

OUTDOOR WORLD

Activ. Refreshing. Different.





HORSE-DRAWN SLEIGH RIDES

Enjoy a journey by carriage through the wonderful winter landscape, wrapped in warm woollen blankets, breathing in the cold winter air and with your mind completely on yourself.

► ROMANTIC HORSE-DRAWN CARRIAGE RIDE IN NASSFELD - monday, tuesday, wednesday and friday

START:	2 pm
MEETING POINT:	Hotel Gartnerkofel - Sonnenalpe Nassfeld 18
DURATION:	about 45 minutes
PRICE:	€ 25,- per adult / € 15,- per child (4-10 persons)
REGISTRATION:	By 7.00 pm the day before at Hotel Gartnerkofel Tel.: +43 4285 8175

► ROMANTIC HORSE-DRAWN CARRIAGE RIDE IN TRÖPOLACH - tuesday, thursday and saturday

Tuesday & Saturday:	Meeting Point - Hotel & Spa Falkensteiner Carinzia in Tröpolach
Thursday:	Meeting Point - Hotel Samerhof in Tröpolach
START:	from 2 pm
DURATION:	about 45 minutes
PRICE:	€ 20,- per adult / € 13,- per child
REGISTRATION:	By 7.00 pm the day before at the family Haberle - Tel.: +43 650 486 06 09 or directly at the hotels: Tuesday, Saturday - Hotel Falkensteiner Tel. +43 4285 72000 Thursday - Hotel Samerhof Tel: +43 4285 523 20

► HORSE-DRAWN CARRIAGE RIDE IN GAILTAL

DURATION:	1 hour
PRICE:	€ 100,- / hour for 4-6 persons
REGISTRATION:	The day before at Gratzter Martina 9625 St. Daniel/Gailtal Nr. 7 Tel.: +43 650 261 07 93



INDIVIDUELLE TERMINVEREINBARUNG

FROM THE PISTE TO THE BACKCOUNTRY - SKI TOUR

Off-piste ski tours allow you to immerse yourself in the unspoilt mountain world. Tracks in untouched snow, sunny firm slopes, dusty descents and lonely winter landscapes. Unlike skiing on the piste, there seems to be no limit - except your own, or those imposed on you by nature itself.

Our „From piste to off-piste“ course is aimed at piste ski tourers who want to take the plunge into alpine terrain. We will provide you with the basic knowledge necessary to familiarise yourself with the additional equipment required, assess the risks and enable you to reach your destination safely and accident-free in the wonderful world of self-responsibility.

START: 1 PM

DURATION: about. 2,5 hours

MEETING POINT:

Directly on the border Passo Pramollo - Nassfeldpass

SERVICES:

Guided tour by a state-certified mountain and ski guide
Rental equipment (avalanche transceiver, shovel and probe)

PREREQUISITE:

Safe skiing on a red piste
Stamina for the ascent of up to 2 hours
Safe stem turns - Basics ski touring skills on the piste

PRICE:

€ 115,- per person (exkl. touring skis etc)

REGISTRATION:

Bergsport Südalpen
Tel.: +43 664 352 73 05 oder info@bergsport-suedalpen.at



MONDAY

INDOOR TASTER CLIMBING

The ideal opportunity to get to know the fascination of climbing together without stress.

As soon as you have the first steps and holds behind you, you will experience new movements on the climbing wall - an indescribable feeling of an exciting sport.

Taster climbing offers the perfect introduction to your first climbing attempts, protected from wind and weather. After a short warm-up, you will gain an insight into bouldering, rope climbing and the safe use of self-belay devices.

START: 2.30 PM and on request!

MEETING POINT: KLE-SCH Kletterhalle St. Daniel
9635 St. Daniel 100

DURATION: about 2 hours

AGE: from 8 years

PARTICIPANTS: min. 3 pers. - max. 9 pers.

PRICE: € 45,00 per person
Reduced with the WinterCARD Premium!

