

KRON AKTIV SUMMER PROGRAMME 2019 (03.06.-11.10.19)
Shortened programme from 13.05.-31.05. and from 14.10.-31.10.2019

MONDAY

The spirit of herbs: herbal and Kneipp walk on the panoramic trail in Reischach

Start: 10 am Outdoor Centre Reischach

Arrival: 2 pm

Around the Astjoch: local mountain hike

Start: 9:30 am Outdoor Centre Reischach, **9:10 am** St. Lorenzen bus station

Arrival: 4 pm

Action! Mountain bike technique training and riding on trails

Start: 10 am Outdoor Centre Reischach

Arrival: 3 pm (lunch break 12 noon – 1 pm)

Cost: €20.00 (bike and equipment hire)

TUESDAY

Herbal and Kneipp walk: local hike in Gais

Start: 10 am playground car park in Gais

Arrival: 2 pm

Nature's spectacle: hike to the Earth Pyramids and Gönner Alp/Rieserferner

Start: 10 am Outdoor Centre Reischach, **10:15 am** Percha

Arrival: 4 pm

Action! Via ferrata (Lagazuoi) with alpine guide *

Start: 8 am Outdoor Centre Reischach

Arrival: 3 pm

Cost: equipment hire; max. number of participants: 10

MTB tour: bike tour in Bruneck and surroundings

Start: 10 am Outdoor Centre Reischach

Arrival: 2 pm

Cost: €20.00 (bike hire)

Action! Downhill technique training

Start: 1 pm Outdoor Centre Reischach

Cost: €50.00 (bike and equipment hire) + Kronplatz day ticket

Arrival: 4 pm

WEDNESDAY

Visit of the Haidenberg alp village: hike to bake bread followed by tasting session

Start: 10:30 am Outdoor Centre Reischach, Stefansdorf

Arrival: 4 pm

Mountain hike: Around the Pfalzen mountains (Grünbach lake – Sambock)

Start: 9:30 am Outdoor Centre Reischach; **9:45 am** sports area Pfalzen

Arrival: 4 pm

E-Bike Tour: Around the Kronplatz

Start: 10 am Outdoor Centre Reischach

Arrival: 2:30 pm

Cost: €45.00 (bike hire)

MTB technique training:

Start: 1 pm Outdoor Centre Reischach

Arrival: 3 pm

Cost: €20.00 (bike hire)

THURSDAY

The mountain is calling: Mountain hike in the Dolomites or Alps

Start: 9 am Outdoor Centre Reischach

Herbal walk: Herbal and Kneipp walk in Stefansdorf

Start: 10 am Stefansdorf fire station

Arrival: 2 pm

Action! Mountain bike tour with riding on trails

Start: 9:30 am Outdoor Centre Reischach

Arrival: 2:30 pm

Cost: €20.00 (bike hire)

FRIDAY

Action! Via ferrata with alpine guide *

Start: 8 am Outdoor Centre Reischach

Arrival: 3 pm

Cost: equipment hire

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Panoramic views: hike on and around the Kronplatz

Start: 10 am Outdoor Centre Reischach

Arrival: 2 pm

E-Bike Tour: Rieserferner mountains and Earth Pyramids

Start: 10 am Outdoor Centre Reischach

Arrival: 2:30 pm

Cost: €45.00 (bike hire)

Action! Downhill technique training

Start: 1 pm Outdoor Centre Reischach

Arrival: 4 pm

Cost: €50.00 (bike and equipment hire) + Kronplatz day ticket

*Only July and August
Subject to change