



MindfulMountainDays

Bergfrühling –
Primavera in montagna –
Mountain spring

**May–June 2022
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.**

In May and June the use of the Ahrntal cableways Speikboden and Klausberg is free of charge*: energy-saving for people and nature



* For all guests staying in a member establishment of a tourist association.

— Sunday, 29.5.2022

MONIKA ENGL | KNEIPP HEALTH TRAINER

Fresh mountain lake bathing: feel the power of the cold

What a whoop! The sparkling, chilly water of Lake Klaussee brings a red flush to the thighs, shoulders and cheeks, whilst we dive in in a focussed yet relaxed manner... and suddenly, instead of cold, feel energetic, revitalising warmth flooding around our bodies...

Cold water treatments strengthen the immune system: they cured Sebastian Kneipp of tuberculosis. On the climb up to the lake, Monika Engl tells us all about the rules and effect of cold water bathing. And then, together, we dive in – into the sparkling fresh water at 2,162 metres above sea level.

Meeting place: Klausberg Valley Station, 09:00 hrs

Duration: approx. 5 hours

Bring along: winter hiking equipment, swimming things (perhaps wear them under your clothes), dry underwear, 2 towels, waterproof shoes or neoprene shoes, hot tea, a snack.

For people with cardiovascular problems, colds or in case of doubt, we recommend that you check with your doctor first. From 18 years.



— Thursday, 02.06., 09.06., 16.06., 23.06., 30.06.2022

SABRINA INNERHOFER | VITALITY TRAINER, FOREST BATHING TRAINER,

PHARMACIST & YOGA INSTRUCTOR

Walk mindfully and open up all of your senses

Walking mindfully means attentively feeling the pebbles and roots beneath your feet, hearing the tweet of the water pipit, guessing what the scents emanating from the mountain vegetation are, pausing, breathing consciously and slowing down. Sabrina Innerhofer wakes our senses, stimulates our spirit, accompanies us on the hunt for the satisfying power of (our) nature.

Meeting place: Klausberg Valley Station, 14:00 hrs; or Klausberg mountain station, 14:15 hrs

Duration: approx. 3 hours

Bring along: a mat to sit on, drink, a little towel



— Pentecost Sunday, 05.06., Saturday, 18.06.2022

MICHAELA PIOK | ADULT EDUCATION TRAINER

Keeping up through the day – with the family

Cheerful, powerful, self-aware – an hour filled with movement, attentiveness, nature: for kids, for couch potatoes, for fresh-air fanatics, for late-to-risers, for slow walkers... for everyone.

Michaela Piok shows us posture, staying power, and the confidence to allow others to lead. With pilates exercises that help balance the muscles, that gently and sustainably exercise the spinal column and that tighten the stomach. With deep breaths that fill us with a feeling of wellbeing.

Meeting place: Klausberg Valley Station, 09:15 hrs;

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.

— Pentecost Monday, 06.06.2022

STEFAN BRAITO | NATURE INSTRUCTOR AND AUTHOR

Mindful breathing in the alpine habitat

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

Meeting place: Speikboden Valley Station, 09:15 hrs

Duration: approx. 3 –4 hours

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.

— Wednesday, 08.06., 15.06., 22.06., 29.06.2022

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.

Meeting place: Speikboden Valley Station, 09:15 hrs

Duration: approx. 3 –4 hours

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.

— Saturday, 11.06., 25.06.2022

STEFAN FAUSTER | HOTELIER, NATURE GUIDE

Forest bathing

The forest, a highly complex ecosystem. Spruce, pine and larch clean the forest air and exude an intensely sharp aroma, cleansing for the airways. Silently, cautiously, curiously, we step into the dark green coniferous forest. Considerately of the abundant – yet noiseless – life that surrounds us. Raise your antennae! And soon wonderful things will happen...

Stefan Fauster can decipher the magic of the forest for us and help its healing power unfold for us.

Meeting place: 11.06.2022 Speikboden Valley Station, 09:15 hrs

Duration: approx. 3 –4 hours

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.

Meeting place: 25.06.2022 Klausberg Valley Station, 09:15 hrs

Duration: approx. 3 –4 hours

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.



— Sunday, 19.06.2022

MONIKA ENGL | KNEIPP HEALTH TRAINER

The healing power of the Alps: a holiday for your health

The healing power of the Alps: wellbeing for body & soul from nature's apothecary"
A call to remember that we are part of nature and that therefore nature is our greatest source of renewal. Tips and hints for restorative treatments in nature such as sun and air bathing, grounding oneself by walking barefoot, listening to nature's plan and relaxing in the process, a freshness boost with water treading in the mountain stream, enjoying slowness and simply BEING...

Meeting place: Speikboden Valley Station, 09:15 hrs

Duration: approx. 3 – 4 hours

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.

— Sunday, 26.06.2022

Südtirol Jazz Festival Alto Adige

Concerts on the Speikboden. Unusual soundscapes with jazz musicians of international renown who are giving their all. The Festival is known for its eccentric locations and original bands – so welcome to the Speikboden. To a particular pleasure. To the aesthetically intoned end of a special series of "Spring in the Mountains" events.

Meeting place: Speikboden Mountain Station

Bring along: sturdy footwear, drink, snack, a mat to sit on, suitable clothing.

Free admission!

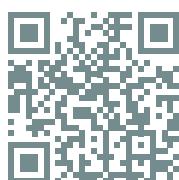
INFO: The guests of member establishments of the Sand in Taufers and Ahrntal Tourist Information Associations can make use of the free ascent and descent to the Speikboden and Klausberg ski resorts as part of the Cable Car Included campaign. For all other participants prices are exclusive of a cable bar ticket.

All events can only be reserved online at: shop.speikboden.it,
in each case within 17:00 the day before.

Info phone: Speikboden, +39 0474 678122

Prices: Adults 20,00€, children up to 12 years: 10,00€.

Programme may be changed in case of bad weather.



shop.speikboden.it / www.skiworldahrntal.it / www.ahrntal.com

