



Pollen monitoring report Galtür

July 11th 2025

Relief for allergy sufferers as pollen levels drop in Galtür!

Innsbruck (615 m a.s.l.)

Grasses	●	Mugwort	●
Plantain	●	Alder	●
Dock/Sorrel	●	Fungal spores	●
Risk classes			
	●	absent/very low	

Galtür (1579 m a.s.l.)

Grasses	●	Mugwort	●
Plantain	●	Alder	●
Dock/Sorrel	●	Fungal spores	●
Risk classes			
	●	low	●
	●	moderate	●
			●

IN A NUTSHELL

Grass pollen levels are decreasing in Galtür, bringing some relief. However, allergy sufferers should still be cautious, with sunnier and drier weather expected later this week, pollen levels could rise again.

In the Tyrolean valleys, the grass pollen levels are decreasing. Recent rainfall, and even fresh snow at higher elevations, has helped clear much of the pollen from the air. In areas like Galtür, the cooler and unsettled weather has further contributed to lower concentrations. However, this relief may be short-lived as sunnier and warmer conditions return later in the week, and the pollen levels could rise again.

Tyrol overview: Over the past two weeks, grass pollen levels have gradually decreased in the lower Tyrolean valleys, helped by the rainy weather and fresh snow at higher altitudes. Despite this, sunny periods may still

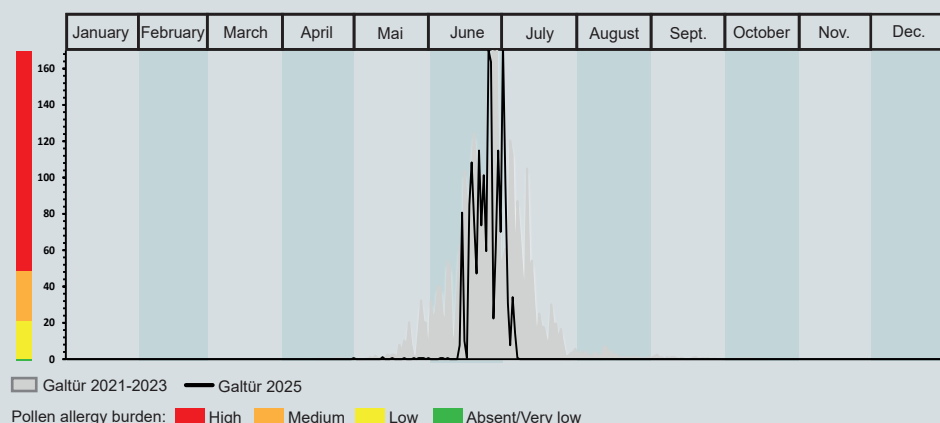
lead to moderate pollen levels, especially near meadows. Plantain and dock/sorrel pollen remain present, adding to the allergy burden. Sweet chestnut pollen is also in the air at low levels and may cause cross-reactions in people allergic to birch. Other pollen types are present in the air, but they are not allergenic. Fungal spores are currently at moderate to high levels and may trigger symptoms.

Galtür situation: In Galtür, grass pollen levels are now going down after reaching their peak. But allergy sufferers should still be careful, with sunnier and drier weather expected later this week, pollen levels

could rise again. Alongside grass pollen, plantain and dock/sorrel are still common and may make symptoms worse for those who are sensitive to grass pollen. Pine pollen is also in the air, but it usually doesn't cause problems for most people because it has low allergenic potential.

Stay informed and take precautions. Being aware of current pollen levels in Galtür is essential for managing your allergy symptoms. Follow our regular updates and take appropriate precautions to reduce exposure. With the right measures, you can make the most of the season and continue enjoying time outdoors.

Grass pollen concentration (pollen/m³ of air)



Picture. Grass-dominated meadow landscape.