

PRESS KIT OBERTAUERN

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High peaks and quiet valleys, cool mountain lakes and rustic alpine pastures – these are the backdrops for summer nature adventures in Obertauern in Salzburger Land. Here, holidaymakers will find what they are longing for. Individual sports enthusiasts as well as families. Known as a hiker's paradise, the region also offers ideal conditions for trail runners and mountain bikers. The alpine ropes course is considered one of the most beautiful in the Alps, and mountain yoga has become a summer hit.

Location

Obertauern is located 90 kilometers south of Salzburg between 1,740 and 2,526 meters above sea level in the midst of the Hohe Tauern mountains around the Radstädter Tauern Pass. The village of Untertauern is 8 kilometers to the north at 1,009 meters above sea level. On the south side of the pass, Tweng at 1,233 metres in Salzburg's Lungau region is also 8 kilometers from Obertauern.

Accommodation

In Obertauern, Untertauern and Tweng around 40 establishments are open in summer: 5-star, 4-star superior, 4-star and 3-star hotels, guesthouses, youth hotels, holiday flats, private rooms, flats and self-catering huts. The summer season lasts from mid-June to the end of September.

Spend the night at altitude

Perfect tranquility. Cool mountain air. Hut atmosphere. An evening among like-minded people. Buzzwords that explain the nature experience of spending the night on the mountain. Various mountain pastures and huts in Obertauern make it possible.

Cable cars

From 1 July to 17 September 2023, the Grünwaldkopf cable car operates daily from 9 am to 5 pm and the Hochalmbahn from 9 am to 4 pm. Mountain bikes, dogs and prams are transported free of charge.

Bus

Guests can travel comfortably by bus between Mauterndorf, Tweng, Obertauern, Untertauern, Radstadt and Altenmarkt. Bus tickets for 1 euro per trip (adults and children) are issued at the accommodations.

Weekly summer program

From 26 June to 17 September 2023, a weekly summer program with outdoor activities for children and adults takes place. Guided hikes, including herb and water hikes, mountain yoga, the workshop "Survival in the Wilderness" or insights into life on the

mountain pasture bring guests closer to nature. Other offers include excursions to the alpine ropes course, a descent on the Mountain Skyver, herbal cooking courses, horse riding courses in Tweng or fishing in the Untertauern Wildlife Park.

180 attractions with the SalzburgerLand Card

Around 180 attractions in the city and province of Salzburg are accessible with the SalzburgerLand Card: mountain railways, castles, palaces, museums, lakes and baths, nature experiences, panoramic roads, wildlife and adventure parks, sports facilities and much more.

- Available as 6- and 12-day tickets for 90 and 108 euros respectively for adults.
- Children from 4 to 16 years: 45 and 54 euros respectively

Family holiday in Obertauern

Alpine pastures, animals, climbing rocks, streams, lakes - the mountain landscape holds exciting adventures for children. Family-friendly accommodation, hiking trails suitable for prams and pollen-free mountain air are further plus points. Horseback riding, fishing, swimming, horse-drawn carriage rides, excursions and cultural trips - due to its central location in the province of Salzburg, the region in and around Obertauern has everything that makes for a perfect summer holiday in the mountains.

Alles Alm - hiking experience for the whole family

Halfway between Obertauern and Untertauern, if you leave the B99 main road and take the Gnadenalm road, you will be immersed in another world. Out of everyday life, into an idyllic, gently rising plateau at an altitude of over 1,250 meters, embedded in the panorama of the Radstädter Tauern.

"Alles Alm" is the name of the family circular trail designed in harmony with nature, where everything revolves around the alpine life of the past and present. The flat route, which is suitable for prams, passes ten themed stations that present interesting facts about nature, animals and history. Play stations, rest areas with slides and swings, encounters with animals and entertaining information alternate. You should plan a good hour and a half for the walk. There is a large water playground, a cow-spot memory as a guessing game for the whole family, a cow-spot jumping mile, marmot construction, a giant slide and a viewing platform.

Bobby's world of experience

Obertauern has created its own world of adventure for the little ones. With mascot Bobby, the youngsters discover the mountain world of Obertauern and let off steam in various adventures. Fun tasks await at stations around the Grünwald and Krummschnabel lakes, including an exciting course on stilts, an adventurous raft trip across the Krummschnabelsee or an exploration of the underground Mankeibauten. Bobby's Erlebniswelt is open from the beginning of July to mid-September.

Heat-free Obertauern

For heat sufferers who are groaning under the extreme temperatures of this summer, the simple realization applies: the higher, the cooler. Obertauern, situated between 1,740 and 2,526 meters above sea level in the middle of the Hohe Tauern around the Radstädter

Tauernpass, is the ideal place of longing. Holidaymakers breathe in the clear mountain air while hiking and refresh themselves in one of the mountain lakes.

The most beautiful adventure playground

Obertauern offers everything that the mountains have to offer: over 280 kilometers of hiking trails, mountain bike routes, rustic alpine huts, majestic peaks, the clear reflections of the mountain lakes and the murmur of the mountain streams.

The wildlife and leisure park in Untertauern with its wild animal enclosures where mouflons, red deer and fallow deer cavort and the petting zoo with ponies, goats, ducks and geese, rabbits, pigs and llamas is a popular destination. Since this year, there are also wallabies in the park. Other attractions include a slow train, playgrounds, an adventure land for children, a fish pond and a bathing lake. Horse lovers are welcome in Tweng for rides or at the horse camp.

