

Women's Summer Festival

19.07. - 21.07.2019



tour programme 2019

Biking

Own gear: mountain bike, helmet, protectors, suitable clothing, suitable shoes, weather protection (rain jacket, sun protection etc.), packed lunch, drinks, possibly some money

Test material*: mountain bike, clothing, bike backpacks, helmets, goggles, repair set (from the guide)

<p>MTB driving technique training</p>	<p>Friday: start 10:30 am / 16:00 pm Saturday: start 15:00 pm Sunday: start 14:00 pm</p> <p>Duration: ca. 2 h</p> <p>Target group: beginners Bike type: enduro</p> <p>Participation fee: 25,00 Euro Number of participants: 3 - 8</p>	<p>Technique is key! This also counts for biking! Train your coordination, balance and skillfulness and get in shape for the Ischgl trails. Within a few minutes, we take you from the festival area to the trail ground, where our guides teach you valuable tricks to enhance control over your bike in any terrain. It might well happen, that the trainer for the driving technique sessions seems familiar from bike magazines.</p>
<p>Enduro driving technique training incl. tour</p>	<p>Friday: start 13:00 pm Saturday: start 14:00 pm Sunday: start 12:30 pm</p> <p>Duration: ca. 4 h</p> <p>Target group: beginners Bike type: enduro</p> <p>Participation fee: 45,00 Euro (incl. cable car ticket) Number of participants: 4 - 8</p>	<p>Before we take you to the trails, this course will go through a driving technique training to refresh the basics. After that, we will select the right path for all enduro newbies based on the size of the group, and the overall skill set - lots of fun and the first feeling of success are guaranteed!</p>
<p>Enduro trailchicks</p>	<p>Friday: start 10:30 am Sunday: start 09:00 am</p> <p>Duration: ca. 4 h</p> <p>Target group: advanced Bike type: enduro</p> <p>Participation fee: 45,00 Euro (incl. cable car ticket) Number of participants: 4 - 8</p>	<p>As a real trail chick, you have already had some enduro experience, and you are eager to enhance your skills and get tips from real pros. Then you are just right in this course. Safe biking skills in an alpine surrounding are a precondition.</p>

*depending on availability

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<p>Blindsee Trail</p>	<p>Saturday: start 09:00 am Sunday: start 08:30 am</p> <p>Duration: 3,5 h (incl. breaks) Length: 14,7 km (from Lermoos) Elevation: 245 hm (uphill)</p> <p>Target group: experts Bike type: enduro</p> <p>Participation fee: 45,00 Euro (incl. cable car ticket) Number of participants: 4 - 8</p>	<p>A beautiful panorama and to round off a jump into the cool water - the Singletrail from Grubigstein to Blindsee is the highlight of the Tiroler Zugspitz Arena. A mostly flowy trail course, every now and then a crisp key point, a gravelly section and a magnificent view of the turquoise lake: The Blindseetrail combines all the ingredients you need for a successful single trail descent. The partially demanding trail is rated between S2 and S3 on the single track scale and requires a confident riding technique.</p>
<p>Forest One Forest Two</p>	<p>Friday: start 14:00 pm Saturday: start 09:00 am</p> <p>Duration: 4 h (incl. breaks)</p> <p>Target group: advanced (S2 medium) Bike type: mountain bike</p> <p>Participation fee: 45,00 Euro (incl. cable car ticket) Number of participants: 4 - 8</p>	<p>Do you like to travel fast? Then the free ride routes Forest One (=Forest Thunder) and Forest Two (=Forest Aisle) in Lermoos am Grubstein are just the thing for you. With the Grubigsteintrack things go uphill and down jumps and ramps, and steep wall curves will make your heart beat faster. From Grubigalm, the Forest Two trail goes 3,3km downhill to Forest One. The downhill track Forest One then leads you from the middle station into the valley in two kilometers, during which the average slope is 33%.</p>
<p>Cross Country Plansee-Heiterwang Tour</p>	<p>Saturday: start 10:30 am</p> <p>Duration: ca. 6 h Length: 50 km Elevation: ca. 400 - 600 hm</p> <p>Target group: slightly advanced Bike type: cross country</p> <p>Participation fee: 40,00 Euro Number of participants: 5 - 8</p>	<p>At the Plansee-Heiterwang Tour there are two fantastic mountain lakes waiting for you: the Heiterwangersee and Plansee lakes stretch like fjords into the mountain landscape. If that is not enough reason to tackle the approx. 50km and over 400 hm! If you need a quick cooling rest, you will surely find it a moment of the two lakes during the tour.</p>

