

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

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

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

30	München - Olympiaturm	08:29:30	00:30
31	Tegernsee (So)	08:30:00	00:00
	Schliersee ()	08:30:00	00:30
32	Bayrischzell - Wendelstein (So)	08:30:30	00:00
	Bayrischzell - Sudelfeld ()	08:30:30	00:30
33	Prien am Chiemsee	08:31:00	00:30
34	Bad Endorf	08:31:30	00:30
35	Oberaudorf	08:32:00	00:30
36	Berchtesgaden	08:32:30	00:30
37	Bad Reichenhall - RupertusTherme	08:33:00	00:30
38	Bad Reichenhall	08:33:30	00:30
39	Anger	08:34:00	00:30
40	Bad Birnbach	08:34:30	00:30
41	Passau	08:35:00	00:30
42	Bodenmais	08:35:30	00:30
43	Lipno	08:36:00	00:30
44	Spindleruv Mlýn	08:36:30	00:30
45	Dolní Morava	08:37:00	00:30
46	Murau - Kreischberg / Schönberg-Lachtal	08:37:30	00:30
47	Zauchensee	08:38:00	00:30
48	Filzmoos	08:38:30	00:30
49	Großarl (So)	08:39:00	00:00
	Dorfgastein ()	08:39:00	00:30
50	Zell am See	08:39:30	00:30
51	Achenkirch	08:40:00	00:30
52	Neustift - Stubaier Gletscher	08:40:30	00:30
53	Serfaus (So)	08:41:00	00:00
	Fiss ()	08:41:00	00:30
54	Silvaplana	08:41:30	00:30
55	Saas Fee	08:42:00	00:30
56	Zermatt - Gornergrat	08:42:30	00:30
57	Pajottenland	08:43:00	00:30
58	De Haan	08:43:30	00:30
59	Vallnord - Pal Arinsal	08:44:00	00:30
60	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	00:24
14	Gersfeld	08:45:24	00:24
15	Bad Staffelstein	08:45:48	00:24
16	Fichtelberg	08:46:12	00:24
17	Oberwiesenthal	08:46:36	00:24
18	Nürnberg	08:47:00	00:24
19	Ingolstadt	08:47:24	00:24
20	Calw	08:47:48	00:24
21	Beuren (Di,Do,Sa)	08:48:12	00:00
	St. Johann (Mo,Mi,Fr)	08:48:12	00:24
22	Münsingen (Mi,Sa)	08:48:36	00:00
	Hayingen (Mo,Do)	08:48:36	00:00
	Westerheim (Di,Fr)	08:48:36	00:24
	Region Oberallgäu		
23	Bad Hindelang (Do)	08:49:00	00:00
	Oberstdorf - Schanze (Mo,Fr)	08:49:00	00:00
	Oberstdorf - Nebelhorn (Di,Sa)	08:49:00	00:00
	Oberstdorf - Fellhorn (Mi)	08:49:00	00:24
24	Riezlern - Kanzelwand (Do)	08:49:24	00:00
	Oberstaufen - Hochgrat (Mo,Fr)	08:49:24	00:00
	Oberstaufen - Hündle (Di,Sa)	08:49:24	00:00
	Oberstaufen (Mi)	08:49:24	00:24
25	Füssen - Schwangau - Tegelberg (Di,Fr)	08:49:48	00:00
	Schwangau - Hohenschwangau (Mi,Sa)	08:49:48	00:00
	Füssen - Festspielhaus (Mo,Do)	08:49:48	00:24
26	Grainau	08:50:12	00:24
	Region Tölzer Land		
27	Kochel am See (Di,Do,Sa)	08:50:36	00:00
	Lenggries (Mo,Mi,Fr)	08:50:36	00:24
28	Bad Tölz (Di,Do,Sa)	08:51:00	00:00
	Münsing (Mo,Mi,Fr)	08:51:00	00:24
29	München	08:51:24	00:24

