

Multi-activity adventure week in the Dachstein Salzkammergut region

active through the world heritage

- ✓ **VARIED ADVENTURE PROGRAM ON THE WATER AND IN THE ROCK**
- ✓ **IDEAL FOR FAMILIES**
- ✓ **ACCOMMODATION AT THE ***LANDHOTEL AGATHAWIRT IN AGATHA NEAR BAD GOISERN**
- ✓ **MINIMUM NUMBER OF PARTICIPANTS: 2 PERSONS**
- ✓ **ARRIVAL DAILY POSSIBLE**



© Gerhard Gschwendtner



© Naturfreunde Bad Ischl

*"What would life be if we didn't have the courage to
take risks?"*

Vincent van Gogh (1853 – 1890), Dutch painter and draughtsman

The Salzkammergut seems to correspond to an ideal landscape for many people. On the one hand, there is the unique combination of lakes and mountains, varied forests and lush meadows. The landscape is punctuated and at the same time enriched by small and large mountain streams, steep rock faces and the highest mountain in the Northern Limestone Alps, the Dachstein. This region is unique due to the mining of salt, which has had a lasting impact on the cultural area. In 1997, the Hallstatt - Dachstein/Salzkammergut region was added to the list of UNESCO World Heritage Sites.

During the week-long stay, experience a time in which you can get to know this truly enchanting landscape through various sports activities. Whether by canoe across the fjord-like Lake Hallstatt, exploring a cave on foot under professional guidance or up the mountains. Look forward to a varied program in which all your senses will be addressed!

General information:

- walking and cycling tours are self-guided with detailed maps and route descriptions being provide All other activities are carried out in company of a professional instructor.
- swimming skills are a prerequisite for all activities on water
- to enjoy the climbing and the time in the caves you should have a good head for heights, and you should not suffer from claustrophobia
- all activities are suitable for children of the age of 8 or older
- special equipment is provided for all activities. Basic outdoor equipment like good walking shoes, rucksack, rain and sun protection, functional clothing and also a warmer jacket or pullover (especially important for the caves) are necessary to enjoy your trip.
- Trips to the activities by own car

Highlights

- + **BIKE TOUR ALONG LAKE HALLSTATT - PART OF THE UNESCO WORLD HERITAGE SITE**
- + **CANOE TRIP ALONG BEAUTIFUL STRETCHES OF SHORE**
- + **CLIMBING COURSE FOR BEGINNERS**
- + **DISCOVER THE KOPPENBRÜLLER CAVE WITH A GUIDED TOUR**
- + **OPTIONAL: HUT HIKE WITH OVERNIGHT STAY AT THE GOISERER HUT MOUNTAIN LODGE**

The course of your tour

Day 1: Individual arrival in Agatha at Lake Hallstatt

Arrival by car or public transport to the sun-drenched Agatha, a suburb of Bad Goisern. The pretty village with its outstanding geographical location on Lake Hallstatt attracts sports and adventure enthusiasts. Depending on the time of arrival, a visit to the handicraft house in Bad Goisern is worthwhile. Traditional, old craftsmanship is vividly depicted here. You will receive your travel documents at the hotel. (7 nights)

Day 2: Bike tour along the mystical Lake Hallstatt

The section on the eastern shore of the lake, which is reminiscent of a Norwegian fjord, is unobstructed, the view of the Dachstein mountains including the glacier is fantastic and the route is spectacular. The flank of the Sarstein plunges almost vertically into the lake and the climbing system floating above the water gives the impression of riding above the water. The cycle path leads via Obertraun, where there is the possibility to visit the Dachstein Ice Cave or Mammoth Cave, to Hallstatt. The almost perfect ensemble of narrow streets, historic houses, lake panorama and the cultural heritage from the Hallstatt period are not only worth seeing, but also make this place world-famous. After a full day, we return to Agatha for an overnight stay.

Bicycle distance: approx. 30 km (altitude difference ascent: 357 m/descent: 357 m)

Day 3: Canoeing – new perspectives on the World Heritage Site

The canoe trip along the quiet shores of Lake Hallstatt is varied. Sandbanks and peninsula areas are particularly attractive destinations during a boat tour. After a short introduction to manoeuvring, you will explore the calm lake with your canoe under the guidance of a guide. The view from the lake to the Dachstein massif is interesting. A perspective that is worth taking your time to perceive. From the water, with special attention and caution, some animals can also be observed well.

