

Krallerhof Summer Camps.

July and August 2025

	MON	TUE	WED	THU	FRI
Morning	<div><div>WINGWAVE Adults</div></div>	<div><div>WINGWAVE Adults</div></div>	<div><div>WINGWAVE Adults</div></div>	<div><div>WINGWAVE Kids</div></div>	<div><div>YOGA BY THE LAKE Adults</div></div>
(exact times see following pages)	<div><div>KLETTERN Kids/Families</div></div>	<div><div>CLIMBING Adults</div></div> <div><div>SOCCER Kids</div></div>		<div><div>FUSSBALL Kids</div></div>	
Afternoon			<div><div>SWIMMING Non-swimmers</div></div> <div><div>SWIMMING Beginners</div></div> <div><div>SWIMMING Advanced</div></div>	<div><div>FOREST BATHING For everyone</div></div>	

Summer Camps.



SWIMMING CAMP – GETTING STRONGER WITH EVERY LAP

The swimming camp offers ideal conditions to build confidence in the water and improve technique with focus. Speed, endurance, and a refined sense of the water take center stage. In a relaxed setting, swimming technique, strength, and coordination are developed. For kids and adults.

NON-SWIMMERS: Wednesday 3.00–3.45 p.m.

BEGINNERS: Wednesday 4.00–4.45 p.m.

ADVANCED: Wednesday 5.00–5.45 p.m.

TRAINER: Steffi

COST: 10 euros per person per session

REGISTRATION: at the hotel reception or via the digital guest folder



CLIMBING CAMP – THE VERTICAL CALLS!

In the climbing hall, the focus is on joy, thrill, and personal growth. As you scale the walls, climbing techniques are taught while strength, stamina, and mental resilience are enhanced – a multifaceted experience for those aiming high. For kids and adults.

KIDS/FAMILIES: Monday 10.00–11.30 a.m.

ADULTS: Tuesday 10.00 a.m.–12.00 p.m.

TRAINER: Georg

COST: Kids/families – 25 euros per person (1.5 hours)

Adults – 30 euros per person (2 hours)

INCLUDES: professional climbing instructor, entry, rental gear (harness, climbing shoes, belay device, rope)

REGISTRATION: at the hotel reception or via the digital guest folder



FOREST BATHING CAMP

Right next to the Krallerhof, forest bathing invites you to a unique form of relaxation. Along an 8.2 km path with 14 stations, certified hiking guide and Shinrin-Yoku expert Maria leads participants through a mindful nature experience. Viewpoints, forest swings, a yoga platform, and a treetop bed offer space for regeneration and sensory immersion. For kids and adults.

DATE:	Thursday 11.00 a.m.–3.00 p.m.
TRAINER:	Maria
COST:	free for Krallerhof guests
REGISTRATION:	at the hotel reception or via the digital guest folder



FOOTBALL CAMP – TRAIN LIKE THE PROS

This camp emphasizes technique, tactics, and team spirit. Under professional guidance, dribbling and shooting techniques are refined, physical fitness is improved, and smart game understanding is developed. For kids.

DATE:	Tuesday or Thursday 9.30–11.00 a.m. (weather-dependent)
TRAINER:	Alex
COST:	free for Krallerhof guests
REGISTRATION:	at the hotel reception or via the digital guest folder



YOGA BY THE LAKE

Start your day with a peaceful mind – yoga by the lake offers a soothing combination of movement, breathing, and nature. The calm of the water provides the perfect setting for mindfulness, balance, and renewed energy. For adults.

DATE:	Friday 9.00–10 a.m.
TRAINER:	Sandra
COST:	free for Krallerhof guests
REGISTRATION:	at the hotel reception or via the digital guest folder



LEARNING & DEVELOPMENT CAMP – UNLOCK YOUR FULL POTENTIAL

WINGWAVE® – RAPID RELIEF FOR STRESS & BLOCKAGES

Explore new ideas, deepen knowledge, and learn with joy – our wingwave® camp returns!

It fosters creativity, thinking skills, and personal development. Exciting workshops, inspiring talks, and interactive methods make it easy to carry new skills into everyday life.

Kids

- _Overcoming test anxiety & learning blocks
- _Reducing fears & insecurities (e.g. school transitions, bullying)
- _Improving focus & building confidence

Adults

- _Reducing stress & fears (fear of flying, public speaking, heights)
- _Enhancing mental strength & performance
- _Resolving emotional blocks (processing past experiences, reducing self-doubt)
- _Improving sleep & calming inner restlessness

ADULTS:	Monday to Wednesday 10.00 a.m.–12.00 p.m.
KIDS:	Thursday 10.00 a.m.–12.00 p.m. Individual coachings available in the afternoon
TRAINER:	certified wingwave® coaches
COST:	free for Krallerhof guests (individual coachings 170 euros)
REGISTRATION:	at the hotel reception or via the digital guest folder



Summer is adventure time.

At Krallerhof, sports, nature, and relaxation come together to create a harmonious overall experience. Whether you're pushing your personal limits or simply enjoying the alpine scenery – there's something for everyone.

BOOK YOUR SUMMER CAMP NOW AND BECOME PART
OF AN UNFORGETTABLE EXPERIENCE!

[KRALLERHOF.COM](https://www.krallerhof.com)

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