

Nr.	Ort	Beginn	Dauer
1	Kampen	08:15:00	00:26
2	St. Peter-Ording	08:15:26	00:26
3	Timmendorfer Strand	08:15:52	00:26
4	Langeoog	08:16:18	00:26
5	Schillig	08:16:44	00:26
6	Butjadingen	08:17:10	00:26
7	Bad Salzuflen	08:17:36	00:26
8	Wernigerode (Mo,Mi,Fr)	08:18:02	00:00
	Wernigerode - Brocken (Di,Do,Sa)	08:18:02	00:26
9	Willingen - Ettelsberg	08:18:28	00:26
10	Winterberg	08:18:54	00:26
11	Medebach	08:19:20	00:26
12	Koblenz	08:19:46	00:26
13	Rüdesheim - Boosenburg	08:20:12	00:26
14	Gersfeld	08:20:38	00:26
15	Bad Staffelstein	08:21:04	00:26
16	Fichtelberg	08:21:30	00:26
17	Oberwiesenthal	08:21:56	00:26
18	Nürnberg	08:22:22	00:26
19	Ingolstadt	08:22:48	00:26
20	Bad Herrenalb	08:23:14	00:26
21	Beuren (Mo,Mi,Fr)	08:23:40	00:00
	St. Johann (Di,Do,Sa)	08:23:40	00:26
22	Münsingen (Mo,Do)	08:24:06	00:00
	Hayingen (Di,Fr)	08:24:06	00:00
	Westerheim (Mi,Sa)	08:24:06	00:26
	Region Oberallgäu		
23	Bad Hindelang (Mo,Fr)	08:24:32	00:00
	Oberstdorf - Schanze (Di,Sa)	08:24:32	00:00
	Oberstdorf - Nebelhorn (Mi)	08:24:32	00:00
	Oberstdorf - Fellhorn (Do)	08:24:32	00:26
24	Riezlern - Kanzelwand (Mo,Fr)	08:24:58	00:00
	Oberstaufen - Hochgrat (Di,Sa)	08:24:58	00:00
	Oberstaufen - Hündle (Mi)	08:24:58	00:00
	Oberstaufen (Do)	08:24:58	00:26
25	Füssen - Schwangau - Tegelberg (Mo,Do)	08:25:24	00:00
	Schwangau - Hohenschwangau (Di,Fr)	08:25:24	00:00
	Füssen - Festspielhaus (Mi,Sa)	08:25:24	00:26
26	Grainau	08:25:50	00:25
	Region Tölzer Land		
27	Kochel am See (Mo,Mi,Fr)	08:26:15	00:00
	Lenggries (Di,Do,Sa)	08:26:15	00:25
28	Bad Tölz (Mo,Mi,Fr)	08:26:40	00:00
	Münsing (Di,Do,Sa)	08:26:40	00:25
29	München	08:27:05	00:25

30	München - Olympiaturm	08:27:30	00:25
31	Tegernsee (Mo,Mi,Fr)	08:27:55	00:00
	Schliersee (Di,Do,Sa)	08:27:55	00:25
32	Bayrischzell - Wendelstein (Mo,Mi,Fr)	08:28:20	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	08:28:20	00:25
33	Prien am Chiemsee	08:28:45	00:25
34	Bad Endorf	08:29:10	00:25
35	Oberaudorf	08:29:35	00:25
36	Berchtesgaden	08:30:00	00:25
37	Bad Reichenhall - RupertusTherme	08:30:25	00:25
38	Bad Reichenhall	08:30:50	00:25
39	Bad Birnbach	08:31:15	00:25
40	Passau	08:31:40	00:25
41	Bodenmais	08:32:05	00:25
42	Lipno	08:32:30	00:25
43	Spindleruv Mlýn	08:32:55	00:25
44	Dolní Morava	08:33:20	00:25
45	Murau - Kreischberg / Schönberg-Lachtal	08:33:45	00:25
46	Zauchensee	08:34:10	00:25
47	Filzmoos	08:34:35	00:25
48	Großarl (Mo,Mi,Fr)	08:35:00	00:00
	Dorfgastein (Di,Do,Sa)	08:35:00	00:25
49	Zell am See	08:35:25	00:25
50	Achenkirch	08:35:50	00:25
51	Neustift - Stubaier Gletscher	08:36:15	00:25