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<p>Cross Country Berwang-Hochalm Tour</p>	<p>Friday: start 10:30 am</p> <p>Duration: ca. 6 h Length: 40 km Elevation: 1.000 hm</p> <p>Target group: advanced (excellent physical conditions are required) Bike type: cross country</p> <p>Participation fee: 40,00 Euro Number of participants: 5 - 8</p>	<p>On the Berwang-Hochalm Tour you can expect a special tour through the beautiful mountain landscape. After the strenuous meters up to the Hochalm you will for sure deserve the spectacular view and be able to enjoy it even more. Afterwards we will go downhill again, before we return after about 40km with 1000 hm back to the starting point.</p>
<p>E-Bike Tour</p>	<p>Friday: start 14:00 pm Saturday: start 14:00 pm Sunday: start 09:00 am</p> <p>Duration: ca. 4 h</p> <p>Target group: beginners Bike type: e-bike fully</p> <p>Participation fee: 30,00 Euro Number of participants: 5 - 10</p>	<p>You already know how to bike, but you finally want to try riding an e-bike? Do you want to know what it feels like to bike uphill having tail wind the entire time? Then we want to invite you to our e-bike tour in the Tiroler Zugspitz Arena. Without having to catch your breath, you will have all the power you need to enjoy the view on the surrounding mountain world.</p>
<p>Racing Bike Tour</p>	<p>Friday: start 10:30 pm Sunday: start 10:30 pm</p> <p>Duration: ca. 3 h</p> <p>Zielgruppe: beginners Bike-Typ: racing bike</p> <p>Participation fee: 30,00 Euro Number of participants: 6 - 10</p>	<p>If you want to try racing bikes for yourself, if you like to ride on narrow tires and/or feel like exploring the area by bike, then you will have the opportunity to do just that within the frame of a guided Racing Bike Tour. We will introduce you to the racing bike techniques, show you how to behave in a group and with a little luck we will awaken your passion for this sport. Prerequisite for participation is that you can safely ride a bike. Test bikes are available from our local partner (please note: limited amount available).</p>

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Functional training

Own gear: sports shoes, workout clothes, towel, drinks

Test material: blackrolls, exercise mat, workout clothes*, sports shoes*

Functional Training 1	<p>Friday / Saturday: start 15:00 pm Sunday: start 14:00 pm Duration: ca. 2-2,5 h</p> <p>Participation fee: free of charge <i>(Registration is required)</i></p> <p>Number of participants: 15 - 20</p>	<p>All festival participants are most welcome to join the functional training sessions. Not only does the training cover basic exercises, but it also explores fascia training and its effects together with you! The training and courses will take place regardless of the weather conditions. We have sufficient rolls and training tools for all of you!</p> <p>Under no circumstances should you miss out on the feel-good pain, as our trainer usually describes the side-effects of the roll-training. Participation in the functional training is free of charge.</p> <p><i>Please note: If the sun is shining and it is warm, we will meet directly on the festival grounds. In the case of inclement weather, indoor space will be available. Please read the on-site bulletin for more information.</i></p>
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Climbing / Bouldering / Via Ferrata



Own gear: suitable clothes, possibly clothes to change, suitable climbing - or hiking shoes, weather protection (rain jacket, sun protection etc.), backpack, packed lunch, drinks, possibly some money

Test material: climbing gear (via ferrata set, climbing harness, robes, safety elements, helmets), climbing shoes*, backpack*, climbing clothes*

