



POST
AM
SEE

Winter Season 2026/27

GUEST EXPERIENCES.

Mountains. Deep blue lake. A place that inspires — all year round. At Post am See, Guest Experiences await to make your stay truly special. Art, food, nature and culture — always with a twist.

But wait — there's more! The other properties of Gröller Hospitality also offer new perspectives. Our Winter programme brings together highlights from all our hotels — for guests of both properties. Guest Experiences take place as part of a fixed weekly programme, so you can see in advance what awaits you each day. Check our Experience Calendar on the website.

Good to know: You can reserve your place at the Experiences when making your booking. First come, first served.

Gröller family
and the entire team

Wellbeing Experiences

Yoga – All Levels

Find balance and inner peace in a restorative yoga class suitable for all experience levels. Gentle movements, flowing breathing exercises, and relaxing stretches harmonize body and mind. A break where lightness and renewed energy arise.



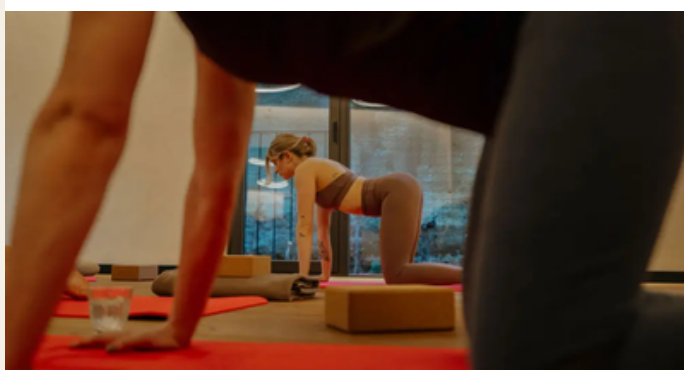
Yin Yoga - All Levels “Letting Go & Recharging”

A gentle 75-minute practice for arriving, breathing deeply, and relaxing. By holding the poses for an extended period, the connective tissue is stretched, tension is released, and the mind becomes calm.

Especially during the darker months, Yin Yoga provides new energy and a deep sense of inner balance. Suitable for all levels.

Pilates

Gentle yet powerful movements connect body and mind, providing stability. Conscious exercises for core and posture promote balance, energy, and inner peace. A soothing hour that releases tension, strengthens the back, and brings lightness – ideal for starting the new year centered and energized.



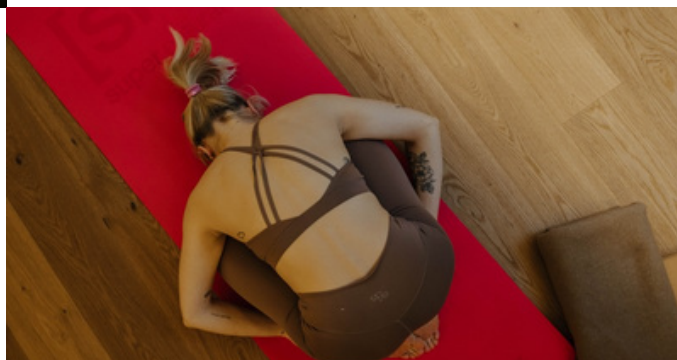
Morning Mobility

Start your day feeling flexible and relaxed!

Dynamic stretching and mobilization exercises for everyone to activate the body, release tension, and improve flexibility. A final 5-minute relaxation session ensures a calm and energized start to the day.

Mindful Movement

Conscious movement, flowing breath, and a moment entirely for yourself. Mindful Movement combines gentle exercises with focused awareness. A beneficial break that harmonizes body and mind, provides new energy, and promotes inner balance.



Wellbeing Experiences

Breathwork – “Letting go & inviting in new things at the end of the year”

The holidays and the time between Christmas and New Year's invite you to pause and consciously arrive in the present moment. In our guided Breathwork Journeys, breath and music create space to reflect on the past year, release tension, and connect with yourself.



Cocoa ceremony “Gratitude & new visions”

A comforting ritual for the holidays and the time between Christmas and New Year's: Our cacao ceremonies invite you to find peace and acknowledge the past year with gratitude – the beautiful moments as well as the experiences and challenges that have brought growth. Accompanied by ceremonial cacao, meditation, and conscious reflection, space is created to listen to your inner self and open yourself to new possibilities.

Ice swimming in Lake Traunsee

Start your day with a real energy boost! Ice bathing strengthens the immune system, provides mental clarity, and an invigorating feeling that lasts all day. Experience the soothing cold in the crystal-clear waters of Lake Traunsee against a breathtaking backdrop – an invigorating and awakening experience.



Cultural Experiences



Curling

A winter get-together in a relaxed atmosphere: Curling invites you to a playful gathering where joy, lightheartedness, and shared experiences take center stage. Open to all guests and ideal for a convivial afternoon outdoors. Guided tournaments are held on certain days.

Cultural Experiences

Guided torchlight hike with schnapps

Experience the magic of an evening hike by torchlight and discover the winter landscape bathed in soft light. Along the way, a traditional schnapps will provide warmth and well-being. An experience that perfectly combines community and winter wonderland.



"Inside Traunkirchen" with Wolfgang Gröller

Discover picturesque Traunkirchen and join us on a unique tour through this charming village. Enjoy the beauty of Lake Traunsee and the special atmosphere. An unforgettable opportunity to rediscover Traunkirchen.

Cabinet of curiosities in Traunkirchen Monastery

A room full of treasures and curiosities opens up new perspectives on the world. In the "cabinet of curiosities" designed by Markus Wennerhold together with Wolfgang Gröller, extraordinary finds are encountered – from Japanese spider crabs to fascinating natural and cultural objects.