52	Serfaus (Mo,Mi,Fr)	08:36:40	00:00
	Fiss (Di,Do,Sa)	08:36:40	00:25
53	Silvaplana	08:37:05	00:25
54	Saas Fee	08:37:30	00:25
55	Zermatt - Gornergrat	08:37:55	00:25
56	Pajottenland	08:38:20	00:25
57	De Haan	08:38:45	00:25
58	Vallnord - Pal Arinsal	08:39:10	00:25
59	Formigal	08:39:35	00:25
	Programminformation "ARD-alpha B Mo-Sa"	08:40:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	08:15:00	00:31
2	St. Peter-Ording	08:15:31	00:31
3	Timmendorfer Strand	08:16:02	00:31
4	Langeoog	08:16:33	00:31
5	Schillig	08:17:04	00:31
6	Butjadingen	08:17:35	00:31
7	Bad Salzuflen	08:18:06	00:31
8	Wernigerode (So)	08:18:37	00:00
	Wernigerode - Brocken ()	08:18:37	00:31
9	Willingen - Ettelsberg	08:19:08	00:31
10	Winterberg	08:19:39	00:31
11	Medebach	08:20:10	00:31
12	Koblenz	08:20:41	00:31
13	Rüdesheim - Boosenburg	08:21:12	00:31
14	Gersfeld	08:21:43	00:31
15	Bad Staffelstein	08:22:14	00:31
16	Fichtelberg	08:22:45	00:31
17	Oberwiesenthal	08:23:16	00:31
18	Nürnberg	08:23:47	00:31
19	Ingolstadt	08:24:18	00:31
20	Bad Herrenalb	08:24:49	00:31
21	Beuren (So)	08:25:20	00:00
	St. Johann ()	08:25:20	00:31
22	Münsingen (So)	08:25:51	00:00
	Hayingen ()	08:25:51	00:00
	Westerheim ()	08:25:51	00:31
	Region Oberallgäu		
23	Bad Hindelang ()	08:26:22	00:00
	Oberstdorf - Schanze ()	08:26:22	00:00
	Oberstdorf - Nebelhorn (So)	08:26:22	00:00
	Oberstdorf - Fellhorn ()	08:26:22	00:31
24	Riezlern - Kanzelwand ()	08:26:53	00:00
	Oberstaufen - Hochgrat ()	08:26:53	00:00
	Oberstaufen - Hündle (So)	08:26:53	00:00
	Oberstaufen ()	08:26:53	00:31
25	Füssen - Schwangau - Tegelberg (So)	08:27:24	00:00
	Schwangau - Hohenschwangau ()	08:27:24	00:00
	Füssen - Festspielhaus ()	08:27:24	00:31
26	Grainau	08:27:55	00:31
	Region Tölzer Land		
27	Kochel am See (So)	08:28:26	00:00
	Lenggries ()	08:28:26	00:31
28	Bad Tölz (So)	08:28:57	00:00
	Münsing ()	08:28:57	00:31
29	München	08:29:28	00:31

30	München - Olympiaturm	08:29:59	00:31
31	Tegernsee (So)	08:30:30	00:00
	Schliersee ()	08:30:30	00:30
32	Bayrischzell - Wendelstein (So)	08:31:00	00:00
	Bayrischzell - Sudelfeld ()	08:31:00	00:30
33	Prien am Chiemsee	08:31:30	00:30
34	Bad Endorf	08:32:00	00:30
35	Oberaudorf	08:32:30	00:30
36	Berchtesgaden	08:33:00	00:30
37	Bad Reichenhall - RupertusTherme	08:33:30	00:30
38	Bad Reichenhall	08:34:00	00:30
39	Bad Birnbach	08:34:30	00:30
40	Passau	08:35:00	00:30
41	Bodenmais	08:35:30	00:30
42	Lipno	08:36:00	00:30
43	Spindleruv Mlýn	08:36:30	00:30
44	Dolní Morava	08:37:00	00:30
45	Murau - Kreischberg / Schönberg-Lachtal	08:37:30	00:30
46	Zauchensee	08:38:00	00:30
47	Filzmoos	08:38:30	00:30