Climbing	<p>Friday: start 10:30 am Saturday: start 09:00 am Sunday: start 12:00 am</p> <p>Duration: ca. 4 h</p> <p>Target group: beginners</p> <p>Participation fee: 60,00 Euro Number of participants: 4 - 6</p>	<p>Even if you have never climbed before - today is the day! Together with experienced mountain guides, we are aiming high! We show you all you need to know when climbing, and how to deal with the fear of heights (if you currently suffer from that).</p>
Bouldering	<p>Friday: start 14:00 pm Saturday: start 13:30 pm</p> <p>Duration: ca. 3,5 h (incl. transfer)</p> <p>Target group: beginners</p> <p>Participation fee: 55,00 Euro (incl. climbing hall ticket) Number of participants: 5 - 8</p>	<p>Bouldering is one of the hottest sports coming up in the last few years. The great thing about it is that anybody can learn how to do it in a relatively short period. Secured with thick crash pads and under the supervision of mountain guides, you will receive useful tips and instructions, helping you to face your first boulder-challenge.</p> <p>The bouldering course takes place in the climbing hall.</p>
Via Ferrata for beginners Mountain adventure at the waterfall powered by Garmont	<p>Friday: start 11:00 am Saturday: start 09:00 am Sunday: start 08:30 am</p> <p>Duration: ca. 4 h</p> <p>Target group: beginners</p> <p>Participation fee: 60,00 Euro Number of participants: 5 - 20</p>	<p>An approximately one hour hike leads you from the Expo area to the Haselgehr waterfall. After a short introduction, a gentle via ferrata follows the waterfall to a rappelling station. Thereafter you will find a suspension bridge, Flying Fox, a moderately difficult via ferrata as well as another rappelling station and climbing stations.</p> <p>This is followed by a hike back to the Expo area.</p>

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<p>Via Ferrata Seebenwand powered by Garmont</p>	<p>Friday: start 10:30 am Sunday: start 09:00 am Duration: ca. 6 h</p> <p>Target group: experts Level of difficulty: D/E (really difficult Via Ferrata)</p> <p>Participation fee: 80,00 Euro Number of participants: 4 - 6</p> <p>Please note: Only possible by good weather conditions!</p>	<p>We start at the Expo area with a 1,5 hour hike to the entrance of the via ferrata. We will climb 3 hours on a vertical wall along the Seeben waterfall. A difficult climbing trail only for experienced climbers!</p> <p>Already the start has D/E tracks! The descent is possible via the Seebensee/Hoher Gang or the Immensteig depending on the wishes and strength of the group.</p>
<p>Via Ferrata Stopselzieher</p> <p>Zugspitze Top of Germany powered by Garmont</p>	<p>Saturday: start 09:00 am</p> <p>Duration: ca. 7,5 h (incl. transfer and breaks)</p> <p>Walking and climbing time: ca. 6 h</p> <p>Target group: advanced/experts Easy via ferrata but an <u>excellente condition</u> of the participant is required!</p> <p>Participation fee: 90,00 Euro Number of participants: 4 - 6</p> <p>Please note: Only possible by good weather conditions!</p>	<p>Mountain tour incl. Via ferrata to the Zugspitze.</p> <p>The ascent starts on the ski slopes and continues on Gamskar to the second stage. After about 3 hours, partly through rocky terrain, you will reach the Neustädter Hütte (a short stop is possible here). Continue to "Stopselzieher" - there you will find a via ferrata with partially secured and unsecured terrain that leads to the old Kamm station (easy climbing in unsecured terrain required!). Then the via ferrata continues to the German border. The subsequent climb over the ridge ends at the summit restaurant "Münchnerhaus". There you will have earned a break! After enjoying the breathtaking panorama of Germany's highest mountain, you will go back into the valley with a relaxed ride on the Tyrolean Zugspitzbahn.</p>

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Motorcycle

Own gear: Own motorcycle, helmet, gloves, boots and suitable protective clothing (motorcycle clothing)

<p>Training and tour (for women & men)</p>	<p>Friday: start 11:00 am Sunday: start 09:30 am</p> <p>Duration Friday / Sunday: ca. 3 h</p> <p>Number of participants: max. 5</p> <p>Participation fee: 79,00 Euro</p> <p>Requirement: driver's license A (the big motorcycle driver's license) & equipment</p>	<p>Before we embark on the Zugspitz round, we will train slalom, braking and dodging for about an hour at the parking lot.</p> <p>The cornering technique and view guidance, will be tested on the streets.</p>
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Stand Up Paddling