Scenic highlights and attractions

Idyllic mountain lakes and the impressive Johannes waterfall are ideal excursion destinations. Anglers will find their favorite spot in the Taurach and Grünwaldsee lakes. At Lake Grünwald, pedal boats and rowing boats can be hired free of charge, and on Lake Krummschnabel children can go rafting and stand-up paddling. Offers at the wildlife and leisure park in Untertauern: Game enclosure, petting zoo, ball playgrounds, pond area for fishing, bathing lake.

Moments of happiness beneath the peaks

Many personal moments of happiness await you in Obertauern: Yoga exercises on lush green, flowering alpine meadows in front of majestic mountains; mastering the Stoneman Taurista mountain bike circuit after 123 kilometers and 4,500 meters of altitude; the first mountain tour with the offspring in the pram; the sight of grazing cows on the alpine pasture; gazing at the reflections of the clouds on the shore of a crystal-clear mountain lake.

Two mountain lifts - Grünwaldkopfbahn and Hochalmbahn - operate daily in good weather. Prams, dogs and mountain bikes are transported free of charge. Over 280 kilometers of hiking trails lead to peaks with fantastic views, rustic alpine pastures, quiet mountain lakes and natural spectacles such as the Johannes waterfall.

Due to its altitude of 1,740 meters, the panoramic experience already begins in Obertauern. Families with small children can also enjoy the high mountain landscape on hiking trails suitable for prams. Popular hiking destinations are the many alpine huts where hikers can fortify themselves with hearty Brettljäusen and other regional delicacies. Three of the 31 stages of the Salzburg Alps Trail, which connects 120 alpine pastures in Salzburg's Pongau region over 350 kilometers, also lead through the mountains of Obertauern.

Healthy and fit with every step: trail running

Trail running in Obertauern combines sporting challenges with nature experiences. The varied, challenging trend sport trains the body, clears the mind and promotes relaxation. The trail runs in Obertauern lead on eight signposted routes over a total of 133 kilometers past wild waterfalls and gorges, over alpine meadows and mountain slopes, to

summit crosses and emerald green mountain lakes. From Cross Adventure to Cross Trail, the trails challenge beginners and experts alike.

The mountainous trails not only improve coordination and reaction times, but also general well-being. As the Austrian Moderate Altitude Study (AMAS) I and II proves, this is especially true for training between 1,500 and 2,500 meters above sea level. The clear, pollen-free mountain air additionally makes Obertauern an ideal place to start trail running and look for new challenges.

Cold kicks in eleven mountain lakes

At an altitude of 1,740 meters, the waters are not only a lot colder than those in the valley, but also a visual treat due to their location amidst rugged mountain slopes and moss-green alpine meadows with spectacular views. Obertauern can boast 11 mountain lakes.

Swimming in cold waters strengthens the immune system, invigorates body and mind and stimulates the metabolism. At the same time, jumping into the cool water also has positive mental and physical effects on health. When diving into the emerald green mountain lakes with water temperatures between 17 and 23 degrees, the vessels contract and the blood is centralized in the body core to maintain the body temperature in the best possible way. After the refreshing bath, the vessels dilate and blood circulation increases. While the increased blood circulation of the muscles and the body core cause a pleasant feeling, the alternation of cold and warmth strengthens the immune system.

Hansjörg Ransmayr, mountain hiking guide, water rescuer and author of the book "Wildswimming-Alpen", guides guests to the most beautiful spots and swims through the refreshing waters with them. For beginners, a health check is recommended before cold bathing.

Test campaign with pram manufacturer - Cybex

Does the buggy no longer fit in the boot in addition to the luggage? This is not a problem for families on holiday in Obertauern. Several hotels in Obertauern, Untertauern and Tweng have rental buggies available. This is made possible by a test campaign with the pram manufacturer Cybex. Families with children up to the age of five have the opportunity to test products from the current collection. These include the all terrain prams with the Priam and Balios models, which can be equipped with both a baby seat and a buggy attachment, the Easy Twist buggy and the Yema and Maira baby carriers for children up to 15 kilograms. Further information is available from the partner hotels: 4*Superior Alpin Life Resort Lürzerhof including Berggasthof Gnadenalm (Untertauern), 4*Superior Hotel Panorama, 4* Hotel Alpina, 4* Hotel Tauernglöckl, 4* Hotel and Apartments Auerhahn, 4* Apparthotel Sonne (all Obertauern). 4* Landhotel und Gasthof Postgut (Tweng). 3* Hotel Taverne (Obertauern), 3* Hotel Marchlhof - Urlaub am Bauernhof (Untertauern).

How to get there

- **By car**

From the north: Tauern motorway Salzburg-Villach to the turn-off for Graz, continue on the B99 federal road to Radstadt, then follow the signs to Obertauern (20 km).

From the south: Coming from Villach via the A10 Tauern motorway to the motorway exit St. Michael Exit 104, continue on the B99 towards Mauterndorf-Obertauern.

- **By train**

The nearest train station is Radstadt (20 km), from there take the bus to Obertauern.

- **By plane**

The nearest airports are Salzburg (90 km) and Klagenfurt (140 km), from where there are cheap shuttle connections to Obertauern. Munich airport is 220 kilometers away.

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