PREREQUISITES

no previous knowledge required
Children under the age of 12 must be accompanied by an adult actively participating in the course, adult actively participating in the course

INCLUDED SERVICES:

Guided tour by a state-certified mountain and ski guide
Rental equipment (climbing harness & climbing shoes)

COURSE CONTENT:

Explanation of climbing and bouldering rules
First insights into bouldering and climbing techniques
Correct use of climbing equipment

REGISTRATION:

Bergsport Südalpen
Mauthen 259 / 6
9640 Kötschach-Mauthen
Tel 0043 664 352 73 05 / info@bergsport-suedalpen.at





MONDAY

TASTER SKI TOUR

With the small 1x1 of ski touring, you can experience what it feels like to make your first tracks on the ascent with your touring skis in the snow. Stress-free hours - away from the hustle and bustle of the pistes - teach you the basics of this wonderful ski touring sport, to whet your appetite for ski touring.

After reaching your destination, it's a wonderful feeling to end the tour with a leisurely descent on a groomed piste or a well-travelled forest trail.

START: 9 am and on request!!	MEETING POINT: Nassfeld / Area Plöckenpass Will be announced at registration
DURATION: ca. 3,5 hours	DIFFICULTY: easy
LENGTH OF THE TOUR: Fitness for the ascent of at least 2 hours	PARTICIPANTS: min. 3 pers. - max. 6 pers
PRICE: € 80,00 per participation 10 % discount with the WinterCARD PREMIUM!	AGE: from 12 years

BRING ALONG: Warm clothing, gloves, hat, drinks or tea,
Own ski touring equipment or can also be hired (by prior arrangement)
(not included in the price) at Sport Sölle Tel. 0043 4285 7100

COURSE CONTENT: Basic knowledge of ski touring techniques and tracks
Basic information about avalanche equipment (avalanche transceiver, probe, shovel)

REGISTRATION: **Bergsport Südalpen**
Mauthen 259 / 6
9640 Kötschach-Mauthen
Tel 0043 664 352 73 05 / info@bergsport-suedalpen.at



MONDAY

TASTER CROSS-COUNTRY SKIING COURSE

Enjoy the time in marvellous nature with fun and joy of movement! Cross-country skiing is one of the healthiest winter sports and is equally suitable for adults and children

Specially trained cross-country skiing instructors show you the first steps and motivate you to improve your technique. You get the first flow of gliding in classic or skating style

The selection of trails on the Tressdorfer Alm, directly on the Nassfeld, or in good snow conditions also in the valley, offers the right terrain for every ability level

START: 2 PM

MEETING POINT: Depending on ability level; snow conditions

DURATION: ca. 1,5 hours

COURSE: Beginner - Advanced

PRICE: € 49,00 per person

BRING ALONG:

Warm clothing, gloves, hat, drinks or tea,
Own cross-country skiing equipment or can also be hired (by prior arrangement)
(not included in the price) at Sport Sölle Tel. 0043 4285 7100

COURSE CONTENT:

Basic knowledge of cross-country skiing and its technique in classic or skating style

REGISTRATION:

die Skischule.at
Tröpolach 155
9631 Jenig
Tel 0043 650 410 22 71 / office@dieskischule.at



TUESDAY

CROSS-BORDER SNOWSHOEING

When the landscape is buried under a thick blanket of snow in winter and you can't get any further in normal hiking boots the hour has come for snowshoe hikers. With every step you take through snow-covered through snow-covered forests in a dreamlike setting - unspoilt nature - crowning summit views. Despite the unrivalled atmosphere, the teaching of important basic information does not fall by the wayside. Basic knowledge and a brief theoretical introduction to avalanche problems in open terrain, right through to walking and pole techniques to walking and pole techniques.

START: 10 AM

MEETING POINT: Nassfeld / Area Plöckenpass
Will be announced at registration

DURATION: about 3 hours

AGE: from 12 years

PRICE: € 50,- per person - min 4 pers. - max 8 pers.