30	München - Olympiaturm	08:51:48	00:24
31	Tegernsee (Di,Do,Sa)	08:52:12	00:00
	Schliersee (Mo,Mi,Fr)	08:52:12	00:24
32	Bayrischzell - Wendelstein (Di,Do,Sa)	08:52:36	00:00
	Bayrischzell - Sudelfeld (Mo,Mi,Fr)	08:52:36	00:24
33	Prien am Chiemsee	08:53:00	00:24
34	Bad Endorf	08:53:24	00:24
35	Oberaudorf	08:53:48	00:24
36	Berchtesgaden	08:54:12	00:24
37	Bad Reichenhall - RupertusTherme	08:54:36	00:24
38	Bad Reichenhall	08:55:00	00:24
39	Anger	08:55:24	00:24
40	Bad Birnbach	08:55:48	00:24
41	Passau	08:56:12	00:24
42	Bodenmais	08:56:36	00:24
43	Klínovec	08:57:00	00:24
44	Pec pod Snezkou	08:57:24	00:24
45	Wien	08:57:48	00:24
46	Flachau / Wagrain / St.Johann im Pongau	08:58:12	00:24
47	Rauris	08:58:36	00:24
48	Hermagor - Nassfeld	08:59:00	00:24
49	Waidring	08:59:24	00:24
50	Axams	08:59:48	00:24
51	Ehrwald	09:00:12	00:24
52	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
53	Ischgl / Samnaun	09:01:00	00:24
54	Ratschings	09:01:24	00:24
55	Riva del Garda	09:01:48	00:24
56	St. Moritz	09:02:12	00:24
57	Savognin	09:02:36	00:24
58	Zermatt	09:03:00	00:24
59	Alden Biesen	09:03:24	00:24
60	Bokrijk	09:03:48	00:24
61	Drimmelen	09:04:12	00:24
62	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	00:29
4	Langeoog	08:46:29	00:29
5	Hooksiel	08:46:58	00:29
6	Butjadingen	08:47:27	00:29
7	Bad Salzuflen	08:47:56	00:29
8	Wernigerode ()	08:48:25	00:00
	Wernigerode - Brocken (So)	08:48:25	00:29
9	Willingen - Ettelsberg	08:48:54	00:29
10	Winterberg	08:49:23	00:29
11	Medebach	08:49:52	00:29
12	Koblenz	08:50:21	00:29
13	Rüdesheim - Boosenburg	08:50:50	00:29
14	Gersfeld	08:51:19	00:29
15	Bad Staffelstein	08:51:48	00:29
16	Fichtelberg	08:52:17	00:29
17	Oberwiesenthal	08:52:46	00:29
18	Nürnberg	08:53:15	00:29
19	Ingolstadt	08:53:44	00:29
20	Calw	08:54:13	00:29
21	Beuren ()	08:54:42	00:00
	St. Johann (So)	08:54:42	00:29
22	Münsingen ()	08:55:11	00:00
	Hayingen (So)	08:55:11	00:00
	Westerheim ()	08:55:11	00:29
	Region Oberallgäu		
23	Bad Hindelang ()	08:55:40	00:00
	Oberstdorf - Schanze ()	08:55:40	00:00
	Oberstdorf - Nebelhorn ()	08:55:40	00:00
	Oberstdorf - Fellhorn (So)	08:55:40	00:29
24	Riezlern - Kanzelwand ()	08:56:09	00:00
	Oberstaufen - Hochgrat ()	08:56:09	00:00
	Oberstaufen - Hündle ()	08:56:09	00:00
	Oberstaufen (Mi,So)	08:56:09	00:29
25	Füssen - Schwangau - Tegelberg ()	08:56:38	00:00
	Schwangau - Hohenschwangau ()	08:56:38	00:00
	Füssen - Festspielhaus (So)	08:56:38	00:29
26	Grainau	08:57:07	00:29
	Region Tölzer Land		
27	Kochel am See ()	08:57:36	00:00
	Lenggries (So)	08:57:36	00:29
28	Bad Tölz ()	08:58:05	00:00
	Münsing (So)	08:58:05	00:29
29	München	08:58:34	00:29

