

# Weekly program Defereggental

## EVERY MONDAY

### **Guided tour through the „Deferegger Heilwasserwelt“ - until the end of September - at 11.00 am**

On a guided tour through the „Heilwasserwelt“, you will learn about the history geology and the effects of the „Deferegger Heilwasser“.

**Cost contribution** per person € 8.00 / children up to and including 12 years are free.

**Meeting point:** Deferegger Heilwasserwelt, Innerrotte 62, 9963 St. Jakob i. D.

No advance booking necessary, group tours and coach tours by arrangement

T. +43 676 841560406, [deferegger-heilwasser.at](http://deferegger-heilwasser.at)

## EVERY TUESDAY

### **Nature Watch from above - forest and wild awaken**

02.07. - 03.09.2024 at 06.00 am / 10.09 - 24.09.2024 at 09.00 pm

An impressive spectacle when deer, chamois and golden eagles appear in front of the telescope.

The exciting morning ends with a cosy get-together in a hut,

where everyone can enjoy the breakfast they have brought with them. Tea and coffee are available on site!

**Cost contribution** per person € 22.00 / children € 15.00

**Meeting point:** Oberhaus parking spot (toll road), 9963 St. Jakob i. D.

T. +43 4875 516110, [nationalpark.osttirol.com](http://nationalpark.osttirol.com)

## EVERY THURSDAY

### **Summit sunrise tour and hut breakfast - 02.07. – 22.09.2024 – at 03.00 am**

Guided sunrise summit hike with alpine breakfast at the „Staller Alm“ – „Hinterbergkofel“ 2,726 m

**Cost contribution** per person € 39.00 (for guided tour, headlamp hire and breakfast)

Registration by 05.00 pm the day before at the latest

Tourismusinformation St. Jakob i. D. T. +43 50 212600 or Günther Leitgeb T. +39 348 6600337

### **Foam grinding in the „Stadtner-Mühle“ - June to mid-September – at 08.45 am**

You will learn a lot of interesting information about the miller's trade during the foam milling.

The milled flour can be purchased alongside other homemade products.

**Meeting point:** Maria Hilf waterfall, 9963 St. Jakob i. D.

Tourismusinformation St. Jakob i. D. T. +43 50 212600, [defereggental.org](http://defereggental.org)

**EVERY FRIDAY**

**Yoga and Pilates with Kneipp therapy in the healing water fountain**

- on rain-free days - until the end of September - at 08.00 am

Recharge your batteries with exercise and relaxation.

**Cost contribution** per person € 12.00

**Meeting point:** Deferegger Heilwasserwelt, Innerrotte 62, 9963 St. Jakob i. D.

Registration by telephone until the day before

T. +43 676 841560406, [deferegger-heilwasser.at](http://deferegger-heilwasser.at)

**„Jagdhausalmen“ – little Tibet of the Alps - 05.07. - 27.09.2024 - at 09.00 am**

Hike in the rear Defereggen valley with the national park rangers through the „Oberhauser Zirbenwald“, past mountain pastures and ancient stone walls to the Little Tibet of the Alps - the „Jagdhausalm“.

**Cost per person** € 22.00 / children up to 14 years € 15.00

**Meeting point:** Oberhaus parking spot (toll road), 9963 St. Jakob i. D.

T. +43 4875 516110, [nationalpark.osttirol.com](http://nationalpark.osttirol.com)

**Guided tour with Kneipp therapy in the „Deferegger Heilwasserwelt“ - at 02.00 pm**

History, geology and effects of Deferegger healing water, followed by a Kneipp session in the healing water fountain.

**Cost contribution** per person € 12.00 / children up to and including 12 years are free

**Meeting point:** Deferegger Heilwasserwelt, Innerrotte 62, 9963 St. Jakob i. D.

No pre-booking necessary

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**TOURISMUSINFORMATION DEFEREGGENTAL**

**osttirol.com**

T. +43 50 212600

[defereggental@osttirol.com](mailto:defereggental@osttirol.com)

Each organiser is responsible for the implementation and planning!

The Tourismusverband Osttirol accepts no liability in this respect!

Programme subject to change!