Canoe trip including introduction: approx. 3 hours

Day 4: Climbing course for beginners in the climbing hall Bad Ischl

On almost 1,200 m², the climbing hall in Bad Ischl offers various climbing opportunities with a lot of fun bouldering or rope. With a choice of more than 90 climbing routes between grades 3 and 7c+ / 8a (3 and 9+ / 10), there are probably plenty of opportunities for the advanced climbers. After a successful climb, the adjacent sports bistro invites you to rest and get together. However, the view remains free to follow the hustle and bustle in the climbing hall.

Climbing course: 3 hours (for children 2 hours - depending on fitness and stamina)

Day 5: OPTIONAL: Hike with overnight stay in a hut (option 1) or individually designed day (option 2)

Option 1: Hike to the Goiserer hut on the Kalmberg massif (2-day program)

From Bad Goisern, the trail continues along the forest road to the Trockentannalm and then past the Sperrerrhütte, the Niedere Scharfen-Alm and the "Dichtlerin" of a water source. The location of the Goiserer hut mountain lodge at the foot of the Hoher Kalmberg is overwhelming. It is also worth taking a detour to the small Kalmos church. It is completely hidden in a rock cave and was a place for Protestants during the time of the Counter-Reformation where they secretly celebrated church services. Enjoy the end of the day at almost 1,600 meters in the Salzkammergut mountains. (Overnight stay at Goisererhütte mountain lodge) (Overnight backpack and hut sleeping bag* for the night at the Goiserer hut have to be carried by yourself)

Hiking: approx. 4 hours (6 km, ascent 1,083 m in height, descent 10 m in height)

Option 2: Individual daily planning (suggestions):

Excursion to Gosau

- Circular hike around Lake Gosau,
- Hike to the Zwieselalm (with ascent by cable car),

Excursion to Bad Goisern:

- Hike along the Traunreiterweg, ideal for families,
- on the Figures and Legends Trail, an excursion with a fantastic view over the valley,
- our TIP: Archery in the 3D course

Day 6: Descent from the Goiserer hut mountain lodge back to Agatha (variant 1)

Hiking: approx. 4 hours (6 km, ascent 10 m in height, descent 1.083 m in height) with the same route for ascent/descent

Day at leisure (variant 2)

Depending on the weather, hikes of various lengths are available in the surrounding area. Or maybe the lake is already tempting you to go swimming? Bathing areas are also within walking distance of Agatha. However, if you would like to get to know other well-known destinations in the Salzkammergut, the following excursions are recommended:

- to the imperial city of Bad Ischl, which invites you to stroll or visit the thermal baths,
- to Lake Wolfgang, with a boat trip across the lake and a visit to the well-known holiday resort of St. Wolfgang with its well-known pilgrimage church of the same name and a visit to the traditional inn "Weißes Röbl"

Day 7: In the realm of the Koppenbrüller Cave

The Northern Limestone Alps are known for their extensive cave systems. Near Obertraun is the Koppenbrüller Cave, which is explored today. It is located in the core zone of the UNESCO World Heritage area and is one of the few still active caves in the Dachstein region. Especially in spring, the water thunders out of it with a great roar. Even from a distance you can hear the "roar", which also gave it its name. During the cave tour, you will gain impressive insights into the underground waterways of the interior of the Dachstein as well as into the formation of the cave. The cave is located in the valley and can be reached by a short walk on a well-paved hiking trail along the wildly romantic Traun.

Guided cave tour: approx. 1 1/2 hours

Day 8: Individual departure or additional nights

If you have the opportunity to extend your stay, the repertoire of discoveries is far from exhausted and additional nights can be booked. How about, for example, a visit to the salt mine in Hallstatt? Immerse yourself in the distant past of the Hallstatt period and visit places of salt production that were already used over 7000 years ago. Otherwise, the return journey will take place in the morning.



© Ferienregion Dachstein Salzkammergut

ACCOMMODATION: *LANDHOTEL AGATHAWIRT



Location:

The Landhotel Agathawirt is situated in the heart of the World Heritage region "Inneres Salzkammergut". The conveniently located house is in Agatha, a suburb of Bad Goisern. The town center with shopping possibilities is approx. 3km away. The hotel is an ideal starting point for hikes and walks.

