

# Weekly Programme 18.-26.06.2022

## Saturday, 18.06.2022

- 9.00 am Hike „Verwallseerunde“ | Information Office St. Anton am Arlberg
  - 9.00 am E-Bike hire, 9 am - 6 pm | sport shops in the whole region
  - 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
  - 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
  - 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
  - 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
  - 5.00 pm Hatha Flow Yoga | Wellnesspark Pettneu
  - 5.00 pm Nordic Walking | arl.park St. Anton am Arlberg
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## Sunday, 19.06.2022

- 9.00 am Hike „Putzenalm“ | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | St. Anton am Arlberg / sport shops
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg

# Weekly Programme 18.-26.06.2022

## Monday, 20.06.2022

- 5.00 am Sunrise walk to Ganatsch with mountain breakfast  
Information Office St. Anton am Arlberg | **Alternatively:** 5.10 am Information Office Pettneu and 5.20 am Information Office Flirsch
- 9.00 am Hike "Wadlwanderung" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | Information Office Pettneu
- 9.30 am Guided Village Tour | Information Office Pettneu
- 10.00 am Children's Programme „Earth“ | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | Information Office Pettneu
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 2.00 pm Guided Village Tour | Information Office St. Anton am Arlberg
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Football | arl.park St. Anton am Arlberg
- 9.00 pm Torchlight walk | arl.park St. Anton am Arlberg

# Weekly Programme 18.-26.06.2022

## Tuesday, 21.06.2022

- 9.00 am Hike "Naturwanderung" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 9.30 am Hike "Malfonalm" | Information Office Pettneu
- 10.00 am Children's Programme „Water“ | Information Office Pettneu
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Nordic Walking | arl.park St. Anton am Arlberg
- 8.30 pm Tyrolean Evening | Arlbergsaal St. Anton am Arlberg

# Weekly Programme 18.-26.06.2022

## Wednesday, 22.06.2022

- 9.00 am Hike "Alpenrosenweg" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.30 am Hike "Fritzhütte" | Information Office Flirsch
- 10.00 am Children's Programme „Air“ | Information Office Flirsch
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 3.30 pm Enjoyment and wellbeing from nature with Marlies  
Information Office Flirsch
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Summer Curling | arl.park St. Anton am Arlberg
- 8.30 pm Concert of the brass band | Gertrud-Gabl-Platz or Arlbergsaal

# Weekly Programme 18.-26.06.2022

## Thursday, 23.06.2022

- 9.00 am Hike "Sattelkopf" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 9.30 am Hike "Nessleralm" with guided tour "Alte Nessler Thaja"  
Information Office Pettneu
- 10.00 am Children's Programme „Water“ | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Wellnesspark Pettneu
- 8.30 pm Movie Evening | Kunstraum (art room) Pettneu

# Weekly Programme 18.-26.06.2022

## Friday, 24.06.2022

- 5.00 am Sunrise walk to Gampen with mountain breakfast  
Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | Information Office Pettneu
- 9.30 am Hike "Bergwaldweg" | Information Office Flirsch
- 10.00 am Children's Programme „Fire" | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | Information Office Pettneu
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Volleyball | arl.park St. Anton am Arlberg

# Weekly Programme 18.-26.06.2022

## Saturday, 25.06.2022

- 9.00 am Hike „Verwallseerunde“ | Information Office St. Anton am Arlberg
  - 9.00 am E-Bike hire, 9 am - 6 pm | sport shops in the whole region
  - 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
  - 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
  - 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
  - 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
  - 5.00 pm Hatha Flow Yoga | Wellnesspark Pettneu
  - 5.00 pm Nordic Walking | arl.park St. Anton am Arlberg
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## Sunday, 26.06.2022

- 9.00 am Hike „Tritschalm“ | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | St. Anton am Arlberg / sport shops
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg

# Weekly Programme 26.06.-03.07.2022

## Monday, 27.06.2022

- 5.00 am Sunrise walk to Ganatsch with mountain breakfast  
Information Office St. Anton am Arlberg | **Alternatively:** 5.10 am Information Office Pettneu and 5.20 am Information Office Flirsch
- 9.00 am Hike "Rodelalm" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | Information Office Pettneu
- 9.30 am Guided Village Tour | Information Office Pettneu
- 10.00 am Children's Programme „Earth“ | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | Information Office Pettneu
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 2.00 pm Guided Village Tour | Information Office St. Anton am Arlberg
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Football | arl.park St. Anton am Arlberg
- 9.00 pm Torchlight walk | arl.park St. Anton am Arlberg



# Weekly Programme 26.06.-03.07.2022

## Tuesday, 28.06.2022

- 9.00 am Hike "Naturwanderung" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 9.30 am Hike "Malfonalm" | Information Office Pettneu
- 10.00 am Children's Programme „Water“ | Information Office Pettneu
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Nordic Walking | arl.park St. Anton am Arlberg
- 8.30 pm Tyrolean Evening | Arlbergsaal St. Anton am Arlberg

# Weekly Programme 26.06.-03.07.2022

## Wednesday, 29.06.2022

- 9.00 am Hike "Alpenrosenweg" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.30 am Hike "Fritzhütte" | Information Office Flirsch
- 10.00 am Children's Programme „Air“ | Information Office Flirsch
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 3.30 pm Enjoyment and wellbeing from nature with Marlies  
Information Office Flirsch
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Summer Curling | arl.park St. Anton am Arlberg
- 8.30 pm Concert of the brass band | Gertrud-Gabl-Platz or Arlbergsaal

# Weekly Programme 26.06.-03.07.2022

## Thursday, 30.06.2022

- 9.00 am Hike "Sattelkopf" | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 9.30 am Hike "Nessleralm" with guided tour "Alte Nessler Thaja"  
Information Office Pettneu
- 10.00 am Children's Programme „Water“ | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 3.30 pm Guided tour of the alpine dairy | Arlberg Sennerei Flirsch
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Wellnesspark Pettneu
- 8.30 pm Movie Evening | Kunstraum (art room) Pettneu

# Weekly Programme 26.06.-03.07.2022

## Friday, 01.07.2022

- 4.30 am Sunrise walk to Gampen with mountain breakfast  
Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | Sport shops in the whole region
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
- 9.00 am Surprise E-Bike Tour | Information Office Pettneu
- 9.30 am Hike "Bergwaldweg" | Information Office Flirsch
- 10.00 am Children's Programme „Fire" | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | Information Office Pettneu
- 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg
- 5.00 pm Volleyball | arl.park St. Anton am Arlberg
- 8.30 pm Concert of the brass band | Pavilion Pettneu, Flirsch

# Weekly Programme 26.06.-03.07.2022

## Saturday, 02.07.2022

- 9.00 am Hike „Mutspuren“ | Information Office St. Anton am Arlberg
  - 9.00 am E-Bike hire, 9 am - 6 pm | sport shops in the whole region
  - 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
  - 9.00 am E-Bike hire, 9 am - 12.00 noon | Sport Matt in Pettneu
  - 12.00 noon E-Bike hire, 12.00 noon - 6 pm | Sport Matt in Pettneu
  - 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
  - 5.00 pm Hatha Flow Yoga | Wellnesspark Pettneu
  - 5.00 pm Nordic Walking | arl.park St. Anton am Arlberg
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## Sunday, 03.07.2022

- 9.00 am Hike „Putzenalm“ | Information Office St. Anton am Arlberg
- 9.00 am E-Bike hire, 9 am - 6 pm | St. Anton am Arlberg / sport shops
- 9.00 am E-Bike hire, 9 am - 1 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 9.00 am Surprise E-Bike Tour | arl.park St. Anton am Arlberg
- 11.45 am Easy E-Bike Tour | arl.park St. Anton am Arlberg
- 2.00 pm E-Bike hire, 2 pm - 6 pm | St. Anton am Arlberg / Alber, Intersport, Jennewein
- 3.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Archery | arl.park St. Anton am Arlberg
- 5.00 pm Hatha Flow Yoga | Karl-Schranz-Zielstadion St. Anton am Arlberg