Own gear: suitable clothes, bathing clothes, towel, drinks

Test material: Boards and paddels

<p style="text-align: center;">SUP</p>	<p>Saturday: 16:00 - 18:00 pm Sunday: 13:00 - 15:00 pm</p> <p>Participant fee: in both packages included.</p> <p>Please note: Only possible by good weather conditions!</p>	<p>Stand up paddling (SUP) has long become a new trend sport conquering the water: for some SUP is an excellent, sportive alternative for surfing, as surfing spots in urban and suburban areas are hardly available or chronically overcrowded. For others, SUP allows approaching the surf sport on the water gradually. SUP is an easy-to-learn sport, training your entire body and can be practised by athletes of all ages and performance levels. You can try this new trend sport at the outdoor pool (Expo Area).</p> <p>Professional trainers will teach you how to keep the balance on the board and which paddling technique works best. Stand-up-paddling requires neither sign-up nor a participation fee. Just come by when you feel like it, and in case all boards are already taken, you can use the time for sunbathing or looking around in the Expo Area.</p>
<p style="text-align: center;">SUP YOGA</p>	<p>Saturday: 14:00 - 15:30 pm Sunday: 11:00 - 12:30 pm</p> <p>Duration: 1.5 h</p> <p>Number of participant: max. 10 Participation fee: 15,00 Euro (incl. transfer and test material)</p> <p>Please note: Only possible by good weather conditions!</p>	<p>The trial course gives you the opportunity to do your first Stand Up Paddle and yoga experiences on a SUP.</p> <p>After an introduction to the paddle technique and the first exercises on the water, we dock on our yoga bowl. We flow through our first yoga exercises on our floating yoga mats, relax by the rocking movements of the water and enjoy the present moment surrounded by nature an mountain scenery.</p> <p>Beginners as well as SUP-Yoga experienced or all, who would like to try this special experience just once, are welcome.</p>

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Trail running



Own gear: suitable shoes, running apparel, weather protection (rain jacket, sun protection etc.), running backpack (with integrated drinking system), possibly trekking pole, drinks and packed lunch (cereal bars, energy gel, fruit), clothes to change, first-aid kit, possibly some money and headlamp

Test material: trail running shoes *, running apparel*, trail running vest*, poles*

<p>Ideal for anyone eager to give trail running a try</p>	<p>Friday: start 15:00 pm Saturday: start 14:00 pm Sunday: start 14:00 pm</p> <p>Duration: ca. 2 h (incl. breaks)</p> <p>Target group: beginners</p> <p>Participation fee: 15,00 Euro Number of participants: 4 - 10</p>	<p>Running is not just running - especially if you give trail running a try. Different substrates will challenge your coordination and balancing skills, while the fresh mountain air will also impact your performance. Despite being more challenging, trail running will captivate you with its great flow. During a route of around 5 km, we will carefully approach trail running and show you what is important to move quickly through different terrains.</p>
<p>Trailrunning beginner tour</p>	<p>Friday: start 10:30 am Saturday: start 09:00 am Sunday: start 09:00 am</p> <p>Duration: ca. 2 h (incl. breaks)</p> <p>Target group: beginners</p> <p>Participation fee: 25,00 Euro Number of participants: 4 - 10</p>	<p>You already have experience in trailrunning and want to join a tour with our guides? Our professional guides will choose the tour based on the group size and group fitness. With a running route of approx. 5-10 km, the guides will show you what is important to move quickly through different trails.</p>
<p>Gamsalm Tour</p>	<p>Friday: start 10:30 am Saturday: start 09:00 am</p> <p>Duration: ca. 2,5-3 h (incl. breaks) Elevation: ca. 350 hm (uphill and downhill)</p> <p>Target group: advanced</p> <p>Participation fee: 25,00 Euro Number of participants: 4 - 10</p>	<p>A nice trail with scenic highlights. The tour leads you below the Zugspitze through the Plattenweg in direction of Gamsalm, with an imposing mountain scenery in the background. For this tour you should be in good physical condition and be able to hike 15km with 350m height difference.</p>

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Feldern Alm Tour	Friday: start 13:30 pm Sunday: start 09:00 am Duration: ca. 4 h (incl. breaks) Elevation: 750 hm (uphill and downhill) Target group: experts Participation fee: 30,00 Euro Number of participants: 4 - 10	The Feldern Alm Tour is perfect for those who already have experience trail running. Over hill and dale, the 20km trail with a crisp 750m altitude difference brings you to the Feldern Alm through the Koppensteig.
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Hiking

