



# Pollen monitoring report Galtür

## June 20<sup>th</sup> 2025

### Sensitive to grass pollen? Galtür levels are now high!

#### 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

The grass pollen season has now started in Galtür. The allergenic burden is already moderate to high, and it is expected to intensify in the coming weeks. Being aware of current pollen levels in Galtür is essential for managing allergy symptoms.

The grass pollen season has reached its peak in Tyrol, with moderate to high concentrations causing significant symptoms among allergy sufferers. Notably, pollen levels have increased even at higher elevations over the past week, indicating that the allergenic burden now affects all altitude zones, from valley floors to alpine areas.

Tyrol overview: Grass pollen levels remain elevated across the region, now affecting both lowland and alpine areas. Symptoms are particularly intense near meadows and pastures with dense grass cover. Plantain and dock/sorrel pollen are also present and may intensify allergic

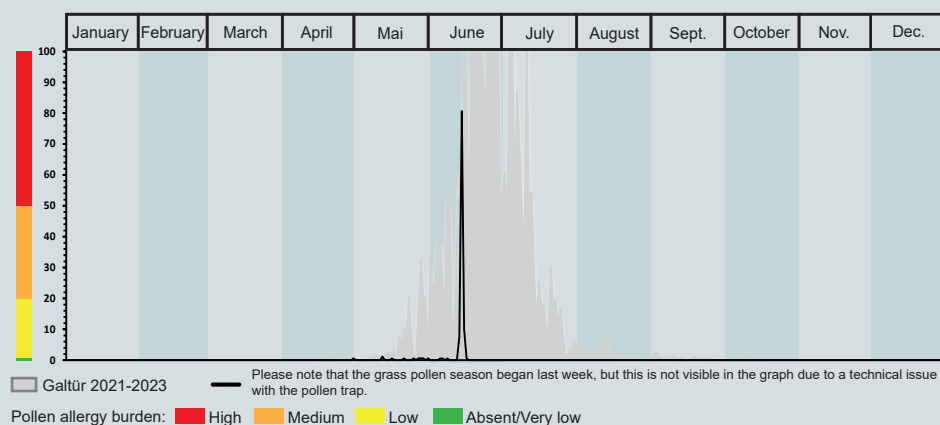
reactions. Green alder pollen is decreasing. Other pollen types are currently present but are of low allergenic significance. We record low to moderate concentrations of fungal spores.

Galtür situation: We are currently observing high grass pollen levels in Galtür, with allergenic burdens reaching moderate to high intensity. The situation is expected to intensify in the coming week. In addition, pollen from plantain and dock/sorrel is abundant in the air; they are likely to amplify allergic reactions in individuals already sensitive to grass pollen. For allergy sufferers living in or visiting Galtür, it is time to take appropriate precautions. Only rainy spells

offer short-term relief, as they temporarily reduce airborne pollen concentrations. On a positive note, green alder (*Alnus viridis*) pollen is now on a declining trend at this elevation, as its peak season has passed.

Pollen and thunderstorms: a risk for allergy sufferers: Storms can cause pollen grains to break into tiny fragments that penetrate deep into the lungs, potentially triggering severe allergic reactions or asthma. While rain usually clears the air, allergy sufferers should stay indoors and keep windows closed during storms to reduce exposure.

#### Grass pollen concentration (pollen/m<sup>3</sup> of air)



Picture. Grass-dominated meadow.