30	München - Olympiaturm	08:59:03	00:29
31	Tegernsee ()	08:59:32	00:00
	Schliersee (So)	08:59:32	00:29
32	Bayrischzell - Wendelstein ()	09:00:01	00:00
	Bayrischzell - Sudelfeld (So)	09:00:01	00:29
33	Prien am Chiemsee	09:00:30	00:29
34	Bad Endorf	09:00:59	00:29
35	Oberaudorf	09:01:28	00:29
36	Berchtesgaden	09:01:57	00:29
37	Bad Reichenhall - RupertusTherme	09:02:26	00:29
38	Bad Reichenhall	09:02:55	00:29
39	Anger	09:03:24	00:29
40	Bad Birnbach	09:03:53	00:29
41	Passau	09:04:22	00:29
42	Bodenmais	09:04:51	00:29
43	Klínovec	09:05:20	00:29
44	Pec pod Snezkou	09:05:49	00:29
45	Wien	09:06:18	00:29
46	Flachau / Wagrain / St.Johann im Pongau	09:06:47	00:29
47	Rauris	09:07:16	00:29
48	Hermagor - Nassfeld	09:07:45	00:29
49	Waidring	09:08:14	00:29
50	Axams	09:08:43	00:29
51	Ehrwald	09:09:12	00:29
52	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
53	Ischgl / Samnaun	09:10:10	00:29
54	Ratschings	09:10:39	00:29
55	Riva del Garda	09:11:08	00:29
56	St. Moritz	09:11:37	00:29
57	Savognin	09:12:06	00:29
58	Zermatt	09:12:35	00:29
59	Alden Biesen	09:13:04	00:29
60	Bokrijk	09:13:33	00:29
61	Drimmelen	09:14:02	00:29
62	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	00:24
14	Gersfeld	09:10:24	00:24
15	Bad Staffelstein	09:10:48	00:24
16	Fichtelberg	09:11:12	00:24
17	Oberwiesenthal	09:11:36	00:24
18	Nürnberg	09:12:00	00:24
19	Ingolstadt	09:12:24	00:24
20	Bad Teinach-Zavelstein	09:12:48	00:24
21	Beuren (Mo,Mi,Fr)	09:13:12	00:00
	St. Johann (Di,Do,Sa)	09:13:12	00:24
22	Münsingen (Di,Fr)	09:13:36	00:00
	Hayingen (Mi,Sa)	09:13:36	00:00
	Westerheim (Mo,Do)	09:13:36	00:24
	Region Oberallgäu		
23	Bad Hindelang (Mi)	09:14:00	00:00
	Oberstdorf - Schanze (Do)	09:14:00	00:00
	Oberstdorf - Nebelhorn (Mo,Fr)	09:14:00	00:00
	Oberstdorf - Fellhorn (Di,Sa)	09:14:00	00:24
24	Riezlern - Kanzelwand (Mi)	09:14:24	00:00
	Oberstaufen - Hochgrat (Do)	09:14:24	00:00
	Oberstaufen - Hündle (Mo,Fr)	09:14:24	00:00
	Oberstaufen (Di,Sa)	09:14:24	00:24
25	Füssen - Schwangau - Tegelberg (Mi,Sa)	09:14:48	00:00
	Schwangau - Hohenschwangau (Mo,Do)	09:14:48	00:00
	Füssen - Festspielhaus (Di,Fr)	09:14:48	00:24
26	Grainau	09:15:12	00:24
	Region Tölzer Land		
27	Kochel am See (Mo,Mi,Fr)	09:15:36	00:00
	Lenggries (Di,Do,Sa)	09:15:36	00:24
28	Bad Tölz (Mo,Mi,Fr)	09:16:00	00:00
	Münsing (Di,Do,Sa)	09:16:00	00:24
29	München	09:16:24	00:24