Own gear: hiking shoes, suitable clothing, backpack, hiking clothes and clothes to change, weather protection (rain jacket, sun protection etc.), possibly hiking poles, packed lunch, drinks, possibly some money

Test material*: hiking boots, hiking clothes (trousers, jacket, tops), hiking backpack, hiking poles

<p>Three Lakes Hiking Tour</p>	<p>Saturday: start 13:15 pm Duration: ca. 3,5-4 h (incl. transfer and breaks) Elevation: ca. 100 hm</p> <p>Target group: beginners</p> <p>Participation fee: 30,00 Euro (incl. transfer) Number of participants: 6 - 12</p> <p>Please note: Please take your guest card with you.</p>	<p>From the Weißensee to the turquoise-blue Blindsee and over the Dachsbiel to the quiet Mittersee. Depending on the group's mood, the beautiful natural lakes can also be used for a bathing session. Caribbean feeling, Tyrolean style. On the way back, the trail passes the Loisach sources, where we will be able to taste the cool and fresh cool spring water.</p>
<p>Seebensee & Coburger hut</p>	<p>Friday: start 12:00 am Duration: ca. 4 h Distance: 5 km Elevation : 400 hm</p> <p>Target group: beginners</p> <p>Participation fee: 35,00 Euro (incl. transfer and mountain railway ticket) Number of participants: 6 - 10</p> <p>Please note: Please take your guest card with you.</p>	<p>The Seebensee is a fantastic mountain lake in the Mieminger mountain range and one of the most beautiful of its kind in Tyrol. After a stay - there are possibilities to for a swim here - it continues a little uphill to the Coburg hut where we can strengthen ourselves for our descent back into the valley.</p>
<p>Waterfall & Gamsalm</p>	<p>Friday: start 12:30 pm Duration: 5 h (incl. transfer and breaks) Distance: 5 km Elevation: 200 hm</p> <p>Target group: beginners / slightly advanced</p> <p>Participation fee: 35,00 Euro (incl. transfer and mountain railway ticket) Number of participants: 6 - 10</p> <p>Please note: Please take your guest card with you.</p>	<p>The hike starts at the Häselgehr waterfall. After a visit of the waterfall, the trail is relatively flat and leads through woods and across meadows until the St. Anna - chapel. From here, the path leads steadily uphill, through a beautiful secluded forest. At the end, there will still be a short ascent of about 30 minutes through the Forststraße to reach the Gamsalm, directly below the Wetterstein mountain range and the Zugspitze. Here, we will be able to stop and enjoy delicious Tyrolean foods. We will then go back to the event location via the Ehrwalder Höhenweg.</p>

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<p>Sunrise hike:</p> <p>The early bird catches the worm</p>	<p>Saturday: start 04:30 am Sunday: start 04:30 am Duration: ca. 5,5 h (incl. taxi transfer and breaks) Elevation: ca. 500 hm</p> <p>Target group: slightly advanced</p> <p>Participation fee: 60,00 Euro (incl. transfer and mountain breakfast)</p> <p>Number of participants: 5 - 10 (max. 5 groups pro tour)</p>	<p>Ever experienced a sunrise with mountain panorama? We start early with a shuttle to the Grubiglacke, from there we hike to the summit of the Grubigstein. At the top, a true nature spectacle awaits us. We will enjoy together how the Tyrolean Zugspitzarena brightens from second to second and we can feel the ever warmer sunbeams on our skin. After this experience, we will go down towards the Wolfratshausener hut. There you can expect a tasty mountain breakfast as well as a breathtaking view of the mountains of Tyrol. After a well-balanced Tyrolean mountain breakfast, we will return to the valley via the Gartner Valley.</p>
<p>Tuftl Alm & Viewing Platform</p>	<p>Saturday: start 09:15 am</p> <p>Duration: ca. 5 h (incl. transfer and breaks) Elevation: ca. 500 hm</p> <p>Target group: advanced</p> <p>Participation fee: 35,00 Euro Number of participants: 5 - 10</p> <p>Please note: Please take your guest card with you.</p>	<p>The hike starts at the viaduct and follows the Panoramaweg. On the Kerlestalsteig we continue towards Daniel (Ammergau Alps). With a constant view of the valley basin of the Tyrolean Zugspitzarena, Zugspitze and Ehrwalder Sonnenspitze, the approximately 500 meters height difference are quickly achieved. Once at the top you can enjoy the panorama of the Tyrolean Zugspitz Arena from the observation deck before our experienced guides will introduce you to the basics of compasses, card reading and card readers.</p>
<p>Action tour:</p> <p>Summit Schachtkopf with scooter descent</p>	<p>Friday / Sunday: start 11:15 am</p> <p>Duration: ca. 5 h (incl. transfer and breaks) Elevation: 600 hm</p> <p>Target group: advanced</p> <p>Participation fee: 55,00 Euro (incl. scooter downhill or cable car ride down) Number of participants: 5 - 10</p>	<p>On the trail of the miners along the Knappensteiges to Schachtkopf. On this circular route, the historical operations of the local miners will be explained by our guides. A themed trail with stunning views over the valley Ehrwald - Lermoos - Biberwier, including Gipfelglück. Back in the valley, we will be in for some action with the mountain scooters. Those who do not dare or do not want to go down to the valley with the scooters can also use the lift.</p>

