

Activities

Ellmauhof
FAMILIENRESORT ****SUPERIOR



SUMMER ACTIVITY PROGRAMME

with Helmut our activity organiser

25 May - 3 November 2019

THE ELLMAUHOF FAMILY RESORT

Mondays

10:00 am - 2.00 pm (approx.): Family and taster hike at the head of the valley accompanied by Helmut our activity organiser and Oliver our hiking guide

MEETING POINT:

"NODDY" TRAIN
STOP IN FRONT OF THE HOTEL

The head of the Hinterglemm valley with its breath taking scenery will impress both young and old. Surrounded by imposing mountain peaks, delightful hiking trails meander through woods and meadows and across mountain brooks with water as clear as crystal leading to attractions that will inspire the whole family.

Hike description:

On the Ellmauhof "Noddy" train, we'll travel together to Lengau then take the end-of-valley train to the starting point. On this undemanding hike, we'll cross the Lindlingalm, Saalalm and Ossmannalm alpine meadows back to our original starting point. We'll take a short but agreeable break on the Saalalm to enjoy local specialities served within the rustic charm of the alpine lodge there.

The route is also suitable for those with baby buggies and baby carriers.

Duration:

Ascent through 250 metres elevation: approx. 90 minutes

Descent: approx. 60 minutes

Bring along: Your JOKER CARD for the whole family

4:00 - 5:30 pm (approx.):

MEETING POINT:
BEACH VOLLEYBALL COURT

Beach volleyball

The large beach volleyball court at Ellmauhof is the perfect venue for exciting matches. Matches will be arranged to suit the experience, fitness level and wishes of the group.

Tuesdays

10:00 am - 2:30 pm (approx.): Mountain bike freeride tour

MEETING POINT:

SPORT GUMPOLD
ON THE SCHWARZACHERWEG

Please note that the availability of bike tours will depend on the weather. They will be adapted to the abilities and wishes of the group. For the ascent, we'll use one of summer cable lifts. After a climb of some 400 metres, we'll reach the start of one of the most attractive trails in the valley.

Bike hire charges:

Enduro bike:	€49.50
Mountain bike gold:	€35.10
Child's standard bike to 24"	from €16.20
Child's Enduro bike to 24"	€35.10
Helmet hire (obligatory)	€3.60
NEW: E-BIKES	from €35.10

Registration: At reception

Bring along: Your JOKER CARD for the cable lift

4:00 - 5:00 pm (approx.):

MEETING POINT:
AT ELLMAUHOF

Fishing in the Ellmauhof trout lake

The fish in our lake are local trout. TROUT LAKE The crystal-clear water up here in the mountains provides ideal conditions for this great-tasting fish.

Come along and try out your hand at fishing - we'll be happy to prepare your catch for you to eat at dinner!



Wednesdays

9:00 am - 2:00 pm (approx.): Rafting on the River Salzach

MEETING POINT:
SPAR SUPERMARKET
IN HINTERGLEMM

An unforgettable outdoor adventure! On a stretch of some 12 kilometres, we'll be riding the white water waves and rollers, shooting the chute down torrents and paddling along interesting sections of river. Ideal for both beginners and experts! (suitable for children aged 9 years and over)

Charge (includes equipment and transfer)

Adults: €55.00

Children aged 15 years and younger: €44.00

Registration: By Monday (or 5.00 pm on Tuesday at the latest) at reception; payment of the whole charge in cash will be necessary: a minimum number of participants will be required - this number will vary.

Bring along: Bathing clothes and towels

10:00 am - 2:00 pm (approx.): Go-kart fun for the whole family

MEETING POINT:
ELLMAUHOF RECEPTION

Race around the circuit at the nearby go-kart park! Children with a height of 130 cm and greater are permitted to take a kart out on their own; there are great tandem karts in which smaller kids can be passengers.

Charge: €13.00 Tandem karts: €16.00

Please pay the full charge in cash at reception by 5.00 pm on Tuesday

Registration: At reception

Bring along: JOKER CARD

2:00 - 4:00 pm (approx.): Family tennis

MEETING POINT:
INDOOR TENNIS COURTS AT
HINTERGLEMM

Appropriate to the weather, there are both indoor and outdoor courts available at the Hinterglemm sports centre. Matches will be arranged to suit the experience, fitness level and wishes of the group. On presentation of a JOKER CARD, Ellmauhof residents can use the facility free of charge!

Hire cost of rackets: €2.00

Tennis shoes will be provided

Bring along: JOKER CARD



Thursdays

10:00 am - 2:00 pm (approx.): Easy-going family bike tour

MEETING POINT:
ELLMAUHOF RECEPTION

Using own cars or the hotel shuttle bus, we'll travel the roughly 20 km to Zell am See. This picturesque town lies in unique surroundings - the majestic local peaks are reflected in the crystal-clear water of Lake Zell.

We'll follow the Tauern bike trail to through neighbouring Maishofen to the historical church in Gerling and then back to our starting point.

Hire charges (payment in cash required on arrival):

Mountain bikes and city bikes for adults: €12.00

Mountain bikes and city bikes for children to 20": €9.00

Helmets (obligatory for children): €2.00

Child bike seats: €2.00

Child bike trailers: €9.00

Registration: At reception

4:00 - 5:30 pm (approx.): Football competition for the whole family

MEETING POINT:
FOOTBALL PITCH

The large football pitch at Ellmauhof is the perfect venue for exciting matches. Matches are adapted to the needs of groups and are fun for both young and old in these wonderful surroundings!

