


# WEEKLY PROGRAMME SUMMER 2023

<b>MONDAY</b> <b>ISCHGL</b> <b>NEW</b> <b>PILATES</b> <b>Meeting point:</b> 08:15 am Ischgl Cultural Centre	<b>MONDAY</b> <b>GALTÜR</b> <b>SECLUDED PATHS</b> <b>Meeting point:</b> 1:00 pm Intersport Wolfart (main shop)	<b>TUESDAY</b> <b>GALTÜR</b> <b>E - BIKE AND HIKE</b> <b>Meeting point:</b> 9:30 am Bike School, Wirl	<b>WEDNESDAY</b> <b>KAPPL</b> <b>SUNRISE HIKE &amp; BREAKFAST</b> <b>Meeting point:</b> time given on registration Diasbahn, valley station	<b>WEDNESDAY</b> <b>KAPPL</b> <b>GREEN GOLD HERB TOUR</b> <b>Meeting point:</b> 10:15 am Diasbahn, valley station	<b>THURSDAY</b> <b>SEE</b> <b>FAMILY HIKE TO ASCHERHÜTTE</b> <b>Meeting point:</b> 09:30 am Medrigjochbahn, valley station	<b>FRIDAY</b> <b>KAPPL</b> <b>NEW</b> <b>FAMILY HIKE WITH ALPAKAS</b> <b>Meeting point:</b> 1:00 pm Diasbahn, mountain station
<b>NEW</b> <b>ISCHGL</b> <b>BODYWEIGHT FITNESS</b> <b>Meeting point:</b> 09:30 am Ischgl Cultural Centre	<b>GALTÜR</b> <b>LANTERN HIKE</b> <b>Meeting point:</b> 8:00 pm Tourist Office Galtür	<b>ISCHGL</b> <b>BIKEDAY FOR TEENS</b> <b>Meeting point:</b> 09:30 am Tourist Office Ischgl	<b>NEW</b> <b>GALTÜR</b> <b>PILATES</b> <b>Meeting point:</b> 08:15 am Galtür playground	<b>ISCHGL</b> <b>SUNSET HIKE</b> <b>Meeting point:</b> 03:45 pm Silvretta Seilbahn, valley station	<del><b>KAPPL</b></del> <b>THE ART OF CHEESE MAKING</b> <b>Meeting point:</b> 11:00 am Alpine Museum   Dias	<b>NEW</b> <b>GALTÜR</b> <b>VIA FERRATA FOR BEGINNERS</b> <b>Meeting point:</b> 1:30 pm Faulbrunnalm
<b>GALTÜR</b> <b>WELCOME TO PAZNAUN</b> <b>Meeting point:</b> 09:30 am Siggis Alpinclub*	<b>SEE</b> <b>LANTERN HIKE</b> <b>Meeting point:</b> 8:00 pm Tourist Office See	<b>SEE</b> <b>FAMILY HIKE TO VERSING ALP</b> <b>Meeting point:</b> 09:30 am Medrigjochbahn, valley station	<b>NEW</b> <b>GALTÜR</b> <b>CROSS TRAIL POWERED BY LEKI</b> <b>Meeting point:</b> 08:30 am Intersport Wolfart (main shop)	<b>THURSDAY</b> <b>PAZNAUN</b> <b>FAMILY RAFTING</b> <b>Meeting point:</b> 1:00 am from Galtür village square   Stops in Ischgl   Kappl   See		<b>SATURDAY</b> <b>GALTÜR</b> <b>E-BIKE &amp; HIKE SUMMIT TOUR</b> <b>Meeting point:</b> 09:00 am Bike School, Wirl
<b>NEW</b> <b>SEE</b> <b>GUIDED E-MOUNTAINBIKE TOUR</b> <b>Meeting point:</b> 10:00 am Sport Narr	<b>TUESDAY</b> <b>GALTÜR</b> <b>SPOT THE CAPRICORNS</b> <b>Meeting point:</b> 08:35 am Bielerhöhe   car park (Silvretta Reservoir)		<b>NEW</b> <b>GALTÜR</b> <b>GUIDED E-BIKE PLEASURE TOUR</b> <b>Meeting point:</b> 10:15 am Intersport Wolfart (main shop)	<b>NEW</b> <b>GALTÜR</b> <b>BODYWEIGHT FITNESS</b> <b>Meeting point:</b> 09:30 am Galtür playground	<b>NEW</b> <b>GALTÜR</b> <b>3 SUMMITS IN ONE DAY</b> <b>Meeting point:</b> 08:00 am Galtür, village square	<b>NEW</b> <b>FRIDAY</b> <b>GALTÜR</b> <b>BOULDERN ROCKS</b> <b>Meeting point:</b> 09:30 am Alpkogelbahn, valley station
<b>GALTÜR</b> <b>INTRODUCTION TO CLIMBING</b> <b>Meeting point:</b> 10:00 am   2:00 pm Siggis Alpinclub*	<b>GALTÜR</b> <b>NATURE YOGA WITH MOUNTAIN VIEW</b> <b>Meeting point:</b> 09:00 am Diasbahn, valley station	<b>KAPPL</b> <b>ALPINE COOKING</b> <b>Meeting point:</b> 10:30 am Alpine Museum   Dias	<b>NEW</b> <b>KAPPL</b> <b>GUIDED E-MOUNTAINBIKETOUR</b> <b>Meeting point:</b> 10:00 am Diasbahn, valley station	<b>GALTÜR</b> <b>SUNRISE MOUNTAIN YOGA</b> <b>Meeting point:</b> 08:30 am Weiberhimml Galtür	<b>KAPPL</b> <b>BEES TOUR</b> <b>Meeting point:</b> 10:00 am Kappl, village square	<b>KAPPL</b> <b>TRAILDAY &amp; RIDING TECHNIQUE TRAINING WITH BIKE SKULL</b> <b>Meeting point:</b> 10:00 am Football pitch Ischgl
<b>ISCHGL</b> <b>ADVENTURE HIKE WITH INGRID</b> <b>Meeting point:</b> 10:30 am Silvretta Seilbahn, valley station	<b>KAPPL</b> <b>CHILD CARE KIDS CLUB</b> <b>Meeting point:</b> 10:00 am Diasbahn, valley station	<b>NEW</b> <b>KAPPL</b> <b>SMUGGLER BIKE TOUR</b> <b>Meeting point:</b> 09:30 am Tourist Office Ischgl	<b>NEW</b> <b>ISCHGL</b> <b>Information &amp; registration to the weekly programme</b>			

\* at the football pitch Galtür

Subject to changes!