48	Großarl (So)	08:39:00	00:00
	Dorfgastein ()	08:39:00	00:30
49	Zell am See	08:39:30	00:30
50	Achenkirch	08:40:00	00:30
51	Neustift - Stubaier Gletscher	08:40:30	00:30
52	Serfaus (So)	08:41:00	00:00
	Fiss ()	08:41:00	00:30
53	Silvaplana	08:41:30	00:30
54	Saas Fee	08:42:00	00:30
55	Zermatt - Gornergrat	08:42:30	00:30
56	Pajottenland	08:43:00	00:30
57	De Haan	08:43:30	00:30
58	Vallnord - Pal Arinsal	08:44:00	00:30
59	Formigal	08:44:30	00:30
	Programminformation "ARD-alpha B So"	08:45:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	08:40:00	00:25
2	St. Peter-Ording	08:40:25	00:25
3	Timmendorfer Strand	08:40:50	00:25
4	Langeoog	08:41:15	00:25
5	Hooksiel	08:41:40	00:25
6	Butjadingen	08:42:05	00:25
7	Bad Salzuflen	08:42:30	00:25
8	Wernigerode (Di,Do,Sa)	08:42:55	00:00
	Wernigerode - Brocken (Mo,Mi,Fr)	08:42:55	00:25
9	Willingen - Ettelsberg	08:43:20	00:25
10	Winterberg	08:43:45	00:25
11	Medebach	08:44:10	00:25
12	Koblenz	08:44:35	00:25
13	Rüdesheim - Boosenburg	08:45:00	00:25
14	Gersfeld	08:45:25	00:25
15	Bad Staffelstein	08:45:50	00:25
16	Fichtelberg	08:46:15	00:25
17	Oberwiesenthal	08:46:40	00:25
18	Nürnberg	08:47:05	00:25
19	Ingolstadt	08:47:30	00:25
20	Calw	08:47:55	00:25
21	Beuren (Di,Do,Sa)	08:48:20	00:00
	St. Johann (Mo,Mi,Fr)	08:48:20	00:25
22	Münsingen (Mi,Sa)	08:48:45	00:00
	Hayingen (Mo,Do)	08:48:45	00:00
	Westerheim (Di,Fr)	08:48:45	00:25
	Region Oberallgäu		
23	Bad Hindelang (Do)	08:49:10	00:00
	Oberstdorf - Schanze (Mo,Fr)	08:49:10	00:00
	Oberstdorf - Nebelhorn (Di,Sa)	08:49:10	00:00
	Oberstdorf - Fellhorn (Mi)	08:49:10	00:25
24	Riezlern - Kanzelwand (Do)	08:49:35	00:00
	Oberstaufen - Hochgrat (Mo,Fr)	08:49:35	00:00
	Oberstaufen - Hündle (Di,Sa)	08:49:35	00:00
	Oberstaufen (Mi)	08:49:35	00:25
25	Füssen - Schwangau - Tegelberg (Di,Fr)	08:50:00	00:00
	Schwangau - Hohenschwangau (Mi,Sa)	08:50:00	00:00
	Füssen - Festspielhaus (Mo,Do)	08:50:00	00:25
26	Grainau	08:50:25	00:25
	Region Tölzer Land		
27	Kochel am See (Di,Do,Sa)	08:50:50	00:00
	Lenggries (Mo,Mi,Fr)	08:50:50	00:25
28	Bad Tölz (Di,Do,Sa)	08:51:15	00:00
	Münsing (Mo,Mi,Fr)	08:51:15	00:25
29	München	08:51:40	00:25

30	München - Olympiaturm	08:52:05	00:25
31	Tegernsee (Di,Do,Sa)	08:52:30	00:00
	Schliersee (Mo,Mi,Fr)	08:52:30	00:25
32	Bayrischzell - Wendelstein (Di,Do,Sa)	08:52:55	00:00
	Bayrischzell - Sudelfeld (Mo,Mi,Fr)	08:52:55	00:25
33	Prien am Chiemsee	08:53:20	00:25
34	Bad Endorf	08:53:45	00:25
35	Oberaudorf	08:54:10	00:25
36	Berchtesgaden	08:54:35	00:25
37	Bad Reichenhall - RupertusTherme	08:55:00	00:24
38	Bad Reichenhall	08:55:24	00:24
