



Breath of the mountains

Weekly programme.

28.06. - 05.07.2025



Saturday, 28.06.2025

MORGEN MEDITATION – BERGHAUS SCHRÖCKEN

Start the day with mindfulness and inner clarity – with yoga or a walking meditation. Both invite you to welcome the new day consciously and in harmony with yourself. Whether you will be doing yoga or walking meditation will be announced at the registration deadline

- 07.30 am.
- Berghaus Schröcken.
- Approx. 1,5 h.
- € 15,-.
- Till Fri., 6 pm, servus@berghaus-schroecken.at.

ADVENTURE PARK SCHRÖCKEN

A high ropes course above the water, on the rock and in the forest. 42 rope courses, 2 long flying fox tracks with adrenaline guarantee, 3 zip lines, climbing at a height of 3 – 15 m. An experience for the whole family (children from 6 years must be accompanied by an adult). Equipment: Good, solid footwear and outdoor clothing.

- 10.00 am – 04.45 pm.
- Last entry possibility at 01.00 pm.
- Adventure park Schröcken-Unterboden.
- € 29,- (6 - 10 y. € 20,- | 11 - 17 y. € 24,-).
- Family rate from 3 people: € 28,- (6 - 10 y. € 18,- | 11 - 17 y. € 22,-).

FLYING FOX PARK SAFARI

With 5 flying fox tracks at a height of 20 – 90 m, the route leads over wild gorges with breath-taking views towards the valley. Fun for young and old (children from 6 years must be accompanied by an adult). Equipment: Good, solid footwear and outdoor clothing.

- 05.00 pm.
- Will be announced upon registration.
- 1 ¾ h.
- € 20,-/person incl. safety equipment.
- Until 8 pm the day before, +43 664 25 25 200.

NIA CLASS – BERGHAUS SCHRÖCKEN

In the NIA class, you'll experience a combination of dance, movement, body awareness, and joy. Barefoot and at your own pace, you'll follow simple, flowing choreographies. NIA combines elements of dance, martial arts, and body therapy, providing new energy, mindfulness, and vitality.

- 05.00 pm.
- Berghaus Schröcken.
- Approx 1,5 h.
- € 15,-.
- Till Fri., 6 pm, servus@berghaus-schroecken.at.

GENTLE YOGA – BERGHAUS SCHRÖCKEN

A moment of peace – gentle yoga to open your chakras. Experience yoga in a soothing atmosphere – ideal for settling in, breathing deeply and letting go.

- 08.00 pm.
- Berghaus Schröcken.
- € 15,-.
- Till 6 pm, servus@berghaus-schroecken.at.

Sunday, 29.06.2025

MORGEN MEDITATION – BERGHAUS SCHRÖCKEN

Start your day with mindfulness and inner clarity – with yoga, a walking meditation, or NIA. You'll be notified at the registration deadline whether you'll be doing yoga, walking meditation, or NIA.

- 07.30 am.
- Berghaus Schröcken.
- Approx 1,5 h.
- € 15,-.
- Till Fri., 6 pm, servus@berghaus-schroecken.at.

Monday, 30.06.2025

ALPINE HIKE & NATURAL GEMS WITH FORMER MAYOR HERBERT

This special hike is very diverse and combines landscape, alpine culture and history.

Route: Schröcken Church – Fellealpe including alpine cheese dairy tour – Gletschermühle – visit of the Alpmuseum – Körbersee – Schröcken Nesslegg – (Alte Straße – Schröcken Church).

- 08.30 am.
- In front of the church in Schröcken.
- 4 h (walking time approx. 2 h 30 min).
- € 15,- for W-S guests | 35,- for external.
- Until Sun, 4 pm, info@hausalpenblick.at (please provide your mobile number).

CANYONINGTOUR HARD ROCK – HOLZSCHOPF.COM

A beautiful alpine canyoning tour directly in Schröcken. In a wetsuit you will abseil through waterfalls, climb through the gorge and slide into pools. For sporty beginners the best experience in the area. From 14 years. To bring: swimwear.

- 09.30 am.
- Basis holzschopf.com in Nesslegg 37.
- Approx. 3 h.
- € 80,-.
- Early on +43 664 380 15 40.

Tuesday, 01.07.2025

TRAIL RUNNING TASTER COURSE

If you want to get a taste of the sport, the trail running taster course is just right! No prior knowledge or "top condition" is necessary, because when it comes to trail running, it's not about the pace. The experience of nature and the fun of running are in the foreground.

