



Pollen monitoring report Galtür

July 04th 2025

Galtür experiencing intense grass pollen season!

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	●
	●	high	●

IN A NUTSHELL

Grass pollen season is at its peak in Galtür, with continuous high pollen levels recorded. Keep an eye on our updates and take simple steps to protect yourself from allergy symptoms.

In the Tyrolean valleys, grass pollen is on the decline, but at higher altitudes like Galtür, pollen counts are rising and reaching levels that can cause allergies.

Tyrol overview: Grass pollen levels are decreasing in the Tyrolean valleys, with only a moderate allergenic burden currently observed. However, at higher altitudes, pollen levels are peaking, leading to moderate and high allergy risks. Plantain and dock/sorrel pollen are also in the air and can intensify symptoms for those sensitive to grass pollen. In addition, sweet chestnut pollen is present in low concentrations. While generally not a major allergen, it may trigger reactions in people allergic to birch pollen due to cross-reactivity.

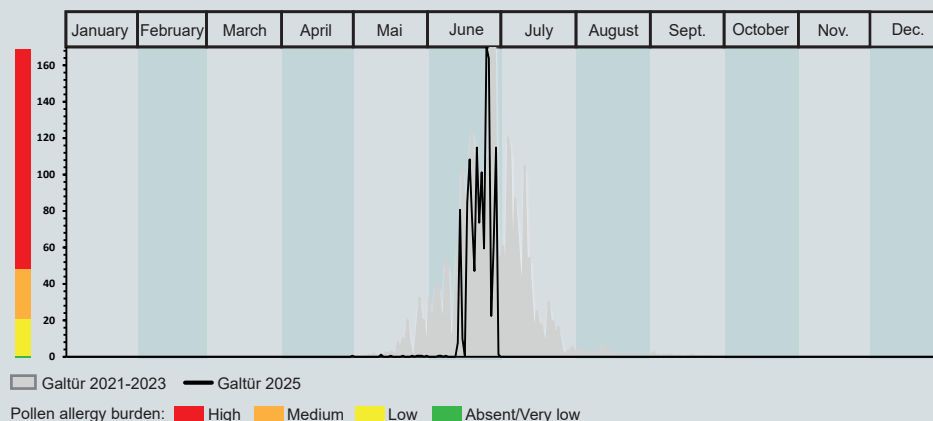
Other types of pollen are in the air, but they are unlikely to cause allergic reactions. Finally, fungal spore concentrations are moderate to high and can cause allergic reactions in sensitive individuals.

Galtür situation: Grass pollen concentrations in Galtür are reaching high levels and are expected to stay elevated throughout the coming week. This marks the peak of an intense grass pollen season, making it a particularly hard time for grass pollen allergy sufferers due to the consistently high allergenic burden. Pollen from plantain and dock/sorrel is also on the rise, which may worsen symptoms, especially for those already sensitive to grass pollen. The

green alder pollen season is ending and no longer poses a problem for allergy sufferers. Pine pollen is currently abundant in the air around Galtür but generally does not cause symptoms due to its low allergenic potential. While other pollens are in the air, they usually don't cause allergic reactions.

The current rainy spells can temporarily clear pollen from the air, offering short-term relief for allergy sufferers. However, thunderstorms may break pollen into tiny particles that reach deep into the lungs and trigger severe reactions or asthma attacks. For allergy sufferers, it is best to stay indoors and keep windows closed during storms to reduce exposure to airborne allergens.

Grass pollen concentration (pollen/m³ of air)



Picture. Grass-dominated meadow landscape.