30	München - Olympiaturm	09:16:48	00:24
31	Tegernsee (Mo,Mi,Fr)	09:17:12	00:00
	Schliersee (Di,Do,Sa)	09:17:12	00:24
32	Bayrischzell - Wendelstein (Mo,Mi,Fr)	09:17:36	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	09:17:36	00:24
33	Prien am Chiemsee	09:18:00	00:24
34	Bad Endorf	09:18:24	00:24
35	Oberaudorf	09:18:48	00:24
36	Berchtesgaden	09:19:12	00:24
37	Bad Reichenhall - RupertusTherme	09:19:36	00:24
38	Bad Reichenhall	09:20:00	00:24
39	Anger	09:20:24	00:24
40	Bad Birnbach	09:20:48	00:24
41	Passau	09:21:12	00:24
42	Bodenmais	09:21:36	00:24
43	Tanvaldský Spicák	09:22:00	00:24
44	Janské Lázně	09:22:24	00:24
45	Podersdorf	09:22:48	00:24
46	Turrach	09:23:12	00:24
47	Schladming	09:23:36	00:24
48	Salzburg	09:24:00	00:24
49	Kaprun	09:24:24	00:24
50	Kitzbühel	09:24:48	00:24
51	Berwang	09:25:12	00:24
52	St. Anton am Arlberg	09:25:36	00:24
53	Bruneck	09:26:00	00:24
54	Diano Marina	09:26:24	00:24
55	Andermatt-Sedrun	09:26:48	00:24
56	Stoos	09:27:12	00:24
57	Aletsch Arena	09:27:36	00:24
58	Zonhoven	09:28:00	00:24
59	Mechelen	09:28:24	00:24
60	Brugge	09:28:48	00:24
61	Soldeu - Espiolets	09:29:12	00:24
62	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	00:29
4	Langeoog	09:16:29	00:29
5	Hooksiel	09:16:58	00:29
6	Butjadingen	09:17:27	00:29
7	Bad Salzuflen	09:17:56	00:29
8	Wernigerode (So)	09:18:25	00:00
	Wernigerode - Brocken ()	09:18:25	00:29
9	Willingen - Ettelsberg	09:18:54	00:29
10	Winterberg	09:19:23	00:29
11	Medebach	09:19:52	00:29
12	Koblenz	09:20:21	00:29
13	Rüdesheim - Boosenburg	09:20:50	00:29
14	Gersfeld	09:21:19	00:29
15	Bad Staffelstein	09:21:48	00:29
16	Fichtelberg	09:22:17	00:29
17	Oberwiesenthal	09:22:46	00:29
18	Nürnberg	09:23:15	00:29
19	Ingolstadt	09:23:44	00:29
20	Bad Teinach-Zavelstein	09:24:13	00:29
21	Beuren (So)	09:24:42	00:00
	St. Johann ()	09:24:42	00:29
22	Münsingen ()	09:25:11	00:00
	Hayingen ()	09:25:11	00:00
	Westerheim (So)	09:25:11	00:29
	Region Oberallgäu		
23	Bad Hindelang (So)	09:25:40	00:00
	Oberstdorf - Schanze ()	09:25:40	00:00
	Oberstdorf - Nebelhorn ()	09:25:40	00:00
	Oberstdorf - Fellhorn ()	09:25:40	00:29
24	Riezlern - Kanzelwand (So)	09:26:09	00:00
	Oberstaufen - Hochgrat ()	09:26:09	00:00
	Oberstaufen - Hündle ()	09:26:09	00:00
	Oberstaufen ()	09:26:09	00:29
25	Füssen - Schwangau - Tegelberg ()	09:26:38	00:00
	Schwangau - Hohenschwangau (So)	09:26:38	00:00
	Füssen - Festspielhaus ()	09:26:38	00:29
26	Grainau	09:27:07	00:29
	Region Tölzer Land		
27	Kochel am See (So)	09:27:36	00:00
	Lenggries ()	09:27:36	00:29
28	Bad Tölz (So)	09:28:05	00:00
	Münsing ()	09:28:05	00:29
29	München	09:28:34	00:29

