



Summer in Gastein

At the entrance to the Gastein Valley, the longest side valley in the Hohe Tauern range, you will discover Bad Gastein – a tradition-rich town nestled amid glorious scenery: the romance of the Belle Epoque next to a rushing waterfall, delightful spa experiences at the new Felsentherme Gastein, plus a culture and entertainment program that is second-to-none in its variety, drawing visitors from near and far. In the middle of the valley is Bad Hofgastein, a village that blends alpine hospitality with international comforts.

Countless opportunities for sports and recreation, fitness and wellness at the new Alpen Therme Gastein, as well as the Spa & Rehabilitation Center, make Bad Hofgastein the ideal place in which to relax and do something good for you or health. The third community in the valley, Dorfgastein, is mainly distinguished by its authentic alpine romance and hospitality. Sports-loving visitors will definitely find everything their heart desires, from outstanding hang- and paragliding areas, to countless hiking and mountain-biking trails. Complete information for your next variety-packed summer vacation in the Gastein Valley, plus our latest packages and tips, can all be found online at www.gastein.com

Summer in the Hills: Simply enchanting

When summer has come to the Gastein Valley, there is nothing more wonderful than to spend a day up in the hill country. With such gloriously clear, fresh air, colorful alpine flowers, and mountain vistas that take your breath away, hikers quickly forget the stressful daily routine they left far behind in the valley. Out on some 350 km of way-marked hiking trails – ranging from family-friendly to high-alpine – you will discover pristine countryside, imposing glacial regions and even old paths once used by gold miners. Along the trail, over 40 alpine huts invite you to stop in for a well-earned rest and refreshments: with hearty country fare, traditional cheese dumplings and meat pasties, intrepid mountaineers and casual hikers are able to fortify themselves for adventures to come. Hopeless romantics can even look forward to spending their honeymoon at a mountain hut: the Präau Hochalm

in Dorfgastein features a cozy Honeymoon Suite and lovingly prepared meals that are certain to set the pulses of our newlyweds racing in anticipation. For a compelling summer's night on the mountain, there is nothing better than a mystical Sunset Hike, during which you will hear a selection of ancient tales and legends.

The valley of Health - Gasteins Spa and Health World

Cure as a self-regulating therapy method has enjoyed a long tradition. Particularly in Gastein. Here the health remedies comprise the unique **Heilstollen**, the radon thermal water and the vapour bath. The most efficient ingredient of all remedies is radon, the inert gas, in its unique combination with heat and altitude www.gasteiner-heilstollen.com

Rain water requires three millenniums to trickle 2000 metres down into the interior to the earth. There it heats up and rises again through the mountain springs situated on an altitude of 1000 metres. The 17 Gastein springs yield approximately five million litres of fresh thermal water daily. Enriched with natural radon and ranging in temperature of up to 46 degrees, the thermal water, in all applications, has a particularly vitalising effect on humans cells. The heat supports the circulation of the blood in the body and the altitude of the Gastein spa villages that lie between 800 and 1200 metres high promotes the supply of the oxygen to the body. Radon, heat and altitude are unique in this combination all over the world.

The **Alpentherme Gastein** offers a 6 health and leisure world with a panoramic view, a sauna world on a mountain lake, a relaxation and wellness oasis, a multimedia experience dome as well as an ample offer of beauty treatments and massages. A source of strength for relaxation, regeneration and leisure fun for the entire family.

New hot spring-fed swimming lakes

Alpentherme Gastein invests ca. 4.6 million. As of July 2017, 2 spring-fed swimming lakes spanning an area of 1700 m² will draw guests to Alpentherme Gastein. This project, unique in all of Austria, as well as other investments in the family area will make summertime visits to this spa resort more attractive than ever. Find more on www.alpentherme.com

In the **Felsentherme Gastein** you will find areas for quietude and activity, you can also enjoy the marvellous landscape in the outdoor spa. www.felsentherme.com

The Spirit of the Gold Miners & Ride on a Packer's Horse

Within the framework of the project “Via Aurea – the Golden Road”, new life has been brought to the old pathways which once interconnected the region’s gold-mining areas. This is a unique opportunity for hikers and history-lovers to follow in the footsteps of miners and packers in a bid to rediscover the legendary Tauern Gold of the Goldberg Group. And what better way than high in the saddle! One week of trekking along the Goldberg Trail – just as the packers once did – is an exceptional experience not soon to be forgotten. Led by experienced riders and mountain guides, who also come armed with extensive knowledge of the historical background of the region, visitors make their way with their horses along this 300 km-long loop through the mountains. Along the way, naturally, riders also have an opportunity to visit historic mining sites and museums. And there is one thing you should definitely try at least once in your life: panning for gold, perhaps in the Alte Pöck in Böckstein or in the Upper Angertal near Bad Hofgastein. Day-trippers and children are, of course, also welcome to put their luck to the test.