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<p>Adlerweg: Grubigstein and Grubiglacke until the Blindsee</p>	<p>Saturday: start 09:15 am</p> <p>Duration: ca. 5 h (incl. transfer and breaks) Distance: 8 km Elevation: 700 hm (without summit)</p> <p>Target group: advanced</p> <p>Participation fee: 40,00 Euro Number of participants: 6 - 10</p>	<p>Our hike takes place at the Grubigstein, the local mountain of Lermoos. Depending on your physical condition, you can go even further to the summit and enjoy the view of the Zugspitze and the other surrounding mountains from there. After that, the trail goes down to the majestic Blindsee which can already be seen from above.</p>
<p>Stage hike: Seebensee, Coburgerhütte, Grünsteinscharte & Igelsee</p>	<p>Saturday: start 10:00 am</p> <p>Duration: ca. 4,5-5 h (incl. transfer and breaks) Distance: 14 km Elevation: ca. 500 hm</p> <p>Target group: advanced</p> <p>Participation fee: 50,00 Euro Number of participants: 6 - 10</p> <p>Please note: Please take your guest card with you.</p>	<p>In several stages we first walk to one of the most beautiful and best-known natural lakes in Tyrol, the Seebensee. From there, we continue uphill to the Coburgerhütte. Our third station is the Grünsteinscharte, which is already part of the Mieminger chain. On the way back to the valley we make a small detour to the Igelsee, which can disappear depending on the weather conditions.</p>
<p>High out: Over the Gatterl on to the Zugspitze!</p>	<p>Saturday: start 08:00 am Sunday: start 08:00 am</p> <p>Duration: ca. 8 h (incl. transfer and breaks) Elevation: 1.800 hm</p> <p>Target group: experts</p> <p>Participation fee: 90,00 Euro (incl. cable car ticket) Number of participants: 5 - 10</p>	<p>This demanding mountain tour takes us on alpine trails with great views, from Ehrwald over the Gatterl, on to the highest mountain in Germany, the Zugspitze. Through the Hochfeldneralm we go to the so-called Gatterl, from where we go further through the Plattsteig to reach the Knorrhütte and continue through the karst landscape of the Zugspitzplatts to the Gletscherbahn. Here we will hike on a partially secured, black marked trail through the rocks on to the Zugspitze. If you are not confident enough you can make it to the top, there is a possibility to take the train. On the Zugspitze you can enjoy a breathtaking panorama, before we go back to Ehrwald with the Tyrolean Zugspitzbahn.</p>

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<p>A classic! From the waterfall to Daniel</p>	<p>Sunday: start 07:00 am</p> <p>Duration: ca. 7 h (incl. taxi transfer and breaks)</p> <p>Elevation: ca. 1.400 hm</p> <p>Target group: experts</p> <p>Participation fee: 70,00 Euro (incl. transfer)</p> <p>Number of participants: 5 - 10</p>	<p>We start the tour at the Häselgehr waterfall. A lonely path will lead us over the Meirtljoch, where with a bit of luck a few chamois will cross our path. After getting an insight into the wildlife of the Alps, we will continue towards the summit of Daniel. Once at the top, we will enjoy the breathtaking views over the Tyrolean Zugspitzarena before we head back towards the valley. The Tuftl Alm will offer us a short detour during the descent, where we will be able to treat ourselves to homemade specialties.</p>
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Yoga / Pilates / Workouts