30	München - Olympiaturm	09:29:03	00:29
31	Tegernsee (So)	09:29:32	00:00
	Schliersee ()	09:29:32	00:29
32	Bayrischzell - Wendelstein (So)	09:30:01	00:00
	Bayrischzell - Sudelfeld ()	09:30:01	00:29
33	Prien am Chiemsee	09:30:30	00:29
34	Bad Endorf	09:30:59	00:29
35	Oberaudorf	09:31:28	00:29
36	Berchtesgaden	09:31:57	00:29
37	Bad Reichenhall - RupertusTherme	09:32:26	00:29
38	Bad Reichenhall	09:32:55	00:29
39	Anger	09:33:24	00:29
40	Bad Birnbach	09:33:53	00:29
41	Passau	09:34:22	00:29
42	Bodenmais	09:34:51	00:29
43	Tanvaldský Spicák	09:35:20	00:29
44	Janské Lázně	09:35:49	00:29
45	Podersdorf	09:36:18	00:29
46	Turrach	09:36:47	00:29
47	Schladming	09:37:16	00:29
48	Salzburg	09:37:45	00:29
49	Kaprun	09:38:14	00:29
50	Kitzbühel	09:38:43	00:29
51	Berwang	09:39:12	00:29
52	St. Anton am Arlberg	09:39:41	00:29
53	Bruneck	09:40:10	00:29
54	Diano Marina	09:40:39	00:29
55	Andermatt-Sedrun	09:41:08	00:29
56	Stoos	09:41:37	00:29
57	Aletsch Arena	09:42:06	00:29
58	Zonhoven	09:42:35	00:29
59	Mechelen	09:43:04	00:29
60	Brugge	09:43:33	00:29
61	Soldeu - Espiolets	09:44:02	00:29
62	Panticosa	09:44:31	00:29
	Ende	09:45:00	

Nr.	Ort	Beginn	Dauer
1	Kampen	13:00:00	00:27
2	St. Peter-Ording	13:00:27	00:27
3	Timmendorfer Strand	13:00:54	00:27
4	Langeoog	13:01:21	00:27
5	Schillig (Mo,Do,So)	13:01:48	00:00
	Hooksiel (Di,Fr)	13:01:48	00:00
	Horumersiel (Mi,Sa)	13:01:48	00:27
6	Butjadingen	13:02:15	00:27
7	Bad Salzuflen	13:02:42	00:27
8	Wernigerode (Mo,Mi,Fr,So)	13:03:09	00:00
	Wernigerode - Brocken (Di,Do,Sa)	13:03:09	00:27
9	Willingen - Ettelsberg	13:03:36	00:27
10	Winterberg	13:04:03	00:27
11	Medebach	13:04:30	00:27
12	Koblenz	13:04:57	00:27
13	Rüdesheim - Boosenburg	13:05:24	00:27
14	Gersfeld	13:05:51	00:27
15	Bad Staffelstein	13:06:18	00:27
16	Fichtelberg	13:06:45	00:27
17	Oberwiesenthal	13:07:12	00:27
18	Nürnberg	13:07:39	00:27
19	Ingolstadt	13:08:06	00:27
20	Bad Herrenalb (Mo,Do,So)	13:08:33	00:00
	Calw (Di,Fr)	13:08:33	00:00
	Bad Teinach-Zavelstein (Mi,Sa)	13:08:33	00:27
21	Beuren (Mo,Mi,Fr,So)	13:09:00	00:00
	St. Johann (Di,Do,Sa)	13:09:00	00:27
22	Münsingen (Mo,Do,So)	13:09:27	00:00
	Hayingen (Di,Fr)	13:09:27	00:00
	Westerheim (Mi,Sa)	13:09:27	00:27
	Region Oberallgäu		
23	Bad Hindelang (Mo,Fr)	13:09:54	00:00
	Oberstdorf - Schanze (Di,Sa)	13:09:54	00:00
	Oberstdorf - Nebelhorn (Mi,So)	13:09:54	00:00
	Oberstdorf - Fellhorn (Do)	13:09:54	00:27
24	Riezlern - Kanzelwand (Mo,Fr)	13:10:21	00:00
	Oberstaufen - Hochgrat (Di,Sa)	13:10:21	00:00
	Oberstaufen - Hündle (Mi,So)	13:10:21	00:00
	Oberstaufen (Do)	13:10:21	00:27
25	Füssen - Schwangau - Tegelberg (Mo,Do,So)	13:10:48	00:00
	Schwangau - Hohenschwangau (Di,Fr)	13:10:48	00:00
	Füssen - Festspielhaus (Mi,Sa)	13:10:48	00:27
	Grainau	13:11:15	00:27
	Region Tölzer Land		
26	Kochel am See (Mo,Mi,Fr,So)	13:11:42	00:00

