



Pollen monitoring report Galtür

June 27th 2025

Grass pollen season intensifies in Galtür!

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

IN A NUTSHELL

Grass pollen season is in full swing in Galtür, with consistently high levels that may rise further. Stay informed with our updates and take precautions to manage your allergy symptoms effectively.

Grass pollen levels have reached their peak in Tyrol, and a slow decrease is now beginning down in the valleys. However, at higher altitudes, like in Galtür, pollen concentrations have been rising over the past week and continue to increase.

Tyrol overview: Grass pollen levels are decreasing in the Tyrolean valleys but remain moderate to high at higher elevations (above 1,500 m). Plantain and dock/sorrel pollen are also present and may worsen symptoms. Pollen levels from green alder and sweet chestnut are low. Other pollen types have little allergenic impact. Fungal spores are currently moderate to high and may

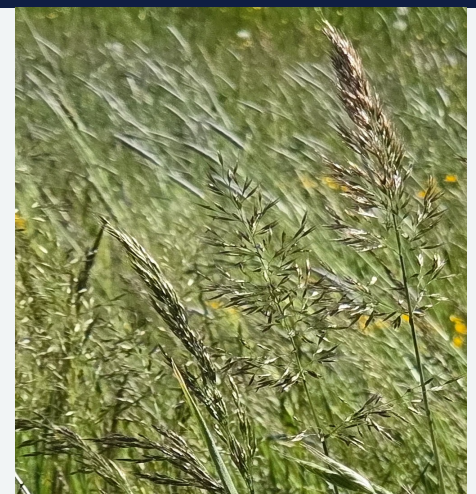
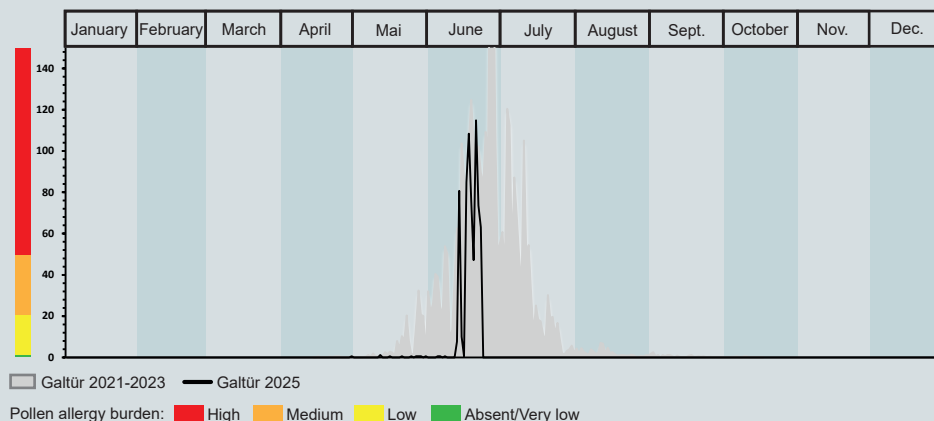
affect sensitive individuals.

Galtür situation: Grass pollen levels in Galtür are continuing to rise and may increase further in the coming days, reaching consistently high levels. Many allergy sufferers in the area are experiencing significant symptoms right now. Pollen from plantain and dock/sorrel is also increasing, which can worsen allergic reactions, especially for those sensitive to grass pollen. The green alder (*Alnus viridis*) pollen season is coming to an end, with only low levels still present. Pine and spruce pollen are abundant but usually don't cause major allergy problems. If you live in or plan to visit Galtür, it is important

to take precautions to reduce your symptoms. Remember that rainy periods can bring short-term relief by washing pollen out of the air.

Pollen and thunderstorms: a risk for allergy sufferers: Storms can break pollen into tiny particles that penetrate deep into the lungs, triggering severe reactions or asthma attacks. While rain usually clears the air, it is safest to stay indoors and keep windows closed during storms.

Grass pollen concentration (pollen/m³ of air)



Picture. Grass-dominated meadow.