39	Bad Birnbach	08:55:48	00:24
40	Passau	08:56:12	00:24
41	Bodenmais	08:56:36	00:24
42	Klínovec	08:57:00	00:24
43	Pec pod Snezkou	08:57:24	00:24
44	Wien	08:57:48	00:24
45	Flachau / Wagrain / St.Johann im Pongau	08:58:12	00:24
46	Rauris	08:58:36	00:24
47	Hermagor - Nassfeld	08:59:00	00:24
48	Waidring	08:59:24	00:24
49	Axams	08:59:48	00:24
50	Ehrwald	09:00:12	00:24
51	Tannheim (Mi)	09:00:36	00:00
	Zöblen (Do)	09:00:36	00:00
	Grän (Mo,Fr)	09:00:36	00:00
	Jungholz (Di,Sa)	09:00:36	00:24
52	Ischgl / Samnaun	09:01:00	00:24
53	Ratschings	09:01:24	00:24
54	Riva del Garda	09:01:48	00:24
55	St. Moritz	09:02:12	00:24
56	Savognin	09:02:36	00:24
57	Zermatt	09:03:00	00:24
58	Alden Biesen	09:03:24	00:24
59	Bokrijk	09:03:48	00:24
60	Drimmelen	09:04:12	00:24
61	Vall de Boí	09:04:36	00:24
	Programminformation "ARD-Alpha C Mo-Sa"	09:05:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	08:45:00	00:30
2	St. Peter-Ording	08:45:30	00:30
3	Timmendorfer Strand	08:46:00	00:30
4	Langeoog	08:46:30	00:30
5	Hooksiel	08:47:00	00:30
6	Butjadingen	08:47:30	00:30
7	Bad Salzuflen	08:48:00	00:30
8	Wernigerode ()	08:48:30	00:00
	Wernigerode - Brocken (So)	08:48:30	00:30
9	Willingen - Ettelsberg	08:49:00	00:30
10	Winterberg	08:49:30	00:30
11	Medebach	08:50:00	00:30
12	Koblenz	08:50:30	00:30
13	Rüdesheim - Boosenburg	08:51:00	00:30
14	Gersfeld	08:51:30	00:30
15	Bad Staffelstein	08:52:00	00:30
16	Fichtelberg	08:52:30	00:30
17	Oberwiesenthal	08:53:00	00:30
18	Nürnberg	08:53:30	00:30
19	Ingolstadt	08:54:00	00:30
20	Calw	08:54:30	00:30
21	Beuren ()	08:55:00	00:00
	St. Johann (So)	08:55:00	00:30
22	Münsingen ()	08:55:30	00:00
	Hayingen (So)	08:55:30	00:00
	Westerheim ()	08:55:30	00:30
	Region Oberallgäu		
23	Bad Hindelang ()	08:56:00	00:00
	Oberstdorf - Schanze ()	08:56:00	00:00
	Oberstdorf - Nebelhorn ()	08:56:00	00:00
	Oberstdorf - Fellhorn (So)	08:56:00	00:30
24	Riezlern - Kanzelwand ()	08:56:30	00:00
	Oberstaufen - Hochgrat ()	08:56:30	00:00
	Oberstaufen - Hündle ()	08:56:30	00:00
	Oberstaufen (Mi,So)	08:56:30	00:30
25	Füssen - Schwangau - Tegelberg ()	08:57:00	00:00
	Schwangau - Hohenschwangau ()	08:57:00	00:00
	Füssen - Festspielhaus (So)	08:57:00	00:30
26	Grainau	08:57:30	00:30
	Region Tölzer Land		
27	Kochel am See ()	08:58:00	00:00
	Lenggries (So)	08:58:00	00:30
28	Bad Tölz ()	08:58:30	00:00
	Münsing (So)	08:58:30	00:30
29	München	08:59:00	00:30

30	München - Olympiaturm	08:59:30	00:30
31	Tegernsee ()	09:00:00	00:00
	Schliersee (So)	09:00:00	00:30
32	Bayrischzell - Wendelstein ()	09:00:30	00:00
	Bayrischzell - Sudelfeld (So)	09:00:30	00:29