Own gear: workout clothes, possibly yoga mat, towel, drinks

Test material: Yoga mat*, workout apparel*, workout shoes*

<p>Hut-yoga incl. hiking tour</p>	<p>Friday: start 14:00 pm Saturday: start 14:00 pm</p> <p>Duration: ca. 2,5 - 3 h (incl. hiking tpur)</p> <p>Number of participants: max. 30</p> <p>Please note: Please take your guest card with you.</p>	
<p>Morning Yoga</p>	<p>Friday: start 07:45 am Saturday: start 07:45 am</p> <p>Duration: ca. 1 h</p> <p>Number of participants: max. 40</p>	<p>Yoga works on many different levels and differs widely from other sports and relaxation methods. On a physical level, you train your cardio, strength, and flexibility through yoga. However, a lot more happens when you do yoga, as yoga does not only affect you physically but also on a spiritual and emotional level.</p> <p>Please note: <i>If the sun is shining and it is warm, we will meet directly on the festival grounds. In the case of inclement weather, indoor space will be available. Please read the on-site bulletin for more information.</i></p>
<p>Yoga 1</p>	<p>Friday: start 17:15 pm Saturday: start 16:00 pm</p> <p>YinYoga: Sonntag: start 13.00 pm</p> <p>Duration: ca. 1 h</p> <p>Number of participants: max. 40</p>	
<p>Pilates 1</p>	<p>Friday: start 16:00 pm Saturday: start 09:00 am Sunday: start 09:00 am / 14:30 pm</p> <p>Duration: ca. 1 h</p> <p>Number of participants: max. 40</p>	<p>Pilates is also a full body work-out, through which your muscles are strengthened and stretched while being in the balance with training your coordination skills and your breathing technique.</p> <p>Seize this great opportunity to get to know both of these methods during the festival days or respectively develop your existing skills. Be aware of its potentially addictive nature!</p> <p>Please note: <i>If the sun is shining and it is warm, we will meet directly on the festival grounds. In the case of inclement weather, indoor space will be available. Please read the on-site bulletin for more information.</i></p>

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<p>Workouts</p>	<p>Friday: start 11.00 am (deepWork) Saturday: start 11:00 am (bodyART) Saturday: start 17:00 pm (Healthy back fitness) Sunday: start 16:00 pm (bodyART)</p> <p>Duration: around 1 h</p> <p>Number of participants: max. 25</p>	<p>Seize this great opportunity to get to know the different workouts during the festival days.</p> <p>Please note: <i>If the sun is shining and it is warm, we will meet directly on the festival grounds. In the case of inclement weather, indoor space will be available. Please read the on-site bulletin for more information</i></p>
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Other Activities



<p>Canyoning Tour Level 1 „JUMP'N FUN“</p>	<p>Friday: start 10:15 am Saturday / Sunday: start 09:15 am</p> <p>Duration: ca. 4 - 4,5 h (inkl. Transfer) Target group: beginners / slightly advanced</p> <p>Participation fee: 75,00 Euro Number of participants: 5 - 10 Minimum number of participants: 5</p> <p>Needed equipment: Outdoor clothing, bathing clothes, towel, ankle high shoes that can get wet</p> <p>Provided equipment: Wetsuit, helmet, safety equipment Requirements: Good foothold, no fear of heights Please note: Please take your guest card with you.</p>	<p>Varied beginner's tour for everyone. Abseiling up to 32 meters, a lot of jumps from different heights and up to 10 meters (not a must), crystal clear spring water and plenty of waterfalls await you on this beginner's tour.</p>
<p>Canyoning Tour Level 2 „GO VERTICAL“</p>	<p>Saturday: start 10:15 am</p> <p>Duration: ca. 4 - 4,5 h (incl. transfer) Target group: slightly advanced</p> <p>Participation fee: 80,00 Euro Number of participants: 5 - 10 Minimum number of participants: 5</p> <p>Needed equipment: Outdoor clothing, bathing clothes, towel, ankle high shoes that can get wet</p> <p>Provided equipment: Wetsuit, helmet, safety equipment Requirements: Good foothold, no fear of heights Please note: Please take your guest card with you.</p>	<p>Climbing tour amidst magnificent natural scenery. 12 abseiling points of 10-25 meters in water jets & with a view of the Zugspitze. In this tour the focus is on abseiling, spectacular natural scenery and thundering waterfalls we rappel down.</p>

