

# Falken Active Program

## Each activity requires registration the day before until 18h (see exceptions)

Every week there are 2 additional hikes with our guide to the wonderful mountain world of Kaprun Zell am See with great themed hikes - see the separate walking plan!

- Daily **The highlight: a Tandem-Paragliding flight** with Sepp from Schmittenhöhe for a special rate for hotel guests only incl. pictures & video – just unforgettable!
- 3D Archery course Kohlschnait, 30 targets are waiting for you, a pleasure for the whole family, only 15 min drive (Niederhof 3, 5662 Bruck) – no registration
- Nationalpark Gallery Tour at Kitzsteinhorn, meeting 10.30h & 13h at Gipfelwelt 3000m bottom station, not on tuesdays, 40min, free of charge, no registration
- Monday Hike „Nahes Gipfelglück“ from 17.06. to 09.09.2019, meeting 9.15h at Schmittenhöhebahn bottom station, 4 hours, amazing peak views, no registration
- Hiking Fire** – Torch hike walk with Sepp, 45-60min and afterwards a little taste of Sepp's Zirbe schnaps, dinner at 18h, Start at 20.15h - min. 3 participants
- Tuesday Good morning run with Sepp through the lovely gorge & along lake Klammsee, difficulty will be adjusted to participants (Start: 7.30, breakfast afterwards)
- Hike „Zeitreise durch Kaprun“, meeting 9.30 Uhr at castle Kaprun, easy, approx. 4 hrs, with a time-travel book and a rustic retreat, no registration
- Hike „Almwanderung“ along alpine huts from 18.06. to 10.09, meeting at 9.15 at Schmittenhöhebahn bottom station, approx. 5hrs, no registration
- Wednesday **Yoga on the mountain** on Schmittenhöhe from 03.07. to 28.08. Meeting at 8.30 at Schmittenhöhebahn bottom station, 2hrs, free of charge, no registration
- Bike Tour** on the nearby mountain world of Zell am See-Kaprun, Start 9.30h at the Hotel with our bikeguide Peter (rental: Sport Bründl) Guiding free of charge
- At 16h **Granny's bread baking day** at the wood oven in the garden of the hotel with our baker Alfi
- Thursday Guided Family hike at Kitzsteinhorn from 04.07. to 12.09. (meeting 10.00h at bottom station Gletscherjet, approx. 3hrs, free of charge, no registration)
- Yodeling on the mountain** at Schmittenhöhe from 20.06. to 12.09. (meeting at 9.45 at Schmittenhöhebahn bottom station, duration. 1,5hrs) Great fun!
- FreeCross** Training at 18.00h, 45min with our professional trainer Peter, free of charge, difficulty level is adapted to participants, in the natur around the hotel
- Kids cinema** in Falken-Vogelnest at 19:00h showing a funny kids movie  
Adults **Cinema & Redwine** in Falken-Vogelnest at 20:30h
- Friday **Hatha Yoga** at 17h in the hotel with our professional yoga trainer, 45min.  
€ 10,00 per person, on sunny days in the garden, otherwise in the yoga room
- Sunday **Wein tasting** with sommeliér Alois at 21h at the hotel bar, 3 red & 3 white austrian wines, € 10,00 per person, on sunny days in the wine arbor