

## 4 Day Yoga & Hike Retreat "Above the Clouds"

Far away from the hustle and bustle of the village at 2286 meters above sea level, let yourself be enchanted by the dreamlike mountain world of the Stubai Alps and let your soul dangle between rushing waterfalls, refreshing mountain lakes and babbling rivers. After relaxing yoga sessions and alpine hikes with a dream panorama, we let ourselves be pampered with regional specialties at the new Regensburgerhütte and end the day gently.

### Program

#### Thursday, 14.7.

- 11 a.m. at the cabin car park in Falbeson (paid parking!)
- 3.5-hour hike to the new Regensburgerhütte (2286 m)
- 1 hour of yoga in the in-house Yoga room "Sundowner Flow"
- 6.00 p.m. relaxing dinner together

#### Friday, 15.7.

- 7.30 a.m. hearty alpine breakfast
- 10.00 a.m. Approx. 1.5-hour hike to the Falbesoner Lake (2580 m), where we do breathing exercises and a small "sensory journey" (let yourself be surprised 😊). The return trip is the same route (approx. 1 hour).
- 4.30 p.m. 1 hour Yin Yoga in the Yoga room
- 6.00 p.m. relaxing dinner together

#### Saturday, 16.7.

- 7.30 a.m. delicious alpine breakfast
- 9.00 a.m. Approx. 2.5-hour summit tour to the Basslerjoch at 2829 m where we enjoy the fantastic view and hike back to the hut the same way in approx. 2 hours.
- 4.30 p.m. 1-hour relaxing Yoga in the Yoga room
- 6.00 p.m. relaxing dinner together

#### Sunday, 17.7

- 6.00 a.m. 1 hour yoga "Morning Energy"
- 7.30 cozy alpine breakfast
- 10.00 hike back to the valley
- approx. 1:00 p.m. arrival back at the carpark

### Here the details

#### Meeting Point

Cabin car park in Falbeson (1196 m). The parking lot is located next to the Hotel Waldcafé. From Innsbruck via the A13, exit Schönberg - continue to Neustift. From Neustift Village approx. 12 km to Falbeson on the main road in the direction of the glacier.

#### When

Thursday, July 14, 2022 at 11:00 a.m.

## **How fit do I have to be? What are the hikes like?**

You should have some hiking experience and an average fitness level. Although we give ourselves plenty of time for our hikes, there are some steep passages that require some stamina.

We hike from the hut car park in Falbeson (1196 m) in steep hairpin bends through dense forest, crossing the road a few times. Halfway up, it gets flatter again and towards the end it gets steeper again. On the way we make a small detour to the waterfall just below the hut. We hike up the 1100 meters in about 3.5 hours.

The next day we go on the red mountain path over the Hohe Moos to the ice-cold Falbesoner Lake at 2580 m. We cross the glacial stream of the Falbesoner Kräulferner and after a steady hike and a short steep section we finally reach the Hochmoosferner. We will need about 1.5 hours for the 300 meters of altitude, then spend a while at the lake and let our senses guide us. Later, it's the same route back to the hut.

On the third day we climb the summit of the Basslerjoch at 2829 m. From the hut it's about half an hour's flat walk along alpine meadows. Now in many steep hairpin bends up to the Schrimmennieder. From here not difficult in about 15-20 minutes to the summit of the "Basslerin". Here we enjoy a fantastic view and let the mind rest for a moment. In total, we will need about 2.5 hours for the 550 meters in altitude and hike back to the hut on the same route in about 2 hours.

On the last day, it takes us about 2.5 hours to return to the parking lot on the same hiking trail.

## **"But I'm a yoga newbie"**

My philosophy: "If you can breathe, you can also do yoga". Yoga is not about touching your toes and sitting in the splits for hours, but about concentrating on your breath, discovering your own physical limits and feeling comfortable in your own skin. Believe me: YOU CAN DO IT! No previous yoga knowledge is necessary, but you are welcome to join one of my online yoga classes every Tuesday evening at 7.30 p.m. (just a heads up: it's in German 😊)

## **What kind of food is served?**

Martina and Herbert Ofer give great importance to fresh goods and regional products and obtain a large part of the food from the Stubaital or from Tyrolean companies. The rich breakfast of homemade jams, farmer's butter, sausage, cheese and spreads, fresh bread, yoghurt, muesli, fresh fruit salad, homemade cakes and fresh juices, as well as tea and coffee strengthens us for the hikes, from which we also put together our own packed lunch. In the evening we can choose between meat and vegetarian dishes and enjoy the rich salad buffet, a soup and a main course.

(Unfortunately, we cannot take intolerance and vegan diets too much into consideration in the alpine huts!)

## **Where do we sleep?**

The new Regensburgerhütte offers rustic, simple, but very comfortable multi-bed rooms for 4-6 people in bunk beds, for the true alpine feeling. The existing washroom is very basic, a hot shower is €1 for 3 minutes.

## What if it rains?

The retreat will also take place in the rain. Since our yoga sessions take place indoors, they can be held undisturbed. If the weather forecast indicates very heavy rain or thunderstorms for most of the 4 days, the retreat will be cancelled. The down payment of €35,- to the Alpenverein (Alpine Association in Austria) for the room reservation, can unfortunately NOT be refunded!

## How many participants?

To keep it small and personal we are a maximum of only 10 people + myself 😊

## What do I have to bring?

- Cash! We CANNOT pay by card at the hut!
- Cabin sleeping bag
- Pillowcase
- Small towel
- Sturdy shoes (ankle-high hiking boots are best)
- Possibly flip flops or slippers for the time in the hut
- Water bottle
- Sunscreen
- Sunglasses
- Swimsuit (for those who are brave enough to jump in the cold lake)
- Rain jacket (just in case)
- Warm fleece or jacket (even in summer it can get chilly in the mountains in the evening)
- Change of clothes
- Thick socks (warm feet are better for relaxing)
- Toothbrush + toothpaste
- Yoga mat (if you don't have a yoga mat, I'm happy to lend you one!)

## Costs:

€ 420,- with 3x dinner and 3x breakfast, 3x packed lunch, 3 nights on the alp, 4x yoga sessions and guided hikes included. (Of which € 200,- to be paid with booking and the other € 220,- to be brought in cash, to pay the costs of the hut.)

## What is not included in the price?

You actually have to pay for the drinks yourself in the evening and if we want to stop at another hut for lunch. Coffee and tea are included with breakfast!

## Got questions?

You are always welcome to call me on (0043) 660 8640841, WhatsApp me or send me a message on [jobst.madeleine@gmail.com](mailto:jobst.madeleine@gmail.com) if you have ANY questions.