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<p>Barista Workshop</p>	<p>Friday: start 15:30 pm Saturday: start 15:30 pm Sunday: start 13:30 pm</p> <p>Duration: ca. 1,5 h</p> <p>Participation fee: 15,00 Euro Number of participants: 2 - 6</p>	<p>Coffee and outdoor sports simply belong together for you? You want to know what's behind the perfect espresso and the creamiest cappuccino? And by the way, how does the heart get into the cup?</p> <p>In this Barista course you will get to know the most important subtleties of coffee. You will practice, taste and enjoy before moving on to the next tour.</p>
<p>Lama hiking</p>	<p>Friday: start 14:15 pm Saturday: start 14:15 pm</p> <p>Duration: ca. 3 h (incl. transfer)</p> <p>Participation fee: 20,00 Euro Number of participants: 5 - 10</p> <p>Needed equipment: Sturdy footwear, Outdoor clothing, Backpack for food</p> <p>Please note: Please take your guest card with you.</p>	<p>If you decide to participate in the Lama Walk, we guarantee you an unforgettable experience! These sure-footed, sensitive animals will discover together with you the beautiful nature around the lakes of Biberwier and give the perfect balance to the more exhausting sports activities! Come and convince yourself of the peace and sensitivity of these animals!</p>
<p>Photography Workshop</p>	<p>Friday: start 15:30 pm Sunday: start 14:00 pm</p> <p>Duration: ca. 2,5 h</p> <p>Participation fee: 30,00 Euro Minimum number of participants: 5</p> <p>Equipment: Please bring your own camera or smartphone (with a good camera).</p>	<p>Have you ever wondered how professional outdoor and sports photographers take their inspiring pictures? After this workshop you can record such incredible moments - even with your own smartphone.</p>

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<p>Guided Herb Hike</p>	<p>Friday: start 15:00 pm Saturday: start 15:00 pm Duration: ca. 3 h</p> <p>Participation fee: 15,00 Euro Number of participants: 5 -20</p> <p>Needed equipment: Sturdy footwear, outdoor clothing, backpack for food</p>	<p>What at first glance looks like a "conventional" lush meadow with a magnificent mountain panorama - not necessarily a rarity in the region - turns out to be, at a closer look, a world of its own, a world of wild herbs. These partly healing and fragrant little plants grow everywhere in the Tyrolean Zugspitz Arena and usually remain unnoticed on the wayside.</p> <p>During the easy hike, you will receive expert guidance on the local herbal world. You will have the opportunity to pick different herbs, while on the tour. After the hike, Erhard Maroschek will show you how these can be processed.</p> <p>Many creams and cosmetics contain unhealthy ingredients and can harm us as well as our environment. At the do it yourself workshop on natural cosmetics, we will learn about the different ways of working with different herbs that we collect on a small hike. Afterwards, herbal pedagogue Ingrid shows how you can easily produce your own natural cosmetics. Easy to use and compatible!</p>
<p>First Aid Workshop</p>	<p>Friday: start 10:00 am Friday: 14:30 pm</p> <p>Duration: ca. 3 h</p> <p>Participation fee: 30,00 Euro Number of participants: 15</p> <p>Needed equipment: Sturdy footwear, outdoor clothing, backpack for food</p>	<p>Dani Hornsteiner is a specialist in alpine first aid and at the Women's Summer Festival you have the unique opportunity to attend a course.</p>

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<p>Self-defence workshop</p>	<p>Saturday: start 14:00 pm</p> <p>Duration: ca. 3 h</p> <p>Participation fee: 55,00 Euro</p> <p>Min. number of participants: 6</p> <p>Needed equipment: Sports wear, changing clothes, towel, drinks (no glass bottle)</p>	<p>Self-defence for women</p> <p>The self-defence workshops an exciting and informative workshop on personal safety, basic principles of physical attacks and self-defence techniques (for example Kalah Combat).</p> <p>Kalah Combat is one of the most effective and uncompromising self-defence and melee systems in the world.</p> <p>Look forward to a one-time seminar.</p>
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(State: 09.04.2019)