

# Active Programme-Summer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>08.30 a.m.</b> <b>Qi Gong</b> with Caro Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>08.30 a.m.</b> <b>Nordic Walking</b> with Caro Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p> 	<p><b>10.00 a.m.</b> Excourse to Rattenberg Meeting Point: Reception We bring you there and pick you up later again! Stroll through the smallest city of europe! (min. 3 Pers.)</p>	<p><b>08.30 a.m.</b> <b>Aqua Fit</b> with Caro Duration approx. 30 min Meeting Point: Reception (min. 3 Pers.)</p> 	<p><b>08.15 a.m.</b> <b>Morning Meditation</b> with Caro Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>08.30 a.m.</b> <b>Duck, Duck, Goose</b> at the kidsclub</p>	<p><b>10.00 a.m.</b> <b>Make your own</b> Olympic medal in the Kids's club</p>
<p><b>10.00 a.m.</b> <b>Hike to the</b> <b>Berglsteiner Lake</b> Duration approx. 3 hours Sturdy shoes required Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>10.30 Uhr</b> <b>In search of clues</b> <b>through Inneralpbach!</b> Playfully discover nature with the family! Duration approx. 2-3 hours Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>02.00 p.m.</b> <b>Highrope Course Kramsach</b> Duration approx. 2,5 hours Adults €39,- / Kids €26,- (minimum high 1,25m) Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>10.00 a.m.</b> <b>Hike to the Farmkehralm</b> Duration approx. 3,5 Sturdy shoes required Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>10.00 a.m.</b> <b>Nature Experience</b> <b>for the senses</b> Lean more about the herbs of the mystical alps! Duration approx. 2 hours Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>10.00 a.m.</b> <b>Buttongame</b> at the terrasse</p>	<p><b>11.00 a.m.</b> <b>Segway Tour</b> Duration approx. 2 hours Euro 55,- per person Minimum weight 30 Kg Meeting Point: Reception (min. 3 Pers.)</p>
<p><b>02.00 p.m.</b> <b>Segway Tour</b> Duration approx. 2 hours Euro 55,- per person Minimum weight 30 Kg Meeting Point: Reception (min. 3 Pers.)</p> 	<p><b>11.00 Uhr</b> <b>Segway Tour</b> Duration approx . 2 hours Euro 55,- per person Minimum weight 30 Kg Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>03.30 p.m.</b> <b>Piloxing</b> with Veronika Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>11.00 Uhr</b> <b>Segway Tour</b> Duration approx. 2 hours Euro 55,- per person Minimum weight 30 Kg Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>01.00 p.m.</b> <b>Walk to Alpbach</b> <b>(Middle altitude trail)</b> Duration approx. 2-3 hours Meeting Point: Reception (min. 3 Pers.)</p> 	<p><b>We wish all our</b> <b>guests who are leaving</b> <b>today a good and</b> <b>safe journey back</b> <b>home!</b></p> 	<p><b>Hypnosis Therapy</b> Come to the reception for more informations and to book appointments!</p>
<p><b>04.00 p.m.</b> <b>Sun Meditation</b> with Caro Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>02.00 p.m.</b> <b>E-Bike Tour</b> Duration approx. 2-3 hours Please book the bikes the day before! Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>04.30 p.m.</b> <b>Whole Body Workout</b> with Veronika Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>06.00 p.m.</b> <b>Archery</b> Duration approx. 2 hours Meeting Point: Reception (min. 3 Pers.)</p>	<p><b>04.30 p.m.</b> <b>Bull Riding</b> Meeting Point: Check in Area</p>	<p><b>02.00 p.m.</b> <b>Segway Tour</b> Duration approx. 2 hours Euro 55,- per person Minimum weight 30 Kg Meeting Point: Reception (min. 3 Personen)</p>	<p><b>07.00 p.m.</b> <b>Kids Cinema</b> at the Kidsclub</p> 
<p><b>07.00 p.m</b> <b>Magicshow</b> at the kidsclub Afterwards the magician comes to the bar for all :-)</p>	<p><b>05.00 p.m.</b> <b>Tesla Test Drive</b> Meeting Point: Reception Beeing a Co-Driver once in a lifetime</p>	<p><b>04.00 - 06.30 p.m.</b> <b>Eventsauna</b> at the 7Heaven</p>	<p><b>07.00 p.m.</b> <b>Face Painting</b> Registration at the kidsclub</p>	<p><b>08.00 p.m</b> <b>Kidsshow</b> "Galti around the world" at the Galtiplexx / Kidsclub</p>	<p><b>05.00 p.m.</b> <b>Zumba</b> with Veronika Duration approx. 1 hour Meeting Point: Reception (min. 3 Personen)</p>	<p><b>08.00 p.m.</b> <b>Torchlight Hike</b> Duration approx. 1 hour Meeting Point: Reception (min. 3 Pers.)</p>
<p><b>07.30 p.m.</b> <b>Mermaid Swimming</b> for kids 7 years and older Registration at the kidsclub</p>	<p><b>08.00 p.m.</b> <b>Kidsdisco</b> at the bar</p>	<p><b>08.00 p.m.</b> <b>Fashionshow</b> at the bar Registration at the kidsclub</p>	<p><b>08.00 p.m.</b> <b>Live Music</b> at the bar</p>	<p><b>09.00 p.m.</b> <b>Nightspa</b> Family Therme until 10.30 pm 7Heaven until midnight</p> 	<p><b>09.00 p.m.</b> <b>Bar Hopping</b> Meeting Point: Reception We go to Alpbach for some drinks! :-) (min. 3 Pers.)</p>	<p><b>09.00 p.m</b> <b>Wine Tasting</b> Our Sommelier will accompany you Meeting Point: Reception (min. 3 Pers.)</p>

**Information: We kindly ask you to register all activities at the reception by 09.00 pm the evening before. :-)**