SERVICES: Guided tour by a state-certified mountain and ski guide
Rental equipment (avalanche transceiver, shovel, probe) as well as snowshoes and poles

BRING ALONG: Warm winter clothing, mountain or hiking boots, gloves, hat, drinks, snack! Good basic fitness for an ascent of approx. 1.5 - 2 hours, approx. 350 metres altitude difference

REGISTRATION: **Bergsport Südalpen**
Mauthen 259 / 6
9640 Kötschach-Mauthen
Tel 0043 664 352 73 05 / info@bergsport-suedalpen.at



TUESDAY

FAMILY SNOWSHOE TOUR

On the trail of the snow hare - searching for animal tracks and other adventures for the whole family.

Nobody is as attentive, curious and open to new impressions in nature as the youngest among us. Our family snowshoe hike, with approx. 1 - 1.5 hours of pure walking time, leaves plenty of time and space for exploration and discovery. It also offers the slightly older among us the opportunity to experience snow-covered forests, white slopes and animal tracks in the snow once again through enriching children's experiences.

START: 2 PM

MEETING POINT: Nassfeld / Area Plöckenpass
Will be announced at registration

DURATION: about 3 hours

AGE: from 8 years

PRICE: € 45,00 per person - min. 4 pers. - max 8 pers.

SERVICES: Guided tour by a state-certified mountain and ski guide Snowshoes and poles

BRING ALONG: Warm winter clothing, mountain or hiking boots, gloves, hat, drinks, snack!
Good basic fitness for an ascent of approx. 1.5 - 2 hours, approx. 350 metres altitude difference

REGISTRATION: **Bergsport Südalpen**
Mauthen 259 / 6
9640 Kötschach-Mauthen
Tel 0043 664 352 73 05 / info@bergsport-suedalpen.at



TUESDAY

MOONLIGHT SNOWSHOEING

Experience nature from a different perspective on a special snowshoe experience.

During the moonlight hike, with a bit of luck, the mystical earth satellite will accompany us and make the snow-covered winter landscape appear in an incomparable light. In the shadow of the headlamp and the moonlight, you can round off the wintry day with an extraordinary snowshoe hike and enjoy the romantic atmosphere and absolute silence of the dawning night.

Depending on the weather and snow conditions, the tour destination is in the Nassfeld or Kötschach-Mauthen area.

START: 5 PM

MEETING POINT: Nassfeld / Area Plöckenpass
Will be announced at registration

DURATION: about 2 hours

AGE: from 12 years

PRICE: € 55,00 per person - min. 4 pers. - max 8 pers.
10 % reduction with the Winter CARD Premium!

SERVICES: Guided tour by a state-certified mountain and ski guide Snowshoes, poles and headlamp

BRING ALONG: Warm winter clothing, mountain or hiking boots, gloves, hat, drinks, snack!
Good basic fitness for an ascent of approx. 1.5 - 2 hours, thirst for adventure

REGISTRATION: **Bergsport Südalpen**
Mauthen 259 / 6
9640 Kötschach-Mauthen
Tel 0043 664 352 73 05 / info@bergsport-suedalpen.at



TUESDAY

BIATHLON TASTER

Laser biathlon combines cross-country skiing with completely harmless laser rifles with which you can test your marksmanship skills.

START: 2 PM

DURATION: about 2 hours

min. 3 persons

MEETING POINT: Skischule Thommi - Tröpolach

PACKAGE INCLUDES: cross-country ski equipment, laser biathlon equipment, short introduction – laser biathlon facility

REQUIREMENT: warm clothes

PRICE: € 15,- per person
€ 12,- for guests with the WinterCard PREMIUM

REGISTRATION: By 12 the day before at the Skischule Thommi
Tel.: +43 664 574 01 06, E-Mail: info@skischule-nassfeld.at



MAGICAL MOMENTS - IN CARINTHIA'S EXCELLENT NATURE

A TOUR TO (BACON)SPECTACULAR CASTLE EXPERIENCES

Crystal-clear winter air, romantic forests and snow-covered paths, the perfect contrast to winter on the piste. After we have plodded across snow-covered meadows and through wintry forests together with Natur Aktiv Guide Hanni, we are welcomed by Hans - the lord of the castle and bacon master - in front of Lerchenhof Castle. What the lord of the castle tells us sounds like a fairy tale, but it is a romantic love story from times gone by. The way to the heart is through the stomach, thus we are introduced to the art of making bacon before sampling delicious slices of Gailtal Valley bacon of various types. The final highlight is a visit to the castle's treasury.