Krambamerl burning with Wolfgang Gröller

A traditional ritual from the Salzkammergut region, where fiery grain brandy is lit in a convivial gathering. Hotel owner Wolfgang Gröller recounts stories of this ancient custom. An experience full of warmth, history, and community – ideal for the cold season.

Nativity scene tour in Traunkirchen, Ebensee & Altmünster

Experience the tradition of the Nativity Scene Tour in the Salzkammergut region: Host Wolfgang Gröller leads you to the most beautiful nativity scenes. Artfully crafted scenes enchant and create a contemplative atmosphere. A hike that warms the heart and soul and brings you closer to local customs.

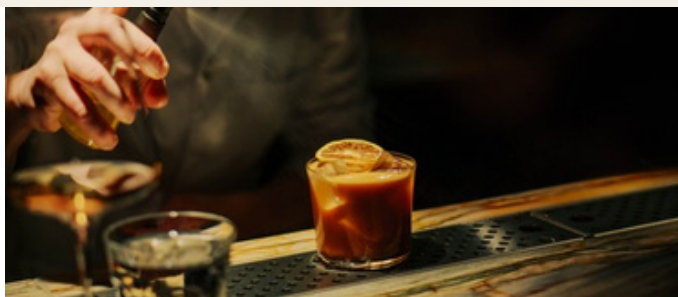


Culinary Experiences

How to Negroni

Exclusive cocktail experience:

Marcus Volsa, head bartender at Belétage, demonstrates how to create the perfect Negroni with a festive twist. This makes the Holiday Negroni a special highlight of any celebration.



Wine Experience

Immerse yourself in the world of Austrian wines: Katharina Gnigler, Gault Millau "Sommelier of the Year 2025," showcases unique grape varieties and their aromas. Discover regional specialties and the stories behind the wines. An experience that perfectly combines enjoyment and knowledge.

Schnapps Stories

Sample fine regional schnapps with distiller Christian Brunner from the Sammerhof and hear stories about the schnapps-making tradition in the Salzkammergut region. An evening full of enjoyment and entertainment that charmingly conveys the region's culture. All schnapps will be available for purchase afterwards.



The fish & the cook

A culinary glimpse into the fish culture of Lake Traunsee, led by head chef Max Deuker and his team. Valuable tips on the art of filleting and preparing freshly caught fish bring the local cuisine to life in a unique way. As a highlight, a small tasting of the day's catch from Lake Traunsee completes the culinary experience.

How to make Kaiserschmarrn

Chef Stefan Griessler demonstrates how to make the perfect Kaiserschmarrn: baked golden brown, turned with love, and finally tasted together.

This is accompanied by a glass of white wine and stories from the kitchen of the Poststube. An experience for all the senses – approachable, charming, and truly delicious.



Other Culinary Experiences

Under the direction of Lukas Nagl, culinary experiences brimming with knowledge, enjoyment, and inspiration are created. These experiences typically take place in the afternoon and offer insights into creative everyday ideas and refined specialties. The focus is on regional products, craftsmanship, and shared discovery.

Exclusive Experiences in the region

Guided snowshoe hike

For those who want to actively experience the beauty of the Salzkammergut region, we recommend a guided snowshoe hike on the Feuerkogel – just 10 minutes by car from the hotel.

The trail leads through snow-covered forests and idyllic winter landscapes to special moments in nature and breathtaking views. Enjoy the peace and quiet together, breathe deeply, and experience winter at its most beautiful.

Snowshoes can be borrowed free of charge directly at the hotel. We are happy to arrange a guide for a fee upon request. We recommend booking in advance at reception.



Husky hike in Ebensee

The husky hike takes place in the Salzkammergut region and follows a gravel path alongside picturesque lakes. Around 25 Siberian Huskies live at the Huskytraum Ranch and accompany participants on the tour. The starting point is approximately 10-15 minutes by car from the hotel. Bookings can be made directly through huskytraum.at. The cost is approximately € 60 per adult. Advance booking is required.

Wintry Experiences in the region

Magical lights at Grünberg

The magical light display at Grünberg in Gmunden, just a 15-minute drive from the hotel, is a unique winter highlight, illuminating hundreds of thousands of soft lights and leaving visitors in awe. The Salzkammergut treetop path will be illuminated from November 26, 2026, to January 10, 2027, offering a magical atmosphere with fascinating light sculptures of mountain animals and a punch stand. The light display is open daily and offers an unforgettable experience for all ages.

Opening hours of the cable car: 12:30 - 20:30.

Opening hours of the treetop path: 13:00 - 20:00.

Tickets are purchased directly from the cable car holding company.



Winter boat trips on Lake Traunsee

Surrounded by snow-covered mountains and the tranquil atmosphere of the lake, every trip becomes an unforgettable experience. The winter landscape and picturesque villages around Lake Traunsee can be discovered from a truly unique perspective.

Period: December 26 - January 1 and January 5, 2027

Departure: Gmunden Duration: 1 hour

Insider tip: During Advent, scheduled boat trips are offered on Saturdays, Sundays, and public holidays, which also stop in Traunkirchen. Boat timetables are available at reception.



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Your winter **YOUR WAY.**

Whether alone, with a partner, family, or friends – winter in the Salzkammergut is meant to be enjoyed. Our program enhances your time here: little highlights, special moments, and a breath of fresh sea and mountain air from the Salzkammergut that will make your stay unique.

Secure your spot now and enjoy the winter days exactly the way you want them.

BOOK NOW

Post am See
Ortsplatz 5, 4801 Traunkirchen
+43 7617 2307
post@groellerhospitality.com