33	Prien am Chiemsee	09:00:59	00:29
34	Bad Endorf	09:01:28	00:29
35	Oberaudorf	09:01:57	00:29
36	Berchtesgaden	09:02:26	00:29
37	Bad Reichenhall - RupertusTherme	09:02:55	00:29
38	Bad Reichenhall	09:03:24	00:29
39	Bad Birnbach	09:03:53	00:29
40	Passau	09:04:22	00:29
41	Bodenmais	09:04:51	00:29
42	Klínovec	09:05:20	00:29
43	Pec pod Snezkou	09:05:49	00:29
44	Wien	09:06:18	00:29
45	Flachau / Wagrain / St.Johann im Pongau	09:06:47	00:29
46	Rauris	09:07:16	00:29
47	Hermagor - Nassfeld	09:07:45	00:29
48	Waidring	09:08:14	00:29
49	Axams	09:08:43	00:29
50	Ehrwald	09:09:12	00:29
51	Tannheim (So)	09:09:41	00:00
	Zöblen ()	09:09:41	00:00
	Grän ()	09:09:41	00:00
	Jungholz ()	09:09:41	00:29
52	Ischgl / Samnaun	09:10:10	00:29
53	Ratschings	09:10:39	00:29
54	Riva del Garda	09:11:08	00:29
55	St. Moritz	09:11:37	00:29
56	Savognin	09:12:06	00:29
57	Zermatt	09:12:35	00:29
58	Alden Biesen	09:13:04	00:29
59	Bokrijk	09:13:33	00:29
60	Drimmelen	09:14:02	00:29
61	Vall de Boí	09:14:31	00:29
	Programminformation "ARD-alpha C So"	09:15:00	



Nr.	Ort	Beginn	Dauer
1	Kampen	09:05:00	00:25
2	St. Peter-Ording	09:05:25	00:25
3	Timmendorfer Strand	09:05:50	00:25
4	Langeoog	09:06:15	00:25
5	Hooksiel	09:06:40	00:25
6	Butjadingen	09:07:05	00:25
7	Bad Salzuflen	09:07:30	00:25
8	Wernigerode (Mo,Mi,Fr)	09:07:55	00:00
	Wernigerode - Brocken (Di,Do,Sa)	09:07:55	00:25
9	Willingen - Ettelsberg	09:08:20	00:25
10	Winterberg	09:08:45	00:25
11	Medebach	09:09:10	00:25
12	Koblenz	09:09:35	00:25
13	Rüdesheim - Boosenburg	09:10:00	00:25
14	Gersfeld	09:10:25	00:25
15	Bad Staffelstein	09:10:50	00:25
16	Fichtelberg	09:11:15	00:25
17	Oberwiesenthal	09:11:40	00:25
18	Nürnberg	09:12:05	00:25
19	Ingolstadt	09:12:30	00:25
20	Bad Teinach-Zavelstein	09:12:55	00:25
21	Beuren (Mo,Mi,Fr)	09:13:20	00:00
	St. Johann (Di,Do,Sa)	09:13:20	00:25
22	Münsingen (Di,Fr)	09:13:45	00:00
	Hayingen (Mi,Sa)	09:13:45	00:00
	Westerheim (Mo,Do)	09:13:45	00:25
	Region Oberallgäu		
23	Bad Hindelang (Mi)	09:14:10	00:00
	Oberstdorf - Schanze (Do)	09:14:10	00:00
	Oberstdorf - Nebelhorn (Mo,Fr)	09:14:10	00:00
	Oberstdorf - Fellhorn (Di,Sa)	09:14:10	00:25
24	Riezlern - Kanzelwand (Mi)	09:14:35	00:00
	Oberstaufen - Hochgrat (Do)	09:14:35	00:00
	Oberstaufen - Hündle (Mo,Fr)	09:14:35	00:00
	Oberstaufen (Di,Sa)	09:14:35	00:25
25	Füssen - Schwangau - Tegelberg (Mi,Sa)	09:15:00	00:00
	Schwangau - Hohenschwangau (Mo,Do)	09:15:00	00:00
	Füssen - Festspielhaus (Di,Fr)	09:15:00	00:25
26	Grainau	09:15:25	00:25
	Region Tölzer Land		
27	Kochel am See (Mo,Mi,Fr)	09:15:50	00:00