START: 10 am

MEETING POINT: Schloss Lerchenhof - Untermöschach 8

APPOINTMENTS:

every Wednesday 20.12.2023 - 13.03.2024

PRICE: € 23,- per adult and children from 8 years

SERVICES:

- Guided tour for body, mind and soul with Natur Aktiv Guide
- Interesting facts conveyed by the lord of the castle & bacon master
- Sampling of fine bacon variations
- A small piece of the original Gailtal Valley bacon to take home

REGISTRATION: by 2 pm the day before
Info- und Servicecenter Nassfeld-Pressegger See
Tel. +43 4285 8241 oder info@nassfeld.at



CULINARY - REGIONAL PRODUCTS

- ▶ **FARMERS MARKET IN HERMAGOR** - every 1st and 3rd saturday in the month
 START: 8 am – 12 pm
 Hermagor - Wulfeniaplatz

- ▶ **FARMERS MARKET IN TRÖPOLACH** - every friday from 16.12.2022 - 31.03.2023
 START: 3 pm – 5 pm
 Tröpolach - Valey station Millennium-Express



MOUNTAINS
& LAKES
WORLD OF

Nassfeld
Pressegger See

nice surprise



Experiencing winter sports off the slopes

OUTDOOR & RELAX WORLD

SNOWSHOE HIKE

When the snow softly crunches underneath your feet, the warm rays of sunlight gently caress your face, and you'll slowly get the feeling of being completely immersed in a winter wonderland: That's when you'll know you're out on a snowshoe hike in the Nassfeld-Pressegger See region

The extensive route network in the Carnic and Gailtal Alps has winter sports enthusiasts in awe. Far away from all the noise, traffic and crowds of people, they can take a breather and enjoy the silence of nature.

Secret tip: Listen up, romantics! In Lesachtal Valley, Europe's most pristine valley, snowshoe hikers have a total of twelve different routes available to them.

GUIDED SNOWSHOES HIKES:

- ▶ Bergsport Südalpen Tel.: +43 664 352 73 05
- ▶ Die Skischule.at Tel.: +43 4254 50610
- ▶ [Kärntner Bergwanderführer](#)

TIME FOR SPEEDY DESCENTS IN CARINTHIA

SLEDGING RUNS IN THE OUTDOOR & RELAX WORLD

Ready, steady, and go! Lift your legs and hold on tight as you swoosh down the mountain, curve by curve! Six different sledging runs are available to winter fans in the Nassfeld-Pressegger See region. Always accompanying you on your speedy descent: the stunning mountain scenery of the Carnic and Gailtal Alps

▶ **TOBOGGAN TRÖPOLACH** - 500M - ILLUMINATED daily till 10 pm

TOBOGGAN HIRE: Sport Sölle Tröpolach Tel.: +43 4285 7100
Gasthof Winkler Tel. +43 4285 302

▶ **TOBOGGAN SONNLEITN** - 2 KM - ILLUMINATED daily till 10 pm!

TOBOGGAN HIRE: Alpenhotel Marcius Tel.: +43 676 898 277 100

▶ **TOBOGGAN RATTENDORF** - 2 KM - ILLUMINATED Tuesday, Friday and Saturday till 10 pm!

INFO TO TOBOGGAN: Tel.: + 43 4285 8241

▶ **TOBOGGAN KREUTH/JENIG** - 2 KM

TOBOGGAN HIRE: On request at Berghotel Presslauer
Tel. : +43 4285 209

▶ **TOBOGGAN GUGGENBERG** - 2 KM - ILLUMINATED daily till 10 pm!