The Hiking Specialists set the summer in motion

Thirteen lodging establishments in the Gastein Valley have been classified as “Hiking Specialists”, offering services and amenities that make hiking getaways more enjoyable than you might ever have imagined possible. If you are a guest of such a Hiking Specialist, you will have opportunities to take part in guided hikes, be chauffeured to the trailheads of some of the regions’ most beautiful tours, and be picked up again after your strenuous day of hiking is done. Yet another plus is their free equipment rental (poles and rucksacks), as is a complete information packet for hikers. When the Gastein Valley celebrates the summer solstice with mountain bonfires and the lifts once again begin to run, it is clear to everyone that the mountain season is officially underway. Being out and about in the mountains is always a true delight, but especially if you take part in a Wild Herb Hike: you will roam across lush alpine meadows, collecting wild herbs as you go. Once at your destination, your herbs will be turned into a delicious meal, which you will then be able to savor for yourself. Further information about the Gastein Hiking Specialists, our region’s Top-10 Hikes, and an interactive hiking calendar can all be found online at www.wandergastein.com

Water & Rock: Focal Points of Natural Power

In collaboration with an artist, stone sculptures have been erected at seven centers of natural power located along the banks of the Gasteiner Ache – comparable to the effects of acupuncture needles on people, they both focus and liberate natural energies. These seven sites are located either at unique natural features or in important communities: the Nassfeld, Schleierfall Waterfall, the Evian springs, Bad Gastein, Bad Hofgastein, Dorfgastein and

the Gastein Gorge. These serve as waypoints on a journey through the entire Gastein Valley, one which you can pursue in a variety of ways: by bike, on foot, or perhaps even using the Nordic Walking technique. In the process, you will not only enjoy the alpine scenery, you will also recharge your own batteries with every step you take and do something good for your health. The brochure “Water and Rock – Lithopuncture in Gastein” is available free of charge from info@gastein.com

Horse Trekking: Trotting over Hill & Dale

What could possibly be more beautiful for any nature- and horse-lover, than to enjoy a trek in the open countryside, up hill and down dale, with the sun smiling down from a blue sky? This is probably as good as it gets. In the Gastein Valley, you will find an ideal venue for extended rides – especially when you consider the beautiful countryside that surrounds you, extending from the lush green of the valley to the high-alpine elevations of the Hohe Tauern National Park, with all its incomparable natural treasures. The Oberhaitzinggut riding stables are specialists in Icelandic horses and have put together some fantastic vacation packages. For an especially variety-packed and also somewhat more challenging tour, you might wish to join a 2½-day trek through the Hohe Tauern National Park to Rauris.

Harvest Festival 2017

As summer in the Gastein Valley gradually draws to a close, high season begins for visitors with a taste for “the finer things” – it is Harvest Festival time once again. This year, as in the past, all three Gastein villages play a big part in festivities as official “Harvest Festival Communities”. The rich cultural heritage and living traditions of the valley’s farmers make Harvest Festival an exciting event for locals and guests alike, be that during “Einheiga” events at various farms, or during “Almabtrieb” parades and celebrations that involve the entire community. Farmers’ Markets offer mouth-watering, farm-fresh specialties and authentic folk music, much to the excitement of visitors who throng to the valley every year.

Event-Summer GASTEIN 2017

The summer paradise Gastein is the centre of numerous events. A combination of traditional festivals and modern events will provide variety to the superb walking pleasure.

BUM GASTEIN, 3rd to 9th of June 2017

Mountains & Music Festival in the whole valley – Concert and Hiking program for one week offers everything that the heart of music and mountaineering fans could possibly desire. Homemade delicacies can be enjoyed at more than 40 mountain huts, along the 350 kilometres of marked hiking paths.

Summer Solstice Celebration, 17th to 18th of June 2017

Celebrate Summertime with fires and come together parties at the mountains through the whole valley starting with the sunset. Experience the old tradition of the "summer solstice bonfires" with an impressive panoramic view of the peaks of mountains "in flames". Lifts are open to reach the summit of the mountains easily and enjoy the best view.

sommer.frische.kunst, End of June until end of September 2017

Franz Schubert, Arthur Schopenhauer, Thomas Mann and Gustav Klimt – they all opened themselves to the inspiration of summer in Bad Gastein. Bad Gastein continues this tradition and, with its summer festival, gives birth to a new one. sommer.frische.kunst. enriches summer in Bad Gastein with fresh art: The kunstresidenz becomes the focal point for internationally renowned contemporary artists, the art festival – with its light installations and contemporary art – lends a whole new radiance to Bad Gastein, while the music program of summer jazz in the city serves up groovily swinging sounds on those balmy summer evenings.

Dorfgastein Village Festival, 5th and 6th August 2017

Every year at the first weekend in August the famous and popular Dorfgastein Village Festival take place. Enjoy Live music, traditional customs and local food – Day & Night.

ALM:KLASSIK in Bad Hofgastein, 21st August until 2nd September 2016

Enjoy delicious country food as you listen to outstanding music and allow your eyes to roam across Gastein breath-taking mountain world - The Alm Klassik promises an extraordinary mountain experience. Guests and locals can enjoy classical concerts at the Gastein's mountain huts. The Kurorchester and a variety of folk music groups share excerpts of their repertoires amid the open countryside.

Schubert in Gastein, 14th to 17th September 2017

The cultural festival "Schubert in Gastein" is an homage to one of Austria's most famous artist: Franz Schubert, who has a very special connection to Gastein. Inspired by the idyllic charm and imposing mountain world he composed important works of him in the valley. Allow yourself to be whisked away into the imposing musical world of the Romantic era.

Traditional Sheep driven at Nassfeld, 9th of September 2016

The highlight of the Gastein autumn is the big sheep round in Nassfeld in the field of Sportgastein. Around 1,300 sheep have to leave their summer pastures and are driven into the valley - A fascinating Spectacle.

More Information & Events you will find here: www.gastein.com/events.