	Lenggries (Di,Do,Sa)	09:15:50	00:25
28	Bad Tölz (Mo,Mi,Fr)	09:16:15	00:00
	Münsing (Di,Do,Sa)	09:16:15	00:25
29	München	09:16:40	00:25

30	München - Olympiaturm	09:17:05	00:25
31	Tegernsee (Mo,Mi,Fr)	09:17:30	00:00
	Schliersee (Di,Do,Sa)	09:17:30	00:25
32	Bayrischzell - Wendelstein (Mo,Mi,Fr)	09:17:55	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	09:17:55	00:25
33	Prien am Chiemsee	09:18:20	00:25
34	Bad Endorf	09:18:45	00:25
35	Oberaudorf	09:19:10	00:25
36	Berchtesgaden	09:19:35	00:25
37	Bad Reichenhall - RupertusTherme	09:20:00	00:24
38	Bad Reichenhall	09:20:24	00:24
39	Bad Birnbach	09:20:48	00:24
40	Passau	09:21:12	00:24
41	Bodenmais	09:21:36	00:24
42	Tanvaldský Spicák	09:22:00	00:24
43	Janské Lázně	09:22:24	00:24
44	Podersdorf	09:22:48	00:24
45	Turrach	09:23:12	00:24
46	Schladming	09:23:36	00:24
47	Salzburg	09:24:00	00:24
48	Kaprun	09:24:24	00:24
49	Kitzbühel	09:24:48	00:24
50	Berwang	09:25:12	00:24
51	St. Anton am Arlberg	09:25:36	00:24
52	Bruneck	09:26:00	00:24
53	Diano Marina	09:26:24	00:24
54	Andermatt-Sedrun	09:26:48	00:24
55	Stoos	09:27:12	00:24
56	Aletsch Arena	09:27:36	00:24
57	Zonhoven	09:28:00	00:24
58	Mechelen	09:28:24	00:24
59	Brugge	09:28:48	00:24
60	Soldeu - Espiolets	09:29:12	00:24
61	Panticosa	09:29:36	00:24
	Ende	09:30:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	09:15:00	00:30
2	St. Peter-Ording	09:15:30	00:30
3	Timmendorfer Strand	09:16:00	00:30
4	Langeoog	09:16:30	00:30
5	Hooksiel	09:17:00	00:30
6	Butjadingen	09:17:30	00:30
7	Bad Salzuflen	09:18:00	00:30
8	Wernigerode (So)	09:18:30	00:00
	Wernigerode - Brocken ()	09:18:30	00:30
9	Willingen - Ettelsberg	09:19:00	00:30
10	Winterberg	09:19:30	00:30
11	Medebach	09:20:00	00:30
12	Koblenz	09:20:30	00:30
13	Rüdesheim - Boosenburg	09:21:00	00:30
14	Gersfeld	09:21:30	00:30
15	Bad Staffelstein	09:22:00	00:30
16	Fichtelberg	09:22:30	00:30
17	Oberwiesenthal	09:23:00	00:30
18	Nürnberg	09:23:30	00:30
19	Ingolstadt	09:24:00	00:30
20	Bad Teinach-Zavelstein	09:24:30	00:30
21	Beuren (So)	09:25:00	00:00
	St. Johann ()	09:25:00	00:30
22	Münsingen ()	09:25:30	00:00
	Hayingen ()	09:25:30	00:00
	Westerheim (So)	09:25:30	00:30
	Region Oberallgäu		
23	Bad Hindelang (So)	09:26:00	00:00
	Oberstdorf - Schanze ()	09:26:00	00:00
	Oberstdorf - Nebelhorn ()	09:26:00	00:00
	Oberstdorf - Fellhorn ()	09:26:00	00:30
24	Riezlern - Kanzelwand (So)	09:26:30	00:00
	Oberstaufen - Hochgrat ()	09:26:30	00:00
	Oberstaufen - Hündle ()	09:26:30	00:00
	Oberstaufen ()	09:26:30	00:30
25	Füssen - Schwangau - Tegelberg ()	09:27:00	00:00
	Schwangau - Hohenschwangau (So)	09:27:00	00:00