TOBOGGAN HIRE : Schloss Lerchenhof – Familie Steinwender
Tel.: +43 4282 2100

▶ **TOBOGGAN WEISSBRIACH** - 3 KM - ILLUMINATED daily

STARTING POINT: Weißbriach - Lift Talstation
INFO- TOBOGGAN HIRE: Tel.: + 43 4286 228 (Hotel Löffele)

▶ **TOBOGGAN GAILBERGHÖHE** - 2 KM

STARTING POINT: Hotel Gasthof Gailberghöhe - Gailbergsattel
TOBOGGAN HIRE: Gasthof Gailberghöhe
Tel. +43 4715 368

▶ **TOBOGGAN NAGGLER ALM** - WEISSENSEE - 4 KM

STARTING POINT: Techendorf - Bergbahnen
TOBOGGAN HIRE Intersport Alpensport Techendorf
Tel. +43 650 730 18 56



RIGHT ON TRACK ON TWO SLIM SKIS

CROSS-COUNTRY SKIING IN THE OUTDOOR & RELAX WORLD

THE CROSS-COUNTRY TRAIL NETWORK IN THE OUTDOOR & RELAX WORLD AT A GLANCE

- ▶ Langlaufzentrum Nassfeld-Pressegger See (cross-country skiing centre) with 5 trails in the valley and in the mountains
- ▶ Nordic Competence Center with a biathlon training centre right by the Millennium Express cable car
- ▶ a 130-km regional trail network (22 of them right in the Nassfeld region)
- ▶ additional cross-country trails in Lesachtal Valley (60 km) and at Lake Weissensee (35 km)
- ▶ a cross-country ski school
- ▶ equipment rentals
- ▶ Border-Area Cross-Country Ski Trail in Lesachtal Valley:
- ▶ cross-country and biathlon centre in Obertilliach



NORDIC COMPETENCE CENTER & BEGINNER AREA TRÖPOLACH

The practice area for the new snow sport is located in Tröpolach directly next to the lower terminus of the Millennium-Express. The equipment is available from "Thommi's Ski School". The Nordic Competence Center offers a cross-country ski practice track and biathlon for guests. A professional cross-country ski school is also on site, and a hire station for cross-country ski equipment is also integrated. With the snow-covered cross-country ski practice track, biathlon loop for guests, cross-country ski school and cross-country ski equipment hire, anyone can try biathlon with the help of expert instructors.

BEGINNER AREA

Aim of the Beginner Area is to enable novices to manage their first turns on skis and snowboard and to provide fun in the snow for the young at heart. Admission to the "Beginner Area" only with a valid lift ticket

EQUIPMENT BEGINNER AREA

	half day	all day
Cross-country ski equipment (Sölle Sport)	€ 9,-	€ 12,-
Cross-country ski equipment + Biathlon shooting stand	€ 15,-	€ 18,-
Biathlon shooting stand only	€ 6,-	€ 6,-

CROSS COUNTRY SKIING TRAILS TECHNENDORF - 50 KM

CROSS COUNTRY SKIING FEE:	Daily fee € 8,-
CROSS COUNTRY SKIING SCHOOL:	Peter Schwarzenbacher Tel.: +43 664 131 55 33
EQUIPMENT RENTAL:	Intersport Alpensport Techendorf Tel. +43 4713 259 43