Facilities:

The traditional and landmarked estate with a total of 58 beds offers reception, à la carte restaurant with 2 parlors, free internet surfing station, cozy outdoor dining area, conservatory, bar, playroom for children, table tennis and parking.

Bad Goisern: 500m above sea level, 7 600 citizens, The town is known for its craft tradition and the musical talent of its residents. Together with the neighbor towns Hallstatt and Bad Ischl it lies right in the middle of the heart of the Salzkammergutes.

Arrangement

- 7x** Overnight stay with half board in ***hotel Agathawirt
OPTIONAL: therefrom 1 x overnight stay with half board in a mountain lodge (communal bunk for yourself, hut sleeping bag necessary*)
- 1x** welcome video with explanations and information you need for this tour
- 1x** Cycling & Hiking map of the Salzkammergut area + detailed routing (1x per room)
- 1x** bike rental (trekking bike) for a day tour
- 1x** guided canoeing tour, half day, including equipment
- 1x** guided indoor climbing, half day, including equipment
- 1x** entrance and guided tour through Koppenbrüller Cave
- 1x** Salzkammergut Adventure Card – Reductions on 120 attractions in the region
- +** Daily service hotline from 8.00 am to 6.00 pm (also on weekends)
- +** 'A Tree for your booking' – for every hiking tour booked with us a tree is planted

Prices per person and arrangement in €:

	17.05. - 23.06.2024 11.09. - 15.10.2024	24.06. - 13.07.2024 28.08. - 10.09.2024	14.07. - 27.08.2024
from 4 persons			
per person in double room without balcony (communal bunk at the mountain lodge)	962,--	1010,--	1059,--

	17.05. - 23.06.2024 11.09. - 15.10.2024	24.06. - 13.07.2024 28.08. - 10.09.2024	14.07. - 27.08.2024
per person in double room with balcony or family room (communal bunk at mountain lodge)	1031,--	1086,--	1135,--
for 3 persons			
per person in double room without balcony (communal bunk at the mountain lodge)	999,--	1049,--	1095,--
per person in double room with balcony (communal bunk at mountain lodge)	1069,--	1125,--	1175,--
for 2 persons			
per person in double room without balcony (communal bunk at the mountain lodge)	1055,--	1105,--	1159,--
per person in double room with balcony (communal bunk at mountain lodge)	1129,--	1159,--	1209,--
Children´s rates for the arrangement sharing their parent´s room (2 fully paying adults)			
8-11,9 years	620,--	643,--	665,--
12-14,9 years	733,--	770,--	830,--
Supplement single room (not at mountain lodge)	129,--	129,--	129,--
arrival day	daily	daily	daily
Supplement for arrival without car / per person (public transport/bus ticket)	33,--	33,--	33,--

The local tax, also known as visitor's tax, is payable locally to the landlord; the amount depends on the resort and is between €1,00 and €4,00 per person per night. Children up to the age of 15 are usually

exempt.

We recommend this offer for children of the age of 8 or older.

Notes on staying at an Alpine lodge:

- *Hut sleeping bag: blankets are available in the huts; necessary but mandatory is only a lightweight cotton/silk sleeping bag liner
- Due to their location, not all huts can offer running water, hot water or showers. In some cases there is also no flushing system in the toilets.
- On most huts, card payment is not possible. Take enough cash with you for food and drinks.

The standard terms and conditions of the Salzkammergut Touristik GmbH apply in the current version.

Rates and operating hours / timetables are subject to change

Our recommendations:

Get a travel cancellation insurance.

Informations



For environmental reasons, we recommend arriving and departing by public transport (train/bus). We are happy to help you organise your train journey within Austria. Talk to us!

"A tree for your booking" - Cooperation project with Austrian Federal Forests

For every bike or hiking tour in the region booked with us, a tree is planted in the Weißenbach valley - near Bad Ischl. With this campaign we want to generate awareness for climate-friendly travel and take responsibility for a world worth living in.





The **UNESCO World Heritage List** currently lists 1,154 natural and cultural sites from 167 countries worldwide. The excellent cultural and natural monuments have an extraordinary universal value that must be preserved in the long term. Austria is represented with 10 World Heritage Sites.



The European Capital of Culture Bad Ischl Salzkammergut 2024 brings the diversity of historically rooted and contemporary art and culture to the forefront and raises it to an international level.