

MindfulMountainDays

Bergfrühling –
Primavera in montagna –
Mountain spring

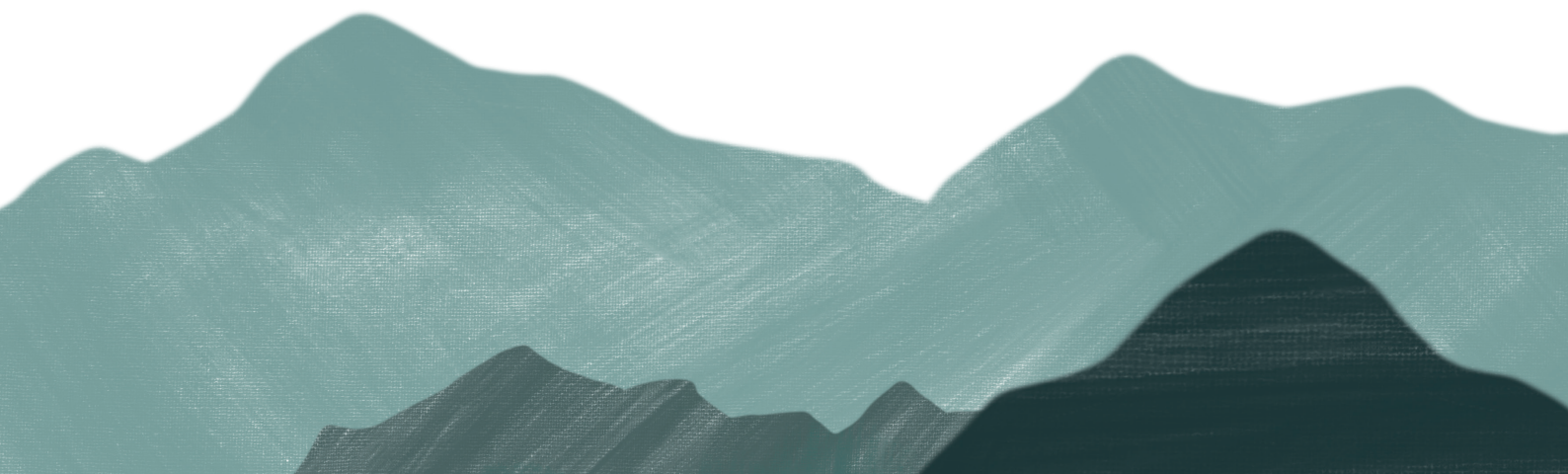
May-June 2021-2022-2023
Speikboden & Klausberg

Spring in the mountains of the Ahrntal valley is an inviting place for mindful rambles through internal and external landscapes alike to gentle, lasting relaxation. By the lakeside, in the forest, on the mountain and in the valley. Gently gliding upwards, all senses receiving. At the heart of the Zillertal Alps at over 2000 metres above sea level, a balmy spring air can quickly turn to a stiff breeze, making the feeling of refreshment – and the experience – all the greater.

Spring in the mountains of the Ahrntal Valley dedicated to mindfulness.

→ **To refreshing heights: free – unlimited! In May and Juni the mountain railways Speikboden and Klausberg are included!**

*Offer valid for all holders of a „Sand in Taufers – Ahrntal“ holiday pass during the time of their stay.
A promotion by the Sand in Taufers and Ahrntal Tourism Associations.



MountainLakeTalks

— Sunday, 6.6.2021

Monika Engl | Kneipp Health Trainer

“The Healing Power of the Alps: A Holiday for your Health”

Tips and hints for restorative treatments. A call to remember that we are part of nature and that therefore nature is our greatest source of renewal.

Meet: Speikboden Valley Station, 9.15 am (duration approx. 3-4 hours), Cost per event: €20, children up to 12 years of age €10, Tickets can be booked online at: shop.speikboden.it

— Sunday, 13.6.2021

Martin Pircher | Cheese Sommelier

“Cheese&Vegetable Tasting”

Martin Pircher wins over the cheese sceptics in his appetising and incomparable way: cheese goes well at every altitude, at all temperatures and no matter what your emotional state. With fresh and crunchy vegetables. And delicious surprises.

Meet: Speikboden Valley Station, 9.15 am (duration approx. 3-4 hours), Cost per event: €20, children up to 12 years of age €10, Tickets can be booked online at: shop.speikboden.it

— Sunday, 20.6.2021

Stefan Braitto | Nature Coach and Author

“Mindful Beathing in the Alpine Habitat”

The air, the magical mixture of gases in the Earth's atmosphere. Quite simply the breath of life. Stefan Braitto accompanies us into the simple and powerful world of breathing: Mountain air is our ally – exercises and experiential spaces.

Meet: Speikboden Valley Station, 9.15 am (duration approx. 3-4 hours), Cost per event: €20, children up to 12 years of age €10, Tickets can be booked online at: shop.speikboden.it

MountainLakeHike

Thursday, 10.6.2021, 17.6.2021 and 24.6.

Petra Röck, Yoga Instructor

Mindfulness Hike with Mountain Lakeside Meditation

Early morning high altitude walk in search of ourselves. Soothing meditation as a bridge to a stable, solid connection with nature.