CROSS COUNTRY TRAILS

AREA NASSFELD-PRESSEGGER SEE

- | | |
|--|---|
| ▶ PANORAMALOIPE TRÖPOLACH - RATTENDORF T3
ENTRY: Östliche Ortsausfahrt Rattendorf (Parkingplace) - | LENGTH: 8,2 km - 65 HM - medium
STYLE: Skating/Classic |
| ▶ RUNDLOIPE TRÖPOLACH T2
ENTRY: Östliche Ortsausfahrt Rattendorf (Parkingplace) | LENGTH: 5,6 km - 53 HM, easy |
| ▶ ÜBUNGSLOIPE TRÖPOLACH - MILLENNIUM-EXPRESS
ENTRY: Hinter Talstation Millennium-Express | LENGTH: 0,4 km - 5 HM - easy
STYLE: Skating/Classic |
| ▶ RATTENDORF LOIPE T1
ENTRY: Östliche Ortsausfahrt Rattendorf (Parkingplace) | LENGTH: 4 km - 42 HM - easy
STYLE: Skating/Classic |
| ▶ VERBINDUNGSLOIPE RATTENDORF - WAIDEGG
ENTRY: Waidegger Gailbrücke / Abzweiger Loipe T1 & T2 | LENGTH: 4,1 km - 15 HM - easy
STYLE: Skating/Classic |
| ▶ NASSFELD – PRAMOLLO SEELOIPE
ENTRY: Border to Italy | LENGTH: 2,3 km - 77 HM - easy
STYLE: Skating/Classic |
| ▶ GAILTALLOIPE MÖDERNDORF – TRÖPOLACH
ENTRY: Gailbrücke Möderndorf & Tröpolach | LENGTH: 8,7 km - 47 HM - easy
STYLE: Skating/Classic |
| ▶ SEELOIPE PRESSEGGER SEE
ENTRY: Pressegger See - Anfang westlicher Seerundweg | LENGTH: 3,3 km - 8 HM - easy
STYLE: Skating/Classic |
| ▶ RUNDLOIPE THURNHOF
ENTRY: Schloss Lerchenhof | LENGTH: 1 km - 7 HM -easy
STYLE: Skating/Classic |

AREA GITSCHTAL

- | | | |
|----------------------|----------|----------------|
| ▶ GITSCHTAL LOIPE | LENGTH : | 12 km - medium |
| ▶ SONNEN LOIPE | LENGTH: | 12,2 km - easy |
| ▶ NADALN LOIPE | LENGTH: | 1,7 km - easy |
| ▶ STOFFELBAUER LOIPE | LENGTH: | 4,6 km - easy |

AREA KÖTSCHACH MAUTHEN - KIRCHBACH - DELLACH

- | | | | |
|--------------------------------|---------|----------------|---------------------------------|
| ▶ WÜRMLACHER FELD | LENGTH: | 10 km - easy | ENTRY: Valentinsbrücke Würmlach |
| ▶ SONNENLOIPE GAILDAMM SÜD | LENGTH: | 12 km - easy | ENTRY: St. Daniel Gailufer |
| ▶ OBERGAILTALER PANORAMALOIPE: | LENGTH: | 21 km - medium | ENTRY: nördl. Gailufer |



ICE SKATING IN THE OUTDOOR & RELAX WORLD

ICE-SKATING PARADISE PRESSEGGER SEE

- ▶ 55 hectares of natural ice
- ▶ a unique flora and fauna
- ▶ a groomed 2.5-kilometre circular skating track
- ▶ ice skate rental and changing facilities at Strandbad Hermagor
- ▶ option of going on a hike along the shoreline (Slow Trail)

SKATE RENTAL: Pressegger See (öffentlicher Zugang)
daily from 11 am - 3 pm
PRICE: € 5,- / person



ICE-SKATING ON THE WEISSENSEE

- ▶ 6,5 km² Lake Weissensee is the largest continuously frozen and prepared natural ice surface in Europe.
- ▶ 25 km of circular ice tracks
- ▶ ice hockey rinks
- ▶ 400 m speed skating track.

SUBSIDY FOR ICE RINKS: € 8,-

SKATING SCHOOL ON THE WEISSENSEE: Natureislaufschule Weissensee
Tel +43 676 171 77 8
Eislaufschule Schwarzenbacher
Tel. +43 664 131 55 33



ICE CLIMBING IN THE NASSFELD-PRESSEGGER SEE REGION

First, you kick your crampons into the frozen wall in front of you, and then you swing the axe into the ice above your head. It's amazing how just a few centimetres-deep is enough to pull yourself up on! Equipped with crampons, an axe and a helmet, you can scale the vertical ice wall. Guided ice climbing tours are offered both at the Vorderberger Klamm and at the Kötschach-Mauthen ice tower

CONTACT & REGISTRATION:

Herwig Winkler
Tel +43 664 398 247



ICE STOCK CURLING

AN ICE SPORT WITH TRADITION

Curling enjoys great popularity in Carinthia. Especially when the temperatures drop into the minus there is only one goal for many curling fans: to maneuver the cone-shaped ice sticks over the ice in order to hit the stave to hit.

