Pollen monitoring report Galtür

May 30th 2025

Grass pollen warning for Tyrol, Galtür offers relief compared to the valley areas!

Innsbruck (615 m a.s.l.)		Galtür (1579 m a.s.l.)	
Birch	Grasses	Birch	Grasses
Alder	Plantain	Alder	Plantain
Oak	Dock/Sorrel	Oak	Dock/Sorrel

Risk classes: absent/very low | low | moderate | high

IN A NUTSHELL

Currently, places like Galtür at higher elevations still offer lower allergen exposure than the valley areas.

The grass pollen season is in full swing across Tyrol, and many allergy sufferers are already experiencing pronounced symptoms. The allergenic burden is expected to be especially high this weekend. For those sensitive to pollen, higher-altitude areas such as Galtür currently offer welcome relief, with significantly lower pollen concentrations.

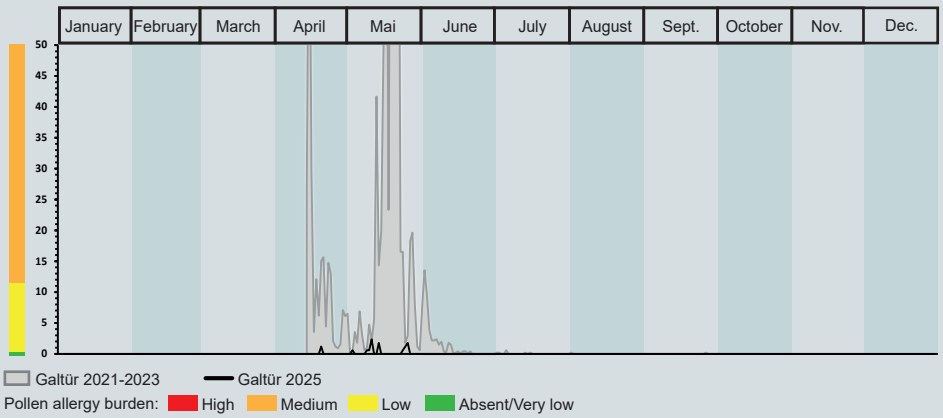
Tyrol overview: Grass pollen levels are increasing across Tyrol and are expected to peak this weekend, driven by warm and sunny conditions. Allergy sufferers are advised to avoid grassy areas, though higher altitudes may offer some relief.

Plantain and dock/sorrel pollen are also on the rise and can intensify symptoms during the grass pollen season. The birch pollen season has ended in the region. While other pollen types are present in the air, they currently pose a low allergenic risk.

Galtür situation: Pollen conditions in Galtür remain more favourable than at lower elevations. Grass pollen levels are slowly increasing but remain low overall. The birch pollen season has now ended at higher altitudes, and birch pollen levels in Galtür were very low throughout this year. Small amounts of green alder pollen are now being detected as flowering begins in the area. While pollen concentrations may rise over the weekend, the overall allergenic burden in Galtür is expected to stay low compared to the valleys.

The good news for the pollen allergy sufferers in the region is that this peak of grass pollen is likely to ease next week as weather conditions become more unstable. Rain showers will help reduce airborne pollen, offering temporary relief to allergy sufferers. However, the alternance of sunshine and rain may lead to fluctuating pollen levels throughout the week.

Birch pollen concentration (pollen/m^3 of air)



Picture. Birch catkins.

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POLLEN warndienst TIROL.

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