- 09.30 am.
- In front of the Alpe Körb at Salober.
- Approx. 3 h.
- Free f. W-S guests, € 30,- external.
- Until Monday, 04.00 pm, +43 5583 3515.

MINI & TEENIE CANYONING TOURS – HOLZSCHOPF.COM

For families with children from 8 years (mini tour) or 12 years (teenie tour). Dressed in a wetsuit, helmet and harness, we practice abseiling on the training wall before starting the tour with a brave jump into the crystal clear water. To bring: swimwear, sneakers that may get wet (for children).

- 09.30 am | 12.00 pm | 03.00 pm.
- Basis holzschoopf.com in Nesslegg 37.
- Approx. 2 h.
- € 35,- (mini Tour) | € 45,- (teenie Tour).
- Early on +43 664 380 15 40.

Tuesday, 01.07.2025

GUIDED HERB HIKE

The „Kräuterhexen“ from the Lechtal Valley will immerse you in the world of herbs. You'll learn about many herbs, their effects, and their versatile uses in the kitchen. An exciting hike through the "Alpine Garden" awaits you. In case of bad weather: Visit the herb garden at the Kulturraum & STUBA Lädlele in Warth, take a short herb walk, make a herbal product (indoors), and have time to browse in the STUBA Lädlele.

- 09.45 am.
- Bus stop Hochkrumbach Saloberlifte.
- Approx 5 h.
- € 25,- W-S guests | € 50,- external.
- Until Monday, 04.00 pm, +43 5583 3515.

Wednesday, 02.07.2025

CANYONINGTOUR HARD ROCK – HOLZSCHOPF.COM

Further information see Monday.

INDIANA JONES TOUR – HOLZSCHOPF.COM

For families with children from 8 years. A unique family adventure, led by our guides, takes you through the Flying Fox, through the forest trail and into the secret cave of Empress Sissi... and finally on the giant swing "Captain Hook". To bring: Trekking clothes.

- 10.00 am or can be booked freely.
- Basis holzschoopf.com in Nesslegg 37.
- Approx. 2,5 h.
- € 25,- per person (from 4 people).
- Early on +43 664 380 15 40.

Thursday, 03.07.2025

FAMILY BREAKFAST WITH CHILDCARE – BERGHAUS SCHRÖCKEN

Enjoy a hearty breakfast with regional and homemade products while your children are lovingly looked after. Childcare is suitable for children ages 3 and up.

- 08.00 – 10.00 am.
- Berghaus Schröcken.
- € 25,- (adult) | € 10,- (kids under 10 years).
- Till Wed., 6 pm, servus@berghaus-schroecken.at

MINI & TEENIE CANYONING TOURS – HOLZSCHOPF.COM

Further information see Tuesday.

ADVENTURE PARK SCHRÖCKEN

Further information see Saturday.

FLYING FOX PARK SAFARI

Further information see Saturday.

SUNSET TOUR TO LAKE HOCHALPSEE

From the Hochtannbergpass, we hike to the Widdersteinhütte. After a leisurely stop (approx. 30 minutes), we follow the panoramic trail to Lake Hochalpsee. There, we enjoy the last rays of sunshine and the special atmosphere. Afterwards, we hike back to the starting point.

- Will be announced the day before.
- Bus stop Hotel Adler.
- Walking time 2 h 40 min.
- Free f. W-S guests | € 28,- external.
- Until Wednesday, 12.00 pm, +43 5583 3515.

Friday, 04.07.2025

CANYONINGTOUR HARD ROCK – HOLZSCHOPF.COM

Further information see Monday.

ADVENTURE PARK SCHRÖCKEN

Further information see Friday.

Saturday, 05.07.2024

ADVENTURE PARK SCHRÖCKEN

Further information see Saturday.

FLYING FOX PARK SAFARI

Further information see Saturday.

DAILY (ON REQUEST)

INDIANA JONES TOUR FOR FAMILIES

CANYONING TOURS FOR FAMILIES, BEGINNERS AND ADVANCED



holzschopf.com – Jürgen Strolz

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www.holzschopf.com

EVENT CALENDER

WARTH-SCHRÖCKEN



LECH ZÜRS



BREGENZERWALD



LECHTAL