Meet: Speikboden Valley Station, 9.15 am (duration approx. 3-4 hours), Cost per event: €20, children up to 12 years of age €10, Tickets can be booked online at: shop.speikboden.it

MountainLakeConcerts

— Friday, 18.6. 2021

Alta Pusteria International Choir Festival

Concerts on the Speikboden. An adventure for spring in the mountains, a vocal epiphany: in its 23rd edition, the renowned choral music series welcomes audiences to a concert at 2000 metres above sea level. Splendid national costumes, special sounds, exceptional choreography.

Meet: Speikboden, time to be communicated

— Sunday, 27.6.2021

South Tyrol Jazz Festival Alto Adige

Concerts on the Speikboden. Unusual soundscapes on the Speikboden: International calibre jazz players honour us with their presence. The Festival is known for its eccentric locations and original bands – so welcome to the Speikboden. To a particular pleasure. To the finale of a special series of Spring in the Mountains events.

Meet: Speikboden, different locations, 10.30 am – 3.30 pm

— Sunday, 27.06.2021

Live music at the Speck- & Schnapsalm hut, Klausberg

MountainCuisine

— Tuesday, 01.06.2021, 15.06.2021

Graukäse (Grey Cheese) Specialities with Grey Cheese from the Hirnerhof and beer from the Gustahr Brewery in the Ahrntal Valley

‘Graukäse as it used to be’ with Martha Hofer, the farmer at the Hirnerhof in St. Johann. Produced with care and dedication and granted the Slow Food Presidium label. To be enjoyed with a beverage brewed with just as much care in the Ahrntal Valley: the new Gustahr Brewery presents delicious beers.

Location: Klausberg, Moaregg Alm, 11 am – 2 pm

— Wednesday, 02.06., 09.06., 16.06., 23.06.2021

We present Ahrntal Valley mountain cheese gnocchi – outdoor cookery demonstration

Ever heard of Graukäse gnocchi? Learn to cook this age-old dish and then try it out: shared enjoyment for food fans. Graukäse grey cheese: an age-old low-fat Ahrntal sour milk cheese, granted the Slow Food Presidium label (for an additional cost).

Location: Klausberg, Speck- und Schnapsalm, 11 am – 2 pm

50 years of Klausberg – dishes from 50 years of Klausberg reinterpreted

Location: Klausberg, STOCHAS FOOD & DRINKS

MountainWellness

— Friday to Sunday, 04.–06.06.2021

Wellness Days / Alm Spa

A small Finnish alpine sauna and a hot tub at the heart of the Ahrntal mountains. And Sepp, the landlord, is a past master at ladling water onto the hot rocks to create that all-important steam: at 1700 metres above sea level the body perspires particularly effectively.

Location: Klausberg, Speck- und Schnapsalm, daily from 11 am – 4 pm

(€25 per bathrobe + towel, per day; reservations +39 348 9201975)

— Friday to Sunday, 11.–13.06.2021

„Tai Chi in the mountain“*

Tai Chi or shadow boxing: beneficial Chinese martial art. Flowing exercises, concentrated movements resulting in a feeling of wellbeing, and a positive effect on your health. A morning taster of this Far Eastern practice. Both beginners and the more advanced will take something away from this session.

Location: Klausberg, Speck- und Schnapsalm (sun terrace or alpine pasture), 10 am to 12 noon, then lunch break, and again from 2 to 4 pm, price: €50 per person per day

Info: comfortable, light and flexible clothing recommended, registration: by 09.06.2021, +39 348 9201975

— Friday to Sunday, 18.–20.06.2021

In the mountain flow with Qi Gong*

Qi Gong: a form of meditation, concentration and exercise originating in China. In the mountains of the Ahrntal, well away from any noise, your introduction to the eight brocades will be easy, undisturbed and refreshing. The goal is composure, equilibrium, stability and the release of tension. Both beginners and the more advanced will take something away from this session.

Location: Klausberg, Speck- und Schnapsalm (sun terrace or alpine pasture), 10 am to 12 noon, then lunch break, and again from 2 to 4 pm, price: €50 per person per day

Info: comfortable, light and flexible clothing recommended, registration: by 16.06.2021, call Sepp on +39 348 9201975, no prior knowledge or experience necessary

*with **Othmar Vigl**: six-time European Tai Chi Champion. He has taught Tai Chi and Qi Gong since 2004. In 2008 he gained his Level 6 Advanced Instructor Certificate from the PTCCI in London, UK. He is a passionate provider of workshops, presentations and demonstrations for a multitude of groups and institutions, such as the BBC in the UK and the Free University in Bolzano.

— Tuesday, 08.06., 22.06.2021

Biathlon Shoot for guests, with introduction at the Almboden Mountain Restaurant

Biathlon shooting, a precision sport, requires a high level of concentration and a steady hand. The rifle is a piece of sporting equipment to be used with perfect body control. An introduction to a complex sport – in the spring mountain air. Beginners and more advanced shooters welcome.

INFO: Visitors to member establishments of the Sand in Taufers and Ahrntal Tourist Information Offices are entitled to use the free ascent to the Speikboden and Klausberg ski resorts as part of the “Mountain Railway Inclusive” campaign. For all other participants prices are exclusive of a mountain railway ticket.

shop.speikboden.it / www.skiworldahrntal.it