	Füssen - Festspielhaus ()	09:27:00	00:30
26	Grainau	09:27:30	00:30
	Region Tölzer Land		
27	Kochel am See (So)	09:28:00	00:00
	Lenggries ()	09:28:00	00:30
28	Bad Tölz (So)	09:28:30	00:00
	Münsing ()	09:28:30	00:30
29	München	09:29:00	00:30

30	München - Olympiaturm	09:29:30	00:30
31	Tegernsee (So)	09:30:00	00:00
	Schliersee ()	09:30:00	00:30
32	Bayrischzell - Wendelstein (So)	09:30:30	00:00
	Bayrischzell - Sudelfeld ()	09:30:30	00:29
33	Prien am Chiemsee	09:30:59	00:29
34	Bad Endorf	09:31:28	00:29
35	Oberaudorf	09:31:57	00:29
36	Berchtesgaden	09:32:26	00:29
37	Bad Reichenhall - RupertusTherme	09:32:55	00:29
38	Bad Reichenhall	09:33:24	00:29
39	Bad Birnbach	09:33:53	00:29
40	Passau	09:34:22	00:29
41	Bodenmais	09:34:51	00:29
42	Tanvaldský Spicák	09:35:20	00:29
43	Janské Lázně	09:35:49	00:29
44	Podersdorf	09:36:18	00:29
45	Turrach	09:36:47	00:29
46	Schladming	09:37:16	00:29
47	Salzburg	09:37:45	00:29
48	Kaprun	09:38:14	00:29
49	Kitzbühel	09:38:43	00:29
50	Berwang	09:39:12	00:29
51	St. Anton am Arlberg	09:39:41	00:29
52	Bruneck	09:40:10	00:29
53	Diano Marina	09:40:39	00:29
54	Andermatt-Sedrun	09:41:08	00:29
55	Stoos	09:41:37	00:29
56	Aletsch Arena	09:42:06	00:29
57	Zonhoven	09:42:35	00:29
58	Mechelen	09:43:04	00:29
59	Brugge	09:43:33	00:29
60	Soldeu - Espiolets	09:44:02	00:29
61	Panticosa	09:44:31	00:29
	Ende	09:45:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	13:00:00	00:28
2	St. Peter-Ording	13:00:28	00:28
3	Timmendorfer Strand	13:00:56	00:28
4	Langeoog	13:01:24	00:28
5	Schillig (Mo,Do,So)	13:01:52	00:00
	Hooksiel (Di,Fr)	13:01:52	00:00
	Horumersiel (Mi,Sa)	13:01:52	00:28
6	Butjadingen	13:02:20	00:28
7	Bad Salzuflen	13:02:48	00:28
8	Wernigerode (Mo,Mi,Fr,So)	13:03:16	00:00
	Wernigerode - Brocken (Di,Do,Sa)	13:03:16	00:28
9	Willingen - Ettelsberg	13:03:44	00:28
10	Winterberg	13:04:12	00:28
11	Medebach	13:04:40	00:28
12	Koblenz	13:05:08	00:28
13	Rüdesheim - Boosenburg	13:05:36	00:28
14	Gersfeld	13:06:04	00:28
15	Bad Staffelstein	13:06:32	00:28
16	Fichtelberg	13:07:00	00:28
17	Oberwiesenthal	13:07:28	00:28
18	Nürnberg	13:07:56	00:28
19	Ingolstadt	13:08:24	00:27
20	Bad Herrenalb (Mo,Do,So)	13:08:51	00:00
	Calw (Di,Fr)	13:08:51	00:00
	Bad Teinach-Zavelstein (Mi,Sa)	13:08:51	00:27
21	Beuren (Mo,Mi,Fr,So)	13:09:18	00:00
	St. Johann (Di,Do,Sa)	13:09:18	00:27
22	Münsingen (Mo,Do,So)	13:09:45	00:00
	Hayingen (Di,Fr)	13:09:45	00:00
	Westerheim (Mi,Sa)	13:09:45	00:27
	Region Oberallgäu		
23	Bad Hindelang (Mo,Fr)	13:10:12	00:00
	Oberstdorf - Schanze (Di,Sa)	13:10:12	00:00
	Oberstdorf - Nebelhorn (Mi,So)	13:10:12	00:00
