 4\* traditional hotel in the centre of Kufstein*

Our Hotel Andreas Hofer is a cosy 4\* hotel in the centre of the town, right at the start of the pedestrian zone in Kufstein. Year-round our guests enjoy consummate service at the highest level!

Whether you are on holiday, travelling for business, enjoying a relaxing weekend or just want to enjoy a leisurely evening meal - you get to enjoy all the lovely features of a personally managed traditional Tyrolean hotel here, teamed with a wonderful, private atmosphere and our many years of experience!





# 100% HEALTH & RECREATION



## YOUR PERSONAL POWER SPOT IN TYROL

Treat yourself to balm for your body and soul at the DAS SIEBEN – 4-star Superior health resort, hotel & spa. We'll help you strengthen and use your mental resources to stunning effect.

### MentalVIT includes:

- 1 x vitality field analysis including evaluation and vitality field therapy
- 2 x mental training sessions with our soul coach
- 1 x Tai Chi rod relaxation exercise
- 1 x cleansing body scrub
- 1 x aura test including consultation and individual selection of Bach flowers
- 1 x reflexology massage with Bach flower oil
- 2 x relaxing massage with Bach flower oil
- 1 x relaxing bath with Bach flowers
- 1 x personalised selection of Bach flowers

**Packages range from €1,200 to €1,760 and include 7 nights with half-board**

## MentalVIT

7 nights incl.  
half board

in the 4-star superior  
health resort

incl. SiebenMed  
MentalVIT package

Prices are per person and do not  
include local taxes; valid in 2018

attain the  
incredible  
lightness of  
being and relieve  
blockages

All health packages can be found at [sieben.com/siebenmed](http://sieben.com/siebenmed)