Fridays

9:00 am - 2:00 pm (approx.): Canyoning

MEETING POINT:
MEETING POINT
HEAD OF THE VALLEY

This popular outdoor activity is available in the period July to September. The trail passes through some fantastic scenery; participants will find themselves jumping, sliding, using a zip wire and abseiling to get round the course. The character of the terrain in the ravine and individual supervision by our team mean that the tour can be made available in more challenging and less challenging variants. As a result, different configurations of groups can thus experience the adventure together!
(suitable for children aged 12 years and over)

Charges (includes equipment):

Adults: €60.00
Children aged 15 years and younger: €50.00

Registration: By Tuesday (or by 5.00 pm on Thursday at the latest) at reception; payment of the whole charge in cash will be necessary; a minimum number of participants will be required - this number will vary.

Bring along: Bathing clothes, towels and stout footwear

10:00 am - 2:00 pm (approx.): Hinterglemm high rope park

MEETING POINT:
TOP OF THE VALLEY
TURNING POINT
(FREE PARKING)

Europe's largest high rope park offers a combination of rope and bridge trails among the wonderful scenery at the top of the Hinterglemm valley. Bold adventurers can experience climbing at dizzying heights; families with young children can enjoy a relaxing tour of the treetop route with low rope course.

Charges: Children

(must be at least 130 cm in height): €25.00
Age 16 years and older: €25.00

Charges must be paid in cash on arrival

Registration: By 5.00 pm on Thursday at reception

Bring along: JOKER CARD and very stout footwear.
Gloves can be hired there.

When the high rope park is closed:

10:00 am - 2:00 pm (approx.): Segway tour

MEETING POINT:
Weather-dependent;
to be announced shortly
before start

After careful instruction in use of the segways, we'll explore the delightful alpine landscape. Helmut our activity organiser will take to you some of the most charming spots in the valley - and you won't have to walk a single step! Segways are easy to use and suitable for the whole family for an unforgettable outdoor tour!

Charges: Children (must be at least

10 years of age) to 15 years of age: €40.00
Adults: €45.00

3:30 - 4:30 pm (approx.):

MEETING POINT:
TROUT LAKE
AT ELLMAUHOF

Fishing in the Ellmauhof trout lake

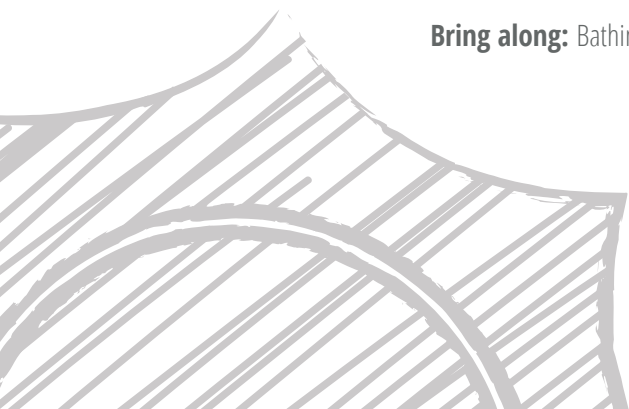
The fish in our lake are local trout. The crystal-clear water up here in the mountains provides the ideal conditions for this great-tasting fish. Come along and try out your hand at fishing - we'll be happy to prepare your catch for you to eat at dinner!

8:15 - 9:15 pm (approx.):

MEETING POINT:
THE INNER COURTYARD OF
THE HOTEL

Relaxed torchlight hike and camp-fire

Supplied with burning torches, we'll make our way through the warm summer night. We'll take in the wonderful views - Hinterglemm in the dark is really stunning and a torchlight hike is fun for young and old. We'll close the day by coming together around a crackling camp-fire at Ellmauhof.



Dear guests

You'll find our shoe room in the cellar. You can use the locker with your room number here to store your sport and hiking shoes.

The following supplementary activities are also on offer depending on availability;
please enquire at reception

TANDEM PARAGLIDING

Costs €100.00 (includes equipment and pilot; does not include cable lift charge)
Suitable for children 6 years of age and older

TENNIS AT THE HINTERGLEMM SPORTS CENTRE

Holders of a JOKER CARD can use the courts free of charge.
Charges for single/partner training session: €40.00/ hour.
You can book a court or training session at reception at Ellmauhof.

SEGWAY TOURS

A great experience for the whole family!
Adults: €45.00/person
Children (from 10 to 15 years of age): €40.00

Our tip:

During your stay at Ellmauhof, our partner SPORT GUMPOLD in the centre of Hinterglemm **offers you a 10% discount on the hire charge for freeride, downhill and e-bikes!**

We look forward to making sure you enjoy plenty of summer fun here with us in our crystal-clear mountain air!

The Schwabl family, Helmut our activity organiser and the whole Ellmauhof team

WWW.ELLMAUHOF.AT

Please remember to bring your JOKER CARD for the whole family with you when taking part in activities.

You take part in all activities at your own risk.

We reserve the right to make changes to our activity programme.