	Lenggries (Di,Do,Sa)	13:11:42	00:27
27	Bad Tölz (Mo,Mi,Fr,So)	13:12:09	00:00
	Münsing (Di,Do,Sa)	13:12:09	00:27
28	München (Mo,Mi,Fr,So)	13:12:36	00:00
	München - Olympiaturm (Di,Do,Sa)	13:12:36	00:27
29	Tegernsee (Mo,Mi,Fr,So)	13:13:03	00:00
	Schliersee (Di,Do,Sa)	13:13:03	00:27
30	Bayrischzell - Wendelstein (Mo,Mi,Fr,So)	13:13:30	00:00
	Bayrischzell - Sudelfeld (Di,Do,Sa)	13:13:30	00:27
31	Prien am Chiemsee	13:13:57	00:27
32	Bad Endorf	13:14:24	00:27
33	Oberaudorf	13:14:51	00:27
34	Berchtesgaden	13:15:18	00:27
35	Bad Reichenhall - Therme	13:15:45	00:27
36	Bad Reichenhall	13:16:12	00:27
37	Anger	13:16:39	00:27
38	Bad Birnbach	13:17:06	00:27
39	Passau	13:17:33	00:27
40	Bodenmais	13:18:00	00:27
41	Prag - Praha - Kavčí hory	13:18:27	00:27
42	Cerná hora	13:18:54	00:27
43	Wien	13:19:21	00:27
44	Podersdorf	13:19:48	00:27
45	Salzburg	13:20:15	00:27
46	Zell am See	13:20:42	00:27
47	Weerberg	13:21:09	00:27
48	Fiss	13:21:36	00:27
49	Serfaus	13:22:03	00:27
50	Bruneck	13:22:30	00:27
51	Corvara - Piz Arlara (Mo,Mi,Fr,So)	13:22:57	00:00
	Corvara - Piz Boé (Di,Do,Sa)	13:22:57	00:27
52	Colfosco - Passo Gardena (Mo,Mi,Fr,So)	13:23:24	00:00
	La Villa - Piz La Ila (Di,Do,Sa)	13:23:24	00:27
53	St. Kassian - Piz Sorega (Mo,Do,So)	13:23:51	00:00
	La Val - Coz (Di,Fr)	13:23:51	00:00
	Badia - La Crusc (Mi,Sa)	13:23:51	00:27
54	Wolkenstein - Dantercepies (Mo,Do,So)	13:24:18	00:00
	Wolkenstein - Ciampinoi (Di,Fr)	13:24:18	00:00
	Wolkenstein - Piz Sella (Mi,Sa)	13:24:18	00:27
55	St. Ulrich - Raschötz (Mo,Do,So)	13:24:45	00:00
	St. Christina - Seceda (Di,Fr)	13:24:45	00:00
	St. Christina - Col Raiser (Mi,Sa)	13:24:45	00:27
56	Capolago - Monte Generoso	13:25:12	00:27
57	Minusio / Paradiso / Bellinzona	13:25:39	00:27
58	Silvaplana	13:26:06	00:26
59	Stoos	13:26:32	00:26

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



60	Basel	13:26:58	00:26
61	Zermatt - Gornergrat	13:27:24	00:26
62	Genève - Genf	13:27:50	00:26
63	Mechelen	13:28:16	00:26
64	Brugge	13:28:42	00:26
65	Soldeu - Espiolets	13:29:08	00:26
66	Cambrils	13:29:34	00:26
	Ende	13:30:00	