



Pollen monitoring report Galtür

June 13th 2025

Dual pollen burden: green alder remains high, grass on the rise!

Innsbruck (615 m a.s.l.)

Birch Grasses
Alder Plantain
Oak Dock/Sorrel

Galtür (1579 m a.s.l.)

Birch Grasses
Alder Plantain
Oak Dock/Sorrel

Risk classes absent/very low low moderate high

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Allergy risks in Galtür are increasing as the grass pollen season begins and green alder pollen remains high at this altitude. Sensitive individuals should take precautions, especially during warm and dry periods.

The grass pollen season has reached its peak across Tyrol, with moderate to high levels triggering strong to very strong symptoms in many allergy sufferers. Over the past week, pollen concentrations have also increased at higher elevations, including Galtür, where an allergic risk is now present.

Tyrol overview: Grass pollen levels are high across Tyrol and now reaching higher altitudes, triggering strong symptoms in many allergy sufferers. Plantain and dock/sorrel pollen may intensify reactions. Green alder is blooming in alpine areas. Other pollen types are present but mostly low in allergenic impact. Fungal spores are increasing

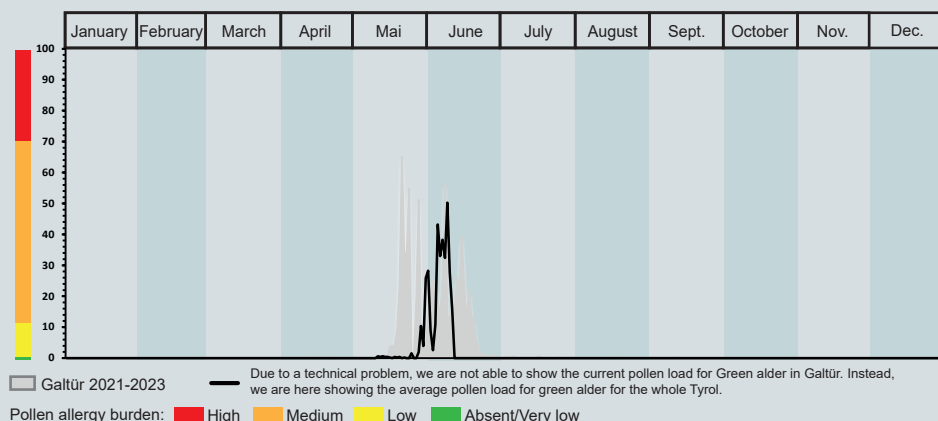
moderately.

Galtür situation: Grass pollen levels are now also rising in Galtür, with allergenic burdens reaching moderate levels on warm and sunny days. The situation is expected to intensify in the coming week, marking the start of the grass pollen season at this altitude, posing a risk for sensitive individuals. However, the main allergenic concern in Galtür remains green alder (*Alnus viridis*), which is currently releasing large amounts of pollen. Pollen levels from green alder can reach moderate to high values and are likely to remain elevated over the next week before gradually declining. In contrast, green

alder concentrations are lower at lower elevations.

Thunderstorms are expected in the coming days. Sudden changes in humidity and pressure during storms can cause pollen grains to break into tiny fragments that are easily inhaled deep into the lungs, potentially triggering severe allergic reactions or asthma attacks, a phenomenon known as thunderstorm asthma. Although rain typically helps clear pollen from the air and offers short-term relief, allergy sufferers should stay indoors and keep windows closed during storms to minimize exposure.

Green alder pollen concentration (pollen/m³ of air)



Picture. Male inflorescence of green alder (photo by S. Suttner). The pendulous catkin consists of many tiny flowers that release pollen into the air.