- ▶ Sportzentrum Tröpolach: Peter Warmuth, Tel. +43 681 10849160
- ▶ Sportzentrum Untervellach: Markus Moritz, Tel. +43 650 204 82 25

FEEL THE MAGIC OF POWDER SNOW

SKI TOURS IN THE CARNIC AND GAILTAL ALPS

All around seclusion, tranquility, idyllic winter landscapes and loose powder snow - thanks to the special microclimate on the sunny side of Carinthia, fresh snow supplies come at regular intervals. Thus, there are perfect conditions for a ski tour in the Carnic and Gailtal Alps.

GOOD TO KNOW: Ski touring means immersing yourself in nature. Therefore, treat it with respect. You should also not disregard the proper treatment of wildlife when ski touring. It is best to follow the signposted routes and leave the animals their important retreat. This avoids unnecessary disturbance and stress and people and animals can enjoy the peace peacefully next to each other.

SAFETY FIRST: Safety on the mountain always comes first!
Therefore, inquire before each ski tour about the snow and avalanche situation!

RULES FOR SKI TOURERS ON THE SKI SLOPE

For safety reasons it is forbidden to walk on the ski slopes for pedestrians or ski tourers at any time of the day or night! In general, the ski slope is closed from 5 pm to 8 am.
There is danger to life!

RECOMMENDATIONS AND SAFETY TIPS:

- ▶ Responsible tour planning!
- ▶ Always study the current avalanche situation report!
- ▶ Always carry the complete emergency equipment with you. (avalanche transceiver, shovel, probe, first aid kit, bivy sack and cell phone).
- ▶ Familiarize yourself with your emergency equipment and practice using it
- ▶ Weigh avalanche risk: Always behave risk-consciously and react to danger signs! Base your decisions therefore on strategic methods of risk assessment (e.g. „Stop or Go“) and repeatedly analyze the snowpack structure at suitable points using snow profile methods.
- ▶ Only set off in weather conditions that will allow you to reach your stage destination safely!
- ▶ Always be aware of risks and react to danger signs!
- ▶ Check continuously whether your planning still corresponds to the current conditions!

EXTRACT OF THE SKI TOURS

- ▶ **AUERNIG - GARNITZENBERG** **ALTITUDE METERS:** 446 **ROUTE:** 5,6 km **DURATION:** 1,5 hours
Relatively easy ski tour which is especially suitable for beginners
- ▶ **GARTNERKOFEL** **ALTITUDE METERS:** 657 **ROUTE:** 3,9 km **DURATION:** 1,7 hours
Starting point - state border Nassfeld! Busy ski tour with magnificent views at the summit
- ▶ **HOCHWIPFEL (2.185m)** **ALTITUDE METERS:** 1.585 **ROUTE:** 12,3 km **DURATION:** 5,3 hours
Starting point: Rattendorf - Rattendorfer Almweg
- ▶ **HOHE WARTE** **ALTITUDE METERS:** 1.800 **ROUTE:** 8,5 km **DURATION:** 6 hours
Very varied tour to the highest peak of the Carnic Alps. In good conditions, ski dreams become here ski dreams come true.
- ▶ **EGGER ALM** **ALTITUDE METERS:** 840 **ROUTE:** 9 km **DURATION:** 4 hours
Starting point Garnitzenklamm-Möderndorf
- ▶ **POLUDNIG** **ALTITUDE METERS:** 1.322 m **ROUTE:** 24,8 km **DURATION:** 6,4 hours
Beautiful tour as a supplement to the ski tour to the Egger Alm

SKI TOURS WITH CERTIFIED SKI TOUR GUIDE::

- | | |
|-------------------------------------|--|
| ▶ Sölle Sport: Tröpolach | Tel.: +43 4285 7100 |
| ▶ Harald Assinger: St. Paul/Gailtal | Tel.: +43 4283 2107 oder +43 664 111 95 88 |
| ▶ Sepp Szöke: Weissbriach | Tel.: +43 4286 458 oder +43 664 337 29 67 |
| ▶ Bergsport Südalpen | Tel.: +43 664 352 73 05 |