	Oberstdorf - Fellhorn (Do)	13:10:12	00:27
24	Riezlern - Kanzelwand (Mo,Fr)	13:10:39	00:00
	Oberstaufen - Hochgrat (Di,Sa)	13:10:39	00:00
	Oberstaufen - Hündle (Mi,So)	13:10:39	00:00
	Oberstaufen (Do)	13:10:39	00:27
25	Füssen - Schwangau - Tegelberg (Mo,Do,So)	13:11:06	00:00
	Schwangau - Hohenschwangau (Di,Fr)	13:11:06	00:00
	Füssen - Festspielhaus (Mi,Sa)	13:11:06	00:27
	Grainau	13:11:33	00:27
	Region Tölzer Land		
26	Kochel am See (Mo,Mi,Fr,So)	13:12:00	00:00

	Lenggries (Di,Do,Sa)	13:12:00	00:27
27	Bad Tölz (Mo,Mi,Fr,So)	13:12:27	00:00
	Münsing (Di,Do,Sa)	13:12:27	00:27
28	München (Mo,Mi,Fr,So)	13:12:54	00:00
	München - Olympiaturm (Di,Do,Sa)	13:12:54	00:27
29	Tegernsee (Mo,Mi,Fr,So)	13:13:21	00:00
	Schliersee (Di,Do,Sa)	13:13:21	00:27
30	Bayrischzell - Wendelstein (Mo,Mi,Fr,So)	13:13:48	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	13:13:48	00:27
31	Prien am Chiemsee	13:14:15	00:27
32	Bad Endorf	13:14:42	00:27
33	Oberaudorf	13:15:09	00:27
34	Berchtesgaden	13:15:36	00:27
35	Bad Reichenhall - Therme	13:16:03	00:27
36	Bad Reichenhall	13:16:30	00:27
37	Bad Birnbach	13:16:57	00:27
38	Passau	13:17:24	00:27
39	Bodenmais	13:17:51	00:27
40	Prag - Praha - Kavčí hory	13:18:18	00:27
41	Cerná hora	13:18:45	00:27
42	Wien	13:19:12	00:27
43	Podersdorf	13:19:39	00:27
44	Salzburg	13:20:06	00:27
45	Zell am See	13:20:33	00:27
46	Weerberg	13:21:00	00:27
47	Fiss	13:21:27	00:27
48	Serfaus	13:21:54	00:27
49	Bruneck	13:22:21	00:27
50	Corvara - Piz Arlara (Mo,Mi,Fr,So)	13:22:48	00:00
	Corvara - Piz Boé (Di,Do,Sa)	13:22:48	00:27
51	Colfosco - Passo Gardena (Mo,Mi,Fr,So)	13:23:15	00:00
	La Villa - Piz La Ila (Di,Do,Sa)	13:23:15	00:27
52	St. Kassian - Piz Sorega (Mo,Do,So)	13:23:42	00:00
	La Val - Coz (Di,Fr)	13:23:42	00:00
	Badia - La Crusc (Mi,Sa)	13:23:42	00:27
53	Wolkenstein - Dantercepies (Mo,Do,So)	13:24:09	00:00
	Wolkenstein - Ciampinoi (Di,Fr)	13:24:09	00:00
	Wolkenstein - Piz Sella (Mi,Sa)	13:24:09	00:27
54	St. Ulrich - Raschötz (Mo,Do,So)	13:24:36	00:00
	St. Christina - Seceda (Di,Fr)	13:24:36	00:00
	St. Christina - Col Raiser (Mi,Sa)	13:24:36	00:27
55	Capolago - Monte Generoso	13:25:03	00:27
56	Minusio / Paradiso / Bellinzona	13:25:30	00:27
57	Silvaplana	13:25:57	00:27
58	Stoos	13:26:24	00:27
59	Basel	13:26:51	00:27

Winter 2019/20  
Programminformation ARD-alpha Nachmittag  
Mo - Fr 13:00 - 13:30 Uhr



60	Zermatt - Gornergrat	13:27:18	00:27
61	Genève - Genf	13:27:45	00:27
62	Mechelen	13:28:12	00:27
63	Brugge	13:28:39	00:27
64	Soldeu - Espiolets	13:29:06	00:27
65	Cambrils	13:29:33	00:27
	Ende	13:30:00	